

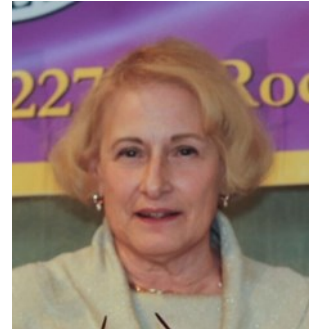


The Roar of the Lion

Marisa Rubé Przepiora, editor
January 2022 Edition

Dear Brothers and Sisters,

January 1st, the start of the new year, perhaps even a new beginning. One of the most popular traditions is making New Year's resolutions. The other, not so popular tradition is not following through. There is often disappointment when our resolve cannot even last through the beginning of the month. But we are in good company. An early mention of resolutions in America can be found in an 1813 Boston newspaper article. It also talks about people breaking them!



Most of us will make some sort of New Year's resolutions, and most of us will fail to achieve them. But it is still a good idea to make them, because whether we keep them or not, there is still plenty of positive effects.

The most popular involve self-improvement: living healthier, getting happy, losing weight, exercising, smoking cessation, and less alcohol consumption. We also resolve to meet career or job goals and to improve relationships. These are all optimistic attributes that get us off to a good start, which lead us to having a positive outlook for the future.

Every year we wonder why we bother to make resolutions if we know we won't keep them. Making a New Year's resolution or even making many resolutions helps us to be honest with ourselves about our current condition. Knowing that we want to change circumstances can be a key to improvement and will make a positive contribution to emotional and mental health.

Resolutions show we are hopeful and optimistic, and we expect things will get better in most aspects of our lives. This attitude can motivate positive action, which in turn, has a positive effect on the people around us.

Our resolutions have an impact on others. Getting healthy will keep us around longer for family and friends, will make others smile, or can lift someone up who is having insurmountable issues. Resolution to do more volunteering can be immeasurable to an organization or a group of people trying to help others.

All of this can help to inspire others. When we focus on the future and improvement, others pick up on that positive vibration even if they are not consciously aware of it.

So, if you don't keep those resolutions, remember your intentions are good, you are hopeful, you are taking responsibility for your actions, and you inspire others to make their own lives better. And if you say that all that is hogwash, you can take comfort in knowing you are carrying on the tradition started a long time ago.

Take care and God Bless

Happy New Year's

Marjorie

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AFTER HOLIDAY LUNCHEON

Sunday, January 23rd

Noon: Cocktail Hour

1pm: Italian Feast Buffet

Otto Tomotto's

Phoenix Mills Plaza in Victor.

See the flyer for details. Deadline is January 17TH.



Marco (Stefano Accorsi) and Anita are expecting a child. It's a ray of sunshine, though bittersweet, in the dreary life of Marco who is still grieving from the loss of his son Leo, that lead to the breakup of his first marriage. Suddenly, his life is troubled by the Perla (Valeria Golino), the proprietor of the house where the former couple lived when the tragic accident that killed Leo occurred. She lets them know that a strange presence

appears and talks to her own son who is occupying Leo's old room. Is there truth to it, or is it a hoax? The past impacting the present, with each individual's own belief come into play. Not a typical thriller, but a suspenseful, well-acted story that will keep you engaged and drawn in devoid of any artificial gimmicks we have been programmed to expect.

Buy tickets online: <https://watch.eventive.org/ameritalroc/play/619d4d137ee8e9008df21798>

Vincent Lombardi Lodge #2270 2022 Calendar

January 6th, 6:30pm: Council Meeting
January 13th, 7pm: General Assembly Meeting

January 23rd, 12:30pm: After Holiday Dinner, Otto Tomotto's (Phoenix Mills Plaza, Route 96, Victor)

February 3rd, 6:30pm: Council Meeting
February 10th, 7pm: General Assembly Meeting

