



Newsletter



September/Settembre 2006

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

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MESSAGE FROM THE PRESIDENT:

Dear TIAHA Brothers,

We just finished St.Raphael's festival and we had a great time doing it. I want to extend my heartfelt thanks to all that came out to help. We had TIAHA Brothers, family members and their friends from a variety of schools. I had the Italian Cadillac Waste Management Golf Cart going strong . I won't know for a couple of weeks yet how we did financially, but we sold a hell of a lot of food and didn't have a whole lot left.

This month's meeting on Sept. 20th will be the ever popular Dinner at Joe & Carole Frangiosa's House. It's always a great time so don't miss it.

Sunday the 24th is the TIAHA 25th Anniversary Family picnic. I'm sure you all know by now that TIAHA will be providing the main course food (Steaks, Shrimp, Fish, burgers and hot dogs, Sausage, etc) and drinks. We do need, however for you guys to help out as by providing enough to feed six people as follows: Last name starts with:

- A thru L – Bring a desert
- M thru Z – Bring an appetizer or salad

We are trying to get in touch with all TIAHA Brothers, whether past or present, active or inactive, dues paid or not paid, etc. If you know past TIAHA members and how to contact them, please invite them. Charlie Morabito is the food chairman and we need to have a good idea of how many folks we will be feeding so please contact Charlie (cmorabit@us.ibm.com) or me (frank@johnsmoving.com) and give us a head count (Adults and Children).

For those of you who do not have e-mail, call me at 255-1330 Ext. 233 and leave a message in my voice mail. We also need a few grills so please let us know if you can help us there as well.

The softball game versus the Irish is scheduled for 3:00 on Sunday Oct. 1st. It's not only a game but a cook out and good time. Bring the family and come out to cheer on the team.

Fraternally,

Frank

TIAHA Brothers, I am sad to report to you that **Brother Nick Guarino** passed away last night, September 12th, after a courageous battle with cancer. Visitation will be Friday, Sept. 15th from 6-8 pm at Apex Funeral, 550 W. Williams St Apex, NC.

A funeral mass will be held at St. Andrews Catholic Church, 3008 Old Raleigh Rd in Apex on Saturday, Sept 16th at 11:00. Nick's wife Gerri is at 1136 Ivy Lane Cary, NC 27511 for all who wish to send a card. Guys, if you can make it Friday or Saturday, please do. Nick was a long standing member of TIAHA and we certainly should show our respect. I will personally call members to see how many can attend. Please call other Brothers who do not have e-mail.

Sincerely,

Tony Aiello
Good & Welfare

TIAHA GENERAL MEMBERSHIP MEETING MINUTES

Wednesday, August 16th, 2006 at Knights of Columbus, New Hope Road and Columbus Road, Raleigh, NC

1. Joe Grieco came back to club.
2. August 26th we will move storage from Lake Wheeler Rd. to Cardinal Storage next to K of C. We need help at 9:00 AM
3. St. Raphael's Festival is Sept. 8th and 9th. Vinnie Doria is Roster Chairman. Friday start prep and booth set up at noon and festival is from 5 to 10PM. Saturday all day till 11PM.
4. Wine tasting has been postponed
5. John Bono coordinated Bulls game for Oxford House. It was a great time for all.
6. Adopt-A-Highway. Only 4 people showed up! We will reschedule for Sept. 30th. We need people to get out and do it. Vince Conzola is Chairman.
7. Next month's meeting is at Joe Frangiosa's house. Directions will be sent out.
8. Family Picnic is Sept 24th at Odd Fellows Lodge. TIAHA to provide main dishes. We need members to bring side dishes, salads, appetizers, and deserts.
9. Golf outing details will be forthcoming.
10. International Festival is coming in November. Stay tuned for details.
11. MS Charity Run. Tony Defede. TIAHA will give \$50
12. Joe Frangiosa Fishing Trip is Sept 12th – 15th. See Joe for details.
13. Good and Welfare-Tony Aiello.
 - Nick Guarino is going through medical issues. Keep him in your thoughts and prayers.
 - Frank Ferraro's Uncle Mike died in New York. Was Asst. Equipment manager for Jets for 9 years and has Superbowl ring from Super Bowl III
14. The Board will decide on The Healing Place and what our participation will be.
15. President's Award went to "The Boys From Cary" Tom Spampinato, Joe Puglese, Tony Romano, Joe Miracola, and Andy Caamano. H

