



Triangle Italian-American Heritage Association
PO Box 20266
Raleigh, NC 27619 www.theitalianclub.com

Newsletter



July/Luglio 2007

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MESSAGE FROM THE PRESIDENT:

Brothers,

Once again we had a great meeting, and an exceptional meal provided by Sal Notarmaso and Frank Ferraro. Our New member campaign is moving along with another member signed up. Keep the campaign going. Our goal is 100 members!. I hope all those who took the brochures handed them out, and PLEASE FOLLOW UP.

On the social side, 26 TIAHA members and about 8 Sons of Italy members had dinner and went to see a movie called "Mafioso". It was comedy about a Sicilian man with a pretty blonde wife and family living in Milan and go back to the old country for a visit. Naturally all the Sicilian women were dressed in black and treated the wife as an alien. It was both funny and poignant. It showed how you never accept a favor from an undesirable because pay back can be costly. A great time was had by all thanks to Ron Little, who organized the event. We should make "movie night" a regular event.

Please remember the "Bit a Home" items needed for our troupes. Bring them to our July 18th meeting. **Committee members please remember to bring sign up sheets for your event. At the July 18th meeting we will be asking members to sign up now for events. For those events without chairs we will be asking for volunteers.**

Bob Vetrano

TIAHA EXECUTIVE BOARD MEETING MINUTES

July 10th, 2007 at Knights of Columbus, New Hope Road and Columbus Road, Raleigh, NC

Bob Vetrano, Ron Little, Bob Caprioli, Victor Cononi,

- **Treasury**

- **Capi** has hooked up with **Vince Conzola** for bank signature card. All of our accounts have been balanced and “quickenened”.

- **Membership**

- **Sponsoring Members** of the following are asked to please bring their completed applications to the next meeting:
 - **Mark Aliano** **(Bobby Vee)**
 - **Virgil Baracca** **(Peter Sciascia)**
 - **Tom DiVito** **(Vic Cononi)**
 - **Bob Faoro** **(Jack Giamportone)**
 - **Markus Eisman**(Vic Cononi)

- **Calendar of Events**

(a work in progress)

? Aug **Durham Bulls, (John Bono)** TIAHA, Oxford Kids & Young People who helped at International Festival
7-8 Sep **St. Raphael’s Festival (Frank Ferraro)**
23 Sep **TIAHA Family Picnic (Frank Ferraro)**
3-4 Nov **International Festival (Frank Ferraro)**
13 Dec **Christmas at Masonic Home for Children (John Colombo)**
1 Dec **Christmas Party – at a restaurant (Victor Cononi))**

- **Miscellaneous Items**

- **Prez Bobby Vee** will bring sign-up sheets for the various committees for upcoming events. **All Members** are asked to review the various sheets and **sign up**.
- **Bobby Vee** proposed the idea that at our General Membership Meeting each month a restaurant be selected. Then anyone who wants to can go to that restaurant on the Saturday following the General Membership Meeting.
- **Victor Cononi** will be making arrangements/reservations for the **Christmas Party**, Saturday, 1 Dec. Entertainment will be explored.
- **Bobby Vee** has placed the order for Pizza for the next meeting, Wednesday, 18 July. The idea was to give a break from the hot kitchen.

MEETING ADJOURNED 7:50

Respectfully submitted

Ron Little

TIAHA GENERAL MEMBERSHIP MEETING MINUTES

June 20th 2007 at Knights of Columbus, New Hope Road and Columbus Road, Raleigh, NC

President Bob Vetrano called the Meeting to order.

We next **Pledged Allegiance** to the **Flag of the United States of America**.

Chaplain Tony Romano led us in prayer.

- **President's Report – Bob Vetrano**

- TIAHA received a very nice letter from **Matea Baffaro**. She appreciates what the Club, and individual members, did in her hours and days of grief, following the loss of her husband, **TIAHA Charter Member and Eighth Air Force Combat Veteran, Lou Baffaro**. She enclosed a check for \$10. toward the expanded charitable things we do. God bless you **Matea & Lou**.
- TIAHA owes Oddfellows \$80. for 2 functions we held there.

