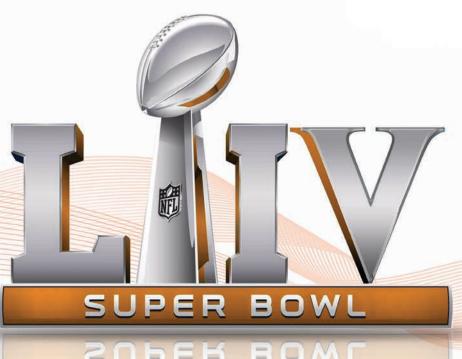


# 



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Doors open: 4:00 pm Pre-Game Buffet: 5:30 pm

12 FOOT HD SCREEN

Pre-Game Buffet

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Halftime Buffet #





## NEWS & EVENTS

- 1 SUPER BOWL 54 PARTY
- 4 PRESIDENT'S MESSAGE A special message from Jim Sano President of the Italian American Community Center
- **5** CARNEVALE SICILIANO 2020
- **6** FAMILY CHRISTMAS PARTY
- **7** SEFCU SCHOLARSHIP 2020

- 8 REGIONS OF ITALY: LAZIO
- **12** WOMEN'S LEAGUE
- **13** MANGIA MOM
- **16** CARING & SHARING





#### SOCIAL CALENDAR





1/5/20 Lunch with La Befana - Noon1/7/20 Chair Yoga Begins. - 6:00 pm

1/8/20 Member Exclusive: Weekly Co-Ed Poker Game - Noon\*
 1/8/20 Member Exclusive: Weekly Men's Poker Game - 5:00 pm\*

1/8/20 No Women's League Meeting - Winter Break

**1/14/20** Chair Yoga - 6:00 pm

1/18/20 No I.A.C.C. Board Meeting

**1/21/20** Chair Yoga - 6:00 pm **1/28/10** Chair Yoga - 6:00 pm

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













#### **Upcoming Events**

Feb. 2 Super Bowl 54 Party 4:00 pm - 10:00 pm

Feb. 22 Carnevale Dinner Dance 6:30pm - 11:00 pm

Mar. 15 Saint Patrick - Saint Joseph
Mass and Brunch

April 4 Arthur Avenue

"Little Italy in the Bronx" Bus Trip



#### President's Message

While we celebrate another year ending and a new decade beginning, let us look back and appreciate the good times we had while we also learn from the mistakes that we made. Let us look forward to this new year with a positive outlook, anticipation and excitement. As we embark on a new decade, the only constant over the next 10 years will be change.

This year will bring another set of new challenges, answers to those challenges and new opportunities. It is good to make New Year's resolutions on how we can improve our lives and our surroundings. I think it is always wise to examine within and discover what we would like to have happen in our lives this year. I believe this helps us do our part to affirm that we are interested in living life to the fullest in the year to come.

What won't have to change is the formula of our success; that hard work gets good results. As a membership, I am confident we will continue to grow, work hard and persevere to achieve our desired and continued success in the coming year and throughout this new decade.

My New Year's wishes are that all of us find inspiration around us, motivation within us and that we enjoy great health and each other's company for many more years to come.

Happy New Year and welcome to the new Roaring 20's!



TIM SANO

**ITALIAN AMERICAN COMMUNITY CENTER** 

PRESIDENT



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On Sunday, December 15th, the Women's League of the IACC sponsored the Family Christmas Party. The ballroom was filled to capacity and it was a huge success! We had over 40 children and almost 100 adults. This vear for our story by Barb Palumbo we were treated to the Nativity Story complete with the following young actors: Jordan Mallette was Mary, Jacob Scalzo was Joseph, Giulianna Marando was the Angel and our two Shepards were played by Max Person and Joseph Warren. They were delightful and so excited to be part of the scene. Another delicious meal was served courtesy of Mallozzi's and DI Ernie, a favorite of all our family parties for many years, provided the music and games. This year he had many new games and all the children and adults enjoyed them. After the raffle prizes for both children and adults were given out, the only thing left was, of course, SANTA and MRS, CLAUS.

They arrived with two elves and wagons full of gifts for all. The afternoon was capped off by the families taking many treasured photos.

This party would not be possible without the fantastic committee. They are a joy to work with. Many thanks to Jeanette Anziano, Angela Pauley, Carmela DiCarlo, Marilyn Quadrini, Teresa Swanson, Teri Fazio, Georganne Green and Gretchen VanValkenburg. Of course, many thanks to our "Santa" and our photographer, Tony Fazio. A very special thanks for Theresa LaJoy in our office for taking all the reservations.

























# The I.A.C.C. Foundation in conjunction with SEFCU and Roma Intangible Lodge #215 are pleased to announce the following scholarship program



Roma Intangible Lodge #215 SEFCU Smart Sense Scholarship (Applications are due January 10, 2020)

Scholarship applications for 2020 are available.

