



VINCENT LOMBARDI LODGE #2270

# The Roar of the Lion

Annette DeCarolis, *editor*  
September 2024 Edition



Dear Brothers and Sisters,

Our Member's Picnic was a delightful get together with almost fifty in attendance. We once again had homemade sausage and a tremendous thank you to Richard Meleca for getting the ingredients and the use of his home. A huge amount of appreciation goes to Mike Meleca, Tom Meleca, Donnie Meleca, and Frank Giancaterin who dove right in to mix the pork, spices, and wine. We love our traditions and this has become a very familiar and treasured one.

And as tradition would have it, we are so glad John Gammariello was able to come again this year to grill.

I want to thank everyone who helped with set up and clean up, especially those who worked and who are not members but enjoy our events. I apologize ahead of time for not listing names because I cannot remember all of you who worked on behalf of the members, but please know it was greatly appreciated. It is a great way for our Lodge members to wind down the summer season.

It is hard to believe that more than half of 2024 has already passed. Fall will officially start on September 22<sup>nd</sup>. Kids, both at college and grade school, will be heading back to classes, and we once again share the roads with school buses and students mingling on sidewalks from more than fifteen school districts in Monroe County.

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In the Catholic Church, the month of September is dedicated to Our Lady of Sorrows, whose memorial the Church celebrates on September 15. Devotion to the sorrows of the Virgin Mary dates from the twelfth century, The Blessed Mother experienced many interior sorrows because of her son's torture and execution.

September is a time when the harvests begin. It is a great month to begin preparing for the coming winter months. Some of our best crops—onions, apples, raspberries, corn, and tomatoes—are readily available in the farm markets and grocery stores.

Our temperatures stay fairly mild through most of the month, which means there is still plenty of time to gather with family and friends for outdoor walks, picnics, apple picking. So, enjoy the rest of summer.

God Bless and Take Care  
Fraternally Yours,  
Marjorie

### 2024 Vincent Lombardi Lodge Calendar

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

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

October 25th, Time TBD: Heritage Dinner  
Webster Golf Club (440 Salt Rd, Webster)

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

November 16th, Time: Papa Antolini Turkey Raffle  
St Nicholas Society (206 Madison St, E. Rochester)

December 5th, 6:30pm: Council Meeting  
December 12th, 7pm: General Assembly Meeting  
and Holiday Gathering



Geneva Lodge 31 Prospect St., Geneva

**Bar is open** at 5 pm  
Monday, Tuesday, Thursday, Friday, and Saturday  
Thirsty Thursday Happy Hour 5-6:30 pm

**Bingo every Sunday** at 6 pm  
doors open at 4:30 pm

**Halloween Party, Oct. 26<sup>th</sup>**  
featuring Night Train; costume contest

Contact Peter Gillotte at 315-781-2242



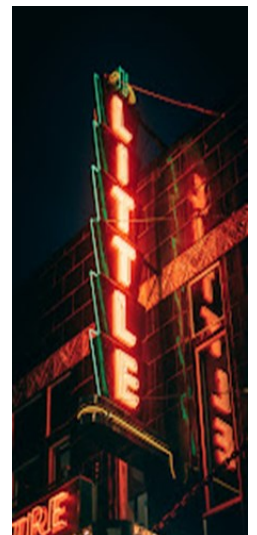
- ◆ September 14<sup>th</sup>—4 pm Saturday: **Italian Film Series**  
Frank DiMino Casa Italiana at Nazareth University
- ◆ September 27<sup>th</sup>—St. Nicholas Society **Friday Happy Hour** 6 -9 pm  
206 Madison St., East Rochester
- ◆ October 14<sup>th</sup>—**ICL Columbus Day Luncheon\*** 11:15 Flag Raising  
Italian American Community Center, 150 Frank Dimino Way
- ◆ October 26<sup>th</sup>—7 pm **Woman of the Year**  
Celebrates Rosanne Fabi  
St. Nicholas Society, East Rochester

**\* Brother Louis DeCarolis is being honored with the Outstanding Citizen Award**

### *Opera Guild of Rochester Bravo Nights* *The Little Café at 240 East Ave*

Join the Opera Guild of Rochester for Bravo Nights at The Little Café for **FREE** musical and operatic selections by talented local singers and artists:

- ◆ Sunday, October 20th at 7:00 pm, young artists from Finger Lakes Opera
- ◆ Monday, February 10<sup>th</sup> at 7:00 om, Valentine’s theme  
students from Roberts Wesleyan University
- ◆ Monday, April 21<sup>st</sup> at 7:00 pm students from Eastman School of Music



## From the desk of the Financial Secretary



You may have noticed that our events now include member and non-member pricing. We are offering this discount to dues paying members of our lodge as a benefit of your membership. If a member attends all lodge events for the year, the discounted event pricing will make up the cost of membership for that year. As a member, when paying for events, please use member pricing for yourself and non-member/guest pricing for all other attendees, including spouses, children, extended family and friends.

