



ISSUE 619

2025 Columbus Day

OCTOBER 2025



GRAND GALA

SATURDAY
OCTOBER 18th

COCKTAIL HOUR 5:30 PM | DINNER 7:00 PM

IACC
MEMBERS

\$60

Per Person

NON
MEMBERS

\$80

Per Person

OUR HONOREES



Dominic Mainella
*Italian American
of the Year*



Dan Wall, Esq.
*Italian Spirit
Award*

MENU INCLUDES:

First-class cocktail hour
Pasta course
Salad course
Surf and Turf dinner
Vegetarian option available
Seasonal Dessert

Complimentary beer, wine
& soda are included

Cash bar available

Joe Allegretti
IACC
President's Award

Sergio Panunzio
Jeffrey Hunt
Pasquale Tirino Service Award

Donatella Rotoli
Chris Barton

SILENT AUCTION
TO BENEFIT



I.A.C.C. FOUNDATION

RSVP by calling the IACC at (518) 456-4222 or online at: www.italianamerican.com

HAPPY HALLOWEEN!



NEWS & EVENTS

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SOCIAL CALENDAR

October

10/02/25 ~ Fall Chair Yoga - 6:00 pm

10/06/25 ~ Elementary Italian Language Class - 7:00 pm - 9:00 pm

10/06/25 ~ Monday Grand Italian Buffet - 5:00 pm - 7:00 pm

10/07/25 ~ Co-Ed Bocce - 6:30 pm

10/08/25 ~ Women's League Meeting - 6:00 pm

10/09/25 ~ Fall Chair Yoga - 6:00 pm

10/13/25 ~ Elementary Italian Language Class - 7:00 pm - 9:00 pm

10/14/25 ~ Co-Ed Bocce - 6:30 pm

10/16/25 ~ Fall Chair Yoga - 6:00 pm

10/18/25 ~ COLUMBUS DAY GRAND GALA - 5:30 pm - 11:00 pm

10/20/25 ~ Elementary Italian Language Class - 7:00 pm - 9:00 pm

10/20/25 ~ Monday Grand Italian Buffet - 5:00 pm - 7:00 pm

10/25/25 ~ Women's League Halloween Party - 11:00 am - 1:00 pm

10/27/25 ~ Elementary Italian Language Class - 7:00 pm - 9:00 pm

10/30/25 ~ Fall Chair Yoga - 6:00 pm

Upcoming Events

11/01/25 ~ PAVILION CLEAN-UP DAY 10:30 AM

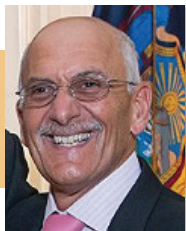
11/16/25 ~ ANNUAL GENERAL MEMBERSHIP MEETING/ YEAR IN REVIEW- 12:00 PM - 2:00 PM

11/26/25 ~ THANKSGIVING DINNER TAKE OUT BY DUO AT THE DUNES

12/07/25 ~ IACC CHRISTMAS PARTY & TREE LIGHTING - 4:00 PM - 7:00 PM

12/13/25 ~ CHRISTMAS TIME ON LITTLE ITALY: ARTHUR AVE BUS TRIP - 8:45 AM





PRESIDENT'S MESSAGE

Italian American Heritage Month is a time to honor the enduring legacy, resilience, and contributions of our vibrant Italian American community. This year, we gather at our annual Columbus Day Gala to recognize these extraordinary individuals whose lives exemplify the spirit of service, sacrifice, and tradition.

- **President's Award - Joe Allegetti**, our most senior member, is a World War II hero and double Purple Heart recipient. His unwavering courage and lifelong dedication to both country and community remind us of the patriotism that defines our heritage.
- **Pasquale Tirino Service Award - Chris Barton** (Posthumously), **Sergio Panunzio**, **Danielle Rotelli**, and **Jeff Hunt**, four outstanding members of our Friday night volunteer pizza crew at the Pavilion. Their selfless service, week after week, embodies the spirit of generosity, tradition, and community.
- **Italian Spirit Award - Dan Wall**, our steadfast legal advocate, has generously provided pro bono legal representation to our organization for over a decade. His quiet strength and unwavering support have been vital in preserving our mission and safeguarding our values.
- **Italian American of the Year - Dominic Mainella**, owner of Bella Napoli Bakery, brings warmth and flavor to our lives. His devotion to authentic Italian baking and his deep-rooted community spirit have made Bella Napoli a cherished institution and a proud symbol of cultural excellence.

