

**Christmas Party Photos**  
**BUON NATALE e BUON ANNO!**

**LICS Bollettino Periodico**

*The Digital Periodical of the*  
*Lancaster Italian Cultural Society*  
Volume 4 ✨ Issue 8 December 2023



LANCASTER  
ITALIAN  
CULTURAL  
SOCIETY



# L'Osservatore Lancastriano

December, 2023

A fast or a feast?

Gentili amici.

I love family traditions, no matter what they might be or where they come from. Traditions gather all of us together in spirit, in preparation, in expectation, in a joyful mood around a table. There is always a reason for celebrating a tradition, but my question, since I came to America on December the 8th 1961, has always been, "Why the Feast of the 7 Fishes? Why 7?"



In Italy, eating fish on Christmas Eve is of a religious significance. It is the HUMBLY, grateful preparation for the birth of our Redeemer, Jesus Christ. The day is called *La Vigilia Di Natale*.

For the faithful, for generations and hundreds of years, eating fish has been to FAST from eating meat or rich foods as a form of prayer, just like fasting is a form of sacrificial, loving prayer. This is not an occasion for a FEAST.

In my family, we have always honored this event. My mother made a very simple meal of fish dishes. To start, gathered at the table, after a prayer, my mother brought Spaghettini or Linguine pasta served with tomato tuna sauce. To me, it was the best part of the meal. Then, there was usually another type of fried fish like Scampi, and maybe a baked or marinated Eel accompanied by some vegetables, bread, fresh fruits, and nuts for dessert. That was our simple Christmas Eve celebration at the table. Afterwards, we played family board games like Tombola, snacking on Torrone, Panettone and dried figs; then, we went to church for the Midnight Mass.

Today, as it has been for the last 62 years, my family still gathers in this similar celebration. So, the question is still asked: "Why 7 fishes?" No one really knows. But the important thing is a desire of the heart, a LOVE event that all Italians all over the world celebrate in our very own simple way or in a grandiose, feasting way. It lets all of us sit around an endless table of unity and precious LOVE.

**BUON NATALE A TUTTI CON AFFETTO**

Nella

## Roman Salmon Recipe by Nella Seward



2½-lb. salmon  
Flour  
5 tbs. olive oil  
1 large clove garlic  
1 small onion  
16 oz. crushed plum tomatoes  
Salt & pepper to taste  
½ cup golden raisins  
1 tsp. chopped fresh parsley  
1 tsp. chopped fresh basil

Wash and dry salmon and set aside. Chop the onion and garlic and sauté in small pan with oil until golden. Add tomatoes, salt to taste. Cook for about 30 minutes. This will be your sauce. Dust salmon with flour. In a nonstick baking dish, place a few tablespoons of the tomato sauce, then place the salmon on top. Cover the fish with the remaining sauce and sprinkle with raisins evenly. Cover tightly and bake at 350 degrees for about 50 minutes. Before serving, sprinkle with chopped parsley and basil. Serve with risotto and a side of asparagus.

Our sincere condolences to Dee and John Viscardi and family on the passing of Dee's son Johnny. He was greatly loved and will be sorely missed.

And condolences to the family of John Luppino on his recent passing. John was a longtime member of LICS and enjoyed many events with us.

### Christmas Party - Dancing the Night Away by Ann and Rudy DeLaurentis

*Rudy writes:* It was great to see so many members at the Christmas party. Many of us old timers have been loyal LICS members for more than 20 years. We were happy to be dressed up and enjoying memories, catching up on what's new, and meeting and getting to know new members.

*Ann writes:* The evening started with appetizers passed around the group as we all socialized and greeted old and new friends. We kept the bartenders busy during the social hour, and they did a fine job keeping up with us. Dinner was excellent, as the food at Conestoga Country Club always is, with a rich cheesecake to finish the meal. Then on to music and dancing! The crowd was in a festive mood, with lots of dancing of all styles on the expansive dance floor. The 8 piece band, Lancaster AM Radio, was excellent and kept everyone moving and sometimes singing along.

There's something about the Christmas season and early pre-Christmas celebrations that gives everyone a boost of extra energy.