**Did you know you can pay for dues and events and even make donations to the Vincent Lombardi Lodge by credit card or PayPal?**

When utilizing PayPal, include a note indicating what the payment is for. Please include a **\$2 service charge**.

There are four ways to do this:

1. See Financial Secretary Marisa Przepiora at a meeting or event to utilize our credit card reader.
2. Log into your PayPal account, click the link to send money and send to:  
vincentlombardilodge@gmail.com.
3. Ask a Council member to have an invoice with a link for payment sent to your email address.
4. Scan the QR code here.



### Join Zoom Meeting

This is the zoom link for General Assembly meetings each month thru April 2025.

<https://us02web.zoom.us/j/85831885141?pwd=dU1QaGlmUGw2c0pOYm1IMkJ3bHgrQT09>



**Whether in person or by Zoom, attend meetings and be a more informed and active member of the lodge.**



Sandy Meleca  
Patty and Gordie Rask  
Ron Santoli  
Dawn DiGennaro's wife  
Vince Giannantonio's sister  
Jim and Peg Vacanti  
Sam Mammano  
Mary Rinere  
Przepiora Family

And all of our members  
who have suffered recently with illness  
or loss of a loved one.



**September Birthdays**

9/5 Michael Sciortino  
9/6 Pat Bernunzio  
9/9: Ross Cottone  
9/10: Angela Giancaterin  
9/14: Joanne Napoli  
9/28: Sal Cutaia



*Br. Richard Meleca  
and Savina  
On Your Engagement*



*Marty D'Ambrose  
Treasurer for East Rochester's  
Chamber of Commerce*



# Summer Picnic 2024

*Featuring homemade Sausage, faithful volunteers and happy attendees*



## **WANTED: Members to Serve on the Nomination Committee**



The Vincent Lombardi Lodge will be electing new officers and trustees in February 2024. A Nomination Committee of five (5) members will be formed in October. Please contact Marjorie as soon as possible if you are willing to serve on this important committee.

No member of the nominating committee is allowed to run for an elected office. The nominating committee is responsible for finding the best candidate for each position: president, vice president, orator, recording secretary, financial secretary, treasurer, trustees (5), master/mistress of ceremony, sentinel, arbitration commissioners and arbitration alternates.

Over the past few months, the positions have been defined and the responsibilities for the positions noted in our newsletters. Outgoing council members and former council members are here to help when needed, to guide and mentor.

*It is the duty of the nominating committee to see that a full slate is presented to the members.*

### **TIMELINE:**

October: Formation of the Nomination Committee

December: 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.

January: Slate to be elected reported to the General Assembly

February: Elections will be held at the General Assembly Meeting

March: The newly elected officers and trustees will be installed at a separate event, not at the General Assembly Meeting.

### **PROCEDURE TO BE CONSIDERED BY THE NOMINATING COMMITTEE**

All positions on the council are open, although some current council members are eligible to serve for another term. Current council members may seek another position and should follow the same process. 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 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.

*Please consider taking on a position of leadership.*

## *Seeking New Council Members*



As you know, our elected council keeps the Vincent Lombardi Lodge running. From planning and execution of our events, to overseeing the financial welfare of the lodge, to handling the day to day items that come up, our council holds an important role and the organization could not function without them.

### **Take a seat at the table**

**There is also a special camaraderie that comes with being on the lodge council and getting to know the other members who are also giving their time for this job.**



## *Recording Secretary*

The Recording Secretary is the custodian of the archives and the keeper of the seal of the Local Lodge. The Recording Secretary's duties are:

- To take and record the minutes of the meetings of the Council and of the General Assembly, which minutes are to be read at the successive meeting or sent out in advance of the meeting to all members.
- To make up and keep up to date the membership roll of the Local Lodge.
- To care for correspondence and write letters which the Recording Secretary is directed to write by the President or other higher officer in the ranking units of the Order.
- To be the sole officer through whom a member may communicate with the Grand Council.
- To write and send notices for meetings.
- To act as clerk of the Local Lodge Arbitration Commission when such Commission is in session, except in the case the Recording Secretary is an interested party.
- Within 10 days of receipt, to forward to the State Recording Secretary all appeals referred or presented to the Recording Secretary by members because of administrative irregularities. The appeals, when forwarded, shall be accompanied by a report of the views expressed by the Council.
- To carry out all orders which the Recording Secretary may receive, in matters pertaining to the office, from the President or from the higher-ranking officers of the Order.

