

PAPPAGALLO



Funded by the Greater Rockford Italian American Association - GRIAA
P.O. Box 1915 • Rockford, Illinois 61110-0415

Spring 2018

Italian Folk Art Conference a Success

IFAFA event showcases classes in Italian traditions, cooking, singing and dancing

By Mike Doyle

Wonderful smells came from one room, while music came from another and whoops of delight from card players down the hall on November 10-11, 2017, when the Italian Folk Art Federation of America held its annual conference at the Hoffman House in Rockford. Sponsored by the *Amici Italiani* Dance Troupe and the Greater Rockford Italian American Association, about 80 people from all over the United States – as far away as California – gathered to learn new dances, celebrate our culture, and just have a good time.

“The attendees had a great time,” said Bea Ricotta, a director of the dance troupe. “They thought it was organized well. They were especially excited about the workshops. They loved them. Rosie (Scalise Sheridan) did a great job organizing them.”

All workshops were well attended but among those that drew the most attendees were:

- Italian Superstitions presented by Paul Torna;
- The cooking workshops – a *‘mBriullatte* demonstration presented by Margaret Lattuca and Diego Tarara and the *Zuppa di Lenticchie* (Italian Lentil Soup) demonstration presented by Jody Perrecone and Mary Ann Ferruggia;
- And the *Vestedde* or “Little Breads” workshop presented by Colleen and Joan Gullo and Rosie Scalise Sheridan.

Other workshops were Milanese Bobbin Lacemaking (Sylvie Roy Nguyen), the Italian Gift of Music to the World: From Italy to America (Jimmy Sartino), Immigrant Histories (Frank Perrecone), Play Scopa: The Italian Card Game (Anna Mirabile), Creating a Publication for your Newsletter (Mike Doyle), Italian Christmas Traditions (Rosaria Mercuri Ford), Speaking Italian (Tony Tarara) and several on dancing.

“There wasn’t a predetermined list,” Rosie said. “I just started making calls to people I knew. We wanted hands-on classes and cooking classes, informative classes, too. I just tried to pick topics that were interesting to people, which was fun when you really don’t know who is coming.”

The most popular were the cooking classes, Rosie said, “definitely the soup and *‘mBriullatte* and the Christmas traditions. The little breads workshop was very popular, too. I think people like to come to events like this and take something away.”



The dozens of dancers and others who were part of the Italian Folk Art Festival fill the staircase at the Hoffman House.

(Recipes from the convention for *‘mBriullatte* and Italian Lentil Soup can be found on Page 12).

The workshops were set up to give attendees the option of attending one of three classes at 9, 10 and 11 a.m. and 1 and 2 p.m. “I think people liked to be able to pick and choose what workshop they wanted to go to,” Rosie said. “I know a lot of kids went to the Scopa class. Overall, it was a lot of fun, and I was

Continued on page 2



Members of the Amici Italiani Youth Dance Troupe kick up their heels at the folk art festival. More photos on Page 2.



At the IFAFA convention, Colleen Gullo (upper left) gives pointers on making the Vestedde, the "little breads" made to adorn St. Joseph Altars.

very pleased by how it all went."

In addition to demonstration and discussion workshops, there were dancing sessions.

The event began on Friday afternoon with a tour of Rockford's Italian-themed sites and welcome and evening gathering. Workshops were held on Saturday from 9 a.m. to 4 p.m. A celebratory dinner was held Saturday evening, highlighted by lots of dancing featuring the colorful costumes of attendees.



Patrick Capurro of Chicago, originally with the San Jose-San Francisco Italian Dance Troupe, works the floor with Karla Citivate from Guoppo il Trattenimento Italiano.

The largest group of attendees came from Des Moines, Iowa, while others were from Chicago, Milwaukee, Philadelphia, Washington, D.C., Texas, and New Jersey – the farthest from San Jose, California. Rockford last hosted the IFAFA convention in



Dancers from Tradizione Vivente step it up at the IFAFA convention.



Anna Mirabile gives pointers to novice card players at the Play Scopa workshop.

1994 and the next event is scheduled for 2019 in Chicago or Milwaukee.



Amici Italiani Adult Troupe dancers are having a tambourine-smashing good time at the wrap-up dinner.



Editor's notebook

We asked, and you responded. As editors of the *Pappagallo* newsletter, Frank Perrecone and I would like to thank our readers for their overwhelming support in response to our request for donations. Last fall, we communicated by mail with those on our mailing list seeking a donation to defray costs of publishing and mailing future issues.

Donations ranged from \$10 to \$200 for a total of more than \$4,500, and we are publishing the names of more than 200 donors. Many of these donations were made anonymously, and we respect that. But we are grateful to all who opened their hearts and checkbooks for us. The following list is not inclusive. We are still receiving donations, and we will continue to list names in future issues, including those we may have inadvertently omitted from this list.

We also would like to share some of the comments we received from readers:

"(We) love your newsletter. Keep up the good work!"

"A real tribute to you and the Italian community."

"I enjoy reading *Pappagallo*. I have learned a lot about my Italian heritage."

"We love receiving the *Pappagallo*!"

We also want to thank our advertisers, new and original, who have allowed us to feature color on four of our 16 pages.

Finally, if you would rather receive the *Pappagallo* via email rather than having it mailed to your home, please let us know.

This issue features three local writers and one photographer – Rosaria Mercuri Ford, who continues her Italian language series; Mary Valentine, a senior at Boylan Catholic High School who is writing her second feature from her trip to Italy last summer; Jimmy Sartino, a teacher at Boylan who is rhapsodizing eloquently on Italy's gift to the world of music; and Stephanie Hyser, a Belvidere North High School graduate who provided the photos from the IFAFA conference. We would love to hear from interested writers, editors, artists, and photographers from our area who would like to contribute to our newsletter. Please contact us!

