



FEBRUARY MEMBERSHIP MEETING

Our speaker at our February Membership Meeting was Mr. Brian Fife, Wine Manager, Sommelier, and Certified Specialist in Spirits from World Wines, and Liquors, in Mentor. Brian gave us some background on World Wines and Liquor and answered questions regard wine and other spirits.



Tim Ausperk

AIH CHARITIES SCHOLARSHIPS AND MEMBER EDUCATIONAL GRANTS

The 2023 – 2024 AIHC Scholarships and Member Educational Grant Applications and Instructions are now posted on the AIH website (aihclub.com). The deadline for submitting your application is 15 May 23.

NEW MEMBER
Nuovo Membro



We swore in another new member at our February Meeting, Greg Canteri. Welcome Greg when you see him.

UPCOMING EVENTS
Prossimi eventi

MARCH marzo
22 March 2023, Wednesday, Executive Committee Meeting

- Venue: Mama Roberto's Front Dining Room
- Time 5:30p

29 March 2023, Wednesday, Membership Meeting

- Venue: The Buona Festa Social Club
- Time: 6:00p
- Speaker: Tim Ausperk, Golf Pro from Black Brook Golf Club in Mentor.

APRIL aprile

19 April 2023, Wednesday, Executive Committee Meeting

- Venue: Mama Roberto's Front Dining Room
- Time 5:30p

26 April 2023, Wednesday, Membership Meeting

- Venue: The Buona Festa Social Club
- Time: 6:00p
- Speaker: Bob DiBiasio, Senior Vice President for Public Affairs for the Cleveland Indians Guardians.

MAY maggio

24 May 2023, Wednesday, Executive Committee Meeting

- Venue: Mama Roberto's Front Dining Room
- Time 5:30p

31 May 2023, Wednesday, Membership Meeting

- Venue: The Buona Festa Social Club
- Time: 6:00p
- Speaker: Matt Gambatese speaking about the Rocky Colavito statue in Little Italy.

JUNE giugno

21 June 2023, Wednesday, Executive Committee Meeting

- Venue: Mama Roberto's Front Dining Room
- Time 5:30p

28 June 2023, Wednesday, Membership Meeting

- Venue: The Buona Festa Social Club
- Time: 6:00p
- Speaker: TBD

JULY luglio

19 July 2023, Wednesday, Executive Committee Meeting

- Venue: Mama Roberto's Front Dining Room
- Time 5:30p

26 July 2023, Wednesday, Membership Meeting

- Venue: The Buona Festa Social Club
- Time: 6:00p
- Speaker: TBD

29 July 2023, Saturday, AIH Summer Social

- Committee
 - Ron Wassum
- Venue: Hungarian Culture Club in Fairport Harbor
- Time: Doors open at 5:00p, dinner at 6:00p
- Cost: TBD
- Guests: Spouses and Guests are welcome.
- Dinner: Prepared by Regovich Catering
- Capacity: 100 – 125 people
- Bocce Courts will be available for club use.
- There will be sideboards and a 50/50 raffle.

Reservations required.

AUGUST agosto

5 August 2023, Saturday, AIH Golf Outing

- Committee: TBD
- Venue: Black Brook Golf Club
- Time 9:00a shotgun start.
- Cost: TBD
- Capacity: 100 – 120 golfers

Reservations required.

23 August 2023, Wednesday, Executive Committee Meeting

- Venue: Mama Roberto's Front Dining Room
- Time 5:30p

30 August 2023, Wednesday, Membership Meeting

- Venue: The Buona Festa Social Club
- Time: 6:00p
- Speaker: TBD

SEPTEMBER settembre

20 September 2023, Wednesday, Executive Committee Meeting

- Venue: Mama Roberto's Front Dining Room
- Time 5:30p

27 September 2023, Wednesday, Membership Meeting and Club Bocce' Tournament

- Committee:
 - Ron Wassum
- Venue: Hungarian Culture Club in Fairport Harbor
- Time: 6:00p

- Attendees: Members and spouses are welcome.
Reservations required.