Many of our members have served a number of years in various capacities and we appreciate all their efforts. They will be the first to attest to the importance of bringing new ideas and energy to the work.

***Please thoughtfully consider running for one of these positions in our 2025 elections.***



## *Our Annual Pie Sale is back!*

**Just in time for Thanksgiving,  
or great for any holiday gathering or dessert!**

*This year you have the opportunity  
to support four great causes with your pie purchase!*

1. **The Vincent Lombardi Lodge** earns dollars from every pie purchased. These dollars are used to support the cost of running our organization.
2. **Special Touch Bakery** will be our distributor. They are a non-profit organization whose primary mission is to provide training and employment to those with intellectual and developmental disabilities, which inspires lifelong success. They do everything from mixing to packing their pies. This is a business who cares about people and believes the world is truly a better place when we celebrate everyone's abilities and accomplishments. Those coming to Special Touch Bakery learn new skills, try new things, and find a greater purpose in life. Their belief **Purpose for All** provides them with the opportunity to make a difference in our world and to us by just giving them a chance.
3. **School of the Holy Childhood** will benefit from the proceeds of the pies purchased through Special Touch Bakery. School of the Holy Childhood is a nonsectarian, non-profit agency serving children and adults with intellectual and developmental disabilities for maximum independence and integration into the community.
4. **Safe Harbors of the Finger Lakes** is accepting pies to be distributed to domestic violence victims and their children, including those residing at their newly opened domestic violence shelter. You can purchase pies to be donated directly to this cause, and help make the holidays special for those who truly need it. You do nothing except purchase the pie. Sister Marisa Przepiora will pick up the donated pies and deliver them to clients of Safe Harbors of the Finger Lakes, Inc, including to victims residing in their emergency domestic violence shelter.

**Order Deadline is Friday, November 1<sup>st</sup>**

Please mail order forms and payment with total number of each pie to be ordered to:

Marisa Przepiora at 4552 Wildflower Dr., Canandaigua, NY 14424.

Payment can be in the form of cash, check, or QR Code.

Checks should be made out to the Vincent Lombardi Lodge #2270

## The Bookshelf

On this page we'll highlight books recommended by lodge members who have found them worth sharing.



**This Month's Selection is by former Rochesterian, Joseph Polizzi:**  
***Lady of Asolo: A Pictorial History of the Life and Times of Queen Caterina Cornaro***

## FOR THE LOVE OF ITALY

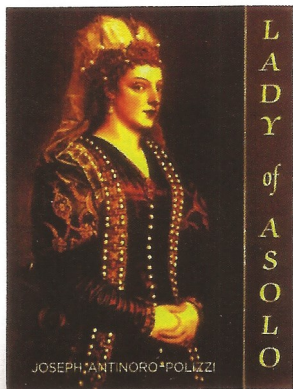
*A Major Gift to The Ringling Art Library*



# The Ringling

Dr. Joseph Polizzi's first visit to The Ringling was in the 1970s. He attended a play in the Historic Asolo Theater during a visit with his parents over the holidays and, he says, "it was then that I became captivated by The Queen." He's speaking about Caterina Cornaro, Lady of Asolo, whose portrait is installed over the Royal Box of the theater. The Lady stayed with him, he went to Italy to research the Queen, and eventually wrote *Lady of Asolo: A Pictorial History of the Life and Times of Queen Caterina Cornaro*—available in The Ringling gift shop.

students, and anyone who has an interest to dig deeper into the architecture and art collection of The Ringling Museum of Art. In fact, he hopes that one day a graduate student might focus their thesis on Giuseppe DeLucia, a well-known poet and sculptor. Ultimately, he says, "It has something for everyone."

