

PAPPAGALLO



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

Spring 2008

Trentino-Alto Adige: An Overview

Trentino-Alto Adige is Italy's northern most region, mostly surrounded by the Southern Alps and Dolomite mountain ranges. Austria borders the region to the north, Switzerland to the northwest and the Italian regions of Lombardy and Veneto to the west and south. It is a beautiful region with its snow-peaked mountaintops, serene meadows and glistening waterfalls and medieval towns. The two provinces are Trento (or Trentino) and Bolzano (or Alto Adige/Sudtyrol). Despite their differences, their cultural differences, the regions share the beauty and splendor of the mountains that make up a vast majority of the terrain and provide much of the recreation in the area, including great skiing and hiking trails. The mountain waters create lakes, rivers and endless possibilities for adventurers and therapeutic springs for the many health resorts. The lowest pass of the Alps, the Brenner Pass, is located at the far north side of the region and has been a main entrance to the county for those traveling south. The Alpine climate in this area consists mainly of cold and snowy winters, cool summers, and rain in the fall and spring. Milder climates are found in the valleys. Overall, the natural beauty of the landscape has been untouched.

Struggle for Identity

The area has long struggled for an identity. Napoleon conquered the region and put it under the control of the Austrian Habsburgs, who ruled it until it was returned to Italy after World War I. Many of the people didn't accept those terms and in 1939, Mussolini gave the people the chance to either stay and accept their Italian citizenship or emigrate north and take on the role of being German. In 1948, the Italian legislature made Trentino Alto Adige an autonomous region. Trentino, the southern part of the region is centered on the beautiful city of Trento and is more Italian than the northern Alto Adige, which is also known as Sudtyrol and has a more German influence. In addition, throughout both regions are thousands of residents who cling to yet another ethnic tradition, speaking an ancient language known as Ladin, which is a combination of Celtic and Latin. The town of Vigo di Fassa has a museum showcasing the customs and history of the Ladin people. Populated since the Bronze age, the area was once inhabited by the Celts and the Etruscans and later became a part of the Roman Empire.

Industry and Recreation

With the Roman Empire, came about the construction of roads, buildings, cities, waterways and the division of land



for farming. After World War II, dramatic changes came to the area with industrial development in the form of hydroelectric plants and the booming resort business. The development of hydroelectric plants became one of the most important industries in the region. Aluminum, paper, tobacco, alcoholic beverages, and other mechanical and chemical products came from the region. Yet, agriculture is sharply divided, depending on where products are being produced. In the highest and poorest areas, small family farms produce crops and products mainly used to take care of the people living there. In the lower zones, where sun is more plentiful, the production of grapes, apples, pears, cattle, and wood are mainly exported as a source of income.

Attractions

Many of the sights in Bolzano are a reflection of the cultural mix of Italian and Austrian influence. The churches, language, and other attractions reveal the crossroads. Among the major monuments and sights is Walther Square, with a statue of Walthervon der Vogelweide, one of the most celebrated German lyric poets. The South Tyrol Archeological Museum is home to the Otzi the Iceman, a well-preserved mummy of a man from about 3300 B.C. found in the Otztal Alps, near the border of Italy and Austria. The Gothic Cathedral, started in 1184 by Romans was later rebuilt by two German architects. The First World War Victory Monument was built by Mussolini in 1928.

In Trento, there are many interesting monuments and the

continued on next page ➤



Trentino Overview -cont.

architecture has both the Italian Renaissance and Germanic characteristics. Some of the medieval city walls are still visible in Piazza Fiera. Other attractions include: the Cathedral of Saint Vigilio, a Romanesque-Gothic cathedral of the 23rd century and is built on top of a late Roman basilica. Piazza Duomo, on the side of the Cathedral, features the Fountain of the Neptune, built in 1767-1768. The Church of Santa Maria Maggiore was built in 1520 for Bishop Bernardo Clesio. The Castello del Buonconsiglio houses a museum and a collection of Gothic frescoes depicting the months. In addition to the Romanesque, Gothic, and Renaissance styles that dominate in Trento, there are a couple examples of more modern architecture. The train station and post office were both designed by the same architect, Angiolo Mazzoni. The train station, in particular, is a landmark with its many varieties of local stone and modern building materials.