- **Guests**

- **Virgil Baronca** was introduced; he is a guest of (new) member **Peter Sciascia**. Originally from Poughkeepsie, NY, **Virg** traces his heritage to *Napoli e Bronca*. He has three grown children, one or two in college. Several members made a point of telling him about our Scholarship program, now underway.
- **Marcus Eisman** was introduced as guest of **Victor Cononi**. A native of Switzerland, Marcus traces his Italian heritage to his grandfather who relocated to Switzerland from *Milano*. He has been in Raleigh 14 years, and he has 3 children: 2 grown and one 15 year old.

- **Secretary's Report – Ron Little**

- Next Board Meeting is scheduled for 3 Jul. Because that is a popular week for people to take vacation, **Board Meeting was rescheduled for 10 Jul**. Membership was reminded that Board Meetings are open to all members.
- **TIAHA Goes to the Theater** was scheduled for Sunday, 4 Nov, which also happens to be the last day of International Festival. Frank will see about rescheduling for some night the week before. The play is **Mamma Mia**. **Frank** will need to know, and collect money for, well in advance.
- **Ron** volunteered to make restaurant reservations for our **1 Dec Christmas Party**. (After the meeting **Victor Cononi** offered to help).
- There is a film playing at Colony Theater that may be of interest. Unfortunately its title is **Mafioso**, but from the review, it is not a gangster-mob-movie. Copies of the newspaper review were given out, and **Vic** mentioned that it had a 4-star rating. Next Friday, 29 Jun, at 7:00. Colony theater is corner of 6-forks and Millbrook. After movie, we can go down Millbrook to **Andy's Pizza**.

- **Treasurer's Report – Bob Caprioli**

- TIAHA is current with bills.
- **Vince Conzola** was in attendance, so he and **Capri** finally had the opportunity to get together, for signature cards, etc.
- TIAHA owes **Jersey Mike/KofC** for this meeting and last meeting.
- Members were reminded that there is a **\$75 cap on expenditure for meeting-meal**.

- **Good & Welfare – Tony Aiello**

- **Jon & Vickie Ferrante** are the proud grandparents of **grandson Damien**.
- **Tony Romano** is celebrating his **70th Birthday!** *Buona Fortuna!*
- **Ron & Tony** made a pitch for retired volunteers who may want to help from time to time. Could buy flowers at grocery store much cheaper than at a florist. And it would be much better to take them to the hospital, or the member's home, rather than having them delivered by a *strangero*.
- **John Bono** told about his 81 year old friend, **Jon Kovach**, who was burned out of his apartment. **Frank Ferraro** made a motion to "pass the hat", **Tony** seconded, and it passed. \$165 was donated to help this gentleman. By previous Board action, TIAHA will also contribute \$100.

- **Public Relations – Bob Giannuzzi**

- **Bobby Gee** had nothing to report.

- **Scholarship – Bob Giannuzzi**

- **Bobby Gee** announced that 31 Jul is deadline for applications and entries for Scholarship.

- **Web Site**
 - **Tony Difede & Frank Ferraro** reported on progress. **Frank** has met with **Ginney Difede, Tony's wife**, and her colleagues concerning updating the Web Site, which is at: www.theitalianclub.com
 - **Someone** suggested that we have TIAHA business cards, to give to prospective members. **BobbyVee** will look into.
- **Adopt-a-Highway – Vince Conzola**
 - **Vince Conzola** reported that no one showed up!!! (first time ever).
 - **Last weekend in August** will be next Adopt a Highway.
- **Social – Frank Ferraro**
 - 21 July **Golf Tournament** at Wilmar -- \$40. – to benefit **Healing Place of Raleigh** and **Bit of Home** (for American Service men and women serving in Iraq & Afghanistan).
 - Much was brought to meeting for both causes in previous item. Frank has receipt forms (much like Salvation Army does when one donates things to them) for any donor who wants, for tax purposes.
 - **Softball with the Irish** is pending.
 - **Bobby Vee & Mark LaMantia** will work together to organize a **Bowling Night**.
- **Membership – Victor Cononi**
 - **Vic** reported that we have signed up six new members, and will possibly have two more this coming month.
 - **Membership Drive** must be an ongoing thing. Our goal must be to once again have over 100 members.
- **Charities Fund Raffle**
 - Tickets will be ready in August.
 - Drawing at November meeting.
- **New Business**
 - A shortage of \$ in the Wine Kitty was noted. Members were urged/told that after the meeting they should put \$1.00 for every glass of wine they took. (Besides honesty, this goes to things like integrity and honor.)
 - **Mark LaMantia** came into/had/acquired the original **TIAHA Constitution**, cleaned up the glass and frame, and presented it to **Prez Bobby Vee**.
 - Coincidentally **Frank Ferraro** presented **Prez** with the original **TIAHA Articles of Incorporation**.