Finally, in keeping with *Pappagallo* tradition, we are including recipes that reflect St. Joseph's Day and Easter. The *Pasta con Sarde* recipe features canned sardines and Bucatini pasta, while the *Taanu* recipe is one of the quickest found in GRIAA's *Cucina Italiana*: Rockford Style Cookbook.

Buona Pasqua!

Mike Doyle, editor

Frank Perrecone, assistant editor

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Scholarship opportunities for Italian-American students

Several scholarships are available for students of Italian-American descent ranging from elementary and high school to college and post-graduate schools for 2018 and beyond.

Greater Rockford Italian American Association

Through this committee, scholarships are presented annually to area Italian American families to defray the cost of a private (parochial) education. Through the 2017 *Festa Italiana*, nearly \$710,000 in scholarships has been presented. Visit www.griaa.org, then onto the Scholarship Committee, chaired by Ben Todaro and Frank Valentine. Scholarships information can be viewed and printed by clicking on Application Form.

Columbian Club Charitable Foundation

Several scholarships of various amounts awarded to graduating high school seniors and undergraduate/graduate students of Italian descent who are permanent residents of the state of Illinois. Scholarships are also available for undergraduates in music education and graduate students in law, medicine and dentistry. Contact foundation for deadline information. Visit www.columbianclub.org

Joint Civic Committee of Italian Americans

The Frank Vigilante Scholarship of \$2,000 will be presented to a male high school senior of Italian ancestry who is enrolled in an accredited college or who is currently enrolled in an accredited college or university. Deadline is May 14. Visit www.jccia.com or call 708.450.9050.

Joint Civic Committee of Italian Americans Women's Division

Several \$2,000 scholarships awarded to female students of Italian ancestry. Deadline is April 9. Visit www.jccia.com, call 708.450.9050 or email jcc@jccia.com.

Sons of Italy Foundation, Illinois

Several \$1,000 scholarships will be awarded to students of full or partial Italian ancestry graduating from public or private high school. Financial need, scholastic record, activities showing character and leadership are the criteria. Personal statements and faculty recommendations are required. The deadline for application is July 1. Recipients will be notified by August 31. For information, contact the Illinois Sons of Italy Foundation, 9447 W. 144th Place, Orland Park, IL 60462 or by email at osail@aol.com.

National Italian American Foundation

Sixty to 70 scholarships from \$2,500 to \$12,000 are awarded annually for undergraduate, graduate, postgraduate, medical and law students. Applicants must be of Italian descent and members of NIAF. Application deadline for 2018 has passed but information about future scholarship opportunities is available at www.niaf.org/scholarships.

From the Italian collective wisdom:

Proverbs starting with Chi (those who ...)

By Rosaria Mercuri-Ford

The Italian language presents a lot of proverbs that start with the indefinite pronoun *chi*, often snappy and to the point, meant to remind us of certain behaviors and consequences. It will not always be possible to translate these sayings in the perfect English equivalent sayings, mostly because not too many English proverbs start with the same indefinite pronouns *he who/those who*, so I will try to give the overall meaning. I will start with the proverbs that are encouraging and meant to remind us to act in a sensible way:

Chi la dura la vince = you will succeed if you try hard enough, very similar to the next one:

A chi batte forte si apron le porte = keep on knocking and the door will open.

Chi semina raccoglie = if you want to harvest, you need to sow.

Chi molto pratica molto impara = practice a lot and learn a lot (or practice makes perfect).

Chi dorme non piglia pesci = if you sleep in, you won't catch any fish

Chi ben comincia è metà dell'opera = if you start something well, you are halfway through.

Chi domanda non fa errori = ask and you won't make mistakes.

Chi ha tempo non aspetti tempo = do something while you have the time.

Chi più spende, meno spende = you need to spend more (and get quality), in order to spend less.

Chi va piano, va sano e lontano = using caution, you will be safe and get far.

Chi non risica, non rosica = one needs to take a chance to achieve something.

Chi mostra caro vende = present well what you want to sell.

Here is another group of proverbs that tend to warn against unwanted situations. Here is the very famous:

Chi lascia la strada vecchia per la nuova sa quello che lascia, ma non sa quello che trova = you never know what you will get when you decide to make changes, similar to the colorful:

Chi va Roma perde la poltrona = if you go to Rome (take a chance) you might lose your post.

Chi tardi arriva male alloggia = he who late arrives, badly will lodge.

Chi la fa l'aspetti = if you do evil, expect evil (what goes around, comes around).

Chi disprezza compra = those who disparage something, end up getting it.

Chi è causa del suo mal, pianga se stesso = blame yourself for your poor judgment.

Chi fa falla, chi non fa sfarfalla = those who act make mistakes, those who do nothing ... blunder

And, finally, a warning to not be greedy in life:

Chi troppo vuole nulla stringe, which is similar to: *Chi due lepri caccia, l'una non piglia, l'altra lascia...* (the hunter chasing two hares will end up with neither one of them). These really means: Grasp all, lose all!

And, *dulcis in fundo*, a very colloquial one I have heard many times in my central/southern Italian dialect: *Chi magna sul, s'affoga*. Those who want to eat it all by themselves, end up choking!





Still time to sign up for GRIAA's trip to Italy in 2018

By Frank Perrecone

The Greater Rockford Italian American Association (GRIAA) will sponsor a trip to Italy from August 30 to September 10, 2018. Cities on the 12-day tour are Rome, Florence, Siena, Venice, Milan and Bellagio in the Lake Como region.

The itinerary

Aug. 30, 2018 - Flight from Chicago O'Hare Airport to Rome.

Aug. 31 - Arrival in Rome where group will be met by embedded tour manager. Free afternoon in Rome followed by welcome dinner at hotel (Best Western Universo).

Sept. 1 - Guided tour of Vatican Museums, Sistine Chapel and St. Peter's Basilica. Lunch at local restaurant followed by guided tour of Galleria Borghese Museum.

