

PAPPAGALLO



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Fall 2010

October...Italian Heritage Month Celebrate with us!

GRIAA

Greater Rockford Italian American Association

**Italian American Hall of Fame
&
Special Recognition Banquet**



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Joe Bove Elected To Hall of Fame Five Others to Receive Special Awards

On Saturday, October 9, 2010 Joe Bove will be inducted into the Greater Rockford Italian American Association Hall of Fame during a dinner ceremony at Cliffbreakers Restaurant.

Joe Bove has been a pillar in our community for years. He attended St. Anthony School and then graduated from West High School. At the age of 10, he started his automotive carrier cleaning parts at DeCarlo's Garage. In 1964 he purchased DeCarlo's and renamed it Bove's Garage.

Joe and his wife Jeanne have five children and are members of St. Anthony Church where for eight years he served on the Parish Council and is a past president of the Sr. Holy Name Society. His roots are still embedded in South Rockford where he grew up and has held the office of President of S.W.I.F.T.T., Southwest Ideas For Today And Tomorrow, for the past seventeen years, also, he is a past President of Kiwanis, and is a Board Member of the Ethnic Heritage Museum.

This exceptional evening for Joe also includes Special Recognition Awards that will be given to five individuals for excellence, Lino Gnesda for his contribution to Art, Alphonso Graceffa (Al Grace) and Valentino DeCastris (Val Eddy) for Music, Veto Santini and Frank "Chico" DeCastris for their roles in Football and Baseball respectively.

Tickets for this unique awards banquet are only \$25 per person with a social hour from 6p.m. to 7p.m. Dinner includes a choice of two entrees, Italian Chicken with roasted potatoes and vegetables or Crepes over vegetables with marinara sauce. Both dinners include Italian salad and pasta with Brandy Alexander Mousse for dessert. Please help support our Italian community by sending a check for \$25 per person to G.R.I.A.A., P.O. Box 1915, Rockford, IL 61110-0415 by no later than October 1, 2010.

If any questions call Karen Cantele at 815-871-8319.



SARDINIA

Sardinia: An Overview

Sardinia is the second largest island in the Mediterranean Sea, with only Sicily being larger. The island is about 120 miles west of the Italian peninsula and has some of the continent's oldest architectural remains. Known for its beautiful beaches and fascinating history, the island has a spectacular coastline called Costa Smeralda or "Emerald Coast," named such because of the jewel-colored water. As one travels along the island's edge, one sees spectacular views of high boulders and breathtaking views of tiny coves, wide bays, many inlets and smaller islands off the coast. Sardinia is an autonomous region of Italy and the fourth least populated. It is basically a mountainous plateau that gradually slopes to the sea. Known for its beautiful beaches and ancient history, Sardinia is a great location for hikers, bird-watchers, and adventurers of all kinds. Few tourists venture to the island's interior, but awaiting those seeking adventure, there is vast oak forests, spectacular canyons, and rock walls lined with caves provide challenging terrain.

The many mountain ranges include the Gennargentu Mountain Range, home to the highest peak on the island. The Punta La Marmora peak is the highest at 6,017 feet. There are many other mountain ranges, including Monte Limbara in the northeast, the Chain of Marghine and Goceano toward the north, the Monte Albo, the Sette Fratelli Range in the Southeast, and the Sulcis Mountains and the Monte Linas in the southwest. The mountain peaks are home to a rare breed of mountain sheep called Mouflon. The island's ranges and plateau are separated by wide valleys and flatlands. The lowlands are rich with wheat fields. Sardinia has few major rivers, the largest being the Tirso, which is about 94 miles long and flows in the Sea of Sardinia. There are about 54 artificial lakes and dams which supply water and electricity. The main lakes are Lake Omodeo and Lake Coghinas. The only fresh water lake is Lago di Baratz. A large number of large, shallow, salt water lagoons and pools are located along the coastline. The island has a typical Mediterranean climate. Most of the days are sunny, with rainfall mainly in the winter and fall. Winds from the northwest throughout the year can be quite strong and make for perfect sailing conditions. The vast number of yachts and sailboats seen from the coastline are evidence of the sport's popularity.

Sardinia is one of the most ancient bodies of land in Europe, geologically. There is evidence of human beings as far back as the Paleolithic period and permanent settlements appear much later, around the Neolithic age. The first people to settle in Sardinia probably came from the mainland of Italy, particularly from what is the modern day Tuscany. From about 1500 B. C. villages were built around the round tower fortresses called nuraghi. (see article on Mysterious Nuraghi). Thousands of these nuraghi dot the landscape of the island today. Around 1000 B.C. Phoenicians began visiting Sardinia as a stop along their trade routes to other parts of the world. Over the centuries, Sardinia has survived countless invasions by the

Phoenicians, Carthaginians, Romans, Arabs, and Byzantines, and many of the annual festivals reflect the influence of these cultures.