Fifty-Fifty (\$35)

- Guest **Marcus Eisman** drew #844985.
- **Mark LaMantia** was the winner.
- **Mark** donated all but \$5. to the fund to help **John Bono's** friend.
- **Next Meeting**
 - 18 Jul at K of C.
 - **Bobby Vee** suggested a break from cooking; order pizzas from a pizzeria that he raved about up on highway 401. A motion was made, seconded and passed to do so. There was opposition, from the standpoint that one of the points we made to the new and potential members was member cooking at each meeting.
- **Adjourn**
 - Meeting was adjourned.

Respectfully submitted

Ron Little



Parlanti, Victor J. Victor J. Parlanti, 96, Lexington, Ky., formerly of Raleigh, June 29. Arrangements by W.R. Milward Mortuary, Lexington, Ky. Published in The News & Observer on 7/1/2007.

Victor Joseph Parlanti, 96, widower of Mary Calisi Parlanti, died Friday, June 29, 2007. Born in Jessup, PA, he was a son of the late Anthony and Domenica Bugliosi Parlanti. Mr. Parlanti was the former owner and operator of two meat markets in Binghamton and worked at Chase Manhattan Bank after retirement from the grocery business. He was a former member of St. Mary's Church and St. Vincent DePaul Parish in Binghamton, St. Francis of Assisi, Raleigh, NC and Holy Spirit Parish, Lexington, KY. He was an active member of the Knights of Columbus both in Binghamton and Raleigh/Cary, NC. He was an active member of TIAHA (Triangle Italian American Heritage Association) in Raleigh, and a volunteer at Lourdes Hospital in Binghamton & St. Joseph Hospital in Lexington.

He is survived by his children, Victor Domenico (Mary) Parlanti, Anne Marie (Vince) Cherrone and Paula (Jim) Frederici; grandchildren, Joseph (Jackie) Parlanti, Jean Marie Parlanti, Thomas (Sherry) Parlanti, Anne Mary (Walter) Leaumont, Dr. Deanna (Peter) Appleton, Vincent Cherrone, James (Marian) Cherrone, Paul Cherrone, Dana (Kristy) Palmatier; great-grandchildren,

Andrew, Michael, Christopher and Nicholas Parlanti, Clair and Grace Martin, Jacob and William Appleton, Bailey Anne Cherrone and Kylie and Devin Palmatier; as well as several nieces and nephews; and many friends from Binghamton, NY, Cary, NC and Lexington, KY.

Funeral services will be held in Binghamton, NY.

Memorials may be made to Hospice of the Bluegrass www.milwardfuneral.com

TIAHA Movie Night

Between 15 and 20 of us gathered at Andy's Pizza, and then went on to the Colony Theater for a 1962 classic. Although its title is *Mafioso*, it was really more family comedy than crime. By the time we settled in at the theater, which, by the way, served wine & beer along with popcorn & soda, we were 26 strong. Just before the film started, five 'Medigons came in....we let them stay!!!

It was wonderful to have Matea Baffaro, Gerri Guarino and Kathy Guarino with us. We also had Kathleen Proseada and Carol Meshot with us from the Sons of Italy.

Ron Little



Perspective on Mafia movies

While discussing the movie "Mafioso" with a fellow member, the idea that the media and Hollywood glorify the Mafia and thus denigrate the Italian people came up. It is no surprise that the American people have been intrigued with stories of the Mafia. Gangsters and their exploits make interesting reading and viewing, and make terrific news stories. But what do these programs promote, or try to say. Yes, I know, people hear you're Italian, and wonder if you are "connected". Some compare the Mafia to Robin Hood, stealing from the rich and giving to the poor. I say let's look at some of these movies.

