



The Roar of the Lion

Marisa Rubé Przepiora, editor
May 2020

Dear Brothers and Sisters,

As we head into another month of social distancing, we could all use a good laugh now and then. Did you know that laughter can actually improve your health? It can strengthen your immune system, boost mood, diminish pain, and protect you from the damaging effects of stress. It can bring your body and mind back into balance. It can lighten your burdens, inspire hope, connect you with others, keep you grounded, focused and alert. It will also help to release anger and to forgive. It is a tremendous resource for ongoing and growing problems, enhance relationships, support physical and emotional health, protects the heart, burns calories, and makes you live longer. It can shift your perspective, make you more spontaneous, helps you let go of defensiveness, release inhibitions, and allows you to express your true feelings.

We have found over these many weeks of isolation life can bring many challenges, we tend to believe that only children have the ability to laugh, play, and have fun. These are the attributes that can help us get through the difficult times whenever they occur. When we are in the midst of a “crisis”, it is hard to think outside the box and look for new solutions that can uplifting and positive. We need to incorporate laughter, humor, and play into our lives, and once we do, we can view the world from a more, relaxed and joyous perspective. Right now, there is so much uncertainty in the world and all around us. It is easy to feel overwhelmed with fear, anxiety, and stress, but there is much we can do to help us get through it. Don't take yourself too seriously and laugh at your own mistakes. We all make mistakes and do foolish things. Giving the chance to laugh or not, laugh whenever you can. This poem sums it up.

God bless and stay safe,
Marjorie

LAUGHTER

Laughter is the best medicine, I've heard it said,
So, don't take a pill, laugh a little instead.
Laugh with the world or laugh at yourself,
Laughter isn't a medicine that expires on the shelf.

Tell a silly story or a really good joke,
You don't know whose laughter you are bound to provoke.
Even a giggle goes a long way
When you're feeling down and are having a bad day

When you don't know what to do, cause your life is a mess
Laugh really loud to deal with the stress.
So, laughter is the medicine that I recommend,
Remember that things work out in the end.

by “Just Marie,” June 2018

**New York State
Grand Lodge
Raffle
is still on!!**

**First Prize of
\$20,000**

Ticket cost \$100

**Take a chance to
win BIG!!**

Contact Marjorie for
tickets 585-749-5346

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The Italian Film Series has partnered up with the Cinema Theater and Sony Picture Classics to bring the first Italian film of the Series in a streaming format.



Il Traditore (The Traitor) is an acclaimed movie that has been getting raves at all international film festivals, winning 12 awards and being nominated for an additional 35 awards. Starring Italian favorite PierFrancesco Favino and directed by Marco Bellocchio, THE TRAITOR tells the true

story of Tommaso Buscetta, the man who brought down the Cosa Nostra. In the early 1980's, an all out war rages between Sicilian mafia bosses over the heroin trade. Tommaso Buscetta, a made man, flees to hide out in Brazil. Back home, scores are being settled and Buscetta watches from afar as his sons and brother are killed in Palermo, knowing he may be next. Arrested and extradited to Italy by the Brazilian police, Buscetta makes a decision that will change everything for the Mafia: he decides to meet with Judge Giovanni Falcone and betray the eternal vow he made to the Cosa Nostra. Parts of this movie is in Sicilian dialect, something that some will find very enjoyable.

<https://cinema-theater.ticketspice.com/the-traitor>

Click on the above hyperlink to buy a "ticket to stream"-provide your email address so Sony Picture Classics can send you the access code for the movie .

Your purchase allows you to rent the movie for three days, starting any time between Mon. May 4 and Fri. May 8. You will receive the streaming link via email, sent directly from Sony Pictures Classics. Any questions, please call The Cinema Theater at 585.217.2539 or send email to alex@cinemarochester.com . Thank you for supporting the Cinema Theater and the Italian Film Series!

Vincent Lombardi Lodge #2270 2020 Calendar

May 7th @ 6:30pm: Council Meeting: No in person meeting. Held virtually and by phone

May 14th @ 7pm: General Assembly Meeting: No in person meeting. Held virtually and by phone. See instruction on next page.