OCTOBER ottobre

7 October 2023, Saturday, AIHC Italian Night

- Venue: Regovich's Catering in Eastlake
- Committee:
 - Bill Petrello
 - Ron Wassum
 - Gus Paolucci
 - John Perrotti
 - Anita Licate

Time TBD

- Guests: Spouses and Guests are welcome.
- Dinner: Prepared by Regovich Catering
- Capacity: 400 attendees
Reservations required.

18 October 2023, Wednesday, Executive Committee Meeting

- Venue: Mama Roberto's Front Dining Room
- Time 5:30p

25 October 2023, Wednesday, Membership Meeting, AIH Clam Bake

- Committee:
 - Ron Wassum
 - Mario Bertone
- Venue: TBD
- Time: TBD
- Cost: TBD
Reservations required.

NOVEMBER novembre

19 November 2023, Wednesday, Executive Committee Meeting

- Venue: Mama Roberto's Front Dining Room
- Time 5:30p

25 November 2023, Saturday, OSU v Univ of Mich. Football Game, AIHC 50/50 Board

- As they usually do, AIH Charities has a 50/50 board for the OSU v Univ of Mich. Football Game.

29 November 2023, Wednesday, Membership Meeting

- Venue: The Buona Festa Social Club
- Time: 6:00p
- Speaker: TBD

December 2023

- In accordance with our Bylaws, there is no scheduled Executive Committee Meeting or Membership Meeting in December.

9 December 2023, Saturday, AIH Club Christmas Party

- Committee:
 - Gus Paolucci
 - John Perrotti
 - Jim Federico Sr.
 - Mario Bertone
- Venue: Buona Festa Social Club

- Time: TBD
- Cost: Free
Reservations required.

MARCH BIRTHDAYS

Compleanni di MARO

Glenn Pizzuti.....	1
Chris Cheraso.....	11
Tony Centanne.....	20

When you see these members this month, be sure to wish them a Buon compleanno.

HEALTH AND WELFARE

salute e benessere

Committee Chair Richard O'Keefe had hip replacement surgery and is recovering at home. Please keep Rich in your thoughts and prayers.

If you know of or hear of any Health or Welfare issues involving a member, please pass that information on to Richard O'Keefe at richardokeefe65@gmail.com or 440-537-8505.

SPECIAL DAYS IN MARCH

Here are just a few of the not so well-known special days in March for your observance.

- 01 Mar: World Compliment Day
- 07 Mar: Alexander Graham Bell Day
- 12 Mar: Alfred Hitchcock Day
- 20 Mar: World Storytelling Day
- 22 Mar: International Goof Off Day
- 24 Mar: Chocolate Covered Raisins Day
- 29 Mar: Smoke and Mirrors Day

The above information was obtained from timeanddate.com/holidays/fun

MARCH IN ITALY

Even though Easter can fall as early as March 22, March is typically the season of Lent. But this is Italy, so the austerity of the Lenten season is tempered with a variety of secular and religious activities as well as the beginning of spring and warmer, if rainier, weather.

Weather in Italy in March

March can be cold, wet, windy, and foggy. But it's also the month when the sun finally starts to peek through and herald the end of winter.

March average high temperatures in northern Italian cities, including Milan, Turin, Venice, and Bologna, reach the mid- to upper-50s °F while lows hover in the low- to mid-40s °F. Northern Italy gets about 6-7 days of rain in March.

March temperatures in central Italy range from lows in the low 40s °F to the low 60s °F. The region averages around 7-10 days of rainfall in March.

Temperatures in southern Italy in March are, on average, not much higher than they are in central Italy. Though the average lows are warmer. Southern Italian cities and towns see

average highs in the low 60s °F and lows in the mid-40s to low 50s °F. Naples averages about 9 days of rain during March, while Palermo and Cagliari average 5-6 days.

March in Italy: Holidays, Festivals, and other Events

March 8 – International Women's Day

Called La Festa della Donna, La Festa delle Donne, or Giornata Internazionale della Donna. International Women's Day is observed widely in Italy and noticeably for the proliferation of yellow mimosa flowers.



March 9 – Feast of Santa Francesca Romana, Rome

On March 9, Romans celebrate the local saint, Santa Francesca Romana, by visiting the Tor de' Specchi, which is open only on her feast day. Santa Francesca Romana, whose path was said to be lit by angels, is also the patron saint of Roman drivers. So, it is customary for believers to drive to Piazzale del Colosseo, near the saint's namesake church, to have their cars blessed.

