

DIGEST OF THE AMERICAN ITALIAN HERITAGE ASSOCIATION

1227 CENTRAL AVE. ALBANY, NY 12205

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LITTLE ITALY

... an enclave populated primarily by Italians or people of Italian ancestry, usually in an urban neighborhood. The concept of "Little Italy" holds many different aspects of Italian culture. There are shops selling Italian goods, Italian restaurants, resident units, national Italian parishes, clubs, piazzas, bocce courts, museums, art galleries and much more lining the streets. You will find them across the United States. Listed below are some of the largest:

SAN DIEGO, CA

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BRONX ARTHUR AVE

PROVIDENCE, RI

BOSTON, MA

There are many other very interesting Little Italy neighborhoods worth visiting.



San Diego's Little Italy covers 48 square blocks, making it the largest Little Italy in the United States.

You will also find Little Italys in the following countries: Australia (3) Canada (7), United Kingdom (6), Argentina (1), Brazil (6) Mexico (11) and one each in Sweden, Kenya, South Africa, Republic of Ireland, and Chile.

"LITTLE ITALY" strives essentially to have a version of the country of Italy placed in the middle of a large non-Italian city. This sort of enclave is often the result of periods of immigration in the past, during which people of the same culture settled together in certain areas.

As you travel around New York State you may find interesting *Little Italys* located in the following cities: Schenectady, Troy, Rochester, Syracuse, Utica, Buffalo, Poughkeepsie, Niagara Falls and Rome.

In the state of Pennsylvania, they can be found in Old Forge, Bloomfield, Easton, Roseto Connellsville, and Erie.

Some others are in these various places: Indy, IN; Des Moines, IA; Independence, LA; Kansas City, MO; Detroit, MI; Omaha, NE; Newark & Paterson, NJ; and St. Paul, MI. There may very well be more than we have listed.

As cities modernized and grew changes were made. Some Little Italys are a shell of what they once were while others have blossomed. Most of these places are still interesting and worth a visit.

The central point of San Diego's Little Italy is a European-style piazza known as Piazza della Famiglia. The 10,000 square-foot plaza connects India and Columbia Streets and features a dramatic tiled fountain. Just steps from the plaza, you may savor the flavors of Italy in the Little Italy Food Hall. There are a number of wonderful boutiques where you can find women's fashions and handmade local items. Held each Saturday is the Little Italy Mercato, a dynamic farmers market where locals shop for produce along with gourmet goods, flowers, and crafts. Several fun festivals including the Mission Federal Artwalk which takes place every year in the Springtime. Amici Park is a local favorite where you will find modest to luxury bungalows, along with a number of newly-built apartments and condominiums. Little Italy residents love living in the area and feel a real sense of community. Our Lady of the Rosary Church in Little Italy was founded in 1921 and is known for its lovely murals painted by an artist from Italy. The beautiful church has a Mass in English and Italian on Sundays at 5:30 pm

Providence, RI has Federal Hill (known as "Colleto" or Little Italy) where businesses on Atwells Avenue represent the "old country". The area is known as a hot spot for its dining, Italian culture, businesses and upbeat rhythm. Beneath the main entrance underpass is "La pigna", an Italian symbol for hospitality and for sharing abundance. A good time to visit is March 19th when the feast of St. Joseph is celebrated and you will be able to taste "Federal Hill Zeppole". There are two Italian national parishes and many Italian Americans still live in the area which also boasts of having several interesting piazzas.

The Christopher Columbus statue in downtown Syracuse, NY will stay where it is, thanks to a ruling by New York Supreme Court Justice Gerard Neri that barred Mayor Ben Walsh from taking it down. Built in 1934, the statue was paid for by local Italian immigrants and given to the city.

Before the conflict in Ukraine, Italy was already home to the largest Ukrainian expatriate population in Europe, at 250,000. An estimated 800,000-900,000 refugees are expected to arrive in Italy from Ukraine.

According to Trip Advisor, all roads lead to Rome if you're looking for a great meal. Its annual Top Destinations in the World rankings, the Eternal City was named the world's best destination for food lovers. You will enjoy some of the most memorable meals of your life in Rome.

Venice, Italy has a staggering 20 million visitors a year. Its resident population has shrunk to 60,000 inhabitants. An outreach program dubbed *Venewhere* aims to attract residents from across the globe to Venice by offering assistance through an online platform. Newcomers can receive financial support.

The American Italian Heritage Digest has been published since 1979. The Digest is published bi-monthly by the American Italian Heritage Association & Museum, 1227 Central Ave., Albany, NY 12205. Telephone (518) 435-1979. We are an international organization, our goals are to record and preserve our Italian heritage. No part of this newsletter may be duplicated without permission of the editor!



Digest of the
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A national organization preserving American Italian heritage since 1979.

The contents of this newsletter have been developed solely by Prof./Cav. Philip J. DiNovo, Editor, and do not necessarily reflect the opinions of the Board Members of the American Italian Heritage Association & Museum

AT A GLANCE – Please place dates on your calendar

Note: ALL Meetings will take place at the Association/Museum,
1227 Central Ave., Albany unless otherwise posted.

