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Assimilation has never meant a "melting pot" where everyone blended into a homogenous American stew. Our Italian immigrant ancestors were often made to feel ashamed of who they were.



We are forever grateful to our Italian immigrant ancestors who provided us with the opportunity to obtain the American Dream.

"After 1970, a multiculturalism trend began to emerge that would encourage those who had international backgrounds to embrace their cultural differences and show pride in their roots. Italians were encouraged to share and celebrate their unique cultural differences. The term melting pot was changed to salad bowl to reflect that immigrants from second and third generations would retain their heritage and resemble pieces in a mixed salad. Music, art and education reflected this movement to preserve heritage." Rebecca Mealey

Our mission to preserve our Italian heritage is a very current American value. As American citizens we love our country and want to cherish and keep alive our most valuable treasure, our Italian heritage.

AMERICA MY COUNTRY, ITALY MY HERITAGE



“The Godfather Turns 50” was the title of an article by Maria Reinstein in the Parade section of the newspaper (February 27, 2022). She began with “Here’s an offer you can’t refuse: Join us in celebrating the most iconic Mafia movie of all time.” We are not celebrating and agree with John Mancini reasons:

‘Godfather’ saga took big toll on this group

Over the past 50 years, any time that Italian Americans protested “The Godfather” saga as defamation and a distortion of our culture, we were told, “Well, ya gotta admit there’s a Mafia” [“The Godfather’ turns 50,” FanFare, Feb. 27].

Well, ya gotta admit “The Godfather” spawned half a century (and counting) of ethnic-defaming movies and TV series based on stereotyped characters and warped portrayals of Italian culture.

Ya gotta admit that “The Godfather” saga has no positive Italian characters to “balance” the thieves and murderers.

Ya gotta admit no other ethnic or religious group in this country would allow such Hollywood treatment of its culture for entertainment of the masses or would allow two or three generations of its children to be raised with an unrelenting fictional criminal image of their roots.

Ya gotta admit that “The Godfather” transformed ethnic defamation into an art form and that the news media magnify real Italian American criminals beyond their importance.

— JOHN MANCINI, FLORAL PARK

The writer is executive director of the Italic Institute of America.

The film grossed \$136 million. Adjusted for inflation that’s \$711 million, making it the 26th highest-grossing film of all time. All at our expense, We have director Francis Ford Coppola to thank transforming Italian defamation into an art form!

A large number of Italian immigrants arrived in Endicott, NY, in the first half of the 20th century. The Endicott-Johnson (E-J) Shoe Corporation had the greatest impact on the Italian population which settled on the Northside. Endicott-Johnson offered many unique benefits that took care of employees from “cradle to grave.” The Northside is a tight-knit community even today. Well-kept homes, Italian grocery stores, restaurants, bakeries, taverns and other businesses. Most Italian Americans attend St. Anthony of Padua Church which was founded in 1917. There are still active Italian American organizations. There is an annual feast and some Italian American businesses on the Northside, but it has become more diversified. Endicott-Johnson has long since declined. Lamb spiedies are very popular in the Endicott area and a local company makes the marinade for spiedies.

What are spiedies? The word “spiedie” is derived from the Italian word for a cooking spit - “spiedo.” The spiedie is unique to the Northside of Endicott, NY. It is a delicacy that began as marinated chunks of lamb placed on skewers and barbecued. Today, pork and chicken are more popular than lamb spiedies. In New York State a number of stores sell the spiedies marinade made by a company from Endicott, NY.

Mushrooms are delicious. It is important to clean them just prior to use. The occasional particles on a mushroom’s surface are not dirt, but bits of the peat moss used in growing mushrooms. To remove, simply wipe mushrooms with a damp cloth, paper towel, or soft brush, or rinse quickly under cold water. Do not let mushrooms soak in water.

Bread is the staff of life. “Italian” bread is much more than just a crusty white loaf. Each region of Italy produces very unique bread products that are shaped, flavored, and baked according to local traditions. Bread is made to match local food specialties. I don’t think there is a country that has as many varieties of bread as Italy. You would be surprised as to how many variations there are of Italian bread.

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: June/July

“Majestic Truth”

By Denise Farrar

Tuesday, June 14th – 1:00pm: Practice Your Italian

Monday, June 13th – 1:00pm: St. Anthony of Padua Celebration

Wednesday, June 15th – 1:00pm: “Shakespeare Connection”

Thursday, June 16th – 7:00pm: Business Meeting & Cultural Presentation

Tuesday, June 21st - 1:00pm: Tombola

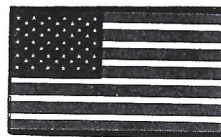
Friday, June 24th – 6:30pm: Pizza & Movie Night

Thursday, July 21st – 7:00pm: Business Meeting & Cultural Presentation

Saturday, July 30th – Noon to 3:00pm: Christmas in July

Saturday, August 13th – Authentic Italian Dinner on the Lawn

JUNE 14 – FLAG DAY



*“Sure I wave the American flag. Do you
know a better flag to wave? Sure I love my
country with all her faults. I’m not ashamed
of that, never have been, never will be.”*

– John Wayne

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.

Page 3

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Our sincere thanks and gratitude to our sponsors

You are invited to our annual St. Anthony of Padua Celebration on **Monday June 13th at 1:00pm.** We will distribute St. Anthony Bread. After the program and prayer service we will hold a social. Please bring some dessert to share and make your reservation by Monday, June 12th at noon.

We invite you to a cultural presentation on **Wednesday, June 15th at 1:00pm.** Lewis Elia will present "Shakespeare's Connection with Italy." This event will give those who do not drive at night an opportunity to attend an informative cultural event.

Our June Monthly Business Meeting & Cultural Presentation will take place on **Thursday, June 16th at 7:00pm.** After the business meeting we will show the History Channel: "Italian American Internment." Please bring dessert to share for the social to follow.

Tombola (Italian Bingo). **Tuesday, June 21st at 1:00.** Sign-up is necessary. Please call Ann Sweeney, Chair, At 518-421-2546 to make your reservation. Open to the public.