The Godfather. This movie, especially part II showed me how brutal the Mafia really was. It actually opened our eyes as to how crime succeeds by buying our politicians and judges. The only great thing about the movie was Italian's acted and directed this movie. There was nothing glorifying about these mobsters.

Goodfellas. This movie showed how easy it was to get involved with the Mafia. It was a good lesson to young people. Real yes, brutal yes, glorifying no.

Yes, it is depressing to see our heritage maligned because a very small percentage of Italians were involved in this activity. I imagine Italians growing up and trying to dig out from the ghettos and being branded a gangster, the same as blacks trying to dig out from segregation and inequality. We must treat this as the past and build the present and the future. We have hundreds and thousands of Italians to be extremely proud of. From Columbus and Galileo to Giuliani, Scalia and Pelosi.

We do have one thing that does glorify the Mafia and we do it ourselves by having a "Wiseguy" dinner and party. I do not believe our club should have anything to do with this type of event. As long as I am president, this club will not sponsor an event of this type. The last party WAS NOT sponsored by TIAHA.

Bob Vetrano, President, TIAHA.

Source Force

Source Force (a non-profit volunteer organization) is in need of several volunteers to help for short time duties with their Saturday morning monthly meetings. The duties will consist of helping with the unloading (7:30 in the morning) and reloading – 10:00 later in that day. The duration of the activity will only be from 1 to 2 hours long.

The volunteers will not need to become full time members of the organization and will not need to stay for the monthly luncheon (i.e., picnic) nor attend the yearly non-profit mandatory orientation meeting. This differs from previous Source Force requests for assistance.

An important observation for this new volunteer classification is that men are often hesitant to volunteer for Saturday duties either due to wanting to sleep late on that particular morning or because Saturday sessions tend to conflict with ongoing ballgame/sport-TV activity.

Currently, the Italian American Club (TIAHA) provides a Easter time service for picking up a heavy load at one of the Source Force storage units. The club has been more than willing to extend their muscle, time, and rented truck for this duty. Hopefully, several available TIAHA members will be able to commit to helping out the Source Force Mission for another short time duty.

Please contact Don Ludlow at DonL@DLSuperC.Com if anyone is interested

Cinema of Italy

The history of *Italian cinema* began a few months after the Lumière brothers had discovered it. The first film was a few seconds long and was Pope Leo XIII giving a blessing to the camera. The industry was born between 1903 and 1908 with three companies: the [Roman Cines](#), the [Ambrosio of Turin](#) and the [Itala Film](#). Other companies would soon have followed in [Milan](#) and in [Naples](#). In a short time these first companies reached a fair producing quality and films were soon sold outside Italy too. The cinema was later used by [Mussolini](#) as a form of propaganda during [World War II](#).

After the war, Italian film was widely recognised and exported until an artistic decline around [1980](#). World-famous Italian [film directors](#) from this period include [Vittorio De Sica](#), [Federico Fellini](#), [Sergio Leone](#), [Pier Paolo Pasolini](#), [Michelangelo Antonioni](#) and [Dario Argento](#). Movies include world cinema treasures such as [La dolce vita](#), [Il buono, il brutto, il cattivo](#) and [Ladri di biciclette](#).

Later, the Italian scene has received only occasional international attention, with movies like [La vita è bella](#) directed by [Roberto Benigni](#) and [Il postino](#) with [Massimo Troisi](#).

Italian theatre can be traced back into the Roman which was heavily influenced by the Greek tradition, and, as with many other literary genres, Roman dramatists tended to adapt and translate from the Greek. For example, Seneca's Phaedra was based on that of [Euripides](#), and many of the [comedies](#) of [Plautus](#) were direct translations of works by [Menander](#). During the 16th century and on into the [18th century](#) [Commedia dell'arte](#) was a form of [improvisational theatre](#), although it is still performed today. Travelling teams of players would set up an outdoor stage and provide amusement in the form of [juggling, acrobatics](#), and, more typically, [humorous](#) plays based on a [repertoire](#) of established characters with a rough storyline, called [Canovaccio](#).

The Pasta Diet and Your Health

ITALIAN PASTA DIET -- IT REALLY WORKS !!

