



# THANK YOU FOR A GREAT SUMMER

## NEWS & EVENTS

- 1** OCTOBER IS ITALIAN-AMERICAN HERITAGE MONTH
- 4** PRESIDENT'S MESSAGE  
A special message from Jim Sano  
President of the Italian American Community Center
- 6** REGIONS OF ITALY: SICILY, PART ONE.
- 11** WOMEN'S LEAGUE
- 12** PER TUA INFORMAZIONE: THE BRONTE PISTACHIO  
PISTACCHIO VERDE DI BRONTE
- 14** CARING & SHARING
- 15** ANNUAL GENERAL MEMBERSHIP BRUNCH
- 15** ELECTION OF NEW MEMBERS
- 16** MANGIA BENE, VIVA BENE



ITALIAN AMERICAN  
COMMUNITY CENTER



# SOCIAL CALENDAR

## October



**10/5 ~ Member Exclusive: Weekly Co-Ed Bocce – 6:30 pm**

**10/7 ~ Member Exclusive: Weekly Co-Ed Poker Game - 12:00 pm**

**10/7 ~ Member Exclusive: Weekly Men's Poker Game - 5:00 pm**

**10/12 ~ Member Exclusive: Weekly Co-Ed Bocce – 6:30 pm**

**10/14 ~ Member Exclusive: Weekly Co-Ed Poker Game - 12:00 pm**

**10/14 ~ Member Exclusive: Weekly Men's Poker Game - 5:00 pm**

**10/14 ~ Women's League Meeting - 6:30 pm**

**10/17 ~ Pavilion Clean Up Day - 10:00 am**

**10/21 ~ Member Exclusive: Weekly Co-Ed Poker Game - 12:00 pm**

**10/21 ~ Member Exclusive: Weekly Men's Poker Game - 5:00 pm**

**10/28 ~ Member Exclusive: Weekly Co-Ed Poker Game - 12:00 pm**

**10/28 ~ Member Exclusive: Weekly Men's Poker Game - 5:00 pm**

## UPCOMING EVENTS

**11/15 ~ GENERAL MEMBERSHIP MEETING  
- YEAR IN REVIEW - 12:00 PM**

**12/6 ~ ANNUAL CHRISTMAS TREE  
LIGHTING CEREMONY**



# PRESIDENT'S MESSAGE



Congratulations! Yes, I want to congratulate all that came out this summer and, despite the circumstances surrounding us with COVID 19, supported our Friday Nights at the Pavilion. I want to thank all that volunteered in setting up, working in the kitchen preparing the meals, the cashiers, the bartenders, the folks that do the frying, the pizza makers and the cleanup crew. I want to also congratulate the lifeguards for the thankless job of enforcing even more rules and the patrons of the pool for following the new guidelines. We also recognize The Music Business Network for keeping our leadership team informed of constantly changing world conditions during this pandemic. This aided in our abilities to make the best decisions for the club.

Some advised us against attempting to have either the pavilion or the pool open this summer but the board(s) made the decision to go forward and we were confident we had the expertise to pull this off without incident and we did. Also, we had about 12 to 14 members playing (socially distanced with masks on) bocce every Monday evening and our men's poker group has been meeting as well. We all did it!

In times with extremely limited things to do, we provided a safe place for all to enjoy without any health issues at all. This was done by having strict enforcement of the guidelines and with the cooperation and compliance of the membership. Congratulations and thank you one and all. I could not be happier.

The same holds true for dining inside at our club. The Sheas have done an excellent job in setting up both the Sunday Morning Brunch and Grand Italian Buffet on Monday evenings for maximum safety and we have more than enough socially distanced spaces for all to dine in comfort. Earlier last month, I sent an email explaining that the Sunday Brunch was very poorly attended and might have to be suspended. Once again, our membership answered the call and attendance increased to an acceptable level, given the circumstances. Please come out and continue to support both of these membership benefits. If you are still uncomfortable about coming out to dine, then please patronize your club by ordering food on Take-Out Thursdays. Once again, our tenant's success is our success!

