





NEWS & EVENTS

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SOCIAL CALENDAR



11/2/19 Pavilion Clean Up Day - 10 am

11/4/19 Fall Chair Yoga Ends - 6:00 pm

11/4/19 Beginner Italian Classes - 7:00 to 9:00 pm

11/6/19 Member Exclusive: Weekly Co-Ed Poker Game - Noon*

11/6/19 Member Exclusive: Weekly Men's Poker Game - 5:00 pm*

11/10/19 General Membership Brunch/Meeting Year In Review - Noon to 2:00 pm

11/11/19 Veterans Day Observed -I.A.C.C. Membership Office Closed

11/11/19 Beginner Italian Classes End - 7:00 to 9:00 pm

11/13/19 Women's League Meeting - 6:30 pm

11/28/19 Happy Thanksgiving - I.A.C.C. Membership Office Closed

11/29/19 Black Friday - I.A.C.C. Membership Office Closed

11/30/19 Experience Little Italy Christmas: Arthur Ave Bus Trip

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















President's Message

It's hard to believe that the Holiday season will soon be upon us. I am reminded of two adages we used to hear growing up, "Time seems to go faster the older I get" and "Time Flies when you are having fun". I think both are true in the fact that the older we get the busier we become and here at the I.A.C.C., we have had so many events and so much fun that we certainly have made the time go quickly this year. Some of those recent events were our Taste of Italy on September 27th, the Annual Columbus Day Dinner Gala on October 19th and the Family Halloween Party on October 26th. I want to thank the committees for the planning that went into these events and the volunteers and organizers for the countless hours and tireless work they've spent on pulling off these events to ensure all have a good time and make lasting memories.

We also recently put on our biannual Veterans Appreciation Luncheon at the Stratton VA Hospital to thank all our valiant women and men who have served our country in the armed forces. It is often said that freedom is not free. Many have paid a significant price to afford us the safety, security and the freedoms that we enjoy in this country every day. We are proud to give back in such a small but symbolic way to thank our veterans and the VA staff who tend to them day in and day out.

Please attend the specially priced Brunch/General Membership meeting on Sunday, November 10th, at noon to hear a recap of the last 12 months. We have many things we want to share with you, our members, in our annual year in review report. As I stated in the opening of this message, we will soon be celebrating the Holiday season. It will start with our Experience Little Italy Christmas Arthur Ave Bus Trip on November 30th, followed by the Annual Christmas Tree Lighting Ceremony on December 1st and the Family Christmas Party on December 15th. Please make your reservations early to ensure your attendance is guaranteed. Some of these events sell out very quickly.

May you and your families have a very Happy Thanksgiving!

JIM SANO

ITALIAN AMERICAN COMMUNITY CENTER

PRESIDENT





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COLUMBUS DAY GALA~ FRANK ZEOLI,

SIAMO QUI

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IACC OFFICE

HOURS: M-F 9:30AM TO 2:30PM Theresa Lajoy- Office Manager Phone # (518) 456-4222

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Join us as we kick off the Christmas season, light the tree, sing Italian Christmas carols and enjoy authentic Italian dancing!

SUNDAY, DECEMBER 1st IACC PARKING LOT AT 5:00PM

Refreshments will be served after the tree lighting.



COLUMBUS DAY PARADE

































On October 19, 2019, we held our 46th Annual Columbus Day Grand Gala which was attended by over 200 guests. It was a magical evening filled with great food, exceptional music and a whole lot of fun. The Mallozzi Family outdid themselves yet again with a truly jaw dropping collection of hors d'oeuvres, salad, pasta and a choice of three entrees.

We were proud this year to honor Antonio Civatella, CEO of Transfinder, with our Italian American of the Year Award as well as Albany Mayor Kathy Sheehan with our Italian Spirit Award. In addition, we honored Al Sacca with the Pasquale Tirino Service Award, Mary Lou Marando with the Cuore d'oro (Heart of Gold) Award and Frank Zeoli with the IACC President's Award.

The evening proceeded with a special musical concert by Christopher Macchio, the Italian Tenor. Christopher, who is part of the famed New York Tenors, was sensational and wowed the audience with many Italian operatic favorites. We then danced the night away to the great sounds of the Good Times Band.

