



# tradizioni

NEWSLETTER OF THE ITALIAN FOLK ART FEDERATION OF AMERICA

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## Another Successful IFAFA Conference

Participants in the 2017 IFAFA Conference in Rockford, IL, enjoyed a fantastic variety of activities throughout the weekend of November 10-12. The hosts for this conference, *Amici Italiani*, outdid themselves!



Friday morning, despite the chill in the air, a small group toured Rockford, visiting several local sights, including the Rockford Ethnic Heritage Museum, St. Anthony of Padua Church, and the Midway Village Museum, home of the Sock Monkey Museum. Did you know that the Sock Monkey originated in Rockford?!

The Friday evening reception began with the annual IFAFA member meeting, followed by dances (including *il Ballo della Scopa*/the Broom Dance) and games (including Human Hungry Hungry Hippos!) which got everyone moving around and cheering.

Saturday, the schedule got serious! Three dances were taught, two sessions each: *I Sette Passi*, taught by Maria Chobany; *la Tarantella Triscele*, taught by Bea Ricotta; and *Tamburello*, taught by Mark DeSanctis. Participants tried their hands at making bobbin lace, creating *vestedde* decorations from bread dough for St. Joseph's Day Altars, learning songs for the IFAFA Choir's *Festa* performance, playing the Italian card game *Scopa*; and learning how to make (and tasting!) *zuppa di lenticchie* (lentil soup; the recipe can be found on page 2 of this newsletter) and *briolate* (Italian sausage bread). There were additional workshops for those interested in Immigrant Histories, the Italian Gift of Music to the World, Italian Christmas traditions, Italian Superstitions, Speaking Italian, and How to Create an Italian Community Newsletter.

Saturday, during lunch, the children of the *Amici Italiani Bambini* provided a charming performance of Italian dances.

Rosie Scalise Sheridan teaches participants to create 'vestedde.'



Members of 'Amici Italiani' ham it up at the photo booth.

The highlight of Saturday evening was, of course, the *Festa Folcloristica Italiana*. Dinner was followed by a parade of the twenty regional banners of Italy, songs from the IFAFA Choir, and performances by IFAFA member dance troupes *Tradizione Vivente* from Milwaukee, WI; *Il Trattenimento Italiano* from Des Moines, IA; and *Amici Italiani* from Rockford, IL. The evening continued into the night with dancing and the chance to take weird and fun photos at a delightful photo booth set-up.

Thank you, Bea Ricotta and all members of *Amici Italiani*, for an amazing conference!

## 2019 IFAFA Conference

Our next conference will be held in the fall of 2019 in Milwaukee, WI. It will be hosted by *Tradizione Vivente* folk dance troupe. More details to follow!

## **Bicerin, Traditional Coffee Specialty of Torino, Piemonte**

*Il Bicerin*, once known only to residents and savvy visitors to Torino (Turin) in Piemonte, is starting to become more popular throughout Italy and even in some Italian enclaves in the United States. In fact, a version of *bicerin* will soon be introduced at Starbucks, but only in a few Reserve Roastery locations, notably Seattle, New York, and San Francisco, to-date. In the *torinese* dialect, *bicerin* means *small glass* and it refers to a glass of very special coffee.

According to tradition, *il bicerin* was first served in 1763 at *Caffè al Bicerin*, a small café near the Santuario della Consolata in Torino's *centro storico*, where it is still served. <<<https://bicerin.it/>>> The *bicerin* is made with layers of chocolate, espresso, and cream. Some use very dark hot chocolate; others insist that an authentic *bicerin* is made only with Gianduja chocolate.

The region of Piemonte is famous for its chocolate and white truffles, but also for its exceptionally delicious hazelnuts. In the late 18<sup>th</sup> century, cacao beans were very expensive and rare, so local chocolatiers began blending hazelnuts into the chocolate to extend it, inventing a blend of the finest chocolate and the best *piemontesi* hazelnuts to create a variety of candies and a velvety chocolate hazelnut spread. These chocolate items were called Gianduja (named for the traditional mask of Piemonte during Carnevale). Gianduja chocolates are highly prized throughout Italy, and the spread, now better known as Nutella, has become the most popular sandwich spread in the world.

