



Chartered 1939

The Fidelian

September 2010

OFFICERS – 2010

President – Mike Leonessa

President Elect – Vince Oltremare

Vice President – Joe Meli

Secretary – Ernie Mendillo

Corresponding Secretary – Mike Leonessa

Treasurer – Lou Salvato

Financial Secretary – Lou Della Pesca

Sgt.-at-Arms – Gene Coppola

Historian – Mike Selitto

Chaplain – Msgr. Mark Giordani

BOARD OF DIRECTORS:

Vince Cestone*

Chris Corasio, Carmen Gallo,
Phil Sgobba, Mario Varengia

COMMITTEE CHARMEN:

Building & Grounds – Carmen Gallo

Camp Liaison – James Cutillo

Christmas Party – Ray Nicholas

Constitution & By-Laws:

Anthony Fiorello, Lou Della Pesca

Dinner Dance – Vince Cestone

Finance – Tony Giaccio, Lou Salvato

Golf Outing – Tony De Nova

Good & Welfare –

Hall Rentals – Mike De Spirito

House & Kitchen:

Bob Condosta, Mike De Spirito,
Dave Jungali

Membership:

Carmen Cerbone, Rick Clemente

Phone Squad – Bob Condosta

Picnic – Dan Cataneo, Carmen Gallo

Program – Jimmy Cestone

Publicity – Jim D'Errico

Raffle – Vince Oltremare

Ways & Means – Vince Oltremare

Youth Committee:

Chris Corasio, Eugene Mastroianni

PRESIDENT'S CORNER

Brother Fidelians,

During the last few months, our focus has been on the motorcycle raffle and whether or not we would have a successful campaign. We all know the outcome of this year's raffle. Most importantly, more members were engaged in selling raffle tickets. This enabled us to sell more tickets than the previous year. It's not tiring for me, as president, to continually thank the "Motorcycle Gang". I'm completely overwhelmed by their enthusiasm to generate money to help those in need. Thank you, Phil Sgobba, thank you Joe Meli, thank you Chris Corasio, thank you Vinny Cestone, thank you Eugene Mastroiani, and thank you Doc Fontanella. I also want to thank all other members who both purchased and sold tickets.

It would be advantageous if some of the enthusiasm and energy displayed by the "Motorcycle Gang" was contagious and showed itself in **all** members by participating, attending, and supporting all club functions.

I'd like to take this opportunity to give my special thanks to the following members:

- Tony Fiorello for taking on the responsibility to run our annual Communion Breakfast Memorial
- Sergio Marricone for helping the Fidelians avoid a penalty for the payment of the "no-shows" at the Communion Breakfast
- John Minardi for volunteering to run the Night at the Races, even though he knew nothing about how to successfully run this event, and once again to Tony Fiorella for volunteering to co-chair

Each of you has received two raffle books for our annual raffle. President-Elect Vince Oltremare needs your support. This is another opportunity for all members to do their part. Hopefully, many of you will be willing to give some time to Vince and assist him in selling tickets.

Thanks again to all who participate and volunteer their valuable time.

Michael S. Leonessa

NEWS AND ACTIVITIES

April 27

Michael Manna, Esq. was our guest at the camp. He is an attorney who specializes in Elder Law. His talk focused on Estate Planning, NJ Inheritance & Estate Taxes, and trusts and wills. His talk was most informative. Mr. Manna

continued



NEWS AND ACTIVITIES continued

graduated from Boston College School of Law and attended the London School of Economics. We thank Jimmy Cestone for bringing him to the camp.

May 16

Our annual Communion Breakfast Memorial was held at the camp. We thank all those who were in attendance. Thank you, Msgr. Mark, for celebrating mass and providing us with an inspiring homily. It's always our pleasure to have you with us at the camp. A big thank you to Tony Fiorello for chairing this event. We also thank Vince Cestone, Gene Cascio, Jim D'Errico, Sergio Marricone, Rick Clemente, Joe Corasio, Jim Cutillo, Bob Ventrella and Tony "next door".

