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Siamo Qui

ISSUE 626

MAY 2026

Making Waves Since 1976

Pool Opening

May 22 at Noon

*Dive in &
Become a Member
Today!*



**May 25 • 1 PM – 4 PM
Memorial Day BBQ**





NEWS & EVENTS

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SOCIAL CALENDAR

May



05/04 ~ Monday Night Grand Italian Buffet - 5:00 pm - 7:00 pm

05/05 ~ Italian Cooking Class - 6:30 pm

05/12 ~ Italian Cooking Class - 6:30 pm

05/13 ~ Women's League Meeting - 6:00 pm

05/18 ~ Monday Night Grand Italian Buffet - 5:00 pm - 7:00 pm

05/18 ~ Men's Bocce League - 6:30 pm

05/19 ~ Women's Bocce League - 6:00 pm

05/22 ~ Pool Season 2026 Opening - 12 noon



05/22 ~ Friday Nights At The Pavilion Opening Night (Special - Chicken Parmesan) 5:00 pm - 8:00 pm

05/25 ~ Memorial Day BBQ at The Pool - 12 noon



05/26 ~ Women's Bocce League - 6:30 pm

05/29 ~ Friday Nights At The Pavilion (Special - Veal & Peppers with Pasta) 5:00 pm - 8:00 pm

UPCOMING EVENTS

- 06/04/26 ~ Best of The Bronx: Yankees Game & Arthur Ave Bus Trip - 8:00 am
- 06/07/26 ~ St. Anthony's Mass & Luncheon - Noon



**MEMORIAL DAY
BBQ AT THE POOL**
May 25th, 2026





PRESIDENT'S MESSAGE

May has arrived, bringing with it a wave of vibrant activities! This year is special as we celebrate the **50th anniversary of our swimming pool**, a milestone that speaks to the vision and dedication of those board members who had the foresight to invest in something that would bring families together and strengthen our sense of community. Having been part of this journey for 46 of those 50 years, I can't help but feel immense gratitude for what they built. The pool has been the heartbeat of many families, including mine! It's been a joy to work with my wife and children, and I look forward to sharing those moments with my granddaughter. After that, I might consider retirement! Maybe.

Adding to the excitement, Frank Zeoli's cooking classes remain as popular and delicious as ever. Our six-week cooking class is progressing. Whether the participants are beginners or experienced cooks, our Italian cooking class guides them through the secrets of authentic Italian flavors, ingredients, and techniques. This is a hands-on class where you will learn how to prepare some of Italy's greatest comfort foods. Certified Chef Frank Zeoli brings each session to life, blending history, tradition, and personal family stories as he demonstrates how these cherished recipes are made across different regions of Italy and how they were prepared in his own family's kitchen. Each session is held on Tuesday at 6:30 p.m. in the pavilion.

On the courts, both of our bocce leagues are starting this month. The men's league matches are on Mondays throughout the spring and summer at 6:30 p.m., and the women's league plays on Tuesdays at 6:30 p.m. on the outdoor courts. Please see inside for more details. I want to highlight our pavilion as an amazing resource for your events. It's a beautiful, budget-friendly venue with many available dates this season for graduations, family gatherings, business meetings, weddings, and more. Plus, members receive an extra discount on our great prices. If you're interested in booking, please call 518-456-4222 soon, as spots are filling up quickly!

Mark your calendars for May 22nd! We're kicking off the summer season with the opening of our pool and pavilion. Join us for a day of excitement in the warm weather as we welcome new and familiar members and their families to enjoy our outdoor activities!

This Mother's Day, we honor the extraordinary women who shape the fabric of our families and community. In the Italian American tradition, family is our compass, and our mothers and grandmothers are its heartbeat, grounding us, guiding us, and transforming our homes into sanctuaries. They are the keepers of our stories, the strength beneath our foundation, and the love that becomes our legacy. Through their devotion and sacrifice, they build not just families, but a community bound by tradition and care. To every mother among us grazie di cuore per tutto. We are who we are because of you, and you will always be the soul of everything we do.