The event would not have been possible without the hard work and dedication of Maria DeNitto, Mary Lou Marando, Gail Tarantino, Maria LaMorte, Sharon Patrei, Dino Barbato, Joan Wallis, Donna Zumbo, Theresa Lajoy and Jim Sano. This group is already planning our 47th annual Columbus Day Grand Gala on October 17, 2020 so mark your calendars. You won't want to miss it.



















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CHAIR YOGA



Time:

~ 6:00-7:00 pm

Cost:

~ \$50/Full 8 - Week Session Drop-ins welcome at \$8 per class Dates:

~ Every Monday From 9/16/19 - 11/4/19

Location:

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

RSVP:

~ Please Call The Office (518-456-4222) To Reserve Your Spot Today!

Additional Details:

~ This Event Is Open To The Public!

Please Note: Payments Are Not Processed By The Office. Please Be Sure To Bring Your Payment With You.

What Is Chair Yoga?

Chair yoga is a gentle form of yoga, that is practiced sitting in a chair or standing using the chair for support. This is a great physical activity for individuals who are seeking light workouts due to physical limitations and for individuals who are currently recovering from a recent injury or surgery.





ANNUAL ITALIAN CHRISTMAS MARKET

Friday & Saturday, Dec. 6 & 7: 10 am - 5 pm Sunday, December 8: 11 am - 3 pm

Share this festive Italian Tradition with us in our American Italian Heritage Museum building, 1227 Central Avenue in Albany, NY. Our exhibit rooms will be transformed into market places filled with so much for you to enjoy ~something for almost everyone on your Christmas shopping list, including yourself! Be sure to look for unique Italian merchandise that will be available for purchase featuring things that are hard to find: Italian language greeting cards, Made-in-Italy items, hand-made wood Ceppo, Befana figures, themed ornaments, plaques, Italian novelties, delicious homemade Italian baked goods & much more. We are thrilled that Nini's Sicilian Salsa & Testa's Pantry will return as vendors. Come, see the always beautiful, uniquely original roomsized Italian Nativity Special Exhibit and celebrate our culture at this most beautiful time of year.

**Find food, beverages & fellowship in our Market Café.

Featured Special Exhibit: ITALIAN CHRISTMAS NATIVITY
Visit our Vendor Room: NINI'S SICILIAN SALSA,
Testa's Pantry, Kelly's Cookies, Embroidery Gifts.

Buon Natale!

AMERICAN ITALIAN HERITAGE ASSOCIATION & MUSEUM

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San Petronio Piazza Maggiore, Bologna

Emilia-Romagna is a region found in north-central Italy that boasts that it is the oldest inhabited area of the Italian peninsula. Its hyphenated name is derived from the union of two historic regions, Emilia and Romagna. The Provinces of Emilia-Romagna were historically called Emilia in the western area and included the provinces of Piacenza, Parma, Reggio Emilia, Modena, Ferrara and the western part of the province of Bologna. The eastern area which included the provinces of Ravenna, Rimini and Forlì - Cesena was collectively called Romagna. Within Emilia-Romagna is also the independent republic of San Marino, the most ancient republic in Europe.

Emilia-Romagna is regarded by many as having the highest quality of life with its combination of industry, history, seacoast and food. Today it is also considered one of the richest European regions. These results have been achieved by developing a very well-balanced economy that comprises Italy's biggest agricultural sector as well as a long-standing tradition in automobile, motor and mechanics manufacturing and a strong banking and insurance industry. Industry in the region presents a varied and complex picture and is located along the Via Emilia. The food industry (e.g. Barilla Group) is particularly concentrated in Parma, Modena and Bologna as is the mechanical and automotive industry (e.g. Ferrari, Ducati, Lamborghini, Maserati,). Tourism is increasingly important, especially along the Adriatic coastline. Emilia-Romagna is widely regarded as a region with some of the best food and cuisine in Italy.

Mangiamo! Let's Eat!

