

ITALEO Newsletter



UPCOMING EVENT

FALL GET TOGETHER

Friday, October 13, 2023

6:00 PM - 8:00 PM

Irondequoit

Fish & Game Club

658 Bay Front South, Rochester, NY

Site Not Handicap Accessible

[RSVP](#)

By October 6th

NOW ACCEPTING

SCHOLARSHIP APPLICATIONS

Submission Deadline

November 1, 2023

2 Winners

to be announced at
Annual Christmas Party

UPCOMING EVENT

CHRISTMAS GALA

Saturday, December 2, 2023

4:00 PM - 8:00 PM

Italian American

Sports Club

1250 Buffalo Rd., Rochester, NY

Buffet style meal, cash bar,
awards, 50/50, & Santa Clause

ITALEO

Celebrating 30 Years

Italian American



Heritage Month

WHY ITALIAN-AMERICAN HERITAGE MONTH IS IMPORTANT

The Italian food phenomenon

Big plates of spaghetti and meatballs, baked ziti, and chicken parmigiana are not common in Italy, but they reflect the unique Italian-American culture immigrants created.

Italian-American star power

Whether it's the music of Frank Sinatra and Dean Martin, or the films of Martin Scorsese and Sofia Coppola, Italian-Americans have powerfully impacted the entertainment industry in America.

Italy's favorite pasta sauce is everywhere

Ragu alla Bolognese, also known simply as Bolognese, is recognized as the national dish of Italy, and it enjoys worldwide popularity.

5 WAYS ITALIANS CHANGED AMERICAN HISTORY

America's name is Italian inspired Amerigo Vespucci, who explored the east coast of South America between 1499 and 1502, is the source of the name "America."

An Italian explorer discovered the New World. Christopher Columbus landed on various Caribbean islands that are now the Bahamas as well as the island later called Hispaniola.

An Italian first mapped the East coast. Italian explorer Giovanni da Verrazzano was the first European to map the Atlantic coast of today's United States.

The Declaration of Independence has Italian inspiration. Filippo Mazzei, a physician and promoter of liberty, was a close friend and confidant of Thomas Jefferson. He published a pamphlet containing the phrase "All men are by nature equally free and independent."

The pope helped Italian immigrants. To assist immigrants in the U.S., Pope Leo XIII dispatched a contingent of priests and nuns. Among them was Sister Francesca Cabrini, who founded schools, hospitals, and orphanages.

HOW TO OBSERVE ITALIAN-AMERICAN HERITAGE MONTH

Host an Italian potluck

Celebrate Italian heritage by getting together with friends and family and exploring the fine dining that Italy offers. Invite everyone to bring their favorite Italian dish, and discover the roots of Italian culture.

Enjoy the best Italian dessert

Cool your taste buds with the after-dinner treat gelato. Containing less sugar than ice cream, this Italian dessert offers a delicious alternative.

Try an aperitivo

An aperitivo is a pre-meal drink specifically meant to stimulate your appetite.

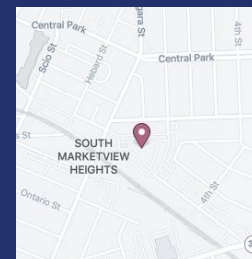


Celebrate Italian Culture!
Don't miss out!

October 1st

Rochester Public Market
11:00 AM - 4:00 PM

Hosts: Louise Spinelli & Cugini di Roc



- Food: Lugia's Ice Cream, Mama Napoli, Al Dente, and Artichoke French and more!
- Interactive activities
- Live music

EXECUTIVE BOARD**President***Jessica Franco*BOARD OF DIRECTORS**Vice President***Anthony DiFante***Treasurer***Charles Zona***Sgt at Arms***Mark D'Angelo***Secretary***Ed Bernabei*BOARD OF OFFICERS**Membership***Heidi Zimmer***Corresponding Secretary***Ellie Bonagura***Digital Coordinator***Rosalina Hosbach***Event Coordinator***Julia Sardellitti*ITALEO DINNER CRUISE

Thank you to all our sponsors and ITALEO members including, Camp Good Days and Special Times, Bernard Iacovangelo of Faber Builders, Realtor, Nick DiFante of Karin Morabito homes, Angels of Mercy, Jen Gugino, and Sande Macaluso, for making the first annual, Sharon Rivaldo dinner cruise, a success. We appreciate and love all of you! The dinner and canal cruise on the Colonial Belle was a great time and the food was incredible! Can't wait till next year!