October is Italian American Heritage Month and even though we cannot celebrate in our usual ways, please remember all of our immigrant ancestors who risked everything to give their families a better life which made this great country even better!



**JIM SANO**  
ITALIAN AMERICAN COMMUNITY CENTER - PRESIDENT



## I.A.C.C. OFFICERS

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438-4631

VICE PRESIDENT ~ SHARON PATREI

765-3283

TREASURER ~ CAIN SCALZO

312-2784

SECRETARY ~ DONNA ZUMBO

452-2617

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BY-LAWS/POLICIES & PROCEDURE ~ JIM SANO

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SOCIAL ACTIVITIES~ FRANK ZEOLI

WOMEN'S LEAGUE~ GRETCHEN VANVALKENBURG

COLUMBUS DAY GALA~ FRANK ZEOLI,

## SIAMO QUI

EDITOR ~ JOAN WALLIS

CREATIVE DIRECTOR ~ CATALINA ARANGO

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## IACC OFFICE

HOURS: M-F 9:30AM TO 2:30PM

THERESA LAJOY- OFFICE MANAGER

PHONE # (518) 456-4222

EMAIL: IACCOFFICE@ITALIANAMERICAN.COM

# DINNERS TO GO

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## EVERY THURSDAY

PICK UP: 4:00PM TO 6:00PM  
AT ITALIAN AMERICAN COMMUNITY CENTER

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## DINNER OPTIONS

### CHICKEN PARMESAN

Lightly Breaded Chicken Sautéed Golden Brown and Finished With Homemade Sauce and Melted Mozzarella

Accompanied by Penne Pasta Marinara

### Eggplant Parmesan

Lightly Breaded Eggplant Pan-Fried, Layered With Mozzarella Cheese & Tomato Sauce Baked to Perfection

Accompanied by Penne Pasta Marinara

### Parmesan Encrusted Haddock

Haddock Breaded in Seasoned Breadcrumbs With Aged Parmesan Cheese

Accompanied by Rice Pilaf & Seasonal Vegetable Medley

All Dinners Feed Up to 4 & Include  
Italian Bread & Caesar Salad  
\$40 per Order + 8% Sales Tax

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## RESERVATIONS

Reservations Are Required by Wednesday  
Please Call (518) 456 - 4222 Ext. 1 or  
Email [Julia@2sheacatering.com](mailto:Julia@2sheacatering.com)



# Sicily -Part One -

By JIM SANO



**S**icily is the largest island in the Mediterranean Sea (9,927 square miles) and the largest of Italy's twenty political regions, slightly larger than Piedmont. Sicily comprises approximately 8.4 percent of Italy's population (5,002,904) and is the fourth most populated of Italy's 20 regions. Sicily has a roughly triangular shape, earning it the name, Trinacria. To the northeast, it is separated from Calabria and the rest of the Italian mainland by the Strait of Messina.

Its most prominent landmark is Mount Etna, the tallest active volcano in Europe at 10,922 feet high and one of the most active in the world. In addition to Mount Etna, the islands surrounding Sicily are also home to several active volcanoes including Mount Stromboli in the Aeolian Islands.

The climate of Sicily is considered Mediterranean. As such, it has mild, wet winters and hot, dry summers. Sicily's capital, Palermo, has a January average low temperature of 47°F and an August average high temperature of 84°F. Sicily gained its current status as a region in 1948. It is divided into nine provinces, Agrigento, Caltanissetta, Catania, Enna, Messina, Palermo, Ragusa, Siracusa and Trapani. All, except Enna, have a coastline. Each province has a capital city of the same name as the province. The most heavily populated city

is Palermo, the regional capital, with 1,044,169 people followed by Catania (population: 648,260), Messina (population: 290,927), Siracusa (population: 219,948) and Marsala (population: 97,472). The autonomous region of Sicily also includes the Aegadian Islands, the Aeolian Islands, Pantelleria, and Lampedusa. Sicily's economy ranks as Italy's eighth richest region in terms of total gross domestic product (GDP, \$102 billion.).

