

Italian Heritage



Society of Indiana

L'ITALIA

September/October 2016

NEWSLETTER OF THE ITALIAN HERITAGE SOCIETY OF INDIANA

Founded in 1993

Mission Statement

The Italian Heritage Society of Indiana (IHSI) seeks to preserve, promote and share the Italian values and culture which its members inherited from their ancestors: Religion, family, history, art, music, food and camaraderie. It reaches out to everyone of Italian ancestry and welcomes others who share our appreciation of the Italian culture.

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www.italianheritage.org

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gus.raggio@aol.com



PRESIDENT'S MESSAGE

RALPH TAMBASCO

Saluti a tutti

While it seems as if 2016 has only recently arrived, this year is now in its final few months. I'm sure most of you will agree that it has gone much faster than we think it should have. Along with this the Italian Heritage Society of Indiana is now at the point where the last remaining events of the year will soon be upon us. So, if you haven't been involved yet, there is still some time left. Your participation is welcomed and greatly needed.

The next three upcoming major events are the Italian Heritage Month & Columbus Day Celebration Dinner on October 23rd at the Capri Ristorante Indianapolis, IHSI's participation in the Nationalities Council International Festival November 10-12 at the Indiana Fairgrounds and the IHSI Christmas party tentatively set for December 11th (Location TBA). Consult the newsletter, the IHSI facebook page and the website for further details. Email notices will also be sent out along with these functions, other activities will continue to be offered as bocce, the film and book group, the guest lecture series and more.

As many of you are also aware of, central Italy has suffered from a recent earthquake. It has caused loss of life, injuries along with damage to historical artifacts and sites. While there has been assistance provided more is needed. As an Italian cultural based non-profit organization IHSI has recognized their need to address this and with your help will do so. The Society will ask those attending any one of the remaining events this year to make some kind of a monetary contribution for this purpose. IHSI will also add funds to that collected in providing assistance to places hardest hit such as Amatrice and Norcia. If you cannot attend, please consider contributing by sending a check for any amount to IHSI for this cause. The Society is also exploring a special event just for this specific purpose as well. Further details will be forthcoming.

Your support for the Society in maintaining membership, attending functions and participating is so very important to its continued existence and seeing that it will reach the 25th anniversary in 2018. Only in this way can it continue to celebrate Italian culture, the history of the Italian immigrant experience from the early days to the present along with traditions, language and so much more. This organization is the bridge between you and Italy whether you are the child, grandchild of Italians or a more recent arrival. Help keep it alive for future generations.

Lastly, the IHSI nominations committee will soon be seeking those who will serve on the board of the Society and as officers. For questions on qualifications and procedure please contact:

jdivita@marian.edu

Grazie

Raffaele "Ralph" Tambasco
President
Italian Heritage Society of Indiana

DON'T FORGET TO RENEW YOUR MEMBERSHIP

Mail your dues to;

Italian Heritage Society of Indiana
Membership Committee
Gus Raggio
9332 N. Bayland Drive
McCordsville, In 46055

Single \$30.00 Family \$45.00 Corporate \$250.00
Payable to : Italian Heritage Society of Indiana

IHSI NEWS
CALENDAR OF EVENTS

SEPTEMBER

LECTURES SERIES

Lazio Region of Italy, Part II
Sunday, September 25, 2016
2:00 pm
Indianapolis Public Library Lawrence Branch

OCTOBER

ITALIAN HERITAGE MONTH-COLUMBUS DINNER

Sunday, October 23, 2016
5:30 pm
Capri Ristorante

BOOK CLUB

Wednesday, October 26, 2016
12:30 pm
Café' Nonna
629 Virginia Avenue

NOVEMBER

CINEMA SUNDAY

Sunday, November 6, 2016
12:30 pm
Capri Ristorante

INTERNATIONAL FESTIVAL

November 10-12, 2016
Blue Ribbon Indiana State Fairground

DECEMBER

CHRISTMAS PARTY

December 11, 2016

IHSI NEWS



THE ITALIAN HERITAGE SOCIETY OF INDIANA

will host it's annual

ITALIAN HERITAGE MONTH & COLUMBUS CELEBRATION DINNER

October 23, 2016

5:30 pm

**Capri Ristorante Indianapolis
Dinner, Wine, Music & Dancing**

\$65.00 per person

Maserati/FIAT of Indianapolis will have their most impressive Italian cars on display