February 27th, Time/Location TBD: Winter Picnic

March 3rd, 6:30pm: Council Meeting
March 10th, 7pm: General Assembly Meeting

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

May 5th, 6:30pm: Council Meeting
May 12th, 7pm: General Assembly Meeting

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

**June 24th, 6pm: 50th Anniversary Celebration
Webster Country Club (440 Salt Rd, Webster)**

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

August 4th, 6:30pm: Council Meeting
August 11th, Time/Location TBD: Scholarship Awards Night

**August 20th, Time TBD: Annual Members Picnic,
Quinzi Lodge—Eyer Park (100 Eyer Park, East Rochester)**

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

October 6th, 6:30pm: Council Meeting
October 13th, 7pm: General Assembly Meeting

October 21st, Time/Location TBD: Italian American Heritage Dinner

November 3rd, 6:30pm: Council Meeting
November 10th, 7pm: General Assembly Meeting

November 17th, Time/Location TBD: Papa Antolini's Turkey Raffle

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



1/1: Mary Kosinsky
1/2 Sam Mammano
1/4: Anthony Cataldi
1/6: Paul DeCarolis

1/11: Ron Santoli
1/13: Lorrie DiBisceglie
1/16: Pat Bartholomew



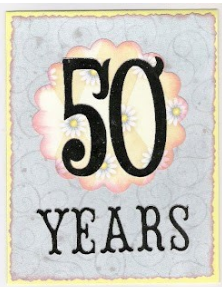
Sending our love and strength to Brother Tony Palucci and his family, as Tony has been placed on hospice care.

...Brother David DiNicola, and Brother Ezio and Sister Lila Bonanni as they fight illness.

...Sister Nancy Rubé, recuperating from recent surgery.



Join us as we plan for our 50th Anniversary Celebration in June at Webster Golf Club. The 50/50 Club will help offset the cost of the celebratory event and it will (1) enter your name into the monthly raffles and (2) pay for your ticket to the dinner. For more information contact me at MAFocarazzo@gmail.com. We will be hold the first raffle at the After Holiday Luncheon on January 23rd.



2022 is the 50th Anniversary of our Vincent Lombardi Lodge!

Join the Vincent Lombardi Lodge in marking our 50th Anniversary with a celebration on June 24th at Webster Golf Club. More details to follow in the coming months. The following history of our lodge was written by Past President Lou Giambra in 1983, and shared with us courtesy of the DeCarolis family, from the archives of Paul DeCarolis.

In June, 1972, The Vincent Lombardi Lodge #2270 of Rochester, NY, received its charter. It was founded by former Secretary of State, John Lomenzo and builder Leo Spezio. The lodge was installed as part of the 1972 State Convention, held at the Holiday Inn, and the Lodge still meets there.

The first elected Venerable was Joseph Lusardi, a executive of the Bausch and Lomb Optical company. The Lodge had a good beginning, but still had its ups and downs, and during one of its depressed times, State Senator Thomas La Verne stepped in as Venerable and began an upward movement of the lodge. The Senator did an exceptional job, despite the fact that his work kept him in Albany most of the time. He delegated the work and his committees kept the Lodge active. The Senator was followed by Louis Giambra, who brought the Lodge into the mainstream of the State Lodge. He felt his task was to teach the members the real workings of the The Sons of Italy. After serving the maximum two terms, Venerable Giambra ran for and was elected as State Trustee, a first for the Rochester Lodge. He later became Commissioner of Arbitration and a National Delegate.

Joseph Vazzana followed in 1979 and continued the Lodge on its upward spiral and brought the Lodge to the attention of the Rochester community. After serving the maximum permissible two terms, Venerable Vazzana followed Giambra into the State Trustee position.

In 1982, Michael La Comba, an energetic individual, became Venerable and took on many new projects. One of these important new projects was the active participation in the fight against Cooley's Anemia blood disease, which strikes mainly children from the Mediterranean area. Venerable La Comba also became regional president of the Monroe County region.

The Vincent Lombardi Lodge of Rochester has become a vital part of the Rochester Community. The Lion is on the move and we in Rochester are part of the roar.