June 4th @ 6:30pm: Council Meeting
June 11th @ 7pm: General Assembly Meeting

July 2nd @ 6:30pm: Council Meeting
July 9th @ 7pm: General Assembly Meeting

August 6th @ 6:30pm: Council Meeting
August 13th @ 7pm: General Assembly Meeting



August 23rd @ TBD: Annual Members Picnic (Quinzi Lodge—Eyer Park, East Rochester)

September 3rd @ 6:30pm: Council Meeting
September 10th @ 7pm: General Assembly Meeting

October 1st @ 6:30pm: Council Meeting
October 8th @ 7pm: General Assembly Meeting



October 16th @ TBD: Christopher Columbus Italian American Heritage Dinner (Burgundy Basin)

November 5th @ 6:30pm: Council Meeting
November 12th @ 7pm: General Assembly Meeting



November 19th @ TBD: Annual Thanksgiving Gathering (Location TBD)

December 3rd @ 6:30pm: Council Meeting
December 10th @ 7pm: General Assembly Meeting



To all our mothers with love and happiness!



5/4: Luigi LaPietra
5/6: Vincenzo Buonomo
5/18: Salvatore DiPerna
5/20: Dawn DiGennaro

5/23: Clemente Suero
5/26: Angela Cataldi
5/31: Suzanne DiMaria

Please keep Brother Hugh Warner in your thoughts and prayers as he begins undergoing chemo and radiation treatments for cancer this month.

Sending good wishes and healthy thoughts to all of our members who have been ill.



General Assembly Meeting Call In and Video Conference Instructions

Our May 14th General Assembly Meeting will be held virtually, with options to video conference or simply call in to participate.

To call in via landline or cell phone

Dial 1 (773) 231-9226

When prompted, enter meeting ID: 536 572 5221

You will be automatically placed into the call when the host arrives.

To video conference via Laptop or Desktop Computer

Copy this link to your internet browser:

<https://meetings.ringcentral.com/j/5365725221>

You may be prompted to add the ring central extension to your browser for faster loading.

This is optional, you can choose yes or no.

You will then be prompted to "Open Ring Central Meeting". Click yes.

You are now in the meeting. If you receive a prompt saying "Please wait for the host to start this meeting" be patient, you'll be automatically directed into the room when the host arrives.

On smartphone or tablet: Download the RingCentral Meetings App from your app store.



Once the app is downloaded, click to open it.

Click "Join a Meeting"

Enter Meeting ID: 5365725221.

Click "Join"

You will now be added to the meeting.

If you receive a message saying "Waiting for the host to start this meeting", please be patient, you'll be automatically redirected to the room when the host arrives.

In order to ensure that all who want to participate are confident in how to use this program, Brother Louis DeCarolus will open the meeting room from 7:30pm-8:30pm on Wednesday 5/13 and from 6:30pm-7pm on Thursday 5/14 immediately before the meeting in order for those who want to to "test" their login capabilities. During those times you can follow the directions above to see if you can enter the meeting. Brother Louis can be reached during this time at 585-734-7166 to answer questions and walk you through the steps if needed.



Grand Lodge Plenary Session Updates State Trustee: Joe Rubé

The Plenary Session was held by teleconference call on April 25th. President Tony started by reviewing Article 49 of the bylaws, which explains that the Grand Council is the executive body of the Grand Lodge and exercises the executive powers of the Grand Lodge when the Grand Lodge is not in convention assembled. The Executive Body met by telephone conference a week before the plenary session convened and the issues discussed were presented to the council for approval. President Tony stated that all decisions made were done so with the safety of our members regarded as the most important factor considered.

After careful consideration it was determined that the State Convention should NOT be convened in 2020. The next state convention will be in 2021. The following items were decided:

There will be no state awards given this year. This includes the Newsletter Competition, Literary Award, Family of the Year Award, Vincenzo Sellaro Award, Elena Lucrezia Coronaro Award

The elections for State Trustees, Garibaldi Meucci Museum Commissioners, & State Arbitration Commissioners will take place at such a time that is determined by the President— until then, those currently holding those positions will continue (unless they do not wish).

This years Bene Emeritus Award (being awarded to Immediate Past State President Robert Ferrito) is postponed until possibly the 2021 Convention.

Per Capita - President Tony has received many calls about extending deadline for payment. With cancellation of convention and thus no financial commitment by lodges, it is requested that lodges pay their per capita fee on schedule.