May 19

Biaggio Meli was sworn in as a new member.

The Board of Directors decided not to move forward with the 501(3C) application for tax-exempt status.

May 26

Salvatore A. Lombardo, M.D. was our guest for Field Night. He is a urologist and a partner with Essex-Hudson Urology. Dr. Lombardo presented a slide show on the prostate and prostate cancer. A lengthy question and answer period followed.

June 2

Membership Chairman, Mario Verrengia, provided a first reading for Michael Coscia.

The Board of Directors was given a proposal from the Viridian Energy Provider for review.

June 16

Mario Verrengia provided a second reading for Michael Coscia and a first reading for Nicholas Tria.

June 27

We sincerely thank Carmen Gallo and Dan Cataneo for hosting our annual camp picnic. A good time was had by

all in attendance, especially "our kids" and their families. The drawing for the motorcycle was held at the end of the day.

June 30

Mr. Brian LoPinto was our guest for Field Night. Brian is employed by the National Football League in their film department. He is also president of a coalition to restore Hinchliffe Stadium in Paterson. His talk covered his job description with the league and what he is doing to partner with others to restore the stadium to its original glory. Mr. LoPinto was an exciting guest and is a graduate of William Paterson University.

July 7

Mario Verrengia provided a third reading for Michael Coscia and a second reading for Nicholas Tria.

July 21

Michael Coscia was voted in as a new member.

Mario Verrengia provided a third reading for Nicholas Tria.

August 4

Michael Coscia was sworn in as a new member.

After extensive review, the Board of Directors decided not to involve itself with Viridian Energy. Reason, not cost effective.

August 14

St. Joseph's Boy's Home in Totowa visited the camp to swim, eat hamburgers, hot dogs, and watermelon. They enjoyed their visit immensely. We thank Vince Cestone, along with Mario Verrengia, Mike Leonessa, Jim Cutillo, Mike Coscia, Don Casapulla, Carmine Liguori, Bobby Condosta and Gina, who supplied the cupcakes.

August 18

Nicholas Tria was voted in as a new member.

TEXAS HOLD 'EM TOURNAMENT

FRIDAY, SEPTEMBER 24, 2010

8:00 pm to 12:00 am

Doors open at 6:30 pm for registration/dinner

First card dealt at 8:00 pm

Fidelians Camp

For information, registration and tournament rules please contact Joe Meli at the camp or call him at 201-739-3711.

NIGHT AT THE RACES

SATURDAY, OCTOBER 9, 2010 / 6:00 pm start

Night At The Races at the Fidelians Camp is back on schedule after a two-year absence. John Minardi and Tony Fiorello are co-hosting this event. Tickets are \$35 per person, which includes food and beverage. See John or Tony for tickets and all money should be returned by October 6th. Come and take a chance—you may be a winner!



21ST ANNUAL FIDELIANS GOLF OUTING

Passic County Golf Course
(In memory of John Spinella)

September 20, 2010

Registration / 10:00 am
Lunch / 11:00 – 12:00 Noon
Shot-Gun Start / 12:00 Noon
Cocktail Hour / 5:30 pm at the camp
Seven-Course Dinner / 6:30 pm at the camp

Round of golf, cocktail hour
and dinner reception \$150

\$10,000 Hole-In-One
Sponsored by the Joseph Lobosco Insurance
Agency, Woodland Park, NJ

SGOBBA NAMED MAN OF THE YEAR

Vince Cestone, President of the Board of Directors, has chosen Phillip Sgobba as this year's recipient for the Man Of The Year Award. Throughout his membership as a Fidelian, Phil has been involved in many camp projects. He has devoted his time, talent and resources to benefit the Fidelian Organization. For the last two years, he has spearheaded the motorcycle raffle campaign. Each year, the success has been outstanding. His commitment to the Fidelians should serve as a model to others. His nomination and award are well deserved. All his Fidelian Brothers thank him for his good work. Let us all join Phil to wish him well and thank him at our annual Man Of The Year dinner to be held at The Brownstone House on November 13, 2010 at 7:00 pm for dinner and dancing. The cost will be \$125 per person.