TIAHA EXECUTIVE BOARD MEETING MINUTES

September 5th, 2006 at Knights of Columbus, New Hope Road and Columbus Road, Raleigh, NC

In Attendance: Frank Ferraro, Bob Cenfetelli, Vinnie Doria, John Bono, Victor Cononi, Peter Cari, Vince Salvaggio, Sal Notaraso, Bob Vetrano. Dave Baron, Bon Caprioli, Vince Conzola

- ❑ **SAINT RAPHAEL FESTIVAL**
 - Signup rosters look good. Need help 6:00 to closing both days. Need to be sure to give students credit for community service. Vinnie Doria to coordinate.
- ❑ **REFRIGERATOR**
 - Sal Notaraso will donate used one. We will junk old one.
 -
- ❑ **TRANSFER OF LOCKERS**
 - Frank thanked all who emptied old locker and repacked at new locker. Frank went back 9/21 to reorganize.
- ❑ **ADOPT A HIGHWAY**
 - Scheduled for September 30th. Vince Conzola to bring equipment.
- ❑ **SEPTEMBER MEMBERSHIP MEETING**
 - At Joe Frangiosa's house September 20th
- ❑ **FAMILY PICNIC**
 - September 24th 1:00 P.M. Since this is our 25th anniversary, TIAHA will provide entrees (steak, shrimp?) and drinks. Last names A-L to bring desserts. M-Z appetizers and desserts. Frank to send postcards to past members with reply cards. Anyone who has old rosters with addresses, please send to Frank at 1201 Cranmoore Ct. Raleigh, 27604.
- ❑ **INTERNATIONAL FEST**
 - Will be held at Dorton Arena November 4th & 5th. Questions were raised about adequate space, power & prep space. Frank to get answers.
- ❑ **SOFTBALL GAME WITH IRISH**
 - October 1st. Bob Vetrano to check on price of keg.
- ❑ **NEW MEMBER**
 - Joe Greco is re-joining
- ❑ **PUBLIC RELATIONS**
 - Bob Giannuzzi should send to the News and Observer, on a monthly basis, the dates of our meeting for the Community Bulliten.
- ❑ **FOOD TRAILER**
 - Bob Vetrano to chair committee to establish market value and attempt to sell.

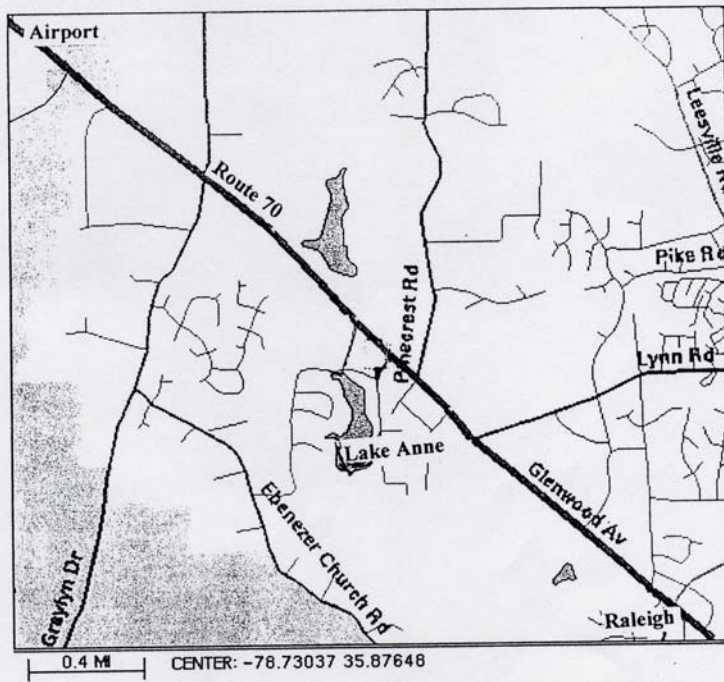
General Membership Meeting – September 20, 2006