Special Exhibit Room: August/September

“World Trave”

By Joe Anastasio

- Saturday, July 30th – 12 noon-3:00pm:** Christmas in July
- Wednesday, August 10th – 1:00pm:** Remembering Santa Pasquini
- Monday, August 15th – 12 noon:** Annual Ferragosto Celebration
- Thursday, August 18th – 7:00pm:** Business Mtg. & Cultural Presentation
- Friday, August 26th - 6:30pm – Pizza & Movie Night**
- Saturday, September 10th – 12:00pm – 8:00pm:** Jay Street Festival
- Monday, September 12th – 6:30pm:** Level 1
(Beginning Italian in person begins)
- Monday, September 12th – 6:30pm:** Level 1
(Beginning Italian begins on Zoom)
- Wednesday, September 14th – 6:00pm:** Level 3 (Advance Italian Class begins)
- Tuesday, September 16th – 1:00pm:** Practice your Italian
- Saturday, September 17th – 4:00-6:00pm – Delicious Italian Meal
on the Lawn**
- Tuesday, September 20th - 1:00pm:** Practice your Italian
- Thursday, September 22nd – 7:00pm:** Monthly Business Meeting &
Cultural Presentation
- Wednesday, September 28th – 5:00 to 7:00pm:** Fundraiser at
Glenpeter Jewelers
- Friday, September 30th – 6:30pm – Pizza & Movie Night**

Our “Second Chance” Thrift Shop is open

Tuesdays: 10 am-2 pm & Saturdays: 10 am-2 pm

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your name, email & mailing addresses.

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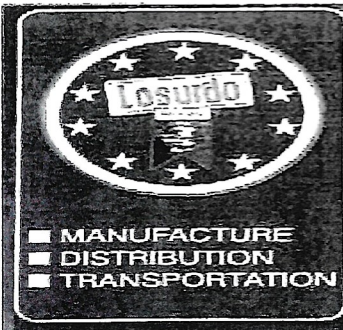
Kitchen cabinets-Countertops

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CHRISTMAS IN JULY! Join us for a festive holiday event on **Saturday, July 30** from **noon to 3 pm** (rain or shine). Look for bargains at the Museum and on the front porch of our thrift shop. We'll have hot dogs and ice cream for sale, free popcorn for kids, games, free crafts, and will raffle off two decorated perennial trees. Santa Claus will be there, too! Participate in our *Membership Drive* by donating a like-new or unused item worth \$25 from around your home. In turn, you'll receive a voucher that you may give away to someone who is not already a member for a complimentary ½ year AIHA&M enrollment for the remainder of 2022. What a better way to clear out something unwanted, have fun helping us raise money, and increase our membership, all at the same time! We look forward to your support.

Remembering Santa Pasquini – we invite you to remember Santa at a program on Wednesday, August 10th at 1:00pm. We will also place a leaf honoring her on our Donation Recognition Tree. A social will follow.

Join us for our Annual Ferragosto - on **Monday, August 15th** at **12 noon to 2:00pm**. Bring a lunch and lawn chair. We have a new bocce court. We bought the materials and Victor Consiglio and Phil Maiello built the bocce court. Thank you, Victor and Phil, for a job well done. Play some bocce on our new court, bring some playing cards or just sit and visit! We will provide free soda and we ask you to bring some dessert. In case of rain, the event will be cancelled. Ferragosto is the whole month of August but on August 15 it is an Italian holiday that honors the day of Mary's Assumption. It is, for Italians, the climax of summer and a day to spend with family and friends.

August Monthly Meeting & Cultural Presentation, **Thursday, August 17th** at **7:00pm**. The topic "*My Recent Trip to Northern Italy.*" The Presenter is Jim Sano. Jim is a past president of the Albany Italian American Community Center, President of their Foundation, Coach for 35 years at Albany High School, past Majority Leader of Albany Common Council, and married to Nancy and has two daughters. Please bring dessert for the social to follow.

Pizza & Movie Night – **Friday, August 26th** at **6:30pm**. The movie will be announced at the July Pizza & Movie Night. Chair: Phil Maiello. Please make your reservation by August 24th Pizza & soda for \$5.

Jay Street Festival, Schenectady, NY – **Saturday, September 10th** from **12 noon to 8:00pm**. We will have a cultural and gift shop booth set up. Chairs: Phil & Rosann Maiello.



ITALIAN LANGUAGE CLASSES being offered

REGISTRATION for Italian Classes: 10 week classes. 2 hours each class.

Cost: \$150 for members, \$175 for non-members

Checks made payable to: American Italian Heritage Association & Museum (AIHA&M)

Italian Language Class LEVEL 1 (Beginning Italian) in person. 10-week class (2 hour classes)

Begins: **Monday, September 12th** at **6:30**.

The Instructor is Anthony Viccarone. Please register with him. His contact phone number is: 518-664-7909.

Beginning Italian on Zoom – Mondays for 10-week class (2 hour classes)

Begins: **Monday, September 12th** at **6:30**.

The Instructor is Olivia Beltrani for questions and to register. Send an email to her at:

Oliviabeltrani1894@gmail.com

Advance Italian Class (Level 3) - Wednesdays for 10-week class (2 hour classes)

Begins: **Wednesday, September 14th** at **6:00pm**.

The Instructor is Anna Barletta.



Calendar of Events – continued on Page 6

Practice your Italian will meet on **Tuesday, September 16th** and **Tuesday, September 20th** at **1:00pm**. Free and open to the public. Chair: Joseph Anastasio.

Old Photo Restoration Workshop, at the Museum on **Wednesday, September 21st** at 1:00pm. Mary Jane Zanelli will give a free workshop on the benefits of photo restoration, choosing frames and mats. She will explain how she can restore faded and damaged photographs. Bring your old photos and get a free estimate on restoration. This is a public service event and open to the public.

Our September Monthly Meeting and Cultural Presentation will take place on **Thursday, September 22nd** at **7:00pm**. The topic following the meeting "*Little Italys and Italian Festivals*". The Presenter is Prof/Cav. Philip J. Dinovo. Please bring dessert for the social to follow.

We will honor two of our own at a Fundraiser at Glennpeter Jewelers at 1544 Central Avenue, Albany. They will provide food, you may purchase wine. They will provide gifts to those being honored. The date is **Wednesday, September 28th** from **5:00-7:00pm**. More details to follow. Please let us know if you plan to attend. Chair: Mike DeSano.