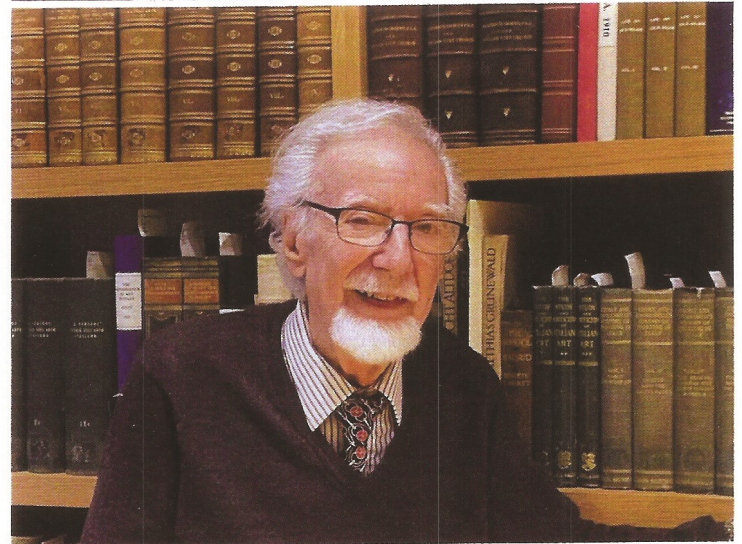
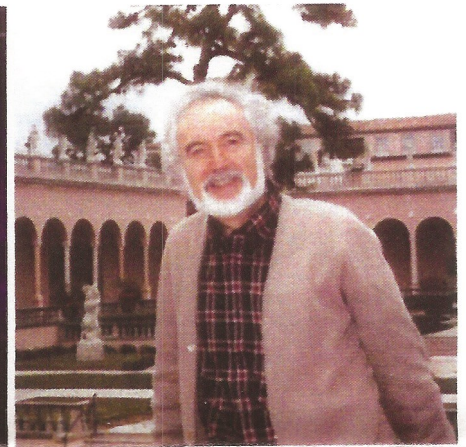
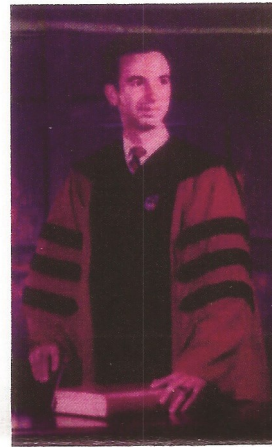


An emeritus professor of sociology and Fulbright Scholar, Polizzi is a historian who has been promoting Italian culture his whole life. Throughout his travels and studies within Italy, he gathered books of interest, and, over the years,

his intention for the collection gained momentum and focus. He recently donated this collection—which he says is still growing—to The Ringling Art Library. "I am thrilled and deeply honored that the museum has accepted it," Polizzi says. "I couldn't be happier."

"The gift of Dr. Joseph Polizzi's collection of books, many of which are now rare, will significantly contribute to The Ringling Art Library," says Elisa Hansen, Head of Library Services. "The breadth of the holdings related to Italian art, culture, gardens, literature, architecture, and history will add important resources related to The Ringling's collection of art."

Polizzi expects the collection, which he describes as "all encompassing," will be helpful for researchers, graduate



The Ringling Library and Museum of Art in Sarasota, Florida is one of the largest university museum campuses in the country.

## A SIP OF WINE



Lambrusco is a very old grape dating back to 160 BC and is native to Italy.

**Lambrusco** is a sparkling red wine from the Emilia-Romagna region of Italy. It is both a grape varietal and a wine, which is food-friendly, with the ability to pair well with rich and light dishes alike. It also works with spicy foods and aromatic ones.

The Lambrusco we remember from the 70's is quite different than what we can find on the liquor store shelves. The best Lambruscos are dry (secco) and barely sweet (semisecco) and are almost always made in a semi-sparkling, frizzante, style. A majority of Lambrusco is produced in the Emilia-Romagna region which is also known for its Balsamic vinegar from Modena, Prosciutto, and Parmesan-Reggiano cheese.



### *Cleto Chiarli Vigneto Cialdini Lambrusco*

Concentrated aromas of black plum, fig, blackberry, white pepper, allspice, and tea leaf roll out of the glass. Gamy on the palate with a lush and generous offering of black cherry jam that is balanced by floral and savory elements bringing the wine to its earthy finish. Medium body, dry.



### *Cavicchioli Lambrusco*

This well-balanced red features lovely layers of juicy ripe black cherry and black currant fruit, with balsamic, fragrant herb and graphite accents. Subtle, smoke-tinged finish. Light bodied, semi-sweet.