To serve *bicerin*, you must traditionally use a clear glass cup, in order to be able to see all three layers of the drink. To make two servings of *bicerin*, warm one cup (250 ml) whole milk in a medium-sized saucepan with 3 ounces (90 gr) of chopped bittersweet or gianduja chocolate. Whisk the mixture until it begins to boil, then allow it to boil for 1 minute, whisking constantly until the chocolate mixture foams up. (Or use warmed Nutella with a little cream added).



Remove from heat and set aside. Make a small pot of very strong coffee, preferably high-quality Italian espresso. Fill the bottom third of your clear, heat-proof glass with the warm chocolate mixture. Pour in some espresso. If you want to create a distinctive layer, pour it over the back of a spoon, into the side of the glass. Otherwise, the coffee will mix in with the chocolate, which is not a disaster, but not as visually stunning.

Top with a nice swirl of sweetened, freshly-whipped cream. Sprinkle with shaved chocolate, if desired.

NOTE: There is a chocolate liqueur using the same name, but it merely combines the flavors found in the original *bicerin* with distilled spirits. A traditional *bicerin* is non-alcoholic.

## **Zuppa di Lenticchie — Italian Lentil Soup**

(as demonstrated and served at the 2017 IFAFA Conference in Rockford, IL)

1 lb green lentils, rinsed and sorted  
3 large yellow onions, chopped  
2 leeks, white part only, chopped  
1 T minced garlic (3 cloves)  
3 T olive oil  
salt and black pepper  
1 t ground cumin (optional)  
8 celery sticks, chopped



4-6 carrots, chopped  
3 quarts vegetable or chicken stock  
4 T tomato paste  
2 T red wine or red wine vinegar (optional)  
½ box ditalini (little thimbles) or other small pasta  
freshly grated Parmesan cheese (to serve)

In a large stockpot over medium heat, sauté the onions, leeks, and garlic with the olive oil, salt, pepper, and cumin for 20 minutes, until the vegetables are translucent and tender. Add the celery and carrots and sauté for 10 more minutes. Add the stock, tomato paste, and lentils. If you have a Parmesan rind hanging around, add that too. Cover and bring to a boil. Reduce the heat and simmer, uncovered, for 1 hour, until the lentils are cooked through.

While the soup is simmering, add water to a medium-sized saucepan and bring to a boil. Add pasta and cook until *al dente*. Drain and set aside.

Taste and adjust any seasonings of the soup. Add a handful of the cooked pasta to each soup bowl. Ladle the soup into the bowl. Add the red wine and serve, drizzling the top with olive oil, and finishing with grated Parmesan cheese.

Serves 8-10.

## Ciuri, ciuri

*Ciuri* is the Sicilian word for flower. It may also be spelled *sciuri*, since the pronunciation may vary depending upon the dialect spoken in various towns in Sicily. The music for this song was originally composed in 1883 by Francesco Paolo Frontini, but the lyricist is unknown. The word (*s*)*ciuri* would normally be used as a term of endearment for one you love, however, in this case, it is used sarcastically because the song describes a failed relationship. The man claims that he is returning to his "flower" all the love she gave to him.

There are several versions of lyrics to this song. The lyrics on the following page are considered to be the most well-known.

# CIURI CIURI

(*Canzone siciliana*)

Rielaborazione del testo e della musica di  
ITALO LUCIA

Allegro moderato

The musical score is written in a single system with seven staves. The key signature has two flats (B-flat and E-flat), and the time signature is 2/4. The tempo is marked 'Allegro moderato'. The score includes a vocal line with lyrics and a piano accompaniment line with chords. The lyrics are in Italian and describe a failed relationship. The chords are indicated by letters and numbers below the notes. The score ends with a first ending bracket and a second ending bracket.

Fam Si $\flat$ m Si $\flat$ m6 Do7

Canto  
Lu sa - ba - tu si sa - pi è al - le - gra co - ri, bi -  
Fam Fam Do7

- a - tu cu à - vi bed - da la mug - ghic - ri, cu l'à - vi bed - da ci por -  
Re $\flat$  Do7 Fam

- ta i di - na - ri, cu l'à - vi brut - ta ci mo - ri lu co - ri.  
Do7 Re $\flat$  Do7 Fam

Ciu - ri, ciu - ri, ciu - ri di tut - tu l'an - nu, l'a - mu - ri ca mi da - sti ti lu  
Fam Do7

tor - nu. Ciu - ri, ciu - ri, ciu - ri di tut - tu l'an - nu l'a - mu - ri ca mi  
Fam Do7

da - sti ti lu tor - nu. 1. 2. Si 3.  
Fam Do7 Fam Do7 Fam

**Lyrics to *Ciuri, ciuri* (also written *Sciuri, sciuri*)**  
**English translation on the next page**

**Sicilian**

Ciuri, ciuri

Ciuri, ciuri, ciuri di tuttu l'annu  
l'amuri ca mi dasti ti lu tornu.  
Ciuri, ciuri, ciuri di tuttu l'annu  
l'amuri ca mi dasti ti lu tornu.