*Rudy:* The dinner was really good- the beef tender and the green beans so good that Ann, who usually doesn't care for them, ate them with gusto!

I haven't danced to a live band in a long time and it really makes a difference.

*Ann:* We're grateful that this family-like group comes together to celebrate these special times and our Italian community and heritage. We thank the committee members who made this dinner-dance so much fun: Dee Viscardi, Valerie Faiola, Livia Neri Riley, Pat LaBarbera, Pat Valenzo, and Peter Mastropietro. *Bravi a tutti.*



Above: 8 piece band, **Lancaster AM Radio**



Elaine Cercone, Ann DeLaurentis & Susan Cappiello



Bill & Pat Valenzo



Above: Patti Meyer, Dee & John Viscardi



Tom & Pat LaBarbera, Elaine & Bruce Cercone



Angelo and Donna Iafrate



Peter & Peggy Caputo, Marcy & Gerri Colosi



Guy & Janet Borghi



Tony & Valerie Boffa, LeAnn Rynier & Gaetano



Above: Gerry & Ron Weaver



← Left: Kathy Fisichella & Josephine Santoro

### Christmas Pasta by Rudy DeLaurentis

Growing up, my nanny Mary (nonna Maria) from Calabria made a baked pasta she called “pasta fornata”, which is likely dialect for pasta al forno. I never saw a written recipe for this dish, but it had most of the ingredients in Calabrian and Sicilian baked pasta recipes. The dish featured ridged pasta; tomato sauce; mozzarella, provolone, pecorino cheeses; hard-boiled eggs, meatballs, and pepperoni. Nonna layered the deep enamel roaster with sauce, pasta, cheese, meatballs, pepperoni, sliced eggs, grated pecorino, and then all of the above two more times. The “pasta fornata” baked for at least two hours on low heat to thoroughly meld the ingredients. The delicious smells made me instantly hungry. When done, the pasta was cut into thick slices then dished to the waiting plates. Of course, there was turkey, mashed potatoes, rice (I don't know why), gravy, beans, salad.

I remember it took awhile to eat that afternoon feast. Then it was cleaning up the kitchen, and naps for some of the adults. My siblings and cousins running in and out of the house, being warned to “sta' zitto!” when we got too loud or carried away.

Early evening came, the adults were energized and the kids played-out, and the leftovers were brought to the table and we feasted again.

As an adult, I realize how much time, effort, and love that went into the Christmas celebration. Brava nonna, and brave to all the nonne in those days and today.

I found a similar recipe (at right), although it doesn't include pepperoni, which was likely Calabrese salami. If you ever make this wonderful pasta dish, let me know how it goes.



### Calabrian baked pasta

#### Ingredients

(14oz) or penne, rigatoni, ziti etc  
 1-2 large mozzarella balls  
 (3.5oz) provolone cheese or cacciocavallo  
 4 eggs hard-boiled  
 (3.5oz) Parmigiano grated or Pecorino

#### For the Sauce

Make your usual Sunday sauce or gravy.

#### For the Meatballs

(10.5oz) mixed ground meat veal or beef + pork  
 2 eggs  
 parsley  
 (3.5oz) grated pecorino/parmesan  
 (3.5oz) stale bread soaked in milk or breadcrumbs  
 salt and pepper to taste  
 3-4 tablespoon olive oil

#### Instructions

Make the sauce first

Prepare the eggs and pasta

Put the 4 eggs on to boil for 5-6 minutes. When cooked, rinse with cold water and peel them.

Put a saucepan of salted water on to boil to cook the pasta just less than al dente according to the instructions. When the pasta is cooked, strain it and put it back in the pan.

While the water for the pasta is heating, prepare the meatballs

#### Make the meatballs

Mix all the ingredients together well with your hands, and then make as many small meatballs as you can. Roll the meatballs in flour and fry them in moderately hot olive oil.

When they are golden, put them in a dish covered with paper towels to absorb excess oil.

#### Put the dish together

Add the cooked pasta to the sauce and mix well.

Put a layer of pasta and sauce on the bottom of an oven dish. Place half the meatballs on top with pieces of mozzarella and provolone.

