

PAPPAGALLO



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

Spring 2009

UMBRIA

Umbria

Umbria is one of 20 regions in Italy, located in the central part of the country, bordered by Tuscany to the west, Marche to the east and Lazio to the south.



The region is mostly hilly and mountainous, with the Apennine mountain range to the east. Umbria is divided up into two provinces, Perugia and Terni. With several rivers and their tributaries running through the region, the land is rich for agriculture that produces grapes, olives, wheat, and

tobacco. Industry is based on the steel factories of Terni, the food production in Perugia, and tourism mainly in Perugia, Assisi, and Spoleto.



Assisi

Assisi is a town on the western side of Mount Subasio in the Apennine mountain range. It is the birthplace of St. Francis, who founded the Franciscan religious order in 1208 and St. Clare, the founder of the Poor Clares. Basilica di San Francesco is the burial place of St. Francis and the main church of the Franciscan Order. It is one of the most important places of Christian pilgrimage in Italy. Built into the

side of a hill, the basilica consists of two churches, known as the Upper Church and the Lower Church, and a crypt where the remains of the saint are buried. Both churches are adorned with the paintings of many famous Italian artists.

Perugia

Perugia is the capital city of the region of Umbria near the Tiber River and is also the capital of the province of Perugia. The city symbol is the griffin, which can be seen in many forms throughout the city, mainly on plaques and statues on buildings. The griffin is a legendary creature with the body of a lion and the head and sometimes wings of an eagle. The griffin is considered to be a majestic and powerful creature, since it portrays both the king of the beasts and the king of the birds. The griffin is known for guarding treasure and is a symbol of divine power. The city is an artistic center of Italy. The famous painter Pietro Vannucci, nicknamed Perugino, was a native of Perugia. Among his most noted works are the beautiful series of frescoes in the local Sala del Cambio and other paintings in the National Gallery of Umbria. He taught Raphael, the great Renaissance painter. Piuicchio is another famous painter from Perugia and Galeazzo Alessi is the most famous architect from Perugia. The city is also a world famous center for chocolate, mainly because of a company called Perugina, whose Baci (kisses) are widely exported. The chocolate is very popular throughout Italy and the city hosts a chocolate festival each year in October. Perugia is the home of two major universities: the ancient Università degli Studi and the Foreigners University, which serves as a center for learning Italian culture and language for students from around the world. Other educational institutions are the Perugia Fine Arts Academy, the Perugia Music Conservatory for the study of classical music and the RAI Public Broadcasting School of Radio-Television Journalism. The city is also host to the Umbra Institute, an accredited university program for American students studying abroad. There is also a national center for Vocational Education and Training in Food.

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UMBRIA

Terni

Terni is an ancient town of Italy, the capital of Terni province, in the plain of the Nera River. The city lies on the rail line from Rome to Ancona, is the seat of a university and one of the most important industrial towns of Umbria. The city was founded in the 7th century and in the 3rd century was conquered by the Romans and soon became an important municipality on the Via Flaminia, a most important route leading to the north. During the Roman Empire, the city was home to many important structures such as aqueducts, walls, amphitheaters, temples and bridges. A city of major prominence, it was once destroyed and then later became one of the favorite places to pray for St. Francis. In the 14th century, Terni drafted a constitution of its own, and from 1353, the walls of the city were enlarged and new channels were opened. In 1580, the Ferriera was introduced to work the iron ore mined in Monteleone di Spoleto, which gives the city its industrial importance. Later, in the 17th century, the city was strongly attacked by plagues and famines. In the 19th century, Terni became a leader in the industrial revolution because of its many water resources. New industries included a steel foundry, weapons, jute and wool factories. The growing industrial presence made the city a favorite target during World War II, being raided more than 100 times.