Jim Sano

JIM SANO
ITALIAN AMERICAN COMMUNITY CENTER
PRESIDENT



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VICE PRESIDENT - MARIA LAMORTE

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TREASURER - PETE SCAVULLO

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SECRETARY - MAGGIE PUTNAM

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THERESA LAJOY - OFFICE MANAGER

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EMAIL: IACCOFFICE@ITALIANAMERICAN.COM

WOMEN'S LEAGUE

Hello ladies!!

I hope everyone had a joyous and blessed Easter and the Easter Bunny left lots of nice treats. As we move in to May, it becomes such a busy time for all of us. Lots of celebrations happening: First Communions, high school proms, college graduations, the start of Bocce (May 19th) and the opening of the pool (May 22nd). Of course the most important day in May is Mother's Day, that special day to celebrate those women in our lives who made us what we are today.



For our April meeting, we gathered for dinner at the Monday night buffet and then had a brief meeting afterwards. Our next meeting will be Wednesday May 13th in the Caruso Room at 6 pm. Our dinner theme will be Mexican Fiesta. Dinner will include chicken and beef tacos with all the fixings, salsa, homemade guacamole and churros for dessert. There will also be some non-Mexican dishes for those with dietary needs. If you would like to bring an additional dessert or beverage to share, please indicate that when making your reservation. Please call Mary Lou Marando at (518) 482-8276 by no later than Friday May 8th. This will help us to plan accordingly.

Remember only 22 days till the pool is open!!



Wishing all the Mothers a Happy Mother's Day

Georgeann Greene
President

BOCCCE IS BACK

The IACC Bocce Leagues are back!

The Men's League starts on May 18th

The Women's bocce season will begin on Tuesday, May 19th and run through August 18th. I ask that Team Captains get in touch with their teammates to be ready for play. If there are any openings, we can then get them filled. On our first night, May 19th, we will begin at 6:00 pm to hand out teams and schedules. Thereafter we will start at 6:30 each Tuesday.

Bocce is open to all ladies in the club. If you would like to give it a try, please call one of the names listed below. We always need subs. Remember no special talent is necessary and we always have a great time!

Donna Zumbo (518-424-7463)

Maria LaMorte (518-378-1687)

Women's Bocce Co-chairs

Wednesday May 6th will be the start date for open Bocce.



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Montecatini Terme One Of The Great Spa Towns Of Europe

BY JIM SANO



PART II

CONTINUATION FROM LAST ISSUE

THE SPAS

The Terme Nuove Redi Baths is a modern spa located in Montecatini Terme. It was initially designed by Gian Luigi Giordani and Ippolito Malaguzzi Valeri in 1963 and later renovated and expanded by architect Oreste Ruggiero in 2009. The spa was inaugurated in the spring of 2010 and spans several floors, covering an area of about 8,000 square meters. The establishment is named after Francesco Redi, a seventeenth-century doctor and writer who recognized the exceptional properties of the Montecatini waters and recommended them to his patients as a remedy for various ailments. Terme Redi provides authentic treatments using Montecatini's thermal waters. They offer treatments for health conditions such as osteoarthritis, rheumatism, joint pain, blood circulation problems, cellulite, acne, and post-accident, post-surgical, and post-overexertion effects from sporting activities. The treatments include mud baths, hydro-massages, ozone baths, massage therapies, physiotherapies, inhalation therapies, and electronic equipment. It's an ideal destination for people with pharyngitis, chronic laryngitis, chronic smoking bronchitis, rhinogenic deafness, and other health issues. The facility has a pediatric department, medical offices, inhalation rooms, and a pulmonary ventilation room. It also features a large physiotherapy area with thermal

pools for vascular treatment, as well as two gyms. Additionally, there are several departments, including the Inhalation Department, which has 154 computerized devices, the Mud Therapy Department, and an underground physiotherapy rehabilitation department. The physiotherapy rehabilitation department has thermal pools, gyms, and customized programs for athletes. In addition, the facility offers yoga classes, holistic treatments, and Ayurvedic cures.