A couple of the main industries of Sardinia include goat and sheep rearing (for the production of cheese). Granite extraction represents one of the most flourishing businesses. The Gallura granite district is composed of 260 companies that work in 60 quarries where 70 percent of the Italian granite is extracted.



Cagliari: the Capital City

Cagliari is the Island's capital, the seat of its autonomous government and its main port. It is a metropolitan area consisting of about half a million people, making it an important regional, cultural, educational, political and artistic centre, known for its diverse architecture, nightlife, and monuments. It is Sardinia's economic and industrial hub, with one of the biggest ports in the Mediterranean Sea and an international airport. Cagliari is an ancient city with a long history and has seen the occupation of several civilizations because of its prime location between fertile land and the sea. Testimonies of prehistoric inhabitants reveal the swampy areas protected the people from its enemies and yet the mountainous regions provided a quick escape in times of invasion. Cagliari's Archaeological Museum is located in the oldest part of the city called Castello, which means "castle," and has a collection of the artifacts giving insight into Sardinia's prehistoric existence. In this part of the city there are two 13th century white limestone towers, St. Pancras Tower and the Elephant Tower. White limestone was also used to build the walls of the city and many buildings. D.H.



Lawrence, in his book about his travels to Sardinia, called Sea and Sardinia, was written in 1921 and describes the effects of the brilliant warm sunlight on the limestone and compared the Italian city to a "white Jerusalem." The city is also the location of the University of Cagliari and the Roman Catholic archdiocese of Sardinia.

Sassari:

Sassari is the second largest city of Sardinia, second to the capital city, and being one of the oldest cities on the island it is also known for its collection of ancient art and architecture. Rich in art, culture, and history, Sassari is best



SARDINIA *continued from page 2*

known for its beautiful and elegant piazzas, such as Piazza d'Italia or Square of Italy and the civic theater called Teatro Civico. It is also has an important tourist, commercial and political presence on the island. The city's economy is based mainly on tourism and services for people, but also has thousands of olive plantations, and is known for its research, construction, pharmaceuticals and the petroleum industry. Some of the main sights in Sassari include the famous University of Sassari, the oldest university on the island and founded by the Jesuits beginning in 1562. Other main attractions include the architectural site of Monte d'Accoddi, the Pisan city walls, the Aragonese Castle, the Fountain of Rosello as well as numerous churches and ancient buildings.

Alghero:

Unlike the rest of Sardinia with its mountainous and pastoral setting, Alghero's economy is based on fishing and farming. Alghero lies in the province of Sassari in northwestern Sardinia, next to the sea. The vineyards and olive gardens produce superior wines of all types and olive oil that is sold throughout the world. It is a town of contrasts and is nicknamed "Little Barcelona," because its buildings and use of color splashed around the city mimic the charm of a Spanish town. As tourists have been drawn to the peaceful setting, the town has met the demands of the people and as a result has become a top tourist destination. In time, a sharp contrast between the town's ancient history and modern adaptations is evident. The Cathedral tower and city walls built by the Spanish are Alghero's landmarks. The area northwest of Alghero Bay offer perfect settings for biological and geological study and research because of the many inlets and caves, some partially submerged by water. There are hundreds of discovered caves, Neptune's Grotto being the most famous and visited because of its accessibility to tourists by ferries and a stepped path from land. Nero Cave is thought of as the biggest and most spectacular underwater cave throughout all of Europe and is a destination for many of the world's most adventurous scuba divers.



The Mysterious Nuraghi



In the Mediterranean west of the Italian peninsula lived people whom the Greeks called Sardoï. Later the Romans called them Sardi who built amazingly unique dry-stone towers where they defended themselves. It seems that the Mediterranean being a sea where many cultures and peoples sailed was the perfect spot to conquer any and all islands! We do not know what they called themselves, but we do know that the buildings have been known as "Nuraghi" and the civilization "Nuragic".

There are no known written records of what or who these people were, but archaeologists have evidence that they reached Sardinia from Corsica about 6,000 B.C. and were similar to those who lived in the Paleolithic sites of Liguria and Provence.

The Nuraghi are very prominent in the Sardinian landscape yet today although many have been robbed for their stones to build other things...leaving spots of rubble, yet always curious. Some are still quite large and beautiful while others seem to "almost be a faint hint" of the Nuraghi.