Please join us on October 18th as we come together to honor these exceptional individuals and their remarkable contributions to the IACC and our community.

Later this month, the Women's League will host its annual Halloween Party on **October 25th from 11:00 AM to 1:00 PM**. Join us for festive fun, seasonal treats and community cheer!

JIM SANO
ITALIAN AMERICAN COMMUNITY CENTER
PRESIDENT



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GRIEVANCE - JEANNE SACCA

SOCIAL ACTIVITIES - FRANK ZEOLI

COLUMBUS DAY GALA - FRANK ZEOLI

SIAMO QUI

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CREATIVE DIRECTOR - CATALINA ARANGO

ADVERTISING - JIM SANO

IACC OFFICE

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

THERESA LAJOY - OFFICE MANAGER

PHONE # (518) 456-4222

EMAIL: IACCOFFICE@ITALIANAMERICAN.COM

HELLO AND HAPPY FALL!

Our September Women's League meeting was attended by nearly 30 ladies, and we had a meeting filled with great food, a special guest and lively discussions. We began our meeting with a moment of silence to celebrate the lives of the brave heroes we lost in the 911 tragedy.

After a delicious dinner, we welcomed our special guest, Jim Sano, President of the IACC. Jim answered a variety of questions about the club with much discussion after each. We all appreciate Jim for taking the time from his busy schedule to meet with us and to address our concerns.

When our meeting was brought to order, many upcoming Women's League activities were discussed. Following is a summary of the most important topics:

1. **Caring Closet:** For the next couple of months, we will be collecting personal care items for men and women in need. We hope to be able to deliver your donated items by the holidays. Ex: deodorant, shampoo/conditioner, body wash, shaving supplies, etc.
2. **Albany Med NICU:** As a community service project, we have been asked by our very own NICU nurse, Georgeann, if we could donate premie and newborn, white/light pastel-colored onesies, baby blankets or crib sheets to be tie-dyed by the nurses and given to the NICU babies. One item for donation would be greatly appreciated. The NICU nurses plan this event each year as a community project. Please bring your donations to our October meeting.

WOMEN'S LEAGUE

3. **Family Halloween Party:** Plans for the Family Halloween Party are progressing nicely. Please refer to the Halloween Flyer in this Siamo Qui for details of the event. If you are able to bring one bag of Halloween candy to our meeting to add to the children's goodie bags, the little goblins will appreciate it.

I know we are asking for quite a few items to be donated and I realize this can be a difficult time for everyone. If you can please bring one or two of the requested items, it would mean so much to so many. A heart-felt THANK YOU for your continued generosity.

Our meeting will be held on Wednesday, Oct 8th at 6:00, upstairs in the Caruso Room. We will have our Halloween Party, so get your creative juices flowing, put together your special costume and join us for a fun spooky evening. Costumes are encouraged but not required! Dinner will be catered by Cafe Calabria and will be \$15/person. Please make your reservations no later than Sunday October 5, by calling Terri Fazio at 518-452-9265 or by email at theodora.fazio1130@gmail.com.

We look forward to seeing each of you at our Halloween Party. We have a special craft planned for each of you to make. No pressure, it will be FUN!!