Founded in 1773, **the Terme Regina** is located within the Tettuccio park. The current complex, built between 1923 and 1927, was designed by Ugo Giovannozzi in the Neo-Renaissance style. The Regina Spring sits at the park's highest point and is surrounded by a circular portico renovated in 1937. Adjacent to the spring, Regina Hall is a significant architectural structure with a large rectangular layout, primarily constructed of travertine. The hall features a central arcade that adds to its grandeur and leads visitors to a monumental entrance adorned with intricate Liberty-style embellishments. Inside the hall, visitors can appreciate the beautiful colored glass ceilings, which enhance the space's aesthetic appeal and atmosphere. The central hall is divided into two side rooms: one formerly used to



dispense water for treating the hepatic system, and the other for serving refreshments. The Regina Hall can host 250 attendees and is the top choice for chamber, vocal, and solo concerts. It has excellent acoustics, making it perfect for romantic performances. The venue has a 19th-century salon vibe and is ideal for those who appreciate music and want a select few to enjoy the experience.

The Terme Leopoldine baths were constructed in 1787 at the behest of Grand Duke Leopold II of Tuscany, under the supervision of architect Gaspare Paoletti. They embodied the neoclassical style of the period. The building's exterior is notable for its portico with a pediment and loggias with rounded arches. The baths were initially located where the "Bagno dei Merli" stands today. They were named after Grand Duke Leopoldo and underwent significant renovation and expansion between 1919 and 1926 under the guidance of Ugo Giovannozzi. This transformation created today's magnificent structure, characterized by an elegant travertine façade. The neoclassical pronaos of the building extends gracefully into two expansive wings that envelop a vast crater measuring over twenty-two meters in diameter. The therapeutic thermal waters are housed within this crater. The pool is filled solely with Leopoldina thermal water, which originates from a crater about 60-80 meters underground and maintains a steady temperature of 33°C. This specific mineral composition and high temperature can be beneficial for treating the intestinal system, rheumatoid arthritis, and peripheral vascular disease. The Tettuccio and Redi spa facilities, as well as the Excelsior12 Wellness Centre, use these thermal waters. These thermal pools, once the largest in Europe, also include a Roman bath. The site's restoration began in 2009 with an ambitious project designed by architect Massimiliano Fuksas. The vision was to merge traditional Roman spa treatments with cutting-edge wellness technologies. The project included a grand thermal water pool over 2,400 square meters and a wellness center over 4,800 square meters. Sadly, the largest Roman bath in Europe that was planned never came to fruition, and the site was left abandoned. This noteworthy structure requires significant restoration and is currently closed.

Terme Torretta (1928) takes its name from its neo-medieval tower. The complex was founded in 1829 as a factory by Count Baldino Baldini. In 1904, the architect Giulio Bernardini built the present building, adding a neo-Renaissance portico inspired by Florentine Quattrocento models. Later, between 1925 and 1928, Ugo Giovannozzi carried out further expansions. The building was renovated into a neo-medieval castle with a drawbridge and a tower. In 2022, the abandoned building was found to be in an advanced state of decay. There were obvious structural problems, particularly with the roof, which had collapsed in some places. The garden had an inadequately sealed thermal well since closure, posing a serious safety hazard. The building is currently for sale and awaiting renovation.

The establishment is known for its high tower with battlements, corbels, pointed arches, and loggias, resembling those of the Florentine Renaissance.



The exterior is decorated with fake graffiti ashlars, festoons, and trabeated windows with arrow and oval moldings. The large park has several thermal springs, including the Acqua della Torretta, Media, and Villino, and is crossed by the Castagnaregolo stream, which forms a small lake. The Fonte Rinfresco branch and the small circular temple of the Giulia spring are on the opposite side of the park, beyond the main building. Visitors can explore the park's ruins of towers and caves and descend into a series of ancient underground cellars.

The Terme La Fortuna was discovered in 1853. Its current building, set in a garden, was constructed around 1912 by Giulio Bernardini.

Initially, the building housed spa treatments and water bottling, including large cisterns for storing water. The building is known for its ornamental



travertine frames and a large park where guests can walk and drink the water. A sculpture by Guidotti depicting Acqua della Fortuna stands near the building. Its model was a local woman named Emma Tacchi. However, the building lost its original function in the early 20th

century due to low water flow. It served various purposes over time. During World War II, it served as a meeting and entertainment venue for troops. Post-war, it hosted summer parties and events. In the mid-1960s, it was home to Montecatini's Academy of Art until 1966. After a 1970s renovation, it's now used by the Società delle Terme di Montecatini for administrative purposes. It contains a ticket office and treatment-related documents, with some space dedicated to mammogram screening by the Asvalt Association.