March 15 — Ides of March Commemoration of Caesar's Death, Rome

Small commemorations and cultural events mark the Ides of March, the date on which Julius Caesar was assassinated. The Gruppo Storico Romano stages a reenactment of the infamous event near the site where it happened in the Largo di Torre Argentina.

March 17 — Saint Patrick's Day

Saint Patrick is a rather minor saint in Italy, so his feast day is not the big deal that it is in Ireland, the United States, and other places in the world with large Irish communities. On the other hand, Irish bars are common in most big cities in Italy, so you can usually duck into one of those for a pint of Guinness or finger of whiskey.

March 19 — Festa di San Giuseppe/Father's Day in Italy

The Feast Day of Saint Joseph (the father of Jesus) is also known as Father's Day in Italy. Traditions on this day include children giving gifts to their fathers and the consumption of *zeppole* (a fried dough delectable, similar to a doughnut).

March 25 — Florentine New Year, aka Feast of the Annunciation

The official arrival of spring is celebrated in Florence on the Feast of the Annunciation, which includes a parade from the Palazzo Vecchio to Piazza SS Annunziata. Revelers gather in Piazza SS Annunziata for food, drink, and music and it is custom to pay a visit to the church of Santissima Annunziata to see its richly decorated interior, which includes frescoes and mosaics of the Annunciation.



March 25 — Dantedi, National Dante Alighieri Day

On 17 January 2020, the Italian government declared 25 March as National Dante Alighieri Day or Dantedi. This was in advance of the 700th anniversary of the poet's death in 2021. March 25 was chosen because it is the "date scholars put as being the start of the journey to the afterlife in the Divine Comedy."

Mid to Late March – Holy Week and Easter

Holy Week is one of the busiest times of the year to visit Italy. While Easter Sunday can fall as early as March 21, it usually takes place between March 31 to April 16, with Holy Week preceding it.

Mid to Late March – Pesto World Pesto Championship, Genoa

Every two years, on even years, Genoa holds a competition to see who can make the best pesto in the traditional way, using only a marble mortar and wooden pestle. The World Pesto Championship is open to professionals and amateurs and there is also a competition for kids.

Late March – Marathon of Rome

The annual Maratona di Roma is a chance for runners to take in the sites of Rome on a 26.2-mile course which winds past most of Rome's best monuments. As many streets are shut down to traffic during the marathon, visitors also get a break from vehicle traffic.

The above information was taken from italofile.com/March-Italy

ITALIAN LUNCH

In Italy, the main meal of the day was traditionally served at lunch, though Italians have adjusted to modern business hours, and dinner has become the main meal in many households. The meal is an important social ritual and usually consists of several courses, beginning with *antipasti*, or appetizers, followed by the *primo piatto*, or first course, typically

pasta or risotto. The *secondo* is the main dish, which usually includes meat or fish and a side dish, *il contorno*. *I dolci*, sweets, and coffee or *digestive*, after-dinner drink, round out the dining experience.

Taken from the "living Language Italian" 2023 Calendar.

HISTORY OF GOLF

Next month's speaker will be Tim Ausperk, the Golf Pro from Black Brook Golf Course. With that in mind I thought we might want to think about the history of golf.

The origins of golf are unclear and much debated. However, it is generally accepted that modern golf developed in Scotland from the Middle Ages onwards. The game did not find international popularity until the late 19th century, when it spread into the rest of the United Kingdom and then to the British Empire and the United States.

A golf-like game is recorded as taking place on February 26, 1297, in Loenen aan de Vecht, where the Dutch played a game with a stick and leather ball. The winner was whoever hit the ball with the fewest strokes into a target several hundred yards away. Some scholars argue that this game of putting a small ball in a hole in the ground using *golf clubs* was also played in 17th-century Netherlands and that this predates the game in Scotland. There are also other reports of earlier accounts of a golf-like game from continental Europe.

Early golf in Scotland



The Royal and Ancient Golf Club of St Andrews

The modern game of golf is generally considered to be a Scottish invention. A spokesman for The Royal and Ancient Golf Club of St. Andrews, one of the oldest Scottish golf organizations, said "Stick and ball games have been around for many centuries, but golf as we know it today, played over 18 holes, clearly originated in Scotland."