Sept. 2 - Guided tour of Colosseum and Roman Forum. Lunch at local restaurant followed by views of Trevi Fountain and Piazza di Spagna and Piazza Navona. Guided tour of Pantheon.

Sept. 3 - Guided tour of *Castle Sant Angelo* followed by lunch at local restaurant. Free afternoon in Rome.

Sept. 4 - Travel to Florence with lunch at Trattoria San Donato, a local winery in San Gimignano in Tuscany region. Following lunch and travel to Florence check into hotel (Londra).

Sept. 5 - Half-day excursion to Siena with guided walking city tour with view of Piazza del Campo. Guided tour of Siena's *Duomo* (Cathedral). Entrance to Liberia Piccolomini included. Lunch

at local restaurant. Sightseeing tour of Florence. Visit to Academy of Fine Arts.

Sept. 6 - Travel to Venice. Free afternoon in Venice (Hotel Monaco and Grand, which is located next to the Grand Canal).

Sept. 7 - Guided walking Venice city tour with stop at glass-blowing display. Guided tour of Doges' Palace followed by view of Bridge of Sighs. Lunch at local restaurant. Free afternoon in Venice.

Sept. 8 - Travel to Milan. Lunch at local restaurant. Half-day Milan sightseeing tour with guide. Guided tour of Milan's *Duomo* (Cathedral) and visit to Galleria Vittorio Emanuele. Travel to Lake Como region for hotel registration. (Exelsior Splendide).

Sept. 9 - Full-day excursion with guide in Lake Como region, late morning steamboat grand tour from Como to Bellagio. Free afternoon in Bellagio. Farewell dinner at hotel.

Sept. 10 - Flight home from Milan Malpensa Airport.

Included with the trip are 11 Italian breakfasts, 10 lunches, welcome and farewell dinners, motor coach to and from Chicago O'Hare, air fare, embedded tour manager, travel in Italy and tour guides.

For additional information contact Tony Caruana, group travel coordinator at Lindstrom Travel, 5970 Guilford Road, Rockford, 815/398-8888 or tony@lindstromtravel.com

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St. Francis delivers 'miracle' on visit to Assisi



If you look closely at this statue of St. Francis, you can see an actual white dove in his hands.

By Mary Valentine

Out of all the beautiful and historical places we visited during our time in Italy – Ferentino, Rome, Sperlonga, the Amalfi Coast, Casserta, and many more – Assisi was my personal favorite.

From the moment I stepped off the bus, I felt as though I was at complete peace. Perhaps it was St. Francis, Assisi's patron saint who promoted peace as an ever present gift from God, dwelling over the breathtaking city that made it so indescribably peaceful. The cool Sunday breeze and clear hilly streets made us all forget about our sweaty, crowded guided tour around Rome that exhausted us just the day before.

We drove up the steep roads of Assisi to our first destination – the Basilica of St. Francis of Assisi. It was at the heart of the city, and you simply could not travel to Assisi without at least touring it. We were lucky enough to celebrate Sunday Mass

there, even though we could barely understand a word because it was in Italian. We had to be dressed extremely modest. Otherwise, we were to cover up in scarves or not allowed inside. During Mass, which was crowded to the brim, there were



Mary Valentine (right) and fellow travelers in front of the Basilica of St. Francis in Assisi.

also people touring the large basilica. This was pretty outstanding to me because I had never been to a church so grand where they would let people tour while Mass was taking place.

After Mass we were free to roam around to soak in the view and shop. Every store was so authentic and sold many handmade items. It was truly very refreshing.

As we were on our way out of Assisi, we stopped at the Papal Basilica of Saint Mary of the Angels. It held so many sanctuaries and adoration chapels, but what really stuck out to me was a certain statue of St. Francis.

There, in a hallway deep in the basement of the basilica, was a statue of Assisi's own saint. What caught our eye and – eventually our hearts – was the miraculous sight of a dove in the hands of the statue – a real dove. A daily miracle takes place in the hands of St. Francis at the Basilica. There is not a second in a day where a dove or a few are not present.



You can get an idea of how hilly the city of Assisi is in this photo.

Many people do not believe this mystery of faith is true until they see it for themselves, like we were so fortunate enough to do.

Mary Valentine is one of 11 Boylan Catholic High School students who visited Italy while staying with families in Ferentino, Rockford's sister city.



Music: Another of Italy's gifts to the world

Sing praises for Italian influence from opera to Caruso to 'Old Blue Eyes'

By Jimmy Sartino

Music is truly a gift that keeps on giving, and Italians and Italian Americans have been key gift-givers in this whole exchange. Below is a short and concise glance at some of the significant Italian personalities and contributions in the development of the greater gift of music.

Musical Notation – We have no way of knowing what the music of the ancients sounded like since they did not have musical notation. Guido D'Arezzo (991-1050), a Catholic monk, conceptualized and charted the musical staff allowing music to be systematically written, read, played, and, above all, preserved. His contribution made possible for an entire industry to be made surrounding music as a career opportunity.

Printing of Music – Ottaviano Petrucci (1466-1539), considered the "father of modern music printing" and the Manuzio family's *Aldine Press* (1495-1595) worked to bring printed editions of Ancient Greek and Latin classic poems, stories, plays, histories, and other works that had been laboriously handwritten and preserved over hundreds of years by Catholic monks.



