



The Roar of the Lion

February 2025

Dear Brothers and Sisters,

By the time you read this, the midpoint for winter will have passed. Happy Ground Hogs Day! Whether Punxsutawney Phil sees his shadow or not, the calendar says six more weeks until the first day of spring. But if we are not happy with celebrating the coming of spring, there are a mirage of days to celebrate: **February 5th is World Nutella Day**, **February 7th is National Fettuccini Alfredo Day**, and **February 9th is National Pizza Day**. I wonder if there is a special meaning behind all this, since these days all involve food! It would be a shame to have so many great food dishes without **February 18th, National Drink Wine Day**. Perhaps this day is just a reminder to drink wine, but wine should be celebrated every day of the year!



This issue of the newsletter will feature interesting information on two more familiar February celebrations: *Valentine's Day* and *Carnivale*, which both have Italian roots. Although the world is changing at a monumental speed, it is nice to feel connected to our past. Traditions give us insight into who we are and where we came from, so we can learn from the ideas of the past and apply them to our present situation.

This year in June, Order Sons and Daughters of Italy, will have reached an important milestone—120 years. Look how far we have come, and yet our mission, in essence, remains the same. While we no longer have to assist and support Italian immigrants with finding jobs, housing, medical care, etc, our focus is supporting the educational endeavors of our children and to help in research and caring for those who benefit from the charities we support. It may not seem like a big deal, but it is a big deal. Whether it is a student or a patient or family member of a patient, whatever we can do is significant and makes a difference in their lives. Your support is vital.

Actually, what we do in many areas of our lives can make a difference – for others and for ourselves. How we interact with others very much depends on our values and our attitudes. So, in our *Final Thoughts* are some attitude-changing secrets as well as quotes throughout the newsletter on **ATTITUDE**.

At our March meeting, Thursday March 13th, we will be installing our new council and officers. Hope you will attend to give them your support. This is your organization, your Lodge. The council cannot do everything. They need you to be engaged, involved, and have an open mind. The continuation and success of our Lodge depends on it. Each of us has experiences and ideas that we can share. It's not always easy, but it is worth it.

God Bless and take care.
Fraternally yours,
Marjorie

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EDITOR

Annette DeCarolis

2025 Vincent Lombardi Lodge Calendar

February 6 th	6:30 Council Meeting
February 13 th	7:00 General Assembly via ZOOM
March 6 th	6:30 Council Meeting
March 13 th	7:00 General Assembly Meeting
April 3 rd	6:30 Council Meeting
April 10 th	7:00 General Assembly Meeting
May 1 st	6:30 Council Meeting
May 8 th	7:00 General Assembly Meeting
June 5 th	6:30 Council Meeting
June 12 th	7:00 General Assembly Meeting
July 3 rd	6:30 Council Meeting
July 10 th	7:00 Scholarship Awards Night
August 7 th	6:30 Council Meeting
August 14 th	7:00 General Assembly Meeting
September 4 th	6:30 Council Meeting
September 11 th	7:00 General Assembly Meeting
October 2 nd	6:30 Council Meeting
October 9 th	7:00 General Assembly Meeting
November 6 th	6:30 Council Meeting
November 13 th	7:00 General Assembly Meeting
December 4 th	6:30 Council Meeting
December 11 th	7:00 Meeting/Holiday Gathering

2025 Lodge Events

February 16th	Winter Picnic and Clambake Bushman Cabin, Henrietta Veterans' Memorial Park
March 13th	New Officer Installation Soup and Bread Supper
May 4th	Italian Regional Dinner Eyer Building
May 24th	Memorial Day Parade East Rochester
July 10th	Scholarships and Awards Night
August 23rd	Summer Picnic Quinzi Lodge, Eye Park
September	Annual Pie Sale
October 18th	Italian-American Heritage Dinner Webster Country Club
November	Turkey Raffle TBD St. Nicholas Hall
December 11th	Holiday Gathering Eyer Building

Our Annual Winter Picnic and Clambake —

Sunday, February 16th



Bring an appetizer or dessert to share

Fish Fry at Geneva Lodge

Fridays of Lent beginning
Friday February 7th



Take a leisurely drive to Geneva, have dinner, and listen to some music.