The Terme della Salute was established in 1860 after a spring was found in a travertine quarry, which continues to supply medicinal drinks. La Salute Park is renowned for its grandeur and is among the most impressive spa resorts, spanning 7,240 square meters. The present structure was reconstructed between 1922 and 1929, with engineer Ugo Giovannozzi at the helm of the design. The facility is in the "Parco della Salute," a vast 7,240-square-meter park with a diverse flora collection. Named after the Acqua della Salute Source, renowned for its healthful properties and particularly beneficial to the digestive system, the building boasts a rich history of medical literature dating back to the 18th and 19th centuries. The Terme Tettuccio complex consists of five interconnected buildings with splendid porticoes. The square also has two columns supporting an architrave with sculpted coats of arms, a copy of the Renaissance-style well in the square of the Hall in Pistoia. The central pavilion is a three-story structure that houses various facilities. One of the floors is dedicated exclusively to the water bar, where visitors can enjoy the rejuvenating benefits of the thermal waters.

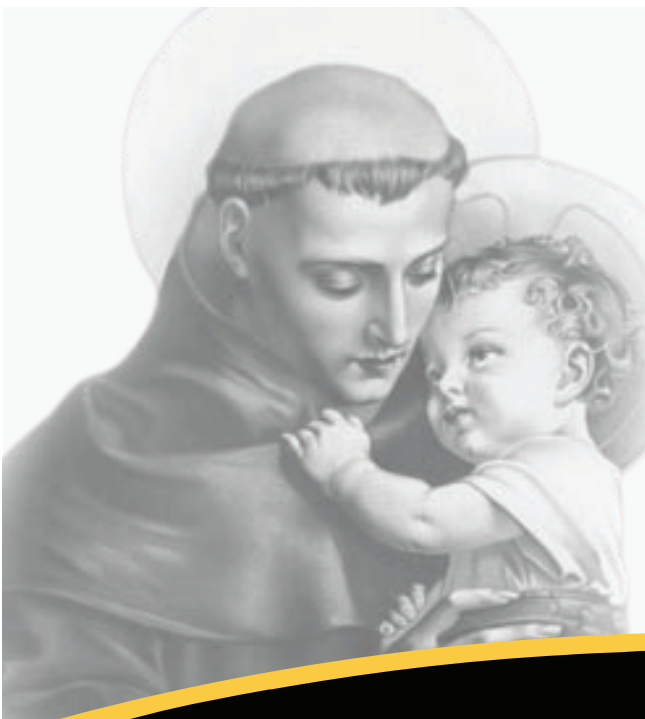
A few of these spa baths are closed today, while others have been renovated and now serve as popular retreats and symbols of their glorious past. Although the town has changed, Montecatini Terme remains a beloved destination for a diverse range of visitors. Those who appreciate European spas come from far and wide to indulge in the famous thermal waters and wellness treatments. Italian families also flock to Montecatini Terme for peaceful getaways, enjoying the serene

environment and rejuvenating amenities. Furthermore, travelers often choose Montecatini Terme as a central base to explore the enchanting attractions of northern Tuscany, taking advantage of its excellent transportation connections. Additionally, bus tours frequently include Montecatini Terme on their itineraries, recognizing its appeal as a noteworthy stop on a journey through Italy's stunning landscapes.

Despite the efforts of both municipal authorities and private investors, many of these buildings remain closed, partially completed, or in a state of decay. The UNESCO designation of Montecatini Terme has sparked renewed interest in the area, providing a timely opportunity to revitalize its historic buildings. The town of Montecatini Terme is promoting restoration efforts by offering many of its historic buildings for sale to investors, capitalizing on its renewed popularity. This initiative aims to attract investors who can help restore and revitalize these historic spa establishments, preserving their cultural significance while potentially spurring economic growth and tourism in the region.

The Court of Pistoia has put up a single lot comprising approximately ten spa establishments, including health institutions, buildings, aqueducts, greenhouses, a newsstand, shops, parks, and various movable assets. This package also includes trademarks, intangible assets, and a mining concession for thermal water issued by the Tuscany Region until 2033. Among the notable complexes included in the sale are the Terme Excelsior, renowned for its elegant Art Nouveau architecture, and the Terme Tettuccio, known for its hydroponic treatments. Additionally, Terme La Salute and The Leopoldine Baths are part of the offering, with the latter featuring unfinished swimming pools designed by architect Massimiliano Fuksas.