Some suggest they were tombs, palaces, temples or early forms of star-gazing. Perhaps later used as a medieval castle or a defense system for a burly chieftain responsible to his people in cult sacrifices. Some sources estimate that there were over seven thousand of them. Another interesting thing about them is that no two Nuraghi are exactly alike! Of course, there is a common look, but each is somewhat unique. A typical Nuraghi (if you can use that word) had a truncated cone and stands about forty feet in diameter and fifty to sixty feet high that inclines inward, with walls of large granite or basalt stones. The towers have a spiral staircase leading to a second or third storey. They are topped with a battlement where one could shoot arrows or spears.

The first modern studies occurred around the 1800's and excavations began a decade later. So far the result of these studies date them from the middle of the 2nd millennium B.C. Not until 1949 after a violent storm and much flooding, there appeared to be a hill with scattered ruins that were uncovered to reveal an impressive complex known as the Su Nuraxi near the village of Barumini in south central Sardinia. There appears to be a village that was formed

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The Mysterious Nuraghi

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around the Nuraghi perhaps explaining their advanced culture.

The largest Nuraghe and most striking is that of Santu Antine located in the province of Sassari. The name is translated as Saint Constantine, locally known as the House of the King as it stands sixty feet high!

The Nuraghi peoples were known for their metal work and one should take a tour of the National Archaeological Museum of Cagliari. Through continuous archeological digs scientists are finding bronze statuettes, models of ships and other life styles.

This unique island would be an exciting place to visit. Many Italian and German families visit Sardinia since it is still somewhat isolated. Americans are "finding" it as a great place to relax away from the "normal" visitors to Italy.

Sardegna Food

Sardinia is called Sardegna in Italian.

Sardinian cooking is made mostly of pasta and soups, lamb, pork and vegetables, and with some of the most delectable desserts!

The spit is often used and the Sardinians are masters of maintaining the tenderness of the meat while cooking it just right. Sheep, lamb, milk-fed baby pigs, even fish are carefully cooked and turned without ever being burned by the flame (so they say). Local brush and plants are used to add to the flavor.

The heritage of preserving seafood and farming rich sea salt from the tidal marshes is maintained to this day in Sardinia. Fishermen from Sardinia bring the tradition of air-cured tuna and flavorful sea salt to the rest of the world, the most renowned is bottarga or mullet roe.

Bottarga is known as Sardinian poor man's caviar. It is considered one of the most authentic, delicious examples of the island's gastronomic traditions. Bottarga is made from mullet eggs, which are carefully extracted from the fish, with great care being taken to avoid rupturing the sacks that hold them. It is then salted, pressed and dried. It is a specialty of Sardinia. The long, fat roe sack is salted and massaged by hand over several weeks to eliminate air pockets. The mullet roe is then pressed using wooden planks and stone or marble weights. The bottarga is then sun dried for one to two months. (see photo below). We googled the price of the roe...\$79.00 per pound!



Bottarga is often served in fine slices, alongside slices of celery drizzled with fine olive oil. Combining bottarga with artichoke hearts is another popular way of serving it. Top a salad of bitter greens with shaved bottarga, or grate it into your rice for a flavorful breakfast. Bottarga should be kept in the fridge to maintain its flavor.

Tuna bottarga has a salty, sharp flavor, stronger than gray mullet bottarga. Bottarga is shaved, sliced, chopped or grated, and just a little can provide a huge amount of flavor to a variety of dishes. The most popular dish in the Sardegna food tradition is called Spaghetti with Bottarga, (Spaghittus cun bottariga).

Spaghetti with Bottarga



4 oz bottarga thinly sliced

20 large sprigs of fresh Italian parsley, leaves only,

Large garlic cloves, peeled

3/4 cup extra virgin olive oil

Freshly ground black pepper to taste

1 lb imported spaghetti

Bring a large pot of water to a rolling boil. Finely chop half the bottarga together with the parsley. Transfer to a bowl. Finely chop garlic, then add remaining bottarga and coarsely chop it with the garlic. Mix into the bowl with the other ingredients. Add oil, a little at a time, mixing with a wooden spoon and seasoning with pepper, to taste. Cover and refrigerate.

Add a tablespoon of Italian sea salt to the boiling water, add pasta and cook until al dente. Meanwhile, coarsely chop the remaining sprigs of parsley. Drain pasta, transfer to a large serving plate, add the sauce, toss well, and serve with the chopped parsley and additional pepper if desired.