June Pizza & Movie Night will take place on **Friday, June 24th at 6:30pm.** The cost of pizza and refreshments is \$5. Please make your reservation by June 22nd. The movie to be shown will be announced at the May Pizza & Movie Night. The Chair is Phil Maiello.

Our July Business Meeting and Cultural Presentation will take place on **Thursday, July 21st at 7:00pm.** Following the business meeting we will show "A Year in Italy." Steve McCurdy shares his love of Italy and experiences with those who have been there and those that are planning to go. Please bring some dessert to share for the social that will follow.

CHRISTMAS IN JULY

Join us for a festive holiday event on **Saturday, July 30th from Noon to 3pm** (rain or shine). Look for bargains at the Museum and on the front porch of our Thrift Shop. We will have food, games, crafts and a fun raffle. Participate in our Membership Drive by donating a like-new or unused item worth \$25 from around your home. In turn, you will receive a voucher that you may give away to someone who is not already a member for a complimentary 1/2 year AIHA&M enrollment for the remainder of 2022. What better way to clear out something unwanted, have fun helping us to raise money, and to increase our membership – all at the same time! We look forward to your support.

Our Syracuse Cluster will hold their Annual Spring Steakroast Dinner at the VFW Post 9596 (Taft Rd.). Prepared by: Mr. John Abbott, local caterer. This is a member only event. For details contact Mr. Frank Ricciardiello, Director or his wife, Mrs. Irene Ricciardiello at 315-656-1417. Or you may email at: fwricci@gmail.com

Mark your calendar for **Saturday, August 13, 2022!** Join us for an authentic Italian dinner on the lawn of the Museum. Come for great food, socializing, music, bocci and fun. More details to come. We are looking for volunteers for this event to help with contacting caterers, set up, serving, clean up, and advertising. If you are interested, please call Kristee Iacobucci at 518-265-7468.

Night at the Races is a new fundraiser that will take place on our lawn or in the Museum, depending on the weather. Vic Consiglio, Chair, is looking for volunteers to help with the event. Call Vic at 518-487-4769 if you can help.



Hope is not blind. Hope is a trust that if you fail now, you may not fail forever; if you are hurt, you can be healed.

Spain, Italy, and Southern France are very culturally homogeneous. North of, one could say most of France gravitates to the Germanic world, notably Germany, Netherlands, and Flanders, thus acquiring a more distinct “Frankish” character.

Russians have a general affinity with Italian culture. It goes way back to the pre-Imperial era. The Kremlin is a powerful symbol of that: it was built by the Italians. Many artists loved to bask in the Italian sun. Almost 40% of Italians approve of Putin’s foreign policy. Also, many Russians see Italy as a great place for vacationing and retirement.

The Italian language doesn’t form plurals with an “s” like other major romance languages such as French, Spanish, and Portuguese. Italian is an Eastern Romance language while French, Spanish, and Portuguese are Western Romance. The Eastern Romance language retained the original Latin plurals for nouns while the Western Romance began to use the accusative case on plurals for nouns. That is why we have *quatro gatos* in Spanish, but *quattro gatti* in Italian.

In the beautiful fortress town of Gubbio they celebrate Festa dei Ceri in mid-May. It is a feast of gaiety and religious devotion. The Race of the Candles honors St. Ubaldo. In Jessup, PA, just outside of Scranton, performs a nearly identical “Race of the Saints” to celebrate St. Ubaldo’s Day on the Saturday of Memorial Day Weekend. In Italy, and in the USA, the feast was postponed in 2021.

Italian customs – Double kiss on the cheeks (one per each, starting with giving the left cheek) as a form of greeting, but only with people you already know, otherwise you’re sort of socially awkward. It is generally not a real kiss, just a clashing of cheeks. Espresso is the only real coffee and taken multiple times a day. They also take espresso (not cappuccino or any other variant) after every meal. Usually you always ask, “Permesso” (literally: Am I allowed in?) whenever you are entering someone’s house, even if they already invited you in. It is a formality that pleases the host. They are not used to asking for doggy bags. Italian holiday celebrations are strictly related to Christian Catholic traditions. Whenever you are having dinner at someone’s place, bring either sweets or alcohol (mainly wine).

It is common to see people of a young age (12-13) drinking or smoking, although forbidden, they are not stigmatized. Wine is part of the culture and is drunk with family dinners at a very young age. Yes, they use a lot of their hands while speaking. Children do not move out after graduation, it is part of the culture, but mainly it is due to economic conditions and lack of employment.

How serious is the mafia today in Italy? Wyoming is more dangerous than Sicily, so is Nebraska. Murder rates in Italy have steadily fallen, as has the proportion of those murders linked to organized crime. The murder rate in Sicily is now under 1 per 100,000 people, in Caracas, Venezuela it is 110 or more.

Not all Italians have the tanned skin Mediterranean look. Some are fair skinned with lighter hair. Tanning has to do with melanin you have in your skin. If an Italian has fair skinned ancestors, they have a gene that might have a small amount of melanin in their skin. Italians, in general, have the highest rates of melanoma among southern European populations, the least naturally tanned/white people of the south of the continent. Skin color is not based on weather conditions in the area, but rather on genetics. There is a wide range of different skin, hair, and eye color in Italy.

Christopher Columbus spoke very good Spanish, Portuguese, Catalian, Genoese, and the Lingua Franca (a mix of Romance languages spoken by sailors in the Western Mediterranean. Genoese (Italian) was his native language. Spaniards understood Italian pretty well during Columbus’ time because back then the languages were closer.

PRESIDENT'S MESSAGE

Astonishing as it may sound, recently five of our AIHA&M members passed away within the same month. There may even have been more people sadly lost, but that's difficult to ascertain. Our future as a viable organization is dependent upon maintaining a large membership. One of the things that I have admired in our area is that the Greek, Jewish, Armenian Chinese, and Ukrainian communities have schools where children are taught their native language, culture and heritage. We, the Italians, are one of the largest ethnic groups in the area and yet we do not offer a formal way of teaching our children. It begs the question: why not?

"Keeping your culture and language alive at home will reinforce in your children a sense of identity and will build their self-esteem. Children benefit from learning to value their roots and culture. Children must be taught that we are all different and that differences must not only be accepted but also celebrated and that their culture and language is something they have to take pride in. Every day the population in the United States is more diverse and speaking more than one language will open doors for your children in the future." Paula Bendfeldt-Diaz.

