

ITALEO Newsletter



MEETING REMINDER MEMBERSHIP MEETING

Tuesday, June 10th
6:00 PM

Sicilian Sports Club
1296 E. Ridge Rd.
Rochester, NY 14621

RSVP by 6/6/25 @ 8PM

Happy Father's Day!

"On the occasion of Father's Day, I wish all the fathers for all the love they have showered us with each and every day. Warm wishes on Father's Day to all the dads."



NEXT MEETING MEMBERSHIP MEETING

Tuesday, July 8th
6:00 PM

Sicilian Sports Club
1296 E. Ridge Rd.
Rochester, NY 14621

RSVP by 7/5/25 @ 9AM

June

It's Festival Season ... Here are some Safety Tips



KNOW WHERE TO GET HELP

Note the location of medical and security stations. Knowing where these are located ahead of time can help to lessen panic and anxiety if you find yourself in a situation where help is needed.



RIDE SAFELY

Read any rules that are posted, and listen to the operator's instructions. Check that posted permits are current, and never board a ride if you see signs of improper maintenance or an inattentive operator.



PROTECT YOURSELF FROM THEFT

Keep any valuables, such as an expensive cell phone or camera, on your person at all times, and avoid drawing attention to them or flashing large amounts of cash.



KEEP HYDRATED

Keep well hydrated by drinking plenty of water throughout the day. Bring a reusable water bottle to refill for free at drinking fountains.



ALCOHOL IN MODERATION

Alcohol can exacerbate dehydration, so if you plan on drinking, do so in moderation and alternate alcoholic beverages with water.



CHOOSE COMFORT OVER STYLE

Comfortable walking shoes and weather-appropriate clothing are essential for a long day at an outdoor fair or festival to prevent aches, fatigue, and overheating.



PICK A MEETING PLACE

Your group should decide on a place to meet in case you are separated. Pick a place that is specific and avoid choosing too large or crowded of an area where you may struggle to find each other.



WASH HANDS FREQUENTLY

Hundreds of people, public spaces, and barns full of animals can make for a lot of germs. Wash your hands thoroughly and frequently, especially after petting any animals and before eating.



WEAR SUNSCREEN

Apply sunscreen before heading out for the day and reapply often. Take breaks in the shade or air-conditioned buildings to avoid heat exhaustion and sun stroke.



BE AWARE

Keep an eye on yourself, your group, and on things taking place around you. Know where all of the exits are located in the event of an emergency situation.



Genesee Valley Concerns of Police Survivors Upcoming Events

Our Annual Golf Tournament **Thursday, June 19th**.
Registration starts at 9 AM. Bagpipe start at 10 AM.
Victor Hills Golf Club 1450 Brace Rd Victor, NY \$95 per
Golfer \$380 a Foursome. Hole Sponsors for recognizing
a Fallen Officer \$50 per Survivor, Supporter or Foursome
or \$100 per Business, Agency, or Union.

The vote for the National Board is due no later than July
10th. Each Chapter has one vote. You should have
received an email with the information on each person
running for Office as the Northeast Regional Trustee and
National President. Please review each Candidate's
information. Because the vote must be held in person
and minutes taken of our Vote, we will be voting at our
Annual Picnic on Saturday, June 21st 1 - 4 PM at First
Responder's Park 4310 Lyell ROAD Gates, NY. This will
also be the last Genesee Valley Chapter Picnic as you
are aware that WNY C.O.P.S., Genesee Valley C.O.P.S.
and the area in NY State not covered by a Chapter will
merge into one Chapter with a new name, so come and
celebrate new things coming.

