

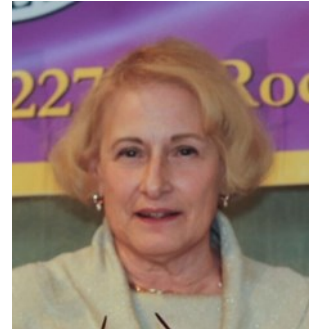


The Roar of the Lion

Marisa Rubé Przepiora, editor
July 2021 Edition

Dear Brothers and Sisters,

I don't know if this is a legitimate medical condition, but a newly coined term, "Cave Syndrome" deals with the isolation we have been experiencing for the past year and a half. A lot of us are scared to death of going out and we use every conceivable excuse to stay home even as more people are vaccinated and want to resume normal, pre-pandemic activities. There appears to be a great reluctance to return to yesterday's normal, especially for those with pre-existing conditions. Going out makes people anxious.



For some it isn't fear of getting the disease or getting back into society, it's a fear of losing what has been gained, all the positive changes in our lives. We have become used to lives we have built over these many months, the routines we have created while isolated from others. All of this is very real. Although data is a year old, there continues to be an increase in mental health issues and substance abuse, more are suffering from anxiety and depression, and a rise in trauma or stress-related disorders.

For those who still work and have been doing it remotely, there is a new anxiety: the fear of returning to work. We have gotten used to doing things differently and have become comfortable with it, so there may be a reluctance to return to things as they were before the pandemic. There is a wide range of reasons why we may feel anxious. Isolation has affected us in so many ways. Although working from home has had its benefits, there are also some negatives. Separating home life from work life and if there are children involved, homeschooling had to be added on top of that. We have been juggling three what is normally three separate aspects of our lives at the same time: our job/work, home, and being an educator. Sometimes, our brain has a hard time distinguishing them and determining the boundaries. Thinking about the prospects of returning to work and personal interactions, we need to be patient with ourselves. It will take time to readjust.

Can we hold on to the positive changes? Healthier diets, taking walks, and slower lifestyle has led to improved health. We have spent more time with the immediate family instead of having to rush off to a sports activity, a meeting, or some appointment. Perhaps we will be better prepared knowing we can't just run to the grocery store or even be sure that what we want or need is stocked (toilet paper, hand sanitizers, even ink cartridges for the printer). We have become more appreciative of our health care workers and first responders who did have to be at work. Thank you to all of them. We appreciate the "great" outdoors more. We could hardly wait for sunny, warm weather so we could be in the great outdoors, to the enjoyment of eating at sidewalk cafes. Something new started, the Caremongering Movement, which started as a way to help people in Toronto, has spread like wildfire. Acts of kindness are becoming the norm (remember the Breadman and his loaves of bread?). Sometimes it is just a simple act or a word. It shows the good in people and proves we can do amazing things when we are in it for others and not just ourselves.

So much has happened this past year and a half. We have lost so many lives, the economy has been upended, and societies left reeling. As we move into the summer months, there is a light at the end of the tunnel. Restrictions are being lessened or even lifted. Businesses are opening up. Restaurants are also serving indoors. We are planning our picnic and Heritage Dinner Dance. Just the beginning!

Everyone has been fighting a battle we know nothing about. Remember, we have never been here before. We have been walking on the bridge as we build it. Sometimes it's been right, sometimes not, but let's give those who are making the decisions a break. And while we are at it: be nice, be honest, set aside petty jealousies and trial personalities and just care for each other. Life is way too short!

Take care and God Bless,
Marjorie

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The Vincent Lombardi Lodge will celebrate our 50th anniversary on June 23rd, 2022. Join us in the celebration!!

If you would like to be a part of the planning committee for the celebration of this very special occasion, please contact President Marjorie.

Vincent Lombardi Lodge #2270 2021 Calendar

July 1st, 6:30pm: Council Meeting
July 8th, 7pm: General Assembly Meeting

August 5th, 6:30pm: Council Meeting

August 12th, 6pm: General Assembly Meeting and Scholarship Awards Night
Italian American Community Center

August 22nd, 1pm: Annual Members Picnic
Quinzi Lodge, Eyer Park in East Rochester

September 2nd, 6:30pm: Council Meeting
September 9th, 7pm: General Assembly Meeting

October 7th, 6:30pm: Council Meeting
October 14th, 7pm: General Assembly Meeting

October 22nd: Christopher Columbus Italian American Heritage Awards Dinner, Webster Golf Club

