



ISSUE 601

APRIL 2024

SPRING
IS HERE!





NEWS & EVENTS

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SOCIAL CALENDAR



04/01 ~ Intermediate Italian Language Class - 7:00 pm

04/04 ~ Chair Yoga - 6:00 pm

04/08 ~ Monday Grand Italian Buffet - 5:00 pm - 7:00 pm

04/08 ~ Intermediate Italian Language Class - 7:00 pm

04/09 ~ Member Exclusive Dinner - 6:00 pm

04/10 ~ Women's League Meeting - 6:00 pm

04/11 ~ Chair Yoga - 6:00 pm

04/15 ~ Intermediate Italian Language Class - 7:00 pm

04/21 ~ Sunday Brunch - 10:00 am - Noon

UPCOMING EVENTS

05/13 ~ MEMBER EXCLUSIVE: WEEKLY MEN'S BOCCE - 6:30 PM

05/14 ~ MEMBER EXCLUSIVE: WEEKLY WOMEN'S BOCCE - 6:00 PM

05/18 ~ MEMBER EXCLUSIVE: POOL PRE-OPENING PARTY & BBQ

05/23 ~ BEST OF THE BRONX: YANKEES GAME & ARTHUR AVE BUS TRIP - 8:30 AM

05/24 ~ POOL SEASON OPENING - 12:00 NOON

05/24 ~ FRIDAY NIGHTS AT THE PAVILION (OPENING NIGHT): SPECIAL - CHICKEN PARM

06/09 ~ ST. ANTHONY'S MASS & LUNCHEON - 12:00 NOON (PAVILION)



PRESIDENT'S MESSAGE

Spring is finally here, and the IACC is looking better than ever. We have many events coming up at the club. First, on April 9th, we will hold our annual free member dinner. Members will enjoy a Chicken Picatta dinner with salad and dessert. Beer, wine, and soda are included. The dinner is for members only; no guests are permitted. To attend, you must make a reservation by calling the membership office or visiting the website.

Our next Monday Night Grand Italian Buffet will be held on April 8th, instead of April 1st, and the Sunday Brunch will be on April 21st. Don't forget that as a member, you receive 50% off for up to 15 people at the brunch and 30 people at the buffet. It's a great member benefit, so make sure to use it.

Looking ahead, Friday Nights at the Pavilion and our swimming pool will open for the season on May 24th, so mark your calendars. Summer at the IACC is always a special time, and you don't want to miss any of it. We are looking for volunteers for Friday Nights at the Pavilion. If anyone is interested, please send me an email at festa@italianamerican.com, and we can see how best you can lend your talents to the club.

Finally, I hope you had a great "Buona Pasqua" or Happy Easter filled with love, family, and great food.

Ciao,

FRANK ZEOLI
ITALIAN AMERICAN COMMUNITY CENTER
PRESIDENT

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BY SERGIO PANUNZIO

103-YEAR-OLD ITALIAN WOMAN FINED FOR DRIVING WITH EXPIRED LICENCE

Police were called to reports of dangerous driving in Bondeno, northern Italy, in the early hours of the morning. Police in Italy have fined a 103-year-old woman who was caught driving an uninsured car at night with an expired driving license. Officers received a call at about 1am reporting a vehicle being driven dangerously in the center of Bondeno, a town with about 13,000 inhabitants near Ferrara. The officers dispatched to the scene in the northern Emilia Romagna region were “greatly surprised when they discovered the year of the driver’s birth”, according to a police report. Giuseppina Molinari, known as Giose, was born in 1920. She had been driving to Bondeno to meet friends and “probably” got disoriented in the dark and lost her way, police said. Molinari was fined and taken home by police. “I will buy myself a Vespa,” Molinari told local newspaper La Nuova Ferrara.

DONNA DI 103 ANNI MULTATA PER GUIDA CON PATENTE SCADUTA

La polizia è stata chiamata per segnalazioni di guida pericolosa a Bondeno, nel nord Italia, nelle prime ore del mattino. La polizia italiana ha multato una donna di 103 anni che è stata sorpresa a guidare di notte un'auto non assicurata con la patente scaduta. Gli agenti hanno ricevuto una telefonata intorno all'una di notte che segnalava un veicolo che circolava pericolosamente nel centro di Bondeno, comune di circa 13mila

abitanti vicino a Ferrara. Gli agenti inviati sul posto in Emilia Romagna sono rimasti "molto sorpresi quando hanno scoperto l'anno di nascita del conducente", secondo un rapporto della polizia. Giuseppina Molinari, detta Giose, è nata nel 1920. Stava andando a Bondeno per incontrare degli amici e "probabilmente" si è disorientata nel buio e si è persa, ha detto la polizia. Molinari è stato multato e portato a casa dalla polizia. "Mi comprerò una Vespa", ha detto Molinari al quotidiano locale La Nuova Ferrara.

