



EFASCE di Philadelphia  
**QUARTERLY NEWSLETTER**  
*The Friulan Entity for Social and Cultural  
 Assistance to Emigrants*

EFASCE di Philadelphia  
 P.O. Box 625  
 Flourtown, PA 19031

### President's Corner

Bundi!

How are you all doing? Here we are 5 months into 2021, I have to say I have missed seeing you all at our gatherings. I am very thankful for our zooms to give us the ability to reconnect and stay connected. One day soon I hope to see you all in person. Perhaps if we keep moving in the right direction, we will be together indoors at our Festa in October! Wouldn't that be grand? Until then, I am excited for our social hour in June to honor our past director Drew Justice. COVID prevented us from having this social hour last June. I am not sure if many of you knew Drew, but I was lucky enough to have him as my cousin and get his *abbraccio da orso*. He worked very hard on our board, with the website committee and also in figuring out ways to keep us connected to our roots with coordinating these social hours and, without a doubt lit up a room with his smile and laughter. I look forward to seeing you all there. Please stay well until we see each other again.

Our Website Committee is in need a few people with keeping us up to date. Do you have any extra time to give? It isn't a huge commitment, and it can be updated from your home. Please let us know!  
 Thank you for your time and consideration!

Mandi  
 Laura Lorenzon Maxwell

### Notizie

- ❖ EFASCE di Philadelphia would like to congratulate all our students who will be graduating this year, and our 2020 graduates as well. This includes **all** graduations: pre-school, kindergarten, middle and high school, college, and any other achievements you would like to share with our members. Please send photos and a description. We will include them in our September newsletter.
- ❖ Members are also invited to send photos of other special events, i.e., Marriage, births, family gatherings, First Communion or Confirmation, etc. We love to include them in future newsletters. Thanks to Bonnie Rosa Cintron for her inputs this month. See details, page 3.

### Upcoming Events

- ❖ **May 9:** Happy Mother's Day to all our Mothers
- ❖ **June 10:** Drew Justice Memorial Social at the Venetian Social Club, see details page 8.
- ❖ **June 20:** Happy Father's Day to all our Fathers
- ❖ **October 9:** Tentative date for our Annual EFASCE Dinner Dance at the Sandy Run Country Club. Stand by for details.

YOU could be featured in the next newsletter!!  
 Send information and/or photos to  
 newsletter@efasce.net or our PO Box.

### Virtual Polenta Dinner – 10 April 2021

Due to the continuation of the CORONA virus shutdown, we were again forced to cancel the annual Polenta Dinner at the Venetian Club. Instead, we held a virtual Polenta Dinner via ZOOM. Those who attended had a great time laughing, eating, drinking, and discussing their food creations, recipes, past memories and whatever else came up. The photos below attest to the joy of the moment, as Frank does a handstand for the Maxwell kids and Esther sneaks a sip of Joe's *vin*!!

Help us pass on your Furlan family recipes: *vidiel in umid*, *frico*, *morche*, etc. – will you please share your special recipes with our members? Send your recipes or photos to [newsletter@EFASCE.com](mailto:newsletter@EFASCE.com).

What's that on Esther's polenta? And what's *morche*? Read the "Ce L'ise?" article below to find out.

We were very fortunate to have our past President, Michele Bernardon attend. We appreciate his effort to join us, as it was well after midnight in Italy!! Thanks to all who attended.