Parma boasts recognition as a Creative City of Gastronomy. Along with the whole Food Valley, it is universally known for its ability to preserve a gastronomic heritage without rivals, continuing to produce delicacies known worldwide as Parmigiano Reggiano, balsamic vinegar, Parma ham, and mortadella. Bologna is famous for its Ragù known in English as Bolognese sauce (which is *never* served on Spaghetti) and for fragrant mortadella. While mortadella and prosciutto di Parma always steal the scene, it is Culatello di Zibello that is the region's crowning glory of hams! If you have never lived in or visited this region, you have never eaten it. This slowly cured boneless ham made from the choicest muscle of the pig's rump has a unique sweet-musky flavor and

almost velvety texture. Only 30,000 are produced a year (versus almost ten million Prosciutto di Parma). Even in Italy, culatello is hard to find beyond the very best shops and restaurants.

The most recognized cheeses from the region are, of course, Parmigiano-Reggiano and Grana Padano. Parmigiano-Reggiano is made only with the superior quality milk obtained from the red-coated (Razza Reggiana) cows of Reggio Emilia. Parmigiano Reggiano is at its best when it has been aged for between 24 and 30 months. True Italian parmesan must be stamped on the rind with the name, Parmigiano-Reggiano, and is only produced in the western half of Emilia-Romagna. Grana Padano is a semi-fat hard cheese left to age naturally at least nine months to more than 24 months. The name 'Grana' refers to its grainy texture while 'Padano' refers to the area, Pianura Padana, where the cheese is produced.

The original balsamic vinegar, Aceto Balsamico Tradizionale, is produced only in this region in the neighboring towns of Modena and Reggio Emilia. It is made exclusively of cooked down pressed grape juice and must be aged for a minimum of 12 years in wooden barrels before being bottled. The word "tradizionale" is essential on the label. The balsamic vinegar which is not tradizionale is made only of the less-expensive ingredients of vinegar and sugar. There are three broad wine areas: Emilia, Bologna, and Romagna. In Emilia, the favorite wine to drink with all the rich local specialties is Lambrusco, tart, dry and worlds away from the sickly export version. Bologna's local grape, Pignoletto, makes a very fine sparkling traditional white wine. The region's best wines come from Romagna where the whole area makes superb Sangiovese. Sangiovese di Romagna wines have for years been winning top prizes both nationally and internationally for their excellence.

Some regional desserts include zuppa inglese, a custard-based dessert made with sponge cake and Alchermes liqueur and panpepato, Christmas cake made with pepper, chocolate, spices, and almonds.

A Quick History Lesson

The fascinating history of Emilia-Romagna dates to Roman times when the region of Emilia was ruled by imperial judges. After the fall of the Roman

Empire, the Lombards, a Germanic tribe, founded the kingdom of Lombardy in northern and central Italy. This kingdom, which included the region known as Emilia, flourished until the Lombard dynasty was overthrown by Charlemagne in 774. From the 6th to 8th centuries, the region, Romagna, was under Byzantine rule and Ravenna was the capital of the Eastern Roman Empire. In the 8th century, this region became a province of the Papal States when Pepin, the son of Charlemagne, donated the land as a favor to the Pope in 754. During the 10th century, the entire area of northern Italy became a part of the Holy Roman Empire under Germanic control. The Holy Roman emperors had varying degrees of control over northern Italy until the close of the Middle Ages. In the 12th century, the papacy increased its political influence and city-states began to form in opposition to the Holy Roman emperors. The northern cities formed the Lombard League and were successful at destroying imperial power. For the next few centuries, both Emilia and Romagna were ruled by papal legates, representatives of the Pope sent to manage the government of the people. Many regions in northern Italy, including Emilia, came under French control during the Napoleonic era. After the Congress of Vienna in 1815, there was a growing movement for Italian National unity and independence. In 1848, a revolution in Vienna initiated uprisings against Austrian rule. The following decades saw uprisings in several regions and in 1861 the Kingdom of Italy was established. During the Italian Unification, the territories of Emilia and Romagna became part of the Kingdom of Italy. The Kingdom of Italy was a state which existed from 1861-1922 when King Victor Emmanuel II of Sardinia was proclaimed King of Italy. After World War 1, Italy was wracked by political upheaval, mass strikes, high unemployment, and broader economic chaos. The stage was set for Benito Mussolini and the National Fascist Party to enter the national political scene. The National Fascist Party ruled Italy from 1922 to 1943 with Benito Mussolini as head of government.

