ICS EVENTS
Social meetings start at 3:00 PM on the third Sunday of the month, (Second Sunday, in December)
September thru May, at the Friendship Heights Village Center, 4433 South Park Ave., Chevy Chase, MD (See map on back cover)

Sunday, December 13:  FESTA DI NATALE!
with Babbo Natale, La Befana, and the Elves for the children. Guest performers, plus Italian potluck dishes brought by the people attending. This year there will also be a cooking contest. Note the date, the SECOND Sunday of December. The children will be entertained starting at 3:00 until the arrival of Babbo Natale and his entourage 45 minutes later. Please refer to page 2 for important details on the cooking contest and on what to bring to the Festa.

There will be no movie and no Italian lessons on December 13.

Sunday, January 17:  Community organizer Bruna Genovese will discuss the history of the community organizing movement, particularly as developed by Saul Alinsky in Chicago, where she has worked, and where President Obama also worked as an organizer.

PRESIDENT’S MESSAGE
Let me begin by saying that I hope you have all had a Happy Thanksgiving. Our November meeting featuring a concert by the fabulous Costa Jackson sisters was a memorable one both for the excellent quality of the performances and for the health of our scholarship program. We are indebted to these wonderfully talented and lovely sisters for their generosity in putting together a program truly representative of Italian culture, as ably explained by Ginger Costa Jackson who periodically briefed the audience on the meaning of the bel canto, aria da camera and romanze genres. And we are indebted to you, dear members, for supporting us with your donations for this event. You can be assured that they will go to support other young emerging exponents of Italian culture. Our special thanks go to Olga Mancuso and Emilia Costa Jackson for their extraordinary efforts to make the event a success.

Our December meeting is our annual Christmas party, held this year on Dec. 13. This year our musical program will feature a classical guitarist,

David Klock, for your entertainment, and Ingrid Mongini will lead us in a sing-along of traditional Christmas carols. I also want to bring your special attention to two items: the pot-luck aspect of the foods for the party which we are encouraging you to make using the ICS cookbook recipes. Our “impartial jury” will be happy to select the best one for an award! The other item is the program we have set up for the children revolving around the familiar Nutcracker story (courtesy of Monica Lapenta) that will be conducted in another room as the adults enjoy their part of the program. We look forward to seeing you all there!

Ron Cappelletti, president

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COME TO THE ICS CHRISTMAS PARTY
COOK AN ITALIAN DISH FOR SEVEN
BRING GUESTS, WIN A PRIZE!

The Christmas Holiday season is just around the corner. Start planning now to attend our Society’s Christmas Party at the December 13 Social. Member participation is needed to make this annual event a success by bringing in your own personal taste of Italy to our Christmas Party. The Society will provide all desserts and beverages as well as additional pasta.

ICS members are requested to bring a dish to share with seven people. (no desserts please)
For last names A thru M: Salads or Antipasti.
For last names N thru Z: Meat or casseroles

COOKING CONTEST!
This year try to make your dish based on “Italian Cooking Heritage”, the cookbook published by ICS. There will also be a contest, judged by a panel of eminent ICS gourmets, for the best dish based on those recipes. The winner will receive a valuable prize. These books, containing recipes by ICS members, will also be on sale for $15 at this and future meetings of the Italian Cultural Society, with proceeds to benefit the scholarship fund.

Along with the delicious refreshments, the party will feature a Christmas program (See page 11) including group singing of Christmas songs. In a separate room from 3:00 to 3:45, The Nutcracker, a children’s program based on Monica Lapenta’s book, including video, music, and crafts will be presented, and then Babbo Natale, La Befana, and the Elves will make a special visit for all in the big room.

Parents Please Note: If you want your children to receive a special gift from Babbo Natale, please bring the gifts already wrapped with the name of the child on the package to the Festa. Please drop gifts off at the entrance table by 2:30 PM to find parking and so Babbo Natale has time to collect the gifts and organize them.