MARCELLO GANDINI, LAMBORGHINI, LANCIA AND ALFA ROMEO DESIGNER, DIES AGE 85

The designer was responsible for classic luxury sports cars such as Lamborghini Countach, Alfa Romeo Carabo and Lancia Stratos. Marcello Gandini, the Italian car designer who pioneered the use of “scissor doors” in luxury sports cars and drew the sleek outlines of several eye-catching designs for manufacturers including Lamborghini, has died at age 85. Gandini, whose designs for fast and furious machines like the Alfa Romeo Carabo, the Lancia Stratos, or the Lamborghini Countach and Miura adorned millions of teenage bedroom walls, died suddenly in the Rivoli municipality of Turin on Monday, Italian state broadcaster Rai said.

MARCELLO GANDINI, LAMBORGHINI, DESIGNER LANCIA E ALFA ROMEO, MUORE ALL'ETÀ DI 85 ANNI

Il designer è stato responsabile di auto sportive di lusso classiche come Lamborghini Countach, Alfa Romeo Carabo e Lancia Stratos. Marcello Gandini, il designer automobilistico italiano che ha aperto la strada all'uso delle "porte a forbice" nelle auto sportive di lusso e ha disegnato i contorni eleganti di numerosi design accattivanti per produttori tra cui

Lamborghini, è morto all'età di 85 anni. Gandini, i cui progetti per macchine veloci e furiose come l'Alfa Romeo Carabo, la Lancia

Stratos, o la Lamborghini Countach e Miura che adornavano le pareti di milioni di camere da letto di adolescenti, sono morte improvvisamente lunedì nel comune di Rivoli, Torino, ha detto la Rai.

EXTREME WEATHER IN ITALY AND FRANCE BRINGS AVALANCHES, FLOODS AND LANDSLIDES

A boy, 16, was killed by an avalanche in Italy’s South Tyrol region with more predicted in France during a busy week for ski resorts. Extreme weather has brought avalanches, storms, strong winds and landslides to Italy and France. A 16-year-old boy died after being hit by an avalanche while skiing off-piste in Plan in Val Passiria in Italy’s South Tyrol region, near the Austrian border. The avalanche risk in the area stands at level three, or “considerable”, on the European avalanche danger scale. The boy is the second person to be killed by an avalanche in the region in recent days. More than 6,000 people living in three villages in the Gressoney area of the Aosta valley, the Alpine region near the French border, have been isolated since Sunday as a result of avalanches, which also blocked a tunnel.

IL TEMPO ESTREMO IN ITALIA E FRANCIA PORTA VALANGHE, INONDAZIONI E FRANE

Ragazzo, 16 anni, ucciso da una valanga in Alto Adige e in Francia si prevedono altre morti durante una settimana intensa per le stazioni sciistiche. Il clima estremo ha portato valanghe, tempeste, forti venti e frane in Italia e Francia. Un ragazzo di 16 anni è morto dopo essere stato travolto da una valanga mentre sciava fuoripista a Plan in Val

Passiria, in Alto Adige, vicino al confine austriaco. Il rischio valanghe nella zona si colloca al livello tre, ovvero "considerevole", della scala europea del pericolo valanghe. Il ragazzo è la seconda persona ad essere uccisa da una valanga nella regione negli ultimi giorni. Oltre 6.000 persone che vivono in tre comuni del territorio di Gressoney in Valle d'Aosta, la regione alpina vicina al confine francese, sono isolate da domenica a causa delle valanghe che hanno bloccato anche un tunnel.

ITALY PM GIORGIA MELONI SEEKS OVER \$100,000 IN DAMAGES OVER DEEPFAKE VIDEOS

Italy's prime minister is seeking €100,000 in damages after deepfake pornographic videos of her were shared on the internet. 'Deepfakes' are images or videos where the face of one person, in this case, Giorgia Meloni, is digitally put onto the body of another. Two men accused of making the videos, a father and son aged 74 and 40, are being investigated. The two suspects are accused of defamation, which can carry a custodial sentence under Italian law. The videos in question, which date back to 2022 - before Ms. Meloni was appointed prime minister - were posted to a US pornographic website where they were viewed "millions of times" over several months, according to an indictment. Ms. Meloni is now due to testify at a court in the Sardinian city of Sassari on 2 July as part of her case. If her claim is successful, Ms. Meloni will donate the €100,000 to a fund to support women who have been victims of male violence, her legal team said.