## Member Spotlight – Bonnie Rosa Cintron

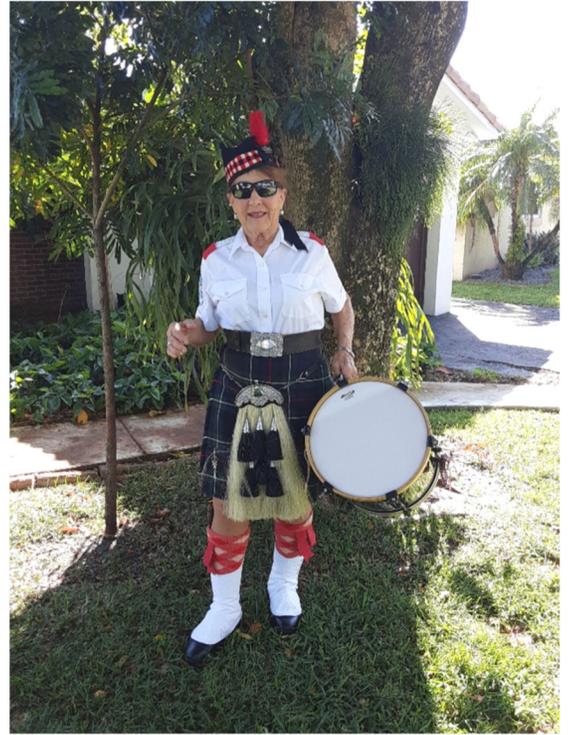
Thanks to Bonnie for sharing these special times with our members. We're glad to see Bonnie is doing well and having a great time with family and friends during these difficult times.

Dear Friends,

This was the "before" shot but there was no one available to take the "after" which would have been quite comical. On Thursday evening our band had the first opportunity to suit up and perform since the pandemic hit to play at a function which we have had the pleasure to attend for several years now. Every year the police hold a moving ceremony to honor all of those lost in the line of duty the previous year and this was the 40th anniversary. The memorial park where it takes place is a lovely setting by a lake and we always enjoy marching in and later playing "Amazing Grace."

I knew it may well be one of the last times I got to perform with the band because parades would be a bit too much for me in the future. (The uniform itself weighs at least 8 pounds and with the drum I end up carrying more than twenty extra pounds...not good for my lower back and knees.)

This photo was taken right before I left. As we got lined up and ready to enter the area, the heavens opened, and a deluge poured down on the hundreds gathered for the affair. There was thunder and lightning as well. We hung around for 20 minutes (drenched to the skin) hoping it would pass but we finally gave up and headed for home. We were a bedraggled, sorry-looking lot by the time we got home but there was no one around to take the "after" photo. It was the first time we missed playing for the ceremony and we felt sorry that we could not have been there to honor our brave policemen and women.  
Love, Bonnie



Wishing all of you a very happy Mothers' Day. My treat was that I got to go with my son to his usual Saturday night gig in Palm Beach at the VERY posh Colony Hotel. The Brothers of Others play pool side where there is outdoor dining. It was indeed a treat to see all of elegant people, sip a nice dry martini and savor a shrimp cocktail made with the largest shrimp I have ever seen. No one dances but when the combo played "I Saw Her Standing There" (the Beatles tune) a young lady came over and took me by the hand and we danced (barefooted) to my heart's content. :-)  
Bonnie



Learn Furlan

By Joe Colussi

Bedin e Bedina

Copied in Furlan from: "In Dulà Vàstu Zisilute?"; by Angela Tramontina Salar, Borgo Poffabro Associations Culturale, November, 2007. Many thanks to Jeanne Roman who gave this book to my Father! Thanks to Mary Ann Fortunato who provided the photo of Bedin e Bedina dolls, made by Agna Elia Giacomelli, for Mary Ann's daughter Maria.