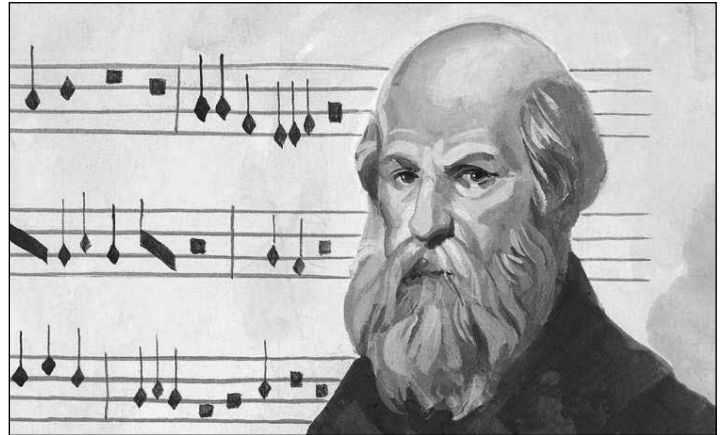
Some regard Enrico Caruso as the greatest tenor who ever lived.

These were all translated into Italian, and so folk musicians began writing music to accompany these great literary classics. Petrucci did the musical printing, and the Manuzios provided the inspirational stories that were put to music ... and it all began in Italy.

Opera – It

was inspired by this introduction of Greco-Roman classical literature. In particular its aim was to set to music the old theatrical works, and the result was mind-blowing! When combining classical literature, the desire for beauty – the Renaissance -- and the ability to write and print music the legacy of opera is immortal ... and it all began in Italy. The names and the works that came from opera are too many to list here. Opera remains important in the history of musical development.

Classical Neopolitan Music (*Canzoni Napolitano*) – The average opera lasts 2-3 hours, but opera-goers typically left with one song in their head. In the 1830s, Naples started an



Guido D'Arezzo is regarded as the inventor of modern musical notation.

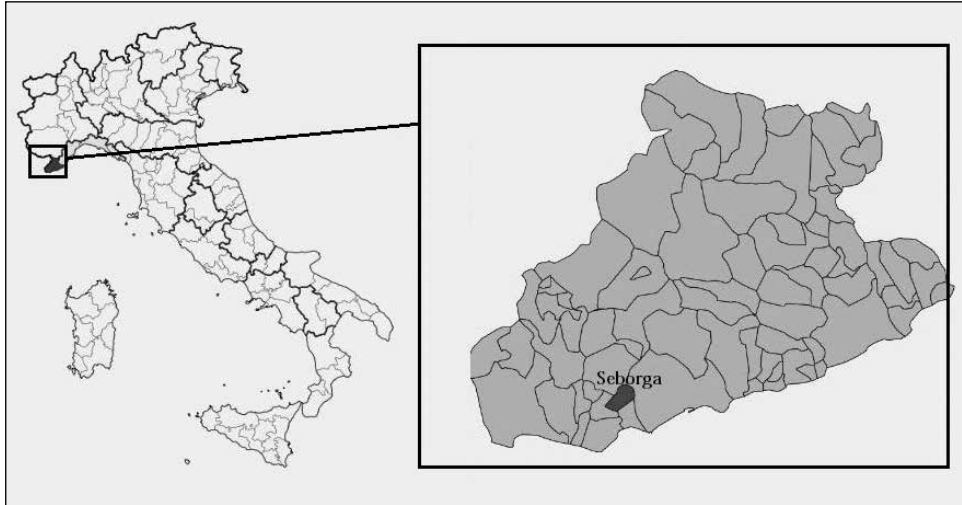
annual competition to create the best single song. In one century, dozens of immortal favorites were written that became world famous as Italian emigrants brought these songs all over the world. Italian music became popular worldwide. The production and dissemination of these songs created a music industry that was trained and ready for modern popular music heading into the 20th century.

Enrico Caruso – Into that industry entered the name, the talent, and the personality that people all over the world fell in love with. It was Caruso's voice, singing through so many record players that brought Italian music all over the world. We can still get a feel for that today if we look up and listen to his very first recording from 1904: *Vesti la giubba* from Ruggiero Leoncavallo's opera *I pagliacci*. Caruso left the world with a perennial thirst for a good Italian singer, and, luckily, Italy has never disappointed.

Frank Sinatra – Sinatra was six-years-old when Caruso died. Of course, Sinatra grew up listening to the likes of Caruso, but he was also exposed to the American sounds of blues, jazz, swing, and croon music. In December of 1942 when Sinatra appeared at the Paramount Theater in New York, the girls swooned. Sinatra was truly America's first bona-fide pop idol. He blazed a mighty trail of success in the new music industry for many others to follow ... and they have.



Frank Sinatra, considered one of the best-selling musical artists of all time, was one of the most influential artists of the 20th century. He got his first break in 1940 in Rockford.



Seborga's motto is Sub Umbra Setti – Sit in the shade

Tiny Seborga seeks sovereignty

Italian, French men wage web war over micro-nation in sight of Italian Riviera

By Mike Doyle

Within Italy's borders are two micro-nations – The Vatican and San Marino. But there is another tiny territory clamoring to claim its independence as well – the Principality of Seborga. Located in the northwestern province of Liguria, it has about 320 residents in its 5.4 square miles (14 square kilometers) and its leader is known – in a Trump-like description – as His Tremendousness.

Nestled near the Italian Riviera in sight of the snowy Alps, it is the subject of wild stories for such a small place. Legend has it that it is protected from earthquakes and landslides, typically found in a mountainous area and is associated with the Knights Templars. Its earliest history dates to a 10th century nobleman who granted in his will full sovereignty to Seborga's Benedictine Santo Onorato of Lerins monastery and the surrounding area. In 1079, Pope Gregory VII and Emperor Henry IV declared Seborga an Imperial Principality of the Holy Roman Empire and gave the monastery's abbot the title of prince. Protected by the Holy See, it is not a part of Italy but pays taxes to it.

According to local legends, the first nine knights of the Poor Army of Christ, later known as the Knights Templar, were ordained here in 1118. Among the first 22 Grand Master of the Knights Templar, 15 were elected Princes of Seborga. Knights returning from Jerusalem arrived with relics from the Temple of King Solomon, including the Holy Grail.