## A Brief History

The history of Sicily is full of bloody wars due to the strategic position of the island in the Mediterranean Sea. The location has always been perfect for the commercial route where East connected to West. Throughout its history, Sicily has been influenced by a variety of different cultures including Greek, Roman, Arab, French, Albanian, Byzantine, Norman, Saracen, and Spanish. As a result of these influences, Sicily has a diverse culture as well as diverse architecture and cuisine. The original inhabitants of Sicily were thought to be three distinct groups: the Sicani in the east (possibly from Spain), the Elymians in the northwest, thought to be Aegean (Greek-Turkish), and the Sicels (from Liguria) who gave the island its name and forced the Sicilians to move to the middle of the island around 1200 BC. About 750 BC, the Greeks began to colonize Sicily, followed by the Romans, the Germanic Vandals

and Goths, the Byzantines, the Arabs, the Normans, the German Hohenstaufen Dynasty and the French Angevin Dynasty. In 1282, an insurrection known as the War of the Sicilian Vespers resulted in the deaths of the entire French population. In 1302, Sicily was ruled by Spain, then the French House of Savoy, and the Austrian Habsburg Dynasty. Next came Charles of Spain and Napoleon's Bourbon Kings.



After years of war and foreign conquerors, the 19th century brought Giuseppe Garibaldi and his Red Shirts Army to the island. It took them 3 months to rid Sicily of the Bourbons who had had a 600-year chokehold on Sicily. Once Giuseppe Garibaldi landed at Marsala in June 1860, his army was joined by increasingly large numbers of dissident Sicilian fighters whose loyalty no longer rested with their Bourbon rulers. In 1870, Garibaldi held a referendum and the population voted for the unification of Sicily with Italy. This important vote put the Island back to square one.

Sicily became part of the newly unified Kingdom of Italy. The peasants got nothing, not even the right to vote. Sicily was once again the outpost of an empire with absentee rulers who understood little and cared less about the Sicilians who struggled to make a subsistence living from agriculture and fishing.

The Constitution of Italy recognizes Sicily as one of the country's five autonomous regions. As an autonomous region of Italy, Sicily has its own President of Regional Government (like a governor) who serves as the head of government. The region also has a regional assembly that is led by a speaker. The regional president is elected into office by popular vote and is assisted by presidents on the provincial level, mayors and other smaller positions. The governor and regional government exercise only limited control over certain public services and resources. (Who runs Sicily is a much more complex issue than what many would have you believe.) A serious legislative effort is under way to abolish the provinces, thereby saving the public money required to

support that stratum of costly bureaucracy. Of course, the island's "autonomy" is largely an illusion. Though the region can levy certain taxes, most of the money necessary to operate Sicily comes from Rome and the European Union (EU).

There are several cultural icons and regional symbols in Sicily including flags, carts, sights and geographical features. The Flag of Sicily, regarded as a regional icon, was first adopted in 1282 after the Sicilian Vespers of Palermo. It is characterized by the presence of the trinakria (triskelion) in its middle, the (winged) head of Medusa and three wheat ears. The three bent legs are supposed to represent the three points of the island of Sicily itself. The colors represent the cities of Palermo and Corleone which were the first two cities to form a confederation against Angevin rule. It became the official public flag of Sicily and is used on public buildings, schools and city halls along with the national Italian flag and the European one.



The Sicilian cart is an ornate, colorful style of horse or donkey-drawn cart native to Sicily. Horses were mostly used in the city and flat plains while donkeys or mules were more often used in rough terrain for hauling heavy loads. The cart has two wheels and is primarily handmade out of wood with iron components and then decorated ornately as per the owner's desires and pocketbook.



► *Continue from Page 7*



The Sicilian coppola is a traditional kind of flat cap typically worn by men in Sicily. First used by English nobles during the late 18th century, it was used in the early 20th century as a driving cap, usually worn by car drivers. The coppola is usually made in tweed. Today it is widely regarded as a definitive symbol of Sicilian heritage.