Italy was an important member of the Axis powers in World War II, battling on several fronts with initial success. However, after the German-Italian defeat in Africa and in the Soviet Union and the subsequent Allied landings in Sicily, King Victor Emmanuel III placed Mussolini under arrest and the Fascist Party in areas (south of Rome) controlled by the Allied invaders was shut down. The new government signed an armistice on September 1943. German forces immediately occupied this region and created a puppet state still led by Mussolini and his Fascist loyalists. The country descended into civil war. Shortly after the war and the liberation of Italy, civil discontent led to the institutional referendum on whether Italy would remain a monarchy or become a republic. Italians decided to abandon the monarchy and form the Italian Republic, the present-day Italian state.

Did You Know?

Emilia-Romagna is the birthplace of some of the most important artists in the history of music, Giuseppe Verdi, conductor Arturo Toscanini, and the world-famous operatic tenor Luciano Pavarotti. The region is well known in Italy for its popular rock and folk musicians, such as Laura Pausini, Samuele Bersani, Luciano Ligabue, Vasco Rossi, and Zucchero. The famous film director, Federico Fellini, director of La Dolce Vita, comes from this region.

Guglielmo Marconi and Luigi Galvani are the two most notable scientists from Emilia-Romagna. Guglielmo Marconi was an Italian physician and Nobel Prize winner who changed the global understanding of electromagnetic waves. This father of modern radio launched the first wireless telegraph signal in 1895 from Villa Griffone, his residence at the time. Marconi developed the first radiotelephone device and began to study the short-wave beam system which sixteen years later he used as the basis for the development of radar. The famous scientist and discoverer of biological electricity, Luigi Galvani, is another Emilian scientist who revolutionized the world. Today, Galvani is remembered for the invention of the galvanometer, electrochemical cells, and galvanization.



Palazzo Ducale, dalla Ghirlandina



Mosaics, Ravenna

Sites to See

Bologna, the capital of Emilia-Romagna, is known for its historical beauty and is considered by many to be second only to Venice. Bologna is also the home of the University of Bologna, the oldest university in Europe, founded in 1088. Construction of the cathedral in Bologna was halted by the Pope when he discovered that the Basilica would be larger than his in Rome. In the Basilica is a huge sundial that stretches 67.7m down the eastern aisle. This was instrumental in discovering the anomalies of the Julian calendar and led to the creation of the leap year.



In Modena, within a few meters we find three unique buildings included on the UNESCO World Heritage Sites list: Piazza Grande, the Cathedral, and its Ghirlandina tower, considered the symbol of the city. The Cathedral, built in the twelfth century by the joint work of two great artists, the architect Lanfranco and the sculptor Wiligelmo, is a supreme example of early Romanesque art with its piazza and soaring tower.

Ravenna, the City of Mosaics, is filled with buildings and treasures that demonstrate great artistic skill, including a wonderful blend of Graeco-Roman tradition, Christian iconography and oriental and Western styles.

Ferrara became an intellectual and artistic center of the Italian Renaissance in the 15th and 16th centuries. Ferrara is a marvelous example of Renaissance splendor perfectly preserved. This can be seen in the roads, façades of the buildings and the other artistic treasures the town has to offer.

Other cities of note are Rimini, one of the largest and most popular seaside resorts in Europe, with over 15 miles of fine white sand and an eclectic mix of charming hotels, beach bars, and restaurants. Faenza, home of the International Museum of Ceramics is internationally acclaimed for its ancient ceramics industry dating back to the 13th Century. Maranello is where sports car enthusiasts can visit the Ferrari Museum to see the most prestigious cars produced. Imola is the location for the Enzo and Dino Ferrari Autodrome, a large venue for bicycle and motorcycle races. Emilia Romagna is a region that will immerse you in the wealth of enchanting history and captivating flavors embodied in the beauty of its food, music, and cars.