We know without a doubt that most children are not directly exposed to our Italian culture, nor are they taught to speak the language in their own home. As our way of counter-acting this situation, we could offer classes for children and high school age students because we have the space in our very own building for such an endeavor. All we need are the students, of course, along with the support of parents and teachers. Our future depends on our young people eventually taking our place. In order for that to occur they must have enough interest to keep alive in the United

States our cherished Italian heritage and culture. Where will our members come from in the future? If we educate this generation, then logically there will be future members who would be ready and eager to carry out our important mission. Rest assured, we are very serious about this venture. Please contact me if you are willing to teach, be a teacher's aide, enroll and bring your children to the classes we offer. If there is sufficient interest my goal is to start offering classes this coming fall on Saturday mornings. Our young people deserve to have this chance to learn and embrace their Italian heritage.

So far, we have had 16 new members sign-up towards our goal of obtaining two-hundred new members this year. I thank all those who are helping us to meet this important goal.

We certainly had more than enough challenges before COVID-19; now, we must also deal with inflation and the consequences of the unjust war in Ukraine. Obviously, your help and support are needed now more than ever!

As has been my practice, I always like to close on a positive note and the following sayings are definitely worth pondering:

"The best view comes after the hardest climb."

"You only fail when you stop trying."

"What if today we were just grateful for everything."

Admittedly, I do have to work on being positive in order to have the ability to lead during these challenging times. My hope is that you consider your Italian heritage to be something valuable, well-worth the time and treasure it takes to keep it alive. I am depending on you!

Prof./Cav. Philip J. DiNovo



We have to obtain 184 new members to reach our goal of 200 new members for 2022.

After World War II, Istria was ceded to Yugoslavia. Almost 200,000 Italians were forced to flee their homes as a result of intense ethnic persecutions and property confiscation. Upwards of 20,000 Istrian Italians were killed outright by the communists. There are less than 50,000 native Italian speakers left in Istria which is now owned by Croatia and Slovenia. Italy's legacy is still present in Istria. Istria has had an Italian character since the Bronze Age.

The food found in Slovenian Istria is not unlike that in the neighboring Italian region of Friuli. The Italian poet and war hero Gabrielle D'Annunzio used to refer to Istria as Italy's "left lung." Today Italy lives on without her "left lung," but Italy's legacy is strong and remains.

A survey conducted by Provision Living ranked Italy as number one in the country to spend your retirement years. The next question was, "where to live in a country that offers so much culture, history, and tradition, as well as dolce vita." Milan ranked first followed by Bolzano and Trento.

There is so much misinformation that I have read that indicates the Italian healthcare system was bad and should have done better in the handling of the coronavirus pandemic. The fact is that in the international ranking of health systems, Italy was judged the second best in the world.

One of the reasons why the death rate was so high during the pandemic is that Italy is second only to Japan with the oldest population. Italy's has more than 14,000 Italians who are age 100 or older. The number of people aged 105 or more also went up by 136% from 472 a decade ago, to 1,112 in 2019. Italian diet and lifestyle are credited with producing centenarians in Italy and in the United States.

No other ethnic group has done more for music than the Italians and Italian Americans, according to historian Guy Graybill in his book, *Bravo!*

Giovanni Martino was born in Sala Consilina, Campagna. He came to the USA at age 21 and anglicized his name to John Martin. He joined the Army in 1874. During the US Army's campaign against Sitting Bull, Martin was assigned Custer's bugler. He was sent by General Custer to find reinforcements that would save his life. He was the last while man to see Custer alive. He retired from the Army in 1904 after nearly 30 years of continuous service as a sergeant, six service stripes, and three medals. In 1999, "The Taps Project," a permanent exhibit in Arlington National Cemetery, placed his name among name famous buglers in US Army history.

The impact of plastic waste on marine life and coastal environments is a huge public concern in Italy. The country's 7,600 kilometers of Italy's coastline is more polluted than ever, with an average of 10 pieces of rubbish per square meter of Italy's beaches. Ninety-three Italian beaches showed that 81 percent of the rubbish was plastic. A recent law makes civic education a compulsory subject in Italian schools. All Italians need to be educated about the problem and solve it.

We are members of the Italian American One Voice Coalition (IAOVC), a nationwide coalition of anti-bias activists, who assembled a task force of a wide array of Italian American organizations to defend the civil rights of all Italian Americans to celebrate their heritage. IAOVC also opposes the campaign to eliminate Columbus Day, which is an important federally-designated holiday.

Micali Branciforte, a native of Sicily, is the founder of Santa Cruz, CA. It was known as Branciforte from 1797 until the middle of the 1800's.

Agire da maschio

by Prof./Cav. Philip J. DiNovo



Reflecting on Father's Day, my thoughts go back to my own father and my grandfathers. It is only recently that I feel I really have a greater appreciation of what made them tick. As a third generation Italian American, I had a problem dealing with their demeanor and values.

While hundreds of books have been written about the Italian mother, the heart of the family, books on the role of the Italian father are limited. Of course, we all know he was the main provider and the king of the home. Yet, there was little to help us deal with *agire da maschio*, their ever present obligation as Italian men to act in a manly fashion.

My grandfather DiNovo was very strict with his nine children. Even the male members of the family had to be in early. The women had even stricter rules to follow. Each was expected to work long and hard to help the family. I never saw him show any outward signs of affection toward my grandmother or his children. Yet, as a grandson, I would always kiss him upon entering his home. He would hug and kiss his grandchildren, and he was always very generous with us.

My grandfather Sgarlata had six girls — no boys lived. While he was strict, he seemed to me less strict than my other grandfather. We also always greeted grandpa Sgarlata with a kiss upon entering his home, even in our teens. My grandmother Sgarlata once told me she wanted to marry someone else, but her family had arranged the marriage with my grandfather Sgarlata. They were a very happy and devoted couple. I recall the happiness of their 50th anniversary, expressed in the traditional way.

When my father died, one of our neighbors said to me "Phil, your father was so proud of your being a professor." My father never said that to me, he kept so much of his love in. When we drove to the train station when I entered the service he shook my hand when he wanted to kiss and hug me.