- 1.. You walka pasta da bakery.
 - 2.. You walka pasta da candy store.
 - 3.. You walka pasta da Ice Cream shop.
 - 4... You walka pasta da table and fridge.
- You will lose weight!



The TIAHA Charity Golf Tournament Saturday July 21st Wilmar Golf Course

Check in will be at 12:00 with shotgun start at 1:00.

\$40 per player which includes green fees, cart, and food after the match

Lots of prizes for golf course achievements (long drive, close to pin, etc), as well as just plain drawings, beer wagons, food after, and a great time

The Tournament is to benefit the **OperationBitofHome** charity organization that provides a "little bit of home" to our armed forces men and women serving around the world.

Bring new or used items that we can send to our troops. Bring books, CD's, Movies, all kinds of balls and other sports equipment, etc.

Go to www.operationabitofhome.com to find out more. They have a great list of "needed items."

We are also asking each person to bring a bag (or any amount) of men's , women's, or children clothing which we will be donating to
The Healing Place of Raleigh

You can certainly bring friends, mates, or family members. Please contact Frank Ferraro asap to register so we can get a count as early as possible.

Put it on your calendars and be on the lookout for more details.

Let's make this one a well attended event.

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A little help with the rise of gasoline prices

With gasoline prices at the \$3.00 mark I thought I would share a few thoughts on dealing with the issue.

- To avoid the \$40.00 fill up and feeling like you were robbed, try filling up when the tank is $\frac{3}{4}$ full. It is a mind game, but may help a little.
- Don't drive across town to save a few pennies a gallon. Remember the average car probably gets 18 miles a gallon or \$3.00 plus the wear and tear on the car.
- Keep your tires inflated. Low tire pressure could cost you 10-15% in mileage and cause premature wear on the tires.
- No jack rabbit starts. Easy pressure on the gas pedal saves money.
- Try not to exceed 60 MPH on highways (and city streets). Wind resistance increases dramatically between 60 and 75 MPH costing at least 25% drop in mileage
- If your car requires high octane it means 91 octane. When your tank is half full fill it with 87 octane. Next time at half full, fill it with 91 octane. Your car will run fine and will not cause damage.
- Buying a new car. Consumer Reports and other car magazines report the extra cost of a hybrid car is not worth the price. Regular fuel cars can get almost the same mileage for thousands less.
- Find the lowest gas prices in your area at <http://gasprices.mapquest.com/>
- Last, but not least, plan your driving. Spend a couple a bucks and buy a map of your local area and choose the best route.

Bob Vetrano



Italian American Heritage Association
*Fostering the Growth of Italian-American Heritage
Through Service and Fellowship*

APPLICATION FOR SCHOLARSHIP
Academic year: 2007 – 2008
Deadline: July 31st Notification: August 31st

Part I :

Full Name : _____

Permanent Home Address : _____

Telephone Number : _____ Date of Birth : _____

Name of parents/guardians : _____

School you plan to attend or presently attend : _____

Present or intended field of study : _____

Honors : _____

Other points of consideration, e.g. extracurricular activities, service, interests, sports, etc. :

Please provide a **copy** of your transcript (HS or college) and SAT/ACT scores (where applicable) to secure the completion of this application.

Part II :

Please provide an essay (500 words or less) on *What My Italian Heritage Means to Me*. It should be submitted on separate sheets of paper, typed and double-spaced.

Eligibility: You must be enrolled this fall as a full time student at an institute of higher learning (post-high school) and a resident of Wake, Durham, Johnston, Orange or Harnett County. Direct descendents of TIAHA members in good standing regardless of residence are also eligible. You must be at least 1/8 of Italian descent. Past winners not eligible.

Signature of applicant : _____ Date : _____

My signature attests that to the best of my knowledge the information provided is accurate and that my essay is my own work.

Upon completion, this application plus any additional information should be mailed to:
Triangle Italian-American Association - SCHOLARSHIP
PO Box 20266, Raleigh, NC 27619

TIAHA goes to the Theater

Sunday Nov. 4th at 2:00 PM

Progress Energy Center for the Performing Arts



We are working on a group rate so contact Frank Ferraro. so we can start a head count

ITALIAN PARSLEY

Italian parsley, *Petroselinum crispum*, is a plain flat leafed parsley, with darker green leaves than curly leafed parsley, and a stronger but less bitter flavor. It is best added during the last few moments of cooking for the best flavor, or sprinkled raw on salads, soups, fish, meat, etc.