November 4th, 6:30pm: Council Meeting
November 11th, 7pm: General Assembly Meeting

****Annual Turkey Raffle TBD****

December 2nd, 6:30pm: Council Meeting
December 9th, 7pm: General Assembly Meeting and holiday get together

Happenings the Geneva Lodge

2021 Sons & Daughters of Italy Golf Tournament

Hosted by Geneva Lodge 2397

Saturday Sept. 4, 2021



Entry Form

Place: Big Oak Golf Course, Geneva, NY

Cost: \$85.00 Per Player / \$340.00 Per Team

Time: 10:00 am Shotgun Start
4:00 pm Dinner at the Geneva Lodge

See address below

Format: 18 Hole 4-player scramble
(Field is limited to the first 20 teams who register) - Women and/or co-ed teams welcome

Team Players: 1. _____ 2. _____
3. _____ 4. _____

Entry includes: 18 holes of golf, cart fee, lunch at the grill, dinner and prizes at the Geneva Lodge.

Note: Extra dinners for non players can be purchased @ \$20 per dinner

Entries must be dropped off or mailed to the Geneva Lodge on or before Monday August 28th. For more info contact Chairman Mike Sculli at 315-719-4545 or co-chairman: John Oughterson at 315-246-0705

Geneva Lodge 2397, 31 Prospect Ave., Geneva, NY 14456
315-781-2242



7/4: Robert Kosinsky, Tony Palucci,
Nancy Rubé
7/8: Joseph DiMaria, Richard Meleca
7/9: Ann Marie Taddeo
7/15: Marjorie Focarazzo

7/16: Melissa DiStaffen
7/18: Rosita Caridi-Miller
7/21: Elizabeth Osta
7/22: Stephanie Brey
7/23: Robert Golino



Sending our good thoughts to Sister Annette DeCarolis, recuperating after a hospital stay and Sister Jenn Gugino, recuperating from surgery.

Continued prayers for all of our members who have been ill or recuperating from illness, including Sandy Meleca, Tony and Mickey Palucci, Hugh Warner, David DiNicola, Jim Caternolo, and Sam Mammano.

JULY GENERAL ASSEMBLY MEETING

Thursday, July 8th, 2021 @ 7pm

Please join us for the July General Assembly Meeting of the Vincent Lombardi Lodge

IMPORTANT NOTICE: For the health and wellbeing of our members and our Lodge, and in accordance with CDC guidelines, meeting attendees are asked to continue to wear a mask to our meetings unless fully vaccinated (two weeks past final shot) or with a negative COVID test within 24 hours prior to our meeting. Any member showing symptoms of illness is asked to stay home and participate in our meeting via zoom if able.

We are asking if you plan to attend the meeting in person to let us know so we can have the right number of chairs already spaced. For the time being we are not asking for members to bring refreshments, but we will have them, individually packaged, so we need to know an approximate count to have enough. Once we feel comfortable about this, we will ask members to help with refreshments. That is not to say, if at the last minute you want to attend, please come. We know that plans can change, and we want your presence.

If you prefer to attend by zoom

Join Zoom Meeting with this link:

<https://us02web.zoom.us/j/83561267854>

Or call in using this phone number:

1-646-558-8656

If prompted, enter the following Meeting ID:

835 6126 7854

OSDIA VINCENT LOMBARDI LODGE 2021 SCHOLARSHIP AWARDS NIGHT



Thursday, August 12th @ 6pm
Italian American Community Center
150 Frank Dimino Way, Rochester

RSVP's are required for this event. Please click or visit:
<https://forms.gle/x8oi4uUrCs571b5YA>

Or confirm your attendance to:
Marisa Przepiora at 585-750-8336 or vincentlombardilodge@gmail.com

Please note this event will take place in with our regularly scheduled General Assembly Meeting on August 12th, however the meeting and awards ceremony will take place at the IACC in order to have a more spacious area for our awardees and their families to join us.

IMPORTANT NOTICE: For the health and wellbeing of our members and guests, and in accordance with CDC guidelines, meeting attendees are asked to continue to wear a mask to our meetings unless fully vaccinated or with a negative COVID test within 24 hours prior to our meeting. Any member showing symptoms of illness is asked to stay home and participate in our meeting via zoom if able.

