

L'ITALIA

JAN/FEB 2020

NEWSLETTER OF THE ITALIAN HERITAGE SOCIETY OF INDIANA

Founded in 1993

Mission Statement

The Italian Heritage Society Indiana of (IHSI) seeks to preserve, promote and share the Italian values and culture which its members inherited from their ancestors: religion family,, music, food and c amaraderie. It reaches out to everyone of Italian ancestry and welcomes others who share our appreciation of the Italian culture.

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www.italianheritage.org

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PRESIDENT'S MESSAGE Angelo Piga

Cari amici, dear friends,

Happy New Year to all the members!

I am honored to serve as your IHSI President for the year 2020. I want to share with you about myself. I was born in Padria, province of Sassari, Sardinia, Italy. I came to the United States in 1969 to be marry Caterina "Rina" Odorico. Last year we celebrated our 50th Anniversary, and we have been blessed with four children and two grandchildren. I was employed as a Master Carpenter and a member of the Carpenter Union Local #301 for 50 years. Successful over the years as reflected in so many projects and works in Indianapolis and surrounding counties, still doing some work since retirement.

In the past, I have been involved with Noblesville Soccer Club, which I co-founded in 1975. I also played soccer with the Indianapolis Soccer Club. I coached all three sons and other Noblesville children from ages six through high school and also served as a referee for 24 years.

I have been a member of the Italian Heritage Society since 1992 and participated in the initiation of Bocce Tournaments and personally helped build the Bocce Courts that are used today, and also I play in the Bocce League with my wife. I have served on the Board of IHSI for so many years and served in many different capacities: Chapel in the Meadow, International Festival, Italian Street Festival, Pasquetta and many other events. Whenever needed, I was there.

Also, I am a member of the Noblesville Sister Cities, of which Nova Prata, Brazil and Cittadella, Italy in the Veneto region are the Sister Cities.

I want to thank **Silvana Martini Schuster**, past President for the exceptional work that she has done for the Society and will continue to do so as a vice-president together with all the returning board members and all of you members of the Society we will continue to strive, but I need your help and involvement.

Also I want to welcome **Joanna Milto Bergin** as a new board member, Joanna served on the board many years ago. Also we welcome back **Kevin Pastore**, as our webmaster.

On the first page of the newsletter is a list of the Board members and if you have any suggestions or questions, please contact myself or any board members. Together we can work for the best of the Society.

The next event is **Pasquetta** traditional picnic after Easter celebration, come and join all your fellow members. **Bocce League** will start in mid-April, join to play and have fun with your fellow bocce enthusiast! Look for all the activities in the newsletter.

Grazie, Thank you,

Angelo Píga

JHSJ President



President Angelo Piga
V-President Silvana Martini Schuster
Secretary Zeno Tutino
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Louis Mestichelli
Joanna Milto Bergin
Caterina "Rina" Odorico Piga

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米	CALENDAR OF EVENTS	米
		米
※	BOOK CLUB	※
*	March 4, 2020	*
***	12:00 pm Bravo Restaurant	***
米	THE POARD MEETING	※
米	IHSI BOARD MEETING March 9, 2020	彩
米米	6:30 pm Holy Rosary Board Room	*********
%	Tioly Rosaly Board Room	ハン
ハツ	LECTURE-RENAISSANCE ARCHITECTURE March 29, 2020	ハツ
バン	2:00 pm	が ル
彩火	Nora Library	彩火
米	APRIL	彩
米	PASQUETTA	米
米	April 19, 2020	米
*****	. 2:00-5:00 pm Holy Rosary- Lacy Park	米
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米	***********	米



BENVENUTI

David & Judy ditzler
Eric Jensen
Mark & Kathy Kappes
Eugene Maresca
Michael Normand
Elisa Razzoi
Linda Robb
Robert & Dorothy Sapienza

ITALIAN HERITAGE SOCIETY OF INDIANA PIETRO FERRI SCHOLARSHIP

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The Italian Heritage Society of Indiana is a non-profit organization consisting of persons of Italian descent dedicated to promoting the values and tradition of their Italian Heritage.