All of this was buried in history until a local flower grower unearthed documents in Vatican archives. The gardener, Giorgio Carbone, also discovered that Seborga's supposed sale to Sardinia's King Vittorio Amedeo II in 1729 was not officially registered and that the Congress of Vienna overlooked Seborga in its redistribution of European territories following the Napoleonic Wars. And, somehow, Italy's Act of Unification in 1861 doesn't

include Seborga. Therefore Carbone determined in 1963 it was its own state.

Since 2010, the principality includes the village of Seborga and has been ruled by Marcello Menegatto, a businessman who calls himself His Tremendousness Marcello I. His German-born wife is Princess Nina. Marcello I was elected after Carbone, Seborga's first ruler, died. However, controversy continues as a rival from nearby France has challenged the reign of Marcello I. He is Nicolas Muttem who has given himself the title of His Serene Highness Nicholas I. In the past, Italian states fought wars over such differences; today the drama is played out by accusations and barbs tossed each way via websites, Twitter and Facebook.



Village of Seborga with Italian Riviera and Ligurian Sea in background.

According to The Telegraph website, both believe the village and principality are worth fighting for, as it is described as being "immersed among palm trees, gardens, mimosas and olives, offering visitors a marvellous view that extends as far as the Cote d'Azur and Monaco."

Sources: Telegraph.com., Huffingtonpost.com, TripAdvisor.com, Wikipedia.org



Spring, Summer Italian Festivals in Italy

March (Marzo)

19 – St. Joseph's Day, celebrated as Father's Day in Italy

April (Aprile)

21 – Rome's City Birthday Celebration, with parades and fireworks

26-30 – *Gelato Festival*, Florence

May (Maggio)

19 – *Sagra del Limone* (Lemon Festival), Monterosso and Cinque Terre

June (Giugno)

2 – Republic Day, the day Italians abolished the monarchy for a republic in 1948

July (Luglio)

2 – 1st *Palio* race in Siena



The Piazza del Campo in Siena, site of the Palio races.

You know you're Italian if ...

You can relate to this:

You say, "Ma, I'm going out."

The American mother says, "See you!"

The French mother says, "Au revoir."

The Spanish mother says, "Adios!"

The British mother says, "Bye!"

The Italian mother says, "Out? Where? With who? Why? Who will drop you off? When will you come home? Every day ... out ... out ... out. Is this a house or a hotel? Do you know how much money I spend on you? Uff! No time for your parents. Only going out. When I die, then you'll know."

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You know you're Italian if ...

You say, "Nana, I'm full."

Your Nana says, "Okay, I'll make more."

The wooden spoon: The Official Italian Assault Weapon

Households are limited to seven per drawer. All spoons must be registered before tomato season.

(Editor's note: We have six, including one carved by Joseph Caruana, my wife's grandfather. It is, of course, our favorite)

Rules for Being Italian

Strangers enter your home and leave as friends.

Friends enter your home and leave as family.

T-Shirt

"I'm not bossy,

I'm Italian.

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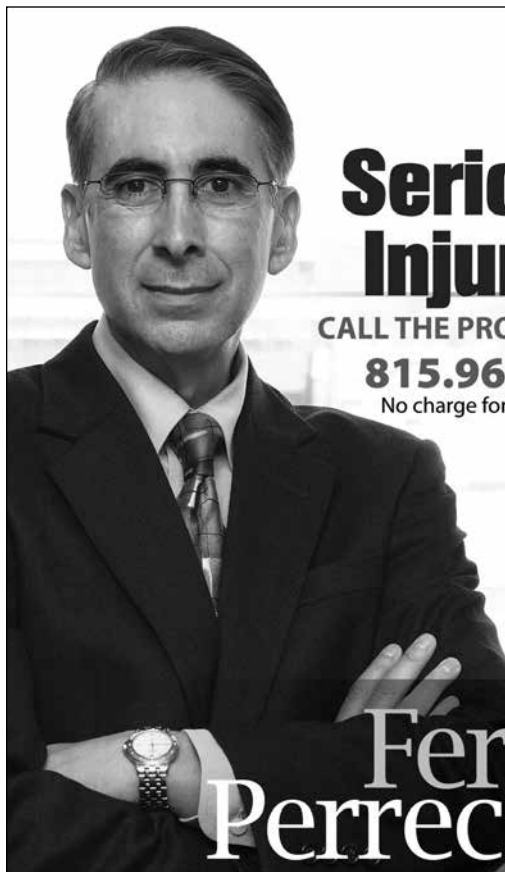


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Recipes from Italian Folk Art Festival

Recipes from two of the popular sessions held during the Italian Folk Art Federation of America in November at the Hoffman House follow:

'mBriullate (Sausage Rolls)

Italian bread dough (*recipe follows*)

Olive oil
Salt and pepper to taste
Pork sausage
(Sautéed onions and sliced black olives, optional)

Divide and roll bread dough into approximately a 30-inch round. Brush with oil. Sprinkle with salt and pepper, to taste. Dot with small pieces of sausage, each about one inch, covering the round. Roll up jellyroll style. Twist slightly. Cut roll into 6 equal parts. Shape each end portion into a small round loaf of bread, sealing the sides. Set on lightly greased baking sheet. Cover with towel and let rise again. Bake at 400 degrees for 30-45 minutes until golden brown and done.



Margaret Lattuca (right) demonstrates how to roll the 'mBriullate sausage, while Diego Tarara prepares sausage and olives.

Bread dough recipe

2 ½ cups warm water (105-115 degrees)
2 packages dry yeast
1 tablespoon salt
¼ cup olive oil
7 cups flour

Dissolve yeast in ½ cup warm water in a large mixing bowl. Combine 2 cups warm water, olive oil, salt and 3 cups of flour. Add softened yeast. Work in remaining flour. Knead until smooth, approximately 10 minutes. Cover and let rise in a warm place until double in size, about 1 hour. Turn out on a floured surface and divide using recipe above. (For bread, divide in half after it has risen. Shape each half and place in a prepared loaf pan. Let rise until double. Bake 50-60 minutes at 500 degrees. Makes 2 loaves).

