



The Roar of the Lion

Marisa Rubé Przepiora, editor
October 2020 Edition

Dear Brothers and Sisters,

The days are getting shorter and summer is over. We are entering our tenth month of living with Covid-19. Feeling good may be the last thing on your mind as we continue social distancing and wearing masks when going out in public, which is still curtailed. But we have made it this far! You may feel it selfish to think about being happy when we have endured one of the world's worst health crisis in decades, economic calamity, and civil unrest that many have never known. Researchers are telling us that it is more important now than ever, when both our physical and mental capabilities are being assaulted to focus on happiness, because part of being human is dealing with the challenges tossed at us. Sometimes we are ready for them and sometimes not.

In difficult times, we often feel anxious, frustrated, and perhaps even depression, which is normal, but we shouldn't dwell on these moments. If we take the right approach, have a positive mindset, or think differently and we are open to change and are flexible to adapt and are resilient, we can improve our quality of life and find fulfillment. We can surround ourselves with family and friends, and even in our current situation we can connect through video messaging. Many organizations, while unable to meet in person, are gathering via zoom or something similar. Religious affiliates gather in much the same way. Classes and continuing education courses are still meeting to teach, learn, and discuss.

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Take pleasure in the simple things. This is the time to stop and smell the roses. Life's little pleasure can happen when we reconnect with the world around us through a walk in the park or gardening, cooking, or baking something new, taking time to journal or read, and practicing gratitude. Taking the focus off our own troubles and doing something good for someone else can lift your spirits. It can be a small gesture: small talk with someone you hardly know, pay a compliment to someone, send a note or card to someone not felling very well or someone you've lost contact with, or call someone you haven't talked to in quite some time.

Have realistic expectations and create small attainable steps. And most importantly when you have accomplished your goal, CELEBRATE. Small accomplishments should be acknowledged and celebrated. Play. It is not only for children. When you burdened and life is getting you down, it is alright to give yourself permission to play and enjoy yourself. Go for a swim, bike, hike or whatever you enjoy doing.

In tough times, remember to be kind to yourself. Practice self-compassion and remain patient. Happiness is possible in difficult circumstances. You just have to seek it out. Ultimately, the effort will be well worth it.

God Bless and stay safe,
Marjorie



Vincent Lombardi Lodge #2270 2020 Calendar

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

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

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



Apple, Pumpkin, Berry Best (Lonsberry), Cannoli, and Peanut Butter Brownie

Pies are 10" and cost \$15 each - Pies are from Leo's Bakery, fruit pies are frozen and ready to bake & cream pies are frozen, just thaw and serve. Pies can be kept frozen for six months to be ready for eating at any time.

Pie pick up day will be November 21st from 11am to 1pm at a location to be determined.

Payment via Check:

Make check payable to Vincent Lombardi Lodge #2270 and mail along with order form included with your newsletter: Marjorie Focarazzo 84 Mulcahy Blvd, Rochester NY 14624

Online Payment via Credit Card:

Email your order form to: vincentlombardilodge@gmail.com

You will receive an invoice to pay via PayPal. This invoice will include a \$1 service fee to cover the cost of fees associated with the transaction.

Payment via Venmo:

Email your order form to: marisarube@gmail.com and complete venmo payment to @Marisa-Rube



10/1: Ann Vazzana
 10/2 Lillian Bonanni,
 Franca DiFilippo
 10/11: Vince Giannantonio
 10/14: Martin D'Ambrose

10/17: Thomas Ferraro Jr.
 10/21: Stacey Romeo
 10/22: Joe DiPasquale
 10/26: Annette DeCarolis



NOMINATIONS

WANTED:

Members to serve on the Nomination Committee

The Vincent Lombardi Lodge will be electing new officers and trustees at the General Assembly meeting in February 2021. A nomination committee of five (5) members will be formed in October. No member of the nomination committee shall run for any office. The job of the nominating committee is to find a candidate for each position that will be voted on. For the Vincent Lombardi Lodge those positions are: president, 1st vice president, 2nd vice president, orator, recording secretary, financial secretary, treasurer, trustees, master/mistress of ceremony, sentinel, arbitration commissioners and arbitration alternates.

We understand the role of the majority of these positions, but there is often confusion as to what the orator and the arbitrations' responsibilities are.

According to the Constitution/General Law/Judicial Code manual, the Orator gives opinions concerning the application and interpretation of the laws of the Order, ensuring the laws are observed and carried out accordingly. The Arbitration Commission is the judicial tribunal of the local lodge. The rules, regulations, and mode of procedure can be found in the Judicial Code. It is composed of five (5) regular members, also for the alternates. The term of office is for two (2) years and shall serve until a successor is elected.

TIMELINE:

Formation of the Nomination Committee in October.

Report of the Slate to be elected shall be reported to the General Assembly in January.