September Pizza & Movie Night will take place on **Friday, September 30th** at **6:30pm**. We will be announced at the August Pizza & Movie Night. The cost of pizza and refreshments is \$5. Please sign up by Wednesday, September 28th. The Chair is Phil Maiello.



The Board of Trustees elected the following for a 2-year term: Prof./Cav. Philip J. DiNovo; President. Olivia Beltrani; Secretary; Teresa Manzi, Treasurer. Joseph LaCivita was elected to the Board for a two-year term.

Reporter Lawrence O'Donnell wrote that most Brooklynites resisted naming the new bridge after an Italian explorer and referred to it as "the Narrows" or the "Guinea Gangplank". That is how the Wall Street Journal explained slurs in the Verrazano Bridge Story. After the Italian-Americans complained about the WSJ repeating such a slur, the editor apologized.

The slick new addition to the Italian line fleet arrived in New York with great fanfare. The Raffaello joined its sister ship, Michelangelo. Both are 900 feet in length with a 1,775 passenger capacity. The twin ships made the New York to Naples run in seven days.

Bobby Rydell, 79, the singer who rose to fame and sold 25 million records, including the ever favorite "Volare", passed recently.

Gran Sasso National Park, which was founded in 1991, is Italy's largest national park and boasts extraordinary wildlife:

Puccini composed 12 operas during his 40-year career. Four of them are among the most popular of all time. He died on November 29, 1924, at age 65. When he died, "Turandot" was unfinished. It premiered at La Scala 18 months later. For a century, Italian opera composers created operas that today are among the most performed and most famous in the world.

The Italian Senate has voted to outlaw the breeding and killing of animals purely for their fur. The ban, which takes effect on June 30, 2022, will result in the closure of all fur farms in the country that breed minks, foxes, and chinchillas. The Senate measure also sets aside three million euros to compensate the businesses affected by the measure.

Stop trying to make everybody happy,
you're not tequila.

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It is not enough to have a good mind.
The main thing is to make good use of
what you have.

PRESIDENT'S MESSAGE

The science of genealogy is a billion dollar industry for many reasons. More than ever before people yearn to know their origins, where they came from and especially, what their ancestors did in the past. These things are very important in our quest for answers. Hence, the need for well-kept archives is first and foremost in most genealogical searches.

On-going collection of old artifacts, memorabilia, important papers, documents, various paraphernalia, cherished photographs is a major requirement for preserving the past for future generations. It doesn't end with acquiring all of these things. That's just the beginning because then they need to be preserved in an orderly and accessible manner for posterity purposes.

Thank goodness, on our campus we have the attic space at 1229 Central Avenue in which our main archive is located. Also, our second-floor museum library has a room where some archive materials are preserved. Obviously, beyond storage, there is a great need for volunteers to help us catalog the items in our possession. We are also looking for someone who would be willing to volunteer and serve as our Museum Archivist. Needless to say, we look forward to hearing from you!

Our history is rich and our archives are vast, both of which may surely help to inspire future generations. Respecting and honoring our past is the thrust of our mission. We have accomplished so much while at the same time acknowledging that there is still much left to be done. We need to increase public awareness regarding the historical and patrimonial importance that encompasses our Association/Museum. In addition to modernizing our archives, it is imperative that we make our collection more available to those who visit our beautiful museum. Another challenge is finding enough space for the ever-growing amount of information that must be maintained.

I hope my words have inspired you to appreciate the importance of preserving our history for future

generations and encouraged you to volunteer to help us put our archive in an orderly and accessible manner.

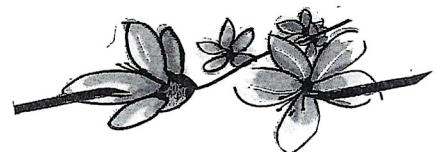
One of our main objectives is that we like to keep you informed whenever we have to add or change an event. So, if you wish to receive updates and reminders, sign up to be on the list by sending your email address to us.

I want you to know that I am working very hard so that our Association & Museum remain vibrant, so here are some examples of what I have done since the previous *President's Message*: gave a half hour interview on WKNY – Tulto Italiano in Kingston, NY; invited the area ethnic community to our museum for a “Peace in Ukraine” rally which was well-attended (I thank our members who came); went to a reception to welcome leaders of Moldova who were visiting our area to learn about our country; was the guest speaker at the Ulster County Italian American Foundation's May Monthly Business meeting where I received a warm welcome (a group from the Foundation visited our Museum in June). At this time I would also like to thank every one of you who volunteers and supports us in these challenging times. Unfortunately, we will not be holding an Italian School for Children that we had hoped to offer on Saturdays this coming fall due to disappointing lack of interest.

I am very pleased to announce that, God willing, Mary and I shall celebrate our Fiftieth Wedding Anniversary on August 5th. When you see Mary it would be nice if you thanked her for the many sacrifices she has made in order for me to be able to serve all these many years as President of this organization.

In closing, I want to remind you to please sign up anyone you think might be interested in a membership so that our goal of two hundred new members in 2022 is reached. Our vibrancy depends on a successful campaign!

Prof./Cav. Philip J. DiNovo



Italian police are appealing for information about an original painting from the 17th century artist, Pietro Bellotti, which somehow ended up in a roadside dumpster. The last painting by the artist sold at a Sotheby's auction for \$48,000.

The City of Venice is giving out citations for a violation of urban decorum, one of the broadened facets associated with the crackdown on "scruffy and disrespectful" visitors to the lagoon city. Two German women were cited and fined a total of 250 euros for sunbathing in bikinis at San Stae church. Two Czech tourists were fined 100 euros, the first for racing through Campiello Selvatico on a bike, and the second for speeding in front of Palazzo Cavalli on an electric scooter.