Serves 4



Sardegna Food *continued from page 4*

The quintessential pasta of Sardegna is **malloreddus**, a small gnocchi made from durum wheat semolina, salt, water, and saffron. Small pieces of the pasta dough are rolled across thin wires or a ridged board to give them their characteristic ridged surface. Malloreddus are traditionally served with a simple tomato sauce, a hearty lamb or sausage ragu, or with butter and grated pecorino cheese.

Malloreddus with Pork and Pancetta

(Malloreddus kin Purpuzza) Recipe

1 pound pork shoulder, cut into 1/2-inch cubes
 1/4 pound pancetta, 1/2-inch slices, cut into cubes
 1/2 garlic clove
 1 pinch freshly ground black pepper
 2 teaspoons red wine vinegar
 1/2 cup Terra Saliosa wine (or dry red wine)
 1/4 cup sun-dried tomatoes, chopped
 1 tablespoon tomato paste
 1 sprig myrtle, about 5 to 6 leaves
 1 1/2 cups chicken stock
 1 pound malloreddus pasta
 1/2 cup grated Pecorino Sardo cheese (or other pecorino cheese)
 2 tablespoons extra virgin olive oil

Place the pork and pancetta in a large bowl. With a mortar and pestle, mash garlic and pepper into a paste. Mix in the vinegar. Toss pork and marinade until mixed well. Cover and refrigerate for 4 hours. In a skillet over medium-high heat, brown the pork and pancetta for 5 minutes. Add the red wine and deglaze, scraping browned bits from bottom of pan. Add sun-dried tomatoes, tomato paste, and myrtle leaves to skillet. Add chicken stock, cover, and simmer for 30 minutes. Bring a large pot of salted water to a boil. Add malloreddus and boil for 10 to 12 minutes, or until al dente. Remove myrtle from sauce and discard. Toss pasta with sauce. Sprinkle with pecorino cheese and finish with a drizzling of olive oil.

Sardinian Cuscus

1lb. Sardinian semolina cuscus
 1/3 cup grated Pecorino Sardo cheese
 3 oz. pork fat
 4 cups meat broth
 2 medium sized chopped onions
 1 sprig of fresh parsley
 olive oil
 salt to taste

Cook the cuscus in the meat broth for 10-15 minutes, and drain if necessary, setting the broth aside. In a pan simmer the lard with chopped onion in olive oil, then add the chopped parsley. In a baking dish spread a layer of the cuscus, then a layer of the cooked onion and a sprinkle of

Pecorino Sardo cheese. Repeat until all ingredients are used. Cook in a 375° oven for 20 minutes. The *fregula stufada* is ready when it is dry enough to be eaten with a fork. Serves 4

Recipe courtesy of The Italian Trade Commission.

Most importantly in the Sardinian food list are the traditional breads of Sardinia that tend to be hard and dry, and prepared only once a week. **Pane carasau**, a crisp, very thin bread that is made from durum wheat semolina and wheat flour, can keep for weeks at a time due to its very low water content; traditionally, it was the bread that shepherds and herdsmen could carry with them during their months in the mountains. In recent years, this bread has increasingly been called **carta da musica** by visitors from the mainland, because it resembles sheets of parchment-like music manuscript paper! (Tomie Paola has a charming story about this extremely flat, crisp bread).



From **Pane carasau** is made **pani frattau**. One merely dips the bread in hot water then seasoning it in layers with tomato sauce, ground meat and grated pecorino cheese. It is topped by a poached egg!

Other Sardinian unique breads are: **su cifraxu**, the most common, is in the shape of an enormous sandwich roll; **su coccoi** is made with fine flour and is decorated with small crests which during the baking become golden brown and crisp.

From the island's sheep breeding tradition come many different kinds of cheeses, the production of which now takes place in cheese factories. Among the best-known are **fiore sardo** (or **pecorino sardo**), a hard cheese made from fresh whole ewe's milk curdled with lamb or kid rennet; **pecorino romano** made with cooked ewe's milk and lamb's rennet. It is compact and sharp; **dolce sardo**, a soft cheese made from cow's milk.