★ To encourage educational advancement and career development within ★ 🕁 its community, IHSI sponsors a scholarship program awarding up to 🛧 To be eligible for an IHSI scholarship, the applicant should:

Be a High School senior or a recent high school graduate.

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- Be of an Italian ancestry and be able to identify his/her Italian and
- Scholarships may be awarded only to candidates whose parents $\stackrel{\bigstar}{\sim}$ have been members for the previous year, and are the holders of a $\stackrel{\star}{\simeq}$ current "FULLY PAID FAMILY MEMBERSHIP" as of January 1st of the year in which the candidates makes application to be considered for \bigstar an award. Provided, however a candidate whose parents are deceased but who did in any prior year hold a fully paid family membership may also be eligible and shall receive consideration.
- Each applicant for an award shall submit with their application the 🛬 name (s) of the IHSI member upon whom they base their eligibility. In the event a candidate is deemed ineligible, the Committee shall notify the candidate in writing.
- The Committee shall be the sole judge of the eligibility for an award $\stackrel{\bigstar}{\sim}$ and for the making of awards. The amount of the award shall also $\stackrel{\star}{
 mbox{$\!\!\!/\!\!\!\!/}}$ $\frac{1}{2}$ be at the sole discretion of the Committee.
 - Any IHSI member who feels aggrieved by a declaration of ineligibility shall, within no more than ten (10) days after the candidate is \bigstar notified present in writing to the Chairman of the Scholarship Committee his request for consideration and shall receive a notice of the 🛦 decision of the Committee.
 - Submit an essay to the scholarship commit entitled:

"Why should we have an Italian Heritage Society?"

Application forms are available on the website:

www.italianheritage.org

The application and essay should be sent by April 17, 2020 to:

Matthew Iaria, Chairman Scholarship Committee 4440 Ingleside Ln. Indianapolis, In 46227

MEMBERSHIP RENEWAL



Renew your membership for the year 2020, Check with the membership chairman Philip "Skip" Kappes about your renewal at philipkappes@att.net or call 317-816-0516

ITALIAN MOM HABITS

- 1. She doesn't sit down to eat unless everyone is seated first
 - 2. She has a massive Re-usable bag collection
- 3. She still doesn't trust you in the kitchen alone
- 4. The first thing she always asks you is: "Did you eat"
 - 5. She thinks you are in danger If you don't answer the calls

La Bellezza d'Italia......January 2020

The Cultural Page of the Italian Heritage Society of Indiana

Submitted by Susan Santore Lew and Carol Faenzi

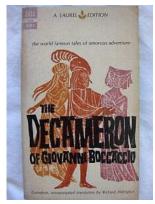


Renaissance Architecture

Professor James Glass returns to the Lecture Series. Last year, he taught us all about Roman Architecture. This time, we will learn how architecture changed during the Renaissance period most notably in the Cradle of the Renaissance , Florence. Join us for this visual feast and the opportunity to enhance your knowledge and appreciation of the beauty of this architecture that gave so much to the world.

Know someone who might want to deliver a lecture? Contact Susan Lew at 317-691-0139 or susan.lew27@gmail.com We pay an honorarium. The lectures are always free and open to the public.

BOOK CLUB



Come for lunch and book talk!

The Decameron by Giovanni Boccacio

Part two

When: Wednesday, March 4, 2020

12 noon

Where: Bravo Italian Restaurant

2658 Lake Circle Drive

(86th & Township Line Road)

Written in the middle of the 14th century as the Bubonic Plague decimated the population of Europe, "The Decameron" is a satirical and allegorical collection of stories by Italian Author Giovanni Bocaccio. Constructed as a series of 'frame stories," or stories within a story, the narrative follows seven young women and three young men who take refuge in a secluded villa outside Florence in order to escape the Black Death. During ten evenings of their stay, each of travelers takes turns as story teller to pass the time. Their stories relate tales of love, both happy and tragic, examples of the power of fortune and human will, and exhibitions of virtue, cleverness, and trickery.

Boccacio's work is not only important for its superb literary quality but for its examination of the changing cultural values that defined the transition from medieval times into the renaissance.