Annual Budget for Grand Lodge was revised several times due to issues surrounding closure of museum as well as cancellation of fundraisers.

Future Plenary Sessions:
Saturday, July 25 likely telephone conference
Saturday, October 31 Rockland Lodge (possibly telephone conference)

Secondary to the Corona Virus situation, certain events and functions have been postponed or cancelled:

A) All Local Lodge functions (meetings, gatherings of any size, etc.) are not permitted until directed by the State President. Even if the Governor allows these gatherings Lodges must adhere to directives of the State President/Executive Council. It is recommended that lodges use ZOOM, telephone conferencing, etc for meetings and communicating with members, along with newsletters.

B) The drawing for the \$100 Raffle will take place on a date to be determined. Lodges are requested to send in ticket stubs and money for all tickets sold to date. Do not return unsold tickets. Continue selling tickets until notified of date of drawing and thus last date to return unsold tickets and sold stubs with money.

C) Lodge Installations: notify State President if you are considering doing such by teleconference.

D) Events:

Garibaldi Meucci Museum fundraiser –Nov 14th

Gift of Sight Event—Sept 9th

Cooley's Anemia Event—Oct 6th

Columbus Day Parade—Oct 11th

State Golf Outing—still taking place

State Cigar Event—still taking place

State Student Summit—Cancelled (will ask those who sponsored a student if they are willing to leave the money in place for next year.

State Walk-a-Thon—cancelled

Golden Lion Dinner—Postponed

(all events still scheduled are subject to cancellation as appropriate)

E) Scholarship programs: National scholarship awards have been chosen – winners will receive certificate and check;
State scholarship awards deadline extended –will choose winners and will receive certificate and check— scholarship award event has been cancelled;
Local Lodges - many are proceeding with extended deadlines.

Angie's Pasta & Peas
Chef Rosita Caridi-Miller

A bowl of Pasta and Peas loaded with the fresh flavors of nutritious green peas and scallions makes a perfect quick and easy spring or summer meal. I could just imagine the magnificent flavor of this dish made with scallions of the famed onions from Tropea, Italy near my hometown of S. Gregorio, like those my Mom Angie enjoyed growing up in Calabria. Luckily, we do not have to travel across the sea to get a taste of Calabria. The U.S. offers delicious fresh local produce right in our own hometowns. When scallions and peas are in season on Long Island, Mom buys peas by the bushful and bunches of pungent sweet scallions fresh from the farm. She relaxes in her sunroom as she sits and shells peas for a couple of hours to have ready for her peas and scallion sauce. The version that Mom's Zia in Italy made used only scallions, fresh peas and extra virgin olive oil for the sauce. Mom likes to add tomatoes which gives the dish nice color and richness. She freezes her peas and scallion sauce without the pasta so that the family can enjoy her pasta and peas throughout the winter. Recently when my husband and I were "wintering" on Amelia Island, Florida, I picked up a bag of freshly frozen local peas and a bunch of freshly picked red scallions at the local Farmers Market. The bunch consisted of three huge scallions with hefty long green tops well over a foot long and one-inch bulbs hinting of red onion. The dish came out tasting flavorfully rich yet light, nostalgic and just spectacular!

Angie's Pasta and Peas

Serves 4 as a main course or 8 as a first course

Here is Chef Rosita's interpretation of Angie's recipe, complete with hand gesture, that starts out: "Take a lot of scallions... but really a lot and a lot of olive oil... but the really good kind ..."

INGREDIENTS

- 1/2 c. Extra Virgin Olive Oil (EVOO) – good quality*
- 1 large bunch (about 8 oz.) fresh scallions (about 20 medium size scallions) – white parts cut 1/4"; green tops cut 1/2"*
- 1c. (about 1/2 lb.) diced red-ripe Roma tomatoes, preferably fresh*
- 1/4 tsp. kosher salt*
- 1 1/2 c. peas; 10 oz frozen or fresh shelled peas (1 1/2 - 2 lb. peas in their shells)*
- 1 - 2 c. water*
- 12 oz. linguine or thin spaghetti, cut into 1"*
- Salt and pepper to taste*
- Extra Virgin Olive Oil for drizzling*
- Grated Pecorino Romano or Parmigiano Reggiano*



