

THE ITALIAN AMERICAN COMMUNITY CENTER PRESENTS THE 46TH ANNUAL...





COLÚMBUS DAY GRAND GALA

Antonio Civitella Italian American of the Year



DANCE TO THE MUSIC OF GOOD TIMES

Hon. Kathy Sheehan Italian Spirit Award

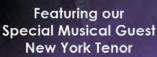
Frank Zeoli | IACC President's Award

Al Sacca Pasquale Tirino Service Award

Mary Lou Marando | Cuore d'oro Award

Cost: **IACC Members** \$55.00

Non Members \$65.00



CHRISTOPHER **MACCHIO**

Cocktails 5:30PM *

* Dinner 6:30PM *

Show 8:00PM *

Please respond no later than October 11, 2019

Please indicate your menu choice: To register online visit www.italianamerican.com, Stuffed Haddoc Call 518-456-4222 or mail check (with this slip) to: Italian American Community Center 257 Washington Ave. Ext., Albany, NY 12205

Dinner includes salad, pasta and dessert. Complimentary Beer, Wine and Soda included. Cash Bar

· Crispy Skin Chicken Roulade · Filet & Shrimp Duet

SATURDAY, OCTOBER 19, 2019



NEWS & EVENTS

1	COLUMBUS DAY GRAND GALA	14	BEGINNER ITALIAN FALL	. 2019				
4	PRESIDENT'S MESSAGE A special message from Jim Sano President of the Italian American Community Center	15	POOL SCHEDULE					
6	TASTE OF ITALY	16	FRIDAY NIGHTS AT THE	PAVILION				
7	SCREENING OF "MY ITALIAN SECRET"	17	MANGIA MOM					
10	FERRAGOSTO CELEBRATION	18	CARING & SHARING					
11	ST. ANTHONY'S FEAST IN BOSTON'S HISTORIC NORTH END	19	WOMEN'S LEAGUE					
12	BAL \$ AMIC VINEGAR, YOU GET WHAT YOU PAY FOR			ITALIAN AMERICAN COMMUNITY CENTER				



9/2~ Labor Day BBQ At The Pool

- 9/3~ Member Exclusive: Weekly Co-Ed Bocce 6:30 pm
- 9/4~ Member Exclusive: Weekly Co-Ed Poker Game Noon*
- 9/4 ~ Member Exclusive: Weekly Men's Poker Game 5:00 pm *

9/6~ Friday Nights At The Pavilion (Closing Night. Special: Fish Fry)

- **9/10~** Member Exclusive: Weekly Co-Ed Bocce
- 9/11~ Women's League Meeting

9/15~I.A.C.C. Pool Closing BBQ

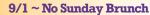
- 9/16 ~ Fall Chair Yoga
- 9/17~ Member Exclusive: Weekly Co-Ed Bocce
- 9/18~ I.A.C.C. Board Meeting
- 9/23~ Fall Chair Yoga

9/23~ Beginner Italian Language Classes Start

- **9/24~** Member Exclusive: Weekly Co-Ed Bocce
- 9/30~ Fall Chair Yoga
- 9/30~ Beginner Italian Language Class
- * Co-Ed and Men's Poker are held every Wednesday

UPCOMING EVENTS

- 10/7 ~ I.A.C.C. NYC Columbus Day Parade Marching Bus Trip
- 10/19 ~ Columbus Day Grand Gala
- 10/26 ~ Halloween Party



9/2 ~ No Monday Buffet













President's Message

It is hard to believe that summer is ending! The years do seem to go by faster and faster and as the adage states "time flies when you are having fun". Fun was exactly what we had during our annual Ferragosto celebration. I want to thank everyone who volunteered their time to make this a very special day for all the members that attended. I also want to thank all of our members that turned out on one of the best days of the entire summer.

So often we talk about the "Good Old Days" when growing up but most often those good times were created with the help of some caring adult(s) behind the scenes that volunteered their time often at great sacrifice. We are truly blessed to have such great volunteers that spend countless hours to create such wonderful events like Friday Nights at The Pavilion, Ferragosto, Best of the Bronx-Yankee Baseball bus trips, Super Bowl Party, bocce leagues, Chair Yoga, Women's League, the swimming pool, Italian Language Classes, Saint Patrick's/Saint Joseph Mass and Brunch, Saint Anthony Mass and Luncheon, Family Christmas Party, Family Easter Party, Family Halloween Party, bus trip to Boston Saint Anthony Feast, bus trips to the

"Real Little Italy in the Bronx, Arthur Avenue, history, music and film events, Carnevale and, of course, our signature celebration, the Columbus Day Gala. I mention this because at this year's Columbus Day Gala we will honor three such self-less volunteers, Frank Zeoli, Al Sacca and Mary Lou Marando. These good people have devoted so much time over the years to this organization that it would be impossible to fit their accomplishments and contributions in the space this column provides. I encourage all of our members to attend our Columbus Day Gala to honor and properly thank these individuals that helped this club to continue to grow and succeed. I will leave



you with this thought to consider. The "Good Old Days" are today for the young children and families of this club and, yes, even for some of us older folks. Make sure you go out of your way to thank our volunteers at the next event for creating these good times for all to enjoy.