The company behind the spa complex has undergone a court-supervised restructuring and has experienced several failed auctions. The Terme di Montecatini properties were initially offered for sale on July 16, 2024, with a starting price of about €42 million, but received no acceptable bids. The sale included not only the buildings but also the trademarks, other intangible rights, and a regional concession to extract thermal water. Officials have been considering whether to sell everything together or split the assets into smaller lots. More recently, in January 2026, a corporate group that includes Human Company and Semilla submitted what has been described as an "irrevocable offer," following past failed auctions but providing fewer details about this new development. Reports about future auctions vary. Some provide only general information, while others list specific dates in February, March, and April 2026. These include an auction for the Serre Calde Torretta property on February 10, 2026, and another for spa equipment on March 6, 2026. □



ST. ANTHONY'S MASS & *Luncheon*

**Sunday,
June 7, 2026**

12:00pm

\$25.00 | IACC Member

\$30.00 | Non-Member



Reservations: (518) 456-4222 or visit italianamerican.com



I.A.C.C. FOUNDATION

Italian American Community Center
St. Anthony's Shrine
257 Washington Avenue Extension
Albany, New York 12205

2026 IACC SWIMMING POOL SCHEDULE

POOL PHONE 518-250-4511 (TO CHECK CONDITIONS)
MEMBERS MUST HAVE THEIR MEMBERSHIP CARD
AVAILABLE WHILE AT THE POOL

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

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

Noon - 8:00 p.m. |
 10 a.m.- 8:00 p.m |
 Noon - 5:00 p.m. |
 Noon - 8:00 p.m

IACC POOL REGULATIONS

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



I.A.C.C. FOUNDATION

ANNUAL CASH DRAWING

\$100 A TICKET | ONLY 200 TICKETS SOLD

GRAND PRIZE \$5,000

PLUS 10 \$500 PRIZES

**DRAWING TO BE HELD AT FERRAGOSTO 2026
ON AUGUST 15, 2026**



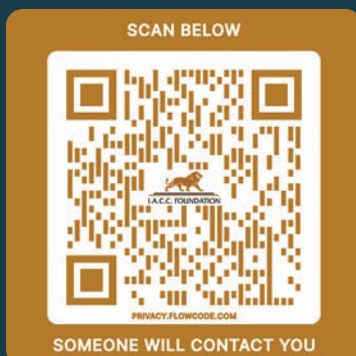
Everyone is welcome to participate, not just members.

HOW TO PURCHASE A TICKET:

- Call the Membership Office at 518-456-4222.
- Or scan the code below and someone will contact you.

We're selling 200 tickets at \$100 each, which means the odds are in your favor.

Team up with friends or family, or surprise someone with a ticket as a gift!



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THE IACC PLAYGROUND
FUND

BY JOE SANO

THE ITALIAN AMERICAN INTERNMENT REVISITED

The Italian American internment refers to the forced relocation and detention of Italian citizens and Italian Americans in the United States during World War II. Following Japan's attack on Pearl Harbor on December 7, 1941, U.S. government officials developed a heightened suspicion of immigrants from Germany, Japan and Italy.

As a result, over 3,000 Italians were interned in camps. The actual detention of individuals in camps was less extensive than the internment of Japanese Americans. Still, approximately 600,000 were categorized as "enemy aliens" and subjected to restrictions on their movement and activities.

The internment was part of a broader Enemy Alien Control Program that allowed for the investigation and detention of individuals deemed suspicious. Although the initial wave of arrests predominantly targeted Japanese and German individuals, many Italians faced similar fates as the war progressed. Interned individuals were kept in camps surrounded by barbed wire, often separated from their families, and their properties were confiscated.

Thousands of Italian Americans were forced from their homes, some sent to camps (Camp Bella Vista- Missoula, Montana pictured here) and hundreds of thousands suffered curfews, confiscations and mass surveillance during the war.

They were targeted despite a lack of evidence that traitorous Italians were conducting spy or sabotage operations in the United States. Most Italian internees remained in these camps for around two years, with



many being released following Italy's surrender in September 1943.