INSTRUCTIONS

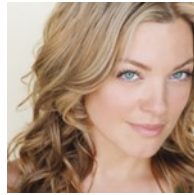
- In a 4 quart stock pot, set over med-high heat, heat oil until shimmery but not smoking.*
- Add scallions and a pinch of salt; cook until translucent (about 3 minutes); stir occasionally.*
- Stir in tomatoes and another pinch of salt and cook two minutes.*
- Add peas and enough water to cover peas by 1/2 inch and bring to the boil.*
- Lower heat, cover and simmer for 15 minutes (20 minutes for fresh peas)*
- In the meantime, cook the pasta in salted water according to package directions, until al dente.*
- Drain pasta, reserving 1 cup of pasta water.*
- Stir cooked pasta into sauce, along with 1/2 c. - 1c. pasta water, just enough to keep the sauce loose and a bit "soupy". Bring the pot back to the boil, stir and remove from heat.*
- If desired, drizzle a tablespoon or so of EVOO over.*
- Serve warm with grated Pecorino Romano or Parmigiano Reggiano cheese on the side.*

A SIP OF WINE



Masciarelli Montepulciano d'Abruzzo 2016

The modest region of Abruzzo is a mountainous wine growing region on the coast of the Adriatic Sea. Its most worshipped wine is a red called Montepulciano d'Abruzzo made from the native montepulciano grape. The Masciarelli Montepulciano d'Abruzzo 2016 is made with 100% montepulciano grapes. Masciarelli was founded in 1981. Owner Gianni Masciarelli, at the age of 22 years, believed his home region of Abruzzo and the native grape could produce world-class wines. He had a strong focus on vineyard management with an intense vineyard site and farming focus, reducing yields, working organically, and greatly increasing fruit quality. The vineyards are farmed sustainably at altitudes of 435 to 1200 feet, planted on soils of calcareous clay. His wines have been rewarded with 29 Tre Bicchieri and recognized for groundbreaking and iconic winery in Italy. The wine is rich with ripe dark cherry fruit and spicy, smoking notes, fleshy and full with surprising depth and length. It goes great with meats, pasta puttanesca, eggplant parmigiano, and pecorino cheeses. It is a special for the everyday consumer, an ambassador of the region, and a great introduction for many to this regional grape.



Italian Culture: One of Our Own

Sabrina Gennarino has spent more than twenty years in the entertainment industry, a veteran of stage and screen. She was born and grew up in Rochester, a city she thinks is pretty fantastic with a lot of culture. It's artistic with festivals all summer long. She is French-Canadian, on her mother's side, and Italian. She grew up in an Italian-Catholic family where your aunts are your mother when your mother's not there. All of the cousins are raised like siblings. Her parents own a stone and marble company with both commercial and residential as clients. Her mom worked in a school.

As a child she would write, direct, and star in plays she'd perform in her grandmother's basement. She knew what she wanted to do but was more pragmatic and went to school to study in the medical field, first as pre-med, then microbiology, and again switched her major to nursing. Her friends, who had watch her perform, kept encouraging to go that route, but she resisted: it's a tough life, fear of not being good, not doing a good job, and putting herself "out there". Sabrina moved to Manhattan and started taking acting lesson. Even with coaching lessons, she was apprehensive. Friends eventually convinced her to do a play, but Sabrina clearly admits, she is not a theatre person. Theatre bores her to death. While she admires those who can do the same part, say the same lines, or sing and dance the same tune over and over for weeks on end, it was not her idea of being a star. She wanted the diversity.

Sabrina has several critically acclaimed roles under her belt. One of her films she wrote, produced, and starred in, *After*, was filmed in Rochester. Set in the winter of 2002, it is a psychological drama about love, loss, and how a family deals with the aftermath of a tragedy, focusing on the ties that bind and the lengths a family goes to in protecting each other. The film is filled with intricacy and complexity for both the story and its characters.

Ms. Gennarino has 25 credits to her for appearing in movies: *The Purge*, *The Walking Dead*, and *Jack Reacher- Never Go Back* to name a few and television roles in *NCIS-New Orleans*, *Spin City*, *Criminal Minds*, and *The Sopranos*. She is the writer of three films and has produced four. She has started her own film company, *Girls Gotta Eat Entertainment*. She is the subject of many paintings by another Rochesterian, world class artist, *Ramon Santiago*. She resides in Los Angeles and New Orleans with her producing partner and husband, *Pieter Gaspersz* and their daughter.