Todi

Once reported as one of the most livable cities, Todi is situated on a tall two-crested hill, overlooking the Tiber River. According to legend, the city was built by Hercules, who killed off Cacus, and later named the city Eclis. Historically, Todi was founded by the ancient Italic people of Umbri around the 7th century, with the name of Tutere, meaning "border." Conquered by the Romans, Christianity later spread to Todi very early through the efforts of St. Terentianus. Bishop St. Fortunatus became the patron saint of the city for his heroic defense of it during the Gothic Siege. After the 12th century, the city started to expand. In 1244, the new government quarters were enclosed in a circle of walls. By 1290, the city had 40,000 inhabitants. Later, the city was annexed to the papal states, shifting overlordship to various families. Under the leadership of Bishop Angelo Cesi, several edifices were rebuilt and many new ones added, like the Cesi Fountain. Todi is the birthplace and burial site of Franciscan poet Jacopone de Todi. Almost

all of Todi's main medieval monuments, including the Duomo, the Palazzo del Capitano, the Palazzo del Priore and the Palazzo del Popolo are on the main square in the foothills. The Piazza has been said to be one of the most picturesque in the whole country, having been used often as a place to make movies.

Spoleto

Spoleto is a city in the east central part of the region, situated in the foothills of the Apennine mountain range, on the eastern branch of the Via Flaminia. Located at the head of a large, broad valley, surrounded by mountains, Spoleto is strategically located, appearing to be an important town to the original regional tribes who built walls around their land in the fifth century BC, some of which are still visible today. The earliest mention of the founding of this colony was about 241 BC. Later attacked in various battles, Spoleto once again began to flourish under the leadership of Sulla. Although not mentioned much in the history of Italy, Spoleto has been an important location associated with many rulers, leaders and artists. The Festival dei Due Mondi (festival of two worlds) was founded in 1958. Because Spoleto was a small town, where land and services were relatively inexpensive, and because there were many cultural centers, the town was chosen as the sight for a major art festival held every summer. Being close to Rome, with good rail connections, the event has developed into one of the most important cultural happenings in Italy each year, with three weeks of music, theater, and dance performances. In the United States, a parallel festival, Spoleto Festival USA is held in Charleston, South Carolina, founded in 1977. A 15-year tradition came to an end when organizational disputes brought the American version of the festival to an end. However, after the death of one of the Italian founders, talks resumed to reunite the two festivals, just last year. For a short time, another similar festival was held in Australia. In 1992, the Spoleto Arts Symposium was initiated with the purpose of bringing talented people from all around the world to study opera, cooking, jazz, writing, and a kid's camp.



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Deruta

Deruta is a hill town in the region of Umbria, long known for its manufacturing of tin-glazed pottery called Maiolica, dating from the Renaissance. The township is also known for its enameled ceramics, which are exported worldwide. Production of ceramics actually began in the early Middle Ages, but reached



an artistic peak in the 15th and early 16th centuries. Some of the local styles that became highly recognizable include the "Bella Donna" plates. Although local clay was good for ceramics, the lack of fuel enforced low firing temperatures. Deruta compensated with its metallic luster glazes in golds and reds.

In the 16th century,

Deruta produced the "Rafaellesque" ware, characterized by a dragon design said to be inspired by the murals of Raphael. In 1553, Leandro Alberti wrote about the quality of the beautifully decorated ceramics, stating he believed no other craftsman could match. Deruta has over 200 ceramic workshops, most of which sell their own productions, along with other shops that display and sell pottery. The municipal hall houses a Museum of Ceramics and the Madonna delle Piagge displays a colorful array of ceramic tiles. Deruta is also known for farming and agriculture as well as being the birthplace of Girolamo Diruta, an organist, music theorist, and composer. The town's outstanding work of art is Perugia's fresco of Saints Romano and Rocco.

Orvieto

Orvieto is a pleasant city with a wealth of historic buildings and enjoys a particularly remarkable site on the top of a plug of volcanic rock! If you arrive via the Bolsena or Montefascone roads you will have an excellent view of this amazing site. The region produces a pleasant white wine called Orvieto (see the wine list).

The Cathedral is absolutely breathtaking, in fact one cannot visually absorb its artistic brilliance!