Put a second layer of the pasta with sauce on top of the cheese and meatballs.

Top with the rest of the meatballs, mozzarella and provolone. Add sliced hard boiled eggs and finish with a sprinkling of grated parmigiano or pecorino.

Bake at 355° until the cheese starts to turn golden (about 30-45 minutes).

Let the baked pasta sit for 5-10 minutes before serving.

**Buon Appetito!**



Lombardo's welcomes you to experience our fine Italian cuisine, intimate wine room, piano lounge, and alfresco dining on the inviting patio. A perfect place to dine, relax, sip wine with friends and family, and listen to good music.

# Lombardo's

EST. 1946



Tuesday – Thursday:  
Lunch 11am -2:30 pm, Dinner 4-9:30 pm  
Friday & Saturday:  
Lunch 11am -2:30 pm, Dinner 4-10 pm  
Closed Sunday & Monday.

216 Harrisburg Ave,  
Lancaster, PA 17603  
717-394-3749

## Italian Market & Gelateria now open!



1040 Harrisburg Ave.  
Lancaster, PA 17603  
717-299-9903 - We Deliver!  
<https://rosarosapizzeria.com>



Open daily from  
**10:30AM - 9 PM**

## PYFER REESE STRAUB GRAY & FARHAT PC

Sandra Edwards Gray - Attorney  
sgray@pyferreese.com



128 North Lime Street  
Lancaster, PA 17602  
Tel: 717.299.7342

2801 Willow Street Pike  
Willow Street, PA 17584  
Tel: 717.464.5900

[www.pyferreese.com](http://www.pyferreese.com)

# LOVE YOUR DENTIST

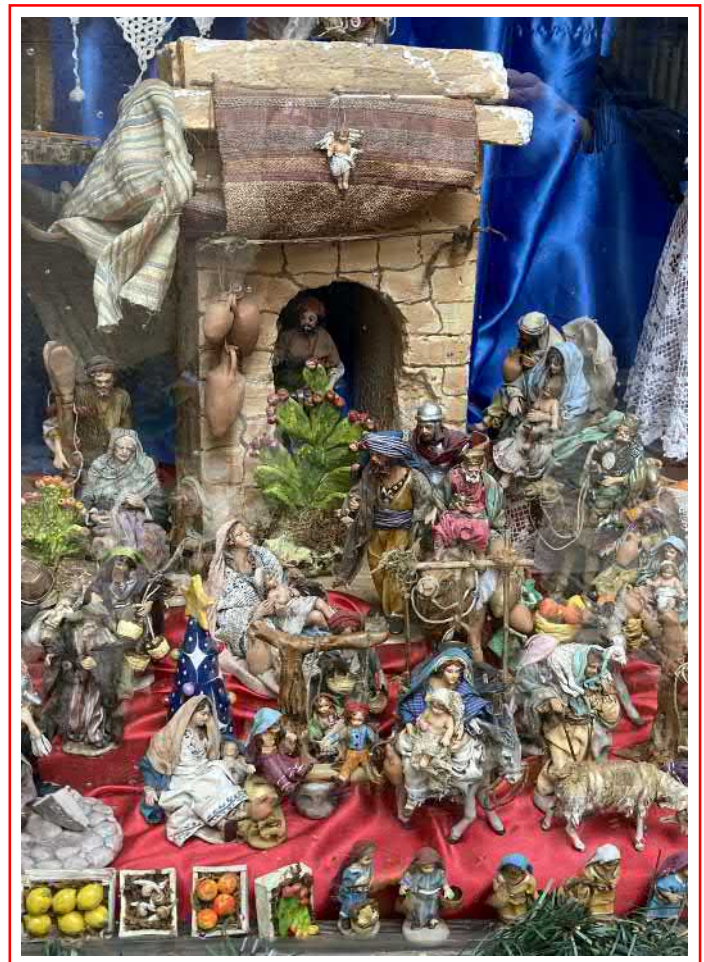


MAKE YOUR APPOINTMENT AT

[LoveYourDentist.com](http://LoveYourDentist.com)