## Sites to See

Sicily boasts 7 Unesco World Heritage sites but for many that is just the beginning. Let's start with Agrigento and The Valley of Temples. Founded in the 6th century B.C., the ancient city of Agrigento was one of the greatest Mediterranean centers. The remains of the Doric Temples which dominate the city are well preserved and are one of the most terrific monuments of Greek art and culture. Villa Romana del Casale is located in Contrada Casale, at the foot of Mont Mangone. The exceptional beauty and quality of the mosaics which decorate the villa illustrate the greatness and underline the importance of the Villa.



**Valley of the Temples, Agrigento**

The baroque towns of the Val di Noto in southeastern Sicily were rebuilt in 1693 after a terrible earthquake. The cities of Caltagirone, Militello Val di Catania, Catania, Modica, Noto, Palazzolo, Ragusa and Scicli represent the result of a great collective undertaking and are the expression of a high-quality architectural and artistic achievement.

Don't miss Syracuse and the Rocky Necropolis of Pantalica where one will discover both Greek and Roman influences. The Necropolis contains more than 5,000 tombs, mainly dating back from the 13th to 7th centuries B.C. Ancient Syracuse also contains, among other things, the Temple of Athena, the famous Greek Theatre and Roman amphitheater.

Mount Etna has been listed for its huge geological, scientific and cultural value. Mount Etna is the most active and the highest volcano in Europe and is worthy of a future article by itself.

The Arab-Norman architecture as represented in Palermo, Monreale and Cefalu gives testimony to the many who conquered and stayed in the region. The Royal Palace with the Palatine Chapel, the church of San Giovanni degli Eremiti, the church of Santa Maria dell'Ammiraglio (della Martoriana), the church of San Cataldo, the "Palazzo della Zisa", Admiral's Bridge and the Cathedral (all of these in Palermo) along with the Cefalù Cathedral and Monreale Cathedral are just a few more beautiful historic sites.

The Teatro Massimo Vittorio Emanuele in Palermo is the biggest opera house in Italy and is the third largest opera house in Europe.

Sicily has a rich and unique culture, especially regarding the arts, music, literature, cuisine, and architecture. Many poets, writers, philosophers, intellectuals, architects and painters have roots on the island. This can be traced back to the Greek philosopher Archimedes, a Syracuse native who became renowned as one of the greatest mathematicians of all time.



**Teatro Massimo Vittorio Emanuele**



**The Greek Theater of Taormina is without question the most important feature for Taormina visitors. Its beautiful natural setting yields a splendid view of the Calabrian coast, the Ionian coast of Sicily and the spectacular cone of Mount Etna.**

Terracotta ceramics from the island are well known. The art of ceramics on Sicily goes back to the original ancient people named the Sicanians. It was then perfected during the period of Greek colonization and is still prominent and distinct to this day. Caltagirone is one of the most important centers in Sicily for the artistic production of ceramics and terra-cotta sculptures.

Noto, Caltagirone, Catania, Ragusa, Modica, Scicli and, particularly, Acireale contain some of Italy's best examples of Baroque architecture carved in the local red sandstone. The Baroque style in Sicily was largely confined to buildings erected by the church and palazzi built as private residences for the Sicilian aristocracy.

Catania has one of the four laboratories of the National Institute for Nuclear Physics in which there is a cyclotron that uses protons both for nuclear physics experiments and for particle therapy to treat cancer (proton therapy). Noto has one of the largest radio telescopes in Italy that performs geodetic and astronomical observations. There are observatories in Palermo and Catania managed by the National Institute for Astrophysics.

Syracuse is also an experimental center for the solar technologies through the creation of the project Archimede solar power plant that is the first concentrated solar power plant to use molten salt for heat transfer and storage which is integrated with a combined-cycle gas facility.



**Parabolic Antenna of Noto**



**Due to current New York State regulations surrounding COVID-19, we will not be holding our Columbus Day Grand Gala this year.**

**The IACC has held this event every year since its inception so this was not an easy decision. However for the safety and enjoyment of our members, we feel it's the best decision for everyone.**

**Please save the date for our 2021 Columbus Day Grand Gala, October 16, 2021, which promises to be a great event as we emerge healthy, strong and ready to party in celebration of our Italian heritage.**

**Thank you for your understanding and your support of the Italian American Community Center.**



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# WOMEN'S LEAGUE

*H*ello Ladies,

We will be having our October 2020 Women's League meeting on Wednesday, October 14, 2020, at 6:30 p.m. In order to be sure that we're practicing social distancing, we will be meeting in the ballroom instead of our usual location in the Dante Room. By meeting in the ballroom, we will be able to spread out the tables more and allow people to sit where they are comfortable, including how many people are seated at a table. For example, you could sit with 4 people at a table or 6 people at a table.