This façade is the boldest and richest in color among Italian Gothic buildings. The vertical lines are accen-

uated by slender gables and soaring buttresses which are bathed in panels of colored marble. The decorative effect is created by the use of many sculptures, and mosaics. It was designed by the Sienese artist Lorenzo Maitani and continued work by Andrea Pisano. The Last Judgment scene was designed by Orcagna who also designed the amazingly brilliant rose window. In fact, when Gene and I visited Orvieto in 2006 we could not take an entire photo of the Cathedral. Remember it sits on the top of the outcropping of lava and space is somewhat limited. We stood with our backs against the farthest shop to try to include this magnificent Cathedral with all its beauty within our photo-

graph! Within the Cathedral there is a tabernacle that encloses the Reliquary of the Corporal, a masterpiece of medieval goldsmiths' work encrusted with enamels and precious stones. The story about the Corporal is as follows. Many years ago, a priest on his way to a nearby town called



Bolsena prayed that he would have a strong faith to continue believing that the consecrated host was the body and blood of Jesus Christ. Later, while celebrating mass in Bolsena during the consecration he saw blood coming from the upraised host. Immediately he covered the bleeding host with the linen called the corporal and brought it to Pope Urban IV in Orvieto. The pope declared it to be a miracle and asked the artisans to create a reliquary to house the blood stained linen cloth (corporal). One may still see it in the Cathedral. Pope Urban IV also declared that there should be a special feast day called Corpus Christi in honor of this miracle. Corpus Christi meaning the Body of Christ is still celebrated throughout the Catholic world!





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Gubbio: Festa dei Ceri

Gubbio is a small charming medieval town nestled in the hills of Umbria. Fairly quiet most of the year, but when May 15th arrives everything becomes wild and an amazingly colorful place. A place where the natives are called "matti" or "crazy people"!

The Festa dei Ceri or the Feast of the Candles is an annual event that transforms this otherwise tranquil city into a wild throng of revelers. The city is invaded



by thousands of visitors who come to watch the day's main event. The Ceri or Candles are not really candles, but three great wooden structures 20 feet high which are carried upright and at great speed by rival teams through the streets and up steep hills of the city to the patron church of St. Ubaldo.

All the inhabitants of Gubbio are "ceraioli" or candle bearers. The race is definitely a part of every man whatever age. The small two- and three- year old boys carry little replicas of the candles in a special race, and in turn, the older boys carry middle-sized replicas in a race of their own. In Gubbio, a boy is considered a man only after he carries the real candles, and it is with great sadness when those become too old or too feeble to carry the candles and merely watch them go by, yet recall their "golden days".

Each of the three "ceri" weighing about 900 pounds and is topped with the statue of a saint: St. Ubaldo for the masons, St. George for the merchants, and St. Anthony for the farmers and students. Each is car-

ried by members of the rival guilds wearing yellow, blue or black shirts, respectively. Each "muta" or team consists of ten men, four on each side, carrying the candle on their shoulders, plus one behind steering and the "copodiecì" in front also steering and leading the way. Each candle bearer is assisted by a companion called a "bracciere" on whom he leans to balance the weight of the candles. During the race, the team carries the candle at breakneck speed for about two hundred yards in town, and roughly fifty yards on the mountain path, then still on the run, passes it on to the next team!

There is definitely team and community spirit...everyone wants to help steer, suggest and push to be a part of it...typically Italian, yes?

Once during the last war when the men had to fight and were away from the city, the women took the place of the men and carried the candles...so the story goes.

Usually, St. Ubaldo's team win the race and proudly announce that they have more strength and stamina. All cheer and rivalry disappears, wine and a huge feast ensue. Into the night the statues are returned to the proper church and the huge Ceri are retired for another year.

This ageless event is a wonder to see, so check your calendars and make Gubbio on May 15th one of your destinations while in Italy.

Spello

Not many tourists stop in Spello; it's not part of the "usual" foreigner's travel itinerary. It's one of those places that if you happen to drive past, you feel you must stop and visit. There are about 6,000 inhabitants. But it's that small town charm that makes Spello endearing.

Three well-preserved Roman stone arches form the entry points to the town. Once inside, the cobblestone streets meander in and out of charming alleyways that could lead to very painful feet if due to vanity since the correct shoes are in the closet!

For the art lover, Spello is well known for its wonderful frescoes by Pinturicchio depicting scenes from the New Testament which can be found in the 12th century church of S. Maria Maggiore.