Three Italian professional golfers took part in this year's US Open. Francesco Molinari is the only Italian to win a major championship, having won the Open in 2018.

The International Monetary Fund has indicated that the Italian economy is set to grow at a faster rate than Germany.

The mammoth Guardians of Traffic are four Berea sandstone pylons, sculpted in the Art Deco flair, overseeing the Hope Memorial Bridge since 1932. They were carved in large part by Italian immigrant stone masons. Many of the carvers came from Oratino, Italy in the Province of Campobasso. Those statues were last in the national spotlight when the Cleveland Indians' front office renamed the team to the Cleveland Guardians.

Is it true that modern day Italians are the direct descendants of the ancient Italians and Romans?
Yes, but they are also the direct descendants of the Greeks, the Etruscans and of all the population that came before the latins and who became Romans overtime. And of Hannibal's Carthaginians who occupied most of Italy for 20 years. And they are also the direct descendents of the Lombards, the Goths, the Byzantines, the Arabs, the Franks, the Norse, the French I, the Spanish, the Swiss, the Austrians I, the French II, the Austrians II, the Croatians (used by the Austrians to police us), the Germans, the Americans, and the British who, at various moments in Italy came to occupy for longer or shorter periods. And now we are the direct descendents of Asians, Africans, South Americans, and East Europeans who choose to move here and to become Italians.

Vaar Energi, a joint venture of Italy's Eni, which owns 70 percent of the company, and a Norwegian private equity investor, Hitec Vision, which owns 30 percent. It has discovered a new oil resource in the Norwegian North Sea. Exploratory wells showed volumes between 60 million and 135 million barrels of recoverable oil. Eni is considered to be one of the seven major "supermajor" oil companies of the world.

In reality, Italian immigrants didn't change their surnames at Ellis Island. Not all Italian immigrants anglicized their surnames, and the ones who did change their names after immigrating to the US usually didn't change their names until they had been in the US for a while. Ellis Island was used as an immigration station from 1892-1954 with several hiatuses during that 62 year period. Slightly over half of the immigrants who arrived during the period 1892-1954 entered through ports other than Ellis Island. Immigrants who arrived after 1954 didn't come through Ellis Island.

Italy ends the 2021 Olympic adventure in Tokyo with a total of 40 medals. It's the most Italy has ever won. Italy won 10 golds, 10 silver, and 20 bronze, putting it in 10th place. The US was at the top with 113 medals overall (39 of which were gold).

The Italian Vespa, the sleek scooter that was first built by Piaggio in 1946 is 75 years old. Since then more than 19 million have been sold around the world, as well as being immortalized in countless movies.

Buono
Summer Salad

This salad is also great drizzled with the Aromatic Olive Oil.

For the vinaigrette:

- 2 tablespoons Aromatic Vinegar
- 2 tablespoons extra-virgin olive oil
- salt and freshly ground pepper

For the salad:

- 1 head romaine, julienned
- 1 head radicchio, roughly chopped
- 3 ripe red tomatoes, diced
- 3 ripe yellow tomatoes, diced
- 1 cucumber, thinly sliced

In a small bowl, whisk together the Aromatic Vinegar and olive oil, season with salt and pepper, and set aside. Place the romaine, radicchio, tomatoes, and cucumbers in a large serving bowl. Drizzle with the vinaigrette, toss well to combine, and serve. **Serves 4**

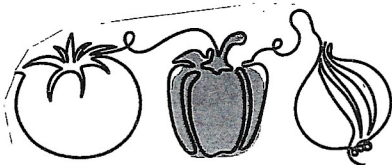
Grilled Zucchini with Mint & Orange

Ingredients

- 2 zucchinis (about 6 oz. each)
- 1/4 cup extra virgin olive oil
- 1 tsp sea salt
- 1 tsp freshly ground black pepper
- 1/4 cup red wine vinegar
- 2 tbsp honey
- 3 tbsp chopped fresh mint
- 1 orange segmented

Preparation

Prepare a medium fire in your grill. Slice the zucchini lengthwise into 3/8" slabs. Coat each with olive oil and season with salt and pepper. Grill the zucchini for about three minutes per side and transfer to a platter. In a small bowl, whisk together the vinegar, 3 tablespoons of olive oil, honey and the mint. Stir in the orange segments. Pour the dressing over the zucchini and serve.



SENSATIONAL SUMMER RECIPES

Etruscan Tuna

- 4 tuna steaks, about 1 1/2-inches thick each
- extra-virgin olive oil
- salt and freshly ground pepper
- breadcrumbs
- lemon slices

Preheat a grill or grill pan. Drizzle the tuna with olive oil and season with salt and pepper. Evenly coat the tuna in breadcrumbs, shaking off any excess, and grill until desired doneness. Serve immediately with lemon slices. **Serves 4**

Cavatelli con Zucca

In Campobasso, this dish is prepared by hand-rolling the cavatelli, making the dough from squash and potato and then topped with a butter, or a pomodoro sauce. This recipe gives you the flavor of the Campobassani original, with a little less work!

Ingredients

- extra-virgin olive oil
- 6 cloves of garlic, thinly sliced
- 1 large yellow onion, finely diced
- 1/4 tsp crushed red pepper
- 2 lbs. butternut squash peeled, seeded, and diced
- 1 tbsp dried thyme
- salt and fresh ground pepper for seasoning
- 1 package of cavatelli
- 1/2 cup parmesan cheese

Preparation

Peel, seed, and dice the butternut squash and set aside. Bring a large pot of salted water to boil.

Meanwhile, in a large sauté pan, heat the olive oil and add the onion and crushed red pepper. Cook over med-high heat about 5 minutes.

Add the squash, thyme, and garlic. Season with salt and pepper. Cook for 5 minutes.

Cover sauté pan and cook over low heat, about 8 more minutes, or until squash is tender.