Jim Sayo

JIM SANO
ITALIAN AMERICAN COMMUNITY CENTER
PRESIDENT



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SOCIAL ACTIVITIES~ FRANK ZEOLI
WOMEN'S LEAGUE~ GRETCHEN VANVALKENBURG
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

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50%
Discount! *

Sunday Brunch

No Sunday Brunch 9/1
No Monday Buffet 9/2



Executive Chef Ryan Huneau's menu features a chef's carving station, fresh Belgian Waffles, warm doughnuts, continental breakfast pastries, warm muffins, omelet station and much, much more.

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

Sundays in Albany are a little bit more delicious! The Italian American Community Center of Albany and the talented chefs at Treviso offer a Sunday brunch extravaganza.

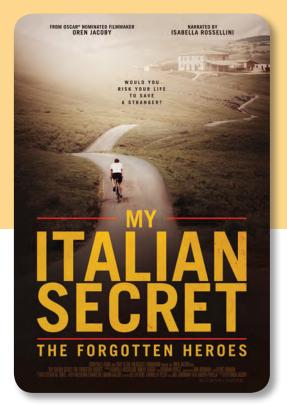


Treviso is located at 257 Washington Avenue Extension.

For more information please call the Treviso office at 518-456-0292







The Italian American Community Center Foundation in cooperation with the Albany Sons and Daughters of Italy Roma Intangible Lodge presented the documentary film, My Italian Sectret, The Forgotten Heroes





A bit of the After Party In The Roman Garden.



On August 25, The Sons and Daughters of Italy and the Italian American Community Center hosted an exclusive movie screening of the documentary, "My Italian Secret: The Forgotten Heroes." Producer, Vincent Marmoale, was in attendance for a live Quesion & Answer/meet & greet.





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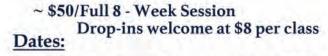


CHAIR YOGA



~ 6:00-7:00 pm





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

Location:

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



~ 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.





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

\$150 - MEMBERS \$300 - Non- MEMBERS CALL THE MEMBERSHIP OFFICE AT 518-456-4222









PLENTY OF WEEKDAYS AND WEEKENDS
STILL AVAILABLE

























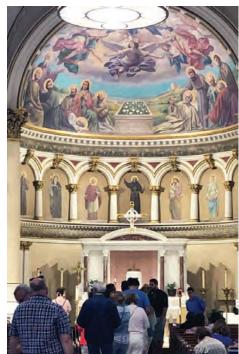


























ittle mini- bar size 3.4 ounce [1 mL] Grugiaro designed bottles hold an aged prize worth \$20-60 per ounce.

The name balsamic vinegar doesn't sound very Italian. It sounds more like a concoction drained from the pine forests of the Adirondacks. Like the Italian language it is derived from the original Latin – "BALSAMUM", meaning "balsam – like, curative or restorative." Think ahhhh.... that's good!



Balsamic vinegar of Modena is protected under the European Union's PGI/PDO protected foods system, which stipulates it be made with grapes of the Lambrusco, Sangiovese, Trebbiano, Albana, Ancellotta, Fortana or Montuni (the 7 sacred grapes) varieties and produced within the Italian provinces of Modena and Reggio Emilia. The" mosto cotta" (grape must) includes the grape juices, skins, seeds and stems. Licensed producers carefully heat the mosto cotta and let nature take over by letting alcohol, bacteria and sugars create these magic elixirs.

There are 3 protected Balsamic vinegar products:

- 1. Aceto Balsamico *Tradizione* di Modena (Traditional Balsamic Vinegar of Modena)
- Aceto Balsamico Tradizione di Reggio Emilia (Traditional Balsamic Vinegar of Reggio Emilia)
- **3. Aceto Balsamico di Modena** (Balsamic Vinegar of Modena).