ANNUAL MEMBERSHIP MEETING & YEAR IN REVIEW

SUNDAY, NOVEMBER 16, 2025 | 12:00PM



Historic Centre Of Urbino PART I

BY JIM SANO



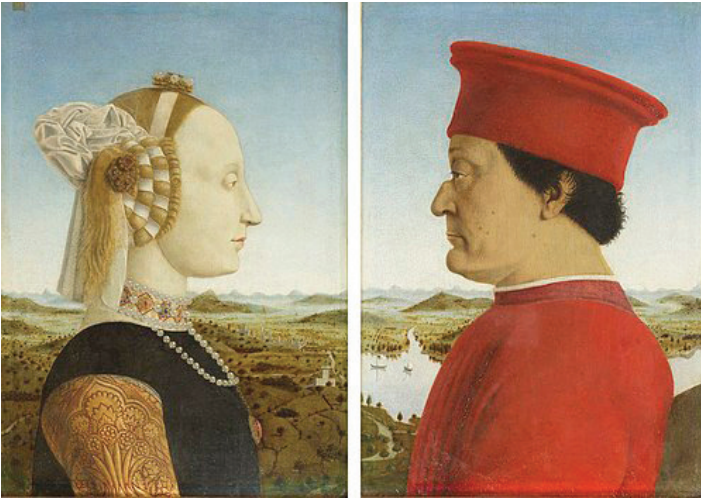
Urbino is a picturesque university town nestled in the foothills of the Northern Apennine Mountains within Italy's Marche region. It often escapes the notice of tourists. Urbino was established by the Umbrians, an ancient Italian people, in the third century BC. Located 120 miles northwest of Florence, Urbino is the capital of the Pesaro-Urbino Province. The remote hill town is located between the valleys of the Metauro and Foglia rivers. It is perched upon two hills and offers breathtaking views across lush rolling hills to the Apennine Mountains beyond. Situated 1,650 feet above sea level, the town is home to 24,000 residents, most of whom are students at the local university. A medieval wall with four gates surrounds the town, and two main roads intersect at the town's main square, Piazza della Repubblica. Urbino is renowned as the hometown of the artist Raphael and architect Donato Bramante. It owes much of its fame to the Duke of Montefeltro, the mercenary general who transformed Urbino into an important Renaissance center.

During the 15th century, the Historic Centre of Urbino experienced notable growth, emerging as a crucial player in the Renaissance movement. Urbino earned reverence for its pivotal role in the Italian Renaissance and its profound architectural and

cultural contributions, elevating it from a modest village to the esteemed status of the "cradle of the Renaissance." Urbino was recognized as a hub for Renaissance scholars and artists. It was inscribed on the UNESCO World Heritage List in 1998, commemorating its significance in shaping the artistic and cultural landscape of Renaissance Italy. Urbino's charm lies in its well-preserved 15th-century architecture and artworks, surrounded by Renaissance walls. The town's UNESCO World Heritage Site status is enhanced by its unique layout, with distinct upper and lower sections highlighting its cultural significance.

HISTORY OF URBINO

The foundation of Urbino dates back to ancient times. The Umbro-Picene populations originally inhabited these lands and likely established a village here. Although limited evidence remains from this time, the city's origins can be observed in the well-preserved fortified walls that date back to the Roman era. Urbino was initially a modest Roman settlement called *Urbinum Mataurense*, meaning 'the little city on the River Metaurus.' This small settlement was officially established as a municipality in 46 BC due to its strategically important location.



Piero della Francesca's portraits of Federico da Montefeltro and Battista Sforza is one of the iconic works of the Renaissance.

After the fall of the Roman Empire, Urbino, like many other cities in central Italy, was conquered by various groups. First, it was occupied by the Goths, then by the Byzantines, who took it by force. It then became a battleground for the Lombards, and so on, until Charlemagne's famous descent into Italy, when his mighty army brought most of the peninsula under his rule.

Urbino was given to the Church of Rome in the eighth century. However, the papal rule was more nominal than effective, evidenced by the fact that Urbino, at least initially, was a city openly supporting the Ghibellines (in favor of the empire).

In 1150, Frederick Barbarossa granted the title of Imperial Vicar over Urbino to his loyal vassal Antonio da Montefeltro for services rendered to the crown. From then on, the Montefeltro dynasty dominated the city for several centuries, experiencing both successes and setbacks. Some of the most famous rulers of the city included Guido il Vecchio, whom Dante famously depicted as a fraudulent advisor suffering in hell; Federico, who was killed during a popular uprising in 1323, temporarily ending the Montefeltro dynasty and allowing the Albornoz family, loyal to the Pope, to take over; Antonio II and Guidoantonio di Montefeltro, who later reconquered the city, expanded its boundaries, and transformed it into a hub of culture and economic progress.

In 1443, upon Guidoantonio's death, his son Oddantonio di Montefeltro succeeded him and was granted the title of Duke of Urbino by Pope Eugene IV. Unfortunately, due to his young age (he was only 17) and the influence of bad advisors, he became involved in unclear affairs, raised taxes, and oppressed the people of Urbino. These policies led to a rebellion, which resulted in Oddantonio's assassination.

The narrative surrounding the Dukes of Urbino took a dramatic turn, resembling a soap opera. The city lacked a strong leader and was under the looming threat of invasion by the Malatesta family from Rimini. In a bid to safeguard their city, Urbino turned to Federico Montefeltro, the half-brother of the assassinated Oddantonio, despite suspicions of his involvement in the murder.