The first documented mention of golf in Scotland appears in a 1457 Act of the Scottish Parliament, an edict issued by King James II of Scotland prohibiting the playing of the games of *gowf* and *futball* as these were a distraction from archery practice for military purposes.

Bans were again imposed in Acts of 1471 and 1491, with golf being described as "an unprofitable sport". Golf was banned again by parliament under King James IV of Scotland, but golf clubs and balls were bought for him in 1502 when he was visiting Perth, and on subsequent occasions when he was in St. Andrews and Edinburgh.

Mary, Queen of Scots played, and she was accused of playing "pell-mell and golf" at Seton Palace after her husband Lord Darnley was murdered in 1567, when she ought to have been in solemn mourning. George Buchanan wrote that she had been following her "usual amusements in the adjoining fields that were plainly not adapted to women".

An entry in the Town Council Minutes of Edinburgh for 19 April 1592 includes golf in a list of pursuits to be avoided on the Sabbath. On 13 February 1593 the Duke of Lennox and Sir James Sandilands decided to go down to Leith to play golf. On the way they met members of the Graham family who were feuding with Sandilands, and fought with pistols instead.

The account book of lawyer Sir John Foulis of Ravelston records that he played golf at Musselburgh Links on 2 March 1672, and this has been accepted as proving that The Old Links, Musselburgh, is the oldest playing golf course in the world. There is also a story that Mary, Queen of Scots played there in 1567.

James VII of Scotland, while still Duke of Albany, was said to have played the first international golf contest in 1681 when he participated in a game against two English courtiers as part of a bet over rights to claim the game for Scotland or England. His teammate was said to be one John Paterson, who received as payment, enough money to build a mansion on the area of Edinburgh now known as Golfers Land.

Instructions, golf club rules and competitions

The earliest known instructions for playing golf have been found in the diary of Thomas Kincaid, a medical student who played on the course at Bruntsfield Links, near Edinburgh University, and at Leith Links. His notes include his views on an early handicap system. In his entry for 20 January 1687 he noted how "After dinner I went out to the Golfe", and described his Golf stroke:

"I found that the only way of playing at the Golfe is to stand as you do at fencing with the small sword bending your legs a little and holding the muscles of your legs and back and arms exceeding bent or fixed or stiff and not at all slackening them in the time you are bringing down the stroke."

The oldest surviving rules of golf were written in 1744 for the Company of Gentlemen Golfers, later renamed The Honourable Company of Edinburgh Golfers, which played at Leith Links. Their "*Articles and Laws in Playing at Golf*", now preserved in the National Library of Scotland, became known as the *Leith Rules* and the document supports the club's claim to be the oldest golf club, though an almanac published about a century later is the first record of a rival claim that The Royal Burgess Golfing Society had been set up in 1735. The instructions in the *Leith Rules* formed the basis for all subsequent codes, for example requiring that "Your Tee must be upon the ground" and "You are not to change the Ball which you strike off the Tee".

The 1744 competition for the Gentlemen Golfers' Competition for the Silver Club, a trophy in the form of a silver golf club provided as sponsorship by Edinburgh Town Council, was won by surgeon John Rattray, who was required to attach to the trophy a silver ball engraved with his name, beginning a long tradition. Rattray joined the Jacobite Rising of 1745 and as a result was imprisoned in Inverness, but was saved from being hanged by the pleading of his fellow golfer Duncan Forbes of Culloden, Lord President of the Court of Session. Rattray was released in 1747 and won the Silver Club three times in total.

Golf in the United States

17th-century America: In December 1650, near Fort Orange (modern city of Albany, New York), a group of four men were playing Kolf in pairs for points. On July 22, 1657, several men were cited and warned not to play Kolf on Sundays. On December 10, 1659, an ordinance was issued to prevent playing Kolf in the streets of Albany due to too many windows being broken.

Evidence of early golf in what is now the United States includes a 1739 record for a shipment of golf equipment to a William Wallace in Charleston, South Carolina, an advertisement published in the *Royal Gazette* of New York City in 1779 for golf clubs and balls, and the establishment of the South Carolina Golf Club in 1787 in Charleston. However, as in England, it was not until the late 19th century that golf started to become firmly established.