Delectable Desserts

There is a wide variety of sweets: **Sebadas** (see recipe below) a kind of pancake filled with fresh cheese and covered with honey. **Pardulas** are small cakes filled with ricotta. They were once prepared for the Easter season, but



Sardegna Food *continued from page 5*

now are available all year round; **Bianchittus** are small cakes made with egg white, chopped almonds and sugar; **Pirichittus** are pastries made with flour, eggs and olive oil, then covered with sugar which gives them their white color; **Zippulas** an Arab fried sweet made with shortening, flour, yeast, sugar and lemon peel; **Pane 'e saba** a typical sweet prepared for feasts with cooked wine and the addition of water, semolina, raisins, pine nuts, and almonds, then decorated with colored balls of confectioner's sugar;

Amarettus the basic ingredients are egg white, sugar, sweet and bitter almonds, grated lemon peel then topped with a peeled almond. **Candelaus** is puff pastry with a filling of almond flour and sugar and orange petal water and covered with a sugar icing. They are wrapped in thin strips of paper the color of gold. **Gatto** is prepared by cooking a large amount of sugar in a pan until it becomes fluid then it is blended with honey, chopped almonds and pieces of dried orange peel. When this is all well blended it is poured onto a slab of marble to harden. While still warm, lemon juice is added to give it its typical fragrance. It is then cut into pieces.

Sebadas A type of pancake filled with fresh ricotta and covered with honey

2 cups ricotta
Zest of 2 lemons
1 egg
1 cup yogurt
1/4 cup sugar
1 1/2 cups all-purpose flour
1 cup super fine semolina
4 ounces butter, softened
1/2 cup milk

1 cup honey
(olive oil for frying)

In a mixing bowl, stir together ricotta, lemon zest, egg, yogurt and sugar until well blended. In another mixing bowl, place flour and semolina in a well. In a small saucepan, stir together milk and butter until butter is melted. Pour into the well of flour and incorporate wet into dry to form a dough. Knead dough 1 minute, form a ball, wrap and refrigerate for one hour.

In a 12 to 14-inch frying pan, heat oil to 375 degrees F. With a pasta roller, roll out pastry to 1/4-inch thick. Cut 20 3 1/2-inch rounds out of the pastry. Place 2 tablespoons cheese mixture on 10 rounds and cover each (with the other 10) like a sandwich. Press edges together to seal and place to fry in oil until golden brown, about one minute. Remove and drain on paper towels. Sprinkle with powdered sugar and serve with warm honey.



Culurgiones

Culurgiones is a Sardinian pasta, known for its unique shape, that can be filled with a variety of fillings. The most traditional of these fillings, as shown in the recipe below, contains potatoes and mint. They are traditionally served with typical tomato sauce and grated cheese. This will make about 40.

INGREDIENTS For filling:

1 lbs of red potatoes
1 lbs (450 g) of grated cheeses: 1/3 lbs (150 g) of aged pecorino, parmesan, and peretta (or similar)
1 egg
1 large clove of garlic
Several sprigs of parsley (about 15 leaves)
Several sprigs of mint (about 10 leaves)
6 1/2 tablespoons of extra virgin olive oil

For pasta:

4 cups of semolina flour
3 eggs
7 egg yolks
1/2 teaspoon of salt
Water, if needed

PREPARATION

The filling:

Boil potatoes, grate the cheeses. Pour olive oil into a pan and fry over medium heat with the minced garlic, and the sprigs of parsley and mint. Remove pan from heat before the garlic begins to brown.

Strain the olive oil and cool. Discard garlic, parsley and mint.

When potatoes are tender, remove from water one at a time and peel. Mash to create a purée.

Mix mashed potatoes with egg, olive oil, and cheeses. Refrigerate until needed.

The pasta:

On a work surface, place flour in a mound with large hole in center. Add eggs and salt to center of hole carefully mix with fork. Slowly incorporate small amounts of flour as you mix. When mixture has become solid enough to work with



Sardegna Food *continued from page 6*

your hands, begin to knead the dough. Continue to knead, adding flour if the dough is too sticky or water if the dough is too dry, until you have a smooth dough with consistent coloring (10-15 min.). Cover dough with plastic wrap and let set at room temperature 30-60 minutes.

The culurgiones:

Divide dough into manageable pieces. Roll out dough either by hand or with a pasta machine until about 2 mm thin. Using a cutter cut out circular pieces about 3-3.5 inches in diameter. Place a circle between your thumb and index finger. Place filling in the middle of the circle.* Beginning at one end, pinch the sides together; then alternate side-to-side pinching together a small amount, enclosing the filling and creating a weaving pattern.

* Go to www.youtube.com and search "culurgiones". There will be several videos demonstrating this technique.

Some well-known Sardinian Wines

Anghelu ruju: dark red, very high in alcoholic content, It has a sweet, liquorish flavor, but smooth and mellow to taste. Serve with dessert, or after meals.

Canonau: light garnet red, with plenty of body and sweet. Serve with dessert.

Giro: brilliant red that changes to orange with age. Especially best with Sardinian sweets!