Piero della Francesca's portraits of Federico da Montefeltro and Battista Sforza is one of the iconic works of the Renaissance.

Federico da Montefeltro of Urbino was the illegitimate son of a former ruler. He became famous as a mercenary warrior leader known for his strategic skills in leading private armies to victory for the highest bidder. Federico amassed wealth as a soldier-for-hire with his own private army, participating in various battles, such as fighting for Florence against the Pope and then for the Pope against Florence. During his military career, he lost an eye and part of his nose in action, leading to his portrayal only in profile, showing his relatively good side. After becoming Duke, Federico expanded the Duchy. Leveraging his military expertise, Federico seized the opportunity to fortify Urbino's borders through diplomatic maneuvers and military actions, turning it into an Italian power. He amassed a fortune and retired to a life of a scholar and gentleman. Federico dedicated himself to scholarly pursuits, including the study of Latin and the collection of manuscripts, while also renovating the Palace. His ambitious goal was to elevate Urbino into a cultural hub rivaling Florence. This transformation, perhaps driven by a desire to legitimize his rule and assuage doubts about his past, solidified Urbino's status as a center of Renaissance culture and intellectual achievement. Federico's vision for Urbino centered around the Ducal Palace, which was to become a haven for the arts, attracting prominent figures of the era to this remote location in the Marche region. One visitor, Baldassare Castiglione, wrote a book about life here under Federico's son that became a classic profile of the enlightened Renaissance ruler: *The Courtier*.

During Duke Federico's patronage from 1444 to 1482, Urbino flourished as a prominent artistic center, experiencing a period of creative excellence. In those golden years, Urbino acquired the artistic excellence that allowed it to extend its influence to the rest of Europe. The city became a magnificent princely court, hosting the best that Italian Renaissance humanist culture had to offer at that time. He elevated the town into a Renaissance hub, fostering the development of fine art, learning, and architecture. Federico's influence positioned him as a critical figure in the Renaissance, second only to Lorenzo de' Medici.

Duke Federico da Montefeltro orchestrated a gathering of his era's most talented painters, writers, poets, and scholars within the walls of the Ducal Palace. Notable figures such as Baldassare Castiglione, author of *The Book of the Courtier*, and Piero della Francesca, renowned artists, contributed to Urbino's cultural Renaissance during this period. Giovanni Santi, Raphael's father, served as the court painter, further enriching Urbino's artistic legacy. Esteemed humanists, including Leone Battista Alberti, Marsilio Ficino, and Giovanni Bessarione, as well as mathematicians like Paul van Middelburg and Luca Pacioli, were also part of the vibrant intellectual milieu at the court of Duke Federico.

Urbino is also the birthplace of renowned artists Bramante and Raphael and one of Europe's oldest and most esteemed University of Studies, founded in 1506. These factors emphasize Urbino's significance in the arts and education.

However, in 1502, Urbino was seized by one of the most notorious figures in Italian Renaissance history: Cesare Borgia, the son of Pope Alexander VI. Together, they amassed a massive army intending to attack the Duchy of Milan, ruled by Ludovico il Moro. Their ambitions did not end there, as they expanded their influence throughout the peninsula, sparking the Italian War.

The war ended with Pope Alexander VI's death and the papal state renouncing its claims. Guidobaldo Montefeltro defended the Duchy with intelligence and valor, but unfortunately, he died without an heir. In his final years, he had the good fortune to host the renowned painter Raffaello Sanzio at his court. After his death, the Della Rovere family took over and managed to rebuild the city from the ruins of the war, but they did not take a particular interest in the city. Eventually, they moved the court to Pesaro, marking the town's decline. In 1626, the dukedom and its cities became part of the Papal States.

Urbino saw a resurgence in artistic and cultural glory in 1701, when Clement XI, a native of Urbino, became Pope and sponsored the renovation of several buildings in the city. However, this period of prosperity ended with the arrival of Napoleon's French forces at the close of the century. The city's fate hung in the balance during this tumultuous time. Ultimately, in 1860, Urbino was annexed to the Kingdom of Italy, marking a significant turning point in its history. Since then, Urbino has been an integral part of Italy, sharing in the nation's history and developments over the years.