Suggested Version: Richard Aldington

To **RSVP**, Contact Silvana Martini Schuster for more information: silvams@comcast. net

Opera News

Mozart's Master[iece Don Giovanni March 20, 21,22, 2020 The Toby Theatre at Clowes Hall www.indyopera.org



Beautiful Italian Phrase of the Month



Buoni Propositi-New Year's Resolutions

Hai fatto dei buoni propositi per l"anno nuovo?

(Have you made any new year's resolutions?)

CHRISTMAS PARTY 2019











HOW TO EAT AND DRINK LIKE AN ITALIAN-PART ONE

"Life is a combination of magic and pasta"

Federico Fellini

One of the first things, "first timers" to Italy discovers that surprises them how much structure there is at a meal. And even though one can impose American habits on a restaurant experience, the menu will give the road map of how IIalian eat. But if you are fortunate enough to dine in someone's home, it will be an experience to remember— not only because of the deliciousness of the food and wine, but the fun, elegance and style that the Italians deem equally as important.

Aperitivo

The *aperitivo* is both a drink and an occasion. Coming from the Latin meaning "to open up"-it is what Italian drink to ready their appetites. The drink is normally alcoholic and not sweet. Think campari and Soda, the Aperol Spritz, a glass of bubbly Prosecco. It is the festive, social kick of for the evening!

Note: Most of the time, you will see people enjoying their *aperitivo* in a café' with friends before going elsewhere for dinner. But it's a lovely idea to hand someone a glass of prosecco if you are entertaining at home and welcoming guest. This is always a part of my "at home' ritual with guests.

Antipasti

As with many Italian words, this one means exactly what it is: "before the meal" (it does not mean "before the pasta"! Presentation and thought go into what is served so that it complements the next courses. Bruschetta pronounced "broo-skettah" not "brooshetta" is a simple and elegant offering that can be made with a variety of toppings depending on the season. Fresh chopped tomatoes with basil for summer is always a hit. Salame, olives, a little cheese also can be served.

Primo Piatto

Here comes the first plate which is almost always a starch. It will be a pasta, lasagna, risotto or soup. This is not the Olive Garden size portion. Luxurious and seasonal ingredients will be used such truffles.

Note: Bread is not served with starch, but rather with what comes next:

Secondo Piatto

This is the main event, the second dish. If one has eaten the portions of food served so far and not ordered seconds, there should be room in the stomach for this course, which is always a protein. Fish, meat, poultry. In Italy, there are no automatic 'sides" that come on this plate unless you order them. Known as *contorni*, which are normally vegetables, will be served at the same time, often on a separate plate. Why? Italians hold for high regard for each dish served and do not allows flavors to get mixed with others unless they go together. Bread is on now on hand! To wipe up the last delicious morsel on the plate, Italians will use a "scarpetta." This is the word for "little shoe" and it comes from using a small piece of bread to pick up what's left. They may not do this in a fine restaurant, but certainly at home and at less formal gatherings.

Note: Unlike our tradition of serving a salad first, Italian may eat a salad after the main course. There is a very good reason for this! They do not use salad dressing, so the extra-virgin oil with a vinegar such as balsamic or red wine, will cleanse the palate and help you digest what you have eaten. It's a mouth refresher!

But wait a minute, what would be drinking through all of these courses?

Italians drink either water or wine with their food, (unless it's a pizza, in which case they might have a soda or beer.) The water bottles will arrive first, either sparkling (frizzante) or still (naturale). Italians, like all Europeans, do not drink their water with ice cubes. Another good reason why: iced water coagulates with the food in the stomach and hinders digestion. Cool water is best, I know America is ice-obsessed but next time you have a dinner party, buy some chilled Pellegrino as an option. Just putting those on you table adds a nice Italian touch! (the wine, either red or white, will be chosen to go with the Secondo Piatto.

Formaggio e Frutta

A variety of local cheeses with fruit that complement them will be served, such a *pecorino* (sheep cheese) with pears.

Note: Italian have made an art of peeling fruit during the course. Since they do not normally eat the peel, it has become a ritualistic act, which not only is a lovely thing to do and watch, but one again serves to SLOW DOWN the meal. A sharp knife is always provided for this reason.