Source: Margaret Lattuca

Italian Lentil Soup *Zuppa di Lenticchie*

1 pound green lentils, rinsed and sorted
3 large yellow onions, chopped
2 leeks, white part only, chopped
1 tablespoon minced garlic (3 cloves)
Salt and black pepper
Olive oil
1 teaspoon ground cumin
4-6 carrots, chopped
8 celery stalks, chopped
3 quarts vegetable or chicken stock
4 tablespoons tomato paste
2 tablespoons red wine or red wine vinegar

Freshly grated Parmesan cheese, for serving
½ box Ditalini pasta or other small pasta (optional)



Mary Ann Ferrugia (left) ladles portions of Zuppa di Lenticchie.

In a large stockpot on medium heat, sauté onions, leeks and garlic with olive oil, salt and pepper for 20 minutes until vegetables are translucent and tender. Add celery and carrots and sauté for 10 more minutes. Add the stock, tomato paste and lentils. And if you have a Parmesan rind hanging around, add that, too.

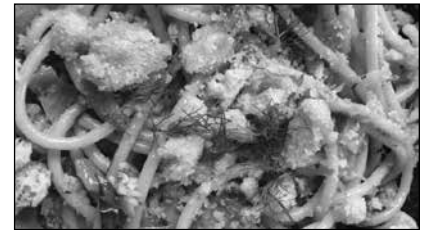
Cover and bring to a boil. Reduce heat and simmer 1 hour until lentils are cooked through. While the soup is cooking, add water to a medium-sized pan and bring to a boil. Add pasta and cook *al dente*. Drain and set aside.

Adjust any seasonings of the soup. Add handful of the cooked pasta to each soup bowl. Ladle the soup into the bowl; add the red wine or red wine vinegar and serve, drizzling the top with olive oil and Parmesan cheese. Serves 8-10.

Source: Mary Ann Ferruggia and Jody Perrecone

Chef John's *Pasta con Sarde*

¾ cup dry bread crumbs
6 tablespoons extra-virgin olive oil, divided
1 pinch saffron
½ cup white wine
½ pound Bucatini pasta
1 cup diced yellow onion
1 cup diced fennel bulb
Salt to taste
½ cup golden raisins
2 garlic cloves minced
1 anchovy fillet
2, 4-ounce cans sardines
packed in oil, drained and crumbled
½ cups toasted pine nuts
1 pinch red pepper flakes
3 tablespoons chopped fennel fronds or more to taste



Pasta con Sarde

Cook and stir bread crumbs with 2 tablespoons olive oil in a skillet over medium heat until bread crumbs are crispy and toasted, 2 to 5 minutes. Transfer bread crumbs to a bowl to cool. Grind saffron threads with a mortar and pestle; pour white wine into mortar and stir to combine. Bring a large pot of lightly salted water to a boil. Cook Bucatini in boiling water, stirring occasionally until almost cooked through but firm to the bite, 10-11 minutes. Drain, reserving 1/2 cup of the pasta water. Heat remaining olive oil in large skillet over medium heat. Cook and stir onion and fennel with a pinch of salt in hot oil until onion is soft, about 10 minutes. Stir raisins, garlic, and anchovy fillet into onion mixture; cook and stir until heated through, about 1 minute.

Pour saffron-wine mixture into skillet; cook until wine is almost evaporated, about 2 minutes. Pour 1 ladle of reserved pasta water into skillet and bring to a simmer. Stir pine nuts and red pepper flakes into sauce; simmer until flavors combine and sauce is reduced, about 5 minutes.

Stir Bucatini and sardines into wine mixture; increase heat to high, and cook, stirring frequently and adding more reserved pasta water as necessary, until sauce and pasta are heated through, about 5 minutes. Remove from heat. Ladle into bowls and top with fennel fronds and toasted bread crumbs. Bucatini can be substituted with thick spaghetti.

Source: Allrecipes.com



Recipes (cont.)

Tagano

- 1 pound Rigatoni
- 1 pound Romano cheese, grated
- 1 pound Tuma cheese
- 1 pound Brick cheese
- 1 cup Italian parsley
- 2 ½-3 dozen eggs
- Salt, pepper and cinnamon to taste

Cook Rigatoni al dente and drain well. Add a touch of oil so pasta doesn't stick together. Beat eggs and mix Romano cheese with some parsley, salt, pepper and cinnamon. Grease roaster very well. Layer with Rigatoni, eggs, Tuma cheese and Brick cheese until roaster is full. Bake at 350 degrees for 2 ½ hours, until golden brown.

Source: Josephine LaRosa in *Cucina Italiana, Rockford Style*

Sicilian Sweet and Sour Chicken with Vegetables *Pollo ala Stemperata*

- Whole chicken cut into pieces
- ¾ cup water
- Salt and freshly ground pepper
- 5-6 tablespoons Olive oil
- ½ cup White wine vinegar
- Oregano or bay leaf
- 2 or 3 springs of rosemary
- 2 medium carrots, peeled and thinly sliced
- 2 tablespoons celery, chopped
- ½ cup pitted Sicilian green olives, quartered (optional)
- 1 tablespoon capers (optional)
- 1 tablespoon freshly chopped mint (optional)
- ½ garlic clove, minced or 1 small onion diced
- 1 tablespoon sugar



Remove skin from chicken and place in large sauce pan with water. Cook slowly until water is absorbed. Use the same pan to sauté the chicken in 3 tablespoons of olive oil until golden brown on each side, about five minutes per side. Sprinkle with sugar and stir to let the sugar caramelize, then add the white wine vinegar. Season with mint, oregano or bay leaf and rosemary. Turn the chicken pieces and let them simmer, partially covered, for 20 minutes. Salt and pepper to taste.