I find it quite paradoxical that I have inherited so much of my own manliness from them. Even though I am a third generation Italian American, I feel strongly, but I am not romantic nor are my two brothers. We are just like our dad and our grandfathers. Romantic behavior in the Italian culture is an indication that a man has lost control. While it may be tolerated from a single young man, it is a sign of foolishness in a married man. While I would modify the Italian ideal of manliness, I would still hold on to most of the deeper meaning of the concept. My father and grandfathers were wonderful role models. Their love for their families was very strong, even though, not expressive enough. They knew what the word commitment meant. So much of what we are and have been able to achieve is owed to them.

The Italian ideal of manliness was so embraced by my father and grandfathers that they were often impassive, hard, dead-pan and stoic. They were hard workers and knew what self-denial meant. I often remember the heavy price they paid to support and care for their families. They would stand firm when they saw anything as a threat to *l'ordine della famiglia*.

My great regret is that I didn't understand what constituted manliness in the Italian culture while growing up. I now know how much I was loved by my father and grandfathers, but they all are now gone.



Sunday
June 19th

St. Anthony



You are invited to our annual
St. Anthony celebration on
Monday, June 13th at 1:00 pm.

St. Anthony's Bread

This devotion to St. Anthony goes back to the Thirteenth Century. It is a source of many favors and graces and is of great aid to the poor and needy.

According to the most ancient chronicles a child of Padua, even while the great basilica was building, fell into a barrel of water, and was drowned. In her grief the mother called on St. Anthony for help and promised she would donate the child's weight in grain for the poor if she were restored to life.

While the mother was still praying, the child arose as if from sleep. This miracle gave rise to the pious practice of giving alms to the poor as a petition or in return for favors received through St. Anthony's intercession.

The practice received its present name from a favor received by a pious girl named Louise Bouffier at Toulon in France in the last century. She promised loaves of bread for the poor in exchange for St. Anthony's help. Her shop later became a center of devotion to the Saint; the alms of those whose favors were heard were given to the numerous poor families of the city.

potestas or supreme authority of the father was the basis of their family life. Because of their ability to accept and obey a higher authority, Romans developed their capacity as soldiers, conquerors, law-makers; statesmen, and most important world builders. Through this principal trait of unquestioned respect for parental authority, they have left an indelible mark on the history of the world.

This is part of our heritage, our extraction and culture. Respect was given to the father for all he had to do to support the family.

OLD ROME — La Famiglia

by Prof. Edmund Turiello

During primitive times in ancient Rome, the family, or "familia," was considered to be all of those persons living under a single roof. These people came under the rule of the father, who was the man of authority and known as "pater familias."

Through all of their political activity, religious and business affairs, cultural and leisurely pursuits, and their strong family ties, there seems to be one consistent trait that was evident throughout all of Roman history; the capacity for obedience to the family elders. The patria

Mike Esposito passed on December 10, 2021. He was a long-time generous member, an amazing man and contributor to Troy, NY, and the Italian-American community. The city of Troy dedicated a portion of Hill Street in his memory.

Three Italian Missionaries were killed in 2021. Brother Luigi Manganiello, 49, was murdered in Puerto Cabello, Venezuela. Lay missionary Nadia de Munari was murdered in Peru, and Michele Colosio, at 40 years of age, was murdered in Chiapas, Mexico.

Italian billionaire, Gianluigi Aponte, turned a one-boat cargo operation into the world's biggest shipping company, Mediterranean Shipping Company (MSC), with 645 ships. Aponte intends to leverage the core strengths to turn ITA into a profitable airline.

The 252-mile-long Tiber River is the world's cleanest for 37 miles of its length, from its stretch at Castel Giubileo on the outskirts of Rome to the mouths at Ostia and Fiumicino.

The Capuchin Catacombs of Palermo contain the world's greatest number of mummies.

The 142-step staircase of Santa Maria del Monte in Caltagirone, Sicily, has a different design on each of the stairs, as befits a city known for its ceramics.

Dr. Gino Strada, 73, died recently after a lifetime of performing emergency surgery. In 1994, he founded Emergency, an international non-profit dedicated to treating victims in war zones. He and his team treated some 11 million victims of bullets, bombings, and landmines—overwhelming civilians. He was fervently anti-war. He was born near Milan and practiced in the U.S. for a short time.

Italy's Banca Monte dei Paschi di Siena was founded in 1472. It is the oldest bank in the world. The bank fell on hard times after some managerial skulduggery and bad loans. It looks like the bank will live on under different masters, perhaps even foreign ones.

Mike Baccarella, author, artist, and actor, has published an index of Italian-American Actors called Italactors.

Augsburg, Germany, was founded by Emperor Caesar Augustus. Recently 5,500 Roman coins, 33 pounds worth, were discovered in an old river bed near the city of Augsburg.

Fred DeLuca founded Subway (sandwich shop), the world's largest chain of fast food restaurants, with 40,000 franchises, more than McDonald's or Starbuck's.

These five Italian-American families transformed the American wine industry: Sebastian, Sbarbaro, Gallo, Modavi and Martini.

What did the doctor say? He said I'd live longer if I cut out certain things. What kinds of things? The kinds of things that make me want to live longer.

In Northern Italy, apple orchards are in abundance throughout the Veneto, Friuli, and Trentino-Alto Adige regions. The apples grown in this region are found in a variety of ways, from local desserts and cakes to appetizing second courses. A few of the apple classics are Torta di Mele, Italian versions of apple pie, the Crostata di Mele and, of course, the Apple Strudel, Northern Italian style. You also find many pork recipes paired with apples.

We should know that Alexander Graham Bell did not invent the telephone. In 1860, an Italian immigrant from Florence, Antonio Meucci, demonstrated a remarkable invention he called a teletrofono. He could not afford the fee for even a temporary patent. Bell shared a laboratory with Meucci. Bell didn't get a patent for "his phone" until 1876, 16 years after Meucci had unveiled his prototype. Meucci sued Bell for fraud. He died before the Supreme Court decided the case. The U.S. House of Representatives passed a resolution declaring that Meucci's work in the invention of the telephone should be acknowledged.