*Bedina: Bedin, vèstu a nôli?*

*Nooo...!*

*Alora i clamarài il cjan ca ti muardi!*

*Cjan, vèstu a muardi Bedin?*

*Nooo...!*

*Alora i clamarài il bastòn ca ti bastôni!*

*Bastòn, vèstu a bastonà il cjan?*

*Nooo...!*

*Alora i clamarài il fuoc ca ti brûsi?*

*Fuoc, vèstu a brusà il bastòn?*

*Nooo...!*

*Alora i clamarài l'aga ca ti distûdi!*

*Aga, vèstu a distudà il fuoc?*

*Nooo...!*

*Alora i clamarài il bòuf ca ti bevi!*

*Bòuf, vèstu a bevi l'aga?*

*Nooo...!*

*Alora i clamarài la cuarda ca ti picj!*

*Cuarda, vèstu a picjà il bòuf?*

*Nooo...!*

*Alora i clamarài la surîs ca ti pêsti!*

*Surîs, vèstu a pestà la cuarda?*

*Nooo...!*

*Alora i clamarài il gjat ca ti mángj?*

*Gjat, vèstu a mangjà la surîs?*

*Siii!*

*Alora, il gjat al cor davor a la surîs,*

*la surîs a cor par pestà la cuarda,*

*la cuarda par picjà il bòuf,*

*il bòuf a bevi l'aga,*

*l'aga par distudà il fuoc,*

*il fuoc par brusà il bastòn,*

*il bastòn par bastonà il cjan,*

*il cjan par muardi Bedin e Bedina*

*di corsa a cjasa!*

Bedina: Bedin, **will you come to get nuts?**

Nooo...!

Then I'll call **the dog** to bite you!

Dog, will you come to **bite** Bedin?

Nooo...!

Then I'll call **the stick** to beat you!

Stick, will you come to **beat** the dog?

Nooo...!

Then I'll call **the fire** to burn you!

Fire, will you come to **burn** the stick?

Nooo...!

Then I'll call **the water** to put you out!

Water, will you come to **put out** the fire?

Nooo...!

Then I'll call **the ox** to drink you!

Ox, will you come to **drink** the water?

Nooo...!

Then I'll call **the rope** to hang you!

Rope, will you come to **hang** the ox?

Nooo...!

Then I'll call **the mouse** to cut you!

Mouse, will you come to **cut** the cord?

Nooo...!

Then I'll call **the cat** to eat you!

Cat, will you come to **eat** the mouse?

Yesss!

Then, the cat **ran after** the mouse,

the mouse ran to cut the rope,

the rope to hang the ox,

the ox to drink the water,

the water to put out the fire,

the fire to burn the stick,

the stick to beat the dog,

the dog to bite Bedin and Bedina

running home!



This story is presented in honor of all our Mothers who lovingly told us these enjoyable stories when we were children. Continue the tradition - pass this on to your children and grandchildren.

In addition to Bedin e Bedina, Mom also told us the story of "Il Mat e il Sabit". I don't have this in Furlan but will pass on what I remember of the story, in English, in a later newsletter. If anyone would like to share any of their family stories, rhymes or poems please send them to us at: [newsletter@efasce.com](mailto:newsletter@efasce.com).

*Graciis e Buine Festa delle Mari a duti li Mari!*

**2021 Newsletter Series: Italian Wines Part 2**

By Ellen Cericola

In the last newsletter, we introduced the first DOCG wine of Friuli Venezia Giulia - **Colli Orientali del Friuli Picolit**, a very long name for a sweet noble white wine. We continue this series on Fine Friulian Wines with another regional DOCG white wine having a very short and simple name, **Lison**.

**D.O.C.G.**

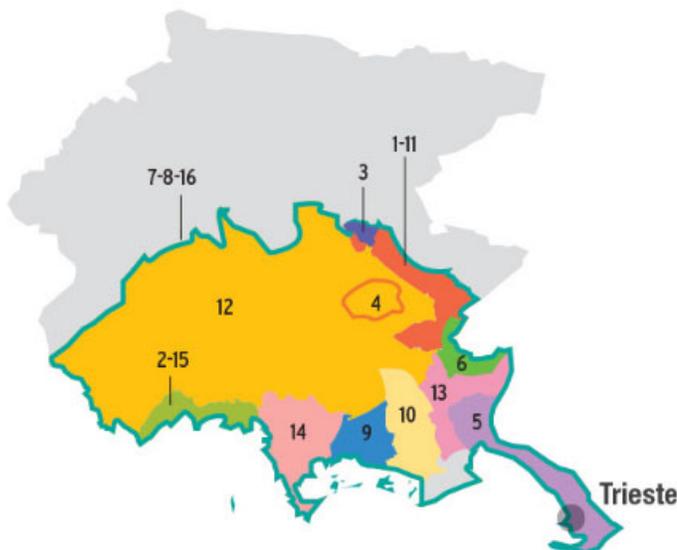
|  |   |
|--|---|
| Colli Orientali del Friuli Picolit ..... | 1 |
| Lison .....                              | 2 |
| Ramandolo .....                          | 3 |
| Rosazzo .....                            | 4 |