Meanwhile, add the cavatelli to the boiling water and cook until al dente. Drain the cavatelli, reserving 1 cup of the pasta water.

Add the cavatelli to the squash mixture in the skillet, then stir in 1/2 cup of the pasta water and toss gently to combine. Add the Parmesan cheese, season with salt and pepper and stir gently. Add more pasta water if too dry. Serve the pasta with more Parmesan cheese for sprinkling.

Red Wine Pears

- 4 Bosc pears, peeled and cored
- 3/4 cup sugar
- 1 1/2 cups red wine
- 1 teaspoon cinnamon

Preheat the oven to 325°. Place the pears in an oven safe pan and cover them with the sugar, then pour the red wine on top. Sprinkle with the cinnamon and transfer to the oven to bake for 40 minutes, basting the pears often with the red wine, until caramelized. **Serves 4**

little Italy



florentine steak

- 1 Porterhouse steak, about 2 3/4 pounds, at least 1-inch thick
- salt and freshly ground pepper
- extra-virgin olive oil
- juice of 1 lemon

Make sure the steak is at room temperature. Prepare a charcoal grill, and allow the coals to burn down until covered with a layer of gray ash. (You should see no flames.) Alternatively, heat a grill pan over very high heat. Place the steak on the grill or in the pan. Cook for 5 minutes, and turn over. Sprinkle cooked side with salt, and allow to cook for 5 more minutes. Remove from grill, and salt the other side. Season with a few grindings of fresh pepper; and serve with extra-virgin olive oil and lemon juice at the table. **Serves 4**

Cremolata Di Fragole

Ingredients

- 1-1/8 pounds fresh raspberries
- 1/2 pound strawberries
- the juice of a lemon
- the juice of 4 oranges
- 1 1/2 cups sugar
- additional wild berry fruit

Preparation

Wash and dry the berries. Put the raspberries in a bowl and crush them with a fork, reducing them to a pulp. Stir in the sugar, citrus juice, and strawberries, mix well, and put everything into a mold. Chill it in the freezer for a couple of hours, stirring it about every now and again to keep it from freezing into a solid block.

Unmold it onto a serving dish and serve it with more fresh berry fruit.



Honor Roll

We thank each of you who donated to our 2022 Appeal. Your support during these challenging times is appreciated. Donations received through June 18 in the amount of \$20 or more have been placed on the Honor Roll below. Many thanks to Cathy DiCocco McGuire for organizing the 2022 Appeal!

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\$20

Michelina Forte
Judith Robelotto



What variety of food will you find in Italy? For example, Friuli-Venezia Giulia, boiled sausage made with various parts of the pork head served with fermented turnips, similar to sauerkraut and often served with polenta. It is called muset e brovada. Bagna Cauda, garlic, oil and anchovy sauce served hot with vegetables to dip fondue-style from Piemonte. Seada from Sardegna has pecorino cheese in a thin dough, fried and topped with honey.

To be called a mafioso in Italy is very offensive. In all of Italy, it is best to avoid political, soccer, or religious discussions. They drink, but drunkenness is a shame. Leave your prejudices at home.

The Italian language sounds very beautiful and romantic. It is quite musical to the ear.

When you hear of Italian soldiers during World War II, learn about the Porta San Paolo battle in Rome which took place on September 10, 1943. Italian soldiers and civilian volunteers visited the Nazi invasion facing superior and better-armed enemy troops.

Napoleon's first language was Italian (or Corsican), if you will, and he had to learn to speak French properly at a relatively late age. One tale is that he was bullied by his schoolmates due to his imperfect, heavily-accented French. He spoke French with an Italian accent throughout his life.

Do it right—add the pasta to the sauce, not the sauce to the pasta. Be sure not to overcook; the pasta should be al dente, which means “to the tooth” in Italian.

Urban Italians, indeed many people under the age of 50, don't speak and sometimes don't even understand the atavic dialect.

Those who died during the COVID-19 pandemic in Italy were cremated. Family members of the dead could not assist their loved ones in their last hours. They died alone, surrounded by people wearing biohazard suits. Their relatives were notified about the demise by phone call of the doctor, expressing his/her condolences.

There is a story that a person received their ancestry DNA results and they were 0% Italian; however, their maternal grandmother is 100% Italian. How is this possible? Did the grandmother actually have her DNA tested and analyzed? People get very invested in family stories and myths. They can build a whole sense of self around them. In this case, the grandmother could have been born in Italy, raised speaking Italian, but her family could have been ethnically from elsewhere. Nationality should not be confused with ethnicity.

Does olive oil really not make the stickiness of pasta go away? Pasta is not sticky to start with. If your pasta is sticky when you drain it, then it is overcooked. People in Italy usually start lunch at 12:30 to 2:00 and start dinner at 8:00 to 9:00 p.m. Old people may eat earlier. Italians eat a lot at lunch and little at dinner.

Italians hardly ever serve a protein and a starch in the same course since they have no main course. In Italy, you would be served pasta with the sauce the meatballs have been cooked in, followed by the meatballs and a vegetable side. But the meatballs are not necessarily served in a sauce. While spaghetti and meatballs is an American tradition, Italians serve meatballs in a highly modular thing divided in many courses. Antipasto is usually only served with festive meals and the dessert on everyday meals is substituted by fruit.

Northern and Central Italy is richer than Spain, Portugal, France, and the United Kingdom, same level of Germany. Italy is first in the world for number of enterprises. The Italian richness is high and distributed, not concentrated only in the capital.

The United States has around 16,472,000 millionaires. China is next with 3,294,000. Italy is 7th with 1,161,000.

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If you are not from a European Union country, it will take 10 years of residence in Italy before you could become a citizen.

The American hot dog is so over processed, you can barely call it meat anymore. Many Italian meat products are less processed and unlike American processed meat, which is more chemical than anything else.