1.

Lu sabutu, si sapi, allegra cori,  
beatu cu avi bedda la mughieri.  
Cu l'avi bedda ci porta i dinari,  
cu l'avi brutta ci morì lu cori.

Ciuri, ciuri, ciuri di tuttu l'annu  
l'amuri ca mi dasti ti lu tornu.  
Ciuri, ciuri, ciuri di tuttu l'annu  
l'amuri ca mi dasti ti lu tornu.

2.

Si troppu dispittusa tu cu mia,  
cascu du' letto si mi insonnu a tia.  
Si brutta n'ta la faccia a n'ta lu cori  
amaro cu ti pigghia pi mughieri.

Ciuri, ciuri, ciuri di tuttu l'annu  
l'amuri ca mi dasti ti lu tornu.  
Ciuri, ciuri, ciuri di tuttu l'annu  
l'amuri ca mi dasti ti lu tornu.

3.

Sciuri di rosi russi a lu sbucciari,  
amaro l'omo ca fimmini cridi.  
Amaro cu si fa supraniari,  
l'uscio di paradisu non ni vidi.

Ciuri, ciuri, ciuri di tuttu l'annu  
l'amuri ca mi dasti ti lu tornu.  
Ciuri, ciuri, ciuri di tuttu l'annu  
l'amuri ca mi dasti ti lu tornu.

**Italian**

Fiori, Fiori

Fiori, Fiori, Fiori tutto l'anno  
L'amore che mi hai dato te lo torno.  
Fiori, Fiori, Fiori tutto l'anno  
L'amore che mi hai dato te lo torno.

1.

Il sabato, si sa, rallegra i cuori,  
Per chi c'è l'ha bella moglie.  
Chi c'è l'ha bella le porta i danari,  
Chi c'è l'ha brutta gli muore il cuore.

Fiori, Fiori, Fiori tutto l'anno  
L'amore che mi hai dato te lo torno.  
Fiori, Fiori, Fiori tutto l'anno  
L'amore che mi hai dato te lo torno.

2.

Sei troppo dispettosa tu con me,  
cado dal mio letto se sogno te.  
Sei brutta in faccia e nel cuore  
Amaro chi ti prende come moglie.

Fiori, Fiori, Fiori tutto l'anno  
L'amore che mi hai dato te lo torno.  
Fiori, Fiori, Fiori tutto l'anno  
L'amore che mi hai dato te lo torno.

3.

Fiori di rose rosse allo sbocciare,  
amaro l'uomo che crede alle femmine.  
Amaro chi si fa sopraffare,  
la porta del paradiso non la vede.

Fiori, Fiori, Fiori tutto l'anno  
L'amore che mi hai dato te lo torno.  
Fiori, Fiori, Fiori tutto l'anno  
L'amore che mi hai dato te lo torno.

## **Ciuri, ciuri Lyrics, English Translation**

### Flowers, Flowers

Flowers, flowers, flowers all the year  
The love you gave me I give you back.  
Flowers, flowers, flowers all the year  
The love you gave me I give you back.

1.  
Saturday, we know, gladdens the heart,  
Lucky, he who has a lovely wife.  
He who has a beautiful wife brings in money,  
He who has an ugly wife feels his heart dying.

Flowers, flowers, flowers all the year  
The love you gave me I give you back  
Flowers, flowers, flowers all the year  
The love you gave me I give you back

2.  
You're too vexatious with me  
I fall from bed if I dream of you  
You're ugly in face and in heart  
Bitter is he who takes you as wife

Flowers, flowers, flowers all the year  
The love you gave me I give you back  
Flowers, flowers, flowers all the year  
The love you gave me I give you back



3.  
Red roses in bloom  
Bitter is the man who believes in women.  
Bitter is he who gets overwhelmed,  
He cannot see the door of paradise.