**D.O.C.**

|   |    |
|---|----|
| Carso or Carso-Kras .....                 | 5  |
| Collio Goriziano or Collio .....          | 6  |
| delle Venezie or Beneških Okolišev* ..... | 7  |
| Friuli or Friuli Venezia Giulia* .....    | 8  |
| Friuli Annia .....                        | 9  |
| Friuli Aquileia .....                     | 10 |
| Friuli Colli Orientali .....              | 11 |
| Friuli Grave .....                        | 12 |
| Friuli Isonzo or Isonzo del Friuli .....  | 13 |
| Friuli Latisana .....                     | 14 |
| Lison-Pramaggiore .....                   | 15 |
| Prosecco* .....                           | 16 |

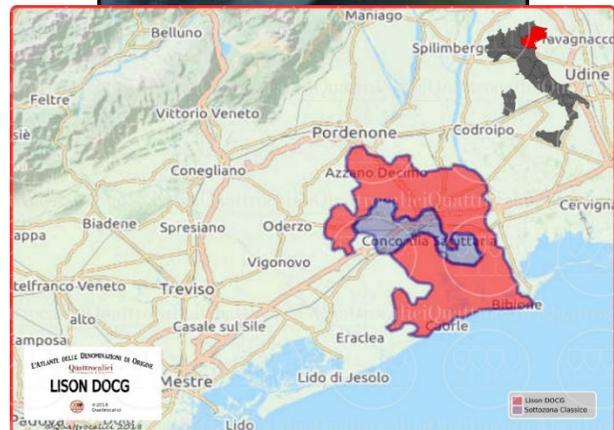
\* In the areas of: Pordenone, Udine, Gorizia, Trieste.

\* At 12 March 2018 this denomination of origin is subject to transient labeling regime, until the end of the approval procedure by the E.U.



**Lison DOCG**

**Lison DOCG** is a dry white wine produced at the opposite end of Friuli’s wine growing region compared to the **Colli Orientali del Friuli Picolit** introduced in the February newsletter. **Lison** wine is produced in the south-western area of Friuli Venezia Giulia (Pordenone Province) and adjoining north-eastern areas of Veneto (Venezia Province) and is the only Friulian DOCG wine that does not originate in the eastern hills of the region. **Lison** wine is made from a signature white grape known as “Friulano,” though locally the grape is called simply “Lison” and sometimes “Tai.” The “Tai” name is a reference to the traditional name of this grape that for many years was called “Tocai Friulano” although this name has been legally phased out to protect the producers of another fine European white wine, “Tokaj” from Hungary.





**Lison** wine was originally included in the **Tocai di Lison** DOC of Veneto from 1971 to 1985. It was then incorporated into the **Lison-Pramaggiore** DOC wines of Veneto beginning in 1985, and ultimately **Lison** was established as a separate **DOCG** in 2010. **Lison** **DOCG**, produced both in Veneto and Friuli, in fact is the only Italian **DOCG** wine produced across a regional border. Although as with any **DOCG** wine, at least 85 percent of the specified grape variety must be used, **Lison** wines of the region are most often produced entirely from “Friulano” grapes, with leaves and berry clusters resembling “Sauvignon Blanc” grapes, though there is no relation between these varieties. Friulano grapes typically bud late but ripen early, and production yields are closely monitored to maintain quality. The grape’s thin skins make it susceptible to various forms of rot and mildew, though it is often picked early enough in the season (mid to late September) when this danger is minimized. Friulano grapes are best grown within drier vineyard sites, as they are also prone to a fungus known as “botrytis” when growing conditions are too wet. The Friulano grape is grown widely throughout Friuli and can be found in many of the region’s **DOC** wines as well as **Lison** **DOCG**. **Lison** wines have been described as “...pale yellow color, well-rounded, full-bodied flavor, refined aromas of elegant flowers and peaches, clean, dry, velvety

finish with a taste of almond on the back palate, pairs well with fish, white meats...”