TIDBITS

- Labor Day, a holiday created by the labor movement, is dedicated to the social and economic achievement of American workers. It was first celebrated on September 5, 1882 with a parade in New York City held by the Knights of Labor. By June 28, 1894 Congress had established the first Monday of September as a national holiday. This holiday allows workers to take a breather from their normal routines and spend an extra day by the pool or beach. It's a day with appointments inked only for barbecues, weekend trips or a few quiet hours in a hammock outside.
- Each fall, Italy's Jewish community celebrates the Jewish New Year, Rosh Hashana, with two days of prayers and feasting. Many of this holiday's traditional foods are symbolic: round fruits represent the continual circle of the calendar, while sugar and honey embody the hope for a sweet new year. Poultry is a favorite Rosh Hashana dish throughout the Mediterranean: Moroccan Jews roast chicken with pomegranate seeds and cinnamon sugar for the holiday.

FROM THE KITCHEN

Red Wine to Marinate Beef and White for Chicken

1. In a glass bowl combine a beef roast with enough **red wine** to cover. Add rosemary, chopped carrots, onion and celery and marinate for 6 hours.

or

1. In a glass bowl, combine 2 chicken thighs with enough **white wine** to cover by $\frac{3}{4}$. Add three limes cut into chunks and marinate for 2 hours, stirring occasionally.
2. Transfer the chicken thighs and limes to an oven-safe baking dish. Season with salt and pepper, 3 cloves of garlic, some of the marinade and bake at 350 for 50 minutes.

Rum Syrup for Babas

1. In a saucepan, combine 1 cup water, 1 $\frac{1}{4}$ cups sugar,

1 cinnamon stick, 1 teaspoon vanilla, and 1 lemon peel. Boil for 3 minutes.

2. Remove the pan from the heat and add 7 tablespoons of rum and stir well to combine.
3. Using a fork, carefully dip the Babas into the hot syrup, and let any excess liquid drip off.

Spirits for Flambeed Pineapple

1. In a nonstick skillet over medium heat, warm 1 tablespoon of butter. Add 2 tablespoons sugar and mix with a half a lemon until a caramel forms.
2. Add 2 cups of fresh pineapple chunks, and sauté until golden. Remove the pan from the heat, and carefully add $\frac{1}{4}$ cup of rum.
3. Transfer the skillet back to the heat and carefully tilt it toward the flame to ignite the rum. Cook until pineapple is caramelized.

Buon Appetito!



ITALIAN HISTORY / TABLE TALK

Pinocchio

'Let us stop here a while,' suggested the Fox, 'have something to eat, and rest for an hour or so.' The poor Cat, having an upset stomach, could only eat thirty-five mullets with tomato sauce and four helpings of tripe with Parmigiano; and because he thought the tripe was not seasoned properly, he called three more times for extra butter and grated cheese! The Fox was on a diet and had to content himself with a hare dressed in a sweet and sour sauce garnished with fat chickens and young poussins. After the hare, he ordered a dish of partridges, rabbits, frogs, lizards, and other delicacies.

Two unmistakable con-artists—perhaps the most famous con-artists of children's literature—the Cat and the Fox are Pinocchio's most unscrupulous friends.

The puppet carved out of an ordinary piece of wood by Geppetto with the idea of making him "dance, fence, and turn somersaults" is a fascinating symbol of late-nineteenth-century Italy. Written by Carlo Collodi in 1883, *Pinocchio* is much more than a children's tale: it is also a sign of the economic times Collodi weathered.

The exaggerated food intake of the Cat and the Fox and the extravagance of the feast at which they regaled themselves at the Inn of the Red Lobster focus our attention on the rarity of the event. The banquet occurs between Pinocchio's dream of becoming wealthy by sowing a few gold sequins in the Field of Miracles—where, in a matter of hours, they will sprout into a magnificent tree laden with hundreds of tingling coins—and a series of disappointments that will bring Pinocchio to the threshold of death. Unlike his greedy companions, Pinocchio merely asks the inn-keeper for "a bit of bread and a few nuts." This is strange: although as a rule puppets do not need any food, Pinocchio is always famished. In this he resembles Arlecchino and Pulcinella, two characters of the *Commedia dell'Arte* for whom food, given its scarcity, is a favored topic of conversation.