Joe Frangiosa's House
6424 East Lake Anne Drive
Raleigh, N.C. 27612
881-9955

Directions:

West on Route 70 past Leadmine Road, past Pinecrest Road. Once you pass Pinecrest Road, get into left lane and take the first crossover (be careful) to get into eastbound lanes. Get into far right lane and turn right after about 50 yards onto Lake Anne Drive. Go down about 100 yards to stop sign and at T-intersection in road turn left. My house is the 2nd house on the left. The address is: 6424 East Lake Anne Drive. **Please do not park in the driveway.**

East on Route 70 past Angus Barn Restaurant and airport turnoff, pass Ebenezer Church Road on right, Carmax Dealership is on left. Proceed down the hill then go up a hill and at the top of the hill the lane opens far right. Get into that right lane and turn right about 50 yards to Lake Anne Drive, go down about 100 yards to stop sign and at T-intersection, turn left. My house is the 2nd house on the left. The address is: 6424 East Lake Anne Drive. **Please do not park in the driveway.**



Some Scenes From Saint Raphael's Festival



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ITALIANS IN THE HUDSON VALLEY

By Christine Scivolette

Page designed by Lauren Guerrero, Hafsa Ahmad, and Tim McCann

"Passion, pasta, and power."

So you think that's all there is to know about Italians? Well, think again! There is much more to Italians than just this stereotype. Better yet, the heritage and influence of Italians can be found right here in the Hudson Valley. Initially, Italians in the Hudson Valley served as small business workers, established organizations, and created an Italian community.

Most Italian immigrants left Italy to escape poverty. In the late 19th century, peasants and unskilled laborers experienced difficulty because the Italian land system did not offer much hope for personal improvement and the Italian government policy was one under which the nation would be industrialized at the expense of the people. Landlords had control of land and they charged high rent, paid low wages, and did not provide stable employment. Also, between 1870 and 1900 production of foodstuffs, except for fresh fruit, fish, tomatoes, and vegetables, slowed. Thus, malnutrition spread throughout Italy.

Mass migration to the United States began as early as 1872, but substantial Italian immigration to the United States is noted between 1884 and 1920 when approximately 7 million Italians arrived. Most Italian immigrants departed from Southern Italy and landed in New York City. Italian arrivals increased by chain migration, which is a process whereby immigrants arriving in America acted as personal labor agents and told their family and friends when and where jobs were available. This flow continued as long as favorable economic conditions existed in America. The growth of the U.S. gave the immigrants opportunities beyond the city limits. Italians proceeded to move north to Peekskill and Poughkeepsie. City records reveal the first presence of Italians in 1888 when four families from Cosenza in southern Italy settled at 109 Mill Street, Poughkeepsie.

Italian immigrants obtained a variety of jobs when they arrived in the Hudson Valley. Primarily, Italians worked in small businesses, such as barbershops, grocery stores, candy stores, and butcher shops. Others were laborers and farmers. Many Italians worked on the Poughkeepsie Railroad Bridge and about 50 years later, the Mid-Hudson Bridge. According to The History of the Italian Center, written by the late John K. Rinaldi of Poughkeepsie, one Italian claims, "I was making \$1.25 a day, or \$6.25 per week, in Yonkers, New York in 1913. I heard that the railroad in Poughkeepsie was paying thirteen cents an hour, for ten hours a day, or \$1.30 a day, six days a week (\$7.80). I left Yonkers for the better paying job and I decided to move to Poughkeepsie for better money."

Numerous Italians came to Dutchess and Ulster Counties to farm. Some moved to Highland where they settled and grew grapes. Criticism and fear arose about the Italians taking jobs away from the community residents. In a response to the criticism, the *Poughkeepsie News-Telegraph* editorialized in 1887, "None but the Italians could or would do the sort of work given to them. The best of them do not get more than \$1.50 a day."