**Prosecco** is made mainly in the Veneto Region. It can be sweet or dry and the designation is usually noted on the label: from driest to sweetest, the naming system is: Brut nature, extra brut, brut, extra dry, dry, demi sec and dolce. Prosecco is a light-bodied, vibrant, fresh, highly aromatic, and crisp wine. It has a medium to high amount of acidity and large, frothy bubbles. Glera is the white variety of grapes used to produce Prosecco.

### *Nino Franco Rustico Prosecco*

Light bodied, dry. Aromas of white spring flower, Bartlett pear and citrus waft out of the glass. The racy, refreshing palate is full of energy, offering crisp yellow-apple, lemon drop, and orange zest flavors balanced by vibrant acidity. A perlage of small, refined, and continuous bubbles provides the silky backdrop.



*Saluti e buon divertimento*

## Healthy You: Tips for Cognitive Aging

For many of us, as we age through our seventies, eighties, and nineties, our brain has a harder time remembering names, the ability to multi-task, or learn something new. Although DNA provides a strong basis for our cognitive aging, it is our overall health that plays a big role in it. Our cognitive abilities, also known as our cognitive skills, are the mental faculties that allow the brain to perform important tasks: thinking, memorizing, and paying attention. Cognitive skills are when we think, pay attention, process information, and remember things, which helps with thought processes and memory retention. Which include sustained attention, auditory processes, and short-term memory. Things we can do to slow down cognitive loss:



- ✦ Manage health problems: there is a connection between cognitive decline and diabetes, heart disease, and depression.
- ✦ Exercise: aerobic exercises increases blood flow to all parts of the body, including the brain. Walking, cycling, dancing, swimming will elevate the heart rate. Do this for about 30-40 minutes three times a week.
- ✦ Eat healthy: well balanced meals with little red meat and lots of grains, fruits and vegetables, fish and shellfish, nuts, olive oil, and healthy fats.
- ✦ Sleep: restful sleep helps to rejuvenate the body and the brain. Challenge your mind: do crossword puzzles, study a foreign language, take up a musical instrument. There are many opportunities for the over 60 crowd: community college, Oases, Osher.
- ✦ Reduce stress: get involved in meditation, yoga, or tai chi; be mindful, which means to notice what is happening in the present moment and not be judgmental.

## Fun Facts about September

September is spelled with the most letters. It contains nine letters, and it happens to be the ninth month of the year.

September 17<sup>th</sup> is Constitution Day, which marks the day that the U.S. Constitution was adopted.

There are more pop and classic songs with “September” in the title than any other month.

The Romans believed that September was looked after by the god of fire, which made them overly conscious for fires and volcanic eruptions.

The birthstone for September is the sapphire which is said to reduce inflammation, treat fever and act as a lucky charm for the person wearing it. It symbolizes intuition, clarity of thought, peacefulness, as well as loyalty and trust.

Zodiac signs in September are split between Virgo (August 23 – September 22) and Libra (September 23 – October 22).

SEPTEMBER



VIRGO



LIBRA

Virgos are known for being loyal, practical, thoughtful, analytical people who sometimes come off as cold, but it's only because they're taking a methodical approach to friendship. Like most aspects of their lives.

Libras are a little different. Their main characteristics include being diplomatic and fair. They like harmony, dislike being alone, and always strive for peace and justice in the world.

## News from Italy

### Why Blue?



Italian athletes wear blue even though that color is not found in the Italian flag. Blue, or more specific azure, has been Italy's national sports teams color for nearly one hundred years. Azure is a light, bright blue color that's halfway between cyan and blue. When Italy was ruled by the House of Savoy they became the figurehead which drove for unification of Italy in 1861. The coat of arms for the House of Savoy was a white cross on a red background over the national flag known today. Blue was the third color of the House of Savoy, The blue border that surrounds the cross was for the protection of the Virgin Mary, who is usually garbed in deep blue. This shade of blue became known as the *azzurro Savoia* or Savoy blue.

When Italy sent athletes to the newly revived Olympic Games and formed the first national football team, they looked for some national colors: red, white, green, or blue. The first football team in 1910 chose a white knit top with a little tricolor ribbon. In 1911 the team adopted its official jersey of blue with a red and white Savoy cross over the heart.



White remained their back up color. In 1914, the Italian National Olympic Committee decided that all athletes representing Italy should wear the same color. By the 1932 Olympic Games in Los Angeles the light blue uniforms with the Savoy cross became standard, although many changes happened through the period of Fascism and Mussolini's reign. When World War II ended and Italy became a republic in 1946, there were still more changes. They got rid of the Savoy cross and other emblems and replaced it with a tricolor flag that is worn by most Italian athletes to this day. The shade of blue has varied from sky blue to navy to something close to turquoise. White with blue accents is still the most common alternative.