HISTORIC CENTRE OF URBINO

The historic center of Urbino is remarkably compact and features many beautiful honey-colored buildings that resemble fairytale kingdoms. It has castles,

towers, domes, winding alleyways, and breathtaking views of the surrounding area. The area also houses several buildings of exceptional quality, including the Ducal Palace, the Cathedral, the Monastery of Santa Chiara, and a network of oratories. The city's origins can be traced back to a Roman settlement on the hill where the Ducal Palace now stands. In the 11th century, as the city began to expand, new defensive walls were erected to accommodate its growth. The Alborno fortress was constructed in the 14th century; during the mid-15th century, Federico da Montefeltro expanded the city to a second hill to the north, resulting in an elongated outline enclosed by Renaissance walls. The historic town is distinct from the modern residential area, which developed outside the walls. Urbino's landmark center maintains a medieval charm and coherence, featuring a harmonious blend of medieval and Renaissance architecture.

THE DUCAL PALACE



The Palazzo Ducale is Urbino's crown jewel. Commissioned by Federico da Montefeltro in 1470, this magnificent Palace served as Duke Federico's residence. The Palace continues to stand as a poignant tribute to this influential figure of the Renaissance. It was renowned as one of the most opulent palaces in central Italy and is one of the best examples of Italian Renaissance architecture. The Ducal Palace boasts notable features such as its twin towers, known as the Torricini, and a breathtaking courtyard that captivates visitors with its beauty. The iconic arched courtyard, located at the heart of the palace, was one of the first of its kind and served as a focal point, leading out into several stunning rooms spread across three floors.

POINTS OF INTEREST- DUCAL PALACE OF URBINO



The Ducal Palace has been home to the esteemed National Gallery on the first and second floors since 1861. The collection is considered one of Italy's most valuable art collections, encompassing works from the 15th to the 18th century, including paintings, sculptures, ceramics, coins, drawings, and furniture. The National Gallery's most notable works include Piero della Francesca's *Flagellation and Madonna of Senigallia*, Raphael's *Portrait of a Gentlewoman (La Muta)* and *Saint Catherine of Alexandria*, Luca Signorelli's *Pentecost and Crucifixion*, and Titian's *Last Supper and Resurrection*. On the ground floor, visitors can explore the Archaeological Museum and collections of drawings, engravings, ceramics, and majolica from the 15th and 16th centuries. Notably, an unknown artist's mysterious painting of the *Ideal City* is also displayed, often used by art designers to illustrate books on the Renaissance.

The Ducal Stables were designed to accommodate up to 300 horses and, along with the Helical Ramp, were constructed as an extension of the Ducal Palace.



Urbino is characterized by its steep, vertical layout and narrow streets. In the 15th century, Duke Federico had a bastion constructed at the base of the Torricini of the Ducal Palace, complete with gun ports and helical ramps for defense. The semi-cylindrical spiral ramp allowed the duke to reach the stables from the Palace easily. These stairs also connect the Market area to the Theatre at the base and the Torricini (Towers) to the Ducal Palace. After neglect, the stables and ramp have been renovated in recent years.



The Duke's Studio is the most unusual room in the Palace. His tiny study is a square with a decorative pilaster against one wall, creating two niches on either side of it. The wood inlay walls used here are so precise that they make a fully immersive illusion of depth, landscape, and architecture, some of which are based on designs by Botticelli. Following the Vatican's, his library had the second-largest collection of books in Italy, and he made it accessible to all citizens of Urbino, making it the first public library in Italy. The Palace was completed in 1472 under the supervision of Francesco di Giorgio Martini. The Palazzo Ducale remains a testament to the ingenuity and craftsmanship of the Renaissance era. Its enduring legacy is a colossal, imposing structure characterized by geometric perfection. It symbolizes the harmonious integration of power and beauty inherent in Renaissance ideals, reflecting Federico's desire to underscore both his military prowess and the elegance of his court.

The Sanzio Theatre was erected in 1637 on the ground floor of the Ducal Palace, situated along the right side of the courtyard of honor. Despite a 1723 expansion, the theater remained small and uncomfortable, accommodating only 240 seats.

It served as a cultural hub until 1879, when it was demolished in 1881 to make way for 19th-century opera and music performances, necessitating more space to meet evolving technical and logistical requirements. The new Sanzio Theater was constructed in 1853 by architect Vincenzo Ghinelli and funded by the Municipality. Theater activity ceased after World War II and remained inactive for 34 years. It was reopened on November 15, 1982, following restoration by Giancarlo De Carlo.