To receive a scholarship application, email marketing@sefcu.com with the name of the scholarship you are interested in.

#### Eligibility:

Students of Italian heritage planning to attend an accredited two- or four-year college in the fall of 2019, who are SEFCU members. The Roma Intangible Lodge #215 Smart Sense Scholarship provides a one-time award of \$2,500 to students who have a strong academic record and have demonstrated a commitment to their community through volunteerism.









The Lazio region and its 5.9 million inhabitants comprise the cradle of Western civilization and Christian culture. Lazio is a region of west-central Italy and it has borders with Tuscany, Umbria and Marche to the north, Abruzzo and Molise to the east, Campania to the south and the Tyrrhenian Sea to the west. The capital of Lazio is Rome which is also Italy's capital and the country's largest city. It is divided into five provinces, Viterbo, Rieti, Rome, Latina and Frosinone. Vatican City is technically located in this region and is physically surrounded by Rome but the Vatican is its own country and will be featured in a future article.

#### A OUICK HISTORY LESSON

Since the Bronze Age, there have been traces of human settlements in Lazio. From the 8th Century B.C, the Etruscans ruled the area. The Etruscans were eventually ousted by the founding of Rome. Lazio became the predominant province as the Romans, a people of soldiers, lawmakers, and rulers, gradually conquered the whole of Italy and eventually created the Roman Empire.

With the fall of the Roman Empire, political confusion ruled the land until the Pope took control. It was in that period that the only authority left in Lazio was the Bishop of Rome who strengthened the political power of the church in the area. With the introduction of Christianity as the state religion, the Catholic Church finally assumed total power in Rome after centuries of fighting against local lords and finally gained total supremacy over Lazio and surrounding territories.

Through taxation, military force and forced restitution of the lands and economic goods, the church established its control in the region and the current territory of Lazio became part of the State of the Church. The 8th through the 11th centuries AD witnessed an often, bloody power struggle between the Papacy and the landowners. The 16th Century ushered in more victories for the papacy and its stronghold on ruling the region. The struggles between feudal lords and the church continued for centuries.

In the 19th century when a strong movement for unity swept the Italian nation, patriots in the many Italian states looked at Rome as their future capital. In 1860, the Second War of Independence united many territories of the former State of the Church to the newborn Italian Kingdom but Rome wasn't taken until 1870 after the Third War of Independence. During the Second World War, the region suffered serious damage and

several cities were destroyed including Anzio. The war damaged, above all, the artistic heritage of the region. Various monuments, churches, and ancient urban sites were razed to the ground. Since 1948 after the approval of the Constitution, the Lazio region has witnessed considerable economic and social development.

#### DID YOU KNOW?

The region is home to many huge national parks. Apart from the area of Rome, Lazio is mostly mountains, plains, and hills. More than half of the population of the whole region lives in or around Rome. The western part of the region is coastal, mainly composed of sandy beaches.

The central Apennines is one of the most seismically active areas in Italy. An earthquake, measuring 6.2 magnitude on the Richter scale, hit Amatrice in the Province of Rieti, Lazio on August 24, 2016. The official figures reported that



the earthquake caused the death of 297 people in Amatrice and severe damage reduced the town's center to a massive pile of rubble with only a few structures still standing on the outskirts. The economic losses totaled more than 10 billion dollars.

The lowland area of Lazio (Pontine Marshes) was a swampy breeding ground for malarial until the land was successfully reclaimed during the reign of Mussolini. This resulted in the repopulation of the plain and transformed the region's agriculture.

The Lazio economy is based on governmental administration, agriculture, animal husbandry, crafts, and fishery. Agriculture products are olives, fruit, cereals, wine grapes and vegetables. Rome is the region's commercial and banking center but it has little industry apart from artisan and specialist industries, such as motion pictures and fashion. As the national and regional capital, there are large numbers of government employees. In the rest of the region, the economy is based on the paper, textile, petrochemical, engineering, automobile, and electronics sectors. Rome, including the Vatican, is Italy's largest tourist center and tourism is also important at the resorts in the Alban Hills, the Apennines, and along the coast.

The cuisine of Lazio is made up of strong and intense flavors characterized by their simplicity and the use of very poor ingredients. Roman artichokes, porchetta (delicious roasted pork), the black olives of Gaeta; the olive-oil of Sabina and the chestnuts of the Cimini Mountains are regional favorites. Some claim that Italy's most famous pasta dishes come from Lazio, while the four pasta sauces of Rome (carbonara, cacio e pepe, Amatriciana, and Gricia) are well-known around the world.

