

# ITALEO Newsletter



*"Supporting those who protect us"*

## UPCOMING VOTE

### BOARD OF DIRECTORS

We will soon be taking nominations for Board of Director Positions for a 3-year term. More information coming out in January.

- President
- Vice President
- Treasurer
- Secretary
- Sergeant at Arms

## NEXT MEETING

### MEMBERSHIP MEETING

**Tuesday, March 5, 2024**

6:00 PM

Sicilian Sports Club

1296 E. Ridge Rd.

Irondequoit, NY

\$10/dinner

Bring a dessert to share.

## SAVE THE DATE

### ANNUAL COMEDY SHOW

**Saturday, March 23, 2024**

**Italian American**

**Sports Club**

Featuring two local talents:

Dan Viola  
&  
Todd Youngman

More details coming soon!

**ITALEO**

*Celebrating 30 Years*

## CELEBRATE ST. LUCY'S DAY AT ST. PADRE PIO CHAPEL

6<sup>th</sup> Annual Celebration  
of the Holy Mass in  
Honor of St. Lucy  
Patron Saint of Eyesight

Sunday, December 10<sup>th</sup>, 2023  
St. Padre Pio Chapel  
Rochester, NY  
2:00 PM

Mass celebrated by  
Father Edward Palumbos,  
assisted by Deacon Angelo Coccia  
With special performance  
by the Beatini Choir

3:00PM Dinner to follow at the  
Italian American  
Community Center  
(across from the Chapel)  
Donation \$25 per person  
Italian Feast of gnocci  
with meatballs & sausage

Exec. Chairperson  
Charles A Schiano Sr.  
350-8145

### Contact Committee Members for tickets

Filomena DiFrancesco – Olindo Foods  
Mary Scardetta 671-6594  
Virginia McIntyre 851-9243  
Cosmo Giunta- Town of Gates  
Quintino DiCesare 738-9997  
Joelle Carota 389-2465  
Glenn Weather 329-1791  
Rita Pettinaro 261-2096  
Sande Macaluso 746-6646  
Serafino Pavone - IASC  
Christine Sargent 750-3907  
Mary Gugliotta – 705-705-7356

## TIPS TO MINIMIZE HOLIDAY STRESS

The holidays are a time for family and cheer, but making sure the house is clean, the food is ready, and the presents are wrapped and ready to be opened can be overwhelming. These factors can bring unwanted stress or depression in a time meant for happiness.

Some important practical tips can help minimize the stress that accompanies the holidays. These tips may even help you enjoy the holidays more than expected.

Through the endless parties, cooking, shopping and cleaning, try taking one of nine steps to ensure you have a stress-free holiday.

1. **Plan ahead.** Between co-workers, friends and family, it's inevitable that some commitments will end up on the same day. Make sure to plan on what you can attend in person or virtually. If you're hosting the holidays, create a menu to help you stay organized and make grocery shopping easier.
2. **Say no.** With holiday commitments, it is OK to say no to a few or all of them. It also will help relieve some stress. Try sharing your to-do list with other family members.
3. **Plan spending.** The holidays mean spending money. Make a budget and stick to it. Spending money on your loved ones is important, but it's also important to pay your energy bill. Don't buy gifts that you'll be paying off for the rest of the year.
4. **Create relaxing surroundings.** Turn on some music, light some candles or open the windows on a sunny day. Research has found that listening to music and the scent of citrus can boost feelings of well-being, and vitamin D is always a happiness booster.
5. **Maintain healthy habits.** The holidays are notorious for ruining healthy habits. A short workout each morning will help your decision-making throughout the day. Encourage your family to try snow shoeing or sledding to get in extra exercise. Eat healthy snacks like fresh fruit or vegetables throughout the season and to fill up before a dinner party or celebration with tempting, but unhealthy foods.
6. **Share feelings.** Spending a holiday after a loss in the family can be difficult. Accept your feelings and open up about them to others. It may make you feel better to share. Try to switch up old traditions to ease the loss.
7. **Respect differences.** Family members will have different viewpoints than your own. Try your best to forgive and forget this holiday season. Focus on your similarities and replace tension with something productive.
8. **Be realistic.** You are only one person, and you can only do so much. Be realistic with how much you can handle this season. Forget about perfection and relax and enjoy the company surrounding you.
9. **Take a break.** Don't forget about your own needs. Take a nap, go for a short walk, read a book or watch a funny movie. Laughing relaxes the whole body and can relieve physical tension and stress.