GIORGIA MELONI CERCA OLTRE 100.000 DOLLARI DI DANNI PER VIDEO DEEPFAKE

Il primo ministro italiano chiede 100.000 euro di risarcimento danni dopo che video pornografici deepfake

di lei sono stati condivisi su Internet. I "deepfakes" sono immagini o video in cui il volto di una persona, in questo caso Giorgia Meloni, viene inserito digitalmente sul corpo di un'altra. Sono indagati due uomini accusati di aver realizzato i video, un padre e un figlio di 74 e 40 anni. I due indagati sono accusati di diffamazione, pena detentiva secondo la legge italiana. I video in questione, che risalgono al 2022 - prima che la Meloni fosse nominata primo ministro - sono stati pubblicati su un sito pornografico statunitense dove sono stati visti "milioni di volte" per diversi mesi, secondo un'accusa. La Meloni dovrà ora testimoniare davanti al tribunale della città sarda di Sassari il 2 luglio nell'ambito del suo caso. Se la sua richiesta verrà accolta, la Meloni donerà 100.000 euro a un fondo per sostenere le donne vittime di violenza maschile, ha affermato il suo team legale.

THOUSANDS GATHER TO PAY TRIBUTE TO MURDERED PRIEST DON PEPPE DIANA

Thousands in Naples have taken to the streets to pay tribute to the late priest, Don Peppe Diana, who was killed in his church exactly 20 years ago. Assassins working for the Camorra, one of Italy's most established organized crime groups, notoriously murdered Diana on 19 March 1994 in the sacristy of his church in Casal di Principe, near Naples, where he was preparing for mass.

MIGLIAIA IN RADUNO PER RENDERE OMAGGIO AL SACERDOTE ASSASSINATO DON PEPPE DIANA

Migliaia a Napoli sono scesi in piazza per rendere omaggio al defunto sacerdote don Peppe Diana, ucciso nella sua chiesa esattamente 20 anni fa. Gli assassini che lavoravano per la camorra, uno dei gruppi criminali organizzati più affermati in Italia, notoriamente uccisero Diana il 19 marzo 1994 nella sagrestia della sua chiesa a Casal di Principe, vicino a Napoli, dove si stava preparando per la messa.

NEW TRIAL OPENS FOR AMERICAN FRIENDS OVER FATAL STABBING OF ROME POLICE OFFICER

A new trial opened Friday for two American men in the slaying of an Italian plainclothes police officer during a botched sting operation after Italy's highest court threw out their convictions. Italy's highest Cassation Court ordered a new trial last year, saying it hadn't been proven beyond a reasonable doubt that the defendants, with limited Italian language skills, had understood that they were dealing with Italian police officers when they went to meet an alleged drug dealer in Rome. Finnegan Lee Elder and Gabriel Natale-Hjorth, who were teenagers at the time of the July 26, 2019 slaying, sat side-by-side as an appeals court judge made opening remarks in the new trial. The two are being held in separate prisons near the Italian capital.

SI APRE IL NUOVO PROCESSO PER GLI AMICI AMERICANI PER L'ACCOLGLATURA MORTALE DI UN AGENTE DELLA POLIZIA DI ROMA

Venerdì si è aperto un nuovo processo contro due uomini americani per l'omicidio di un agente di polizia italiano in borghese durante un'operazione di puntura fallita dopo che la più alta corte italiana aveva annullato le loro condanne. La più alta Corte di Cassazione italiana ha ordinato un nuovo processo l'anno scorso, affermando che non era stato dimostrato oltre ogni ragionevole dubbio che gli imputati, con limitate conoscenze della lingua italiana, avessero capito di avere a che fare con agenti di polizia italiani quando si erano recati a incontrare un presunto spaccio di droga. concessionario a Roma. Finnegan Lee Elder e Gabriel Natale-Hjorth, che erano adolescenti al momento dell'omicidio del 26 luglio 2019, sedevano fianco a fianco mentre un giudice della corte d'appello faceva le osservazioni di apertura del nuovo processo. I due sono detenuti in carceri separate vicino alla capitale italiana.

WOMEN'S LEAGUE

Ciao ladies and welcome Spring! Attendees at our March meeting enjoyed the Monday night buffet followed by our first meeting of 2024 where we welcomed two first time Women's League attendees, Joanne Coppola and Mary Ann Stomazyk, and discussed plans for future meetings for the remainder of the year. We have some exciting events planned and look forward to a fun and informative year!

We hope you can join us at our April meeting to share in a conversation with our guest speaker, Deb Riitano, Commissioner of the Albany County Department for the Aging (ACDFA). Come and learn about some of the many programs ACDFA has to offer such as:

- **Adult Day Care**
- **Caregiver Support Programs**
- **Congregate Dining**
- **Health and Wellness Programs**

Our meeting will be held on Wednesday, April 10th at 6:00 pm in the Caruso Room on the 2nd floor. Dinner will be pizza, wings and salad. Attendees are asked

to bring their own beverages. Please contact Terri Fazio at 518 452-9265 or via email at theodora.fazio1130@gmail.com to make a reservation with the group no later than Sunday, April 7th. Cost will be \$15 per person.