Elections will be held at the General Assembly Meeting in February. Nominations will be taken from the floor at this time. In the event there are no nominations from the floor, the recording secretary will cast a single vote, thereby electing the slate as reported. In the event there is a nomination from the floor, a ballot election will take place. Each person will be running for office will be allowed to speak for no more than two (2) minutes to the General Assembly.

The newly elected officers and trustees will be installed in March at a separate event from the General Assembly Meeting.

PROCEDURE TO BE CONSIDERED BY THE NOMINATING COMMITTEE

All positions on the council are open. No one serving on the nominating committee may run for a council position. Anyone wishing to be considered for a position should send a letter of intent to the nominating committee chair expressing the position to be considered for along with their qualifications for that position. In the event, there is more than one candidate for an office, the nominating committee will make the decision on who will run on the slate presented to the General Assembly. The nominating committee will have completed their charge by December 15th and notify each potential candidate by Dec. 31st confirming the candidate is willing to run for office and be ready and able to perform the duties associated with that office.

COMMISSION FOR SOCIAL JUSTICE

Columbus Day parades have been cancelled, as with the ICL's Columbus Day Luncheon, and the Lodge's Heritage Dinner Dance, but that does not mean we can't honor Christopher Columbus. It does not mean we can't acknowledge and recognize that which he gave to the world.

Cristoforo Colombo was born in Genoa around 1451 to a family of weavers, but he did not follow in the family tradition and went to sea at the age of ten. He had four siblings, and his brother, Bartolomeo worked as a cartographer in Lisbon, Portugal, where Cristoforo also went to live. There, he married the daughter of a wealthy nobleman, Filipa, and had a son, Diego. Filipa died while Colombo was on one of his travels around 1495. He later remarried and had more children.

While working the trade routes of Portugal, Colombo learned to read, write, and especially mathematics that would help him with his navigational skills, but he was mainly interested in the shape and structure of the earth. He used a compass and dead reckoning navigation which is using a fixed point or a previously determined position to calculate the current position. His ultimate goal was to find a trade route to the east by sailing west, because the ancient spice routes over land were cut off.

Colombo found it difficult to get financial backing. He was turned down by Portugal, when an earlier expedition failed to return, and England, and France because they believed his calculations of distance were wrong. He estimates was 2400 miles, when in actuality, the distance was more than 10,000 miles. He managed to gain funding from the Spanish. He was rewarded 10% of what he found and would be given the title of governor of any land he discovered.

His first voyage took much longer than anticipated, and his crew almost mutinied. Seventy days into travel, they landed on a small island in the Bahamas. He continued his travels to what is now Cuba and Haiti looking for treasures and spices. He left a small contingency of men and returned home, where his "success" spread throughout Europe. In 1493, he made a second voyage with a larger fleet. This time for exploration and colonization. Priests also accompanied them to serve the Spanish men and to bring the presence of Catholicism, to act as missionaries and to convert the native colonists.

Returning to the new world on his second voyage, he found the colony he established abandoned and none of the men to be found. He was told by friendly natives the settlement had been attacked by warrior natives, killing everyone. Colombo retaliated with attacking the warring natives and enslaving some for his return home. He met with strong opposition from the monarchy, who vehemently opposed slavery. Colombo returned the

"slaves" on his third voyage back to the new world, and he never again engaged in slavery.

During the third voyage, he drifted further south and landed on an island off the coast of South America. He spent much of his time searching for the colonies established during the previous trip. During the time between the second and third voyages, his authority had disintegrated and collapsed. He, along with his son, Diego, and brother Bartolomeo, were imprisoned, their property seized, and returned to Spain in chains. The queen refused to imprison them since the agreement was to remove him as governor.

His fourth and final voyage was the most difficult. His health was failing, the weather was stormy, many ships were wrecked, and he was no longer welcomed by the colonists. He did manage to find gold in Panama but didn't go so far as to see the Pacific Ocean. Upon returning home, Queen Isabella had died, and the Spaniards felt he failed in his mission of finding the West Indies. The king would not pay him as rightfully agreed upon, and Colombo died a broken and almost penniless man on May 20, 1506 in Spain. His final resting place is in Seville, Spain.

The Age of Exploration or Discovery, notwithstanding, Christopher Columbus contributed much to society, which has an impact to this very day. He was the first to recognize the full importance of Atlantic wind pattern or the Prevailing Westerlies that blow from west to east. It is possible to sail west with the Trade Winds and return with the Westerlies. He discovered the trans-Atlantic route laid the foundation for future navigation. He created maps used by later explorers of South America and Amerigo Vespucci and is still used today by sailors bridging the old world and the new world. Columbus introduced the principle of compass variation, which is the variation at any point on the Earth's surface between the direction to magnetic and geographic north and observed the rotation of the Pole star. Columbus Day recognizes the achievements of the Renaissance period and the first settlement of a European community in the New World, and contributions of music, art, medicine, science, philosophy, and religious principles. His explorations advanced the influence from Greek democracy, Roman law, Judeo-Christian ethics, and the tenant all men are created equal.