The "tradizione" vinegars are prized throughout the world as an artisan food product. It is the large scale commercially produced Aceto Balsamico di Modena that we all recognize and can easily find and afford. They all carry European Union PDO (Product Designation of Origin) certification attesting to their age, quality, origin and authenticity.

These *tradizione*/special vinegars are considered to be a "condiment" to be dripped or dribbled possibly on some shaved Parmigiano Reggiano, fresh fruit, or maybe some sliced mortadella etc... Some will splurge and drizzle it on desserts like zambaione, latte alla Portogheesee, Panna Cotta or even sipped as an aperitif.

These highly prized *tradizione* vinegars are boiled down to 30% minimum sugar content and allowed to ferment and age for a minimum of 12 years. The traditional balsamic vinegar has a rich, deep brown glossy sheen to it and the taste reflects it being aged in casks of either chestnut, cherry, oak, mulberry, or juniper wood. The *tradizione* vinegars are produced in time consuming labor intensive small quantities.

A process is used whereby a series of usually five casks ranging from 50L to 15L are used to age the product. The smallest 15 L cask yields the aged finished product. The master maker just determines how much product to draw from each cask and that he replaces that amount from the next largest cask and so on down the line. The largest cask has the youngest mosto cotto so the age of the vinegar is an average age based on how it is been blended from the other casks but it is never less than the stated age. After samples are approved by five experts for taste, smell, and appearance, the *tradizione* final product is allowed to be sold in its designer made bottles and packaging.

The Reggio Emilia red label vinegar is the 12 year old standard followed by the 18-year-old silver label and finally the 25+ year old gold. Modena Uses a two-tiered system of a white capped greater than 12-year-old Vinegar and a gold cap for the extra-vecchio/greater than 25-year-old liquid.

PER TUA INFORMAZIONE

Bal&amic Vinegar You Get What You Pay For

By JOE SANO



When considering the extra-vecchio average price of \$60 per oz. most are not splashing the *tradizione* vinegars onto their salad greens.

Most of us use the affordable and available "Aceto Balsamico di Modena" vinegar. While one of the three protected vinegars it is not considered to be of artisan quality. It is usually aged anywhere from two months to three years. Artificial coloring, caramel, sweeteners, guar gum etc. maybe added to give it the color, flavor and thickness of the *tradizione* vinegars. These imported, commercially made vinegars are sometimes blended with other vinegars.

Just remember in order to use the term "di Modena" the vinegar must meet the European Union's IGP certification (Indicazione Geografica Protetta) guaranteeing authenticity and quality. There are many products calling themselves Balsamic Vinegar (non-licensed term) which have no connection to the three discussed in this article. They are made to taste like the real aceto but it is achieved with blended vinegars and the additives mentioned earlier without any ties to the licensed Italian provinces.

In order to be called balsamic vinegar of Modena, at least <u>one</u> phase of production of the vinegar or one primary ingredient (MOSTOCOTTA) must occur or come from the licensed regions. Obviously that definition gives a lot of flexibility from using just plain vinegars from the regions and adding various additives stretched into having non-native vinegars imported into the licensed regions, where they are mixed into a finished product.

Let's not forget that there exist countless versions of non-certified balsamic vinegars. Balsamic vinegar is not a licensed product name. Only the 3 designations named in this article are the true Italian licensed products. Two are expensive and one is commonly used.

"You get what you pay for!" The IGP/PDO certification, the bottle's size, shape, and the ingredients list will help you to determine if you are using a pricey *Tradizione*, a commercially made "Aceto Balsamico di Modena" or a mass produced noncertified facsimile.

Balsamic vinegar is a big time endeavor employing thousands who grow, harvest, blend, monitor, package, ship, wholesale and retails the finished product. It surprises few that earlier this year a plot was uncovered where grape must was being fraudulently certified as grown in the licensed areas. Italian authorities shut it down and remain forever vigilant to protect the safety and authenticity of their world famous and desired food products which comprise a multi-faceted and significant portion of the nation's economy.







Beginner Italian Fall 2019

Learn the world's most beautiful, romantic, and musical language this fall!

You are invited to join us for a completely different language class in Italian. This class intends to reveal and highlight the NAMES of things....that is to say VOCABULARY.

Class Dates: Beginning September 23 and 30, October 7, 14, 21, 28 and November 4

and 11 with a makeup date of the 18th if necessary.

Class Time: Monday evenings from 7:00 to 9:00 pm

Cost: \$75 I.A.C.C. Members / \$85 Non-Members (Plus \$15 For Materials)

A textbook will be available to anyone who desires at a cost of \$20 although not required.