Never, ever wear socks and sandals! Italians can be very judgmental about look and socks and sandals is a BIG no-no in Italy. Also forget everything you know about Italian food in the U.S.A.; the real deal is much better.

Extra virgin olive oil is a very poor frying oil, but it is an excellent cooking fat. It adds flavor and is healthy. In Italy, frying fats are refined olive oil and lard. Update! Olive oil is bad cooking oil. It has no flavor and it adds nothing to food, except a little grease. Extra virgin olive oil, along with walnut and hazelnut oils, is used also to garnish salads. Spain produces 45% of total world olive oil and Italy is the world's second producing country.

Undercook your pasta. Finish cooking the pasta in the sauce. A great tip for cooking pasta.

Moussaka is an alternative of Pasticcio. Pasticcio is a real Greek dish, even though it has 15th-century Venetian roots.

What screams in Italy "I am not Italian?" Baseball caps or anything of that sort. How you dress—short trousers when there are less than 10 degrees or flip flops, unless if you are on the beach, for example. If you have dinner at 6:00 p.m. or before (Italians don't eat that early). If you have cappuccino after or during a meal. Heavy drinking while having lunch or dinner. Having wine with your pizza or ordering a pizza with things that shouldn't be on a pizza. If you order fettuccine Alfredo, you say something that involves "ketchup" and "pasta" in the same phrase or meal. If you try to speak Italian and got too far with gestures. Italians are pretty intuitive to spot a non-Italian, whether it is because of look, appearance or attitude.

Most Italian immigrants who settled in Scotland went to Glasgow, Edinburgh and Inverness, the capital of the Highlands. However, since many were in the hospitality industry, a lot of pizza restaurants are all around Scotland. A recent Italian voter census estimated that there are 70,000 to 100,000 people in Scotland of Italian descent or Italian nationality, which is up to 1.9% of the overall Scottish population.

Meals in Italy are not just a form of sustenance. They are a time of great joy and pleasure. Meals represent a time for family and friends to get together and relax over delicious food and wine. Italians have grown up with this concept and so the dishes they prepare are done so with loving care to produce something tasty for the meal. Food is an event in and of itself.

You can have your personal Italy of the mind. And as long as you go there as a tourist, Italy will never let you down. Italy is no longer the place your grandparents emigrated from. Lower your expectations. Italians in general don't really view Italian-Americans as Italian and that is true for other ethnic Americans who go to their ancestral home. While your family in Italy will love you and make you feel very welcome, you are not Italian. There are two main reasons: Most Americans of Italian descent don't speak Italian and don't really know much about Italy. In many Italians' eyes, to be Italian is more than just having Italian blood. It is speaking the language and knowing the customs.

Do Italians continue to eat mortadella? Yes, in moderation. Italians eat cured meats, but not like they eat fresh vegetables. Mortadella di fegato is advised against on health grounds. Also, they eat slower and they eat smaller servings. Mortadella Bolognese is one of the healthier mortadelle, but you should not eat cured meat very often. Italian mortadella which is exported to America is different than domestic American mortadella. For most Italians, mortadella is tasty and fatty enough, so they don't add additional cheese or sauces. High quality mortadella and freshly baked bread are enough.



The huge legacy of Italians in Poland is visible in small towns, in large cities in the names of streets, buildings and in the names of at least 5 villages in Poland called Wtochy (the Polish name for Italians). Italians started arriving in Poland in the Middle Ages. The numbers rose between the 15th and 17th centuries. Another wave of Italians arrived in the 18th century. An Italian, Bona Sforza d'Aragona, became Queen of Poland in 1518. Italian surnames merged with Polish surnames. The most visible legacy of Italians remains in the arts and architecture of the Polish cities and towns. Italians also became successful bankers; they took the lease of the Krakow mint. Many Italians helped establish new ironworks and glassworks with new technologies.

The following popular Italian foods overseas that don't exist in Italy are garlic bread, which is a pity because it tastes good. In Italy parmigiana is an eggplant dish, not an adjective. Pepperoni is also not known in Italy.

Service in a restaurant will be much slower in Italy than in the United States. In Italy, people eat out for leisure. They like to take their time, have a chat, and spend quality time with their friends. In Italian restaurants, it's perfectly okay to not tip. Only if the service has been impeccable, and the waiter has gone beyond their duty, are you supposed to tip. A 2-5 euro tip is usually okay. You will never be brought the check unless you ask for it or unless the restaurant is near closing time. Restaurants don't aim at feeding you to death and beyond.

Argentines speak Spanish with some "Italianisms", made up Spanish words resulting from trying to turn Italian into Spanish. It also has some features in intonation from Italian, the long vowels, or the stress patterns. The intonation overall is clearly Italian influenced.

There are Italian rappers, but it is harder to rap in Italian than in English.

The following are some things that get you into trouble visiting Italy: wearing flip-flops in Cinque Terre, snacking on the streets of Florence, singing on buses in Rome, which is a part of a clampdown on inappropriate behavior or "noise pollution". Picnicking in Venice, feeding pigeons, wearing swimsuits, and a bunch of other laws. Wearing a miniskirt, low-cut jeans, as well as too much cleavage in Castellammare di Stabia. Much to the dismay of all lovers flocking to Rome and Venice, attaching "lovelocks" to bridges is forbidden.

The most expensive place to live in Rome, Italy, is the Scala quarter around the glamorous opera house and the Quadrilatero della Moda quarter is also currently the most expensive area of the city.

Italian is the official language of Italy, San Marino, Switzerland, and Vatican City. In Italy, they close up shop mid-day for siesta for around three hours, and it will be hard to find places to buy anything.