Join us as we present awards to:

Domíníc Lippa—Vincent Lombardi Lodge Scholarship
Vanessa Ianturno—Vincent Lombardi Lodge Scholarship
Benjamin Tantalo—Past Honorees Scholarship
Michael Macera—Past Honorees and State Scholarship
Molly Fisher—Jennifer Rubé Memorial Scholarship
Skylar Mogab—Joseph Darryl DiStaffen Memorial Scholarship
Morgan Stanley—John Dabbene Essay Contest Winner
Barbara Smith—La Bella Lingua Award

Vincent Lombardi Lodge #2270
Order Sons and Daughters of Italy in America
The President's Annual Members Picnic

*Sunday August
22nd
1:30 pm*



*Quinzi Lodge
Eyer Park
East Rochester*

IMPORTANT NOTICE: For the health and wellbeing of our members and our Lodge, and in accordance with CDC guidelines, attendees are asked to continue to wear a mask unless fully vaccinated (two weeks past final shot) or with a negative COVID test within 24 hours prior to our meeting. Any member showing symptoms of illness is asked to stay home. We will adhere to CDC recommended social distancing guidelines, and we will have hand sanitizer available for our members use. When moving around and not seated or eating, a mask will be required for those who are unvaccinated. Food will be served to maintain health and safety standards.

Come Join Fellow Lodge Members for a Great Time and Great Food!!!

We are supplying Homemade Italian Sausage, Pepper & Onions, Baked Beans, Greens & Beans, Italian Potato Salad, Macaroni Salad, Baked Ziti, Green/Tossed Salad, Eggplant Parmesan,
Beverages (soda, water, coffee, tea), paper products and eating utensils.

Cost: No Charge for Lodge Members and Their Spouses
\$10.00 each for Non-Members & Guests

Please bring an appetizer or dessert to pass as indicated below.

If your last name begins with-

A thru R please bring a dessert

S thru Z please bring an appetizer/munchies

Please provide enough for 15 people.

Please RSVP using the form attached to our picnic flyer, included separately in this mailing.

Charity Selections

As stated in the communications and survey that went out to members last month, in addition to our state charities, we have decided to start a donation can in support of local charities doing good work right here in our community. Last month, we asked you to complete a survey and list any charities that you are involved with and would like to see our lodge support. Below you will find the list of charities that people submitted for consideration.

Now we need you to participate again by choosing which four charities from this list that we will support with our donation efforts. Please click the link, send an email, or call me with the four charities from the list below that you would most like our lodge to support.

**Click the link: <https://forms.gle/vMLy75twMjkMG1Vb8>
or send an email to vincentlombardilodge@gmail.com or call 585-750-8336 (Marisa)**

Breast Cancer Coalition of Rochester is cultivating community among those touched by breast or gynecologic cancer; empowering informed decision-making through education, support, and advocacy; and advancing research in our region, with the goal of eradicating breast cancer.

Safe Harbors of the Finger Lakes, Inc. provides services, at no charge, for individuals, children, and families who have experienced sexual assault, sexual abuse, and interpersonal violence in Ontario, Seneca, and Yates Counties. We offer crisis intervention, support groups, legal accompaniment, advocacy, and referrals to other local agencies. We also provide primary prevention services in schools, professional agencies, and our communities.

Angels of Mercy is a Christ-centered organization (501c3) dedicated to helping women in need locally, across the nation and around the world. Our mission and focus is to help women and girls achieve freedom, dignity and restoration through our coordinated efforts and faith in God.

Ronald McDonald House Charities of Rochester supports the health and wellness of children and their families through innovative programming, supportive services and community partnerships.

The Lipson Cancer Institute brings some of the top cancer care in the world right to Rochester and the Western New York region. The Lipson Cancer Institute was founded on a commitment to provide comprehensive cancer care from one integrated program, in which experts in hematology/oncology, radiation treatment and surgical oncology work to treat the unique needs of each patient.

Veteran's Outreach Center of Rochester mission is to serve veterans with compassion and advocate for all who have worn our nation's uniform so they can RISE and live life to the fullest.

Villa of Hope partners with individuals, families and communities to Rebuild relationships, Recover potential, and Renew hope for the future.

Sunset House is a community outreach ministry which provides palliative (comfort) care for those beyond curative or aggressive treatment. The resident maintains control and is assisted through this time of transition. We are there to support, so as to decrease the stress and anxiety of the residents and their families.

Mercy Flight Central is an independent, non-profit organization of air medical professionals, devoted to integrity, compassion, and excellence providing critical care to the sick and injured.

St. Joseph's Neighborhood Center, rooted in the caring tradition of the Sisters of St. Joseph, provides comprehensive physical and mental health services to uninsured and under-insured people in and around Rochester, New York.