CONCORSO CULINARIO!
Quest’anno cercate di fare il vostro piatto in base al libro “Italian Cooking Heritage”, pubblicato dalla ICS. Ci sarà anche un concorso, giudicato da un comitato di eminenti buongustai della ICS per il miglior piatto basato su quelle ricette. Il vincitore riceverà un premio di valore. Questi libri, con ricette dei soci ICS saranno in vendita per $15 a questa ed ad altre riunioni della Italian Cultural Society. Per sostenere il fondo delle borse di studio.

Con tutti questi deliziosi rinfreschi avremo anche un programma natalizio (vedere pagina 11) che includera’ il coro delle canzoni natalizie. In una camera a parte dalle 3:00 alle 3:45, Lo Schiaccianoci, un programma per bambini basato sul libro di Monica Lapenta, con video, musica, ed arte verra presentato, e poi Babbo Natale, La Befana, e i Folletti verranno a visitarci tutti nella sala grande.

Attenzione: i genitori che desiderano che i loro figli ricevano un dono speciale da Babbo Natale sono pregati di portare il dono già incartato e con il nome del bambino. Siete pregati di arrivare prima delle 14:30 per trovare parcheggio e dare a Babbo Natale il tempo per raccogliere ed organizzare i doni.

ITALIAN LANGUAGE
PROGRAM
4827 Rugby Avenue, Suite 301
Bethesda, MD 20814
Day, Evening and Weekend Classes
for Adults and Children
Serving Maryland, Virginia, and Washington, DC
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website: www.italianculturalsociety.org
phone: 301-215-7885

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Washington, DC 20008
Information: 202-612-4400
Serves residents of Washington, DC, Montgomery & Prince George’s Counties, MD; Arlington & Fairfax Counties, VA
As proof of the modesty of our new president, or as
evidence that he has better things to do, it was only
on the third try that I have been able to get Ron to
give me material for his profile.

Ronald Louis Cappelletti was born and grew up in
Waterbury Connecticut, where there is a sizable
community of Italian Americans. Ron's father,
Fernando, was born in San Marco la Catola, in the
province of Foggia, in Puglia. His mother
Louise grew up in
Waterbury, herself the daughter of
immigrants who, in the early 1900s, came from
Celenza val Fortore, close to San Marco la Catola.

Ron's career is the prototypical Italian American
success story. It started at Sacred Heart High
School and proceeded to
Fairfield University, a
Jesuit college in southern Connecticut, where he
majored in physics and mathematics and minored in
philosophy, and again distinguished himself as
valedictorian of his class. Right out of school, his
first job was in the summer of 1962 as a physicist at
the famous Jet Propulsion Lab in Pasadena CA
where he worked in the superconducting gyroscope
group. He went on to the University of Illinois at
Urbana where he received an M.S. in physics in
1964 and a PhD. in physics in 1966. From 1966 to
1968 Ron worked as a post-doctoral scientist in the
field of superconductivity at DOE's Ames
Laboratory and Iowa State University. In 1968 Ron
joined the faculty of the Department of Physics and
Astronomy at Ohio University, Athens, where he
progressed from Assistant Professor to Professor
by 1980, and now Emeritus Professor. At Ohio U.
he was involved in both research and teaching at
undergraduate and graduate levels in a wide variety
of physics and engineering physics subjects, while
mentoring a dozen PhD. students and more MS
students. Since 1999 Ron has been employed as a
Physicist at the Center for Neutron Research at the
National Institute for Standards and Technology.

That's his day job. Ron sings bass with the
National Philharmonic Orchestra and Chorale and
with the choir of St. Rose of Lima Parish. He lists
as hobbies playing the guitar, mandolin, and piano
and an interest in ancient and medieval history. I
also know he is a bit of a tinkerer, having recently
bought and rebuilt a restaurant-sized espresso
machine and a Rancilio MD-50 coffee grinder.

Ron lives in Gaithersburg. He has four grown
children and two very cute grandchildren that you
may have seen at our November meeting.