Malvasia del Campidano: brilliant golden yellow with a velvety taste but sharp giving one an after taste of bitter almonds. Serve as an aperitif, with fish, oysters or dessert.

Nuragus: straw yellow with a light bouquet and refreshing flavor. It is among the oldest wine known in Sardinia. Serve with all meals.

Perda rubia: dark red with ruby fire. The bouquet is distinctive and pleasant with a taste that is dry and agreeable. Serve with all meals, and roasts.

Torbato secco: light amber, quite dry and yet flavorsome. Serve with fish or as an aperitif.

Vernaccia: straw yellow bordering on golden amber. The taste is dry and slightly sharp. A bouquet of flowering almond. Serve with fish, for cooking and desserts. A base for light cocktails.



The Launeddas

by Micheli Scalisi

The launeddas is a reed instrument with multiple pipes that is unique to the island of Sardegna. It dates to the 8th century B.C., and purportedly derives from similar instruments found in the Maghreb and in the Middle East.

It is comprised of three pipes: the basciu, which is the longest and produces a single note; the mancosa manna, which serves as an accompaniment; and the mancosedda, which is separate and provides the melody. Tuning the instrument is accomplished by adjusting the amount of beeswax on the reeds. For this reason, a reserve of beeswax is usually found at the joint between the basciu and the mancosa manna.

The launeddas is played using a challenging technique known as circular breathing. With this technique the player's mouth serves as a reservoir for air, much like the bag of the bagpipes. Therefore, the player must use the air in his or her cheeks to play the instrument while simultaneously refilling his or her cheeks so that the music is uninterrupted.





The Sardinian Dialects by Micheli Scalisi

The Sardinian language (limba sarda) actually refers to four distinct dialects: Logudoresu, Nugoresu, Campidanese, and Tattaresu-Gadduresu. Therefore, a standard language, with a standard grammar and vocabulary, does not exist. Nugoresu is the most conservative dialect, and is the most conservative of all the Romance languages in terms of phonology. Campidanese is the most widely spoken, due to its occurrence in the capital city of Cagliari and its surrounding province. The following is a list of a few common Sardinian words and phrases:

| English | Nugoresu | Campidanese | Italian |
|--------------------|-------------------|-------------------|-----------------|
| Yes. | Eja. | Eja. | Sì. |
| No. | No. | No. | No. |
| Hello/Good-day. | Bona die. | Bona dì. | Buon giorno. |
| Good-bye. | Adiosu | Adiosu | Ciao. |
| What's your name? | Ite ti naras? | Ite ti nanta? | Come ti chiami? |
| My name is... | Mi naro... | Mi naru... | Mi chiamo... |
| How are you? | Comente istasa? | Comenti istasi? | Come stai? |
| I'm fine, and you? | Isto bene, e tue? | Istu beni, e tui? | Sto bene. E tu? |
| Thank you. | Aggràssias. | A mertzedis | Grazie. |
| You're welcome. | Non b'at ite | Pregu. | Prego. |
| Please. | In gràssia. | Pro praxeri. | Per favore. |
| Let's go! | Ajò! | Ajo! | Andiamo! |
| Where is... | In ue est... | Aundi esti... | Dov'è... |
| (The) bathroom? | (Su) banzu? | (Su) bagnu? | (Il) bagno? |
| (The) hotel? | (Sa) posada? | (Sa) posada? | (L') albergo? |
| See you later. | A nos biere. | A si biri. | Arrivederci. |
| Boy/Girl. | Pitzinnu/-a. | Piccioccu/-a. | Ragazzo/-a. |
| Son/Daughter. | Fizu/-a. | Fillu/-a. | Figlio/-a. |
| Father. | Babbu. | Babbu. | Padre. |
| Mother. | Mama. | Mardi. | Madre. |
| Grandparents. | Donnumannu/-a. | Jaju/-a. | Nonno/-a. |



If Visiting Sardinia...



Second Sunday in September:
Quartu Sant Elena: A festival honoring the mother of the Emperor Constantine that includes a costumed procession where girls in traditional costumes ride on floats filled with Zibbibo grapes. Vendors sell spicy raisin and nut cookies and orange and lemon flavored sweets as pirichittus. (see recipe section).

Fourth Sunday in October:
Aritzo where the Chestnut Festival is held. The Sardinian sagra offers hazelnuts along with singing and dancing. The young boys in traditional costume dash around with cowbells tied around their waists making it an exciting event.

January 16th and 17th:

Dorgali: The fragrant herb, rosemary is set on fire in a huge bonfire on the piazza and a local sweet called I pistiddu is served with the first wine of the new year...what wonderful fragrances are present in the air!!