Holidays are meant to be a fun, enjoyable time with friends and family. These tips can help ensure you truly enjoy your holidays when stress starts to set in.

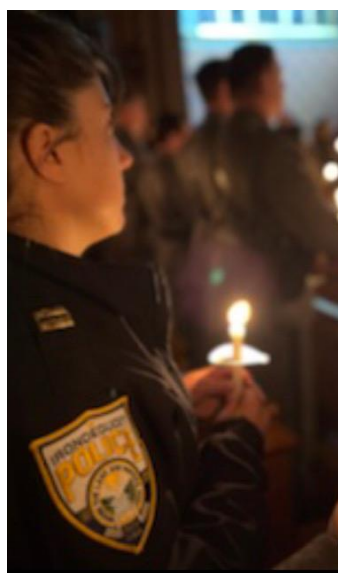
<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/fend-off-holiday-stress-with-these-tips>

**EXECUTIVE BOARD****President***Jessica Franco***BOARD OF DIRECTORS****Vice President***Anthony DiFante***Treasurer***Charles Zona***Sgt at Arms***Mark D'Angelo***Secretary***Ed Bernabei***BOARD OF OFFICERS****Membership***Heidi Zimmer***Corresponding Secretary***Ellie Bonagura***Digital Coordinator***Rosalina Hosbach***Event Coordinator***Julia Sardellitti***Food & Beverage****Coordinator***Sam Meloni***ITALEO CHRISTMAS PARTY**

We held our ITALEO Christmas Party on Saturday, December 2<sup>nd</sup>. It was a well-attended event that featured wonderful food, holiday libations, numerous awards and lots of laughs.

Congratulations to our scholarship recipients: Anthony Pellegrino & Joseph Fantigrossi. Promotional Certificates were given to Lt. Joseph Coon & Investigator Jamie Coon, both from IPD. Russ Zocco was not present to receive his Retirement Certificate. RPD Officer Ryan Castrichini received the Special Recognition Award. IPD Investigator Jamie Coon received the Officer of the Year Award. RPD Officer Nicholas VanDemar received the Distinguished Service Award. Although Dave and Dawn Amico were not in attendance, they were honored with the Businessperson of the Year Award. Phil Rivaldo received our first annual Sharon Rivaldo Stand Up for the Blue Award. Congratulations to our Award recipients for your incredible contributions to the community and ITALEO.

Thank you to all the volunteers who helped before, during and after the party. Thanks to anyone who donated to the event. Special thanks to Lance Duffy for emceeing our event and to Santa & Mrs. Claus for coming from the North Pole for the kids. **Buon Natale**

**President's Message:**

I am honored to be the President of such a wonderful Organization. I hope this holiday season brings you moments of peace, love and joy. Take this time to cherish your loved ones, reflect on the year's achievements, and look forward to the opportunities that await us in 2024.

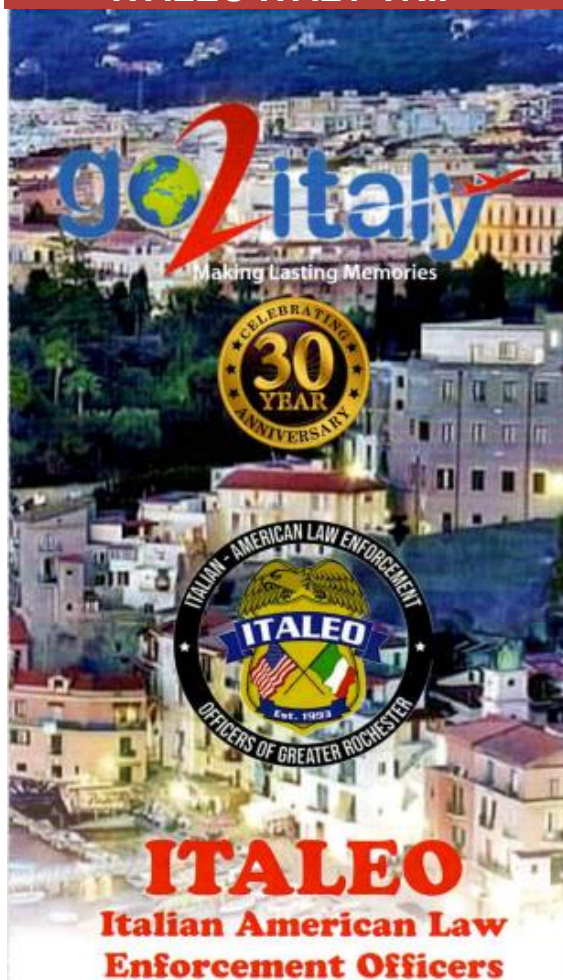
On behalf of the ITALEO Board, we want to extend warm wishes for a joyful holiday season and a prosperous New Year. We cannot thank you enough for your continued commitment and support. Our success is your success.