Click on the link below to purchase your tickets. Your confirmation Receipt serves as your ticket(s)

<http://www.eventbrite.com/italian-heritage-month-and-columbus-day-dinner-tickets-27738419359>

IHSI NEWS

Le Bellezze d'Italia.....SEPTEMBER 2016

The Cultural Page of the Italian Heritage Society of Indiana

Submitted by Susan Santore Lew, Carol Faenzi and Silvana Martini Schuster

Italian Heritage Society Lectures Series

Our Lecture Series continues through 2016 on the regions of Italy and IHSI is pleased to invite you to the next one:



Topic: Lazio Region of Italia, Part II
Date: Sunday, Sept25, 2016
Time: 2:00 pm; approximately 2 hours in length
Where: Indianapolis Public Library, Lawrence Branch
7898 Hague Rd. Indianapolis, In
Speaker: **GIANCARLO DIMIZIO JR.** Specialized Language
Instructor Director
BarottoCoachinggianni@barottotutoring.com www.barotto.coach
317-840-6883

These lectures are always free. No RSVP required. Refreshment will be served.

This lectures will guide travelers and Italian aficionados through the Eternal City and the surrounding countryside of Rome. You'll be treated to essential phrase building, easily learned regardless of language skill, cultural insights and customs, travel tips, and lesser

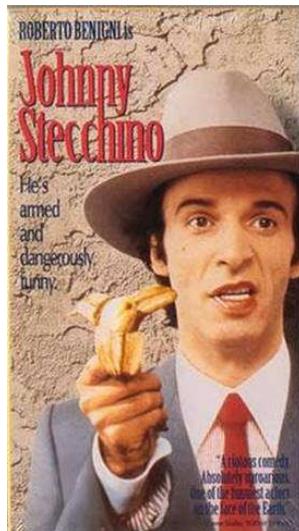
IHSI NEWS

known destinations, allowing potential visitors to discover qualities of the Lazio region they might never experienced.

A little about Gianni...Giancarlo is a native Italian who grew up in the heart of downtown Rome near Piazza del Popolo and has a passion for sharing the Italian lifestyle and culture with others. He has deeply enjoyed being an educator for over 9 years with experience teaching all skill levels and ages. He has proven language learning results with immersive phrase building focusing on understanding structure, steadily increasing fluency and confidence. Giancarlo received his bachelors of Science in Psychology and Biology from Purdue University in 2002 and has taught at Junior High, High School and adults levels. He enjoys cooking, swimming and traveling with his family.

Call for further information, Susan Santore Lew 317-691-0139; or email susan.lew27@gmail.com

Cinema Sunday!



Mark your calendars for Sunday, November 6th for our next Italian Cinema Sunday at 12:30 pm \$25.00

We will gather at Capri's again to show the classic Italian Comedy starring Roberto Benigni: **Johnny Stecchino**

IHSI NEWS
OCTOBER BOOK CLUB

Wednesday, October 26, 2016
12:30 pm
Café' Nonna
629 Virginia Ave Indianapolis

Cuore: The Heart of a Boy by Edmondo de Amicis



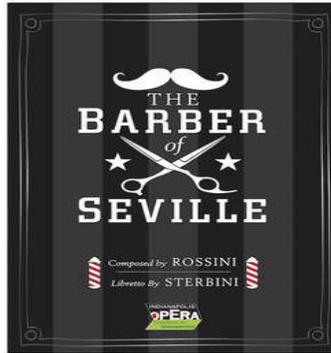
Representing the *Huckleberry Finn* of Italy, this is the most read classic in the country. Presented in the form of a diary, its subject is a young boy's life in Turin following Unification in 1870. The narrator, Enrico, writes vividly of school life and the bustling city of vegetable-sellers, chimney sweeps, and carpenters all around him. Like Huck Finn of Dickens, *Cuore* has been adapted into just about every conceivable medium—films, major television series, radio adaptations, plays, and even comic books. It is a set text on courses from University College London to Harvard and is even a cult classic in Japan in its incarnation as an anime film. From Henry Miller, who wrote a glowing monograph on the book, the world-famous Andrea Bocelli, who wrote a song about it, this simple tale of childhood has inspired all kinds of people and continues to do so today.