Spring and summer are the best times to visit. The potted geraniums are flowering and the ancient stone walls are transformed into glorious masses of red. It is also the time of the famous festival L'Infiorata. This is the only time when tourists, mostly Italians,

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descend upon Spello. (see Where to visit in Umbria) Years ago, Gene, Lisa and I stayed overnight in this charming town in preparation for the annual Palio that was held in Siena. Our dear Italian friend, Mauro suggested that Siena would be too expensive to spend the night, therefore we became great admirers of Spello's charming convent!

So, Mauro who knew every nook and cranny of central Italy found a very special place for us. The bell was rung and a few minutes later a tiny nun appeared at the very large oak door. Mauro explained our needs and our tiny nun scurried along showing us where to sign in and a few minutes later lead us to our perfectly scrubbed overnight room. Of course, the crucifix, vigil light and holy water were alongside the night table near a very small bed. Many of you know Gene and after our tiny nun looked at him, off she went closing the door gently. A few moments later she arrived with a table and placed it at the bottom of the bed...letting Gene know that she would accommodate his length as best as she could! It was a wonderful experience that we would never forget...also the bells of the convent would ring every four hours reminding the nuns of their prayer time and us that we were in the convent of the Lord.

Cuisine

The best things offered by Umbrian cooking are the black truffles from Norcia (stronger in flavor than those from Alba in the Piedmont); Perugian suckling-pig; pigeon; fish from Lake Trasimeno; sausages, dried along with hams; tartlets flavored with pine nuts.

Local specialties are...

Agnello all'arrabiata: very tender mountain lamb cooked over a fire, basted with olive oil, salt and pepper and sprinkled with vinegar.

Cardi alla perugina: chopped chard boiled and dipped into a flour batter and fried in oil.

Fish: from Lake Trasimeno: have a slightly marshy flavor, a specialty of fresh water fish. Fried, grilled or boiled all served with olive oil and lemon.

Mazzafegati: sausage made of pig liver, seasoned with garlic, pepper, and coriander. All fried in olive oil.

Salumi di Norcia: in Rome the word "norcino" has come to mean "pork butcher" so famous is Norcia for its products and how well they are prepared with a blend of scent and flavor.

Spaghetti ai tartufi neri: any sauce and served over

spaghetti can always be improved enormously by flaking black Norcia truffles over them aromatic and divine.

Palambacce allo spiedo: wood-pigeons roasted on the spit with seasonings until golden brown. They are called alla ghiotta, a la gourmet!

Porchetta: well seasoned suckling pig salted and spiced, then roasted over the fire.

Pinoccata: delicious little tartlets made of egg, sugar and pine nuts.

Wines

As for wines, Umbria boasts one of the most famous, ancient, and excellent of all.

Greco: is amberish straw- yellow. It has a delicate flavor and a keen and subtle bouquet. Although sweet, it is harmonious and refreshing. Serve with all meals.

Orvieto: is pale golden yellow, clear and transparent. It has a delicate bouquet, and sharp after taste. Two kinds are produced: dry and demi-sec. An excellent wine with any foods. Orvieto's wines were originally sweet and was the favorite of Popes and Cardinals.

Sacrantino: is red, demi-sec and has a brilliant flavor. The bouquet is persistent and rather fruity. Serve with all meals, white meat and roasts.

Umbrian Recipes:

Fettuccini Truffles

We found this charming story on the internet about Verardo:

In Umbria, a man called Verardo, was a great truffle expert. He kept pigs, but swore by the skinny beagle-style dog that hung on his heels for finding them. During the season, his wife Theresa might hand out a truffle or two, like jewels, when one would visit them. She would also preserve them under olive oil for year round use.

Fettuccine con Tartuffo Nero

12 oz fresh fettuccine or tagliatelle
 1/2 cup extra virgin olive oil
 1 anchovy fillet, mashed
 1 clove garlic, crushed
 2 medium Umbrian black truffles, (or any black truffle

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Recipes... *continued from page 5*

you can get), cleaned of soil, grated
6 quarts water

While pasta cooks, heat the olive oil in a small
saucepan over very low heat.

Sauté the crushed garlic for 2 minutes. Do not let it
brown.

Remove garlic.

Add the anchovy, cooking gently, crushing it to a
paste with a wooden spoon.

Add the truffles and heat through.

Drain the pasta, reserving 1/4 cup of the liquid and
immediately mix in the truffle sauce.