Wednesday, June 25th 10 AM at Riverside Cemetery
2650 Lake Ave Rochester the US Customs and Border
Protection Border Patrol Rochester Station will be holding
a Memorial Service for a Line of Duty Border Patrol
Agent who died in California Eighty Years ago. He grew
up in Rochester and was buried here in Rochester. He
was survived by his Father, and it is believed there are
no other Survivors. A local Border Patrol Agent learned of
this Fallen Hero and so the decision was made to honor
this Hero, The Border Patrol has kindly invited our
Chapter to attend the Memorial Service, so if you are
able, please come and help honor Border Patrol
Inspector Earl Fleckiger EOW; 6/23/45. His ODMP is
here [Border Patrol Inspector Earl F. Fleckiger, United
States Department of Justice - Immigration and
Naturalization Service - United States Border Patrol, U.S.
Government](#)

The Rochester Police Locust Club, Inc
is proud to announce the



105th Annual Open House Tuesday, June 10, 2025

*Rochester Police Locust Club
1425 Lexington Avenue*

12 Noon – UNTIL
Raffles, Open Bar & Music ALL DAY

12 PM – 2 PM – Buffet
2 PM – 5 PM – Continued Open Bar & Snacks
5 PM – 6:30 PM – BBQ Buffet Dinner
6:30 PM – UNTIL – Open Bar & Music



Other June Events:

June 12th	Steak & Bourbon Night Sicilian Sports Club
June 20th – 28th	Rochester International Jazz Festival
June 21st	ICL Bocce Tournament



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*

Thank you, Joel!

We are always trying to make our meetings more engaging for our members. During our May Membership Meeting, we had the pleasure of having Joel Root, the Assistant Chief of Probation for Monroe County, as our guest.

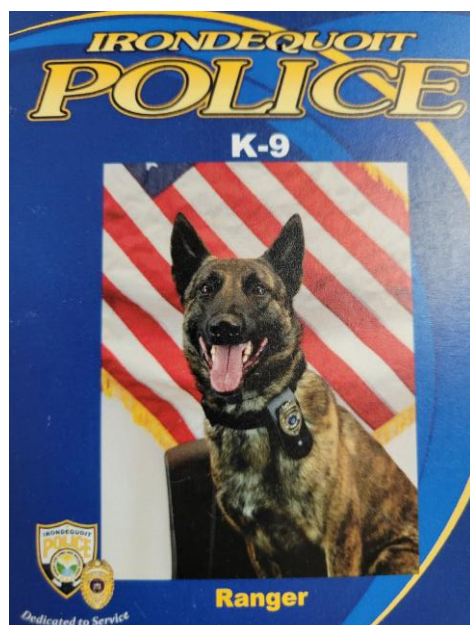
Joel spoke about many aspects of probation and law enforcement.

Members in attendance were able to ask questions & receive informative feedback.

Thank you, Joel, for all you do!



Meet K-9 Officer Ranger



Ranger is one of two Belgian Shepherds that make up the Irondequoit Police Department's K-9 Unit.

Please remember that police dogs are working dogs and you should always use caution around them.

We are looking forward to having K-9 Officer Ranger & his handler, Officer David Gramlich at our June Meeting.



DONUT WORRY BE HAPPY



Calling all Cops (actually all retired sworn):

The Charity Doughnut Eating Contest needs you!

REMAX Realty is sponsoring this all-you-can-eat party in two (2) minutes contest for charity. The event is on JUNE 6th (2:30PM) at their office located at 2171 Monroe Avenue in Brighton.

The Winner would be the person who can consume as many doughnuts in two (2) minutes with the winner able to designate the prize money to the charity of their choice. They anticipate the amount to be \$1,000.00!

If you are interested in participating, contact Alan Wood at (585) 748-9876 and provide him with your name, agency, and shirt size.

Please do so ASAP! I know you folks wait until the last moment, but Code 77 your response.

Note: Code 77 is Lights and Sirens.

DONUTS WITH A COP!