Flowers, flowers, flowers all the year  
The love you gave me I give you back  
Flowers, flowers, flowers all the year  
The love you gave me I give you back

### **Annual Italian Christmas Market at the American Italian Heritage Museum, Albany, NY**

Fri., Nov. 30th and Sat., Dec. 1st: 10am to 5pm // Sun., Dec. 2nd: 11am to 3pm

Share this festive Italian tradition in the American Italian Heritage Museum building, 1227 Central Avenue in Albany, NY. The exhibit rooms will be transformed into market places filled with so much for you to enjoy, each one having something for almost everyone on your Christmas shopping list ~ including yourself! Be sure to look for unique Italian merchandise that will be available for purchase,



featuring things that are hard to find: Italian language greeting cards, made-in-Italy items, hand-made wooden ceppo, Befana figures, themed ornaments, plaques, novelties, jewelry, delicious homemade Italian baked goods and much more, along with our talented vendors upstairs, including Nini's Sicilian Salsa. Founder and Director of the museum, IFAFA Member Prof./Cav/ Philip DiNovo, invites you to come, see the always beautiful room-sized Italian Nativity Special Exhibit and celebrate our culture at this most beautiful time of year. Buon Natale!

## Regional Italian Folk Costume

We continue the series of descriptions of folk costumes taken from the book, now out of print, Il Costume popolare in Italia, by Emma Calderini, published by Sperling & Kupfer, Milano. In this issue, we highlight two costumes from the region of Toscana.

### Contadino dei dintorni di Pistoia

#### Countryman from the outskirts of Pistoia

Shirt of homespun linen. Double-breasted woolen waistcoat with a double row of buttons. Jacket and pants of thick, durable twill. Knit stockings. Leather shoes with metal buckles. Thick felt hat.



### Costume di Contadina Countrywoman's attire

The entire dress is made of plaid cotton. The full skirt is gathered at the waist. Polka dot apron. Scarves on the head and around the neck of cotton or light wool. Knit stockings. Leather lace-up shoes.

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### Founder's Fund

The Elba Farabegoli Gurzau Founder's Fund was originally established as a living memorial to the founder of the Italian Folk Art Federation of America. Contributions for any intention, i.e. birthday, anniversary, or other special occasion, as well as in memoriam, are used only for artistic endeavors.

Donations may be made payable to "IFAF A – Founder's Fund" and mailed to: IFAFA Treasurer, P. O. Box 25957, Philadelphia, PA 19128.

When sending a donation to commemorate an event, please: Identify the occasion and give the full name of the individual to be honored. Also give the full name and address to whom the announcement is to be sent. The contributor should also provide his/her name, address, and telephone number.

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### FOLK DANCES, COSTUMES AND CUSTOMS OF ITALY

by Elba Farabegoli Gurzau

Softcover book, 128 pages, including black-and-white and color illustrations. Seventeen dances with description and notated music, information about Italy, costumes, customs, etc. Comes with recorded music to accompany the dances, your choice of CD or audiocassette.

Price: \$25.00 plus \$3.95 for handling and postage.

Be sure to specify CD or cassette.

Please make check or money order payable to IFAFA and mail to:

IFAF A Treasurer  
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Philadelphia, PA 19128

### Contributors to this Issue of *Tradizioni*

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The purpose of the ITALIAN FOLK ART FEDERATION OF AMERICA (IFAF A) is to preserve and foster interest in Italian folk art; to research Italian folklore, traditions, customs, costumes, dances, songs, instruments, etc.; to act as a center for gathering, storing and disseminating the information; and to bring together Italian folk performing groups and other interested individuals.

IFAF A is an outgrowth of the Italian Folk Art Project initiated at the Nationalities Service Center (NSC) of Philadelphia in 1977. With the assistance of NSC and the leadership and dedication of Cav. Elba Farabegoli Gurzau, IFAFA was incorporated May 7, 1979, in the Commonwealth of Pennsylvania as a non-profit cultural and educational organization.

### Membership in IFAFA

You may also join online! <https://www.ifafa.us/modern/join-us/>

\$20 membership (adult, 21 and over)

\$10 membership (under 21)

Contributing to the work of IFAFA: \$ \_\_\_\_\_

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