The dinner choices will be either Rosemary Roasted Pork Loin or Stuffed Sole. The price for dinner will be \$25 so please be sure to get your reservations in to Lynn Indelicato either by email at [lynn.indelicato@yahoo.com](mailto:lynn.indelicato@yahoo.com) or by calling her at (518) 479-3714 on or before Sunday, October 11, 2020. The cancellation policy remains in effect and any cancellations must be made no later than Tuesday, October 13, 2020.



Please bring some personal products and toiletry items that we can distribute for women and young girls in local shelters. Items can include mouthwash, toothpaste, shampoo, soaps, lotions, sanitary napkins, etc. We would like to include items for younger girls as well such as coloring books, books to read and games. We hope to be able to continue to provide these items on a monthly basis.

Another possible activity that we will discuss is if people are interested in contributing either as a group with a financial contribution or if individuals would like to purchase and donate to the Cash for Coats program that Lodge's in Albany and other organizations in Albany support every year.

Also, please start to think about who you would like to have as president of the Women's League for the next two years. My term as president will be ending in December but the other officers will be continuing for another year.

Be Safe,

*Gretchen VanValkenburg*  
PRESIDENT



PER TUA  
INFORMAZIONE  
(FOR YOUR INFORMATION)



## The Bronte Pistachio

(Pistacchio Verde di Bronte)

By JOE SANO

### **P**istachios need police protection! That's "nuts"!

It's not because they were "a salted"! Sorry! Brought to its shore centuries ago by Muslim invaders, Sicily is home to the world's most-prized variety of the pistachio nut, the Pistacchio Verde di Bronte or the green pistachio from Bronte. Centered in the town of Bronte, a small town in northeastern Sicily in the province of Catania, the pistachio trees grow across some 7,400 acres on the slopes of Mt. Etna, an active volcano.

The green pistachios produced in the town of Bronte are among the most expensive in the world. They are often called Sicily's green gold, green for their color, gold for their value. One kilogram (2.2lb) of the seeds, unshelled, typically costs 15.50 euros (\$17.40) or more than double the price of pistachios from the world's two giant producers, the US and Iran.

Given the lucrative nature of the crop, it attracts a continuing problem during harvesting time – thieves. In 2009, thieves stole 300 kilos of Bronte pistachios during harvest time (more than 5,000 euros worth at today's prices). These criminals

turn up in cars in the dead of night and try to make off with as many pistachios as they can. This led the mayor of Bronte to request that the police do more to protect the crop in this secluded rural area. This resulted in the Carabinieri, Italy's paramilitary police force, introducing helicopter as well as ground patrols to prevent armed pistachio thieves from stealing a product worth millions of dollars.

What is so special about the Bronte pistachio? The plant is of Persian origin with an intense emerald color and grows up to six meters in height. Bronte produces 1% of the world's output, 80% of which is sold outside of Italy. The pistachio tree has a short and bulky trunk, like a fig tree. It can live as long as 300 years and develops very slowly. It becomes productive only after 10 years. These pistachios are exceptionally precious because the trees in this region are picked only every other year; on the off years, farmers discard the newly formed fruit to give the tree a chance to rest and recuperate nutrients.

Incredibly sweet and fruity with a meaty consistency and astounding emerald hue, it's no wonder that pistachios from Bronte are called green gold.



These emerald beauties have deep-purple skins and are longer and thinner in shape than other pistachios. Many believe the secret's in the volcanic soil of

Mount Etna. Laws and regulations state that the trees are never fertilized or irrigated and the nuts must be hand-harvested by shaking the fruit off every other year.