If you prefer the sauce moister, or it seems too dry,
add one tablespoon of the reserved liquid at a time till
desired moistness is reached.

Serve on pre-heated plates.

Fricco alla Ceraiola (Lamb Stew)

6 tblsp. olive oil

3 lbs. boneless lamb shoulder, well trimmed and
cut into small cubes

2 tblsp. fresh rosemary, finely minced

3 large cloves garlic, finely minced

3 tomatoes, peeled, seeded, and chopped

1 cup dry white wine

Salt and pepper

Warm 4 tablespoons of the olive oil in a heavy
ovenproof casserole and sauté as many of the
lamb pieces as fit into the pan until brown.

Continue with the rest of the lamb pieces adding
a little more of the oil until all are browned. Pour
off the excess fat. In another pan warm the rose-
mary and garlic in the rest of the oil but do not let
the garlic burn! Add the tomatoes and wine and
cook over medium heat about 5 minutes. Add
the herb and wine mixture and salt and pepper to
the lamb, cover and bake at 325 degrees until
the lamb is tender and the sauce concentrated,
about 2 hours. If the juices are too thin, remove
the meat to a warm platter, raise the heat to high
and reduce the sauce. Pour over the lamb.

Speidini Misti (Grilled Calamari and Prawns)

1 cup fresh bread crumbs made from 4 slices of
country bread

1/2 cup olive oil

1/2 cup minced parsley

1 1/2 lbs. calamari, cleaned

1/2 lb. Prawns, shelled and deveined

Lemon wedges

Mix together the bread crumbs, olive oil and
parsley. Dip the individual calamari and prawns
into the bread crumb mixture, then thread on
skewers. Cook on a grill over a hot fire 2-3 min-
utes. Serve with lemon.

Patate al Forno con Rosmarino (Oven roasted Potatoes with Rosemary and Garlic)

6 baking potatoes, peeled and diced into small
cubes

2 tblsp. minced fresh rosemary

2 tabs. minced garlic

1/2 cup olive oil

1 1/2 tsp. salt

Place the diced potatoes in a bowl. Add the
minced rosemary and garlic along with the oil
and salt, and toss with your hands coating the
potatoes well. Add some oil a roasting pan and
spread the potatoes evenly over the bottom.
Heat the oven to 425 degrees. Bake until the
potatoes are crisp and golden brown about 45
minutes, turning them every 10 to 15 minutes
with a spatula and spreading them out into a sin-
gle layer.

Note: Many Umbrian workers while out in their
fields, eat these tiny cubes of potatoes dusted
with garlic and rosemary because they are very
crispy and travel well in their lunch bags.



Where to go in Umbria

The 3rd Sunday in February: Spello: A celebration of the olive harvest features bruschetta (pronounced: Bru ska tta!) which is country bread rubbed with garlic and drizzled with newly pressed extra-virgin olive oil. The olive pickers parade from the countryside into the town, singing folk songs and carrying olive branches. The townspeople join in then all proceed to the three main taverns where one is served hot mulled wine, roast pork, grilled sausages, white beans and polenta!

Also during the 3rd week in February: Norcia: There is the heady perfume of black truffles floating throughout Norcia. This city states that they have the "best" truffles in the world and sells them throughout the season. So, if you are a truffle aficionado...be there with \$\$\$.

May 15th Gubbio: (see article on the Ceri) Special gastronomic events include a Colazione di Magro for those who walk in the Procession of the Saints that takes place at 9 a.m. on May 15th. The menu is: Lean Antipasto, Roast codfish, Cod with green sauce, Fresh apples and raw fennel, Local wines and Spumante Cinzano. (you may have figured out the translation of Magro=lean) But never fear because at 1:30 in the afternoon the city officials, Ceraioli and guests enjoy a formal banquet called La Tavola Bona where over 1,000 are served and well fed!

June 21st : Spello: Here is an event you will want to see! Thousands of flower petals are placed into amazingly rich and beautiful designs that carpet the streets of the this charming medieval town. The breath-taking flower patterns weave their way up to the church of San Genzano where the practice began. (There are many cities that have this display called Inforiata. Ferentino, our Rockford sister city is noted for this beautiful event. The Ferentino citizens celebrate on the feast of Corpus Christi) .