First Thursday and Friday in February:

Gergei: The night before the ancient sagra of the "sassineddu" a large arbor of braided reeds decorated with flowers, oranges, apples, mandarin oranges, candies, and little cookies are beautifully arranged over the guest's tables. There is a sumptuous dinner held where sausages and game are cooked on a giant grill and local Malvasia wine is enjoyed.

Carnivale Time:

Oristano: Carnivale in Mamoiada features twelve men called Marmuthones who are dressed in animal skins and wear mournful wooden masks and clusters of heavy brass bells. They are treated like scapegoats and are chased out of town in a ritual performance. At the end of the day the town shares with all a joyous festival.



The group wears the costumes of the town of Sennori, located between Sassari and the seacoast.

FESTA ITALIANA LOOSES A SPECIAL FRIEND

By: John Falzone

You walk around the grounds at Festa Italiana; you see the Food Tents, Rides, Entertainment Stage, Rest Area, Fashions Tent, Cultural & Education Tent, Bocce Courts and a little man named Dominic.

Who is this guy? He's at the Festa Building sweeping the floor, and then you see him taking trash bags and tying them up to be hauled away. You walk by the Beef Tent; there he is again cutting buns. Now you see him at Sausage cutting buns. You walk by Meatballs, there he is again. Wait, didn't you just see him at Sfingi? Yes you did.

Back at the Festa Building he sets in a chair and if he asks you once, he asks you 20 times, "Where's Whitey?"

Dominic Perrecone was always there, from setup to tear down. He beat all the odds. He was a special need individual, a dwarf, with a life expectancy of maybe 50 years and he lived to be 87 years old.

Dominic loved Festa and we loved him. Three days after our 32nd year, August 11, 2010, he passed away. The chair he sets in at the building will now be empty. The little man won't be there, but when you walk the grounds, look up to the heavens.....you will see the Little Guy.....standing, right next to the Big Guy.



Look What's Happening at the Ethnic Heritage Museum...

Join us **every Sunday throughout November from 2 to 4 p.m.** to view some of the most **outstanding Italian forms of Needlework!** Gorgeous laces, cut work, Trapunto, handmade linens, chenille bedspreads, and wedding gowns from 1917 through the war years. See Salvatore Castronovo's original gown and listen to the wonderful stories about the creative shapes of Bombonieri's as told by our docents.

Don't miss this outstanding display for you to recall with family the **Old World Italian Wedding Traditions!**

Check with us at Ethnic Heritage Museum 815-962-7402 for another workshop about tatting and crocheting later this fall! (November 7, 2010)

****Save the Dates: December 4th & 5th Saturday and Sunday from noon til 4p.m.** where the Italian Gallery will again present **Italian Holy and Holiday Traditions.** Bring your family to proudly share in our Italian culture and history!

Visit our other Galleries of the Museum and learn about our 5 other cultures. Go on line at our website: www.ethnicheritagemuseum.org for more information.

Attention: If you enjoy meeting people and have 2 hours on any Sunday join our volunteer group to help us spread the word about our history and the history of Rockford...and where it began! Call Shirley Martignoni Fedeli 815-877-2888 Thanks!

Amici Italiani...Ballo! Ballo! Ballo! Authentic Folk Dancers Adult Troupe of Rockford, Illinois

Amici Italiani Adult Folk Dance Troupe is looking for more Dancers!

The troupe was established in 1985 by Shirley Martignoni Fedeli/ It gathers Italian Americans from age 14 on up to learn and share the rich tradition of Italian Folk Dance. Their goals are to preserve and share the Italian culture by educating and entertaining audiences with the color and warmth of our rich Italian heritage.

Dances performed by Amici Italiani include various Quadriglias, Saltarellos, Mazurcas, Tarentellas, and Codigionies. The troupe leaders are: Director Rosie Scalise Sheridan and Dance Instructor Bea Giammarese Ricotta. Rehearsals are every Tuesday night from 7:00 to 9:00 p.m.

If you would like to join the troupe and share in their dancing tradition, contact Rosie at 978-4779 or Bea at 964-0035.



At the Sartiglia riders attempt to lance a star suspended in mid-air. The more stars they spear, the better the harvest will be, according to local tradition.

Remembering Fred J. Ascani...

March 28, 2010 was the day that our dear friend, Fred Ascani passed away, but he will live on forever in our hearts. There is an exciting new book about his life. Mentor Inbound The Authorized Biography of Fred J. Ascani, Major General, USAF Retired *Holder of the 1951 World Speed Record.* Written by Sheryl L. Hutchison, LtCol, USAF Retired.