BY JOE SANO

GET YOUR “GLADIATOR” ON!



Well, it's time to get your old gladiator outfit out of storage.

Fuhgeddaboutit! All joking aside, the Roman Colosseum is slated for big changes.

The Flavian Amphitheater, or as most know it, the Roman Colosseum, has been undergoing a lot of clean-up and renovation work in the last 7 years. The exterior has been carefully washed to remove modern day soot and acids which can accelerate the decomposition of the ancient stone. The archaeologists and their helpers are continuously working inside to restore the underground passages and vaults. Soon the visitor's center will be opened outside the amphitheater.

It was during the initial clean-up phase that conversations began about using the amphitheater for other cultural events.

The governing cultural commission soon decided that there was a need to create a modern stage in the arena so that visitors could get the experience of the ancient Roman arena. A stage, specifically a retractable wooden floor, has been proposed, approved and is now partially in place at the Colosseum.

The stage would offer visitors a gladiator's perspective while inviting the possibility of cultural events. I do not think they have WWE or cage fights in mind but who knows?

The winning bid for the project went to Milan Ingegneria. They outlined key features of the Colosseum stage project:

- **“Retractability:** The stage is designed to open and close, revealing the underground structures (hypogeum) of the Colosseum, including the trapdoors, lifts, and other engineering elements used in ancient spectacles.



- **Material:** The floor is constructed from sustainable Accoya wood panels, chosen for their durability and resistance.
- **Ventilation and light:** The design incorporates rotating wooden slats to allow natural light and air into the underground chambers, maintaining optimal conditions for the archaeological remains.
- **Rainwater collection:** A system for collecting and recycling rainwater for use in the monument's public bathrooms will be included.
- **Reversibility:** The design is entirely reversible, allowing the stage to be removed in the future if necessary. “

The project originally aimed at completion by 2023, but it has not yet been completed.

The stage will be at the same level as the original floor. Using the original foundation of the amphitheater floor, a dynamic system composed of a load-bearing section, made of stainless steel, and a walking surface made of rotatable and moveable sheets of carbon fiber and termanto foam covered with the previously mentioned Accoya wood will be constructed. It has a mechanism that allows it to be opened/ closed according to the needs of the planned event showing as much of the ancient hypogeum as wanted.

In 2021, Culture Minister Dario Franceschini stated that “we’ve taken another step forward toward rebuilding the arena, an ambitious project that will aid the conservation and safeguarding of the archaeological

structures while getting back to the original image of the Colosseum and restoring its character as a complex stage set.”

Parco archeologico del Colosseo Director Alfonsina Russo expressed, “reconstruction of the arena helps turn back the hands of time, finally providing the public with the same view of the monument’s stage floor that ancient spectators had, allowing for a more complete appreciation of the site and highlighting the importance of conservation through highly technological structural solutions aimed at long-term eco-sustainability.”

Additionally, an elaborate system of ventilation will be installed on the arena’s perimeter to control the humidity and airflow under the floor and further support preservation and restoration.

“When the arena’s completed, this place will be even more beautiful. It will be great for the tourists who will be able to see the Colosseum from the center of the arena,” said Dario Franceschini.

“It will be great to have the possibility to do cultural events of the highest level. Of course we won’t do football matches.”

The goal of all the projects is to preserve the coliseum for future generations. As the projects near completion, one can only wonder what cultural events will find their way into Flavian’s amphitheater. □