ICS Board of Directors and their Responsibilities
Ron Cappelletti, President & Webmaster
Olga Mancuso, Vice President
Cesarina Horing, Membership, Treasurer &
Italian Language Program
Paolo Vidoli, Secretary
Arrigo Mongini, Editor of Poche Parole
Joe Onofrietti, Film & Hospitality
Nick Monaco, Outside Events
Aldo Grossi, Music & Hospitality
Luigi De Luca, At large (Past President)
Romeo Segnan, At large, Maria Wilmeth, Historian
Elio Grandi, Emeritus, Aldo Bove, Liaison in Italy
AN AFTERNOON AT THE OPERA

At the November meeting we were treated to an extraordinary performance by the very talented Costa Jackson sisters, three young opera singers, two of whom have received scholarships from the Italian Cultural Society. Ginger, the mezzo soprano, first explained to us the nature of Romanze songs as well as their musical relatives, the Bel Canto arias of the operatic repertory, the Danze, and the Arie da Camera. Each of the singers, first soprano Miriam, then Ginger, then soprano Marina sang selections by Rossini, Bellini and others. The program concluded with three Neapolitan songs and two encore numbers by all three sisters together. Proceeds of the well-attended concert will benefit the ICS scholarship fund.
Ginger interpreta Rossini con Forza !!!

Ai Nostri Lettori: Questo Saggio e’ un lavoro di uno studente in un corso avanzato di Silvana De Luca dell’ Italian Language Program.

L’ACETO BALSAMICO
di Cathy Delahay

L’aceto balsamico italiano viene dalle zone di Reggio-Emilia e di Modena nella regione dell’Emilia-Romagna. Modena è il posto che la maggior parte della gente riconosce come la città natale dell’aceto balsamico, così com’è anche la città natale di Luciano Pavarotti, della Ferrari e della Maserati. Dal Medioevo ci sono le storie sul grande valore e sulle proprietà medicinali dell’aceto balsamico. Nel secolo undicesimo (1046) è scritto che un marchese italiano ha dato (come un regalo) una piccola botte di aceto balsamico a Enrico II, l’Imperatore di Francia. In aggiunta ad essere un oggetto di valore, la gente ha creduto che l’aceto balsamico era una panacea per tutto: dal mal di gola alle doglie. Oggi, mentre non vediamo l’aceto balsamico come una panacea, il miglior aceto balsamico è anche un oggetto molto costoso. Più complicato è il processo, più grande è il costo.

La definizione semplice per l’aceto balsamico è la riduzione stagionata dell’uva bianca dolce, bollita fino a diventare uno sciroppo. Come il processo differisce nella produzione di gradi diversi di qualità è più complesso. I fabbricanti dell’aceto balsamico sempre cominciano con la pigiata dell’uva e

Italian balsamic vinegar comes from the areas of Reggio-Emilia and Modena in the Emilia Romagna region. Modena is the place that most people recognize as the birthplace of balsamic vinegar, as well as the birthplace of Luciano Pavarotti, Ferrari, and Maserati. Since the middle ages there have been legends of the value and the medicinal properties of balsamic vinegar. In the eleventh century (1046) it was written that an Italian marchese gave, as a gift, a little cask of balsamic vinegar to Henry II, the emperor of Franconia. In addition to being an object of value, folks thought that balsamic vinegar was a panacea for all ailments from sore throat to labor pains. Today, while we don’t see balsamic vinegar as a cure-all for everything from sore throat to labor pains, the best balsamic vinegar is still a very expensive commodity. The more complicated the preparation process, the more expensive is the product.

The simple definition of balsamic vinegar is the reduction of ripened white grapes, boiled to the point when it becomes a syrup. As the process differs in the production of various grades of quality it becomes more complex. The makers of balsamic
vinegar always start with the pressing of the grapes and the extraction of the unfermented juice. This is called “mosto.” Typically they use Trebbiano grapes, that have a high sugar content. Sometimes they use Spergola grapes. They cook the mosto and then they put it in the cask, in which they introduce an active bacterial culture. At this point it starts to evaporate, which makes the vinegar thicker and tastier. After a period of aging, the balsamic vinegar is bottled. The manner in which the producers follow each step in this process determines the quality (and the price) of the balsamic vinegar.