Portobello Burgers with Pickled Radishes and Fontina

Ingredients

For The Burgers:

- 4 Portobello mushrooms, caps only, wiped gently with a damp paper towel to remove any dirt
- ½ lb of Fontina cheese
- Colavita Classic or Mediterranean Extra Virgin Olive Oil
- Sea salt

Garnishes:

- Quick Pickled Radishes (recipe follows)
 - 2 large tomatoes, sliced horizontally
 - Dark, leafy lettuce
 - 4 Italian round rolls
- #### For The Radishes:
- 2/3 cup Colavita White Balsamic Vinegar
 - ¼ cup sugar
 - 2 teaspoons sea salt
 - About 6 ounces radishes, ends trimmed

and thinly sliced

Instructions

Heat your grill to medium high. Rub both sides of the Portobello caps with Colavita Olive Oil. Place the caps on the grill and cook for about 2 min per side, until mushrooms start to wilt slightly.

Meanwhile, slice the rolls and drizzle each half with a little Colavita Olive Oil. Sprinkle with sea salt. Broil them in the oven to crisp them up a bit.

Remove the Portobellos from the grill and place directly on the bottom half of the roll. Apply cheese to top of mushroom, and cap with the top half of the roll. Allow to rest for 2 min.

Remove the top of the roll, sneak in the tomatoes, lettuce and Pickled Radishes. Serve immediately with truffle chips.



For the radishes: In a medium bowl, stir together Colavita White Balsamic Vinegar, sugar, and 2 teaspoons sea salt. Add the radishes, and stir to combine. Let stand 30 min before serving.



Tuscan Veal Chops

Ingredients

- ½ cup Colavita extra-virgin olive oil, plus more for drizzling
- 2 garlic cloves, minced
- 1 tbsp rosemary leaves
- ¼ cup sage leaves
- Four 12-oz veal rib chops, cut 1 inch thick
- Salt and freshly ground black pepper

Preparation

Light a charcoal grill. On a platter, mix the 2 tablespoons of olive oil with the garlic, rosemary and sage. Season the veal chops with salt and black pepper and drizzle generously with olive oil. Grill the chops over moderately high heat, turning once, about 6 minutes per side for medium. Transfer the chops to the platter and turn to coat with the olive oil and herbs. Generously drizzle the veal with olive oil and let stand for 3 minutes, turning the chops a few times. Spoon the juices and oil over the chops and serve.

Potatoe Salad Italian-Style

Dressing:

- 1 1/2 cups olive oil
- 2-3 (or more) cloves garlic, pressed
- 3/4 cup red wine vinegar
- 1 teaspoon sea salt
- 1/4 teaspoon cracked black pepper
- 1/4 teaspoon each basil and oregano (or to taste)
- pinch of thyme (optional)
- pinch of red pepper flakes

Salad:

- 2-3 lbs baby new potatoes
- 2 large red sweet vinegar peppers
- 1 large red onion, sliced into rings

Combine ingredients for salad dressing. Slice vinegar peppers into strips. Slice onions into thin rings.

Scrub potatoes and remove eyes. Do not peel.

Steam or boil gently in their jackets until nearly tender. Remove from heat and drain. Cover and let sit 10 minutes to finish cooking.

Cut potatoes into bite sized pieces and set aside in a serving bowl.

In the same pan, bring remaining ingredients to a boil, then remove from heat.

Allow to cool several minutes and add cooked potatoes (they should still be hot).

Allow potatoes to marinate for 10 minutes, then remove with a slotted spoon.

Season to taste with salt and pepper.

Save remaining dressing to use as a marinade for chicken or beef.

For a different taste, add 1/4 teaspoon rubbed sage and chopped rosemary or summer savory.

Up to 1/4 cup of the red wine vinegar can be substituted with either balsamic or tarragon vinegar.

Serve warm or cold.

FARFALLE CON TONNO E CAPERI

(Bow Tie Pasta Salad with Tuna & Capers)

- 2 tablespoons well-drained capers
- 5 tablespoons olive oil, divided
- 1/2 pound farfalle (bow tie pasta)
- Salt and pepper to taste
- 1 medium clove garlic
- 3 tablespoons fresh flat-leaf parsley leaves
- 2 leaves fresh basil
- Zest of one lemon
- 1 (6 ounce can) tuna, drained
- 1/3 cup pitted black olives, halved
- 1/3 cup lemon juice
- 1/3 cup shredded mozzarella cheese (optional)
- Strips of lemon rind (optional)

Sauté the capers in one tablespoon of the olive oil until they are crisp. Set aside to drain on a paper towel. Cook the farfalle al dente, drain well and mix with 1 tablespoon of olive oil. Season with salt and pepper and set aside to cool. Finely mince together the garlic, parsley, basil and lemon zest. Combine the pasta, garlic-herb mixture, tuna, and olives. Whisk together the lemon juice and remaining olive oil and season with salt and pepper to taste. Toss with the pasta mixture and mozzarella (if using). Taste for seasonings, adding more salt and pepper to

Gelo di Melone (Sicilian Watermelon Pudding)

Ingredients

- 4 cups seeded watermelon, coarsely chopped
- 2 tbsp cornstarch
- 1/4 cup sugar
- 1/2 vanilla bean, seeds scraped
- 2 tsp freshly squeezed lemon juice, strained

To serve

- 1/4 cup roasted, shelled pistachios, coarsely chopped
- whipped cream (optional)



Preparation

Puree the watermelon in a blender until smooth. Pour through a fine-mesh strainer into a measuring cup, discarding the remaining solids. You should have just about 3 cups of watermelon juice.

Ladle 2 tablespoons of watermelon juice into a small bowl and stir in the cornstarch until smooth.

Pour the remaining watermelon juice into a medium saucepan. Bring to a boil, then simmer for 5 minutes to reduce it a little. Add

the sugar and vanilla seeds and whisk until the sugar is dissolved. Stir the cornstarch mixture again, then whisk into the watermelon juice. Simmer, whisking occasionally, for 3 minutes. Finally, whisk in the lemon juice.

Pour the pudding through a clean strainer and into a measuring cup, then transfer to small glass jars, glasses or ramekins. Cover and chill until set, at least 3 hours. Right before serving, garnish with chopped pistachios and whipped cream, if desired.