### Trip to Italy Opportunity



Have you been dreaming of a trip to Italy, but don't have the time or expertise to plan the trip? Well, now's your chance to enjoy a once in a lifetime Italy tour without doing any work to make it happen. Cathy Meleca, daughter of our members Tom and Sandy Meleca, has planned a group tour to Italy for **June 16th to 30th, 2025** and anyone is free to join! (See flyer for itinerary details)

For more details on this great opportunity, please visit the tour page online at:

[www.educationaltravel.com/Meleca-3903](http://www.educationaltravel.com/Meleca-3903)



**Comandante - A Story about Humanity, in Time of War**  
**Saturday, September 14, 2024 at 4:00 P.M.**

On Saturday September 14 at 4:00PM at the **Peace Theater located on the main floor of Nazareth Arts Center**, the Italian Film Series and the Frank DiMino Casa Italiana will bring the movie Comandante, starring Pier Francesco Favino, to the Rochester area.



Saturday, September 14, 2024, at 4:00PM  
Art Center Peace Theater  
Nazareth University  
4245 East Avenue, Rochester NY 14618

This is the story of a particular event that occurred at the early stages of WWII. It reflects an extreme act of courage in a time of war. We have been exposed to films that depicted various aspects of courage, from the defense of the Alamo to the landing in Normandie, to the "High Noon" solitary stand against overwhelming odds.

What we see some of that courage during a brief sea battle between enemies. But the real courage, and the essence of Comandante is the one displayed after the battle. The courage to defy orders from your command to save the enemy; the courage to put your life on the line to protect the enemy from harm; the courage to shelter the enemy when you know that some will still want to sabotage you; the courage to stand by your beliefs and humanity when the whole world seems to be abandoning every aspect of civility.

Pier Francesco Favino plays Comandante Salvatore Todaro reflecting his humanity in all of its spectrum; his frailty, his determination, his relentless conviction, his unwavering decision making, and especially his compassion for mankind.

The films we bring to you are intended to stimulate energetic conversations that, in true Italian spirit, can be conducted over some delicious food and delicate wine served at the dinner we offer after the movie, expertly prepared by Mamma G's restaurant.

**Purchase tickets:** [www.eventbrite.com/e/980420462997?aff=oddttdtcreator](http://www.eventbrite.com/e/980420462997?aff=oddttdtcreator)

**Dinner Option**

When linking to the Ticket web site, scroll to the bottom to purchase a ticket for dinner at the **Frank DiMino Casa Italiana** The casual, friendly, and delightful experience prepared by **Mamma G's Restaurant for \$25** is served family style and is limited to **30 people who have purchased tickets in advance.**

*Enjoy the movie, the experience, and the serata.*

OSDIA Vincent Lombardi Lodge  
1248 Calkins Rd  
Rochester NY 14623.

**President**  
Marjorie Focarazzo

**Vice-President**  
Jeremy DiFilippo

**Recording Secretary**  
Patricia Bartholomew

**Financial Secretary**  
Marisa Przepiora

**Treasurer**  
Carol DiNicola

**Orator**  
Joe Rubé

**Mistress of Ceremony**  
Melissa DiStaffen

**Sentinel**  
Vacant

**Trustees**  
Tom Meleca  
Catherine DiNicola  
Ron Santoli  
Maurice Palucci  
Becky DiFilippo

**Immediate Past President**  
Sandra Meleca

**Chaplain**  
Patricia Galante

**District VIII State  
Trustee**  
Vincent Giannantonio

**Chaplain Emeritus**  
Sister Carole Proia

**State Deputy to Vincent Lombardi  
Lodge**  
Dave Cook

**State Deputy to Geneva Lodge**  
Jeremy DiFilippo

**Past Presidents**  
Joseph Lusardi\*  
Thomas Laverne\*  
Louis Giambra\*  
Joseph Vazzana \*  
John March\*  
Victor Bell\*  
Peter Cimino\*  
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Cosmo Caceci\*  
Michael La Comba\*  
Shirley Sculli  
Phillip Dattilo\*  
Joseph Berta\*  
Joseph Rubé  
Jennifer Rubé\*  
Vincent Giannantonio  
Sandra Meleca

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1248 Calkins Rd  
Rochester, NY 14623  
mafocarazzo@gmail.com**