

ITALEO Newsletter



"Supporting those who protect us"

UPCOMING EVENT
**IRONDEQUOIT ROTARY
 PASTA DINNER**

Sunday, November 6, 2022

Noon to 5:00 PM

Tickets are \$10

Bishop Kearney High School

125 Kings Highway

North Entrance

See Pres. Jessica Franco for Tickets

UPCOMING EVENT
**ANNUAL MEMBER
 CHRISTMAS GALA**

Saturday, December 3, 2022

Begins at 4:00 PM

Italian American

Sports Club

1250 Buffalo Road

[Link to Event - CLICK HERE](#)

UPCOMING EVENT
AAA CLASS FOR ITALEO

Saturday, January 21

Starts at 9:00 AM

Locust Club

1425 Lexington Avenue

\$29

Reservation deadline

1/7/2023 @ 11:00 PM

[Registration Survey](#)



Free Credit Health Check

The three nationwide credit bureaus have extended FREE, weekly Credit Reports in the U.S. through the end of 2023!

This is a great resource to get a Credit Health Check and to remove consumer disputes that can impact your Credit Score!

- Borrowers can request all repositories at once.
- Provides real time access to current credit data.
- Online customer service tools & support hotline.
- Effective, efficient and quick process.

Available online at www.annualcreditreport.com



Tuesday
November 8th

5 WAYS ITALIANS CHANGED AMERICAN HISTORY

1. America's name is Italian inspired Amerigo Vespucci, who explored the east coast of South America between 1499 and 1502, is the source of the name "America."
2. An Italian explorer discovered the New World Christopher Columbus landed on various Caribbean islands that are now the Bahamas as well as the island later called Hispaniola.
3. An Italian first mapped the East coast Italian explorer Giovanni da Verrazzano was the first European to map the Atlantic coast of today's United States.
4. The Declaration of Independence has Italian inspiration Filippo Mazzei, a physician and promoter of liberty, was a close friend and confidant of Thomas Jefferson. He published a pamphlet containing the phrase "All men are by nature equally free and independent."
5. The pope helped Italian immigrants. To assist immigrants in the U.S., Pope Leo XIII dispatched a contingent of priests and nuns. Among them was Sister Francesca Cabrini, who founded schools, hospitals, and orphanages.

October marked Italian-American Heritage Month by recognizing the contributions and achievements of Italian-Americans. Over 26 million Americans of Italian descent currently reside in the U.S. — making up America's seventh largest ethnic group. The heritage month is in October to coincide with Columbus Day — the national holiday celebrated on the second Monday of the month. Italian-American Heritage Month celebrates the distinguished cultural contributions of Americans with Italian lineage.

<https://nationaltoday.com/italian-american-heritage-month/>



Columbus Day Luncheon 2022 at I.A.C.C.

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***Mark Ellis***Corresponding Secretary***Ellie Bonagura***Digital Coordinator***Rosalina Hosbach***Event Coordinator***Julia Sardellitti*

October Meeting Recap



The ITALEO board would like to thank everyone that came out for the October Meeting at Bella Pasta. We covered a lot of topics:

- Recap of September to Remember Event/Meeting
- Christmas Party
- Washington DC Police Week Trip
- Columbus Day Luncheon

We continue to receive good feedback for our monthly newsletter.

We now have ITALEO Christmas Ornaments. Check your email for details and images. We are not having a November meeting. It's almost membership renewal time. Our fiscal year begins in March. 2023 marks ITALEO's 30th year.

REMEMBER:

YOUR SUGGESTIONS AND FEEDBACK ARE ALWAYS WELCOME

DON'T FORGET TO GET OUT AND VOTE!



ITALEO INC raised a little over \$10,000 in funds for the Mazurkiewicz family through the OFFICER RELIEF FUND.

All Saints' Day in Italy

All Saints' Day, also known as Festa di Tutti i Santi, is both a religious and public holiday in Italy on November 1 every year. It collectively celebrates all of the Catholic saints.