The greatest discovery of all time is that a person can change his future by merely changing his attitude. - Oprah Winfrey



Join Zoom Meeting

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

Time: February 13, 2025 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

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

Meeting ID: 858 3188 5141

Passcode: 837616

ZOOM MEETING

FEBRUARY 13TH

7:00 PM

Since the February General Assembly meeting is in close proximity to our Winter Picnic, we will meet by zoom.

This meeting should only last 15 to 20 minutes.

Please plan to log on.

From the Financial Secretary

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.



*People may hear
your words,
but they feel your
attitude.*

- John C. Maxwell



**Do something today to make a difference:
send a note, make a phone call, be present to someone.**

In our thoughts and prayers...

Sandy Meleca
Dawn DiGennaro's wife
Vince Giannantonio's sister
Sam Mammano
Elizabeth Osta's brother,
Patty and Gordie Rask
Ron Santoli
Jim and Peg Vacanti



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

February Birthdays

Pat Galante 2/3
Valerie Watt 2/8
James Caternolo 2/9
Sandra Witmer 2/11
Joe Galante 2/12
Stephen Cataldi 2/18
Vivian Sciortino 2/20
Frank Giancaterin 2/21
Sandy Meleca 2/27
Joe Capogreco 2/28



2024 FAMILY OF THE YEAR MASSIMO AND FAUSTO ALBANO

The Albano brothers, along with Robert Laviano, opened Spritz 146, a cocktail bar, at 146 West Commercial Street in East Rochester. The place is inspired by the scene in the movie La La Land: a swanky club with moody lighting, through reflected in large mirrors. Located in the middle of the bar area is a baby grand piano. It is open 4 to 10 p.m. Wednesday and Thursday and 4 to 11 p.m. Friday and Saturday. A perfect place to stop for a drink after a Lodge meeting!



Spritz 146



*Your living is determined not so much by what life brings to you
as by the attitude you bring to life. - Khalil Gibran*



Scholarships and Grants

The Sons and Daughters of Italy in America offers scholarships at all levels of the organization - state, national and, of course, our local Vincent Lombardi Lodge.

New York Grand Lodge Foundation, Inc.

For more information: nysosia.org/scholarships/ or mafocarazzo@gmail.com

All applications are due by **March 31, 2025** and must be submitted to Marjorie Focarazzo 1248 Calkins Rd., Rochester NY 14623

National OSDIA Leadership Grant Competition

Supreme Lodge's website: osdia.org/initiatives/scholarships/

Upon receipt of \$35 processing fee, the applicant will receive an email with a link to complete the application. All applications and materials, including letters of recommendation and transcripts through the December term, must be submitted online at the link provided, by **March 14, 2025**.

Local Vincent Lombardi Lodge Scholarships

Applications were sent to all Monroe County schools in January 2025. and are also available on our lodge website: www.sonsofitalyrochester.com

There is no fee to apply. All requested information must be submitted to the Vincent Lombardi Lodge #2270 Scholarship Committee Chairperson by **March 31, 2025**. vincentlombardilodge@gmail.com Please submit your application to Marisa Przepiora, 2453 Wheeler Station Rd., Bloomfield NY 14469.

La Bella Lingua Award

Students do not have to be of Italian descent to be eligible, but do have to be enrolled in a certified school that has an Italian Language Program. Students must have taken no less than three years to qualify for the \$500 award. For more info, contact Sr. Marjorie. mafocarazzo@gmail.com



Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better. - Brian Tracy

REGIONAL ITALIAN DINNER

The Cuisine of the Veneto Region of Italy



Our 2025 Italian Regional Dinner on **May 4th** will feature the foods, wines, and flavors of the Veneto Region in Northern Italy. At the mention of the Veneto, our thoughts immediately go to the region's capital and most famous city, Venice, situated on the Adriatic Sea. Yet, there is so much more to the Veneto than Venice. The region's seacoast and diverse terrain, geopolitical location, and history of trade dating back to ancient times (notably the spice trade from the Far East) offer a unique cuisine different from that of its neighboring regions of Northern Italy.