Stay safe out there my brothers and sisters in blue.

*"Blessed are the peacemakers: for they shall be called the children of God." Matthew 5:9*



## ITALEO ITALY TRIP



**11 Days**  
**June 10 - 21, 2024**

**\$5599.00 pp/do**

Price based per person(pp), double occupancy(do)  
Taxes and travel insurance not included.

49 1/2 Main Street Le Roy, New York 14482  
585-802-4713  
www.go2italy.xyz

*Book by January 1, 2024  
and Receive \$200.00 off*

[CLICK HERE](#)  
FOR BROCHURE

INTERESTED PARTIES  
NEED TO BOOK SOON

## RECIPE CORNER

## Calzoncelli

Calzoncelli are typical chocolate and almond Christmas cookies from the South of Italy. Tiny and chubby, they look like small Christmas parcels!

Course	Cookies
Cuisine	Italian
Prep Time	1 hour
Cook Time	20 minutes
Resting time	1 hour
Total Time	2 hours 20 minutes
Author	Giulia

## Ingredients

## For the dough

- ☐ 600 grams (4 ¾ cups) all-purpose flour
- ☐ ¼ teaspoon fine sea salt
- ☐ 100 grams (½ cups) sugar
- ☐ 2 eggs, lightly beaten
- ☐ 100 ml (½ cups) extra virgin olive oil
- ☐ 200 ml (¾ cups) dry white wine

## For the filling

- ☐ 400 grams (¾ lb) almonds, peeled and toasted
- ☐ 250 grams (1 ¼ cups) sugar
- ☐ Grated zest of one organic lemon
- ☐ 200 grams (7 oz) dark chocolate, chopped

## Instructions

## Make the calzoncelli outer shell

1. Pour the flour on a wooden working surface and shape it into a mound with a large well in the centre. Add the eggs, the sugar, and the salt, then pour in the olive oil. Using a fork, stir slowly, starting from the centre of the eggs and gradually picking up more flour from the edges, whisking as if you are beating eggs for an omelette. Gradually add the wine, too.
2. When the dough turns crumbly, switch to kneading with your hands.
3. Continue kneading the ball of dough until smooth, silky, and no longer sticky. Wrap it in plastic wrap and let rest for 1 hour at room temperature before using.

## Make the filling

1. Collect all the ingredients in a food processor and pulse until you get a smooth paste.
2. Roll the filling into 1 cm thick logs, then cut them into 1 ½ cm pieces.

## Make the calzoncelli

1. Roll out the dough into long, thin sheets, working in batches as needed. You can use a classic rolling pin on a flat working surface or a pasta machine. Either way, the most important thing is to keep rolling and flipping and rolling and flipping until the dough is paper-thin.
2. Cut long 4cm wide sheets of dough.
3. Place the filling pieces on the paper-thin dough, at 2 cm distance one from the other, then wrap the dough around the filling, press it gently to seal it, then cut it with a fluted pasta cutter wheel in between the filling. The small calzoncello will look like a tiny raviolo.
4. Arrange the calzoncelli on a rimmed baking sheet lined with parchment paper.
5. Preheat the oven to 175°C/350°F.
6. Transfer the calzoncelli into the oven and bake for 15 to 20 minutes, until golden.
7. Remove from the oven and let them cook down completely.
8. You can keep them for weeks in a tin box or in airtight container.

<https://en.julskitchen.com/dessert/cookies/calzoncelli-chocolate-almond-cookies>

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)