Grace Susan Burian (born Grazia Santa De Leo) is a member of our association. She led the theatre program at the Schenectady County Community College for 21 years, participating in hundreds of productions. Grayce is a popular lecturer and theatre critic. She has served on faculties of five New York colleges and universities during her long career. She has been retired for a number of years. Grayce has donated a number of her sculptures that are exhibited in our Italian Cultural Center. In 1998, Grayce was honored with the Lifetime Contribution to the Arts Award from the Albany-Schenectady League of Arts.

Brassicas, broccoli raab, has probably been grown and eaten in Italy since ancient times. Some consider it Italian penicillin because they feel it has health-promoting or curative properties. Italian grandmothers had a concoction that included wild greens for such things as head and stomach aches, purifying the blood, and much more. Today you will most likely find it in stores in all seasons except summer. One of the most popular recipes is a pile of raab with garlic and extra-virgin olive oil. In the summer you can grow your own. It's very fast growing.

Piadina is Romagna's famous flatbread. The dough typically doesn't include yeast; however, recent versions call for it. The recipe is simple – flour, lard, salt and water. After the dough is smooth, firm and left to rest, it is cooked over a hot surface. It is always served when pliable and commonly accompanies prosciutto, cheese, or other antipasti. Flat bread not only can be found in the Middle East, but also in Italy.

The Bourbon Kings built a palace in Caserta to rival the splendor of Versailles and also used it as a hunting lodge. It had more than 1,200 rooms and acres of manicured gardens, fountains, and waterfalls in the park of the palace. It is another example of self-indulgence. You are able to visit the royal palace. It is a beautiful place to see.

Elba is more than Napoleon's home-in-exile. It has pretty, red-roofed villages, a scattering of medieval churches, and a few ancient Roman ruins. The island is only 18 miles long and 12 miles wide. The mountainous interior has chestnut forests. Etruscans started digging there about the 6th century B.C. There is a mineral museum in Port Azzurro.

Dictator Mussolini passed anti-Semitic laws in 1938, though they had no real ideological basis. People in Italy showed no signs of intolerance toward the Jews. The exception were fascist-extremists. Many Jews fleeing from Germany came to Italy which was one of Europe's safest places prior to embarking for Palestine. Around 80% of Italy's Jews were saved during World War II; only Denmark has a better record. Italy has the oldest Jewish community outside of the Holy Land.

Gladiatorial games did not begin as entertainment. In early Greece and elsewhere, human sacrifice often took place at funerals of great warrior leaders. This funeral custom reached Italy as part of Etruscan funeral tradition. The early combatants were not slaves, but free men. Later, some gladiators were professionals and trainers/managers were slaves and some were free men. During the opening games at the Colosseum in A.D. 80 under the Emperor Titus, some 5,000 animals were slaughtered. As many as 50,000 people would attend the games. Christian emperors tried to stop gladiatorial games, but in Rome the Colosseum remained in use until the 5th or even the 6th century.

Sicily's cuisine was influenced by the Greeks, Phoenicians and Normans, Spanish, and the Arabs and others. The cooking of Sicily is a blend of natural flavors heightened by knowing the use of herbs and other ingredients. The secret; however, is simplicity. Sicily's gastronomic culture is the oldest in Italy. Cooks made clever use of Mediterranean flavorings.

There are around 6,000 churches in the world bearing the name of Saint Nicholas. The relics of the 4th century Nicholas, Bishop of Myra, are in the City of Bari, Italy's cathedral.

Many Roman slaves and many people from the Roman Empire became citizens and they mixed with the locals of Rome. So many nations either settled or invaded and that is why the genetic mix makes Italy the paradise of genetics.

Most people would not know that Charles Poletti served as governor of New York State. He only served as governor for 29 days. He was the son of Italian immigrants. He left the position to help rebuild Italy's infrastructure during World War II. He received an army commission in 1943 and directed the reconstruction of infrastructure and food supplies as allied forces pushed into Italy. He died at the age of 99.

In A.D. 79 the ancient city of Pompeii was obliterated by the eruption of Vesuvius. Experts presumed that the well-off population Herculaneum, which was smaller, about 4,500 people, had nearly all managed to escape. Archaeologists have found 300 people that died and there could be many more.

Next year marks the 700th anniversary of Dante's death. We will have an exhibit of his life and works next year in our Special Exhibits Room. The following are some interesting things about Dante: 1. Dante married Gemma Donati and they had four children. 2. He was a soldier, physician, and politician. 3. Yes, he was given a death sentence and it wasn't until 2008 that the City of Florence pardoned him. 4. He had a great memory and was famous for telling the truth. 5. He was more responsible for the use of Italian than anyone before or after. He sure was ahead of his time. He died in exile of malaria and his bones were hidden in a cloister wall in Ravenna. It was not until 1865 that his remains were accidentally discovered. His epic poem, The Divine Comedy, is one of his most famous works.

Linda LeMura was born on the north side of Syracuse, NY. In March 2015, she was inaugurated as President of Le Moyne College, Syracuse, NY. LeMura became the first lay woman President of a Jesuit school. She has a master's and doctorate degree from Syracuse University. She was blessed with parents who emphasized education.

What makes Olive Garden so bad to Italians? This is Alice Twain's answer, "The fact that it masquerades as an Italian restaurant, while it is not. If I scroll the menu, I can't see a single dish that sounds or looks even vaguely Italian. The fact that the menu is so heavily pasta-centric. Sure, we do eat pasta, but it's far from being the only thing we eat. An Italian restaurant menu has usually 4-5 primi, which usually also includes soups and risotto." *Editor's note: Of course you will find pasta on the menu in Italy.*

Tony Bennett is 94 and still performing. He said, "I love being alive. I think it's a great gift to be alive, and I just cherish every moment I'm alive." Lady Gaga said of Bennett, "We're both Italian Americans and understand one another." She collaborated with Tony on their album Cheek to Cheek.

The largest region in all of Italy is Sicily and Piedmont in the second largest.