Bordering on Austria and sharing a coastline with its Slavic neighbors across the Venetian Lagoon along the Adriatic Sea, Venetian cuisine shows the influence of foods from Eastern European and the Far Eastern, as well as Jewish dishes. Polenta, once a staple of the poorer classes, appears in dishes throughout the region. Mild weather vegetables, like radicchio, cabbage, beets, carrots, mushrooms, and asparagus dominate Veneto's vegetable offerings. The coastline of the Venetian Lagoon is rich in shellfish and small fish, like sardines and flounder. The lushly forested mountain ranges run from the region's center to its northern-most points bordering on Austria. In this area, popular dishes include game meats, mostly pork, accompanied by polenta, as well as wild mushrooms from the forests. The fertile grassy plains to the south provide perfect conditions for growing corn, grains, and the cattle, which provide Veneto's cow's milk cheeses, the most famous being Asiago. Popular in the plains are grilled meat (often a mix of pork, beef, and chicken), complemented by grilled potatoes, polenta, and vegetables.



Festive Venetian dinners start with the region's popular **cicchetti**, (appetizers): the famous *Carpaccio di Manzo* (Beef Carpaccio) served at Harry's Bar in Venice's S. Marco Square; *Formaggio Asiago*, the famous cheese of Veneto's city of Asiago; and the region's unique appetizer, *Pesce in Saor*, fried fish with sweet and sour flavors, influenced by Jewish Cuisine. As typical in Venice, **Il Primo** (first course) consists of *Risi e Bisi*, rice and peas cooked in broth, rather than pasta or polenta. **Il Secondo** (second course) features, pork with sauerkraut and polenta, a dish from the town of Belluno near Austria and accompanied by *contorni* (sides) *Asparagi di Badoere*, asparagus garnished with hard-cooked egg. And for the grand finale...the exquisite Venetian **Dolce** (dessert), *Tiramisu*, classically made with Savoiardi (ladyfingers), a smooth and creamy filling of mascarpone and Zabaglione (custard flavored with Marsala wine), and dusted with cacao powder. With each course paired with a delicious Venetian wine, we will have, once again, an Italian Regional feast to remember!

One of Our Own

Karen Pelc, a current member of our Lodge, is an accomplished artist whose goal is to create pieces that will have an affect on the viewer visually and emotionally.

“My art is a reflection of my journey...a continuous exploration of the world around me, and an ongoing quest to capture the essence of the human experience through visual expression.”



Karen found a rich artistic culture when studying abroad in Italy, and while there she understood this to be a part of her heritage, something she is very proud of. Her experiences in Italy, whether as a student or a tourist, has broadened her perspectives and enriched her art.

Nazareth alumna Karen Pelc's beautiful artwork was accepted into Nazareth's Centennial Alumni Show. The exhibit will show her piece *Venecia 2* thru March 9th in the Colacino Gallery.

The Margaret Colacino Gallery is on the second floor of the Arts Center, in the Art and Design Department wing at Nazareth University.

Her art work can now be viewed on karenpelc.com and [instagram Karen Pelc](https://www.instagram.com/karenpelc). Her watercolors are exquisite.



Karen is the owner of Harmony Design Custom Apparel - a leading, local embroidery and print company, serving the Rochester area and surrounding communities for over 25 years.

Recognized as a New York State certified woman-owned business, its mission is to provide individuals and organizations of all stripes with the best one-on-one service in the industry - helping others create one-of-a-kind apparel to spread awareness and generate support for the causes nearest and dearest to them.

Harmony Design was born of two loves: art and people.

Like the honeybee in the logo, Harmony Design is all about creating harmony in the world through teamwork.

As an artist herself, with a unique background in logistics and counseling, Karen always had an appreciation for the impact art and design can have on communities - the way it can bring people together to rally around a shared cause.

“Together, I believe we can build a happier, healthier community one cause, one vision, one design at a time!”

In 2023, Karen did a water color for us that we gave to New York State Grand Lodge, Bene Emeritus awardee, Mary Ann O’Neil.

*If you don't like something, change it.
If you can't change it, change your attitude.* - Maya Angelou



La Festa Degli Innamorati

(Valentine's Day in Italy)

Valentine's Day offers us all a chance to channel our inner-romantic. Whether you spend weeks planning elaborate gifts and romantic dinners for two with flickering candles and soft music or grab a bunch of flowers on your way home, February 14th is more than a day to symbolize love through mass commercialization, or a day made to celebrate monogamy over celibacy or polyamory.