**SARDINA**  
DENTAL GROUP  
405 MAIN STREET  
LANDISVILLE, PA 17538  
(717) 898-7221



Frank Tripoli  
Owner  
717-509-9921  
FAX 717-509-9979




1657 Old Philadelphia Pike, Lancaster PA 17602  
www.PasqualesPizzaPA.com

**PASQUALE'S**  
Italian Restaurant & Pizzeria

Live, Love, Laugh & Eat at Pasquale's

I took above photo in Erice, Sicily last year. It's a shot of a shop window showing figurines of Mary and baby Jesus. Erice is an ancient, historic hilltop town in province of Trapani. It's a beautiful place full of narrow cobblestone streets and small squares, flanked by churches and noble palaces which allow glimpses of majestic views.

Buon Natale a tutti, *Rudy D.*

Please support our sponsors. To become a sponsor, contact J.D. Roda: bruno1914@comcast.net

Willow Street  
2421 Willow Street Pike | 717.464.4600  
Manheim Township  
3110 Lititz Pk. | 717.560.5100  
Millersville  
441 N. George St. | 717.872.5041  
Lancaster  
414 E. King St. | 717.393.9661  
Lititz, Spacht-Snyder  
127 S. Broad St. | 717.626.2317  
Strasburg, Bachman Snyder  
7 S. Decatur St. | 717.687.7644  
SnyderFuneralHome.com



Bollettino/Newsletter Committee:

Mary Cae Williams  
Marian Caroselli  
John Day, Nella Seward  
Rudy DeLaurentis, editor  
LICSNEWSLETTER@GMAIL.COM

Advertisement for Two Cousins Pizza, Italian Family Restaurant. Includes phone number 717-581-1111 and address 5313 Main Street, East Petersburg, PA 17520.

Advertisement for RE/MAX SmartHub Realty featuring Don Spica, Realtor, Associate Broker. Includes contact information and professional credentials.

Advertisement for Costanzo Wealth Management of Janney Montgomery Scott LLC. Features Peter L. Costanzo, Jr., CFP®, CRPC®, AWMA®, AAMS® and contact details.



ROSEMARY LA FATA  
REALTOR®, RRC, CMRS  
Charles & ASSOCIATES  
REAL ESTATE, Inc.  
145 Oakridge Dr, Mountville, PA 17554  
(717) 299-2100  
(717) 299-0988 Fax  
(717) 575-4254 Cell  
rosemarylafata@comcast.net  
www.charles-associates.com



Advertisement for Vincent & Company Fine Jewelers. Features Vincent Spadea, Owner, and contact information for Lancaster Shopping Center.

Lancaster Italian Cultural Society  
New Membership Application 2023-24



Date \_\_\_\_\_  
 Last Name \_\_\_\_\_  
 First Name \_\_\_\_\_ Middle name or initial \_\_\_\_\_  
 Spouse/Partner Name \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Those living in the same household at the same address are included in your LICS membership.  
 Others (names, and ages if under 21 years) in this household at this same address:

Telephone (Please check your primary contact number).  Home Phone \_\_\_\_\_  
 Cell Phone \_\_\_\_\_  Additional Cell Phone \_\_\_\_\_

Email Address\* \_\_\_\_\_

Additional Email Addresses\* \_\_\_\_\_

Birth date \_\_\_\_\_ (mm/dd) Spouse/Partner Birth date \_\_\_\_\_ (mm/dd)

Please see second page for payment information.

Please return the completed application to Peter H. Byrne, 1625 Ridgeview Ave., Lancaster, Pa. 17603

For more information, visit <https://lancaster-italian-cultural-society.org>

Please check below if you are interested in serving on a committee. Thank you.

- Annual Spaghetti Dinner  Cultural/Education  Events/Programs  
 Hospitality  Public Relations  Newsletter  Awards/Grants/Scholarship

Please answer this question: How did you hear about LICS and what influenced you to join?  
 Detailed answers are appreciated. Thank you.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\*By providing your email address as part of your contact information, you agree to receive email correspondence from LICS, including but not limited to, Constant Contact eBlasts and the LICS Board of Directors.

Page 1 of 2.