Malloween Costume Party





























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Cost: \$40 I.A.C.C. Members / \$45 Non-Members

Location: The Italian American Community Center ~ Parking Lot (257 Washington Avenue Ext, Albany, NY 12205)

Time: 8:45 am (Depart From Albany) / 4:00pm (Depart From NYC)

RSVP: Call the Membership Office at (518) 456-4222





VOMEN'S LEAGUE



ello ladies,

I hope that everyone who attended the October 9, 2019 Women's League meeting and Halloween Costume party enjoyed themselves. Our next meeting will be held on Wednesday, November 13, 2019, with dinner served at 6:30. Our dinner choices will be Turkey with Mashed Potatoes and Stuffing or Manicotti. Dessert will be Apple Crisp with Vanilla Gelato. Be sure to get your reservations in to Marilyn Quadrini by calling her at (518) 438-7602 by Sunday, November 10th. The cost for the meal is \$23. The cancellation policy remains in effect and any cancellations must be made no later than November 12, 2019.

At our November meeting, we will be accepting nominations for vice president and secretary. Any candidates should be presented at this meeting. We will then announce the slate of officers and have our election next month.

We will continue bringing in the following items listed below during November for the Runaway and Homeless Shelter operated by St. Anne's Institute for our Community Service Project:

- 1. Hair straightener, wands, heated rollers
- 2. Toothpaste and toothbrushes
- 3. Hair brushes for thick natural hair
- 4. Perfumes/body spray
- 5. Deodorant for males and females
- 6. Soap
- 7. Trial size shampoo, conditioner, soap, hand sanitizer
- 8. Regular size shampoo and conditioner
- 9. Body Lotion
- 10. Feminine wash
- 11. Male body wash
- 12. Female body wash
- 13. Laundry bins
- 14. Clothing Hangers
- 15. Washcloths and hand towels
- 16. Laundry detergent and fabric softener
- 17. Women's Socks
- 18. Women's underwear (S, M, L, XL, 2xl, 3xl)
- 19. Natural Hair Products

Please either bring these items to our November meeting or drop them off at the office.

Thank you.





KALE FLATBREAD

What's better than kale? Kale with sweet potatoes! The sweet and savory flavors of the two go great together. Although I could eat a whole bowl of just those two things, they are also perfect for a flatbread pizza!



Before you begin, wash the outside of a sweet potato, place it on a foil lined baking sheet, and roast it in the oven at 400 degrees for about 60 minutes (depending on how big it is). Scoop out and chop approximately 1 cup of sweet potato cubes.

In a skillet, heat extra virgin olive oil (EVOO) on med-high heat and simmer 2 cloves of minced garlic. Add 2 heaping handfuls of washed and chopped kale (stems removed), sea salt, and cracked black pepper. Wilt down the kale and then add your sweet potato cubes. Toss it all together and remove from heat.

Place a wheat flatbread on a foil lined baking sheet, drizzle the top with EVOO and spread it around. Top the flatbread with your sweet potato and kale mixture and a handful of feta cheese. Bake in a preheated oven of 400 degrees for about 10 minutes or until the flatbread is crispy.

Cut into quarters with a pizza cutter and enjoy! Pizza without the guilt!

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









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Rachel Cameron

Karen Campbell

John Bonnano

Nancy Burns

Paul Clow

Sandra Cote

Olga Anton

CARING & SHARING November BIRTHDAYS

- Guy Criscione
- Salvatore Currenti
- Donna Dolan
- Clare Foley
- Renee Foley
- Josephine Hallenbeck
- Richard Hasenbein
- Nick Hrimatopoulos
- Lynn Indelicato
- Grigory Khaitov
- Greg Maida
- Joseph Marando
- Mary Lou Marando
- Paul Marcklinger
- Nancy Massaroni
- Ronald Milkins
- Sean Murphy
- Chris Nemeth

- Doris Olsiewski
- Linda Padula
- Angela Pauley
- Virginia Pezzula
- Mirela Pezzulo
- Theresa Portelli
- Mary Rozak
- Jeannine Scavullo
- Maria Schollenberger
- Virginia Sliter
- Thomas Tearno
- Teresa Tricomi
- Barbara Trimarchi
- Suzanne Wall
- Donna Welker
- Karen Wilson
- Peter Zeltins







FRANCES XAVIER CABRINI PATRON SAINT OF IMMIGRANTS

By FRANK ZEOLI

With all of talk in the news lately regarding whether or not the statue of Mother Cabrini will be erected in New York City, it is important to remember the place she holds in the hearts and minds of Italian Americans especially in the Capital District.