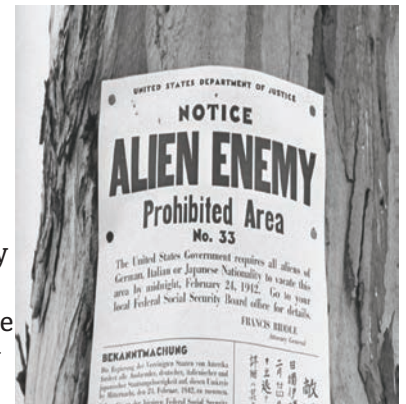
Despite their experiences, the stories of Italian Americans are not well known due to the survivors' reluctance to share their experience. The outbreak of the Second World War gave comfort to an outbreak of prejudice and bias against Italian Americans. The roots of the actions taken by the U.S. government against Italian Americans can be found not just in Italy's role as an Axis power during World War II, but in longstanding prejudice in the United States itself. Beginning in the second half of the 19th century, Italian immigration to America exploded. By 1920, more than 10 percent of all foreign-born people in the U.S. were Italian, and more than 4 million Italian immigrants had come to the United States. Vibrant successful Italian American communities sprang up around the country. As the number of Italian immigrants grew, so did anti-Italian sentiment. Italians were painted as subhuman and undesirable, and employers often refused to hire people of Italian extraction.

The ties between friends and familia in Italy to Italian Americans received increasing review as America inched towards joining the World War. In the late 1930s, we now know that the FBI under J. Edgar Hoover began to closely examine Italian organizations and individuals.

The FBI created a large list of "suspicious individuals" which was named the "ABC List." It divided people into categories based on their likelihood of danger to the nation. For many people on the list, which included tens of thousands of American citizens, the only basis for suspicion was their ethnicity.

December 7, 1941 put the plans into action. The Japanese attack on Pearl Harbor and the Axis powers declaration of war against the USA triggered the initial rounding up of Italian Americans deemed to be dangerous.

President Franklin Delano Roosevelt issued a series of proclamations that declared citizens of Japan, Germany and Italy to be "alien enemies of the United States." These Italian American "enemy aliens" had to abide by





At least 10,000 Italian Americans were evacuated in California and forced to move out of their homes to areas outside of the evacuation zone. The government even came close to evacuating all Italians and Italian Americans along a massive stretch of the state stretching from Los Angeles to Orange County, California, but were stopped by a President Roosevelt order.

In spite of this treatment, the patriotism of Italian Americans was clearly demonstrated by the estimated over one million Italian Americans serving in the armed forces during the conflict. 14 Italian Americans received the Medal of Honor for their service.

In 1942, as the allied forces planned to invade Italy, Roosevelt realized that Italian American support for this campaign was an absolute need. On October 12, 1942, U.S. Attorney General Francis Biddle declared that Italians were no longer enemies of the state.

Though Italian American groups rejoiced at the proclamation, it was not the end of their internment. The majority of interned Italians did not gain freedom for another year. And even beyond, Italian Americans were subject to bias and stereotypes that had been reinforced during the years they were assumed to be traitors.

The extent of the persecution of Italian Americans during World War II was only revealed in 2001, when Congress was presented with a report on their treatment in response to the Wartime Violation of Italian American Civil Liberties Act of 2000.

Today, the persecution and internment of Italian Americans is a relatively unknown episode in the history of World War II, in part because of the humiliation and silence of the Italian Americans forced to live it. It does invite us to look at how immigrant populations are being treated in America. While today there is no declared war, we can witness and draw close parallels to how the Italian-Americans were treated during the early years of WWII.

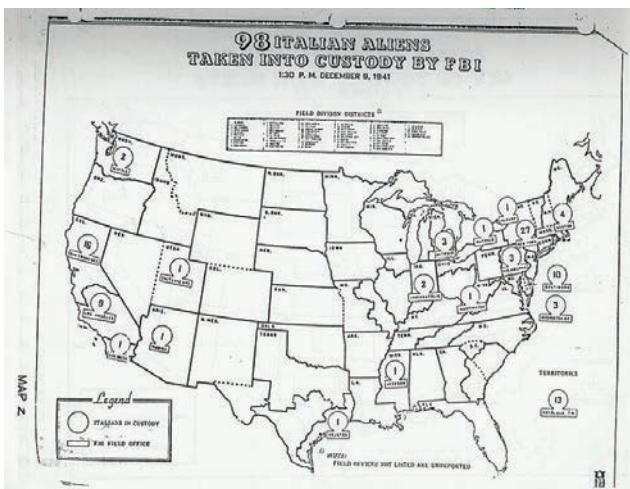
Historian Alice Yang says there are important reasons to remember this history. For the government: “Not to use ethnicity to determine who is dangerous and not to let wartime fears subvert civil rights.”