Hope Hall School is a private, non-sectarian, 501(c)(3) not-for-profit school designed for students with special learning needs who consistently experience frustration in the traditional classroom setting. Hope Hall is committed to the belief that when students are given respect and enough time in a supportive, multi-sensory learning environment, they can become successful learners.

School of the Holy Childhood mission is to prepare children and adults with intellectual and developmental disabilities for maximum independence and integration in the community through individualized programs and services, in keeping with the philosophy and vision of our founders. We are dedicated to serving our people in an atmosphere of dignity and compassion.

Foodlink mission is to leverage the power of food to end hunger and build healthier communities.

Apology Issued - CSJ Report

The United States was not the only country in the free world to intern its citizens during World War II. In 1940, the Canadian PM, William Lyon MacKenzie, interned hundreds of Italian Canadians. Mainly men, they were made to wear uniforms with red piping down the sides and red dots on the backs. They lost their jobs unable to take care of and support their families. Italian merchant seamen's ships were docked, not allowing them to out of port. Italian women, not having been in the work force caused stress, anxiety, and undue hardship. For many, the scars from that time period never healed. May 2021, more than 80 years have passed, PM Justin Trudeau has issued an apology for the "injustice" done without due process. "To the men and women who were taken to prisoner-of-war camps or jail without charge — people who are no longer with us to hear this apology — to the tens of thousands of innocent Italian Canadians who were labeled 'enemy alien,' to the children and grandchildren who have carried a past generation's shame and hurt and to their community ... We are sorry," Trudeau said. (The Washington Post)

Canada's War Measure Act gave the government the power to suspend civil liberties when it entered the war in September 1939. This measure allowed for the internment of some groups of people. The Canadian government feared the spread of fascist ideology through local fascist groups, Italian community centers, and fraternal organizations.

There were 112,000 of Italian heritage living in Canada at that time. Some 31,000 were labeled "enemy aliens" and were required to check in once a month. No charges were brought against the internees, but they were denied due process, treated worse than second class citizens, and Italian Canadians were interned for no reason other than that they were Italian. They had no way to defend themselves or present and rebut evidence in open and fair trials.

In his apology before Parliament, Mr. Trudeau stated, "Canadians of Italian heritage have helped shape Canada, and they continue to be an invaluable part of the diversity that makes us strong," he said. "Today, as we acknowledge and address historical wrongs against the Italian Canadian community, we also show our respect for their great contributions to our country." (The Hill) He further stated, "We cannot undo our past failures, but through this apology we hope to help bring closure to those who were harmed and ensure the lessons we learned are never forgotten." (The Hill)

Descendants of internees are not interested in financial compensation from the Canadian Government. Someone said, "The biggest compensation is this apology. The apology brings closure to all families by saying these men were not guilty of anything."

The Commission for Social Justice plans to seek an apology from the US Congress for the unlawful internment of Italian Americans in the US. December 8, 1941, President Franklin D. Roosevelt issued a Presidential Proclamation No. 2527 stating that all undocumented Italians residing in America would be considered "Enemy Aliens and that "that an invasion of predatory incursion is threatened upon the territory of the United States by Italy." FDR ordered some 600,000 Italian Americans to register and carry cards identifying them as "enemy aliens". They could not travel without permission, forced them to surrender firearms, radios, cameras, and flashlight, adhere to an 8 pm to 6am curfew, forced from their homes, and many were imprisoned, and some remained in prison even after the war.

The US government never acknowledged this event until they were forced to. Adverse affects and fearing retribution, Italians stopped speaking their native language outside of the home, many Americanized their names to keep from standing out, and children were urged to assimilate to be accepted. BUT, Italian sons served in the armed services in both Canada and the United States while all this happened to their families.

No rationalization on the part of the US government can erase this tragedy from history. The physical and psychological suffering had an immense impact on all internees and should be recorded as the most humiliating and disgraceful chapter in our history, if it would ever be written as such. Italian internees lost their property, their homes, their jobs and were never compensated, no acknowledge of wrong doing, and no public support.

In 1994, Professor Lawrence DiStasi organized a historical traveling exhibition called, "Una Storia Segreta: When Italian-Americans Were Enemy Aliens".

In 1997 legislation from Congressmen of NY Rick Lazio, Eliot Engel, and Senator Alphonse D'Amato made the events from World War II public in a document, "Wartime Violation of Italian-American Civil Liberties Act" which made public the names of Italians who were prisoned and can be found in the "Report to the Congress of the United States, a Review of the Restrictions on Persons of Italian Ancestry During World War II, November 2001."