I Dialetti d' Umbria

by Grant Micheli Scalisi

The region of Umbria can be divided into three distinct dialectal areas: (1) the Northwest zone, including Perugino, Eugubino and Altotiberino; (2) the Central-southeast zone, including Fulginate, Spoletino and Nocerino; and (3) the Southwest zone, including Orvietano. These dialects form the Umbrian group and are spoken by nearly 800,000 people in and around the region. Three-quarters of its speakers occupy the Province of Perugia, and nearly 170,000 reside within the City of Perugia itself. And so, below are a few words and phrases that belong to the Perugino dialect, called locally prugino.

<u>Prugino</u>	<u>Italiano</u>	<u>English</u>
Bondi/Bon giornu	Buongiorno	Good day
Bona sera	Buonasera	Good evening
Bona notte	Buonanotte	Good night
Oh!	Ciao!	Hey!
Come stè?	Come stai?	How are you?
Stò ben bene	Sto benissimo	I'm very well
Mejo	Meglio	Better
Cussì	Così	Thus, so
De dua sè?	Di dove sei?	Where are you from?
I sò de...	Io sono di...	I'm from...
'N dua è...	Dov'è...	Where is...?
Tuqui	Qui	Here
Gimo!	Andiamo!	Let's go!
Adè	Adesso, ora	Now
Bulo	Bello, fico	Cool
Frego	Ragazzo	Boy
Forca	Bambino	Baby
Moje	Moglie	Wife
Marito	Marito	Husband
Postale	Autobus	Bus

Tongue Twister

Ha ditt Gino che è da giù prima che è gito giù lù
 Ha detto Gino che devi andare giù prima che arrivi lui
 Gino said that you must go downstairs before he arrives

Here are some websites for you to check out if you would like more information on the dialects of Umbria.

http://www.aritmico.com/diario/4618_lezione_1__.html

<http://blog.libero.it/DIALETTO/3213848.html>

<http://www.arscomica.com/www/vociperugine.html>

<http://viewnarni.altervista.org/dialetto/index.php?ric=2&id=B&page=4>

<http://dizionarioperugino.blogspot.com/2008/04/volte-artornno-elena-giulietta-renato-l.html>



Carnivale!

Since Pappagallo will be in your hands by February (hopefully), we decided to add a section on Carnevale by Peggy Werner interviewing Bruna Donzello Holt who has experienced many celebrations of this exciting event.

As Italians, we realize that the "Mardi Gras" everyone knows was called originally Carnevale! This word means "Farewell or Good-bye to Meat", since "Fat Tuesday" or "Martedì Grasso" is the final day before Lent. But Carnevale was celebrated for many weeks before Lent. What an exciting, colorful time one has during the season of Carnevale! Crowds of people from around the world visit Venice, in fact the number visiting is about 250,000. They overflow St. Mark's Square and the city is filled with beautiful costumes, glittering masks and revelers overflowing with energy and almost to the point of insanity!

More about Venice in the Pappagallo issue about Veneto, but to let you know...Carnevale is also celebrated in Rome, Florence, and Sicily to mention a few places. Can Italians keep an event like this only in Venice?

Bruna Domzello-Holt was born and raised in Venice, Italy, having been there to experience the excitement of

Carnavale, a 700-year-old tradition, similar to the Mardi Gras, held in New Orleans. Both festivals take place two weeks prior to Ash Wednesday and usher in the Christian liturgical season of Lent.

In Italy, the end of the festival is called "Martedì Grasso" or Fat Tuesday, which implies the eating of food and a lot of it before the

fasting season of Lent begins.

The Venice tradition, characterized by flamboyant costumes and decorative masks, is celebrated in other cities throughout the country, but is more "low key," Bruna said. The real excitement is always in Venice. This year, Carnevale takes place Feb. 13-24. "It is a magical time with wall-to-wall people. The costumes and masks Venice is famous for are so magnificent and you never know who the person is behind the costume. You find out what people are really like and they can be very mysterious and devious at times," she said.

The festivities include parades, concerts, opera, and parties. At different times in history, Carnevale has ceased because of rulers in power or world conditions, one time for about 200 years, but it always finds its way back into the streets.