We honor Vincent Capodanno in our museum, a missionary and then a Navy chaplain in support of the Marines. He was killed on September 4, 1967, while administering medical aid and last rites to ambushed comrades in Vietnam. For his valor, Father Capodanno was posthumously awarded the Medal of Honor, the United States' highest military award. He also won several other medals, including the Purple Heart. The USS Capodanno was the first ship in the US fleet to receive a Papal blessing. On July 30, 1993, it was decommissioned. Its motto was "duty with honor." One of the monuments to honor him is outside the Fr. Capodanno Chapel on the grounds of Fort Wadsworth. His cause for canonization has begun.

Cine Festa Film Festival in Santa Fe, NM, features only current films with a focus highlighting up-and-coming Italian and Italian-American filmmakers, exposing their work to American distributors and audiences.

In 2020 we celebrated the 500th anniversary of the Renaissance genius Raphael who died at the age of thirty-seven. A new study by the Milan University says his death was caused by a medical error which was compounded by a bout of pneumonia. The study indicated that his fever was worsened by the excessive application of leeches. The practice of leeching was absolutely not helpful in a case of pneumonia. Indeed it probably killed Raphael.

Sardinians may help scientists reveal the genetic cause of heart disease. New studies indicate that vascular stiffness might be the most important predictor of mortality from heart disease. Reducing it could slash the death rate from heart disease.

The titles of more than 2,500 books by and about Italian Americans are found in the Bibliography of the Italian American Book, a handy reference tool co-authored by Fred Gardaphé and James Periconi. Published by the Italian American Writers Association (IAWA), the bibliography lists fiction and non-fiction works, including novels, dramas, and poetry, as well as histories, memoirs, and biographies.

Italian Photographer Lorenzo Tugnoli won the 2019 Pulitzer Prize for Feature Photography for his photographs depicting the famine in worn-torn Yemen.

Over 100 museums across Italy have mementos that range from sublime to quirky, to just plain strange. The following are a few examples: The Gladiator's museum which has deadly games on display; the Museo della Papa has 1,000 rare and often elaborate pipes on display; and Collezione di Rasoi Lorenzi tells the story of shaving and the instruments used during the past 200 years, including 3,000 items from razors and accessories gathered worldwide. Museo Degli Sacchi is the only brick and mortar museum in the world dedicated to chess.

In Italy, the Macelleria or butcher shop, is an important fixture in every town. Italians are very particular about the quality of their meat, as well as the cut. The macellaio knows the secrets to the art of cutting meat – techniques that produce incredibly high quality products and the best way to cook and prepare every cut. Italians know there is no substitute for the macelleria.

Constructed to drain the wetlands of the Rieti Valley, Italy, the Cascata delle Marmore is the world's tallest manmade waterfall. To control the flow of the Nera River, the Romans devised a way to shut off the waterfall. This was a remarkable feat of engineering 2,300 years ago that still works today.

Verona, Italy is renowned as the setting for Shakespeare's "Romeo and Juliet." Today it is a most vivacious and culturally rich urban center. In the first century AD an arena was constructed to serve the metropolis' 25,000 inhabitants. Today this same arena holds concerts and operas. The city has many architectural wonders from the medieval Cathedral of San Zeno to the elegant Venetian-style Palazzo Maffei.

Ruby Remati's goal is to make Team USA for the 2020 Olympic Games. She is the 2017 US National Champion in the solo and figure swimming categories.

Lore Noto was the producer of "The Fantasticks" which was the longest running musical in Broadway history. Noto discovered the one-act show in 1959 and developed the unusual material into a critically acclaimed box office success which opened in 1960 and went on to a record-setting 17,162 performances. He died of cancer at the age of 79 in 2002.

Benvenuti! A very warm welcome to the following new members! They have joined between 1/03/22-04/15/22. 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 new 16 members:

<u>South Kent, CT</u> Richard Chizzonite	<u>Layton, UT</u> Salvatore Battista	<u>Smithtown, NY</u> Johanna Cervellino	<u>Albany, NY</u> Angela Furnari Peter & Jeannine Scavullo
<u>New Lebanon, NY</u> Steve Oberon	<u>Watervliet, NY</u> Linda Blandino Weisel	<u>Brooklyn, NY</u> Raymond Mangano	<u>East Berne, NY</u> Linda Blandino Weisel
<u>St. James, NY</u> Sheryl Brook	<u>Niverville, NY</u> Bruce & Carol O'Donnell	<u>Rotterdam, NY</u> Julius Boreali	<u>Guilderland, NY</u> Maria Fraley-Sour

Domino's has about 850 locations in Italy. There is a very good chance it will fail. Italians don't care much about food chains. McDonald's are closing in many small towns and even Starbucks is losing customers.

There are probably a few hundred people of Bergamo descent living in Nigeria. When Italy was in abysmal poverty, the mountain regions were probably the poorest of all. Around 1910, a group went to Ghana and later to the neighboring countries, most of them settling in Nigeria.

The Italians can talk for hours about the same thing and push everyone present to have their opinion without finding a single person in the room who agrees with another. They don't care if they think of something. They say it regardless of whether this is seen as kind or not. In Italian culture, saying what you think comes before the feelings of others because a man who is not honest in what he thinks is not respectable or reliable. They are passionate in good and bad.

Tomatoes didn't come to Italy until the 1500's from South America. Probably only 40% of all pastaciutta dishes contain tomatoes. The other pasta dishes don't contain any tomato. People ate delicious pasta dishes before tomatoes came to Italy and they are far from essential in contemporary Italian cuisine.



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Thank You for your
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Tante grazie to Maria Gloria for her \$500 birthday donation! In her note she said the donation was not only to celebrate the occasion, but to help pay for any repairs a 100 year old building may require! Marion has been a very generous member for 42 years and has never seen our building. She lives in California!

Tante grazie to Kristee A. Iacobucci who donated \$100 in memory of Santa Pasquini. We also thank Richard M. Holmes for his donation in memory of Santa Coppolino Pasquini: The total amount donated in Santa's memory is \$2,315.

Mille grazie to the following for their donation: Peter Sparano - \$25, LouAnn DeVito Cleary - \$25, Tony Scanu - \$50, Rose M. Marsh - \$25, Sheila M. Platt - \$25.

We thank Ann Russell who donated \$100 in memory of Ann Ezzo (her mother and longtime member).