UNESCO Collection of Representative Works: European Paperback
May 1, 2005

For more information call Silvana: **H... 317-569-9117,**
C...317-833-0994

IHSI NEWS

INDIANAPOLIS OPERA will present Rossini's **The Barber of Seville**, an *opera buffa*, comic opera, that has the famous aria sung by Figaro, *Largo al factotum*



Composed in 13 days and first performed in Rome in 1816, *The Barber of Seville* is a riotous romantic comedy in two acts, based on the play of the same name by the French writer Perr-Augustin caron de Beaumarchais. This non stop, funny fast action piece has all the pranks, and first act finale of musical chaos and hilarity that you have to experience.

Performance at the Tarkington at The Center for the Performing Arts, Carmel:

Friday, November 18, 8:00 pm

Saturday, November 19, 7:30 pm

Sunday, November 20, 2:30 pm

Please visit The Center for the Performing Arts' website to purchase ticket. <http://www.thecenterfortheperformingarts.or/tickets/production.aspx?PID=5558>

Beautiful Italian Word of the Month: Abbiocco

As with may Italian words, this one captures a whole idea-that of the drowsiness one feels after eating a big meal!

IHSI NEWS

NOMINATION FOR ELECTION OF NEW OFFICERS OF ITALIAN HERITAGE SOCIETY 2017

Today we begin the process of nomination/election of IHSI leadership (officers and board members) **for the year 2017.**

Any current member (dues paid for 2016) may nominate another current member after obtaining that member's consent, or may self-nominate to any office or board position.

You may nominate for IHSI president, vice-president, secretary and treasurer. All incumbents (present officeholders) can be nominated to remain in the same or different office with the exception of Treasurer Michael Raimondi, who will have reached his limit of three consecutive one-year terms (IHSI bylaws section 10.5). If more than one seeks the same office, the membership will elect the officer by paper ballot.

Society bylaws provide for a board with a minimum of 9 and a maximum of 15 members. If more than 15 are nominated, the membership will elect board members by paper ballot.

Nominees to the board should be willing to participate in the several board meetings "offering past experience and other gifts as may be practical." They attend IHSI-sponsored events held during the year. To communicate your self-nomination or nomination, please e-mail (or contact) me by **Monday, October 17, 2016.**

Grazie/Thanks

James J. Divita
3208 Acacia Drive
Indianapolis, In 46214
jdivita@marian.edu



INTERNATIONAL FESTIVAL 2016



The 40th Annual INDY INTERNATIONAL FESTIVAL is Central Indiana's Largest and Oldest Pan-Ethnic Celebration! Hosted by the NATIONALITES COUNCIL OF INDIANA, the **INTERNATIONAL FESTIVAL** showcases Indiana's ethnic diversity, celebrates our unique ethnic traditions, and encourages cultural exchange.



This Year Theme: Homes Around the World



WHERE: Blue ribbon Pavilion, Indiana State Fairgrounds



1200 East 38th St. Indianapolis, In



WHEN: **November 10,11 & 12, 2016**



Special School Hours:



Thursday, November 10th 9 am-2 pm



Friday, November 11th 9 am-2pm



General Public Hours



Thursday, November 10th 2 pm-9 pm



Friday, November 11th 2 pm-9 pm



Saturday, November 12th 9 am- 9 pm



WHAT; The **INTERNATIONAL FESTIVAL** will feature exhibits from the 50+ ethnic groups represented in Central Indiana as they gather to share their rich cultural histories and traditions. Highlights of the festival include authentic food from 20+ ethnic vendors, continuous ethnic music and dance by local and national performing group; Culture Booths hosted by volunteer in traditional dress where you can connect with your own ethnic heritage; artisans demonstrating unique cultural crafts; a Naturalization Ceremony and an International Marketplace offering gifts from around the world.



Additional features:



Giant, walk-upon Map of Europe hosted by Geography Educators' Network of Indiana.