How Italians Stay Slim

Eat like they do in Rome, Italy - not Rome, New York

By Holly McCord & Linda Gilbert (*Nutrition News*)

You'd be amazed to see what the slim, trim Italians are eating, as we were on a recent visit. It's so different from what we call Italian-American food in the US, and too bad for us! The Italians enjoy much better health than we do.

Check the contrasts between the typical diet in Rome, Italy, and the diet of Italian-Americans in Rome, New York, as described by local dietitians. Then use the secrets of the *real* Italian diet to start getting healthier and slimmer today.

Italian Secret #1: Three Meals, Period

Rome, Italy:	Rome, NY:
They eat at meal times – ONLY!	Snacking is a way of life.
Snack food consumption is low in Italy. And when Italians do snack, it's fruit and nuts. Fast food? Not popular.	This city is snack-happy like the rest of America, where consumption of corn chips, pretzels, and crackers has gone up 200% since the 70's. Fast food is big too.

Italian Secret #2: Dark Greens Daily

Rome, Italy:	Rome, NY:
Salads feature dark leafy greens. Packed with nutrients, fresh, dark greens are served with most meals, often as a salad course that comes right before dessert.	Salads feature iceberg lettuce. Salads mostly consist of nutrient-poor iceberg lettuce. Overall consumption of dark green veggies such as spinach is low.

Continued on next page.

Italian Secret #3: Olive Oil for Richness

Rome, Italy:	Rome, NY:
Olive oil rules.	Cheese and Meat rule.
Olive oil is served in salads, pasta, and cooked veggies in generous amounts. It continues to be the principle source of fat in the diet.	Favorites such as cheese-laden lasagna and veal parmigiana fill plates. Italian bread is served with butter.
Result? Lots of heart-smart mono-unsaturated fat.	Submarine sandwiches bulge with Italian ham and Provolone.
	Result? Lots of artery-gumming saturated fat.

Italian Secret #4 Fruit for Dessert

Rome, Italy:	Rome, NY:
Dessert is fresh fruit in season.	
Italians end most meals with fresh fruit, served plain or marinated in wine or balsamic vinegar with a little sugar.	Dessert is Italian cookies & pastries.
Sweets are saved for special occasions.	Doughnuts are a daily event for many people too.

Big Payoff for Eating Italian

Italians enjoy much better health than Americans, thanks partly to the *real*

Italian diet: lots of fruits, green veggies, olive oil, and fewer snacks and sweets.

Here's dramatic proof:

	IN ITALY	IN THE US
<u>WHO'S OBESE?</u>	<u>1 in 15</u>	<u>1 in 5</u>
<u>WHO HAS HEART DISEASE ?</u>	<u>1 in 25</u>	<u>1 in 5</u>
<u>WHO HAS DIABETES?</u>	<u>1 in 28</u>	<u>1 in 16</u>
<u>WORLD HEALTH RANKING</u>	<u>#6</u>	<u>#24</u>

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Gents,

This is a perfect time to try and get new members. Please try to sign up. Please send your time to Fran or myself.

This is about the Senior Games being held at the Clayton Community Park on October 9, 10, 11th from 8:00 AM - 6:00 PM each of those days. They are looking for scorers and referees and 3 of us from Sons of Italy have signed up to help and thought maybe some of the Men/Spouses that are retired might want to help out too. Bob and I are going on October 9th and Kathleen Prosseda who was at Andy's Pizza and the movie is volunteering too.

The website is www.ncseniorgames.org and you can fill out the volunteer sheets online.

It would be great if we can get some Italians to help with Bocce Ball - thanks.

Fran Giannuzzi

Also. The K of C is looking to start a Bocce Ball league at the Knights. Please let me know.