State Commissioner of Arbitration, Louis Giambra

2022 SCHOLARSHIP INFORMATION

The Sons & Daughters of Italy in America offers college scholarships at all levels of the organization. Here is information on the National, State, and of course our local lodge scholarship opportunities.

Local Vincent Lombardi Lodge Scholarships:

ELIGIBILITY: High school senior graduating from a Monroe County public, private, parochial or certified home school, or related to a lodge member if living in another county. Student must be of Italian descent (at least one grandparent must be of Italian heritage). Student must commence study at an accredited educational institution to continue learning in the fall following their high school graduation, including community/junior colleges, colleges, universities, and career, technical or vocational/trade schools. Preference is given to students associated with members of the lodge, but anyone who meets the above requirements is eligible and encouraged to apply.

Fees and Deadlines: There is no fee to apply. Application deadline is March 31st, 2022. Applications received after the deadline date will not be considered.

Vincent Lombardi Lodge Scholarship applications will be sent to all Monroe County schools and to our members in January 2022. Applications are also available on our lodge website: www.sonsofitalyrochester.com.

Please note, if you only see the 2021 application link on our website, that is the correct application for 2022.

Questions? Please contact Marisa Przepiora at 585-750-8336 or marisarube@gmail.com

New York State OSDIA Scholarships:

*****The following information is tentative at the time of this newsletter printing, as the NYS Grand Lodge has not yet updated their website for the 2022 year. More information will be sent when the 2022 process is finalized*****

Eligibility: Applicant must be of Italian descent and a resident of New York State. Undergraduate and graduate awards are presented to high school or college students who will begin full-time study for the fall academic term of the year their application is eligible to apply for competition. The scholarship awards are based on academic excellence and service. Students must have an average of 85% or above to apply.

Grant Eligibility: several grants are awarded to students with special needs. The requirements for grants are the same as noted above except for the need for a minimum of an 85% average. Also, all grant applicants are required to submit a written document of special need.

Fees and Deadlines: A \$10 non-refundable processing fee is required with each scholarship application. All applications are due by March 31st, 2022 and must be submitted to Marjorie Focarazzo.

For more information and to download the application packet: <http://www.nysosia.org/scholarships>

Questions? Please contact Marjorie Focarazzo at 585-749-5346 or mafocarazzo@gmail.com

2021 National Leadership Grant Competition

The Sons of Italy Foundation sponsor their 2021 merit-based scholarships to 10-12 students ranging from \$4000 to \$25,000. General eligibility: US citizens of Italian descent who will be enrolled in an undergraduate program or graduate program at an accredited school of higher education. The description and specific requirements for each scholarship can be found on the Supreme Lodge's website at www.osia.org/scholarships.

General requirements for the six posted scholarships: all scholarships must be submitted on using the application provided; certified transcripts through the December 2021 semester must be provided; and a \$35 non-refundable process fee is required with each application submitted. Unless noted, the deadline for submission is February 28, 2022 and all materials/documents must be submitted online.

Applications are screened by education professionals, but the final selection is made by OSDIA's National Scholarship, Education, and Culture Committee and notification will be made by May 1, 2022. Monetary awards will be made directly to the student's academic institution.

2021: That's a Wrap!

At the beginning of the new year in 2021, we all had high hopes COVID-19 would subside and our lives would revert back to the way things were. We had already spent more than a year in a semi lockdown state, and we were ready for our coming out party, but nature had different plans. We dealt with variances, surges, record hospitalizations, and people we loved and cared about dying. Even with all that we had to terms with, we held meetings, albeit via zoom for the first six months, and planned events we weren't sure we would be able to hold. We tried, with some success, to remain positive.

Our Lodge remained connected with members through zoom meetings, newsletters, and emails. Concerns over Columbus, Columbus Day, and Columbus statues continued throughout the entire year. Controversies on removal of the statues from Syracuse to Philadelphia became a major task for the CSJ to engage in.