We thank the following for their donation in memory of Patricia Bucci Fitzpatrick: Doreen Sponable, Eileen DePaula, Mary Ann & Anthony Chiffolo (donated \$250). Over \$500 was donated in memory of Patricia Bucci Fitzpatrick.

We thank Bella Napoli Bakery who donated the zeppole for our St. Joseph Celebration again. It was a \$103.50 donation!

We received \$500 from the Stewarts Holiday Match Grant. We thank Stewarts and its customer for this generous donation.

Tante grazie to Robert Fagiarone - \$100

Mille grazie to Ann Sweeney and her committee for another successful Italian Easter Bake Sale. We also thank all who supported the event and those who donated baked goods for the sale.

Tante grazie to all our wonderful volunteers! We are grateful to Theresa Viva and her team for doing a great job at our Thrift Shop. The profits are helping us a great deal.

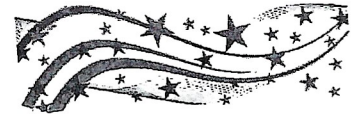
Italy is famous for its aragonite and native sulfur from Sicily, elbaitis (colorful lithium tourmaline), demantoid garnets from Val Malenco, nice hessonite, vesuvianite and epidote from Val di Ala, and many great places for quartz in the Alps. Italy has two different orogenies, volcanism, sedimentary basins, the whole palette. You will find almost any mineral in Italy. There are more than 46 show mines in Italy.

Sardu, the local language in Sardinia, is the easiest to comprehend by native speakers of Romanian which is a romance language.

Statistics taken in 2020, placed Italy's percentage of elderly citizens at an estimated 23.1%. This is about 1.3 million of their 60 million person population. Is it no wonder that the coronavirus related deaths was so high.



Happy 4th of July



ITALIAN AMERICAN CONTRIBUTIONS TO OUR COUNTRY:

Italian navigators and explorers played a key role in the exploration and settlement of America.

Italian Americans have served in every war the United States has fought in, including the American Revolutionary War.

Two of the original signers of the Declaration of Independence were of Italian origin: William Paca and Caesar Rodney.

Italian Americans servicemen were about 12% of the armed forces during World War I and between 750,000 and 1.5 million served during World War II, about 10% of the total that fought. In both wars the number of Italian Americans was a disproportionately high percentage of the total.

About 30 Italian Americans have received the Medal of Honor.

Italian Americans are in all areas of employment and culture and continue to be represented at the highest levels of government. They serve on the Supreme Court, as cabinet members and many have become state governors.

Americans of Italian descent have made important contributions in engineering, science, business, religion, education and cuisine.



Great books on the topic:

Italian American History
Volume 1 & 2
by Giovanni Schiavo

The Italian Contribution to
American Democracy
by John Horace Mariano Ph.D



But Italy contributed more than men to the American Revolution. Even before the conflict started, Italy was a source of inspiration to American patriots because of the struggle waged by Pasquale Paoli and his fellow Corsicans for independence.

The Corsicans had been for centuries under the dominion of Genoa, who treated them more as colonial subjects than as fellow Italians. The Corsicans tried several times to regain their freedom, beginning as far back as 1545, but their struggle reached epic proportions in 1755 when Pasquale Paoli, assisted by Carlo Bonaparte, Napoleon's father, landed on the island from Italy and fought heroically against the Genoese.

For 14 years, Paoli fought with all the means at his disposal, arousing the admiration of free men all over the world, particularly in England and America until 1768, when Genoa sold Corsica to the French. It was then that Paoli and 400 of his followers left the island and sought refuge at Leghorn. Eventually he moved to England where he died in 1804.

The town of Paoli, not far from Philadelphia, was named after him. His chief admirers, however, were the Sons of Liberty who played such an important role in the Revolution. When the New York Battalion of the Independent Foot Company was organized in 1773, it took the name of "Corsicans."



4th of July

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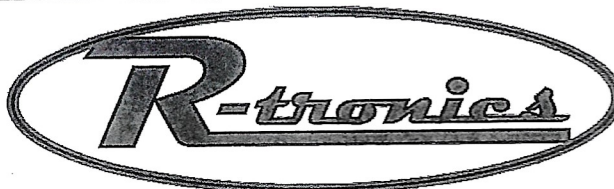
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Denise Ferrari has a passion for photography. Her artwork focuses primarily on nature and architecture which sparks her curiosity and creativity. She often finds herself admiring the extraordinary qualities in the mundane.

Donatella Stocchi-Perucchio - Dante expert and faculty member at the University of Rochester for the last 30 years. Has been named the first Lisio Distinguished Professor in Italian Studies. Arnold & Ann Marie Lisio endowed a \$2 million gift to provide perpetual support for Italian instruction and scholarship at Rochester.

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

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.

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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

In the past, Southern Italian wines were dismissed as second rate. They have gained respect for their quality and value. Most of the credit goes to winemakers of the south for upgrading their cellars and techniques. Most Italian Americans have roots in southern Italy, creating a strong cultural interest and love for the food and wine from the home of their ancestors. In terms of wine, the south is competitive and turns out stand-alone varietals. The unknown gems from southern Italy have been discovered.

Over the years, Italians will go on vacation despite what is taking place. Among all Europeans, Italians have a tendency to treat themselves to the best and finest vacations. Italians will also spend more than other Europeans while on vacation. Italy has the highest percentage of people on vacation among European nations and the United States.

Most Italian immigrants followed their families and friends to America. Often, entire Italian communities were virtually reconstructed in the United States in the so-called Societa' di Muto Soccorso, the Little Italy's and Italian clubs. Original dialects survived in the United States due to the communities and clubs. The reason why you find people from the same region in various cities and towns is because of that pattern.

One of the most beautiful and unique mountains are the Dolomites. They are located in the easternmost section of the Alps. They are limestone mountains, irregularly shaped, but by deep and narrow valleys. The Great Road of the Dolomites is universally recognized as one of the most beautiful panoramic drives in Europe.

David Caruso is another popular Italian American TV actor. He rose to fame nearly 17 years ago on ABC's police drama "NYPD Blue" and more recently in "CSI: Miami" on CBS.