To attain the label “traditional Balsamic Vinegar” (ABT) one must follow the rigorous rules of the cooperative. The producers must cook the mosto over an open fire at a minimum temperature of 80 degrees Celsius. The sugar content must be between 28 and 33 percent. The most stays in the small casks until springtime. Then, to start the fermentation the mosto goes into the “mother cask”, a cask in which there is an active bacterial culture from the preceding fermentations. The producers of non-traditional balsamic vinegar just add to the mosto a red wine vinegar that contains an active bacterial culture. The cooperative requires that the producers of ABT must transfer the liquid in a succession of wooden casks that get smaller and smaller, over a period of at least 12 years. The other producers can use other types of casks and their product is bottled within three or fewer years.

The producers of non-traditional balsamic vinegar can add caramel for color and taste. The traditional balsamic vinegar gets these qualities from the different woods of the casks: the color and the
WELCOME TO NEW ICS MEMBERS

It is with great pleasure that I introduce those Members who have joined us recently. As I welcome them I hope that they will take advantage of all that the Society has to offer and that they will contribute with their knowledge and expertise to the success of the Society’s mission:

Tony Spadafora
Laura Kettell
Donald Frye
Amanda Salazar

Benvenuti!

Cesarina Horing, Membership Chair

ICS Poche Parole Publication
Arrigo Mongini, Editor
Nick Monaco, Assistant Editor
Romeo Segnà, Paolo Vidoli, Italian Editors

Poche Parole is published each month from January through May and September through December.

The deadline for the submission of all articles and ads for a newsletter issue is the 25th of the month preceding publication of the issue. Please send submissions via the Internet to e-mail address: icspoparole@verizon.net or on a computer diskette/CD to:

Editor, Poche Parole
4827 Rugby Avenue, Suite 301
Bethesda, MD 20814

Publication notice: The ICS Board reserves sole discretion for accepting any material, including advertisements, for inclusion in Poche Parole, pursuant to its established Publication Policy. A copy of this policy is available upon request by contacting the Editor. Advertisers appearing in Poche Parole have paid a fee or provided services in kind to ICS for publishing their respective advertisements. Publication of any advertisement in Poche Parole does not reflect ICS endorsement or guarantee of the advertisers’ services, products or statements. Material contained in articles published is the sole responsibility of the author and does not indicate ICS endorsement.
In early November we started hearing about the possibility that the Giro d’ Italia, one of the three great European bicycle races (with the Tour de France and the Vuelta a España), might come to Washington, even as early as 2011. One British journalist even emailed the Editor of Poche Parole to get his reaction to this (It is unclear whether he wanted to hear from a Washingtonian, an Italian American, or a recreational cyclist, or all three).

Well this is not as far fetched as it might seem. The Giro is conducted in consecutive “stages”, each consisting of a one day race of variable length, along a route of paved roads, some straight, others curved, and some over steep mountain passes. In 2010 there will be 21 stages. As first reported in La Gazzetta dello Sport the governing body of the Giro has proposed putting the first stage of a future Giro in Washington DC and vicinity. Already in 2010 the first three stages are scheduled to run out of Amsterdam, so hopping across the Atlantic in another year or two would almost seem natural.

It was reported that Mayor Adrian Fenty, himself an avid cyclist, and whose mother is Italian American, has reacted favorably to the proposal, (Who wouldn’t have?) encouraging Giro director Angelo Zomegnan to say it is a very real possibility. Mayor Fenty has recently been accused of using DC cops (“taxpayers’ money”) to escort him on his own bike trips. Christian Vandevelde, a US cycling star has been quoted as supportive, notwithstanding the problem of getting on with the remainder of the race in Europe under jet lag. US cycling magazines are salivating over the proposal and I am sure will join an effort to promote the idea. Maybe NIAF can fire up the Italian American delegation in the US Congress.