Dolce, Caffe' and Digestivo

Dessert. Which can be anything from gelato to sorbetto to cannoli, to Tiramisu. (Did you know that tiramisu means "lift me up" in Italian?

Caffe'

This stage of our Italian dinner calls for an expresso. Strong, no milk. **Note:** Italian do not drink cappuccino after 11:00 am. Coffee with milk and sugar is considered a breakfast drink.

Digestivo

As its name implies, a *digestivo* is served at the very end of the meal to aid digestion. While sweet liqueur such a as limoncello is offered, a better choice is an *amaro*. *Amaro* means "bitter" in Italian and these are mostly made of herbs which when ingested, have a wonderful effect on the digestion. Fernet Branca is a personal favorite, but there are many.

"A tavola non si invecchia." - Italian proverb
'A the table (with good friends and family) you do not become old."

So this was quite a journey! And now you know why an Italian dinner can take hours to get through. They have perfected the art of dining. It is one of the great joys of Italian life, which I infuse my own dinner gathering with both in Italy and here at home.

Slowing down, savoring each bite, enjoying the company of friends and family. What more is there?

TIRAMI SU'

Recipe from Rina Piga

4 eggs yolk
3 eggs white
1 1/4 sugar
16 oz. Mascarpone cheese
40 lady fingers
2 cups expresso coffee
3 tbs Marsala
Grated chocolate or cocoa

In a bowl beat the eggs yolk with sugar until creamy, add Marsala, add mascarpone cheese. Beat the white eggs until stiff, then fold with the cream. On the 9x13 pan, add a thin layer of cream, dip lady fingers both side in the coffee and layer them (usually are 20 lady fingers) add another layer of cream, again another layer of lady fingers, cream and on top grate chocolate or cocoa. Refrigerate at least 12 hours or overnight. Enjoy it!

CHICKEN BITES WITH POTATOES, SAUSAGES,

Bocconcini di pollo con patate e salsicce By Lidia Bastianich

Ingredients

Frying chicken
1/4 cup extra virgin olive oil
1/2 pound sweet Italian sausages
Salt/pepper
1 pound small red potatoes washed and cut in half
2 garlic cloves, peeled
3 sprigs fresh rosemary
1/4 cup red wine vinegar
2 tbs chopped fresh parsley

Cut the chicken. Wash and pat the chicken pieces dry, then season them generously with salt and pepper. Preheat the oven to 450 degrees. Heat two tablespoons of the oil in a wide, heavy skillet over medium heat. Add the sausage and cook, stirring often, until lightly browned on all sides, about 3 minutes for thinner sausages or 5 minutes for wider sausages. Remove the sausage pieces with a slotted spoon and transfer them to a roasting pan or baking dish large enough to hold all the sausages, chicken and potatoes

comfortably while allow room for stirring. Season the chicken generously with salt and pepper, increase the heat to medium –high and add as many pieces, skin side down, to the skillet as will fit in a single layer. Cook, turning once, until well browned on both sides, about 8 minutes. When all the chicken has been browned, add the potatoes, cut side down and cook until browned about 6 minutes. Transfer those to the roasting pan as well.

Whack the garlic cloves with the flat side of the knife and scatter them and the rosemary over the contents of the roasting pan. Drizzle with the remaining 2 tablespoons olive oil and roast for 15 minutes, stirring gently occasionally. Sprinkle the chicken, sausage and potatoes with the vinegar and continue roasting, stirring gently occasionally, until everything is well browned, the chicken is cooked through and the potatoes are very tender, about 15 minute until golden brown. Spoon off the excess fat from the roasting pan, sprinkle the parsley over everything and transfer to a warm serving platter. Serve immediately.

FIVE GREAT REASONS WHY PARMA IS ITALY'S 2020 CAPITAL OF CULTURE

Congratulations, Parma: the northern city has been named Italy's Capital of Culture for 2020.

A jury "unanimously" picked Parma over nine other Italian cities, Culture Minister Dario Franceschini announced, beating Agrigento, Bitonto, Casale Monferrato, Macerata, Merano, Nuoro, Piacenza, Reggio Emilia and Treviso.

Parma takes over the title from Italy's 2018 capital of Culture, Palermo and the 2019 European Capital of culture Matera.