Italians do not in general like American-style Italian food. Aside from basic ingredients, the similarities are minimal. What Americans know as Italian food developed along the same lines as American dishes, lots of fat, sugar, and cheese, dominant in today's American cooking. Italians have no use for the elaborateness with which Americans approach basic recipes like ragù sauce, which for the Americans must be heavily seasoned, especially with salt and pepper. Italians appreciate light seasoning that allows the flavors of basic ingredients to stand out. Seasoning should never overpower a dish. If you are going to take Italian family or friends out in the U.S.A., don't take them to your local spaghetti house or pizza joint. When you go to Italy, search carefully outside the tourist areas for local specialties.


Marinara sauce does not exist in Italy. If you order "pasta al pomodoro", you get something we think of as "marinara".

When you visit Italy, you are likely to find many Italians who speak English.

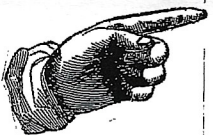
In the Puglia region, sites in the marble basin of Apricena near Foggia indicate the settlement of hominids aging 1.8-1.5 million years ago. Many think they were the first inhabitants of Italy.

Benvenuti! A very warm welcome to the following new members! They have joined between 04/16/22-06/14/22. We have members across the country and in Canada. Our bi-monthly newsletter makes a great gift. Mille grazie to all those who have helped us to obtain the following 15 new members:

We have 30 new members towards our goal of 200 new members for 2022

<u>Wappingers Falls, NY</u> Thomas & Gregory D'Albro	<u>Guilderland, NY</u> Kris Munforte	<u>Hamburg, NY</u> Raymond V. Crinzi	<u>Fishkill, NY</u> Christine Fiorile
<u>Albany, NY</u> Tom & Darshane Praisner Dr. Siobhan Kuhar Barbara Alberts-Pirani	<u>Selkirk, NY</u> Joanne Penesso	<u>Nassau, NY</u> Joe Penesso	<u>Rosendale, NY</u> Anthony Tampone
	<u>Binghamton, NY</u> Anthony Capozzi	<u>Pueblo, CO</u> Paul & Dolores Alfonso	

It is usually estimated that the Black Death pulled somewhere between one and two thirds of the population of Europe. The contemporary Sienese chronicles Agnolo di Tura del Grasso recorded the devastation of the plague in Siena, Italy. The mortality in Siena began May, it was a horrible thing. The victims died almost immediately. Those who did not see much horribleness can be called blessed. Father abandoned child, wife, husband, etc. None could be found to bury the dead for money or friendship. They brought the dead to a ditch without a priest, without divine office. In many places in Siena, great pits were dug and piles deep with the multitude of dead. Hundreds died, both day and night. Agnolo di Tura himself buried his five children with his own hand. So many died, many believed it was the end of the world.



IMPORTANT MEMBERSHIP INFORMATION – PLEASE NOTE!

We are pleased to announce that we have been given a *Matching Gift* donation from long-time member Maria Gloria. Sign up two people for a membership during August & September, but only pay for one! This is a *two for one special* just in time for **October Italian Heritage Month**. Any person ordering or renewing a subscription may enroll a **new** member by sending a gift subscription to a friend or family member (at a different address, i.e., in college away from home) free of charge.

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August/September 2022

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Dues: Since we are at the half year mark, dues are \$12.50 (you will receive three newsletters). However, if you send us \$37.50, your dues will be paid for the balance of 2022 and all of 2023. For dues paid via PayPal, please add a \$2.50 processing fee.

As a member you will receive our informative and fact-filled *American Italian Heritage Digest* ~ published every two months. Your membership dues help us fulfill our *Mission: recording and preserving out Italian heritage and culture.*

2022 ANNUAL APPEAL

2022 Annual Appeal is now ongoing. **Our sincere gratitude and a thank you from our heart to all of you who have donated to keep our museum vibrant and operating.** Donations can still be sent to the museum address or can be made on our web site at www.americanitalianmuseum.org.

Please mark "Annual Appeal" on your check. Every dollar raised will be used towards our general funds for the maintenance and upkeep of our buildings and for our Museum to continue its mission of providing great programs of educating our community and the public on the contributions of the Italian Immigrants to America and the dispelling of the stereotypes that have been perpetuated in our history. Some of these programs include cooking shows, language classes, monthly meetings featuring diverse speakers, etc. Your donations are tax deductible.

Donations of \$25 and above will be listed in our newsletter unless the donor requests to be anonymous. We are grateful for every dollar donated, thank you!

THANK YOU FOR YOUR GENEROSITY!

Tante grazie to James Gargiulo for his generous \$1,000 donation.

Tante grazie to Maria Gloria for her \$750 donation. At her request, the donation will be used to obtain new members.

Tante grazie to Armand Quadrini for his \$275 donation. His leaf was inscribed: Armand Quadrini and Family will be placed on Donor Recognition Tree.

Tante grazie to the following for their donations: BJ Palma - \$100, John D'Abbraccio - \$100. From the George & Laura Bellino Charitable Fund - \$500.

Mille grazie to Scambelluri-Carlino-Valek No. 1775 (American Legion) for their \$50 donation and Anthony J. Seminary for a \$25 donation.

Mille grazie to Patricia Iacobucci McNamara who made a \$50 donation in memory of Lena Patricia Terricola & Catherine C. Paige donation on the Honor Roll is in memory of Joseph & Rose Chippa.

Tante grazie to Larry Pardi and John Capano who took care of Recycle Fundraiser from January to March. The amount from that period was \$200.

Tante grazie to Jim Held, our Grant Writer, who obtained a \$10,000 grant from the New York Council of the Arts. This will help us pay for our new furnace and air conditioner at the Museum. Also \$2,500 from The Michele L. Vennard Hospitality Grant Program of the Albany County Convention and Visitors Bureau Fund. This grant will be used to promote visitors to visit our Museum and area. None of the grant monies we receive may be used for operating expenses. We are very grateful for these grants and the long and difficult work that Jim put in to obtain these grants

Tante grazie to Mary Finley who donated \$275 in memory of Raymond Finley, Sofia and Orazio Dinovellis. Their engraved leaf will be put on Donor Recognition Tree..