This is the role food plays in Collodi's *Pinocchio*: a dream, a fantasy, an obsession. Whenever and wherever poverty is a primary condition, the notion of eating assumes the features of a recurring dream. When people do not have enough to eat, they fantasize about mountains of polenta, rivers of wine, lakes of oil or melted butter and so on—outlandish geographies that exist only as a result of unappeased hunger and scarce resources. That's exactly what happens in *Pinocchio*, and it tells us much about the conditions in which many Italians lived after the Unification of Italy in 1860. Times were by far less glamorous than those promised by

liberal politicians and unification enthusiasts in the 1860s and 1870s, when the capital of Italy was moved first from Turin to Florence and then, triumphantly, from Florence to Rome.

As an example of Collodi's subtle parody of social conditions in nineteenth-century Italy, consider the following passage: "Geppetto had understood that Pinocchio was hungry, felt sorry for him and pulling three pears out of his pocket, offered them to him saying: 'These three pears were for my breakfast, but I give them to you gladly. Eat them and stop weeping.' 'If you want me to eat them, please peel them for me.' 'Peel them?...I should never have thought, my dear boy, that you were so squeamish about your food. Bad, very bad...'" As the pulp of three pears proves insufficient to curb Pinocchio's appetite, he proceeds to devour the skins and, still feeling a little hole in his stomach—as the old Italian saying goes—he eats even the cores that he had so disdainfully set aside minutes before. Only after he has polished off all three pears in their entirety does Pinocchio pronounce himself fully satisfied.

In 1891, only three decades after the unification of Italy, a new gastronomic culture had emerged in Italy. Two cookbooks in particular embodied these culinary trends. Eight years after the release of *Pinocchio* in 1883, Pellegrino Artusi sent to press the first edition of his *Science in the Kitchen and the Art of Eating Well*. A quarter of a century later, in 1916, the notorious Bolognese poet Olindo Guerrini, a friend of Artusi's, put the final touches on his *Art of Putting Kitchen Leftovers to Good Use*. These turn-of-the-century manuals give us an idea of the hopes and fears of Italians during the first decades of the twentieth century: the former clearly states that only well-to-do families could afford the ingredients and the equipment necessary to transform food consumption into, as it were, the art of eating well; the latter teaches parsimony and sagacity and the virtues of saving. Not all Italians have followed Signor Guerrini's advice to the letter. Many in fact—especially now that the economic conditions of the country have so majestically improved—have returned to the cult of luxury and abundance in all matters where style and sophistication can be practiced in solitude, and more frequently, in public.

In his book, Artusi included recipes for Tripe with Parmigiano and Red Mullet with Tomato Sauce Livornese Style. "It is easier and more productive to fish for red mullet during the day than at night," he wrote, "and the season for it...is September and October." So as fall arrives, you can enjoy red mullet whether you're a fox, cat, or wooden puppet.



NEWS FROM THE BAR / CANDY APPLE FIZZ

Celebrate autumn with this delicious apple juice combo. Use fresh apple juice for an extra kick of flavor, or add your favorite apple-flavored spirit to give this non-alcoholic cooler even more zip.

In a chilled highball glass or tumbler, combine 4 ice cubes with ½ cup of fresh currant juice, ½ cup of apple

juice, and enough soda to fill the glass. Stir gently and garnish with a slice of lime, a slice of apple, and a cherry. Serve immediately.

MAKES 1



Salute!