Did you know?

Mothers Day in Italy—Festa Della Mamma

In Italy, Mothers Day may be celebrated much differently than in the U.S. For example, the Roman Catholic Church associates this holiday more with the Virgin Mary and some families may even dedicate states and shrines in devotion to her on this day. Special services may even be held for the Virgin Mary, including special worships and prayers. There are some more traditional aspects of this holiday in Italian culture, too. Many Italians and Italian Americans alike may use this holiday to celebrate their mothers. The U.S.'s celebration of this day had a heavy impact on the modern Italian Mother's Day.

In the beginning, the Italian Mother's Day was known as *Giornata Della Madre e del Fanciullo*, or "The Day of the Mother and Child." This day is now known as *La Festa della Mamma*, or "Mother's Day." The holiday officially began after WWII, when it was celebrated in May of 1957. After gaining popularity amongst the local Italian population, the holiday was officiated the next year. Nowadays, the holiday is as popular as ever.

Hero

By Marjorie Focarazzo

A hero is one who displays courage and self-sacrifice for the greater good. Over the centuries who we regard as heroes has changed. In ancient times, heroes were idolized, even worshipped as gods: Achilles, Odysseus, Perseus, and Hercules. Their deeds and phenomenal acts of bravery, strength and determination mainly benefited themselves, but if in the meantime curses were lifted, material wealth gains, and lives were saved, then society looked beyond the personal gain. And let's not forget the "superheroes," who possess superhuman abilities and capabilities. As Greek and Roman mythology has passed down through the ages, these ancient heroes too on mythical proportions, but they didn't really exist except in folklore. Our superheroes are just fictional characters in a fictional action story. They aren't real and never were.

So where have all the heroes gone? Most people are not heroes. Most of us are just average. Heroes are extraordinary. They serve others and do things that benefit others. They are selfless, not self-serving. They are brave, strong, determined, disciplined, and do the right thing. They take risks and face potential loss. They are self-sacrificing: Martin Luther King Jr, Ghandi, Desmond Tutu just to name a few. A true hero is courageous. It is not they are not afraid, but they act in spite of their fear. And they are humble; they shy away from being the center of attention because they don't see themselves as heroes.

As we usher in the month of May and more weeks of restrictions and stay-at-home, we hear more of the everyday heroes who show courage and resilience in helping some of the most vulnerable. We hear and see those on the frontline, who deserve our gratitude and appreciation for the sacrifice, hardship, and health risks endured every single day. But there are also the unsung heroes rarely mentioned. Across our nation there are more than two million people who work in grocery stores. They are essential frontline workers who keep the shelves stocked. We have our trash picked up weekly, and because they are always there, we don't think of these workers as essential to our health and well-being. There are the hundreds of people in our health care facility we may never come in contact with on a personal basis, but they do important work to keep the hospitals or health care facility clean and sanitized; wash the bedding, surgical gowns, towels; the pharmacists who make sure patients have the right medication in the right dosage. We all count on the train engineers and truck drivers to move goods back and forth across this country. There are thousands more, heralded or not, who are essential to each of us in some way.

We all can possess an inner hero, and if stirred to action, that inner hero can and does do tremendous goodness for other. We all have heroic moments but rarely recognize them and often are surprised when someone else considers what we have done as heroic. So have the strength of character and purpose, overcome your fears and doubts, make a difference—that's what makes a hero.



News from Italy

On April 21st, new cases of the novel coronavirus in Italy fell below the number of newly recovered patients for the first time since the outbreak began. Active cases (those currently being treated in hospital or recovering at home) also dropped over four successive days since April 20, when the measure fell for the first time. Hospitalized patients and those in intensive care have both been decreasing since early April, according to Italian authorities. The country also reported that more than a million people have been tested for the virus and 18 percent of them have tested positive. The milestone comes as Italy prepares to begin easing restrictions from next month under a gradual lockdown exit plan. From May 4, the manufacturing, auto, fashion and design sectors—along with many others including construction—will reopen, but only if they guarantee social distancing and protection measures. From mid-May, stores and shopping centers will be able to reopen, but restaurants, bars, cinemas and theaters will remain closed for longer, due to the difficulty of maintaining social distancing measures in such venues. Schools will also not reopen for several months.

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