The best and most beautiful things in life cannot be seen or even touched: they must be felt by the heart.

— Helen Keller

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The heart is the happiest when it beats for others.

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August/September *"World Travel"*

By Joe Anastasio

Joe Anastasio, Art Curator of the American Italian Heritage Museum, will exhibit his paintings at the Museum from August 1 to September 30th. His work not only represents Italy, his native country, but also the many other countries he has visited over the years. Using different media, Joe captures the people of these countries, the landscapes, the seascapes, archeological sites, and still life images.

American Italian Heritage Association & Museum

Our Mission is to record and preserve our Italian Heritage for present and future generations. Our Museum, the largest Italian American Museum in the East, honors the Italian immigrants, tells their stories, and recognizes the contributions of Italian Americans. Through its many events, classes, and programs, it keeps alive our rich Italian Culture. You can help by providing financial and moral support or by volunteering

2022 Festival of Nations will take place on Sunday, November 6 at the Empire State Plaza, Albany, NY. This year is the 50th Anniversary of the Festival. We have represented Italy for many years but we need your help if we are to participate this year. Olivia Beltrani is our Chair. We need volunteers!!

WANTED – A young lady of high school age who would be willing to compete for the title of Miss Italia. The winner would compete in the Miss Festival of Nations on Sunday, November 6th. Please contact us as soon as possible if you would like to enter the contest.

During the height of power in the Roman Empire, there were about 50,000 miles of roads. The roads were constructed mainly for military purposes. They were laid out in a straight line whenever possible. There were 29 great roads leading to and from Rome. Most of these roads, and many of the bridges, are still in use today.

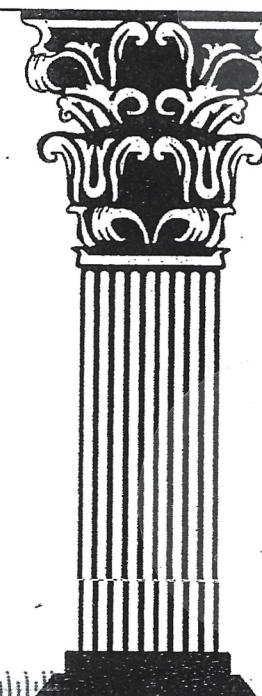
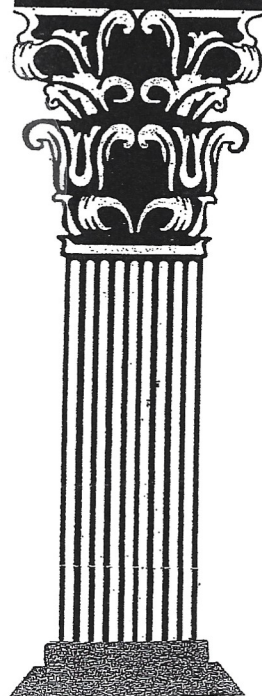
We have set up an Endowment Fund for our Museum. If in the future we don't have sufficient income, everything that we have will be lost. Good stewardship requires plans to prevent that. If we are able to have a large Endowment Fund, the Museum will have income to continue. We hope you will include us in your will. It can be a monetary sum, a property, stocks or bonds. These are precious donations for the future of our Museum. Please use our legal name in your will: ***The American Italian Heritage Association & Museum***. Contact us for details.

If you are an Artist and would like to have a show or be part of a show, submit your work to our Art Committee. For details, please contact our Art Curator or the Director

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AMERICAN ITALIAN HERITAGE DIGEST

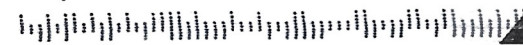
AUGUST/SEPTEMBER 2022



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Restoration of art may help to enter the mind of the artist, at least a little bit. The following is an example: The restoration of "Adoration of the Magi," a massive painting that Leonardo da Vinci started in 1481 at the age of 29 and abandoned a year later, leaving it in various stages of conception and development. The restoration showed that despite the large size of his work, Leonardo did all the under-drawings freehand, eschewing the "cartoons" or dotted outline, used at the time to divide large complex works into sections. The restorers got closer to the genius who was never satisfied with his work. He wanted to be totally free, even from himself, free from the restrictions that the cartoons would have been imposed said Frosinini, one of the directors of the restoration.

We were happy when Joseph Sciame, an outstanding Italian American, became a member. He has received an Ufficiale (Knight Officer) of Merit of the Republic of Italy, and a Grand Ufficiale in the Order of Merit of Savoy, Cavaliere in the Order of St. Michael of the Wing by the Duke of Braganza, Portugal, and a Cavaliere, Order of SS Maurice and Lazarus, House of Savoy. He has been honored by the Vatican as a Papal Knight with the Grand Cross of the Equestrian Order of the Holy Sepulchre of Jerusalem and the Knight in the Order of Pope St. Sylvester. He has been the National and State Past President of the Order Sons of Italy in America. For fifty-four years, he has been an administrator of St. John's University, the largest Catholic university in America, and a vice-president for thirty-four. He has received numerous other awards. We are honored to have him as a member.

The Mediterranean Diet boasts of anti-oxidants, and has been a staple of Italians and many Italian Americans. Italian men's low rate of prostate cancer is now attributed to the increase in lycopene when tomatoes are cooked. Italians are known for their love of family, life, and food. The simple act of sharing a meal and lingering for hours at the dinner table brings joy to life.

Do what you love, love what you do
and deliver more than you promise.

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VISIT A LITTLE ITALY
THIS SUMMER!