In a separate pan, pour 2-3 tablespoons of olive oil and sauté the garlic or onions, carrots, celery, olives or capers. Salt and pepper to taste. Add the chicken, combining well, and simmer 10 to 15 minutes over low heat, stirring occasionally. Add hot water if necessary. Salt and pepper to taste.

Source: Loredana Crisafi, *Myda Cooking School, Catania, Sicily*

Chocolate-Cherry Nuggets

- 2 cups margarine, softened
- 2 cups powdered sugar
- 2 teaspoons vanilla
- ½ teaspoon salt
- 4 ½ cups flour
- 1 package (12 ounces) chocolate chips
- ½ cup chopped pecans
- ½ cup chopped Maraschino cherries, drained

In a large bowl, cream margarine. Gradually add powdered sugar. Beat in vanilla and salt. Gradually add flour until blended. Add chocolate chips, pecans and cherries. Dough will be stiff. Drop tablespoons of dough about 2 inches apart on ungreased baking sheet. Flatten each slightly with fingertips. Bake at 350 degrees for about 15 minutes or until golden light. Makes about 90 cookies.

Source: *The Italian Community Center Cookbook, Elm Grove, Wisconsin*

Meatloaf with Ricotta *Polpettone di Manzo con Ricotta*

- 1 cup milk
- 3 cups day-old bread cubes from a loaf of country bread
- 3 pounds ground beef (freshly ground preferred)
- 3 large eggs, beaten with a pinch of salt
- 1 pound drained fresh Ricotta (about 2 cups), plus more for the sauce if you like
- 1 bunch scallions, finely chopped (about 1 cup)
- ½ cup grated Grana Padano or Parmigiano-Reggiano cheese
- ¼ cup chopped fresh Italian parsley
- ½ teaspoon freshly grated nutmeg
- 1 tablespoon kosher salt and freshly ground black pepper to taste
- ½ pound fresh Mozzarella, cut into ½-inch cubes (about 2 cups)
- ¼ cup extra-virgin olive oil
- 4-5 cups tomato sauce

Preheat oven to 375 degrees. Pour the milk over the bread cubes in a bowl and let soak for a few minutes, until the bread is saturated. Squeeze the soft bread a handful at a time, pressing out as much milk as you can. (Discard the milk). Tear the bread into small shreds and toss back into bowl. Crumble the ground beef in the bowl and add the eggs, Ricotta, scallions, grated cheese, parsley, nutmeg, salt and pepper. Fold and toss everything together, squeezing the mixture a few times between your fingers to distribute the ingredients evenly. Scatter the Mozzarella cubes on top, and fold and mush them throughout the loaf mix.

Brush the roasting pan with 2 tablespoons of olive oil. Gather the meat mixture in the bowl, turn into the pan and shape into a fat oval loaf the shape of a loaf of country bread. Drizzle the remaining 2 tablespoons of olive oil. Cover the pan with foil (tent it so it doesn't touch the meat) and bake 45 minutes. Remove the foil and continue to bake until the meatloaf is browned all over and cooked throughout, another 1-1/2 hours or so (or 160 degrees with meat thermometer). Remove the loaf from the oven and let it rest for about 10 minutes. Heat the tomato sauce to a simmer in a saucepan while the meat rests. Turn off the heat, and, if you like, stir ½ cup or so fresh Ricotta into the sauce. Cut the loaf crosswise in the pan or on a cutting board, into slices as thick as you want. Serve on warm dinner plates, topped with a spoonful or two of sauce.

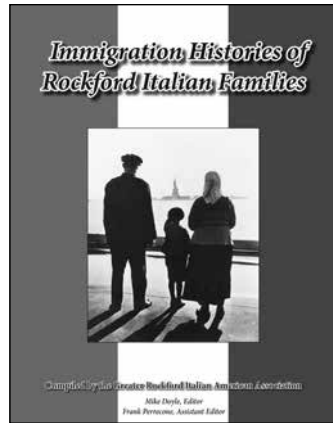
Source: *Lidia Bastianich's Favorite Recipes*



2nd edition of GRIAA immigration book planned for 2019

By Frank Perrecone

GRIAA's book, *Immigration Histories of Rockford Italian Families*, is available at Ferolie & Perrecone, Ltd., 321 W. State Street, Suite 800, Rockford, during business hours, Monday-Friday. Checks are the only method of accepted payment. For mail orders, please send a check payable to GRIAA in the amount of \$28 (\$8 to cover costs associated with mailing) to GRIAA at P.O. Box 1915, Rockford, Illinois 61110-0415. Be sure to include your complete address. Please allow three to four weeks for delivery.



Since the book's debut, I have been asked whether there will be an opportunity for families who are not in the book to submit immigration histories for inclusion in a second edition. The answer is yes. But, only for a limited time. Mike Doyle, lead editor, and I expect to collect and edit histories for at least a year. We expect to have the second edition of the book for sale at *Festa Italiana* 2019.

To submit a family history and up to two photographs, please follow the below requirements:

- The immigration history must be no more than 825 words. A history in excess of the word limit will be returned.
- The history must be typed and sent via email in Word format.
- We will publish up to two photographs. Photographs must be sent via email in jpeg format.
- The second-to-last paragraph of your history should describe who is depicted in each photograph and the year or approximate year the photograph was taken. Photograph wording will not be counted against the 825 word limit.
- The last paragraph of your history must end as follows: Submitted on (date), by (name) for the Genealogy Project of the Culture and Education Committee of GRIAA "*Immigration Histories of Rockford Italian Families*."