These nuts are high in fat content with a fragrant and lightly salted taste and notes of resin and a mineral base due to the lava enriched ground on which it grows. They are prized the world over for their pure, delicate flavor and exceptional color. You won't find another pistachio with this appearance.



Between late August and early September of the harvest year, a harvesting process that involves the entire population of Bronte begins. Women, men, the old and the young ascend the heights to shake, pick, shell and then dry this splendid fruit by hand. They are exposed to the Sicilian sun for three days, and each sunset are removed to protect them from the humidity of the night. The seeds are then stocked in warehouses before going to the local factories to be processed. This manual labor intense and time consuming process is the culmination of two years of work condensed into 30 days which adds to the price.

Once harvested, they are made into countless products for local and international markets. Bronte pistachios are delicious eaten raw right

out of the bag. Some prefer to lightly toast them in a pan to release their essential oils and intensify their flavor and toss them into salads or use them in a unique pesto sauce. They are used in the confectionary industry for cakes, pastries, torrone, mousses, confections, and ice creams. They are also used in meat stuffing inside arancini, Sicilian stuffed rice balls, and even in the cosmetics industry.



**Cannoli filled with pistachio cream**



**'Gelato con brioche'**

These iridescent gems are engrained in the history and culture of Sicily and it doesn't take long to realize that pistachios are infused in the very fiber of Sicilian culture and cuisine. To this point, the Bronte pistachio obtained European Union P.D.O.(Protected Designation of Origin) certification in 2009. The P.D.O. Label establishes the rules and regulations regarding the exact area of cultivation (i.e. the Sicilian Commune of Bronte), and production, harvesting and labeling practices thus protecting not only the product but the consumer too. To make sure you're getting the real deal, look for the D.O.P. label and be prepared to spend around \$4 to \$5 an ounce. They're not called "Green Gold" for nothing!