Is All Saints' Day a Public Holiday?

All Saints' Day is a public holiday. It is a day off for the general population, and schools and most businesses are closed.



The Catholic saints are remembered in Italy on All Saints' Day.
©iStockphoto.com/Mary Lane

What Do People Do?

Tutti i Santi, or La festa di Ognissanti, is a day when people visit family and friends and exchange gifts and good will to one another. If Italians have the same name as a saint, it is a special day for them too.

Public Life

All Saints' Day is a nationwide public holiday in Italy.

Organizations and businesses that are closed include:

- Government offices.
- Post offices.
- Banks.
- Schools and other educational institutions.

Transport options, such as taxis, rail services between major cities and major long-route bus lines, are available but travelers are advised to check first with the local transport authorities.

Background

According to some sources, the idea for All Saints' Day goes back to the 4th century when the Greek Christians kept a festival on the first Sunday after Pentecost (in late May or early June) in honor of all martyrs and saints. It is celebrated in Italy and many other countries worldwide.

Symbols

Statues, images and icons in the image of the different saints are seen in many Catholic churches in Italy.

<https://www.timeanddate.com/holidays/italy/all-saints-day>



RECIPE CORNER

Italian Lentil Soup

Prep Time 10 mins

Cook Time 40 mins

Servings: 6



LIST OF INGREDIENTS

- ¼ cup olive oil extra virgin
- 1 medium onion finely diced
- 2 carrots peeled finely diced
- 2 stalks celery leaves removed and finely diced
- 2 cloves garlic minced
- 2 cups lentils brown or green picked over and rinsed
- 14 ounces canned whole tomatoes hand crushed
- 7- 8 cups stock vegetable or chicken, low sodium (I used my homemade chicken broth)
- 2 bay leaves
- 1 head Tuscan kale destemmed and chopped (regular kale is fine too)
- salt and pepper to taste
- ½ teaspoon red pepper flakes optional
- extra olive oil for drizzling

INSTRUCTIONS

Heat the oil in a large pot over medium heat. Add in the diced onions, carrots, and celery, and saute for about 8-10 minutes until onion is soft and translucent. Add the minced garlic and saute for a couple of minutes. Keep an eye on the garlic and stir as it will brown quickly (1-2 minutes is enough to cook up the garlic). Add in the lentils and stir, combining it with the soffritto mixture (about 2-3 minutes). Add in the tomatoes and use a wooden spoon to break them up and combine them with the lentils (if using canned plum tomatoes, break them up before adding, and remove the tough white core). Let this simmer together for a few minutes and season with salt (and pepper, if you're using). If you're not using a low sodium broth, wait to add salt until after you add your broth. Next, add in the broth and bay leaf. Bring to a boil for a few minutes and then lower the heat to a simmer. Check the seasoning and add more salt (if needed) and pepper and let it simmer for about 30 minutes. Stir in kale during last 10 minutes of cooking. You just want the kale to be wilted but cook it more if you don't mind it on softer side. If soup is thickening too much, add a bit of water (start out with ¼ cup and check how consistency is). The lentils will thicken up as they cook. When ready to serve, remove the bay leaf. Ladle into serving bowls and drizzle on some olive oil. Add in red pepper flakes, if using.

SLOW COOKER DIRECTIONS

Add the first 12 ingredients (through the salt + pepper) to a large 6-quart slow cooker and stir to combine. Cook for 4-5 hours on high or 8-10 hours on low, until the lentils are tender and cooked through. Stir in the kale during the last hour of cooking. Taste, and season with additional salt and pepper if needed. Remove the bay leaves. Serve warm, garnished with optional toppings if desired.

Author: [Lora \(https://www.savoringitaly.com/italian-lentil-soup/\)](https://www.savoringitaly.com/italian-lentil-soup/)

If you'd like to submit an Italian Recipe to include in the next newsletter, please email us at:
italeorochester@gmail.com