**CHRISTMAS TIME IN LITTLE ITALY:
ARTHUR AVENUE BUS TRIP**

SATURDAY, DECEMBER 13, 2025

Depart: IACC at 8:45am

Depart: NYC at 4:00pm

\$50.00 members | \$55.00 non-members



**ITALIAN AMERICAN
COMMUNITY CENTER**





IACC MEMBER CHRISTMAS PARTY & TREE LIGHTING

**DECEMBER 7, 2025
4:00PM TO 7:00PM**

**ENJOY A FAMILY -STYLE DINNER, DESSERT,
CHRISTMAS MUSIC AND HOLIDAY FUN!**

FREE FOR MEMBERS

GUESTS OF MEMBERS ARE WELCOME

CHILDREN | \$15.00 ADULTS | \$25.00



**MEMBER
EXCLUSIVE**





CHILDREN'S HALLOWEEN



COSTUME Party



GAMES-PRIZES-SNACKS



SATURDAY OCTOBER 25TH



11:00am -1:00 PM



THE PAVILION AT THE ITALIAN AMERICAN COMMUNITY CENTER

\$10 per child 3 and up at the door

**RSVP Child's name & age to Tessa at
ArtWithMissTess@gmail.com
by October 18th!**



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ELEMENTARY ITALIAN

FALL 2025

**Eight weeks starting 9/15, 7 PM-9 PM.
Call 518-456-4222 to Register
or online at www.italianamerican.com**

**The dates are Sept. 15, 22, 29,
Oct. 6, 13, 20, 27 and Nov. 3.**

**The cost will be \$80 for members and \$90 for non-members
and the registration deadline in 9/12.**

You can buy the textbook for \$20 at the 1st class.

CLASS SIZE IS LIMITED REGISTER TODAY!

CARING & SHARING

OCTOBER *Birthdays*

Catalina Arango
Rose Barbato
Mark Berghela
Nicole Califano
Paul Caputo
Valerie Caputo
John DiIanni
Nelson Drimalas
Anthony Fazio

Gail Ferracane
Georgeann Greene
Susan Hazelton
Marshall Knauf
Rick LaJoy
Theresa LaJoy
Robert LaMorte
Theresa Lewis
Carolina Mancino

Cynthia Mazzone
Michael Richmond
John Rizzo
Susan Russo
Gianfranco Santaniello
Jamie Santaniello
John Simeone
Robert Vine

WELCOME

new members

James & Susan Nevins

CHAIR YOGA IS BEGINNING A NEW 8 WEEK SESSION



This class is enjoyed by so many and it's returning for an 8-week fall session. Classes will be on Thursdays at 6:00 pm.

They begin on September 18th and run through November 6th. The class is held upstairs in the Carusso Room. Classes are open to men and women.

Please call the membership office at 456-IACC (4222) to sign up.

The price for 8 weeks is \$60 or \$10 per class to walk in.

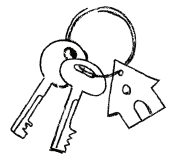
BUY OR SELL YOUR HOUSE WITHOUT AGITA




IF YOU ARE THINKING ABOUT
MAKING A MOVE,
I'D BE HONORED TO HELP!

MICHELE SANO PAUL

LICENSED REAL ESTATE SALESPERSON



 (518) 466-9988

 MSANO-PAUL@JPAULREALTYGROUP.COM



Mangia Bene E Vivi Bene!

By FRANK ZEOLI



Ciambotta

I used to love spending this time of year with my grandmother. We had a long-standing tradition of visiting a farm or farm stand on several Sunday's during the months of August and September. After picking up various vegetables, we would go home to her house and make an all-vegetable dinner. **Ciambotta** was one of our favorites to make because it was a lot of vegetables all in one dish. There was nothing like it. I can still smell the vegetables simmering inside the big cast iron pot on her stove on a warm sunny Sunday afternoon. Boy, I sure miss those days.



PREP TIME: 25 MINUTES | COOKING TIME: 65 MINUTES

INGREDIENTS

- 2 oz. of olive oil
- 1 large onion
- 3 cloves of garlic
- 1 medium zucchini
- 1 medium yellow squash
- 1 green pepper
- 1/2 lb. of green beans, cut in half
- 4 large tomatoes, cored, skinned, and diced
- 4 large potatoes, peeled
- 10 large fresh basil leaves
- 1T of fresh oregano
- 2T of fresh parsley
- Salt and pepper to taste

INSTRUCTIONS

1. Dice the onion, garlic, zucchini, squash, pepper, and potatoes. Chop the basil, parsley, and oregano.
2. In a large Dutch oven, add the olive oil, garlic, and onions and sauté until the onions are translucent. Add the peppers, zucchini and squash and cook for about 15 minutes.
3. Add the diced potatoes, green beans, tomatoes, basil, oregano, and parsley to the mixture in the pan. Add a lid to the pan and let simmer, stirring frequently, for another 30-45 minutes until the potatoes and vegetables are tender. Season with salt and pepper.
4. Ladle some of the Ciambotta into a bowl, add some parmesan cheese and serve with some crusty Italian bread.



Look for more recipes in the next edition of the SIAMO QUI



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