Italian Street Painting



International Market Shop for Souvenirs



Tudor Rose Players presents Mary Queen of Scotland





International Festival Queen Contest Thursday @ 6 pm onwards
Naturalization Ceremony Thursday @ 2 pm onwards
Parade of Nations Saturday @ 7:30 pm

Free Health Screening by PNA-IN (Philippine Nurses Association of Indiana) Saturday 10 am-5 pm

COST: \$10 General Admission **Senior/children (7-12)** \$8
6 years old and under are free

Advance discount tickets for \$8 are available for purchase at **www.indyinternationalfestival.org**

Info: visit our website at **nationalitiescouncil.org** or call **(317)753-2793** or email **festival@nationalitiescouncil.org**



INTERNATIONAL FESTIVAL VOLUNTEERS

The Italian Heritage Society will have a booth at the International Festival and we need volunteers to work those days, each volunteers receive a free ticket to the Festival, so plan to work a few hours by calling:

Erma Och 255-5047 or email **ermaoch@gmail.com**

Hours to work at the Festival are:
Thursday 9 am-2 pm
Friday 9 am- 9 pm
Saturday 9 am- 9pm

If you have any questions call:

Ginny Koss
630-209-1362
Email: ginnykoss@msn.com



IHSI NEWS

WANT TO LIVE TO BE 100? THESE ITALIAN VILLAGERS MAY HOLD THE SECRET TO A LONG LIFE

The secret to a long life lies in a small coastal region of Italy known for its quiet fishing villages, olive groves and rolling hills, scientists revealed.

Researchers have spent the last six months investigating why the Cilento peninsula, south of Naples and the Amalfi Coast, boasts so many centenarians-people who live to be over 100.

They found that elderly people in the area have unusually good blood circulation, which helps to feed nutrients to the body and efficiently take away waste products through the capillaries.

The six-month study analyzed blood samples from more than 80 elderly people and found they had remarkably low levels of a hormone called adrenomedullin.

High level of the hormone impede blood circulation and lead to serious health problems, but the elderly residents of the Cilento had levels more commonly seen in people aged in their twenties and thirties.

The exact reasons for that are still to be ascertained, but scientists believe it is combination of a healthy diet based on vegetables, herbs and fish, together with lots of exercise and genetic factors that have developed over centuries.

As you age, micro-circulation gets closed off and levels of adrenomedullin begin to accumulate. The blood can no longer efficiently supply nutrients and remove waste products. But when the levels are really low, that means that micro-circulation is very good," Dr, Alan S. Maisel, a cardiologist from the school of Medicine at the University of California San Diego.

"Low levels of this biomarker indicate a very effective microcirculation that allow good blood flow to the organs and muscles," said professor Salvatore di Somma from la Sapienza University, who coordinated the study.

The researchers performed tests on 81 elderly people in the coastal village of Acciaroli, part of the Cilento Peninsula.

In the region as a whole, there are around 2,000 centenarians out of a population of 60,000-and unusually high proportion that ranks it alongside places such as the interior of Sardinia and the island of Okinawa for longevity.

The elderly people of the region exercise on a regular basis, by gardening and walking up and down steep streets, and eat plenty of olive oil, locally-caught fish, and home-reared rabbits and chickens. They are especially partial to adding local herbs to their meals. Rosemary, in particular, is thought to help with keeping the brain functioning and local varieties of the herb are being studied by plant experts.

Locals seem immune to the kinds of diseases that plague the rest of the Western world. "We found that they don't have the sort of chronic diseases that we see in the US such as heart disease, obesity and Alzheimer's," said Dr. Maisel. "We noticed that they don't suffer from cataracts. Most people in the US, if you are 80, you have cataracts. We saw none."

While there was "no magic" bullet" to disease prevention, the region could offer lessons to the rest of the world about how to live healthier lives, he said.

The scientists now hope to embark on a longer, more comprehensive study of all 2,000 centenarians in the area. It may be that the rosemary eaten by locals is specific to the region, said Dr. Maisel. "When we tested it, we found a dozen different compounds in there. Scientific studies have shown that acids help the function of the brain."

It was in the Cilento peninsula that Ancel Keys, an American scientist, first identified the health benefits of what came to be known as the Mediterranean Diet, which consists of fresh fruit and vegetables, fish and generous quantities of olive oil. Based on his research, which he began in the 1950s, he and his wife wrote best-selling books on the subject, "Eat Well and Stay Well" and "How to Eat Well and Stay Well the Mediterranean Way". For 28 years he lived in the tiny hamlet of Pioppi, another coastal village in the Cilento region. Mr. Keys died in 2004-just two months short of his 101st birthday

Also the great grandfather of IHSI President Ralph Tambasco died at the age of 106 in the town of Pisciotta south of Salerno, in the same region where they have been doing the research of this article.