Several clubs established in the 1880s can make claim to be the oldest clubs in the country, but what is not disputed is that as a result of two competing "National Amateur Championships" being played in 1894, delegates from the Newport Country Club, Saint Andrew's Golf Club, Yonkers, New York, The Country Club, Chicago Golf Club, and Shinnecock Hills Golf Club met in New York City to form what was to become the United States Golf Association (USGA). By 1910 the membership had increased to 267 clubs.

During the Roaring Twenties the game expanded greatly in popularity and by 1932 there were over 1,100 golf clubs affiliated to the USGA. In 1922 Walter Hagen became the first native born American to win the British Open Championship. The expansion of the game was halted by the Great Depression and World War II, but continued in the post war years. By 1980 there were over 5,908 USGA affiliated clubs. That figure grew to over 10,600 by 2013. Starting in the 1920s, and growing through the 1990s, many residential golf course communities have been built.

Golf Course Evolution

Golf courses have not always had eighteen holes. The St. Andrews Links occupy a narrow strip of land along the sea. As early as the 15th century, golfers at St. Andrews established a trench through the undulating terrain, playing to holes whose locations were dictated by topography. The course that emerged featured eleven holes, laid out end to end from the clubhouse to the far end of the property. One played the holes out, turned around, and played the holes in, for a total of 22 holes. In 1764, several of the holes were deemed too short, and were therefore combined. The number was thereby reduced from 11 to nine, so that a complete round of the links comprised 18 holes. Due to the status of St. Andrews as the golfing capital, all other courses followed suit and the 18-hole course remains the standard to the present day.

Golf Equipment Evolution

The evolution of golf can be explained by the development of the equipment used to play the game. Some of the most notable advancements in the game of golf have come from the development of the golf ball. The golf ball took on many different forms before the 1930s when the United States Golf Association (USGA) set standards for weight and size. Since this time, the golf ball has continued to develop and impact the way the game is played.

Another notable factor in the evolution of golf has been the development of golf clubs. The earliest golf clubs were made of wood that was readily available in the area. Over the years, hickory developed into the standard wood used for shafts and American persimmon became the choice of wood for the club head due to its hardness and strength. As the golf ball developed and became more durable with the introduction of the "guttery" around 1850, the club head was also allowed to develop, and a variety of iron headed clubs entered the game. The introduction of steel shafts began in the late 1890s, but their adoption by the governing bodies of golf was slow. In the early 1970s, shaft technology shifted again with the use of graphite for its lightweight and strength characteristics. The first metal "wood" was

developed in the early 1980s, and metal eventually completely replaced wood due to its strength and versatility. The latest golf club technology employs the use of graphite shafts and lightweight titanium heads, which allows the club head to be made much larger than previously possible. The strength of these modern materials also allows the face of the club to be much thinner, which increases the spring-like effect of the club face on the ball, theoretically increasing the distance the ball travels. In 2003 the USGA and R&A began limiting the spring-like effect, also known as the coefficient of restitution (COR) to 0.83 and the maximum club head size to 460 cm³ in an attempt to maintain the challenge of the game.

Etymology of the word Golf

The word *golf* was first mentioned in writing in 1457 on a Scottish statute on forbidden games as *gouf*, possibly derived from the Scots word *goulf* (variously spelled) meaning "to strike or cuff". This word may, in turn, be derived from the Dutch word *kolf*, meaning "bat" or "club", and the Dutch sport of the same name.

The Dutch term *Kolf* and the Flemish term *Kolven* refers to a related sport where the lowest number of strokes needed to hit a ball with a mallet into a hole determines the winner.

There is a persistent urban legend claiming that the term derives from an acronym "Gentlemen Only, Ladies Forbidden". This is a false etymology, as acronyms being used as words is a fairly modern phenomenon.

OHIO BECAME A STATE

1 March 1803

Initially colonized by French fur traders, Ohio became a British colonial possession following the French and Indian War in 1754. At the end of the American Revolution, Britain ceded control of the territory to the newly formed United States, which incorporated it into the Northwest Territory.