You may purchase it at Barnes and Noble or most book stores. It was an exciting and insightful story! Get your copy now and relive Fred Ascani's amazing pioneer career in aviation. What a proud Italian American "gift" he was to our culture!



More High Tech!

Anyone wanting to visit any of the top 40 sites of culture in Italy now have a chance to NOT be in the long lines waiting for a ticket! You now may buy them in advance on a mobile phone! As of July 1, you can download a free application called I-MiBAC Top 40 to buy tickets for venues such as the Uffizi gallery, Pompeii, the Colosseum with an iPhone, an iPad or an iPod Touch. The Culture Ministry stated that more new apps will follow to open up the same service to anyone with a smartphone. Tickets can be purchased with the I-MiBAC Top 40 up until 24 hours before the visit takes place. One can access information, news, images and maps related to the sites. So download the Italian state websites now, you teckies! (www.beniculturali.it)

Vatican City

(AP) Pope Benedict XVI hopes the Vatican's new YouTube channel will help those interested in spiritual concerns. The YouTube will feature clips of papal activities, etc. Google, too! The pope is getting his own channel on Google! Who says that we Catholics are "behind the times"?

Since October is our Italian Heritage Month how many of the following "stellar Italians do you know? Therese Mancuso established 31 days of Italians to promote the significant contributions they have made to America. She received a grant from NIAF to continue her work. Thanks to the FRA NOI for this information. Here are some of the great Italians, for the complete list visit home.earthlink.net/31italians/.

Oct. 2 Amadeo Pietro Giannini
 Oct. 3 Guglielmo Marconi
 Oct. 4 Filippo Mazzei
 Oct. 5 Antinio Meucci
 Oct. 6 Joe DiMaggio
 Oct. 7 Mario Lanza
 Oct. 8 Helen Barolini
 Oct. 9 Father Pietro Bandini
 Oct.10 Enrico Fermi
 Oct. 12 Christopher Columbus
 Oct. 13 Maria Montessori
 Oct. 17 Mother Francis Cabrini
 Oct. 18 Enrico Caruso
 Oct. 21 Arturo Toscanini
 Oct. 24 Fiorello LaGuardia
 Oct. 25 Amerigo Vespucci
 Oct. 29 Frank Sinatra
 Oct. 30 Andrea Palladio

NIAF: The National Italian American Foundation has launched Tutto NIAF a new daily blog that describes NIAF's mission, U.S. Italy relations and many other things that pertain to Italian Americans. This blog is a resource for our community for the latest museum exhibits, books and films, trade and economic info, travel sources and NIAF programs. Links to newspaper and magazine articles about Italy and Italian America. Check it out www.niaf.org/blog or Tutto NIAF on Twitter at www.twitter.com/tuttoniaf.

GRIAA—Greater Rockford Italian American Association

The Fall classes for Conversational Italian is accepting reservations for the classes listed below. Once again the classes are taught by Tony Tararà who has been our teacher for the last 6 years.

Classes are held at St. Anthony's Church in the Pedrini Center.

The book used for all levels is Italian Now!: A Level One Worktext [Paperback] Marcel Danesi (Author) you can order on line or purchase at Barnes and Noble.

Please send in your reservation as soon as possible.

Note: To enroll in the classes call Gene Fedeli at
 815-877-2888
 or e-mail e.fedeli@comcast.net

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

Level 1 will meet on Monday nights 6:00 P.M. to 7:30 P.M. September 20th thru November 22nd. 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, etc. 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 and 3 will meet on Tuesday nights 6:00 P.M. to 7:30 September 21st thru November 23rd. In Level 2 and 3 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.

Greater Rockford Italian American Association - GRIAA

PAPPAGALLO

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THE UNITED ITALIAN AMERICAN NEWSLETTER

PAPPAGALLO



October is Italian Heritage Month.

Celebrate with your family and create a meal that your grandparents taught you!

Learn a few Italian words to greet your family in the morning.

Last, but not least GRIAA..Greater Rockford Italian American Association invites you to a fun-filled family movie. This movie (back by popular demand) will make you laugh, "tear up", and recall the days of your grandparents including a few "old" Italian words.

By the way this film was also filmed here in parts of Chicago!

Look for familiar landmarks!

So Join Us in Celebrating Italians in America

Movie: "Uncle Nino"

Place: Rockford Public Library (Auditorium)

Date: October 12th

Time: 2:00 to 4:00 p.m.

Call to reserve a spot: 815-877-2888