Lake Garda

Lake Garda is the largest lake in Italy, located about halfway between Venice and Milan. The lake offers very different scenery and experiences, depending on if you are at the north or the south end of the lake. The northern part of the lake is more narrow and surrounded by mountains that offer the opportunity for many sporting events. The Southern end of the lake is a much flatter, with gentle slopes and long beach. The glacier-formed lake is easily accessible from the Brenner Pass, and is a major tourist destination, with a number of hotels and resorts along its shores. The lake has five islands, the largest being Isola del Garda. A wide variety of fish species can be found in Lake Garda.

Wines

The mountainous region of Trentino-Alto Adige offers a challenge for growing vines on steep mountain slopes, but valleys and terraced hillsides give growers an opportunity to produce some of the best wines of the region. Although the region produces a small percentage of the nation's wine production, about 10 percent of Gappa comes from this northern region. Grappa is a vodka-like traditional Italian drink, made from the leftover skins and seeds of grapes used for wine. Although some would say the Alpine climate favors white wines, the emphasis in the region has been on red wines. Alto Adige's native Teroldego and Marzemino produce the region's most distinguished red wines. Some of the better known grape varieties are Chardonnay, Cabernet, Merlot, Moscato, Pinot Grigio and Muller-Thurgau. One distinct difference in wine production in this region is that the northern part of the region gets most of its wine from small family owned wineries that keep the product local and don't export a lot. In the southern part of the region, the winegrowers have joined with larger cooperatives and produce a more consistent wine year after year.

Recipies

Cuisine: Trentino-Alto Adige

The cuisine from this area is influenced by German and Austrian traditions. One can find wurstel and strudel next to gnocchi, ravioli, stuffed meat roasts and potatoes. Fish is also popular due to the Alpine fresh water lakes.

Some of the local specialties are:

Anguille del Caldaro: Eel from Lake Caldaro roasted on a grill or marinade in a sauce of vinegar, garlic, sage and bay leaf.

Fritelle di segala: Little rolls made of dark rye flour and egg, spiced and fried in olive oil.

Gnocchi: (see recipe below).

Lepre alla trentina: Hare (rabbit) in a stew of olive oil, garlic, onion and white wine that has been highly seasoned and spiced.

Pane tirolese: Typical Alto Adige confection. A kind of Panettone, made of flour, eggs, butter, almonds, cinnamon and lemon peel.

Pesci: The fish from the Alpine lakes are outstanding whether baked, grilled or steamed. Served with olive oil, lemon or mayonnaise.

Strudel: A golden brown pastry, made of an outer case of flaky pastry, stuffed with apples and baked to a golden color.

Due to the many and excellent orchards and vineyards you will find a gourmet "heaven".

If you have not enjoyed some of the cuisine, you must search out the wines of the area and have a wonderful north-eastern Italian dinner!

Here is a list of wines that will add to the delight of a meal from this region:

Bianco Val d'Adige: A straw yellow color that is moderately tart and nutty.

Lago di Caldaro: Is a clear garnet red and lively. It has a typical, delicate bouquet of almonds and the flavor is subtle and aromatic. Also known as Appiano.

Merlot trentino: Has a ruby red color, but sometimes pink. Nicely tart and reaches full maturity after one to three years. Serve with roasts.

Pinot bianco: Is straw yellow, with greenish glints. It has a light bouquet and slightly sharp flavor. This wine has a noble history, and is well known in Italy and abroad.

Riesling: Is straw yellow, tending towards pale green/ It has a subtle flavor and a characteristic bouquet with a nutty after taste. Serve with hors d'oeuvres or fish.

Rosso Val d'Adige: The flavor is mellow and somewhat sharp with undertones of vanilla. Serve with roasts and wild fowl.



Recipes Continued

Gnocchi

2 pounds potatoes
 1 cup flour
 3 egg yolks
 2 teaspoons salt
 ? teaspoon pepper
 1 tablespoon butter

Cook the potatoes in their skins until tender. Peel and return to the sauce pan. Shake over low heat until dry. Beat in an electric mixer or mash very smooth. It is important that no lumps remain. Mix in flour, egg yolks, salt, pepper and butter. Knead on a floured surface until smooth. If dough doesn't hold its shape, work in a little more flour. Break off portions of dough and roll into ? inch thick pieces. Cut into 1" lengths. Drop singly into boiling salted water. Cook 10 minutes or until they rise. Remove with a slotted spoon. Serve with butter, cheese or sauce. Recipe from Cuciana Italiana, Rockford Style thanks Don Blascoe & Joyce Poggioli Sargent.