Location: The Italian American Community Center ~ 2nd Floor

(257 Washington Avenue Ext, Albany, NY 12205)

Register: Call (518) 456-4222 -OR- Visit: www.IACCFoundationAlbany.org

CLASS SIZE IS LIMITED REGISTER TODAY!

2019 IACC Swimming Pool Schedule

POOL PHONE 518-380-2066 (to check conditions)

Members MUST have their membership card available while at the pool

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

Noon - 8:00 P.M.

Pool Season

extended until

September 15

from 12-6 pm

3:30 P.M. - 6:30 P.M.

10:00 A.M. - 8:00 P.M

Noon - 5:00 P.M.

Member Exclusive Pre-Opening Party May 18

Noon - 5:00 P.M

Opening Weekend: May 25 - May 27

Noon - 8:00 P.M.

Early Morning Lap Swimming-July 1-August 16

7:30 AM - 9:30 AM

Labor Day/Closing Day: September 2

I.A.C.C POOL REGULATIONS

- Proper bathing attire required. No cut-off jeans in the pool.
- Clothes and towels are not to be hung on or over the fence.
- IACC is not responsible for lost or stolen articles in pool area.
- NO running or jumping, profanity, horseplay, or pets permitted.
- NO glassware permitted in pool area.
- Children under age 12 MUST be accompanied by a parent or responsible adult at all times in pool area.
- ALL babies and small children not toilet trained MUST wear a swim diaper at all times.
- Children using flotation devices must be accompanied by an adult in the water.
- Children using flotation devices are allowed in the shallow end of the pool ONLY.
- No smoking in the Pool area.
- Guests must be accompanied by a member and must register with the lifeguard on duty.



FRIDAY NIGHTS AT THE PAVILION



All the President's! Left to right Frank Zeoli-President of The Italian American Heritage Foundation, Tony Dalla President of the Denver Colorado Italian American Club, Terry Tremea President of the International Tyrolean Trentino Organization of North America, Jim Sano President of the Italian American Community Center and Professor Philip J. Dinovo President of the American Italian Heritage Museum of Albany, N.Y.



Jim Sano, Terry Tremea President of the Tyrolean Trentino Organization of North America and Frank Zeoli at the pavilion on Friday August 22.

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- Services of Professional guide throughout
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- Marvel at the beauty of the fabled cities of GRANADA, SEVILLE, RONDA, CADIZ, CORDOBA, BAEZ and ALMUCAR ON THE Costa del Sol
- Enjoy the beauty and precision of fabled Andalusian horses as you watch an Equestrian Dressage performance
- Be transported back to another time as you ride through the beautiful countryside in the Border region, discovering the ancient "white villages'
- See and feel the passion of the performers as we attend a live Flamengo performance
- Tastings arranged for Spain's prized Shery wine, its cured Hams and fruits
- Be transported to the world of the Arabian Nights as we marvel at the beauty of
- The ALCAZAR Complex of Seville, LA MEZQUITA of Cordoba, the ALHAMBRA of Granada and much more
- Tour will end in Almunecar, on the fabled Costa Del Sol, staying at the beachside Hotel Helios. As we prepare to leave, we will be taking back with us wonderful memories of the passionate music, people, exotic sites, food and experiences

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Put 2-3 lbs of boneless skinless chicken breast in a slow cooker. Pour 12 oz of Dr. Pepper soda and half of a bottle of Sweet Baby Ray's BBQ sauce over the chicken. Slow cook on high for 4 hours or low for 8 hours.

When it's done cooking, shred the chicken apart with two forks right in the slow cooker. Mix well and add more BBQ sauce if desired.

On a soft roll, top the Dr. Pepper BBQ Pulled Chicken with cole slaw and french fried onions. Enjoy!



- Rosanna Aiuppa
- John Articolo
- Michael Barone
- Adrienne Bonilla
- Monica Buckley
- Kim Celona
- Mario Chiarello
- **Andrew Chouffi**

- CARING & SHARING September BIRTHDAYS
- Lea Collins
- Stephanie DelSignore-Smolvn
- Christine Di Ionna
- Dawn Dorsey
- William Fluty
- Vincent & Patricia Forte
- Michael Franchini
- Terasa Genovese
- Rose Marie Guastamacchia
- Margaret Kirwin
- Zoey Knapik
- Michael Macri
- Nick Mancini
- Maria Marchio
- Frank Mesiti
- Kristen Padilla
- Josh Peck

- Francesco Pecoraro
- Diane Riley
- Lvnne Rizzo
- Mario Rizzo
- Hiedi Ruth
- Jeanne Sacca
- Susan Saddlemire
- Jim Sano
- Ralph Savage
- Janice Stankus
- Jayne Tinker
- Josephine Tirino
- Arlene Tobia
- **Brian Turner**
- Linda Zeoli