Without Columbus's vision to find a means of finding the West Indies, further exploration would most likely have taken on a different look and in all likelihood occurred later in history, but the Western Hemisphere would have surely been discovered at some point in time. We cannot surmise how that would have looked then or now, but we should appreciate Christopher Columbus' perseverance and tenacity in his convictions.

Culture: How Italy is reviving its historic 'wine windows' for the Covid era

Source: www.thelocal.it Writer: clare.speak@thelocal.com Photo Credits: AFP

As 16th-century Florentines dropped like flies to the plague, survivors drowned their fears in wine, passed to them through small windows which are enjoying a renaissance during the coronavirus era.

The small "wine windows" can be seen dotted around the Tuscan capital next to the grand entrances of sumptuous noble palaces, where wealthy families used to sell alcohol directly to thirsty customers, passing flasks through to eager hands. Over time, the apertures, just 30 centimeters high and 20 centimeters wide, fell into disuse.

But the Covid-19 pandemic has seen their resurgence, with bars using them to serve ice-cold cocktails like Aperol Spritz, gelato or coffee. They offer a way for establishments hit hard by the lockdown to attract customers while adhering to social distancing rules.

The windows pre-date the plague. They were created by the Medici family, after it returned to power in 1532 following the fall of the Florentine Republic, according to scholar Massimo Casprini, who has written a book about them. The famed political dynasty "wanted to promote agriculture, so encouraged large Florentine landowners to invest in olive groves and vineyards... while giving them tax breaks to sell their production directly in town," he told AFP. The landowners were only allowed to sell wine they had produced themselves, and only 1.4 liters at a time. But it got rid of the middleman. "Common people could buy wine at a more reasonable price than from the shopkeepers," Casprini said. That could translate into big savings, for "at the time wine consumption was enormous," he said, with a grin.

It also had another unexpected benefit: ensuring social distancing. "The window was closed with a wooden panel, the customer would knock with the knocker, and the wine merchant inside would take the empty bottle and fill it," Casprini said. "That meant no direct contact," said the 78-year old.

To date, some 267 of the wine windows have been rediscovered in Tuscany, with 149 of them in the center of Florence. "There were many more," Casprini added. "Almost every landowner had one, but many of them were destroyed, particularly during the Second World War bombings". Others have been walled up, but can still be spotted by their distinctive frames in grey sandstone, or stone dug from quarries in the nearby picturesque town of Fiesole.

Over the centuries, some lucky drinkers will have struck red gold: one French guide to Florence from 1982 points its readers towards a window serving vintage wine from the world-famous Frescobaldi estate. An association called "Le buchette del vino" ("Wine Holes") now catalogues the windows, placing plaques below each one. Its website provides hole-spotters with an interactive map as well as their history. Despite being protected by law, Casprini said that three windows "have already disappeared" since his first census in 2005. Those left are used as everything from quirky hatches in bars or cafes, to shop displays and even small Catholic shrines.



PROOF POSITIVE

It stands to reason that Italians have the highest genetic diversity in all of Europe, given the centuries of conquest Italy has endured at the hands of every imaginable nation. That assumption has been borne out in a new study conducted by researchers at the University of Bologna. Their research reveals an Italian gene pool that reflects the entirety of Western Europe. Results also indicated a genetic basis for certain characteristic differences between northern and southern Italians. Those include lower obesity and diabetes in the north and less skin cancer and a longer lifespan in the south.

Grandmother Said It Best: A Treasury of Italian Proverbs

By

Joseph Antinoro-Polizzi, PhD
Angeline Guzzetta-Jones, MA



Longo e' il cammino, ma l'amore e' forte.
Long and difficult is the road, but love
conquers all.

Chi rispetta rispettato sara`.
He who respects others will be respected.

Dove si vive un giorno, si vive anche sempre.
Where you thrive for one day, you can
live forever.

Nulla si fa senza volonta`!
Without a strong will, nothing is accomplished.

A SIP OF WINE

Santa Margherita Valdobbiadene Prosecco
DOCG

A sparkling wine for celebrations! Meant to be shared
time and time again. A vibrant treasure.



Distinct for its fine, lively bubbles, delicate fruity aromas, and crisp finish, it carries Italy's highest classification. It can be served as an aperitif, but also complements seafood and other delicate dishes. This sparkling wine has fine bubbles winding through its bright straw color. It has aromas of peaches and sweet flowers with a flavor of hints of pineapple and golden apples. 100% glera grape grown on the steepest hills of Valdobbiadene in the Veneto region. The base wine is fermented with selected yeast at precisely controlled temperatures to preserve its full, complex flavors. Once fermented, the wine rests with its lees for three more months so that kits full aromatic potential and vibrant taste blends together for a truly festive drink.

Columbus Day Parade 2010



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All Vincent Lombardi Lodge communications should be sent to:

**Vice President Marjorie Focarazzo
84 Mulcahy Blvd
Rochester, NY 14624
mafocarazzo@gmail.com**