Fonduta

1 pound Fontina or Gruyere cheese, cut into small chunks
 1 teaspoon cornstarch dissolved in ? cup milk
 ? teaspoon salt
 1/8 teaspoon white pepper
 3 egg yolks
 1 canned white truffle, sliced paper thin (optional)
 4 to 6 slices white Italian bread toasted, buttered and cut into triangles

Put the cheese, cornstarch milk mixture, salt and pepper into a heavy 2-3 quart saucepan. Cook over low heat, stirring constantly about 5 minutes or until the cheese melts. Beat the egg yolks with a whisk until light. Spoon ? cup hot cheese mixture into the yolks and beat vigorously. Pour the mixture slowly back into the pan, beating constantly, and continue cooking over low heat until runny and smooth and beginning to thicken. Ladle it immediately into heated shallow

ramekins or individual baking dishes. If you use the truffle, arrange slices on the top. Stand the toast triangles around the inside of the bowls. Serve at once while hot! Perfect for the winter or anytime. Serves 4.



Carnival knots, Trentino style

Ingredients

250 g (8 1/2 oz) white flour
 1 egg
 100 g (3 1/2 oz) sugar
 100 g (3 1/2 oz) unsalted butter (melted)
 0,5 g (1/4 tablespoon) vanilla
 Oil for frying
 Icing sugar
 Salt

Beat egg with sugar in a large bowl until creamy. Then pour melted butter into the mixture and stir with a wooden spoon. Add a pinch of salt, vanilla and flour. Knead dough until soft. Then place dough on a lightly floured surface; keep kneading for at least 10 minutes. Cover with a napkin and let it rest for about 30 minutes.

Roll dough out onto a lightly floured surface, beginning from the center, to a thickness of 0.2 cm (1/8 inch); you should use a long pasta rolling pin for this. Cut your dough into thin strips and shape into ribbons

Fry them in oil in a non-stick frying pan until they are golden on both sides. Put them on absorbent paper to remove excess fat.

Sprinkle with icing sugar and serve hot or cold; accompany with a sweet wine from Italy.

I thought you'd like to see the European measurements since we Americans are not used to the metric system.

Sauerkraut, Trentino style

Ingredients

600 g ((1lb 5 1/2 oz) sauerkraut in pickle juice
 1 onion
 2 teaspoons juniper berries
 1 laurel leaf
 8 tablespoons extra-virgin olive oil
 Pepper
 1 clove of garlic, optional
 Salt

Cut the onion into very thin slices.

Drain the sauerkraut very well; put in a saucepan with half of the onion, 4 tablespoons olive oil, juniper berries (all but 3), laurel, the clove of garlic, pepper and a glass of water. Cover cook over a gentle flame for about 40 minutes. Meanwhile, in a little saucepan, heat the other 4 tablespoons olive oil with the rest of the onion and juniper berries that you've put aside.

Add this to the sauerkraut; cook for about 5 minutes. Serve hot. Serves 4.



Ancient language spoken in parts of Trentino Alto Adige!

In the five Ladin valleys that compose Ladina, a strong factor of unification is the language which is spoken in all the land. The **Ladin** is a language coming from Latin, spoken by the people of the Dolomites and influenced by Italian and German. We have to take care not to consider Ladin as one of the Italian dialects: it is in fact an independent linguistic group because of historical and structural causes; so we have to consider it a real language (such as Sardinian) that was recognized by many linguists and by a resolution of the European Union, defended some of the linguistic minorities. The importance of Ladin is witnessed by following: 1) in Fassa Valley Ladin is taught in the primary and secondary schools, in Gardena and Badia Valleys in the high schools; but Fodom and Ampezzo are not included in this resolution of the European Union; 2) all the official acts of the municipalities can be written in Ladin, German or Italian; 3) to work in public office (such as the post office or bank) it is necessary having a Ladin certificate issued by the cultural institutes, after having passed an exam! Ladins have also their own weekly newspaper, called "La Usc di Ladins", and their radio and television broadcasts, thanks to the Ladin RAI in Bolzano. The Ladin of the Dolomites can be divided into five dialects: the Fascian in Fassa Valley, with a lot of Italian influences; the Ghërdeina in Gardena Valley, near Germany; the Badiot in Badia Valley, although a little less "germanized"; the Fodom in Livinallongo and the Ampezan in Cortina, with influences from Veneto. The differences among these ways of speaking can be rather strong or imperceptible.