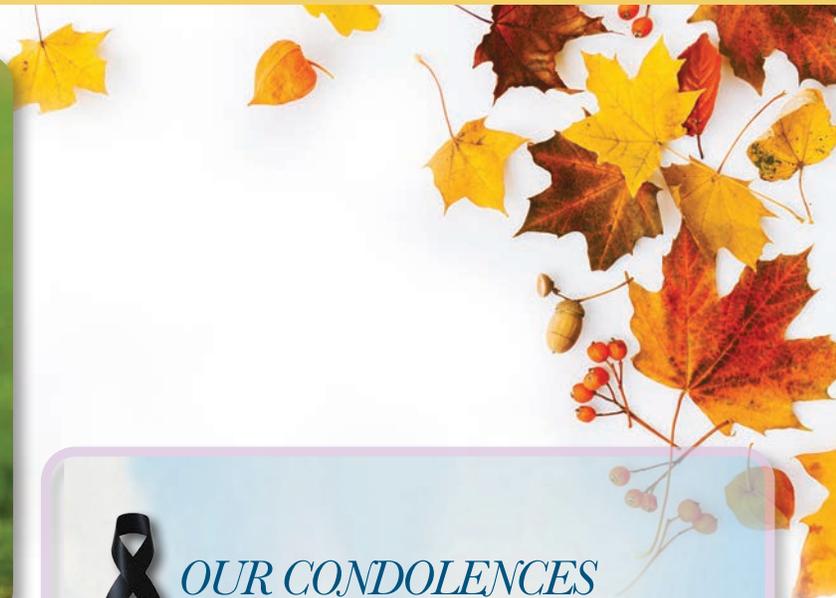
# CARING & SHARING

## October BIRTHDAYS



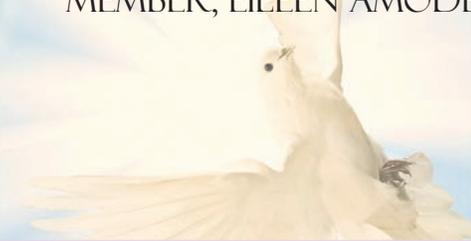
- Christy Albertin
- Salvatore Anastasio
- James Anziano
- Catalina Arango
- Rose Barbato
- Michael Basile
- Mark Berghela
- Paul Caputo
- Valerie Caputo
- David Cesari
- Anne Conneally
- Andrea Crisafulli
- Cassandra Curry
- John Dilanni
- Joseph Dilonna
- Nelson Drimalas
- Susan Esposito
- Anthony Fazio
- Roger Fucilli
- Georgeann Greene
- Sylvia Giuffre
- Kathleen Hayward
- Susan Hazelton
- Lowell Harrison
- Lisa Juliano
- Rick LaJoy
- Theresa LaJoy
- Robert LaMorte
- Carolina Mancino
- Joseph Massaroni
- Lorrie Mazza
- John Musacchio
- Elizabeth Nowicki
- Jessica Pigeon-Wyant
- Fulvia Pizzitola
- Ann Pratt
- John Rizzo
- Frank Russo
- Susan Russo
- Philip Sabatino
- Gianfranco Santaniello
- Jamie Santaniello
- John Schumacher
- John Simeone
- Wayne Tearnio
- Kerry Twomey
- Robert Vine
- Tony Zaccardo
- Lisa Zeoli
- Anna Zumbo

Congratulations to member and avid golfer, **Paul Collins**, on scoring his first ever hole in one on July 7th after 50 years of playing the game. Less than 5 weeks later, he scored another hole in one on August 12th. **Now that is amazing!**



### *OUR CONDOLENCES*

IT IS WITH GREAT SADNESS THAT WE INFORM THE MEMBERSHIP OF THE PASSING OF LONGTIME MEMBER, EILEEN AMODEO





## BY-LAWS CHANGE

### ARTICLE VI - BOARD OF DIRECTORS

#### I. Vacancies

##### Remove

When any vacancy shall appear on the Board of Directors by death, resignation, or otherwise, it should be filled without undue delay by the appointment by the president of a duly qualified member of the corporation. Such appointment shall require the approval of the board. The person so chosen shall hold office until the next annual meeting. At such a meeting of the membership, a director shall be elected to complete the unexpired term of the director who created the vacancy.

##### Replace with

When any vacancy shall appear on the Board of Directors by death, resignation, or in the event a quorum is not present so that elections can be held, it should be filled without undue delay by the appointment by the president of a duly qualified member of the corporation. Such appointment shall require the approval of the board. The person so chosen shall hold office for a full term or the unexpired term of the director who created the vacancy.

## ELECTION OF NEW MEMBERS

According to our By-Laws, an election for the Board of Directors will be held in November. One seat will be available for a 4-year term.

If you are interested in applying to this vacancy and can satisfy all of the following requisites, please submit your brief resume to the IACC office.

IACC By-Laws state that each candidate for director shall satisfy the following requisites:

- **Be at least 21 years of age**
- **Be a United States Citizen**
- **Be a voting member of the corporation in good standing.**
- **Have at least one year as a member immediately preceding the election**
- **Never have been convicted of a felony**
- **Not be a full-time employee of the IACC**

No director, including the past president, may be elected to serve two consecutive terms.

Directors shall not be eligible for re-election or appointment to the board for one year after they complete their term on the board. Husbands and wives may not serve on the Board of Directors simultaneously.

If you have any questions about the duties of being a Board member, feel free to contact Donna Zumbo at 452-2617 or dzumbo13@hotmail.com

**THE ELECTION WILL BE HELD AT THE GENERAL MEMBERSHIP MEETING ON SUNDAY, NOVEMBER 15 FROM 12:00 P.M. TO 2:00 PM.**

**Current Nominee For Board of Directors**

**1. Frank Zeoli**

# Mangia Bene, Viva Bene

By FRANK ZEOLI

## Potatoes, Peppers and Eggs



Talking about my grandmother via these recipes continues to bring my memory back to some of the best comfort food I have ever had. This is a dish that I have got to say is probably one where the smell of the food brings me back to my childhood. There is nothing like the smell of peppers and onions frying in the kitchen. I can still see my grandmother standing at the stove in her house coat making **Potatoes, Peppers and Eggs**.

This dish should be a breakfast food and for American kids it would be. But for us, it was served any time of day, even at lunch. I especially enjoyed it between two pieces of freshly baked Prinzo's Italian bread.