The Italians have had different influences on the Hudson Valley. Italians had a tradition of hard work, frugality, and pride which would not allow them to accept public aid. Based on this tradition, Italians were quick to form clubs and fraternal organizations which gave financial and job assistance to their members. The organizations also served as places for social gathering at which the culture, language, and food of Italy could be shared. The Italian Center in Poughkeepsie is an example of such an organization. In 1889 the Italians started two organizations which led to the birth of the Italian Center. On March 1, 1924, these two organizations became one and connected themselves with the Sons of Italy, a non-profit organization. This branch of the Sons of Italy raised funds for a scholarship for the education of Italian students. Each year \$400 was awarded. These joint organizations brought Italians closer and they made more efforts to be active in the community. For example, they attended parades and in 1927 started their first basketball team.

There were many Italians who made both economic and civic impacts on the Hudson Valley. Bartolo Barone was an early banker, grocer, and a padrone, who was a business man acting as a go-between or middle man between the Italian and American systems. Other Italians who are known for accomplishments in the Hudson Valley are the pastors of Mount Carmel Church, such as the first pastor, Father Pavone. Some Italians became local aldermen and George Amato, son of one of the original four families in Poughkeepsie from Cosenza, Italy, became the first policeman in Poughkeepsie.

The Catholic Church has a very important role in the lives of Italians. In 1907 Italians did not have a church of their own, but were allowed to use the basement of Saint Peter's Church, an Irish parish. The Italians decided to build their own church. The Italian Church was built on Mount Carmel Square for \$14,000 and dedicated on October 12, 1910. Mount Carmel Church was and still is a strong religious and cultural site for the Italians in the Hudson Valley.

Today, many Italian names fill the Hudson Valley telephone book. Italian-Americans are prominent in various professions, unlike their immigrant ancestors.

SOURCES:

The Big Book of Italian Culture by Lawrence Di Stasi

The Italian Americans by Luciano J. Iorizzo and Salvatore Mondello

The History of the Italian Center by John K. Rinaldi

Dutchess County Historical Yearbook. "The Catholic Community in Poughkeepsie 1870-1900: The Period of Testing" by Louis C. Zuccarello

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Cheese in Italian Cuisine: A seasoned marriage.



Cheese has come to play an important role in Italian cuisine for a number of reasons. It enhances the flavor of many dishes, makes creamy sauces for pasta, fuses perfectly with the other ingredients in lasagna. Furthermore, good cheese enriches any first course with a healthy dose of protein, creating a balanced one-course meal.



Parmigiano Reggiano

This the prince of cheeses. Its nutritional content makes it a wholesome food-- highly digestible and versatile. A sprinkling of Parmigiano is good on anything. It's used in cooking for lasagna alla bolognese , inside tortellini stuffing, to flavor omlettes and to create a really tasty soufflé. Shaved Parmigiano is used to garnish paper-thin slices of beef called carpaccio (*kar pàt cho*) or to lend body and protein to tossed salads..

Grana Padano

Noted for its lightness and nutritive qualities, it is often used in pasta casseroles, vegetable dishes and savory pies. It serves beautifully as a stand-in for meat or fish as a second course.

Gorgonzola

Its creamy texture and distinctive taste make it an ideal dressing for salads, fresh gnocchi, Sardinian dried gnocchi or veal. It's a distant cousin of French Fromage Bleu, but sweeter to the taste, and easier to blend into recipes.





Fontina

A firm, compact easy-to-melt cheese. Much used in cooking, its slightly smoky taste adds a touch of class to first and second courses alike. Try it melted on hamburgers and diced onto salads.

"Quattro Formaggi": The four-cheese fusion of Gorgonzola, Emmenthal, Taleggio and Fontina blends perfectly into pasta. It is the ideal sauce for "penne ai quattro formaggi"; also a tasty pizza topping.