A history lesson we should all remember and hopefully practice. □



curfews and turn in their weapons, radios and cameras. Anyone named on the list could not travel more than five miles from home without getting permission. The FBI began arresting and detaining people who were eyeballed as threats.

While Italians and Italian Americans awaited hearings to determine whether they would stay in detention, the Congress legislated that the West Coast was declared to be an area of special military and intelligence significance. The military determined who they thought should stay and who should go, and individuals could not be represented by legal counsel in the hearings that determined their fate. Certain areas were declared



off-limits to other individuals considered enemy aliens, including the San Francisco waterfront, areas around hydroelectric plants and areas near military bases.

The FBI searched houses for contraband items, confiscating radios and other items, and forced Italians, even those who were naturalized citizens, to report changes of address and employment. The government restricted the employment and movement of Italian fishermen, confiscating their boats and cutting off their access to the waters that provided their livelihoods. Joe Di Maggio's dad was one of these fishermen.



**ITALIAN AMERICAN COMMUNITY CENTER
PRESENTS**

ferragosto

**Saturday, August 15, 2026
2PM | Bonfire at Dusk**

**Lunch, Dinner, Dessert
Coffee & Tea are Included.
Other beverages are available
for purchase.**

**This is a free member event.
Guests of members & pool
members are welcome for
\$25.00**

FOR MORE INFORMATION VISIT WWW.ITALIANAMERICAN.COM

The Italian American Community Center Foundation

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Friday Nights

AT THE

PAVILION



EVERY FRIDAY NIGHT FROM
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5:00PM - 8:00PM

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or just hang-out at this family event!

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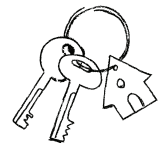
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Mangia Bene E Vivi Bene!

By FRANK ZEOLI



PASTA BOLOGNESE



I have seen this recipe made several different ways, and it depends on what ingredients you like best and how your family has passed the recipe down through the years. Some families call it *Ragu Alla Bolognese* or simply *Ragu*. This dish originated in northern Italy; however, because of the use of fresh tomatoes, it has made it onto many dinner tables in southern Italy.



PREP TIME: 20 MINUTES | COOK TIME: 90 MINUTES (APROX)

NOTE: This dish goes excellently over fresh tagliatelle pasta; however, rigatoni is my pasta of choice.

INGREDIENTS

- 2 tablespoons of olive oil
- 2 tablespoons of unsalted butter
- 1 medium onion
- 2 carrots
- 2 celery stalks
- 2 cloves of garlic
- 1 lb. ground beef (or a mix of beef and pork)
- 1/2 cup of red wine (optional but recommended)
- 2 cans (28 oz) crushed tomatoes
- 2 tablespoons of fresh parsley (chopped)
- 2 tablespoons of fresh basil (chopped)
- 1 lb. of pasta (your choice)
- Salt and pepper to taste

INSTRUCTIONS

1. Dice the garlic, onion, and celery and carrots into a small dice. Don't chop it too fine. Then, add the butter and oil to a medium pot. Melt the butter and let the oil get hot. Add the celery, carrots and onions and sauté for about 4 minutes. Then, add the garlic and cook for another 4 minutes until the vegetables are cooked.
2. Add the ground beef (or beef and pork), stirring and breaking up the meat until it cooks for about 15 minutes.
3. Lower the heat. Add the red wine and let that evaporate for another 20 minutes.
4. Add the crushed tomatoes to the meat and stir. Add the salt, pepper, basil and parsley. Let the sauce simmer on low heat for about 40 minutes or until it is reduced by over half.
5. Boil the pasta, drain it, and add the pasta to the meat mixture, stirring together until it's creamy and the pasta is fully covered. Add some parmesan cheese and serve.



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

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