It is time for the United States Government to acknowledge what they did and to apologize to the descendants and families they harmed.

A SIP OF WINE - IL PALAGIO

Il Palagio is the Tuscan estate is a 400-year-old villa, south of Florence owned by Sting and his Wife, Trudie Styler. The grounds, 865 acres, including the vineyards and olive groves, have been restored and is now a functioning organic farm and vineyard. The estate dates back to the 1500 that grew, harvested, and fermented its own grapes to create luscious wines. The farm is self-sustaining and grows grapes for six sensational blends: four from Sangiovese grapes, one from the Vermentino white, and one Beppe Rosato, their first rose'. You may recognize some of the titles: Message in a Bottle, Sister Moon, and When We Dance, which, also, happen to be the names of some of his music.

Chianti is still a major wine from the vineyard. In the works is Toscana Message in a Bottle and Toscana Roxanne, which are mainly made from Sangiovese. Some other wines in new to the vineyard is Il Palagio 1530, 100% Merlot limited, that was to be released at this year's Vinitaly, held in Verona. There is also a Bordeaux-style blend and traditional method sparkling rose' based on Sangiovese that will be released in three years.

"Wine is like a beautiful piece of music already written. An opera that the musician or the tenor has to perform. The notes are always the same, but the result is always different and often exciting. Every day I work to become a good interpreter of the grapes; grapes that with great care and sensibility are cultivated by using all the instruments, antique and modern, that allow me to express their quality." Paolo Caciorgna



Summertime is pesto time... try this simple Italian summer dish



Tortellini with broccoli pesto

- 1 bunch broccoli, trimmed and cut into florets
- Kosher salt and black pepper
- 1 cup fresh flat-leaf parsley leaves
- 1/4 cup olive oil
- 2 tablespoon toasted pine nuts
- 1 ounce parmesan, grated, plus more for serving
- 1 lb fresh or frozen cheese tortellini

- Step 1: Cook the broccoli in a large pot of boiling salted water until crisp-tender, 2 to 4 minutes. Transfer to a plate to cool slightly; reserve the water for cooking the tortellini.
- Step 2: Pulse the broccoli, parsley, oil, pine nuts, Parmesan, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a food processor until finely chopped, 15 to 20 seconds.
- Step 3: Cook the tortellini according to the package directions, reserving 3/4 cup of the cooking water. Drain and return the tortellini to the pot.
- Step 4: Add the broccoli pesto and 1/4 cup of the reserved cooking water and toss to combine. (Add more cooking water as needed to loosen the sauce.)
- Step 5: Serve sprinkled with more Parmesan.

TIDBITS FROM ITALY

Italy has a free wine fountain!

A free wine fountain sounds like the stuff of dreams – but it's a very real thing in Caldari di Ortona in Italy. The small town has a free wine fountain that flows 24-hours a day with locally grown red wine. The fontana di vino can be found in the Dora Sarchese vineyard, which sits on the Italian pilgrimage route of Cammino di San Tommaso.



There are over 1500 lakes in Italy

The lakes of Italy are stunning, and there are over 1,500 of them scattered across the country. Surrounded by the snowy Alps and golden beaches, you can spend hours enjoying the beauty of Italy's lakes. Sail with the stars on the famous waters of Lake Como and Lake Garda. Or explore the smaller gems like Lake Iseo and Lake Ledro.



Italy is the 5th most visited country in the world

Italy received over 62 million international visitors in 2018, making the country the fifth most visited in the world. Some of our favorite places to visit are the iconic cities of Rome, Pisa, Florence and Milan, along with gems like Lake Como, Assisi, Verona, Sorrento and the beautiful Isle of Capri.



Italians invented pizza in Naples

The first modern pizza, with a tomato base, was made in the Campania region of Naples in 1860. Since then, it has become one of the most beloved foods on the planet.

Although the humble pizza has gone through many changes over time, the world's most delicious pizza can still be found in Naples today. Buon Appetito!



You can find the world's smallest country inside Italy

One of the tiniest fun facts about Italy is that there's a whole other country inside it! Spanning just 44 hectares, the Vatican City is around one-eighth the size of New York's Central Park. This makes it the smallest country in the world.

The mini city-state is located within Rome and packed with some of the world's most famous monuments. Tens of thousands of visitors stream into the Vatican City each day to see historic sites like St Peter's Cathedral and the Sistine Chapel, painted by Michelangelo in 1512.



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