NYS Gran Lodge CSJ's La Bella Lingua Award information was mailed to the five high schools that have an Italian language program. The John Debbene Essay Contest information was provided to our Lodge members for any family member in middle school or to a graduating senior.

NYS Grand Lodge cancelled its convention for the second year in a row and held a "mini" one via zoom. A new president, Michele Ment, and executive council was elected without the usual fanfare.

Our Lodge also elected new officers via zoom and installation was conducted by then NYS Grand Lodge President, Anthony Naccarato.

Br. Tony Mangione continued to offer the Italian Movie Series by livestreaming. Br. Joe Rube facilitated FIG Meetings via zoom. Scholarship information from the Lodge and the Grand Lodge were disseminated to all High Schools in Monroe County. Sr. Becky DiFilippo published a book titled, *Seqra's Secrets*, poems, and short stories on Amazon in paperback, which sells on Amazon.

Our members Marched in East Rochester's Memorial Day Parade. We placed a wreath at the Station of Heroes on Main St. Our first in person meeting took place in June. The Scholarship Committee made their decisions on scholarship recipients. The Geneva Lodge held a number of events throughout the summer, some of which our members attended.

The CSJ reported Prime Minister Justin Trudeau formally apologized in Parliament on Thursday for what he called an "injustice." 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 CSJ plans to seek a similar apology from the US government.

In August we held our first in person event, Scholarship Award Night, at the IACC. We honored six graduating seniors with \$9000 in scholarship monies. At our Membership Appreciation Picnic, at the Quinzi Lodge in Eyer Park. we had a beautiful afternoon for our members to mingle and enjoy some great food.

In September, the Supreme Lodge held its convention via zoom and elected a new president, Robert Bianchi, and executive board. Installation took place also by zoom. Carmine Federico of the Progresso Lodge in Syracuse submitted the paperwork for a hearing in October regarding the removal of the Columbus Statue. Lawn signs have been planted around the city. The City of Philadelphia lost their plan for removal of the Columbus Statue, after the CSJ sued stating the statue was paid for and erected by Italian Americans giving the city no cause for removal.

October was a very productive month. We had two displays, one at LNB Bank and the other in the East Rochester Library, to honor Italian American Heritage Month. We met with Vincenzo Scollo, Italian Consulate to introduce him to the Sons and Daughters of Italy. We held our Christopher Columbus Italian American Heritage Dinner Dance in October at Webster Golf Club. We honored Vincent Giannantonio, Man of the Year, Catherine (Kitty) DiNicola as Women of the Year, Leo Iacobelli with the Lifetime Achievement, and the Archetko Family as Family of the Year.

Our members were entertained by the ROC City Singers under the direction of Judith Renaletta at our Papa Tony Antolini Turkey Raffle held at St. Nicholas Society. What a great evening with lots of good food and tremendous singing and dancing.

Our year ended with a General Assembly Holiday Meeting in December. We had a surprise visit from Santa and Mrs. Claus. What a great way to end the year! Throughout the entire year, our finances remained stable and our accounts in good order. As we welcome 2022, we are hopeful to continue to move forward and plan events but still remaining cognizant of the current health situation. Our main concern is to keep our members safe and will monitor the situation as warranted.

Did you know...Italian New Year's Traditions



Red Underwear: Both men and women in Italy wear a new pair of red underwear on New Year's Eve to bring luck in the coming year. Red is also the color of fertility and those hoping to conceive in the following year will also wear red.



Pig's Trotter and Lentils: Italian folklore suggests that eating sausage before midnight is a good omen for the new year. Sausage made with pig's trotters contains a high fat content which symbolizes abundance. Lentils are believed to bring good luck and prosperity. When lentils are eaten together with Pig's Trotter, the diner's finances for the forthcoming year are predicted to be better than the previous.



Dried Fruit and Grapes: They say it takes great willpower to conserve some grapes from harvest until the end of the year, so eating these on NYE indicates that everyone at the table will be wise and frugal with their newfound wealth.