Practice your Italian.

These sentences are from the Transparent Language Word of the Day that you can receive on your computer every day. What is great about receiving these words is that you can listen to a native person pronouncing the sentence. This is also a good way to build your vocabulary by looking at the sentence in Italian and being able to learn nouns and adjectives and adverbs from the complete sentence given to you by the word of the day.

Go to this website and sign up:
<http://www.transparent.com/wotd/index.htm>

- Italian: Finora per il concerto sono stati venduti 8.000 biglietti.
 English: So far 8.000 tickets were sold for the concert.
- Italian: Se vi siete riposati abbastanza, possiamo ripartire.
 English: If you've rested enough, we can go on.
- Italian: Ricorderò per sempre questi bei giorni passati insieme.
 English: I will always remember these beautiful days spent together.
- Italian: Hai fatto bene a chiamare subito l'ambulanza, il caso è grave!
 English: You did well to call the ambulance, his condition is critical!
- Italian: L'azienda raggiungerà presto gli obiettivi di produzione dell'anno in corso.
 English: The company will soon reach its production targets for the current year.
- Italian: I ladri sono scappati su uno scooter rubato
 English: The thieves escaped on a stolen scooter.
- Italian: Esprimetevi più semplicemente e la gente capirà!
 English: Express yourself more simply, and people will understand!

The Dialect of Trentino Alto Adige

Trentino Alto Adige	Italian	English
arent	vicino	near
àngil	angelo	angel
àsin	asino	donkey
balàr	ballare	to dance
balìn	pallino	small ball
bòn di	buongiorno	good day
boter	burro	butter
brusar	bruciare	to burn
cà	casa	house
calt	caldo	hot
camisa	camicia	shirt

Trentino Alto Adige	Italian	English
canton	angolo	corner
capir	capire	to understand
carbòn	carbone coal	
carèga	sedia	chair
cargar	caricare	to load
catif	cattivo	bad
cinch	cinque	five
circàr	cercare	to look for
compràr	comprare	to buy
cugnà	cognate	brother-in-law

**Amici Italiani:
 The Italian
 Youth Dance Troupe**

We are all so proud of our wonderfully talented Italian dancers that you hear and see at various events, especially Festa Italiana. So if you have any children or grandchildren who love to dance and love their culture please read on.

Wanted

**Boys and Girls
 Ages 7 to 14**

Do you want to dance, dance, dance and learn about the culture of your ancestors?

If so call Pauline Urso 815-218-0063
 Carla Cacciatore Mullin 815-229-9855
 Classes begin May 2008
 Join us!



Sicilian Traditions of the St. Joseph Altar

According to legend the St. Joseph Altar originated in Sicily many centuries ago during a period of drought and famine. In desperation, the people turned to St. Joseph asking his help and intercession. When the rains came and the crops prospered, their prayers were answered. In thanksgiving, the community made offerings to St. Joseph of their most prized possession – food. They selected their finest grain, fruits, vegetables, seafood and wine and invited all to share in their prayer and festivity. The custom and devotion continue to this day.

Reasons for having altars vary: to fulfill a promise, to give thanks for a favor granted, such as the safe return of a loved one from war, for healing the sick, for a happy family life, for success in studies or business. It is also an opportunity for the prosperous to share with those less fortunate.

Every item placed upon an altar has a meaning. The altar has 3 levels or steps representing the Holy Trinity. On the top step, in a special place of honor is a statue of St. Joseph and white lilies, which have become a symbol of his purity. The “Speda” is pastry made with unleavened, firm cookie dough filled with a mixture of ground figs. The “Speda” are formed into shapes and carved with intricate designs, baked and frosted. The designs include a

Monstrance, containing the Host, a heart representing the Sacred Heart of Jesus with the flame, Peacocks representing the beauty of man and immortality and Flower Pots which represent springtime and new life with the roots developing within the Flower Pots.

Breads are baked with unleavened dough into shapes that represent the staff (bastone), beard (barba) and Palm (palma) of St. Joseph. Large loaves called Cucciddati shaped into wreaths represent the Crown of Thorns. A portion of this bread is dried and saved to protect homes from violent storms. Some people tear a bit of dried St. Joseph bread and throw it outside during storms believing St. Joseph will quiet the storm.