Whether you're a beginner or an experienced player, we invite you to join one of our leagues. They're free, enjoyable, and great for meeting fellow members. Walk-ins are always welcome if you can't commit to playing every week. The men's bocce league meets **every Monday at 6:30 pm, starting May 13th**. Contact Jim Sano, the Men's Bocce League President, at 518-438-4631 if you're interested in playing.

WELCOME BACK, BOCCE!

The 2024 season for women's bocce begins on **Tuesday, May 14th, at 6:00 pm**. Women's bocce is held every Tuesday for 14 weeks, concluding on August 13th. Team captains are asked to contact their team members to ensure they're ready to play. We'll distribute schedules and handouts on the first night. All female club members are welcome to

participate in bocce. If you'd like to try it, please get in touch with one of our Women's Bocce Co-Chairs, either Donna Zumbo at 518-424-7463 or Maria LaMorte at 518-378-1687. We always need substitutes. Remember, no special talent is required, and we always have a great time.



Cilento and Vallo di Diano National Park

BY JIM SANO



Cilento and Vallo di Diano National Park **The National Park of Cilento, Vallo di Diano, and Alburni** was established in 1991 and is the second largest in Italy, spanning 181,000 hectares of land in the Campania region's Province of Salerno in southern Italy. It was created to protect the territory from building speculation and mass tourism, and in 1998, it became a UNESCO World Heritage Site. The Park boasts beautiful coasts, caves and inlets, endemic plant species, and diverse landscapes, including the peaks of the Alburni Mountains, Cervati, and Gelbison, and the coastal buttresses of Mt. Bulgheria and Mt.

Stella. The region is steeped in Greek mythology and legends, visible in the remains of the colonies of Velia and Paestum. In addition, it is home to some of the most important archaeological sites in the world. The Park is also rich in culture and includes several villages with charm. The name "Cilento" comes from the Latin "Cis Alentum," meaning "on this side of the Alento River." The Park is one of Italy's most diverse national parks, with landscapes ranging from forests to the Cilentian coast, and served as an essential trade and battle route throughout Italian history. It also includes natural reserves such as the Santa Maria di Castellabate marine reserve and the Oasis of Persano.

CILENTO – SOUTHERN ITALY

Cilento is located about 100 km south of Naples in Campania and boasts a rich history with numerous settlements and sanctuaries along its mountain ridges. During medieval times, it was a significant route for trade and held great political and cultural significance. Cilento also served as the boundary between the colonies of the Etruscan people and Magna Graecia. The coastal area of Cilento extends from Paestum to the Gulf of Policastro near the town of Sapri, and most tourist destinations are hamlets known as frazioni. Some seaside communes in the Cilento area include Agropoli, Ascea, Camerota, Capaccio, Caprioli, Casal Velino, Castellabate, Centola, Montecorice, Palinuro, Pisciotta, Pollica, San Giovanni a Piro, San Mauro Cilento, and Sapri. The inland communes in the Cilento area are Alfano, Campora, Celle di Bulgheria, Felitto, Futani, Laurino, Moio Della Civitella, Montano Antilia, Monte Cicerale, Monteforte Cilento, Morigerati, Ogliastro Cilento, Omignano, Ottati, Piaggine, Salento, Sessa Cilento, Prignano Cilento, Rutino, Sacco, Stio, Torchiara, Tortorella, Trentinara, and Vallo della Lucania.

THE ANCIENT GREEK TOWN OF PAESTUM

The ancient Greek town of Paestum, also known as Poseidonia, is a stunning but often neglected archaeological site in Italy. It was founded in the 6th century B.C. by Greek settlers and is dedicated to Poseidon, the sea god. Today, Paestum provides visitors with a vivid and accurate representation of the grandeur and sophistication of its former life. Located 85 km north of Naples in Capaccio, Salerno province, Paestum boasts three of the world's best-preserved

ancient Greek temples and a rich museum filled with frescoes, ceramics, and artifacts from millennia ago. These temples, dedicated to Neptune, Athena, and Hera, are the site's main highlights, covering an area of 120 hectares, of which only 25 hectares containing the temples have been excavated. The remaining 95 hectares, on private land, have yet to be explored. Paestum was surrounded by defensive walls, which stood at 4750 meters long, 15 meters high and 7 meters thick with 24 towers of round and square shapes along the walls.