Mother Cabrini was born Maria Francesca Cabrini on July 15, 1850 in Sant'Angelo Lodigiano in the Italian region of Lombardy which is located about 19 miles southeast of Milan. Her parents, Agostino & Stella, were wealthy cherry tree farmers. She was the youngest of thirteen children. Sadly, only four of the thirteen survived beyond adolescence. Born two months prematurely, she was small and weak as a child and remained in delicate health throughout her life. She received a convent education at a school run by the Sacred Heart.

After the deaths of her parents in 1870 when she was just 20, she applied for admission to the sacred congregation of the Daughters of the Sacred Heart but was turned down because of her poor health. In 1874, she began teaching at the provident

house orphanage in Cadagao, Italy. Cabrini took religious vows in 1877 and added Xavier to her name to honor the Jesuit saint, Francis Xavier, the patron saint of missionary service.

When the orphanage closed, she founded the Missionary Sisters of the Sacred Heart to care for sick children in both schools and hospitals. She wanted to go to China and finish her work but Pope Leo XIII urged her to go to the United States to help the Italian immigrants. On March 31st 1889, she arrived in NYC with six other nuns.

In 1909, she became a naturalized citizen of the United States. She then received permission to start an orphanage known today as the Saint Cabrini Home. She was credited for returning sight to a child blinded when a 50% silver nitrate solution instead of the normal 1% solution was put in the child's eyes. She was also credited for curing a very ill person in her congregation. On December 22nd 1917, she died due to complications from dysentery.



Saint Frances Cabrini's body is now displayed under glass in the altar at St. Frances Cabrini Shrine in the Washington Heights area of Manhattan. Mother Cabrini's bones are encased in a wax replica of her body.

She was beatified on November 13th 1938 by Pope Pius the XI and canonized by Pope Pius XII on July 7, 1946 making her the first U.S. citizen to become a saint.

With pride, the Italian Americans in the south end of Albany started a society in honor of the only Italian American saint. The society has celebrated a mass and held a reception in honor of Mother Cabrini on November 13th, her feast day, for over 20 years.

Mixed Bocce Champs

The 2019 Mixed Bocce League came to a close at a buffet dinner on Monday, October 21st. This year not only did we have 2 teams tied for First Place but we also had 2 teams tied for Second Place. We had a wonderful season and we can't wait for next year!



Our First Place winners were:

Andy D'Auge, Team Captain
Maria DeNitto
Tony Fazio
Joyce Vine
Mary Lou Marando
Mike Horgan

Our Second Place winners were:

Armand Marando, Team Captain Chris Hoffman

Gretchen VanValkenburg Carmela DiCarlo Sally Simeone Benny Carfaro Dick Kaplan, Team Captain

Bob Vine

Rose Barbato

Gracie Simeone

Lynn Indelicato

Bob Kraushaar

Dominic Indelicato, Team Captain
Maria Quattrocchi

Joan Wallis
Fran Franke
Theresa Kaplan
Bob LaMorte

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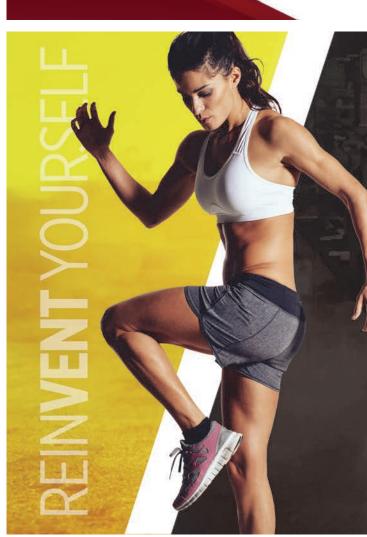








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THE ITALIAN AMERICAN COMMUNITY CENTER AND THE I.A.C.C. FOUNDATION NEWSLETTER

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