Valentine's Day is historically Italian, dating back to the Roman Empire in the 6th Century B.C.. Many historians believe that Valentine's Day is an offshoot of the ancient pagan fertility ritual of Lupercalia, celebrated in the middle of February. The festival began with the sacrificial slaughter of a male goat and dog by a group of Roman priests called Luperci, and continued with raucous feasting, the consumption of wine, and couples pairing off for an entire week.



Verona's historic *Piazza dei Signori*, home of Romeo and Juliet

According to legend, as the Roman Empire reluctantly transitioned from paganism to Christianity in the 3rd Century A.D, Emperor Claudius II beheaded bishop Valentine on February 14th for secretly marrying Christian lovers. Marriage was banned at the time. but he was granted sainthood for his efforts to unify Christians in love. St. Valentine's Day replaced the old pagan festival and Saint Valentine became thereafter known as the patron of lovers.

While Rochesterians are still shoveling snow, bundling up in heavy coats, hats, and gloves, and dreaming of warm weather in mid-February, San Valentino is historically linked to the arrival of spring. The days start to get longer and more luminous, the temperature outside is getting warmer and nature is beginning to bloom again.

Whether in Italy or Rochester, love is in the air.



*Our attitudes are a secret power working twenty-four hours a day.
It is of paramount importance
that we know how to harness and control this great force. - Irving Berlin*



The 2025 Carnevale di Venezia will take place from February 22 to March 4, with pre-carnival events starting on February 14. Masked balls, elaborate costumes, parades, and various other festivities mark such celebrations.

Though most people use **Carnival** and **Mardi Gras** interchangeably, Mardi Gras translates to "Fat Tuesday" in French and refers *specifically* to the Tuesday before Ash Wednesday, from the custom of using all the fats in the home before Lent.



Carnival refers to the bevy of events that lead up to Mardi Gras. The derivation of the word is uncertain, though it possibly can be traced to the medieval Latin *carnem levare* or *carnelevarium*, which means to take away or remove meat. This coincides with the fact that Carnival is the final festivity before the commencement of the austere 40 days of Lent, during which Roman Catholics in earlier times fasted, abstained from eating meat.

In Italy, Venice became a gathering place for traditionally disguised Carnival revelers centered around St. Mark's Square, although festivities can also be found in nearby squares and piazzas.

Mardi Gras, Carnival, Shrove Tuesday, and Ash Wednesday are all important cultural and religious events that are celebrated around the world with each region bringing its own cultural traditions to the festivities. In its long history Carnival has played a significant role in the development of popular theatre, vernacular song, and folk dances.

While these festivals have different traditions and meanings, they all serve to remind us of the importance of self-reflection, sacrifice, and the pursuit of spiritual growth. As we celebrate them, let us remember to appreciate the cultural and religious diversity that enriches our world, and to seek to deepen our own understanding and appreciation of these traditions.

Adopting a really positive attitude can work wonders in adding years to your life, a spring to your step, and a sparkle to your eye. - Christie Brinkley

The Bookshelf

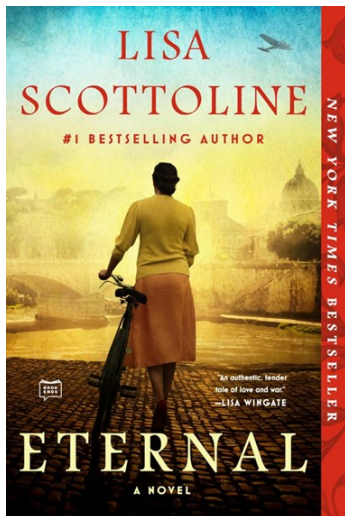
Reading books adds endless benefits to our daily lives, including stress-relief and entertainment. Reading books or even hearing them on tape can take you anywhere, anytime—even deep within yourself.



This Month's Selection: *Eternal* by Lisa Scottoline

A sweeping and shattering epic of historical fiction fueled by shocking true events, Eternal is the tale of a love triangle that unfolds in the heart of Rome...in the creeping shadow of fascism.