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new members

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FINDING OUR Immigrant Ances

Angelo Coniglio, author of the "Finding Our Immigrant Ancestry" column, has asked us to clarify the correct address for his current websites:

To see the web page describing his various works, please go to http://conigliofamily.com/AFCWorks.htm or the short link http://www.bit.ly/WorksByAFC

ello ladies,

I was very pleased with the number of ladies who attended our Hawaiian Luau. Our guest Hula Dancing instructor, Laureen Falzo-Karma, enjoyed meeting everyone and providing us with a great hula dancing demon-



stration out by the pool. Many of the ladies who attended stood up and participated in doing some of the hula dance moves as Laureen demonstrated the different body and arm movements during the dance. Everyone that I spoke to seemed to enjoy the evening. If you were not able to attend, you missed a fun event. Maybe some of the ladies who were there will share some stories of the fun they had. Seventeen ladies joined us and pictures were

also taken so you will be able to see those along with this article. Thank you also to everyone who provided foods and beverages for the group. Everything was delicious!

For our September 11, 2019 Women's League meeting, our guest will be Dawn Martin with Uncle Shawn's Hugs. This is always one of our favorite activities. In case any of our new members are not familiar with Uncle Shawn's Hugs, it was started by Dawn Martin and her family and it is named for Dawn's son, Shawn, who died while serving in the military. He always gave great hugs so Dawn and her daughter started making these blankets which are provided to children during the Christmas holidays. In the past, the blankets were delivered on the Toys for Tots Train at Christmas but now they are delivered to local children during the holidays. The children love to receive these beautiful blankets and we all enjoy our time sitting and tying the blankets as we socialize with one another. If you have not experienced this fun-filled experience, I would highly recommend joining us.



WOMEN'S LEAGUE



Your meal choices for this evening will be Chicken Parmigiana or Eggplant Parmigiana. Vegetables and Family Style Penne Pasta with Tomato Sauce will be served with the entrees, along with a Mixed Green Salad with House Dressing, Rolls and Butter and Coffee and Tea. For dessert, we will enjoy Chocolate Peanut Butter Cake. As always, our meal price is \$23. Please be sure to call Marilyn Quadrini by September 4, 2019 at 518-438-7602 and let her know you will be attending along with your meal choice. This is very important since we need to let the restaurant know an attendance count and food choices at least 5 days in advance. We don't want anyone to miss out on this because they neglected to call in their reservation in time.

I look forward to seeing everyone on September 11, 2019 and hopefully some new faces as well.







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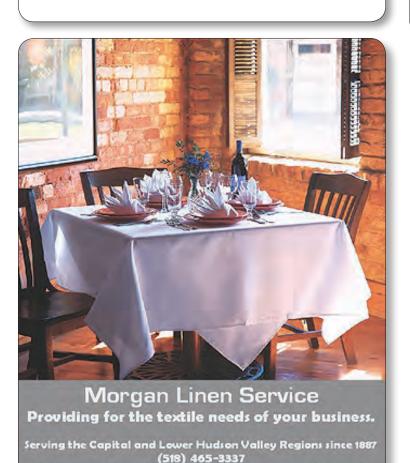


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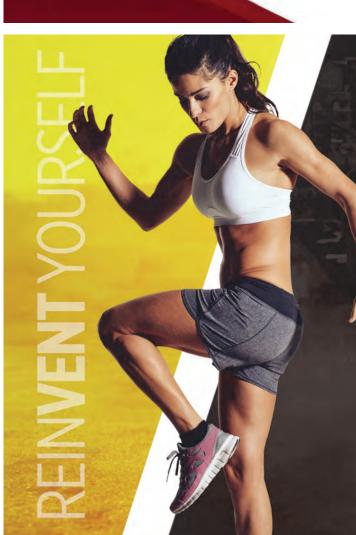








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THE ITALIAN AMERICAN COMMUNITY CENTER AND THE I.A.C.C. FOUNDATION NEWSLETTER

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FORWARDING SERVICE REQUESTED

Join The Italian American Community Center

** The Capital District's Premier Social Club **









The Italian American Community Center, founded in 1971, is an organization dedicated to serving anyone and everyone who love all things Italian!

As a member of The I.A.C.C., you receive exclusive access to a wide variety of events and activities, special discounts and promotional opportunities, along with the most up to date news about the Italian American culture and community.

(Call (518) 456-4222 To Join Today!