Rosie Scalise Sheridan Altar

The cookies, cakes, pastries and candies are extraordinary delicacies. Other specialties are cream puffs shaped like tiny swans and cakes shaped like lambs with white fluffy icing sprinkled with coconut resembling soft fleece, and butterflies representing the coming Spring. The pignolati are pastry kernels molded with caramelized sugar and honey into pyramids which tradition states were the pine cones Jesus played with as a child. In addition to all the wheat products, there is a great display of fruits, vegetables and a variety of seafood. The St. Joseph Day Feast is entirely meatless because the Feast day occurs during the Lenten season.

The main dish is the same at every altar. Pasta con Sarde or Pasta Milanese, is spaghetti with a tomato sauce made

with a fish base, anchovy or sardines, the ferny tops of fresh anise, pine nuts and currants. Instead of grated cheese, browned sweetened bread crumbs (muddica) are sprinkled on top. The bread crumbs symbolize the sawdust in St. Joseph’s workshop.

Every altar has a bowl of dried uncooked fava beans. This legend began during terrible famine in Sicily. At that time the fava bean was used as fodder for cattle. In order to survive, the

farmers prepared them for their table. Every visitor to an altar is invited to take one as it represents abundance. Its legend says that the owner “will never be without”.

An important custom is that of having children enact the roles of the Holy Family: Jesus, Mary and Joseph. A table is set especially for the saints, who, after the altar has been blessed, are served a small portion of each different food. After the Saints have completed their meal, guests are then invited to enjoy a dinner of Pasta Milanese and the other foods from the altar. The tradition from long ago is that no one wishing to eat is ever turned away!
Viva San Giuseppe! Diciannove di Marzo!



Playing Cards: History

Since most of us have been shoveling snow and then sitting by the fire trying to stay warm, I imagine some of you may have been playing cards as well. So, I thought you might like to know a short history about our playing cards. Although they originated in India or the Middle East, playing cards are believed to have been first popularized in Europe by 14th century Italians.

The oldest playing card manufacturer on record in the western world is Jacobo Sagramoro, an artist from Ferrara who was receiving orders for decks of hand-painted playing cards as early as 1422. (From the Fra Noi Chicago Newspaper article)

If you wish to see some of the early cards, please stop by the Ethnic Heritage Museum's Italian Gallery. Mr. Albert Logli donated our Italian Gallery a very nice set. Thanks again, Mr. Logli!

So to continue with the history...but let's see what you might know about playing cards.

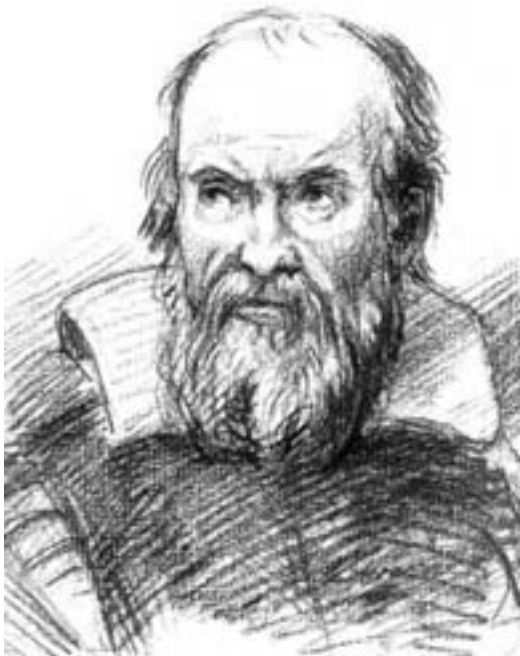
Quick Quiz:

1. Which face cards are one-eyed?
2. Which king has no sword?
3. Which queen has a scepter?
4. Who were the original four kings?

In case you are frustrated, you might find the answers on another page of this Pappagallo!



Other Trivia:



Galileo Galilei

One other bit of Trivia:

If you enjoyed the amazing eclipse earlier this month, I thought you'd like to know how involved our Italians have been in the field of Astronomy.

Of course, we recall that Galileo Galilei was the first to see the moons of Jupiter and many other wonderful things in our solar system in the 1500's. If you have not read [Galileo's Daughter](#) by Dava Sobel it is a must.

But are you aware that Rome's Specola Vaticana (Vatican Observatory) is the oldest observatory in Europe! Its origins go back to the 16th century when Pope Gregory XIII ordered the construction of a tower equipped with the finest available astronomical and solar measuring instruments. This ultimately led to the Gregorian calendar that is still used to this day!