This year's Columbus Day Luncheon will be held at the Italian American Community Center (150 Frank Dimino Way, Rochester Ny 14624) on October 9th! It begins at 11:15AM!

Huge shout out to one of our amazing Board of Directors, Mr. [Charles Zona](#) who will be receiving the Lifetime Achievement Award 🏆👏. Congratulations, Charlie you are so very deserving of this award and they couldn't have chosen a better person 🙌

AAA Insurance Reduction Class

SATURDAY, NOVEMBER 25th, 9am at the Locust Club.

The public class is \$50. This one is only \$29. You save 10% on your car premium or you can reduce up to 4 points on your license. Look, if you own a newer car, own an expensive car, gave your kid a car for school and they are primary driver, or you just like saving money, you need this class and especially your kid!

Contact: Frank DiPrimo, **585-727-1986**, frankdiprimo@yahoo.com

ST. FRANCIS OF ASSISI

October 4

Patron of Catholic Action, Ecologist, & Merchants

Prayer

God, You enabled St. Francis to imitate Christ by his poverty and humility. Walking in St. Francis's footsteps, may we follow Your Son and be bound to You by a joyful love. Amen.

Giovanni di Pietro di Bernardone (c. 1181 – 3 October 1226), known as Francis of Assisi, was an Italian mystic and Catholic friar who founded the Franciscans. He was inspired to lead a life of poverty as an itinerant preacher. One of the most venerated figures in Christianity, Francis was canonized by Pope Gregory IX on 16 July 1228. He is usually depicted in a brown habit with a rope around his waist with three knots, symbolizing the three Franciscan vows of poverty, chastity, and obedience.

In 1219, he went to Egypt in an attempt to convert the sultan al-Kamil and put an end to the conflict of the Fifth Crusade. In 1223, he arranged for the first live nativity scene as part of the annual Christmas celebration in Greccio. According to Christian tradition, in 1224 Francis received the stigmata during the apparition of a Seraphic angel in a religious ecstasy.

He founded the men's Order of Friars Minor, the women's Order of St. Clare, the Third Order of St. Francis and the Custody of the Holy Land. Once his community was authorized by Pope Innocent III, he withdrew increasingly from external affairs.

Francis is associated with patronage of animals and the environment. It became customary for churches to hold ceremonies blessing animals on his feast day of 4 October. He is known for devotion to the Eucharist. Along with Catherine of Siena, he was designated patron saint of Italy. San Francisco in California, United States, is named after him.



RECIPE CORNER

RAGU BOLOGNESE

Each family has its own recipe. The following recipe was filed at the Bologna Chamber of Commerce in 1982 by the Bologna delegation of the Academy of Italian Cuisine.

Serves 4

5 ¼ ounces (150 g) pancetta, finely chopped
 3 tablespoons (45 mL) olive oil, or
 3 ½ tablespoons (50 g) butter
 1/3 cup (50 g) finely chopped carrot
 ½ cup (50 g) chopped celery
 1/3 cup (30 g) finely chopped onion
 10 ½ ounces (300 g) ground beef (top sirloin, flank steak, top rib, foreribs, or center breast)
 ¼ cup (60 mL) dry white or red wine
 5 tablespoons (75mL) tomato sauce, or 2 peeled tomatoes
 A little stock
 ¼ cup (60 mL) whole milk
 Salt and freshly ground black pepper

Brown the pancetta in a pan (preferably terra-cotta or heavy aluminum, about 8 inches/20 cm in diameter). Add the olive oil, carrot, celery, and onion. Let cook.

Add the meat, stir well to combine, and press down on the meat using the bottom of a ladle or the back of a spatula. Cook until it is browned and no longer sizzles.

Pour in the wine, stirring gently until the liquid is completely evaporated. Add the tomato sauce, cover, and simmer for at least 2 hours over low heat, stirring in a little stock if necessary. Near the end of the cooking time, add the milk (this will counter the acidity of the tomato). Season with salt and pepper.



If you'd like to submit an Italian Recipe to include in the next newsletter, please email us at:

italeorochester@gmail.com