**Lison** wines are typically aged mostly in stainless steel, with up to 10% of the yield in some vintages aged in new French Oak. **Lison Classico** wines usually have a slightly higher alcohol content and refer simply to a specific geographic origin within Veneto. Generally, **Lison** **DOCG** wines are very reasonably priced, in the range of \$8 to \$22 per bottle on average.

The **Lison** **DOCG** takes its name from an ancient Roman village of Lison, and there is historic evidence that cultivation of Friulano vines dates back to Roman times. Viticulture of this variety has continued through the centuries by Benedictine monks, Serenissima Republic of Venice and finally the Habsburg empire. Beginning in the 19th century, the cultivation of (Tocai) Friulano expanded significantly, thanks to the ideal climate for viticulture within the regions adjacent to the Adriatic. Today, 90 percent of Italy’s production of Friulano grapes are grown in Friuli Venezia Giulia (55%) and Veneto (35%).

**References:**

<https://italianwinecentral.com/denomination/lison-docg/>

<https://www.wine-searcher.com/regions-lison>

<https://www.wine-searcher.com/grape-1069-friulano>

<https://www.quattroclici.it/denominazioni/lison-docg/>

## Ce L'ise (Che Cos'È) – What Is It? By Joe Colussi

This year's virtual General Members' Meeting and virtual Polenta Dinner generated some interesting discussions on various Furlan food dishes, words and traditions. Although we all come from the same region of Italy (with many of us from the same town and are related on one way or another), there are different experiences that we've had growing up, based on what our Parents and Grandparents taught us from "The Old Country"!

So, what does Esther have on her polenta? My Colussi Balut family just refers to it as *frico*, but I guess technically it's *frico crema*. Melted cheese (*salmora* – brined cheese, if you have it, or Asiago, Montasio, Grana Padano, Colby, etc.), with heavy cream to make something like a fondue cheese. Cousin Naomi Colussi Houseal says that her Mother used to refer to this as '*scamorcha*' (or something that sounded like that). The closest thing I can find is *Toç in Braide*, or in Furlan, *Toçh in Braide*. *Toçh* (we say 'toçhu') meaning sauce or gravy, and *braide* meaning farm. So, it's 'sauce of the farm' or 'farm gravy'. *Toç in Braide* is associated with the cooking of Carnia. On-line recipes melt cheese in milk (we use heavy cream) and pour it over polenta like we do, but then they add a drizzle of some browned butter mixed with cornmeal (*morchia*, see below) over the whole thing. Another website refers to this as '*Polente cuinciade*' (flavored polenta). See video:



<http://www.viaggioinfriliveneziagiulia.it/wcms/index.php?id=6763,6493,0,0,1,0>

Next, *Morçhe/Morcja* (*morchia*), which translates to 'dregs' or 'sludge'. Yummy, huh??? Actually, I've discovered it refers to browned butter (complete with the bits of butter fat and ghee) cooked with cornmeal. *Morcja* in my family refers to a mixture of the browned butter fat bits (some people start with butter, Mom cooked down a quart of heavy cream until dark like coffee grounds; ghee separated out), cooked with scrambled eggs and grated cheese.

Finally, *Fongs*, mushrooms, but on Mom's plate they are the *Gran Pučala* ('big stinker') type, or Hen-of-the-woods mushrooms. Never seen a *Gran Pučala*? Thanks to Linda McGlinn for sending these photos of her Father, Joe Rosa Bian with his awesome find!! Don't try asking Joe where he found these because Furlans will never reveal their secret spots! Murphy, the dog, knows too, but he wouldn't tell either!! Since my source is so abundant, I'll share my secret spot..... ASSI Korean Market in North Wales – they're packaged as Maitake!!