MARK A. LA MANTIA

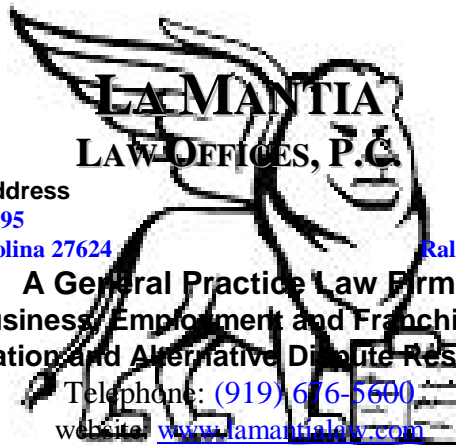
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Ladies and Gents – Here's a list of items needed by **Operation Bit of Home** to send to our troops overseas. Please bring to our next two meetings. These donations will coincide with our TIAHA Golf Tournament drive for this and The Heeling Place. If you can't make the meeting, contact me and I will arrange to pick up items.

Items for our troops – Operation Bit Of Home

Nerf Balls
Basketballs, Footballs
Baseballs, Bats, and Gloves
Field Hockey set
Golf clubs
Snorkels and masks
Swim goggles
Soccer balls
Volleyballs
Lifting gloves
1-5 pound weight sets
Videos yoga/pilates
Water bottles

CD's & DVD's (Need not be new)
X-Box games & Playstation games
Board Games
Puzzles, and crafts
CD players
Hair Dryers
All Sizes of Batteries

T-shirts with brand name or funny sayings for give-aways L and XL

White athletic socks
Baseball hats
Women's t-shirts and tank tops Workout pants and yoga pants
Pens, Paper, Stationery, Envelops

Flip-flops (shoes)
Sunscreen and suntan oil w/SPF Sun glasses

American cigarettes
Copenhagen
Disposable 1 time cameras

Deodorant,

☐ Sunscreen
Soaps/Shampoos/Conditioner/Lotion
Facial toners and skin scrubs
Travel sewing kits

Nail files/Clippers/Tweezers.
Combs and brushes
Cotton balls and Q-tips
Band Aids
Foot Powder / Baby Powder
Toothbrush, Tooth Paste, Floss
Tissue packs
Feminine sanitary items
Disposable men's and women's razors,

Trail Mix;

Nuts/Seeds/Dried fruit (No chocolate)
Canned Nuts, Beef Jerky

"Lance" Brand cracker snacks

Any kind of munchies that won't spoil or melt
Powdered pre-sweetened or sugar free drink mixes, iced teas, Kool Aids, Wylers etc. (Just add water),
Powdered Gator-Aid
Mints/Breath strips/gum/Tic-Tacs
Microwave popcorn
Flavored coffee creamers
Herbal and non-herbal teas

Towels
Outdoor canopy tents
Bath rugs
Blenders
Pool Toys
Squirt Guns & Water Balloons
Small Individual Laundry Detergent

Manicure and Pedicure supplies

WARNING: Please do not send the following items:

- 1. Aerosol Cans**
- 2. Alcohol**
- 3. Pork Products**
- 4. VHS Tapes**
- 5. Comic Books**

Frank Ferraro

Gelato

Gelato is typically made with fresh [fruit](#) or other ingredients such as [chocolate](#) (pure chocolate, flakes, chips, etc.), [nuts](#), small [confections](#) or [cookies](#), or [Biscuits](#). Gelato made with water and without dairy ingredients is also known as [sorbetto](#). Traditionally, milk-based gelato originated in Northern Italy, while the fruit-and-water based sorbetto came from the warmer parts of Southern Italy.

Dairy gelato is made with whole cow's milk and contains 4–8% butterfat depending on the ingredients (nuts, milk, or cream increases the fat content). North American-style ice creams contain more butterfat than gelato, ranging from 10% to 18% since more cream is used. Like high-end ice cream, good quality gelato combines high quality ingredients with milk and cream, soy milk, or water. Gelato is usually made with whole milk which is 3–4% butterfat, and often cream is added to improve the texture. Unlike ice cream, gelato ingredients are not [homogenized](#) together, and the result is that the product melts faster than ice cream.