THE TEMPLE OF NEPTUNE

The Temple of Neptune is the best-preserved temple in the Greek world. Its unique feature is the double order of columns, which divide the three naves of the Temple. This type of architecture is not found in other Western Greek temples, making the Temple of Neptune the only example in Magna Graecia. The Temple's design also connects it to the more famous but less well-preserved Temple of Zeus in Olympia on mainland Greece.

THE TEMPLE OF HERA II

Adjacent to the Temple of Neptune is another smaller, similarly designed building commonly referred to as "the basilica." It received this name in the 18th century when archaeologists thought it served as an administrative building. However, current research suggests it was originally a temple dedicated to Hera, built in 530 B.C. The Temple contains several religious artifacts now preserved in the local museum.



The Temple of Neptune



The Temple of Hera II

It is believed that the walls of the temple were lost because materials were repurposed for construction during the Middle Ages, despite the visible foundation and original altar.

TEMPLE OF ATHENA

The Temple dedicated to the goddess Athena has been discovered to have numerous terracotta statues of the goddess, evidencing its dedication to her. It has been occupied since the first generation of settlers, dating back to around 580 B.C.

The construction of the Temple, which features a mixture of Doric and Ionic elements, dates back to about 500 B.C. and is still visible today, with its clay slabs from the eaves displayed in the Museum. This Temple is unique in its stylistic blend of Doric and Ionic elements.



VELIA

Velia is the site of a city, founded by the Greeks who fled the Persian invasion of Ionia in 540 BC, named initially Hyele and later known as Elea. It is located on a promontory overlooking the Tyrrhenian Sea in the Cilento territory of Campania, near the modern town of Ascea. The ruins of Elea-Velia were finally discovered in the 19th century.

As a flourishing town and one of the most important cultural centers of the Greek world, Elea was home to the foundation of the Eleatic school of philosophy by Parmenides in the early 5th century B.C. Parmenides is considered the founder of metaphysics or ontology, while his follower, Zeno, is famous for his paradoxes of motion. The Eleatics valued rationality over sense experience and significantly impacted Western philosophy.

During the Second Punic War, Velia supplied ships to Rome in its fight against Hannibal, and in 88 B.C., it became a municipality of the Roman Empire. After that, however, the city began to decline when the new Roman road, the Via Popilia, which connected the capital with Southern Italy, isolated Velia and made it more remote. The coast was also damaged from



Temple of Athena

silting and became marshland, leading to the gradual abandonment of the city during the Middle Ages.

The Acropolis houses various buildings, including a medieval tower built over a Greek church. Today, the ruins of the ancient city walls can be seen, along with traces of many towers and a gate. These ruins are spread over three miles and date back to different eras.



The Porta Rosa, the only example of a round arch in Greek architecture in Italy, is the northern entrance to the city.

CERTOSA DI PADULA

The Certosa di Padula, also known as the Certosa di San Lorenzo, is one of Italy's oldest and largest Carthusian monasteries. Located in the Cilento National Park, three kilometers from Padula in southeastern Campania, it is renowned for its architectural magnificence and abundance of artistic treasures.

Spread over three acres (12,000 square meters), the monastic complex is the largest in the world and can accommodate up to sixty thousand people. Although it took approximately 450 years to construct, most of the building has a baroque style of architecture. The monastery covers an area of 12.7 acres and boasts over 320 different halls and rooms.

Founded in 1306 by Tommaso di San Severino, the monastery was built at the site of an older monastery



Certosa di Padula



Oasis of Persano

and dedicated to St. Lawrence, who died as a martyr during the Roman Emperor Valerian's persecution of Christians in 258. The structure was designed to resemble the iron grill on which he was burned to death. The Certosa di Padula is best known for its beautiful spiral marble staircase leading to a large library. Over its long history, many famous figures, including Holy Roman Emperor Charles V, visited the monastery on pilgrimage. According to legend, the monks prepared and fed Charles V's army a giant omelet made from over 1,000 eggs during his visit in 1535.

OASIS OF PERSANO

The Oasis of Persano is a wetland of international importance located in the upper part of the Piana del Sele, between the Picentini and Alburni Mountains.



The oasis extends over 100 hectares between the towns of Campagna and Serre along the river Sele. A succession of woods of willows, poplars, and alders, meadows of daffodils, wild orchids, buttercups, ferns, water lilies, and marsh areas characterizes it. It is crucial for migratory birds, which use it as a stopover route to North Africa for reproduction and wintering. To date, 184 bird species have been reported, with 47 nesting in the oasis or its immediate vicinity.

Of extraordinary importance is the presence of otters, the symbol of the oasis and the main reason for its establishment. The Sele basin is one of the last refuges for these animals in Italy, and they share their habitat with skunks, badgers, weasels, and wild boars.