FYI- *Grifola Frondosa* (aka: 'hen-of-the-woods', maitake, 'ram's head' or 'sheep's head') is a polypore mushroom that grows at the base of trees, particularly oaks. Typically found in late summer/early autumn, it is native to China, Europe, and North America. In Japanese, maitake translates to "dancing mushroom," reputedly for its resemblance to the "waving hands and kimono sleeves of dancing girls." The same mushroom is called "hen-of-the-woods" because of its resemblance to a hen perched on a nest. My family swears you have weird dreams after eating these with your dinner. **Bon Pitic !!!**

*Please join us!*  
*Drew Justice Memorial*  
*SOCIAL HOUR*

**Thursday Evening, June 10<sup>th</sup>**  
**4:30 – 8:30 PM**

**The Venetian Club**

**8030 Germantown Ave, Chestnut Hill**

- **Appetizers will be provided**
- **Libations, including several of Drew's favorite "Signature Cocktails" will be available for purchase at the bar**



**This event will be held Indoors & Outdoors  
to optimize Social Distancing**

*Questions? Call 215-247-9858 or 215-280-4586*

*THIS EVENT SPONSORED BY:*  
*The Venetian Social Club & EFASCE di Philadelphia*

### From the EFASCE Directors

Your directors are still working hard to keep our organization running during the CORONA lockdown. The Directors of EFASCE have continued to meet electronically via ZOOM meeting. See the photos below, which include the March General Members Meeting (GMM), and April Directors' Meeting. Thank you to all who attended the GMM. Your participation is vital to the organization.

### March 2021 - General Members Meeting



### April 2021 – EdP Directors Meeting



## May 2021 – EdP Directors Meeting



## Gardening Tips from Our Directors

**From Bob Henry, who started this discussion:**

This may not be Friuli logic, but I'm claiming it as if it were. My neighbor puts a sardine fish in the ground when he plants vegetables in the garden. Just like the early American Indians and the Pilgrims. Plus, sardine cost 79 cents a can! Cheap!

**Reply by Dan Giacomelli:**

I still use our coffee grind and make sure they are reused\recycled in the garden or lawn:

[Grow healthier fruits and veggies with sardines and coffee grounds \(homehacks.co\)](http://homehacks.co).

This technique has been around for hundreds if not thousands of years. According to [Indian River Organics](#), many modern techniques of growing use synthetic fertilizers that deprive our plants of some very essential nutrients. The use of fish as fertilizer dates all the way back to the Roman empire.

### Connect with EFASCE!

WEBSITE: <http://www.efasce.net/>  
 Facebook: <https://www.facebook.com/efascediphiladelphia/>  
 Use #EFASCE or #EFASCEdiphiladelphia on social media!

### Officers

Laura Lorenzon Maxwell, President  
 Lisa Roman, Vice President  
 Madalena Lorenzon, Treasurer  
 Linda McGlinn, Secretary

### How to Contact Us

General Mailbox: [contact@efasce.net](mailto:contact@efasce.net)  
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 Vice President: [vp@efasce.net](mailto:vp@efasce.net)  
 Treasurer: [treasurer@efasce.net](mailto:treasurer@efasce.net)  
 Secretary: [secretary@efasce.net](mailto:secretary@efasce.net)  
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 Membership: [members@efasce.net](mailto:members@efasce.net)

### Directors

|                                     |                  |
|-------------------------------------|------------------|
| Frank Brandolisio                   | Robert Henry     |
| Ellen Cericola                      | Robert Mack      |
| Joseph Colussi                      | Rosemary Maieron |
| Dan Giacomelli                      |                  |
| Maurino Rossanese (Parliamentarian) |                  |