Lancaster Italian Cultural Society  
New Membership Application

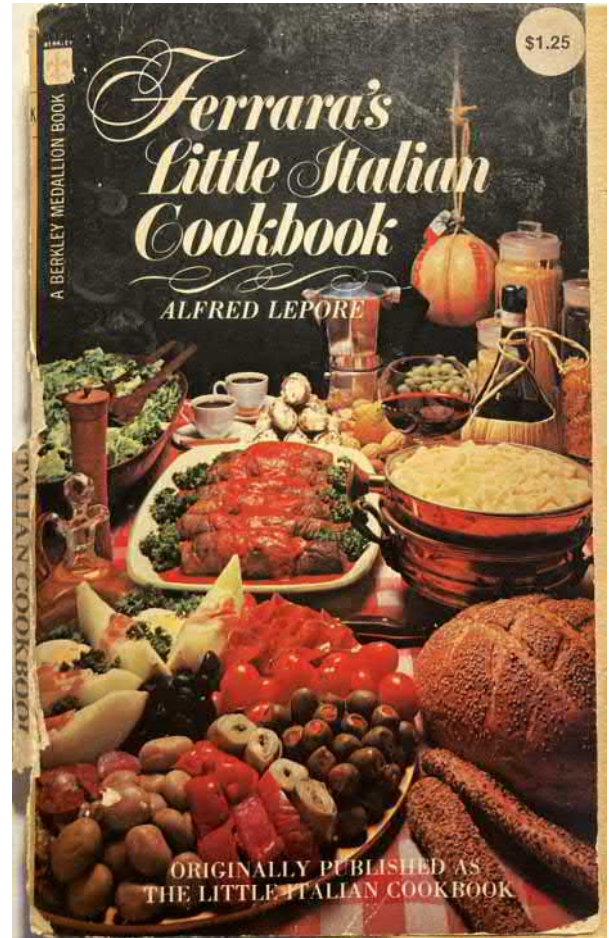
NEW MEMBER DUES: "Member" is actually an entire "household" living at the same address.

- (Membership fee for new members is based on when this application is submitted.)  
 When joining January through June, membership is active through to the end of the year:  \$40.00  
 When joining July through October, membership is active through to the end of the year:  \$20.00  
 OR active through to the end of the next year,  \$60.00  
 When joining Nov. or December, membership is active through to the end of the next year:  \$40.00

Method of Payment

Check Enclosed (Made Payable to Lancaster Italian Cultural Society) Amount Enclosed \$ \_\_\_\_\_  
 VISA  MasterCard  Amex (CV code, 3 digits, for Visa, Mastercard-on back, Amex, 4 digits, on front of card)  
 Card Number \_\_\_\_\_ CV Code \_\_\_\_\_ Exp. Date \_\_\_\_\_ (mm/yy)  
 Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

Dear members,  
 Perhaps you know someone who is interested in joining LICS? If so please share this newsletter and application with them. The application is also available to download from the LICS Website.



I believe this was the first Italian cookbook I purchased in the early 1970s. I recently came across the book being sold on Amazon for \$38.00. Talk about inflation.

When Ann and I were first married, we made Panettone and Panforte Di Siena from the recipes in this cookbook. We fell in love with Siena when we were there, and discovered grappa as well as the best panforte. Hopefully, we'll be making it for Christmas this year.

What are your favorite Italian desserts? Let us know your stories for a bollettino article in the future. Buon Anno a tutti! Rudy

**Lancaster Italian Cultural Society**  
1530 Hillcrest Road  
Lancaster, PA 17603

PRSRT STD  
US POSTAGE  
PAID  
LANCASTER PA  
PERMIT 1194

L'OSSERVATORE LANCASTRIANO December 2023

[www.lancaster-italian-cultural-society.org](http://www.lancaster-italian-cultural-society.org)

**Buon Natale & Buon Anno!**

**In this issue:**

**Christmas Party Recap & Photos**

**Roman Salmon & Baked Christmas Pasta Recipes**

**Upcoming Events:**

**Please Visit Our Website:**

**<https://www.lancaster-italian-cultural-society.org>**