Meanwhile some people are already speculating on a possible route. Following a tradition of passing by
famous landmarks, it would clearly feature a swing by the White House, the Washington Monument, and the Capitol, including a sprint down the Presidential Inaugural route of Pennsylvania Avenue. Outside of the city there are numerous possibilities, like the GW Parkway, (and would it be possible to close down part of the Beltway??) We already close down parts of Rock Creek Parkway on weekends. I found myself speculating with similar thoughts while cruising over the rolling hills of western Montgomery County on a recent (car) trip. And do we have a nearby mountain? Sugarloaf is close but maybe not enough of a challenge. What about Skyline Drive? A bit far at – miles, but not beyond the range of the Giro, whose longer stages can run to about – miles. It is certainly scenic, and appropriate for attracting euroutourists through TV coverage.

While this type of route is purely my own fantasy, the latest news on the Giro in the US, according to a November 19 article in Velonation online magazine, reports that the first two stages are being discussed for Washington DC, and that neither stage would venture beyond the DC border.

If it ever comes, the Giro d’ Italia may not come to Washington for several years, but this does not mean that ICS members should not “train” for the event. By training I refer not to actual cycling, though that would also be nice, but to watching the 2010 and subsequent years Giri on TV in order to understand how it works, see the beautiful Italian scenery, and see the antics of those exhibitionist types who try to run alongside the cyclists dressed in nutty costumes. This year I became addicted to watching the two hours of coverage daily on one of the cable channels. It may also be available over the air, and possibly on streaming video. The 2010 Giro will start on May 8, so remember to tune in.

Christian Vandevelde, stella del ciclismo americano si sia dichiarato favorevole nonostante il problema di continuare la corsa in Europa con il jetlag. Le riviste ciclistiche americane hanno l’acquolina in bocca per questa proposta, e certamente si uniranno in uno sforzo di promozione. Forse la NIAF potrebbe mettere in moto la delegazione italo-americana del Congresso statunitense.

Nel frattempo, alcuni pensano gia’ a un possibile percorso. Seguendo la tradizione di passare davanti ad edifici famosi, il giro non mancherebbe di transitar davanti alla Casa Bianca, al monumento a Washington, e al Campidoglio, con una volata lungo il percorso inaugurale di Pennsylvania Avenue. Fuori città’ ci sono numerose possibilità, come la George Washington Parkway (e sarebbe forse possibile chiudere l’anulare??). Durante i fine settimana gia’ ora vengono chiusi tratti della Rock Creek Parkway. Speculavo con questi pensieri mentre girovagavo (in macchina) per le colline nella parte occidentale della Montgomery County. C’è una montagna vicina? Sugarloaf forse non basta come sfida. E Skyline Drive? Un po’ lontana, a 75 miglia, ma non fuori della portata del Giro, dove le tappe più’ lunghe possono arrivare a 150 miglia. E certamente e’ una strada panoramica e adatta ad attrarre il turismo europeo grazie al servizio televisivo.

Mentre questo tipo di percorso e’ solamente un frutto della mia fantasia, le piu’ recenti notizie sul Giro in America, secondo un articolo del 19 novembre nella rivista online Velonation, riportano che sono in discussione per Washington DC le prime due tappe e che ne’ l’una ne’ l’altra attraverserebbe i confini di Washington DC.

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Se mai arrivasse, il Giro d’ Italia non verrebbe a Washington prima di qualche anno, ma questo non vuol dire che i soci dell’ICS non debbano “allenarsi” per l’evento. Non intendo con questo allenarsi per partecipare alla gara ciclistica, ma abituarsi a seguire alla TV i Giri del 2010 ed degli anni successivi per capire come funziona la gara, per ammirare i bei paesaggi, e per vedere le buffonerie di quelli che, vestiti in costumi stravaganti, corrono accanto ai ciclisti. Quest’anno mi sono lasciato intossicare ogni giorno dalle due ore di trasmissione su uno dei canali via cavo. Forse la gara sara’ trasmessa anche sui canali normali, e forse anche su Internet. Nel 2010 il Giro partira’ l’ 8 maggio. Ricordatevi di guardarlo.
Off-season (now till Easter) is the best time to travel. Tour Italy “far from the madding crowd”. Let us design your trip of a lifetime!