BIODIVERSITY: FAUNA AND FLORA

The National Park of Cilento and Vallo di Diano is home to a diverse range of animal species. The fauna of the Park is abundant due to the various environments that can be found within its borders. The most well-known bird species is the golden eagle, which nest on the Park's highest peaks. However, other birds, such as peregrine falcons, raven buzzards, partridges, black woodpeckers, bullfinches, sparrow hawks, and owls, also inhabit the Park.

The Park's pastures and meadows are home to numerous butterflies and mammals, such as wolves, wild boars, foxes, martens, badgers, and weasels, which indicate the Park's thriving ecosystem. Additionally, the Park's waterways house the largest population of otters in Italy, as well as the rare spectacled salamander.

The Cilento, Vallo di Diano, and Alburni National Park flora are of great naturalistic significance, boasting 1,800 native plant species, with 10% considered rare. This range encompasses the diverse Mediterranean scrub to the Aleppo pine coastal pine forests. In addition, the rare sea daffodil and Neapolitan bellflower can be found on the Park's beaches.

The symbol of the Park is the Palinuro Primrose (*Primula palinuri*), which is both beautiful and rare. Its flowering peak is between February and March, forming a bouquet of tiny, velvety petaled flowers on a single stem. This rare species of yellow primrose was traditionally given to newlyweds for good luck.

The National Park of Cilento and Vallo di Diano has many hilly landscapes covered with vegetation, primarily olive trees, and rocky environments with chestnut and oak trees.

OTHER MAJOR TOWNS IN CILENTO NATIONAL PARK -AGROPOLI

Agropoli is a charming, old coastal town on a peninsula in the Tyrrhenian Sea, in the northern part of the Cilento coast. As the largest and liveliest town in the area, it serves as the gateway to the Cilento National Park. Agropoli offers a glimpse of the renowned Amalfi Coast and Capri on clear days. The town's central area showcases a feudal castle, the remnants of the San Francesco monastery from the Middle Ages, and prominent churches like Santa Maria di Constantinopoli, San Marco, and San Francesco. The charming port and pristine blue Trentova Bay beach also draw visitors to Agropoli. As a central point for exploring the Cilento coast and Park, it is just a few minutes away from the ruins of Paestum. Agropoli was originally founded as a Greek colony named Akropolis, meaning "high town." A temple was located at its highest point, as found in Athens. This Temple was fortified by the Byzantines and later ruled by the Normans, who constructed the castle and defensive walls. However, these fortifications were insufficient to prevent the Saracens from sacking the city and using it as a base for raids on other coastal towns.

After the defeat of the Saracens in 915 AD, Agropoli came under the rule of various feudal families until feudalism was abolished in 1806. In the 19th century, Agropoli grew beyond its medieval walls, but the old town remained intact, preserving the defensive walls and the 7th-century entrance gate. Today, it is the largest and liveliest town along the Cilento coast.

TEGGIANO

Teggiano is located just a few kilometers north of Padula and is considered a museum city. It is a treasure trove of medieval art history, culture, and nature. The main attractions in Teggiano include the Castle of Sanseverino, the 13th-century Cathedral, the



Agropoli



frescoes in the Church of Annunziata, the crypt from the 1200s in the Church of St. Angelo, the frescoes and 16th-century wooden statues in the Church of SS Pietà, and the Museum of Rural Civilization.

ROSCIGNO

The village of Roscigno was left to the elements when its residents relocated due to repeated landslides to a safer location upstream. It now stands as a testament to 19th-century Italian rural town development, society, and architecture. Approximately 20 years ago, the government embarked on a wide-scale restoration project to transform the village into a museum city showcasing agricultural civilization. Its original buildings, which remain standing today, provide a glimpse into 19th-century Italian rural town development, society, and architecture.

PALINURO

The charming coastal village of Palinuro is located in the southern region of the Cilento National Park. Its stunning sandy beaches are framed by the imposing Capo Palinuro, featuring a weather station and white lighthouse at its summit. The highlight of Palinuro is accessible by boat trips from the harbor, including the "Blue Grotto" and awe-inspiring natural sculptures sculpted by the wind.

Thanks to its expansive territory, the Park has a diverse range of natural areas that will appeal to everyone.



FRIED CAULIFLOWER (CAVOLFIORE FRITTO)



This is one of my all-time favorites, and my grandmother would make it regularly. Fried Cauliflower or Cavolfiore Fritto is a great dish to serve as a hors d'oeuvre, side vegetable, or even a snack. Many Italians use a batter instead of breading it, but my grandmother made them this way, crispy on the outside and soft on the inside.

PREP TIME: 15 MINUTES | COOK TIME: 20 MINUTES (APPROX.)