Ohio became a state on March 1, 1803, although no formal declaration was made until 1953 when President Dwight Eisenhower officially signed the documents making it a state, retroactive to the original date. Ohio is sometimes called the "Mother of Modern Presidents," having sent seven Ohioans (both natives and residents) to the White House since 1869. Ohio is also known as the home of the Rock and Roll Hall of Fame in Cleveland, the National Underground Railroad Freedom Center in Cincinnati, and the National Football League Hall of Fame in Canton.

- Date of Statehood: March 1, 1803
- Capital: Columbus
- Population: 11,536,504 (2010)
- Size: 44,825 square miles
- Nickname: The Buckeye State

- Motto: With God All Things Are Possible
- Tree: Buckeye
- Flower: Red Carnation
- Bird: Cardinal

Interesting Facts

- Ohio got its name from the Iroquois word, "O-Y-O," meaning "great river." The Iroquois Indians had begun to settle between the Ohio River and Great Lakes by 1650, although it is estimated that only a few hundred lived in present-day Ohio during any one period.
- The city of Cleveland was founded by Connecticut-born Moses Cleaveland, who, in 1796, went to survey land claimed by the Connecticut Land Co. as part of the Western Reserve. Although the city was originally named "Cleaveland," in the early 1930s the Cleveland Advertiser dropped the "a" to fit the name on its masthead, and the new spelling caught on.
- On May 4, 1970, three days after anti-Vietnam War protests at Kent State University began, four students were killed and nine were wounded when 29 National Guardsmen opened fire on campus. Of the deceased, two had not been involved with the protest. Four years later, the eight guardsmen who faced trial were acquitted.
- The American Civil Liberties Union (ACLU) filed a suit against Ohio in 1997, arguing that its state motto, "With God All Things Are Possible," violated the First Amendment to the U.S. Constitution, which ensures freedom of religion. Ultimately Ohio was permitted to retain the motto since a federal ruling determined that it does not endorse a specific God and, therefore, is not a violation of the First Amendment.
- Ohio's nickname, the Buckeye State, is attributed to the prevalence of the local buckeye tree, whose fruit was believed to bear a striking resemblance to the eye of male deer by early American Indians.
- The "Mother of Modern Presidents," Ohio was the birthplace of seven U.S. presidents: Ulysses S. Grant, Rutherford B. Hayes, James Garfield, Benjamin Harrison, William McKinley, William H. Taft, and Warren G. Harding.

The above information was taken from www.history.com/topics/us-states/ohio

THE IDES OF MARCH
15 March

The Ides of March was the 74th day in the Roman calendar, corresponding to 15 March. It was marked by several religious observances and was notable in Rome as a deadline for

settling debts. In 44 BC, it became notorious as the date of the assassination of Julius Caesar, which made the Ides of March a turning point in Roman history.

The Romans did not number each day of a month from the first to the last day. Instead, they counted back from three fixed points of the month: the Nones (the 5th or 7th, nine days *inclusive* before the Ides), the Ides (the 13th for most months, but the 15th in March, May, July, and October), and the Kalends (1st of the following month). Originally the Ides were supposed to be determined by the full moon, reflecting the lunar origin of the Roman calendar. In the earliest calendar, the Ides of March would have been the first full moon of the new year.

The Ides of each month were sacred to Jupiter, the Romans' supreme deity. The Flamen Dialis, Jupiter's high priest, led the "Ides sheep" (*ovis Idulis*) in procession along the Via Sacra to the *arx*, where it was sacrificed.

In addition to the monthly sacrifice, the Ides of March was also the occasion of the Feast of Anna Perenna, a goddess of the year whose festival originally concluded the ceremonies of the new year. The day was enthusiastically celebrated among the common people with picnics, drinking, and revelry. One source from late antiquity also places the Mamuralia on the Ides of March. This observance, which has aspects of scapegoat or ancient Greek *pharmakos* ritual, involved beating an old man dressed in animal skins and perhaps driving him from the city. The ritual may have been a new year festival representing the expulsion of the old year.