Unfolding over decades, *Eternal* is a tale of loyalty and loss, family and food, love and war--all set in one of the world's most beautiful cities at its darkest moment. This moving novel will be forever etched in the hearts and minds of readers.



Elisabetta, Marco, and Sandro grow up as the best of friends despite their differences. Elisabetta is a feisty beauty who dreams of becoming a novelist; Marco the brash and athletic son in a family of professional cyclists; and Sandro a Jewish mathematics prodigy, kind-hearted and thoughtful, the son of a lawyer and a doctor. Their friendship blossoms to love, with both Sandro and Marco hoping to win Elisabetta's heart. But in the autumn of 1937, all of that begins to change as Mussolini asserts his power, aligning Italy's Fascists with Hitler's Nazis and altering the very laws that govern Rome. In time, everything that the three hold dear—their families, their homes, and their connection to one another—is tested in ways they never could have imagined. Against this backdrop, the intertwined fates of Elisabetta, Marco, Sandro, and their families will be decided, in a heartbreaking story of both the best and the worst that the world has to offer.

What war destroys, only love can heal.

"Make a plate of fettuccine, pour a glass of red wine, and settle in with this captivating tale. You will cry tears of sadness and joy. Scottoline's Italian heritage combined with all her diligent research will keep this story in readers' hearts." - *Library Journal*

Lisa's novels are known for their emotionality and their warm and down-to-earth characters, which resonate with readers and reviewers long after they have finished the books. Lisa's contributions through her writing has been recognized by organizations throughout the country. *I See Life Through Rosé-Colored Glasses* has garnered both Lisa and her daughter, Francesca, Earphones Awards. Lisa believes in writing what you know, and she puts so much of herself into her books. What you may or may not learn about Lisa from her books is that she is an incredibly generous person, an engaging and entertaining speaker, a good cook, and a vegetarian. She is proud to be an American, and nothing makes her happier than spending time with her daughter.



Our future cannot depend on the government alone. The ultimate solutions lie in the attitudes and the actions of the American people. - Joe Biden

Genealogy—Part 1



Several of our Lodge members play an integral role in **FIG** (Friends of Italian Genealogy) because they believe that in pursuing our Italian genealogy we will better understand our Italian ancestry and culture and the impact it has on our lives. In future issues they will offer more information on FIG and how you might get involved.



As we grow older, we become more interested in preserving cherished memories and passing on stories to our children and grandchildren. One place to start is old photos. Remember all the old pictures you came across cleaning out that trunk in the attic or a closet full of boxes? Glancing through them often brings back fond memories. Some pictures you may have inherited over the years and you do not even remember who all those people were. Could they unlock some information to the past? Perhaps a secret? Wait. Don't toss them. They may have some

significance to your family's past. Don't you want to know who's in the photos? When and where were they taken? How can I ensure that my family can enjoy these photos for years to come? Do they even want them?

In any case, you may want to preserve them and keep them safe, so here are a few hints. Do not store your photos in humid places. Old photos are very sensitive to extreme temperatures. Make sure that you are storing your photos someplace where the temperature remains consistently stable, neither too hot nor too cold. This is especially true for photo negatives. Do not attempt to remove photos stuck to glass using heat or other DIY methods. Do not discount damaged photos altogether. In many cases, you can still salvage them with the right tools and proper care. In the meantime, you can scan the photo or take a picture of it to ensure that you have preserved it somewhere. As you share them with family and friends, the stories will surface. This may generate interest in exploring your genealogy further.



*The only disability
in life
is a bad attitude.*

Scott Hamilton, the famous Olympic skater, once said, *“The only disability in life is a bad attitude.”* His extraordinary life of achievement and adversity convinced him that dealing with life's challenges is something no one escapes. How well we master this task is reflected in how we behave and interact with others. Our attitude says something about how we are doing with our most important job—living. To fire up a new attitude, practice thinking and believing things that support the attitude you want. The more you practice this “refurbishment,” the faster the change comes. As a new attitude unfolds, you will notice opportunities and feel and act more positively.

OSDIA Vincent Lombardi Lodge
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