Pasta featured in Lazio cuisine is usually the bigger, chunkier types such as bucatini and conchiglie. In Lazio, one will find the true Carbonara sauce. It is made from guanciale (cured pig's cheek), eggs and Parmesan. Authentic versions of this classic sauce never contain cream; instead, the sauce is created by using pasta water to emulsify the egg and cheese without letting the eggs scramble.

Fettuccine Alfredo is a pasta dish named after Roman restaurateur Alfredo di Lelio, who featured the "ceremony" of tableside preparation as an integral part of the dish. Arrabbiata is a popular pasta sauce from this region too. Arrabbiata, which means 'angry', comes from this region. It is so named because

#### REGIONS OF ITALY

**By JIM SANO** 



of the flakes of hot peperoncino chili peppers added to the tomato sauce. Bucatini all'Amatriciana is a traditional sauce dish from Amatrice based on guanciale (cured pork cheek), pecorino cheese, tomato, and, in some variations, onion, flavored with chili and white wine. This is usually served over Bucatini pasta, Lazio's most famous pasta shape. Gnocchi alla Romana is made of semolina flour combined with milk, butter, egg and nutmeg and not potatoes.



Lazio is home to some of Italy's most famous meat dishes such as Saltimbocca alla Romana, veal cutlets topped with raw ham and sage and simmered with white wine and butter, and Coda all vaccinara (Roman oxtail stew,), meat gently braised in a tomato and red wine sauce with plenty of celery until melted. One of the regional chicken dishes is Pollo alla Romana where the chicken is cut into pieces and braised in white wine with tomatoes and peppers until tender with a little oregano sprinkled over the top.



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Trevi's Fountain

#### Continue from Page 9

The vegetables of Lazio start with the Roman artichoke or the "Giant Green." Lazio is also important for its fruit, such as the kiwi, the chestnuts of Vallerano, larger and heavier than normal chestnuts, and the wild strawberries of Nemi. The most famous vegetable dish is Romanstyle artichokes, (carciofi alla giudia). Roman-style artichokes are filled with fragrant herbs and either marinated in olive oil or deep-fried whole. Vignarola is a Roman vegetable stew that is a pure taste of Italian springtime with fresh artichokes, broad beans and peas cooked in white wine and lemon juice.

As stated in an earlier edition of the "Siamo Qui", Lazio is also famous for sheep's milk pecorinos and buffalo's milk mozzarella. The Pecorino Romano (DOP registered), is arguably the most popular variety. It is a very tasty grated cheese.

Olive oil from this area has a pungent pepperiness, tempered by the delicate flavors of wild herbs. The most noteworthy is extra virgin olive oil "Canino" D.O.P. with its green color and fresh taste and the extra virgin olive oil "Sabina" D.O.P.

The Lazio region has a remarkable variety of wines with over 25 licensed wines. Some of the most popular are the dry Frascati, the dry white Marino, the dry white Colli Albani (which can be also sparkling) and Aprilia, a garnet red wine.

Grattachecca is a cold dessert originating in Rome, Italy. Commonly sold in kiosks and bars, it consists of hand-shaved ice flavored with various flavors of sweet syrup. Think of it as an artisan version of a "Slurpy".

#### **SITES TO SEE**

The heart of Lazio is Rome and the heart of Rome is the Colosseum. One must see the ancient site of gladiator combat and Christian sacrifice. Close by is the Theatre of Marcellus and the famous Mouth of Truth, a marble carving representing the face of a faun near the Church of Santa Maria. This mouth, according to legend, swallows the hands of liars. The Pantheon, Roman Forum, Palatine Hill, and the Villa/ Galleria Borghese, Rome's second-largest public park containing landscaped gardens buildings, museums, and other attractions are all sites to be visited.

Rome is the main seat of State institutions and because of this distinction has many buildings, basilicas, and piazzas. Some famous piazzas are the Piazza di Spagna with the famous "Spanish Steps", Piazza Farnese and Piazza Navona with Bernini's Fountain of the Four Rivers. Don't miss the 18th-Century Trevi Fountain where tourists throw a trinity of coins and express their wish to return to the Eternal City.

Vatican City, the seat of the Papal State, the famous St. Peter's Basilica with the 16th-Century colonnade by Bernini and the magnificent Sistine Chapel by Michelangelo are all must-see places for any tourist but will be discussed in detail when we spotlight the Vatican since technically it is not part of Lazio or the Italian republic.

While most tours concentrate on Rome and the Vatican, visitors to the region often overlook the rest of Lazio. Lazio is a very rich region with picturesque little coast towns, Etruscan relics, Roman architecture, historic villas, and beautiful countryside. Just like those who visit New York City and claim they've been to the State of New York, Rome is not a true visit to Lazio. There is much more to see in this region than a famous metropolitan mecca. For many visitors, Lazio remains a mystery.