INGREDIENTS

- One head of cauliflower (cleaned and cut into florets)
- 1 ½ cup Italian breadcrumbs
- 1 cup of all-purpose flour
- 5 eggs
- 3 cups of canola frying oil
- ½ cup of parmesan cheese (more to sprinkle on top)
- ¼ teaspoon of black pepper
- ½ teaspoon of salt
- One teaspoon of granulated garlic

INSTRUCTIONS

1. Soak the cauliflower in hot water for about 3 minutes, drain and set aside. In a medium-sized mixing bowl, add the flour. In another, combine the breadcrumbs and parmesan cheese. Add the eggs, salt, pepper, and granulated garlic to a third mixing bowl and whisk until creamy.
2. Dredge the florets in the flour and shake to remove the excess. Add them to the egg mixture and then to the breadcrumbs, covering the cauliflower thoroughly. Set them on a platter and continue until all the cauliflower is breaded.
3. In a deep fryer or a medium-sized heavy-bottom pot, add the canola oil and heat to about 350°F. You will know the oil is ready if you add a small amount of the breading, and it rises to the top.
4. Fry the cauliflower until golden brown, turning it occasionally to ensure it fully cooks, about 5 minutes. You can also tell if it's done if you can stick a fork through it.
5. Place it on a paper towel-lined plate to absorb all the excess grease.

Transfer to a serving platter, sprinkle on some freshly grated parmesan cheese, and serve with a side of marinara sauce. Enjoy!

PER TUA
INFORMAZIONE
(FOR YOUR INFORMATION)

BY JOE SANO



Sit... Eat... Have Some Cannoli!

First off, let us remember that *cannoli* refer to more than one cannolo. In Italian, the word-*cannoli* -is plural and *cannolo* is singular, but these treats are invariably referred to as *cannoli* regardless of the number of sweets. So, I will now assume that it is OK to eat more than one since if I am having *cannoli* -it means more than one must be consumed to be grammatically correct. Hey, grammar is important! Secondly, while many debate its origin, I will support the claim that the cannoli have Sicilian roots- the **Cannoli Siciliani**.

As the legend goes, between 827-1091, the city of Qal at al-Nissa (or as it is called today, **Caltanissetta**), was home to many Saracen sultans and their harems. The women of these harems were known

to prepare sweets and desserts. They were the first to make a sweet similar to what we now call *cannolo*. Legend has it that the *cannolo's* phallic form was intentional! It was chosen to represent and honor these Saracen sultans who brought their harems and yes-sugar and almonds to the island and left an indelible mark on Sicilian culture. These medieval bakers had a serious sense of humor.



As time passed, Sicily was conquered by the Normans and the island was converted to the Catholic faith. The many women who previously lived in harems, being accustomed to communal living and now christianized, often became nuns. As the number of cloistered convents grew, the *cannolo* and pastry traditions



followed giving a new livelihood to the sisters. The late 15th century ushered in the development of sugar from beets. This replaced cane sugar and honey in many of the nuns' recipes and helped expand their product line and even forced them to hire single women to join them in the hard work of sourcing, preparing and baking their wares.

This dessert can be found in all different sizes: from the cigarette sized-sigaretta, the tiny *cannolicchi* to the *cannoli giganteschi*. The size and fillings can vary but usually the filling is a sweetened whipped or preferably strained ricotta sometimes mixed with candied citron, orange zest and/or chocolate. A special version *cannolo* is found in Messina where it is filled with a trademark creamy dark chocolate ricotta.

Folklore tells us that the name comes from "canna" or the round river reeds/sugar canes that were sliced to yield the rounded rods needed to form and fry the pastry shells. Today metal tubes are used to form the shells in most commercial outlets. Once filled the ends of the dessert can be left plain or, depending on one's local custom, sprinkled with chopped pistachios, candied orange peel, candied cherries, chocolate or a combination of these extras.

Making the pastry shell can be a task. Tradition says that the shell dough is made of flour, lard, Marsala wine, egg, and sugar with the addition of cocoa powder, cinnamon, or orange zest (the amount dependent on your local tradition) and must be carefully wrapped around a rod, so it keeps its tubular shape during frying.

One claim for the best cannoli is the ExtraBar Pasticceria in the Sicilian village of Piana degli Albanesi. It is here that the father-son team of Nicola and Luca Petta make their world-renowned cannoli among other dessert specialties. Luca believes that the family's secret is the use of unrefined lard, sugar, and a rosé that is three-quarters white wine and one-quarter red wine. The ricotta used has very low sugar content and the unrefined lard is an absolute must ingredient to make the shell crumbly.



My son and daughter-in-law (pictured here) indicated that the ExtraBar cannolo was outrageously good.