Carnival... *continued from page 8*

Since this Pappagallo will be out during Carnevale, we decided to add one Venetian Carnevale recipe...

Cenci (Pastry Ribbons for Carnevale)

2 ½ cups flour
 2 tblsp. sweet butter
 1/3 confectioners' sugar
 2 eggs
 1 tblsp. brandy
 A pinch of salt
 Additional confectioners' sugar for dusting the finished Cenci

Make a fairly stiff dough with the ingredients, kneading it thoroughly, and adding more flour if it seems too soft. Flour it and let it rest, covered, for an hour. Roll it out into an eighth of an inch thick sheet, and use a serrated pastry wheel to cut it into strips the length of your hand, and about 2 fingers wide. Make a small vertical cut down the middle of each "Cenio". Then twist each strip and fry in hot oil. Then dust them with confectioners' sugar when they are cool. Fun to make and divine to eat!

ITALIAN AMERICAN HALL OF FAME

Italian American Hall of Fame

Please think about the Rockford Italian men and women that you recall were dynamic, community focused, volunteers and leaders who would be worthy of the Hall of Fame Award that is given at our GRIAA (Greater Rockford Italian American Association) celebration of Columbus Day.

GRIAA Mission Statement

To promote the Italian culture, sponsor social events and activities, and perform works of charity and philanthropy benefiting the local Italian-American community.

GRIAA Purpose

A non-profit organization headed and staffed solely by volunteers, GRIAA serves as a conservatory of Italian culture and traditions. It provides the communi-

ty and opportunity to experience the customs and traditions of Italy first hand by participating in a variety of educational programs and public events provided by our GRIAA Committees. If you would like to serve on one of the GRIAA Committees, please contact us by clicking on the Contact Us Link.

The Hall of Fame members are a prestigious group comprised of area Italian Americans who have made significant contributions to the community. These men and women have shown a tremendous amount of dedication and leadership. Inductees are nominated by the community and selected by the Hall of Fame Committee

Italian Hall of Fame Criteria

Nominees should be persons of Italian heritage whose exemplary lives have made significant contributions to the community in the arts, sciences, government, business, industry, education, volunteer, civic and philanthropic activities, or any other category that is appropriate. Such contributions should reflect a notable community impact and highest standards and ideals.

If you would like to nominate someone for the Italian Hall of Fame Award please read the criteria for this award listed above and then go to www.griaa.com website and download the Hall of Fame award document.

The Italian- American Success Story by Dominic Pulera

Dominic Pulera's new book, *Green, White, and Red: The Italian-American Success Story*, will be published by L'Italo-Americano in April 2009. *Green, White, and Red* describes how Italian Americans overcame poverty and discrimination to enjoy great success in the United States. Dominic has addressed multiple audiences in Rockford over the last few years, including an event sponsored by GRIAA in 2006. To order copies of *Green, White, and Red*, please visit www.dominicpulera.com.



Amici Italiani Youth Dance Troupe Celebrates 20 Years!

Amici Italiani Youth Dance Troupe is proud to be sponsored by the Greater Rockford Italian American Association (GRIAA). Since 1989 young dancers have been trained and educated by dedicated volunteers in the culture and traditions of Italy.

DiGiacomo, Vince DiGiacomo, Joey Eterno, Abbe Graceffa, Maria Knoll, Jessica LaSala, Kelly-Brook LaSala, Nicole Marotta, Shana Marotta, Melissa Merriot, Sarah Morris, Jennifer Mullin, Kyle Mullin, Michele Sacco, Anna Swanson, Stacy Swick, Niki Terranova, Renee Utech, and Steven Wargo.



The current troupe consists of boys and girls between the ages of 7 and 14. We have a repertoire of 15 dances which represent most of the regions of Italy. Dancers for the 2008 Festa were Olivia Burd, Mia Chiarelli, Josey Donofrio, Julia Foti, Nina Herkert, Bridget and Ericka Heffner, Lindsey and Lexis LaMonica, Maddie Ricotta, Ben St. John and Jaci Thompson.