Eating it today transports me back to my grandmother's kitchen.



**Prep Time: 10 Minutes**  
**Ingredients**

- 1 large green or red pepper, slice julienne in half
- 1 medium onion, sliced julienne in half
- 1 large russet potato, peeled, cut in quarters, sliced thin

**Cook Time: 20 Minutes**

- 1 T of olive oil
- 2 T of grated parmesan cheese
- 8 eggs
- Salt and pepper to taste

### Instructions

**1.** Chop the peppers, onions, and potatoes (I like to use a mixture of both green and red peppers). In a separate bowl, add the eggs, parmesan cheese and a pinch of salt and pepper. Beat the mixture well.

**2.** In a 10-inch skillet or sauté pan on medium high heat, add the olive oil and potatoes; sauté them for about 2 minutes. Add the onions and peppers and continue to sauté for another 4-5 minutes until the vegetables and potatoes are cooked.

**3.** Reduce the heat to medium and add the egg mixture. Make sure the eggs cover all the vegetables and potatoes. Let the eggs set occasionally moving the eggs from the side to allow all the liquid egg to hit the pan.

**4.** After about a minute, using a plate flip the mixture over and return it to the pan on the opposite side. Continue cooking for another minute or two.

**5.** Turn off the heat and, using a plate again, flip the mixture on to the plate and serve.

**Enjoy it as is or, like me, between two pieces of good Italian bread.**





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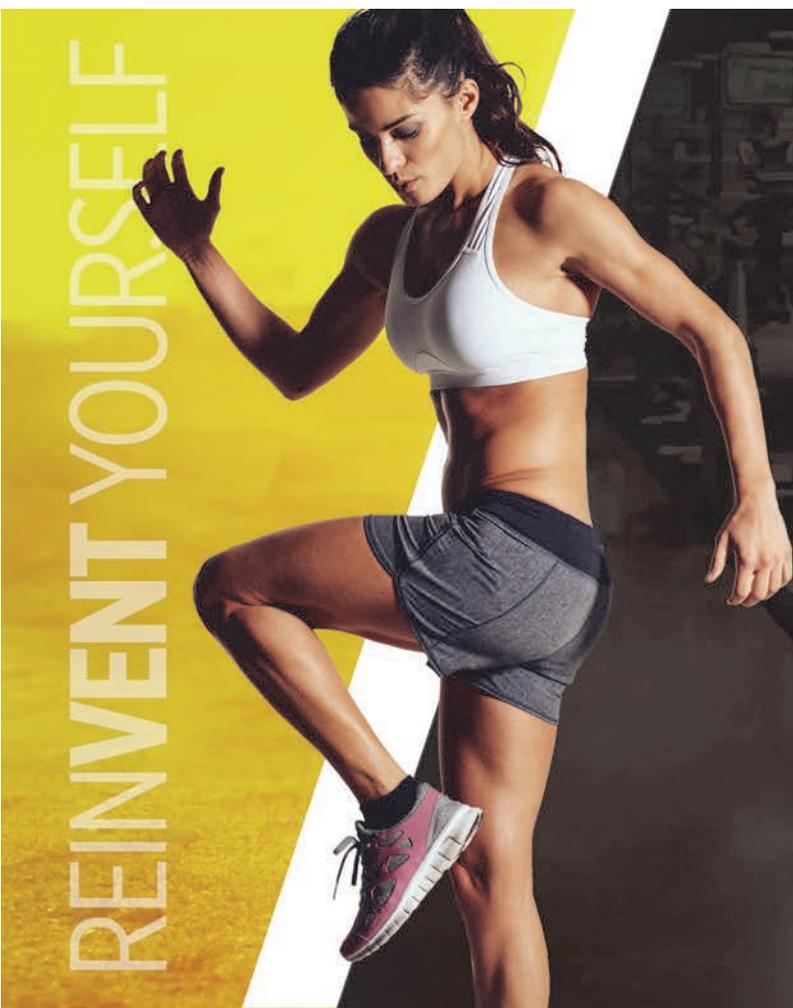


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