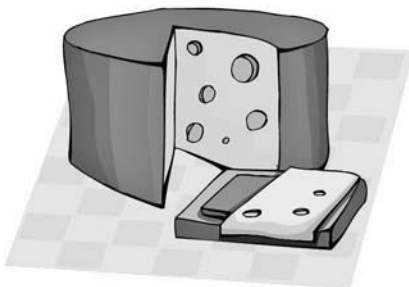
CLOSE UP ON ITALIAN CHEESES

Mozzarella

“Don’t judge a book by its cover.” Everyone’s heard this phrase, but few have probably considered the following example: mozzarella. You’d never suspect this humble cheese of possessing such variety, versatility, and flair. Fresh mozzarella is unassuming: white, oval-shaped, with a faintly musky odor. Given all this, it’s easy to forget how fabulous it is—and how delicious.

Mozzarella is an essential ingredient in some of the most beloved Italian dishes: *pizza*, *antipasti*, *insalata caprese*. The name comes from the Italian verb *mozzare*, or “to cut off,” which refers to the process of cutting the curd. The history is a little fuzzy, but no one disputes the fact that mozzarella has long been a fundamental part of Italian cooking. As far back as A.D. 60, records show that Romans made a similar food that involved the curdling of fresh milk. The mozzarella boom began later, in the 16th century, when water buffaloes were introduced to Campania from Southeast Asia. Cheese-makers in Naples used the buffaloes’ rich, savory milk to make *mozzarella di bufala*. There weren’t enough water buffaloes to meet growing demand for the cheese, so cow’s milk was later substituted. *Fior di latte*, as it’s known, makes up the majority of fresh mozzarella sold today. But the best quality mozzarella is still made from buffalo’s milk in small, artisan cheese houses in Naples, where centuries-old production methods continue to flourish.

The secret to enjoying mozzarella?— *Carpe diem!* Fresh mozzarella doesn’t last long and should be consumed within a few days, although the smoked variety, *affumicata*, keeps longer. The cheese is usually



sold in round, fist-sized balls but is available in other shapes as well: braids, *bocconcini* (little mouthfuls), and *ciliegini* (little cherries). *Burrata*, a Pugliese variety of the cheese, has a soft creamy center and comes wrapped in blades of *asfodelo*, an herb-like plant similar to leeks.

There’s no definitive rule for using mozzarella. In general, *mozzarella di bufala* is best appreciated uncooked, in simple salads and dishes that highlight its unique flavor. *Fior di latte*, on the other hand, is a great choice for cooking and baking. What could be better than a dish of warm *farfalle* and tomatoes, mixed with oozing, melted mozzarella? No matter how bare your refrigerator is, or how tired you are, with a ball of fresh mozzarella, you’re well on your way to a wonderful meal.

Scamorza

This savory cheese has many fans on both sides of the Atlantic. Similar to mozzarella and provolone, it has a creamy, buttery taste. Scamorza comes pear-shaped, in two versions: fresh and *affumicata*, or smoked. Smoked Scamorza has a golden brown rind and a rich, smoky flavor that makes a great addition to warm pasta dishes, pizza, and vegetables. Fresh Scamorza can be enjoyed as a cooking ingredient or on its own, cut into slices or grilled.

**The next in our series will be
Provolone**

Respectfully,
Mike Leonessa



In Memoriam

Thomas Mennella 1930 – 2010

Former member Thomas Mennella passed away on May 9, 2010 in Toms River. Born in Paterson, Tom was a founding family member of Mennella's Poultry Company in Paterson. Besides being an outstanding member of the Fideliants, he was also a member of the Italian Circle in Paterson, Italian Culture Club of Lake Ridge, Men's Club of Lake Ridge, both in Toms River and the Elks Lodge #2181 in Wayne.

Tom leaves behind Evelyn, his beloved wife of many years. He was the devoted father of Janice Mennella and Thomas Mennella and his wife Barbara, and a loving grandfather and great-grandfather. He also leaves behind his brother, Joseph, along with many friends and family members.

During Tom's tenure as a member, he was involved in numerous camp projects. He gave so much of his time, talent, and resources. His good work, on behalf of the camp, has never been forgotten.

The Fideliants of America and the Fideliants Camp extend our deepest sympathy to the entire Mennella Family.

Rest in Peace



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