IHSI NEWS

Mediterranean Diet

Vegetable: at least 2 servings every meal

Fruit: 1-2 servings every meal

Wholegrain cereals: 1-2 serving every meal

Olives, nuts and seeds: 1-2 servings every day

Extra virgin olive oil: every meal

Dairy: 2 full servings daily

Eggs: 2-4 servings per week

Legumes: at least 2 servings per week

Fish/seafood: at least 2 serving per week

White meat: 2 serving per week

Red meat: no more than 2 servings per week

Processed meat: no more than 1 serving per week

Wine: 1 glass per day for healthy women and 2 glasses for healthy men

Desserts: no more than 2 servings per week

Source: the Mediterranean Diet Foundation

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RECIPES/RICETTE

CHICKEN PICCATA

Ingredients

2 skinless and boneless chicken breast
butterflied and cut in half
Salt and pepper
Flour for dredging
6 tbs butter
5 tbs olive oil
1/3 cup fresh lemon juice
1/2 cup chicken stock
1/4 cup brined capers, rinsed
1/3 cup fresh parsley chopped

Season chicken with salt and pepper. Dredge chicken in flour. In a large skilled over medium high heat melt 2 tbs of butter with 3 tbs olive oil. When butter and oil start to sizzle add the chicken and cook for 3 minutes, in one side then turn the other side. Remove and transfer to plate. Into the pan add the lemon juice, stock and capers, bring to a boil scraping up brown bits for extra flavor. Return the chicken to pan and simmer for 5 minutes. Remove chicken to the platter. Add the remaining 2 tbs butter to sauce and whisk vigorously. Pour sauce over chicken and garnish with parsley.

ZUCCHINI FRITTERS

Grate 2 small zucchini into a colander in the sink, toss with 2 tsp. Salt and let sit 10 minutes. Squeeze out the liquid. Mix with 4 minced scallions, 1/4 cup each chopped parsley and dill, 1 beaten egg, 3/4 cup parmesan cheese and 1/4 cup flour. Pan-fry spoonfuls of the mixture in olive oil, flattening with a spatula, 3 to 4 minutes per side. Drain on paper towels and season with salt

TRAVEL ITALY BY TRAIN AND ENJOY THE VIEW

Thanks to high-speed trains you can now travel quickly throughout Italy while enjoying the landscape.



Italy by train is the best way to explore Italian cities and destinations while enjoying the Italian landscape at high speed. Trenitalia offers several options among their **Freccie** high-speed train line: **Rossa, Argento, Bianca.**

With an Italy Rail pass you will be able to enjoy worry-free transportation between your destinations. Popular routes are from Rome to Florence and Venice. When you arrive at Fiumicino Airport you will take the Express train, included in your rail pass, to connect to the railways. From Termini Station, you can then begin your exploration of Italy by train. Your tickets will have assigned seats in most cases, and you will be able to enjoy the on-board restaurant as well as drinks and snacks while looking at the beautiful Italian landscape.

This pass gives you unlimited travel on the national rail network of Italy and a choice of 3, 4, 5 or 8 days within 1 month, consecutively or not. Additionally there are discounts for travelers under 26 years of age, or for 2 to 5 people traveling together, and up to 2 children (ages 4-11) ride free with each adult travelers.

You can easily travel at high-speed from Rome to Florence and Turin and then across the Alps to Paris.

In conclusion, unless you are planning to drive to the countryside, along the Amalfi Coast or other train-less destinations, we highly recommend to experience Italy by train. It's efficient, worry-free, and extremely convenient and comfortable.

ITALIAMIA.COM

NEWSLETTER EDITOR

Caterina "Rina" Piga

Share your news, award, birth, change of address or any articles that will be of interest to the members and also any comments you might have about the newsletter.

The newsletter published by-monthly, email any articles in MS word format to: **catpiga45@gmail.com** or mail to:

**Rina Piga
373 Woodview Dr.
Noblesville, In 46060
Call 317-773-6442**

Next deadline: November 11, 2016

HELP WANTED

I decided to retire from writing and publish the newsletter at the end of the year 2016. So if anyone is interesting to do the newsletter for the Society let me know by emailing or call me at the above email and phone. Rina Piga

**BUSINESS ADDRESS
PHONE LINE**

**Italian Heritage Society
of Indiana
520 Stevens St.
Indianapolis 46202**

The IHSI has a voice mail for members to call and leave any messages or questions that you might have about the Society. Let us hear from you! The phone number is:

(317)767-7686

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**THANK YOU TO OUR IHSI SUPPORTERS AND
CORPORATE MEMBERS**



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