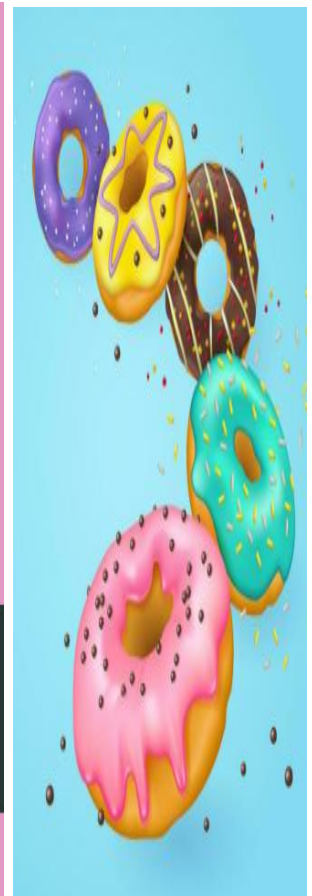
OFFICER WELLNESS TEAM

IRONDEQUOIT POLICE DEPARTMENT

MEET A POLICE OFFICER
FRIDAY JUNE 13TH - 7AM-10AM
SATURDAY JUNE 14TH - 7AM-10AM

*PURCHASE AN IRONDEQUOIT POLICE DONUT AND ALL PROCEEDS WILL GO TO THE OFFICER WELLNESS TEAM

JUNE 13TH-15TH, 2025
RIDGE DONUT CAFE | 1600 PORTLAND AVE.



Recruiting New Members

Do you know someone that would like to become a member of our organization? Please refer them to our website or a board member for more information.

Upcoming Events:

July 3 rd & 4 th	<i>Irondequoit 2-Day 4th of July Celebration</i>
July 12 th – 13 th	<i>Corn Hill Arts Festival</i>
July 23 rd	<i>ARPALER Member Picnic Braddock's Bay Park</i>
August 1 st – 3 rd	<i>Italian Food Festival IACC</i>
August 5 th	<i>Irondequoit National Night Out Starting at 5:30PM</i>
August 8 th – 10 th	<i>Hoochenanny Music & Whiskey Festival Camp Eastman</i>
August 9 th	<i>ITALEO Annual Picnic</i>
August 9 th – 10 th	<i>Brockport Arts Festival</i>
August 12 th	<i>Italian American Heritage Night at the Ball Park Red Wings Event</i>
August 30 th	<i>De Cecco Little Italy Festival Ontario Beach Park</i>
September 6 th	<i>ITALEO Annual Sharon Rivaldo Fall Cruise on the Colonial Belle 12PM – 2PM</i>
October 13 th	<i>ICL Columbus Day Luncheon @ IACC</i>
December 20 th	<i>ITALEO Annual Christmas Party ***New Location*** Webster Golf Course</i>
December 21 st	<i>Breakfast with Santa IASC</i>

RECIPE CORNER

Summer Farro Salad with Cannellini Beans

Ingredients:

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| <ul style="list-style-type: none"> • 2 cans cannellini beans • ½ cup farro • ¼ cup parsley, chopped • 1 shallot, minced • 2 cloves garlic, minced • ½ cup roasted red pepper, chopped • ½ cup artichoke hearts, chopped | <ul style="list-style-type: none"> • 1 tablespoon hot cherry peppers • 2 handfuls arugula • ⅓ cup extra virgin olive oil • 2 tablespoon red wine vinegar • 2 tablespoon lemon juice • 1 teaspoon salt • ½ teaspoon pepper |
|--|--|

Instructions:

1. Bring a small pot of water to a boil. Add a pinch of salt. Add the farro to the pot and lower the heat to medium high. Leave the water at rolling boil for 30 minutes. Drain the farro and store in the fridge to cool.
2. Drain and rinse the cannellini beans. Combine the beans, shallots, parsley, and garlic.
3. In a small bowl, combine the olive oil, red wine vinegar, lemon juice, and salt.
4. Add the roasted red peppers, artichoke hearts, and oil mixture to the large bowl. Combine well and then stir in the arugula, farro, and hot cherry peppers.
5. Serve immediately or store in the fridge and serve chilled.

Notes:

1. You can substitute white northern beans for cannellini beans.
2. If you don't want it to be spicy at all, leave out the cherry peppers.



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

italeorochester@gmail.com