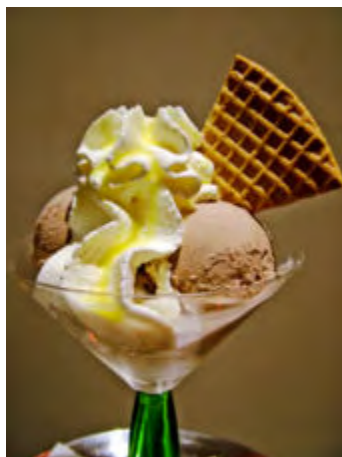
Some gelato recipes call for eggs, although with the homogenization of the Italian gelato culture and mixes and stabilisers readily available and in use, eggs are being phased out as emulsifiers.

Some people have the misconception that the word "gelato" is related to "gelatin" and that the latter is an ingredient, chasing away vegetarians and those wishing to avoid [gelatin](#). However, although some rogue gelaterias might use gelatin, traditional gelato recipes do not call for it and most gelato is not made with gelatin. "Gelato", as stated above, comes from the word for "freeze" or "frozen".

Gelato is served from a different freezer than American style ice cream—a forced air freezer—which is usually held at about -15°C ($0-6^{\circ}\text{F}$). This allows the gelato to be served immediately after being extruded from the gelato machine—the "forced air" blowing around holds the product at a consistent temperature. The best gelato is made fresh daily. Much of the gelato experience lies in its semi-frozen consistency, therefore, you may serve ice cream from a gelato freezer but you may not serve gelato from an ice cream freezer; the gelato would become too frozen.

Other countries make ice creams similar to gelato. In Argentina, helado is made much the same way. In France (though usually slightly higher in fat) glace is a very similar product and, in fact, was introduced to France by [Catherine de' Medici](#) (of [Florence](#)).

Some Italian food products use gelato as a main ingredient. These may include [ice cream cake](#), [semifreddos](#) (gelato cake), [spumoni](#), [cassate](#), Tartufo, and fruit-filled gelato candies, elizabeth, and mignon. Gelati is often eaten in cones, or in bowls with a wafer type biscuit.



ON A PERSONAL NOTE:



HAPPY ANNIVERSARY TO:

Bob and Judy Caprioli
Tony and Nancy Difele
Jon and Vickie Ferrante, Sr.
Jack and Carey Giamportone
Bob and Fran Giannuzzi



BIRTHDAY WISHES TO:

MEMBERS

Bob Caprioli
Jon Ferrante, Sr.
Frank Ferraro, Sr.
Joe Frangiosa

SIGNIFICANT OTHERS

Virginia Manzi
Rosemarie Sorrentino
Kathleen Vetrano

OUR PRAYERS AND CONCERNS:

Victor Parlanti has passed away.

Our deepest condolences to Jim and Paula Frederici and family.



EDITOR:

Is something newsworthy?
Let us know, send it to

Neal Caliendo: nealcali@yahoo.com

If you know of an illness, birth, death, marriage, etc., of a TIAHA member or member's family, please contact:

Neal Caliendo: nealcali@yahoo.com
(919)846-2747

and/or

Tony Aiello: taiello1@nc.rr.com
(919)554-4676

If your e-mail and/or home address changes, please notify **Vince Conzola**, at (919) 878-7976, conzola@us.ibm.com .

The **deadline** for submitting input to the newsletter is 9:00 PM the **second Wednesday of the month.**



**Triangle Italian-American Heritage Association
P.O. Box 20266, Raleigh, North Carolina 27619**

TIAHA UPCOMING EVENTS

July 18th (Wednesday), 6:30 PM - GENERAL MEMBERSHIP MEETING Knights of Columbus, New Hope and Columbus Roads, Raleigh.

August 7th (Tuesday), 6:30 PM – EXECUTIVE BOARD MEETING: Knights of Columbus, New Hope and Columbus Roads, Raleigh.

August 15th (Wednesday), 6:30 PM - GENERAL MEMBERSHIP MEETING Knights of Columbus, New Hope and Columbus Roads, Raleigh.

September 7th-9th (Friday-Sunday), - ST. RAPHAEL'S FAIR

September 23rd (Sunday), - FAMILY PICNIC

October 9th thru 11th (Tuesday thru Thursday), 8:00AM – 6:00PM – SENIOR GAMES Clayton Community Park, Clayton, NC.

November 3rd-4th (Saturday-Sunday), - INTERNATIONAL FESTIVAL

December 1st (Saturday), - CHRISTMAS DINNER