In the later Imperial period, the Ides began a "holy week" of festivals celebrating Cybele and Attis, being the day *Canna intrat* ("The Reed enters"), when Attis was born and found among the reeds of a Phrygian river. He was discovered by shepherds or the goddess Cybele, who was also known as the *Magna Mater* ("Great Mother"). A week later, on 22 March, the solemn commemoration of *Arbor intrat* ("The Tree enters") commemorated the death of Attis under a pine tree. A college of priests, the *dendrophoroi* ("tree bearers") annually cut down a tree, hung from it an image of Attis, and carried it to the temple of the *Magna Mater* with lamentations. The day was formalized as part of the official Roman calendar under Claudius (d. 54 AD). A three-day period of mourning followed, culminating with celebrating the rebirth of Attis on 25 March, the date of the vernal equinox on the Julian calendar.



In modern times, the Ides of March is best known as the date on which Julius Caesar was assassinated in 44 BC. Caesar was stabbed to death at a meeting of the Senate. As many as 60 conspirators, led by Brutus and Cassius, were involved. According to Plutarch, a seer had warned that harm would come to Caesar on the Ides of March. On his way to the Theatre of Pompey, where he would be assassinated, Caesar passed the seer and joked, "Well, the Ides of March are come", implying that the prophecy had not been fulfilled, to which the seer replied "Aye, they are come, but they are not gone." This meeting is famously dramatised in William Shakespeare's play *Julius Caesar*, when Caesar is warned by the soothsayer to "beware the Ides of March." The Roman biographer Suetonius identifies the "seer" as a haruspex named Spurinna.

Caesar's death was a closing event in the crisis of the Roman Republic, and triggered the civil war that would result in the rise to sole power of his adopted heir Octavian (later known as Augustus). Writing under Augustus, Ovid portrays the murder as a sacrilege, since Caesar was also the *pontifex maximus* of Rome and a priest of Vesta. On the fourth anniversary of Caesar's death in 40 BC, after achieving a victory at the siege of Perugia, Octavian executed 300 senators and equites who had fought against him under Lucius Antonius, the brother of Mark Antony. The executions were one of a series of actions taken by Octavian to avenge Caesar's death. Suetonius and the historian Cassius Dio characterized the slaughter as a religious sacrifice, noting that it occurred on the Ides of March at the new altar to the deified Julius.

The above information was taken from the 2023 Wikipedia.

SAINT PATRICK'S DAY
17 March

Saint Patrick's Day, or the Feast of Saint Patrick, is a cultural and religious celebration held on 17 March, the traditional death date of Saint Patrick (c. AD 385–461), the foremost Patron Saint of Ireland.

Saint Patrick's Day was made an official Christian feast day in the early 17th century and is observed by the Catholic Church, the Anglican Communion, the Eastern Orthodox Church, and the Lutheran Church. The day commemorates Saint Patrick and the arrival of Christianity in Ireland, and celebrates the heritage and culture of the Irish in general. Celebrations generally involve public parades and festivals, and the wearing of green attire or shamrocks. Christians who belong to liturgical denominations also attend church services and historically the Lenten restrictions on eating and drinking alcohol were lifted for the day, which has encouraged and propagated the holiday's tradition of alcohol consumption.

Saint Patrick's Day is a public holiday in the Republic of Ireland, Northern Ireland, the Canadian provinces of Newfoundland and Labrador (for provincial government employees), and the British Overseas Territory of Montserrat. It is also widely celebrated in the United Kingdom, Canada, United States, Brazil, Argentina, Australia and New Zealand, especially among people of Irish heritage.

Saint Patrick's Day is celebrated in more countries than any other national festival. However, there has been criticism of Saint Patrick's Day celebrations for having become too commercialized and for fostering negative stereotypes of the Irish people.

St. Patrick himself was not actually Irish. It is believed he was born in Scotland. His parents were Calpurnius and Conchessa, Romans living in Scotland. So, he was actually of Italian heritage.

Taken from the 2023 Wikipedia

PHRASE OF THE MONTH

Finalmente e' venerid!

TGIF

(lit. Finally it's Friday!)

Taken from the "2023 Living Language Calendar"

FASTING & ABSTINENCE DURING LENT

What does it mean to fast in terms of Lent? To fast is to abstain from food. St. Thomas Aquinas notes that fasting consists of taking only one meal a day. This definition has been refined recently by the Church in terms of what's allowed during Lent.