Hard (or dry) Ricotta

Grate it over pasta! This type of Ricotta is produced primarily in Puglia, Umbria and Piemonte. Pugliese *orecchiette* pasta with sautéed garlic covered with grated Ricotta is really something special.

Fresh goat-milk Ricotta

Melt it over "*sagne* ", a hand-made whole wheat tagliatelle pasta eaten in Central Italy. Add Pecorino and you've got *sagne alla mugnaia*.

Pecorino Romano, Sardo, Toscano

These have come to be used in cooking in a multitude of ways. Any of them provides an excellent base for panzerotti (stuffed bread dough, fried), tortellini and ravioli.

PARMIGIANO, THE KING OF CHEESES

This most particular cheese is a veritable symbol of Italy throughout the world. It is a light, easily digestible, nutritious food. It is produced in limited areas of the Emilia-Romagna region, while the same cheese produced in other regions, namely Lombardy, is called Grana Padano.



The Parmigiano Reggiano Story

The milk from which it is produced is strictly controlled by a regulatory board which guarantees its quality. It is, for example, prohibited for cows within the production zone to be fed animal by-products. Producers must adhere to strict processing and aging procedures.

The most superior cheeses are made between April first through the middle of November. There are three age categories for Parmigiano. The term *nuovo* indicates cheeses aged less than one year, *vecchio* identifies those aged between 18-24 months and *stravecchio* those aged from 34-36 months. The older, the better. A standard wheel of Parmigiano weighs around 35 kilograms.

The production process is long and complex, originating in the old "cascine" where the "casaro" puts in long hours seeing his product through the various stages from milk to its emergence as Parmigiano Reggiano. The true product can be recognized by a series of dots stamped into the rind, marking the wheel. This fine cheese can be enjoyed in many ways: chipped, over pasta, melted in risotto, in lasagna, in savory pies.

Parmigiano is best preserved in the refrigerator wrapped in cheesecloth or a paper towel.



Grana Padano

This is Parmigiano's less prestigious but equally excellent cousin. It has its origins in medieval times, in the pastures surrounding the abbey at Chiaravalle (south of Milano).

The trademark standard is protected by a regulatory board which oversees production in 27 provinces. This constitutes a much larger production area than that of Parmigiano Reggiano.

The method of production for Grana is similar to that for Parmigiano, although the Grana tends to be denser and whiter. The best is produced with milk from summer months when the cows graze on fresh, green grass.

ON A PERSONAL NOTE:



HAPPY ANNIVERSARY TO:

John and Susan Colangelo
Michael and Rachel Kuharcik
Joe and Roxann Larotonda
Jim and Therese Polito

PRAYERS AND CONCERNS:

Nick Guarino passed away September 12th after a courageous battle with cancer.

Frank Ferraro's uncle Mike passed away in New York. Mike was assistant equipment manager for the Jets for nine years.

Please keep them and their families in your thoughts and prayers.



BIRTHDAY WISHES TO:

MEMBERS

Tom Berthiaume
Vincent Bonofino
Edward Caffera

SIGNIFICANT OTHERS

Kathleen Cari
Pat Cellini
Lorraine Mancuso
Anna Sacchitello



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 the **second Wednesday of the month.**



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

TIAHA UPCOMING EVENTS

September 20th (Wednesday), 6:30 PM - GENERAL MEMBERSHIP MEETING Joe and Carole Frangiosa's home, 6424 East Lake Anne Drive, Raleigh. Please see newsletter for directions

September 24th (Sunday), FAMILY PICNIC Odd Fellows Lodge, 7805 Six Forks Road, Raleigh.

October 1st (Sunday), 3:00 PM – ITALIAN – IRISH SOFTBALL GAME: Knights of Columbus, New Hope and Columbus Roads, Raleigh.

October 3rd (Tuesday), 6:30 PM – EXECUTIVE BOARD MEETING: Knights of Columbus, New Hope and Columbus Roads, Raleigh.

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

November 4th – 5th (Saturday - Sunday), –INTERNATIONAL FESTIVAL: