

# ITALEO Newsletter

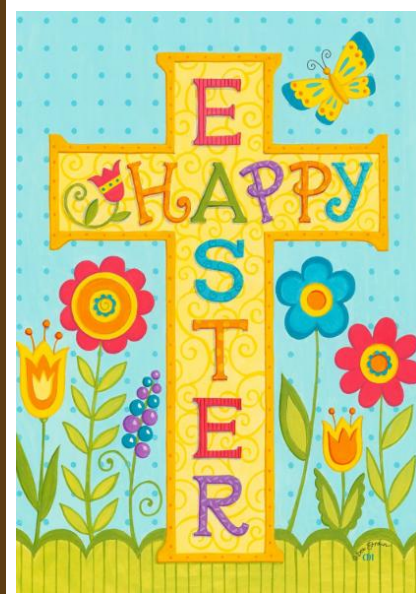


**UPCOMING MEETING**  
**MEMBERSHIP MEETING**

April 7, 2026  
 6:00 PM

Sicilian Sports Club  
 1296 E. Ridge Rd.  
 Rochester, NY

RSVP by 4/3/2026



**MEMBERSHIP CARDS**  
**NEW MEMBERSHIP CARDS**



Front



Back

Card will be distributed soon!



## Lt. Joseph Banish Mental Health Act

Summarized by Officer Kelly Kreiser, Irondequoit Police Department

The “Lt. Joseph Banish Mental Health Act” is a real law in New York focused specifically on police mental health and suicide prevention.

### Who Lt. Joseph Banish was

Joseph Banish was a New York State Police lieutenant who died by suicide in 2008. The law is named in his honor to address the mental health struggles many officers face.

### What the law does (simple breakdown)

The act creates a formal peer-to-peer mental health support system for law enforcement.

#### 1. Peer support programs

- Officers can talk to trained fellow officers (peer support specialists)
- These peers understand job-related trauma better than traditional counselors in some cases

#### 2. Confidentiality protections (this is the big part)

- Conversations in these sessions are legally protected and confidential
- This is meant to encourage officers to actually seek help without fear of it affecting their career

#### 3. Exceptions to confidentiality

Information can be disclosed if it involves:

- Threats of serious harm
- Child abuse
- Admissions of crimes
- Court-ordered situations

### Why this law exists

- Police officers face high levels of trauma, stress, and PTSD
- There’s a known issue with stigma around asking for help
- Suicide rates in law enforcement have been a growing concern
- The goal is to make getting help normal and safe

### Timeline / status

- Passed in 2025 as part of state legislation
- Takes effect March 18, 2026

### Bottom line

This law isn’t about criminal justice policy—it’s about taking care of officers themselves by:

- Making mental health support accessible
- Protecting privacy
- Reducing suicide risk

# ALL IN FOR RPD - CASINO NIGHT FUNDRAISER 2026

Written by Board Member-Ellie Bonagura

“You got to know when to hold ‘em, know when to fold ‘em” ....

It was a fun night at IACC for our Casino Night Fundraiser, **“ALL IN FOR RPD!”** We raised \$15,000+ in support of RPD officers Goodenbury, Shingleton and Taylor who were shot while on duty in the city on December 19, 2025. Thankfully, all three were in attendance with us for this fundraiser.

Attendees tried their luck at the gaming tables, won amazing raffle prizes, and enjoyed delicious food donated by the very generous Amico family of Amico Pizza, and appetizers provided by the Italian American Community Center. Our evening was emceed by none other than, the very entertaining Mayor Pete Kennedy. There were so many awesome raffle prizes including a live auction for an autographed guitar donated by House of Guitars, signed by Lou Gramm, and a silent auction for a suite from the Rochester Red Wings.



Left to Right: Christopher Shingleton, Jaylon Taylor & Jake Goodenbury

This event would not be possible without the incredible support of our partners: ARPALER, those individuals or businesses that donated raffle prizes, our event sponsors and our wonderful volunteers. We appreciate everyone's support for this worthy cause.

ITALEO continues to be dedicated to providing ongoing support to our brothers and sisters in law enforcement. Casino Night was an example of that continued commitment. The night was a success and a “big win” for everyone!



**A very sincere and heartfelt thank you to ARPALER for partnering with our organization!**

*Thank you, Dave Staub &  
Gates Keystone Club  
Police Pipes & Drums*



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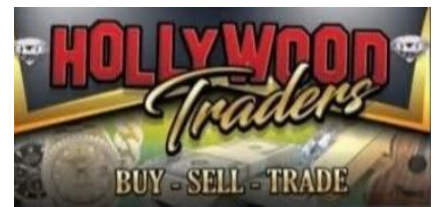
**Digital Coordinator**  
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ALL IN FOR RPD – CASINO NIGHT SPONSORS:



Mark D'Angelo  
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ROCHESTER POLICE  
LOCUST CLUB



Imperial Garden & Imperial Court Apartments – Peter Mendick



Faber Builders, Inc.

*Upcoming Events:*

DATE	EVENT
April 7 <sup>th</sup>	<b>ITALEO Membership Meeting SSC @ 6PM</b>
May 5 <sup>th</sup>	<b>ITALEO Membership Meeting SSC @ 6PM</b>
May 10 <sup>th</sup> through May 16 <sup>th</sup>	<b>National Police Week</b> <a href="https://www.policeweek.org/">https://www.policeweek.org/</a>
May 20 <sup>th</sup>	<b>ARPALER Police Memorial Ceremony Noon @ Locust Club</b>
June 2 <sup>nd</sup>	<b>ITALEO Membership Meeting SSC @ 6PM</b>
June 11 <sup>th</sup>	<b>Sicilian Sports Club Bourbon &amp; Butcher's Night 6:30PM – 10PM</b>
August 8 <sup>th</sup>	<b>ITALEO Annual Picnic</b>
August 11 <sup>th</sup>	<b>Italian Heritage Night At the Ball Park Red Wings Event</b>
August 11 <sup>th</sup>	<b>Sicilian Sports Club Member Appreciation Dinner 6:30PM – 10PM</b>
December 5 <sup>th</sup>	<b>ITALEO Christmas Party</b>

**REMINDER**

Handgun owners with concealed-carry permits must recertify their permits every three years with the New York State Police — a relatively new requirement that is part of an ongoing effort to keep permit records current and accurate. Go online:

[www.firearms.troopers.ny.gov](http://www.firearms.troopers.ny.gov)



**RECIPE CORNER**

*Taralli (Italian Oil & Wine Rings)*

<https://mangiawithnonna.com/taralli-crunchy-wine-olive-oil-rings/>

**Ingredients**

- 4 cups all-purpose flour (about 500 g), plus more for dusting
- 1 3/4 tsp fine sea salt
- 1/2 cup extra-virgin olive oil (120 ml)
- 3/4 cup dry white wine (180 ml), room temperature
- Optional (classic variation): 1 tsp fennel seeds
- Optional finish: a tiny dusting of flour before baking (for that “lightly floured” look)



**Instructions**

**1) Make the dough**

1. In a large bowl, whisk together **flour** and **salt** (and **fennel seeds**, if using).
2. Add **olive oil** and rub it into the flour with your fingertips until it looks like damp sand.
3. Pour in the **white wine** gradually, mixing with a fork, then knead by hand 6–8 minutes until you get a **smooth, firm dough** (not sticky).

If dry: add wine **1 tsp at a time**.

If sticky: dust with **1 tbsp flour at a time**.

**2) Rest**

- Cover the dough and let it rest **30 minutes** at room temperature. This relaxes the gluten, so shaping is easier.

**3) Shape “occhiello” taralli (the irregular loops)**

1. Heat oven to **350°F (175°C)**. Line 2 baking sheets with parchment.
2. Pinch off small pieces of dough (about **10–12 g each**, roughly a heaping teaspoon).
3. Roll each piece into a rope about **4–5 inches** long, then **fold and twist into an irregular loop** (don't aim for perfect circles—the **slightly uneven “eyelid” shape** is authentic).
4. Place on trays with a little space between.

**4) Bake until evenly golden**

1. Bake **25–30 minutes**, rotating the trays halfway through, until **uniformly golden** with a **dry-looking surface**.
2. Cool completely on a rack. They crisp up more as they cool.

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

[italeorochester@gmail.com](mailto:italeorochester@gmail.com)