It's second time lucky for the city, which bid unsuccessfully for the 2017 honor (it lost out to Pistoia in Tuscany.)

Here are just five of the reasons why Parma deserved it this time around.

It's food heaven

Parma ham and Parmesan cheese have made the city a household name all over the world. But they're far from it only exports:

Emilia-Romagna, where Parma lies, produces more origin-protected food and drink than any other region in Italy. In the plains around Parma you find some of Italy's finest artisans making some of its tastiest prosciutto, salami, cheese and porcini mushrooms-all of which can be sampled in abundance in the city itself. It's home to the top school of Italian cooking, Alma, and the only place in Italy to earn Unesco's 'creative city" badge for its gastronomy.

It has opera in its soul

Parma province gave the world two of Italy's most famous musicians, composer **Giuseppe Verdi** and conductor **Arturo Toscanini**, and you'll find their legacy not only at their birthplaces (now museums) but in the concert hall, philharmonic orchestra and annual opera festival named after them. Welcoming music from further afield, Parma's two largest venues-the 19th –century Teatro Reggio and modern Auditorium Paganini-look and sound fantastic, in entirely different ways. And its House of Music museum is one of the most comprehensive resources around for anyone interested in the history of Italian opera.

There's art everywhere

Really, everywhere: not only in the Galleria Nazionale, which houses work by local artists Parmigianino and Correggio alongside those of Da Vinci and Canaletto, but is its may private galleries and in the city's churches, where spectacular frescoes illuminate the walls and domes. Not to mention the University of Parma's collection of more recent fine art, photography and fashion, as well as the Parma 360 Festival of contemporary creativity in all its forms, including music, illustration and graphic design.

Its architecture doesn't stand still

Central Parma boasts jewels of medieval, renaissance and baroque architecture-the glorious cathedral, octagonal baptistery, all-wood Teatro Farnese and Palazzo della Pilotta to name but a few. Yet it isn't afraid to mix it up: in recent years Parma has added contemporary designs to its architectural attractions, including the Barilla Centre and Auditorium Paganini, converted from an old sugar factory by Renzo Piano, the reworked Piazzale della Pace by Mario Botta, and Paolo Mancini's airy Piazza Ghiaia.

Its museums innovate

Parma's abundant museums are anything but stuffy. As well as art collections and historical artifacts, you'll also find entire displays dedicated to food, sound recording and the local soccer team. Just outside Parma, and gracing the logo for its Capital of Culture bid, is the Labirinto della Masone, the world's largest maze, built by Editor Franco Maria Ricci as a promise to writer Jorge Louis Borges. What's more, as part of its candidacy Parma has pledged to further broaden its cultural attractions, commissioning installations outside the city center and I nviting artists from elsewhere in Italy and the world to give their creative view of the city.





THE RITUAL OF COFFEE

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The noise of the machine and the steam coming out of it. Pouring it little by little until creating a little crema, cream on top and here we are: *il caffe' e' servito. (Coffe is served).*

Every morning a strong scent can be smell in the streets of Italian café's where coffee pop up. This is not simply a drink but a ritual that Italians cannot miss. Every morning must start with *espresso or macchiato* for most of the Italians, otherwise it would not start with the right foot. Totally different from other types of coffee drunk abroad, Italians find it sometimes very difficult to swallow foreign coffee not because they want to be choosy bu simply because they are used to something different. This is also the reason why famous international coffee chains such as **Starbuck** could not be found in the country until recently Italian young

Starbuck could not be found in the country until recently Italian young generations often claim their opening and wait for their arrival after spending their holiday or some time abroad drinking American coffee or frappuccinoes but old generations probably would hardly go inside them; they love drinking their *tazzine di caffe'*, little cup of coffee, and they would unlikely renounce to it.

Naples as the hometown of traditional coffee

Naples is renowned all over Italy for its coffee and this is why you will often find traditional café's crowded with tourists tasting 'na tazzulell e'caffe' as they would say in Neapolitan dialect. The length of coffee is not the only thing that makes it different, the blend but especially the water gives it a different touch some Neapolitans would say this, boasting the coffee made in their town.