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LOCAL EVENTS OF INTEREST

See http://www.revelsd.org/events.html#dec05

Smithsonian Institution, Resident Associate Program: Luciano Pavarotti, Operatic Legend and Cultural Icon, a lecture by Colleen Fay, Tues., Dec. 1, 6:45-9:00 PM at S. Dillon Ripley Center 1100 Jefferson Drive, SW, Washington, DC
Lidia Bastianich, on Cooking and Life in the heart of Italy, Wed, Dec 2, 6:45 PM at the National Museum of Natural History Baird Auditorium 10th & Constitution Avenue, NW, Washington, DC
For above two events go to: http://residentassociates.org/ticketing/calendar/list.aspx?Week=11%2f1%2f2009


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LOCAL EVENTS OF INTEREST

Italian Cultural Institute: Silver Treasures of San Lorenzo, Milan, an exhibit of Italian historic silverware produced through industrial design techniques by the Milanese firm of San Lorenzo, Dec. Tuesday, Dec 8 thru Thursday, Jan 10, Mon.-Friday, 10 AM -12 noon and 2 PM-4 PM RSVP to be announced


National Gallery of Art: The “Beffi Triptych” an alterpiece attributed to Taddeo Di Bartolo, and rescued from the National Museum of Abruzzo after the earthquake is still on display thru January 6, 2010. See image on page 11.
ICS CHRISTMAS PROGRAM

This year’s Christmas program will feature a performance by classical guitarist David Klock in a series of musical selections to get us in the holiday mood if we are not there already. David is also a string bassist and all around musician, who graduated from the University of Northern Colorado in May 2008 after attending Evangel University in Springfield, Missouri in 2003-2005. His experience includes his present position at John Hanson French Immersion and John Hanson Montessori Schools in Prince George's County, Maryland. At the University of Northern Colorado he was a member of the Concert Band, the University Singers and the Men’s Glee Club. David has taught music in public schools and assisted students in orchestra conducting. He gives private music lessons.

Following this program, ICS member Ingrid Mongini will lead us in traditional English and Italian Christmas Carols.

PROGRAMMA DI NATALE ALL’ICS


Dopo questo programma, Ingrid Mongini, membro dell’ICS, ci dirigerà nel canto delle tradizionali canzoni natalizie inglesi ed italiane.
ICS membership application

Name: ____________________________ Occupation: ____________________________
Address: ____________________________ City: ____________________________ State: ____________________________ Zip: ____________________________
Address change: ___________ New member: ________ Renewal: ________
Email: ____________________________ Ph.: ____________________________

Mail application to:
c/o ICS Treasurer
4827 Rugby Avenue
Suite #301
Bethesda, MD 20814

Please make check payable to:
The Italian Cultural Society

Type of membership
☐ Single ____________ $35.00
☐ Family ____________ $50.00
☐ Student, full time ____________ $20.00
☐ Platinum Sponsor ____________ $1,000
☐ Gold Sponsor ____________ $500.00
☐ Silver Sponsor ____________ $250.00

Interest group
☐ Theater
☐ Literature
☐ Opera
☐ 20-40s
☐ Children (3-13)
☐ Museums
☐ Outdoor activities
☐ Incontri a cena
☐ Conversation
☐ Travelling
☐ Dancing
☐ Cultural progr.
☐ Fund Raising

Please mark the group you are interested in

meeting location

friendship heights village center
4433 South Park Ave., Chevy Chase, MD 20815

ICS the italian cultural society of washington, dc., inc.
(202) 333-CIAO
www.ItalianCulturalSociety.org

4827 Rugby Avenue, Suite #301
Bethesda, MD 20814
Return Service Requested

The expiration date of your membership is shown on the address label. Please renew using the form at top of this page.