They judged it a close call, but 2nd place (seen here) went to another claimant to the “*best cannoli*” title. The Palermo Pasticceria located in the Monastery of St. Caterina I Segreti del Chioistro, The Secrets of the Cloister (*I Segreti del Chioistro – Palermo – piazza Bellini, Convento di Santa Caterina*) finished 2nd in their opinion but the history of the nuns’ *cannolo* was top notch. Up until 2014, these cloistered nuns supported themselves by selling pastries to the public. As vocations dwindled and few nuns remained, they closed their shop. Yet the surviving nuns’ memories, traditions and recipes were preserved by investors who refurbished and reopened the Pasticceria making these remarkable *cannoli* available again. It is here that your *cannolo* will be made to order and will be sprinkled with mini chocolate bits and bright green Sicilian Bronte pistachios, then topped with a piece of candied orange and a maraschino cherry. All that for 2.80 euros plus 6 euros entrance fee to the preserved Cloister. God does work in mysterious ways!

Now the true *cannoli* connoisseur knows that the shell should be filled just prior to one’s enjoyment. This allows the shell to remain crisp without getting soggy from the ricotta moisture. Unfortunately, today we find most *cannoli* sitting in a refrigerated case already filled waiting for purchase and consumption. They are good but one trip to Sicily, the Bronx’s Arthur Avenue or Boston’s North End where your *cannolo* is filled in front of you will convince you that there is a big difference between the best “*il migliore*” and the rest.

Obviously, the outer shell is traditionally deep fried but with today’s inventive chefs and equipment, we now find variations that are baked, air fried and even one recently demonstrated by YouTube’s Nona Pia. She uses her pizzelle maker to make the shell and while still warm quickly wraps it around a round wooden dowel or spoon. Edigo Pastry in the Bronx once again offers classes on how to make the dough and prepare the filling. Ferrara confections and others even offer vacuum-packed ready-made shells for those who want to make their own without all the hassle. Shop-Rite markets, before exiting this area, had offered, and its Price-Rite (Schenectady) subsidiary and perhaps other outlets currently offer, frozen *cannoli* crême (ricotta/mascarpone main ingredients) for the home-based pastry chef.

The traditional Sicilian filling considered to be the best for *cannoli* uses goat or sheep’s milk ricotta mixed with sugar and sometimes honey. The natural sweetness of the traditional cheeses reduces the amount of sweetener needed. However, depending on your location, the fillings vary, from cow’s milk ricotta to whipped cream, pastry cream, custard, mascarpone or a mixture of the preceding ingredients. I will pass on the ones filled with vanilla pudding-yeech!

According to an article in “*La Cucina Italiana*”, Luigi Falanga, owner of Falanga, an award-winning Sicilian pastry company, said, “The secret to a really great *cannoli* filling is to let the ricotta and sugar mixture rest in the fridge overnight – preferably 24 hours – which allows the sugar to dissolve and combine smoothly with the cheese to create that lush mouth-feel.” Another plus: this technique also allows you to use less sugar. He continues, “You may be tempted to blend the ricotta and sugar with an electric hand beater, but do not. You will risk having watery ricotta and you will need to add more sugar to thicken it.”

He along with the **Petta/ExtraBar** family suggest that one should pass the sweetened ricotta through a sieve with a very tight mesh or use cheesecloth to rid the ricotta of excess moisture. He claims that the result will be a finer silkier filling. Soggy shell or one that is nice and crispy really does not matter.

Just pass the *cannoli*...PLEASE!

CARING & SHARING

April Birthdays

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Joseph Sano
Agatina Simeone
Sally Simeone
Colleen Stockert
Paul Stockert
Teresa Swanson
Carol Tommell
Charles Trimarchi
Craig VanDecar
Deanna Weiss

CONDOLENCES

Our thoughts are with IACC President Frank Zeoli, his wife Nancy, their son Michael Zeoli II, and their extended family members in the IACC community, Maggie Hunt (Jeff) and her grandchild Josephine Delvalle, as they mourn the passing of Linda, Frank and Maggie's mother. We extend our heartfelt condolences to them and to Linda's sister-in-law, Marie Bubonia (Steve), during this difficult time.

Born in Albany's South End in 1952, Linda Zeoli was the beloved daughter of Josephine Marchese Castle and Patrolman Frank Castle. She graduated from Vincentian Institute High School and pursued nursing at Albany Medical Center College and Russell Sage College. Her 40-year nursing career began at St. Peters and was primarily at Albany Medical Center (AMC),



Linda Zeoli

where she served in various specialties and as a case manager. Besides her career, Linda cherished her role as a mother and grandmother and was an active IACC community member. She was predeceased by her husband, Mickey Zeoli, and other close relatives. Linda Zeoli will be remembered for her unwavering love, compassion, dedication to her family, and involvement with the IACC community. Those who knew her will treasure her legacy of kindness and warmth.

WELCOME *new members*

Harold & Ann Marie Vadney

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