The name of the author and the date sent must be included. Send history in Word format and photographs in jpeg format to Frank Perrecone at frankaperrecone@aol.com. Please ask for a confirmation of receipt. In your email, please include your name, telephone number and address. Before sending your history and photograph, please reread the above requirements for compliance. After writing the immigration history and caption for the photographs, please proof read carefully. I strongly suggest after the history is written but before it is sent, you reread the history several times over the course of a few days. Once histories are submitted revisions will not be accepted. We will edit for grammar, spelling and consistency.

For a helpful Family History Form to assist you in organizing and writing your family's immigration history, go to GRIAA.org, click on the Culture and Education Committee link and scroll down. You will also see several examples of family histories that are published in our book.

From time to time I have been asked by Rockford area Italian-Americans why their family is not included in *Immigration Histories of Rockford Italian Families*. Regrettably, I had to inform them because no one from their family submitted the information to us. Don't be disappointed a second time. Be part of Rockford Italian American history by providing us with your family's immigration history for inclusion in the second edition.

If you have questions, please contact me at frankaperrecone@aol.com or 815-962-2700

St. Joseph Altar schedules

Several St. Joseph Altars are scheduled in the Rockford area in honor of St. Joseph, the Guardian of the Holy Family and patron saint of the Catholic Church:

- St. Anthony of Padua Church, 1010 Ferguson St. The altar can be viewed Saturday, March 17, after the 4:30 p.m. Mass, in the lower level of the church. Pasta, bread and other traditional offerings will be served from 11:30 a.m. to 3 p.m., Sunday, March 18.
- St. Bridget Church, 600 Clifford Ave., Loves Park, Sunday, March 18, when St. Joseph pasta will be served in the church hall from 7:30 a.m. to 2:30 p.m.
- Graham-Ginestra House, 1115 South Main St. June 9-10, noon to 5 p.m., altar only.

Rosie Scalise Sheridan is creating the altar at the Graham-Ginestra House and said having it in June was an old family tradition. "One of the reasons is that I am helping out at St. Anthony's altar," she said. "Another reason is that my mother always did an altar in May or June. She did it because our house was kind of small and having it the summer meant she could set up tables and chairs in the backyard.

"Come and see the altar and see the Graham-Ginestra House."

Palm weaving scheduled at EHM

The display in the Italian Gallery of the Ethnic Heritage Museum centers on costuming and history of *Carnevale*, which is open for viewing through the end of April.

Also a palm-weaving workshop will be held from 2-4 p.m., Sunday, March 18, which is a week before Palm Sunday. Space in the class is limited to 10 and there is a \$15 fee. RSVP by March 10 to Carol Fiorenza Folkerts at carolSPACE9@att.net or at 815-243-6757.

The museum is seeking nominations for its Man and Woman of the Year for the Italian Gallery. Please contact Carol Folkerts for more information at 815-243-6757. The museum is located at 1129 S. Main St.



Sister City group raises funds at Taste of Italy



Participants enjoy the food and fellowship at the RISCA Taste of Italy at the Venetian Club.

Food was the highlight of the Taste of Italy II, sponsored by the Rockford Italian Sister City Alliance (RISCA), which was held on November 5, 2017, at the Venetian Club. Participants were able to taste many examples of Italian food provided by local providers. Funds from the event will be used to bring students from Ferentino, Italy, Rockford's Sister City, to Rockford in 2019. Those interested in RISCA can contact it through its Facebook page under



Anthony DiTullio of DiTullio's Italian Market and Café dished out dozens of cannoli.

"Rockford Italian Sister Cities Alliance" or through its website at www.ourrisca.org.



Students who visited Ferentino in the summer of 2017 tell the audience stories of their trip.



Rosemary Provenzano of Cucina di Rosa served baked lasagna for the event.



(From left) GiaMaria Fandel, Macy Boeke and Gabriele Mirabile take a moment from the Columbus Day Parade in Chicago to check out a Vespa scooter.

Photo Highlights of HOF dinner



The four women honored at GRIAA's annual Hall of Fame and Special Recognition Awards Dinner October 6, 2017, (from left) Ange Armato, Joan Gullo, Colleen Gullo and Rosie Scalise Sheridan.

Ange Armato receives her Special Recognition Award from GRIAA Co-Chair Frank Perrecone. Ange was a member of the All-American Girls Professional Baseball League and appeared in the 1992 film "A League of Their Own."



Colleen Gullo receives her GRIAA Hall of Fame Award from GRIAA Co-Chair Frank Perrecone. Colleen has been the co-chair of St. Anthony Church's St. Joseph Altar since 1996.

GRIAA Co-Chair Frank Perrecone presents GRIAA Hall of Fame Award to Joan Gullo. Joan and her sister Colleen co-chair the St. Joseph Altar and make the Vestedde, the "little breads" that adorn the altar.



Rosie Scalise Sheridan receives her GRIAA Hall of Fame Award from GRIAA Co-Chair Frank Perrecone. Rosie has hosted a St. Joseph Altar in her home every two years since 2001 and has been involved with GRIAA's Amici Italiani Adult Dance Troup for more than 20 years.

Greater Rockford Italian American Association – GRIAA

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Ottaviano Petrucci is credited with being the “father of modern music printing.” More on Italy’s musical influence on the word on Page 8.

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2018 Local Calendar Items

March

18 – St. Joseph Altars: St. Anthony of Padua Church, 11:30 a.m. to 3 p.m.;
St. Bridget Church, 7:30 a.m. to 2:30 p.m.

June

9-10 – St. Joseph Altar, Graham-Ginestra House, noon to 5 p.m.
25 – Women’s Italian Open at Mauh-Nah-Tee See Country Club

August

3-5 – 40th annual *Festa Italiana* at Boylan High School

September

7 – Men’s Italian Open at Mauh-Nah-Tee See Country Club

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We want to hear from you. To contact us:

Mike Doyle, *Editor* – odoyles584@gmail.com

Frank Perrecone, *Assistant Editor* – frankaperrecone@aol.com



John & Kathy Falzone Benny & Kerry Falzone