Also, there are many craters on the moon named after Italian scientists, explorers, and writers!



Festa Italiana 2008

Celebrate Our 30th Anniversary with us.

The 2008 Festa Italiana will be a celebration of the First Thirty Years. As part of the 30th Anniversary we will be opening on Thursday evening. This will be family night featuring 1/2 price admission and wrist bands for the rides. We have enjoyed a wonderful thirty years in Rockford and this is a small token of our appreciation of the support we have received over all those years.

Our **entertainment** is incredible this year as we welcome back some fan favorites we have had perform here in the past as well as some new faces...they include; Denny Diamond (A tribute to Neil Diamond) Diamanti, Tony Spavone, Mr. Big Stuff, Infinity, Clutch Cargo, Joe Scallisi and his Orchestra, Chris Colletti, Diana Rose, The Ultimate Party Band, Shaken not Stirred, The Missing Links, Peter Guerin, and The Amici Italiani Adult and Youth Dance Troupes.

Festa Italiana 2008 Schedule:

July 31st (Thursday) Family Night 5:00 p.m. to 8:30 p.m.
 August 1st (Friday) 5:00 p.m. to 11:00 p.m.
 August 2nd (Saturday) 12:00 noon to 11:00 p.m.
 August 3rd (Sunday) 12:00 noon to 8:30 p.m.
 Mass on the field will be at 10:00 a.m.

Admission: \$4.00 and \$2.00 (Thursday night only) 12 & under free.
 Unlimited Ride Wrist bands are \$10.00 and will be used on Thur. Sat. and Sunday.

Answers to the Quick Quiz:
 one-eyed: Kings; Diamonds; Jacks; Hearts; Spades
 no sword: Kings; Diamonds
 Queen: Spades
 Kings: Clubs; Alexander the Great; Augustus
 Caesar; Hearts; Hearts; Charlemagne; Spades; David of Israel

A Must See...Michelangelo's Art

Where: Golan-Liberman Contemporary Art Gallery
 2209 East State Street (across from the old Highland School)

When: April 11 for one week. Hours: 10 a.m. to 10 p.m.

Admission: \$5.00

Through a sophisticated laser scanning process where precise 360 degree images of the earliest-known small scale works of Michelangelo's original study models will be on display at Rockford's new and exciting Golan-Liberman Contemporary Art Gallery. These scans created molds for casting six authentic bronze sculptures from the originals that will carry the official seal of authentication by the Casa Buonarroti Museum in Italy. After the eight sets of the bronze pieces are produced, the molds will be destroyed to eliminate the possibility of fraud.

The process was made possible from the expertise and generosity of others. Initial contact and facilitating sales by Bruce Duncan of the Chicago Appraisers Association, Art Casting of Illinois, and the Eiger Lab of Rockford were involved. Only eight sets of the six bronze sculptures will be available for sale.

In addition, a documentary film by Comtech of Rockford will be shown..

Come and join us at this new and exciting Gallery!
 Any questions call 815-979-1944 or 316-2645



PAPPAGALLO



What's Happening around the Town!

Ethnic Heritage Museum: Italian Gallery

Sundays in April or May to view the exciting display of Sports! hours 2-4p.m.

Sammy Mandell, Sammy Paris and Balloonist Ben Abruzzo Italian Stars.

Mark your Calendar for June 1st noon to 4p.m.
Dinner, Entertainment and prizes!

Our International Music Festival fund-raiser at the Lithuanian Club.

Call Shirley Martignoni Fedeli at 815-877-2888 for information, thanks!

GRIAA 2008 Women's Italian Open

Play date will be: June 16, 2008

Where: Swan Hills Golf Course, 2600

Gustafson Road, Belvidere, IL 61008

Continental Breakfast: 7:00 a.m.

Shotgun Start: 8:00 a.m.

Lunch: Giovanni's in Rockford 2:00 p.m.

Cost: \$65.00 (includes breakfast, 18 holes of golf, shared motorized cart and lunch at

Giovanni's - Lunch Only: \$27.50

Reservation deadline: May 30, 2008

For more information contact:

Roseann Canova at 815-877-4981

For reservation contact:

Tina Moore at 815-397-6113

Greater Rockford Italian American Association - GRIAA

PAPPAGALLO

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