Out with the Old and In with the New: To banish previous bad luck, items such as pots and pans, clothing, and any other old and unwanted items are thrown from upstairs windows. This symbolizes letting go of unhappiness to prepare for the future.



Money in Your Pocket: Italian superstition says that leaving your house on New Year's Day with money in your pocket will ensure that you will always have something in your pocket to spend every day of the year.



First Person You Meet: An ancient Italian custom says to observe the first person you meet on New Year's Day. If this is an old person, the new year will be full of great surprises. If you meet a baby, a priest, or a doctor, according to some tradition there might be some bad luck around the corner.



Figs Wrapped in Laurel Leaves Italian tradition says the gift of figs wrapped in laurel leaves on New Year's symbolize a sweet new year filled with good fortune.



Fireworks: On New Year's Eve, fireworks displays are said to frighten and scare away evil and spiteful spirits that may be lurking during the transitional period from the old to the new year.

Italian Contributions to World Civilization

Trota of Salerno: A Medieval Woman Physician

Wait. What? In the middle ages women were uneducated and appreciated only as domestics, child bearers and sealers of marriage alliances. This characterization is generally true, but Trota of Salerno was an outstanding and unrecognized exception. Unfortunately most of the details of her life are unknown, but what we have learned paints a picture of an extraordinarily intelligent and determined woman.

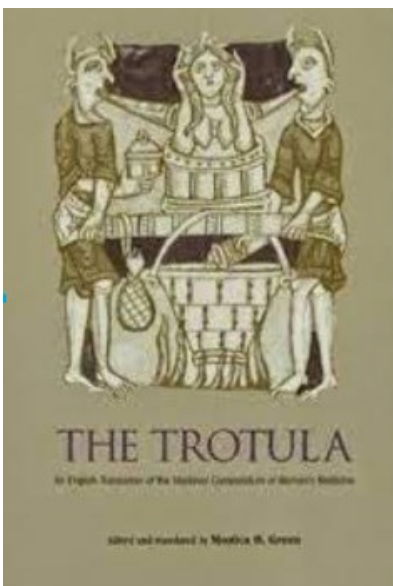
Trota of Salerno, whose full name has been lost to history, lived and worked in the early to middle decades of the twelfth century. She was educated at the widely recognized Medical School of Salerno. It was there that she became a proficient practitioner specializing in women's reproductive systems and childbirth. Many have called her the first gynecologist in the western world. She was not only a practitioner, but also a professor known as the *Magistra Medicinae* at the university. Her teaching position made it possible for her to improve the health of not only her patients, but also to avail others of her knowledge through her students.

Like many other professors at Salerno, she placed great emphasis on preventive medicine and improving the overall health of her patients. Her most notable work was *De Passionibus Mulierum Curandum*, also known as *Trotula Major*. In this sixty-three chapter work she provided detailed information about the diagnosis and treatment of many diseases affecting the health of women. The book also counseled regular exercise, a healthy diet, cleanliness and reducing everyday stress. Even today historians regard this book as the definitive source for understanding pre-modern medical practices. In another volume, *Trotula Minor*, she gave advice about improving a woman's personal appearance, such as removing wrinkles, puffiness, facial hair removal, and eliminating bad breath along with remedies for less serious issues such as graying hair, and chapped lips.

Through the sixteenth century her works were extensively published, but the humanist scholars of the age believed them to be of ancient origin and written by a man. In fact, it was not until the 1980's that modern experts began to believe that these texts were written by a woman and it was less than 30 years ago that her authorship was confirmed.

The appearance of Trota's books in the 1100's raises a telling question: If so few women were literate in that era, and if she undoubtedly passed on much of her learning to other women orally, what was the purpose of the written text? The clue may lie in the library of Oxford College, England, where the earliest copy of her work was acquired in the early 13th century. In that far off time both England and southern Italy were under Norman rule. Hers would not have been the only Italian medical volume that enlightened English medieval medicine!

~ A Friend of Matteo Teresi



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