### **WOMEN'S LEAGUE**

Hello ladies,

I would like to start out by wishing all of you and your families a very Happy New Year! Hopefully you all had a very Merry Christmas.

Our Christmas Party was held on December 11, 2019 and everyone seemed to have a great time. In addition to a delicious dinner, we had both an Ugly Sweater Contest and an Ugly Hay Contest and everyone looked great! The winners of the contests were Marie Bubonia for the Ugly Sweater and Maria DeNitto for the Ugly Hat. Congratulations to both of our winners

Along with the great food and contests, we also elected officers for 2020. The new slate of officers for 2020 is as follows:





The officers will be setting up a time to meet with Amanda Kruzinski this month to plan the menus for the Women's League dinners for 2020.

As most of you know, we will not be meeting as a group until March 2020. At that time, our guest will be Dr. DeSemone who will be talking to our group about Diabetes.

If anyone has any ideas for topics or guests that they feel might be of interest to our group, please let me know.

Thank you.



This course is great for people wanting to reclaim healthy movement, build strength and joint mobility, and regain your best body regardless of your age and fitness level!



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 BEGGINING A NEW 6 WEEK SESSION

This class is enjoyed by so many and is returning for an 6-week spring session on Tuesdays at 6:00 pm beginning January 7, 2020 through February 11, 2020. The class will be held upstairs in the IACC Boardroom. Classes are open to men and women. Please call the membership office at 456-IACC (4222) to sign up.

The price will be \$40.00 for six weeks or \$8.00 to "drop-in" for a class.

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# Bolognese Sauce

Every year we host Christmas Day at our home, and my Bolognese Sauce is always on the menu for the first course of pasta. This is something I always make ahead of time because it can be stored in the refrigerator for a few days. This isn't something you'd want to make the day of the holiday because it's a bit time consuming. It's nice to have this already set to go the day you'll be serving it. And, in my opinion, it tastes better the next day after all of the flavors have time to infuse. Bolognese Sauce is a meat sauce that includes tomatoes, carrots, celery and....wine! I just love cooking with (and, well...drinking) wine! I love the flavor it adds to food and it's the perfect touch for this sauce!

#### You will need:

- 2 lbs of ground beef
- olive oil
- 1 chopped carrot
- 2 celery stalks, chopped
- · 1 onion, chopped
- 2 cloves of garlic, minced

- 2 large cans of crushed tomatoes (28 oz each)
- 1 cup of dry red wine
- salt
- pepper
- basil
- parsley
- sugar

In a large pot, heat extra virgin olive oil (about 2 turns of the pot) on med-high heat. Add onions, garlic, carrots, and celery and simmer until the onions are soft and translucent. Season with salt and pepper. Add ground beef, break it up and cook until it has browned. Add 1 cup of dry red wine and simmer for one minute. Add the cans of crushed tomatoes and season with salt, pepper, basil, and parsley. You'll need to add some love to this....taste as you go, season as much as you'd like....cook with love! Add 1/2 teaspoon of sugar to cut the acidity of the tomatoes and add a little sweetness to the sauce. Stir well and cover the pot.

Once the sauce has come to a boil, turn the heat down to low. Simmer on low, covered, for about 3 hours while occasionally stirring to prevent it from sticking to the bottom of the pot....low and slow is the method! Taste and season if needed.

Serve with Rigatoni (pictured below) or any pasta you'd like, topped with Parmesan cheese.





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Brunch runs from 10:30 A.M. - 1:30 P.M. \* Maximum Discount of 12 People Per Reservation.

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#### An Afternoon With La Befana Sunday, January 5, 2020, 12:00 PM

Christmas isn't over yet! In popular Italian folklore La Befana (an Italian witch) visits all the children of Italy on the eve of the Feast of the Epiphany to fill their socks with candy and presents if they are good or lumps of coal or dark candy if they are bad. Please join us as we celebrate this Italian tradition, with storytelling,

food, music and more.

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16 JANUARY 2020 | SIAMO QUI









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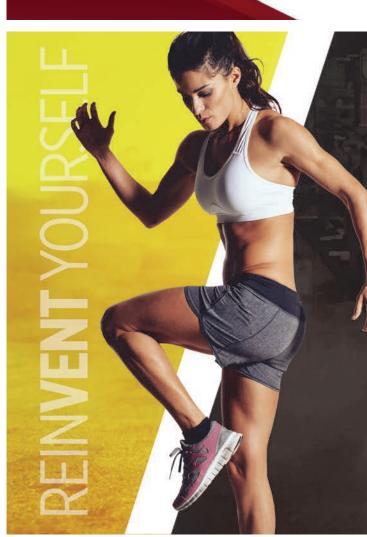








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