Beginning with Lisa Fedeli Hughes and Carla Cacciatore Mullin, the instructors have changed, but the dances and traditions remain the same. For a number of years Maria Galluzzo Pipitone and Rosa Galluzzo Bilardello directed the troupe. Jennifer Rossato both danced with the troupe and then later took over instruction for a time. Currently and for at least the past ten years, Pauline Urso has directed Amici Italiani Youth Dance Troupe, assisted by Carla Cacciatore Mullin.

If your son or daughter has an Italian family background and would like to join the Amici Italiani Youth Troupe please call Carla Cacciatore Mullin 815-229-9855 or Pauline Urso 815-218-0063 for particulars.

For 20 years the Italian American Community of Rockford has delighted in the music and movement of the Amici Italiani Youth Dance Troupe. Here's to 20 more

Over the years many wonderful young Italian Americans have been a part of the dance troupe. They have become teachers, doctors, lawyers, dentists, artists, moms, and dads. One talented and enthusiastic young dancer is now a Catholic priest, another a professional actor! We hope that they carry with them great memories and traditions brought forth by their participation in our troupe.

Members of the original Amici Italiani Youth Dance Troupe 1989 are Maria Amato, Marissa Angileri, Traci Arbisi, Sarah Bonaquisti, Sonny D'Agostin, Deborah Decastris, Enzo DiGiacomo, Florence DiGiacomo, Gerry DiGiacomo, Maria DiGiacomo, Maria Louisa





Conversational Italian Classes sponsored by GRIAA

I'm Tony Tararà the GRIAA Conversational Italian teacher at Saint Anthony's Church. I have been teaching the program for about 3 1/2 years now and I am very happy with the interest from the Community that we have received so far. Here are some of the things we will be doing in GRIAA Conversational Italian Classes this Spring session.

Level 1 Thursday nights 6:00 P.M. to 7:30 P.M. March 12th - May 15th

You will be introduced to the Fundamentals of Italian pronunciation. We will be learning basic language skills such as Greetings and Introductions, Travel Vocabulary, Numbers, Food, ect.. We will also be learning some basics of Italian grammar so you will have a foundation to build upon if you choose to continue to develop your Italian language skills.

Level 2 will meet on Monday Nights 6:00 P.M. to 7:30 March 9th-May 11th

In Level 2 we continue to broaden your Italian with personal themes such as Family, etc and we expand into more advanced travel skills such as asking Directions. We also expand upon Italian grammar by beginning to look at verb conjugation among other topics to help you to begin to construct your own sentences in Italian. In Level 3

Level 3 will meet on Tuesday Nights 6:00 P.M. to 7:30 March 10th-May 12th

In Level 3 we continue where Level 2 left off . Expanding vocabulary and introducing new conversational tools to expand your ability to converse. More of the class is conducted in Italian as well.

Note: To enroll in the classes call Tony Tararà at 815-399-2129 or e-mail antonino.tarara@sbcglobal.net

Price for the 10 week courses is \$30.00
Make Check Payable to GRIAA and mail to:
GRIAA
P.O. Box 1915
Rockford, Illinois 61110-0415

I hope you can join us whether it is to enhance your connection with your Italian heritage or to expand your knowledge of Italy's rich culture.

Here are a few Italian phrases to get you started.
Piacere! - Pleasure (to meet you)!
A presto! - See you soon!
Arrivederci! - Until I see you again!
Di dove sei? - Where are you from?
Sono americano (americana) - I am american (male/female)

A presto,
Tony Tararà



Visit Our Website!
www.griaa.com



Press Release...

Re: Carnevale in the Italian Gallery
Where: Ethnic Heritage Museum 1129
South Main Street
When: February
Time: Sundays 2:00-4:00 p.m.

Listen why they call Carnevale "The time when
One becomes Any One!"
Legends come alive in the Italian Gallery!

Donations appreciated

Learn about Carnevale!

See the beautiful Italian made costumes typically worn during the 1800's city-wide festival. This was an exciting time of daring, crowded streets filled with revelry, music and royalty hiding behind colorfully glorious masks!

Masks directly from Venice, the "Queen of the Adriatic"

For a special tour of the Italian Gallery's amazing display and admission

Call **815-962-7204** or **815-877-2888**

Shirley Martignoni Fedeli

Greater Rockford Italian American Association - GRIAA

PAPPAGALLO

P.O. Box 1915

Rockford, IL 61110-0415

Your editors:

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