We can also make a distinction between fasting and abstinence in reference to the Lenten precept of the Church to observe the days of fasting and abstinence. When abstinence is used in reference to Lent, we are speaking about regulating the quality of the food that is taken. For example, on Ash Wednesday, Friday of the Lord's Passion, and all other

Fridays during Lent, Latin Rite Catholics are obliged to abstain from eating flesh meat (Flesh meat typically means the flesh of animals, excluding fish or invertebrates, used or prepared for food).

Fasting is listed as the fourth precept of the Church, which states: "You shall observe the days of fasting and abstinence established by the Church". This means that Catholics are under grave obligation to substantially observe these laws. Christians are required by divine law to do penance for their sins. Penance is not optional.

The Church, as a caring mother, is providing us a specific means and season for completing acts of penance. Her goal is to see to it that her children attain eternal life. Her precept on fasting, then, is for our spiritual benefit. Catholics who intentionally neglect and/or reject all forms of penance violate divine law and thus would be guilty of grave sin. Grave sin committed with full knowledge and full consent is by definition mortal sin and thus places a soul in peril.

Because the season of Lent is of penitential character, the Church sets forth the days of penance as Ash Wednesday and all Fridays during Lent. These requirements are binding on Catholics of the following age ranges:

Latin Rite Catholics from age 18 up through to the beginning of their 60th year (their 59th birthday) are required to fast, unless they have a serious reason for not doing so. According to Pope Paul VI's apostolic constitution Paenitemini, "The law of fasting allows only one full meal a day."

It's often thought that a person can have one full meal and two "lesser meals" that cannot add up to a full meal, but Paenitemini doesn't require us to weigh up food to make sure it doesn't equate to a full meal. The point is, only one full meal is allowed, and one can take some food two other times on that day. Liquids such as juice, coffee, tea, or milk do not technically violate the fast, although refraining from ingesting any animal products such as milk is virtuous.

Latin Rite Catholics who have reached age 14 are required to abstain from flesh meat on Ash Wednesday and all Fridays during Lent. If a solemnity happens to fall on a Friday, abstinence is not required on that day. **Notice there is no upper age limit on the requirement to abstain.**

Abstinence laws consider that meat comes only from animals such as chickens, cows, sheep or pigs, all of which live on land. Birds are also considered meat. Abstinence does not include meat juices and liquid foods made from meat. Thus, such foods as chicken broth, consomme, soups cooked or flavored with meat, meat

gravies or sauces, as well as seasonings or condiments made from animal fat are technically not forbidden. However, moral theologians have traditionally taught that we should abstain from all animal-derived products (except foods such as gelatin, butter, cheese, and eggs, which do not have any meat taste). Fish are a different category of animal. Salt and freshwater species of fish, amphibians, reptiles, (cold-blooded animals) and shellfish are permitted.

Paul VI states in Paenitemini: "The law of abstinence forbids the use of meat, but not of eggs, the products of milk or condiments made of animal fat".

Those that are excused from fast and abstinence outside the age limits include the physically or mentally ill including individuals suffering from chronic illnesses such as diabetes. Also excluded are pregnant or nursing women. In all cases, common sense should prevail, and ill persons should not further jeopardize their health by fasting.

This information taken from www.Catholics.org/lent.

MISSION STATEMENT

dichiarazione di missione

The purpose of this Association is to promote the moral, social, and civic advancement of its membership, and to perpetuate the customs and cultural aspects of Italian Heritage.

Article II, Section 1 of the AIH Bylaws

AMERICANS OF ITALIAN HERITAGE EXECUTIVE COMMITTEE

1 July 2022 – 30 June 2024

President..... Gus Paolucci
 Vice President Ronald Wassum
 Secretary Glenn Pizzuti
 Treasurer Bill Petrello

Trustee (e)..... Rio DeGennaro Jr.
 Trustee (e)..... Jim Federico Sr.
 Trustee (e)..... John Perrotti
 Trustee (e)..... Tony Illano Sr.
 Trustee (e)..... Ken Mancuso
 Trustee (a)..... Carmen Frederico
 Trustee (a)..... Mario Bertone
 Trustee (a)..... Richard O'Keefe

ATTACHMENTS

1. None

COMMENTS TO THE EDITOR

If you have any questions or comments about, or suggestions for this newsletter, please put your thoughts in an email and send them to me at GPizzuti@GlennPizzutiArchitect.com