Apart from café's, this drink is served in almost every house and some of them still follow the tradition of "cafettiera napoletana", though being a coffee machine it is different from the moka (Bialetti-style coffee maker) everybody knows abroad and to which we are generally used to seeing. The old caffettiera napoletana is still used by some families keeping ancient methods taught by their grandparents and passed from generations to generations.

There are many theories turning around this drink. Some say they cannot avoid drinking coffee because it is unavoidable habit after meals, a kind of daily ritual, while university students would say that thanks to it they manage to stay awake and study, especially at night. However, one of the most widespread reason for drinking a cup of coffee in Italy is certainly **socialization**, " andiamo a prenderci un caffe", let's have a coffee, or "ti offro un caffe", I'll offer you a cup of coffee, are sentences you will often hear uttering from Italian people.

No matter the time , no matter the day it is always the right pretest to spend some time together with friends and drink something. **Coffee** is not simply a drink in Italy, it is a **ritual** and it is often becomes the drink witnessing friendship or long chats at café's to which Italians are not willing to give up.

The Local Italy



CARNEVALE IN ITALY

Carnevale is the traditional pre-Lenten celebration in Italy. This is a

time of merry-making, masquerades processions, masked balls, parades, pageants, juggler, magicians, still walker, elegant costumes and opulent masks, singing and dancing, fireworks and outdoor feasts in the weeks prior to Ash Wednesday.

Carnevale occurs all throughout Italy, where every city,

town, and

Village celebrated it own traditional customs. Places such Venice, Viareggio, Ivrea, Napoli, Roma, have unique and elaborate celebrations that are world famous. The festivities of the last day of Carnevale are the most intense as they culminate on *Martedi Grasso*, known as Fat Tuesday. The word **Carnevale** literally means "farewell to meat" from the Latin carnem levare. Like every other holiday in Italy there are traditional foods and dolci associated with carnevale and they include, *fritelle*, *crespelle*, *sfingi*, *castagnole*, *chiacchiere*, *frittole*.

Carnevale is a great theme for costume party for children and adult. Such a party can feature elegant and fun costumes, masquerade procession, pignatta ceremony, as well as traditional music, dancing as well and eating dolci.

The famous costumes of *Arlecchino, Columbina, Gianduiano, Pulcinella*, .



A CARNEVALE OGNI SCHERZO VALE

At Carnival every joke is worth

The Italian Heritage Society had a last Carnevale party in 2017. After that we decided not to do any more because of lack of participation. Hopefully in the future we can do it again!

This year Carnevale is celebrated on February 25, 2020, the day before Ash Wednesday.



NEWSLETTER EDITOR Caterina "Rina' Piga

Share your news, award, birth, change of address or any articles that will be of interest to the members and also any comment you might have about the newsletter.

The newsletter is published by-monthly, email any articles in MS WORD format to:

catpiga45@gmail.com

Or Mail to:

Rina Piga 373 Woodview Dr. Noblesville, In. 46060 317-773-6442

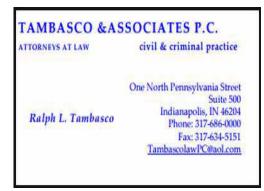
DEADLINE: March 15, 2020

BUSINESS ADDRESS PHONE LINE

of Indiana 520 Stevens St. Indianapolis 46202

The IHSI has a voice mail for members to call and leave any messages or questions that you might have about the Society. Let us hear from you! The phone number is:

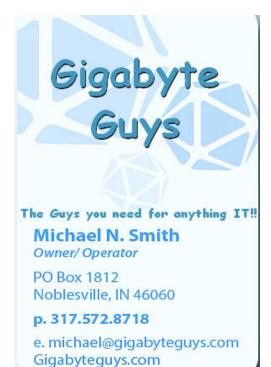
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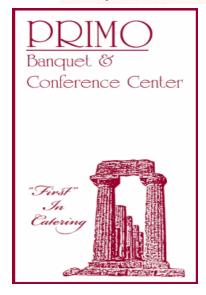
Christopher Winters, DPM

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THANK YOU TO OUR IHSI SUPPORTERS AND CORPORATE MEMBERS



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