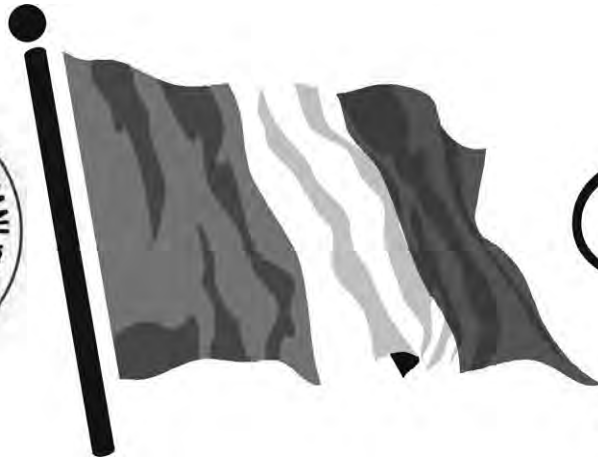




December
2022



Italia

NEWSLETTER of the ITALIAN WORKMEN'S CLUB

914 Regent Street • Madison, Wisconsin 53715

IWC President David Rizzo, (608) 852-3665, Membership Secretary Ross DePaola (608) 469-1859,
Italia Editor Staff – IWC Phone: (608) 258-1880 – www.iwcmadison.com

President's Message



I'm about to close the book on my sixth year as club president. It has been an honor and a privilege to serve in this

latest two-year term. I want to thank our council members who helped me; guide our club through the COVID-19 pandemic, maintain progress on our Strategic Master Plan, oversee the implementation of several building improvements and repairs, manage the return of Festa Italia and solidify our membership, which positions us for stable growth in the coming years. All of this was done with a healthy respect for the traditions of the past. I'll continue to serve as past president, and I look forward to providing advice and counsel to our new president, John Caliva and vice president, Joe Tripalin.

- **Honor The Past**

Our club will soon celebrate its 111th

birthday. Our historic building at 914 Regent Street is one hundred years old, and stands as a reminder of the dedication and commitment of our club's founders to provide a gathering space for neighbors to share stories, play cards, exchange recipes, celebrate the joy of weddings, or provide comfort at the loss of loved ones. Despite occasional discord, they prided themselves on helping each other in time of need. I encourage all members to honor their predecessors by remembering that our member oath speaks to, "lending my time and talent for the moral and material benefit of the club." Let's all pledge to share in our rich heritage by actively participating in club activities in the same volunteer spirit of our ancestors.

- **Celebrate The Present**

The state of our club is strong. Our sauce tasting, wine making, Festa Italia, charity golf outing, summer picnic, Christmas Parties and monthly membership meeting

meals are examples of community engagement and joyful camaraderie.

If you're able, pledge to be an active member. Cook a meal. Serve on a committee. Help make our wine. Attend a monthly meeting.

continued on page 2



Buon Natale

- **Envision The Future**

Give some thought as to how you can help our club move forward. Resist the temptation to always assume that some other guy(s) will do the work.

As we exit 2022 and prepare for 2023, thoughtfully consider how you can make a difference.

Alla prossima volta, statevi bene e Dio vi benedica.

David Rizzo 

Italy: *Birthplace of Modern Medicine*

By Tom Smith

No matter what your age, we are all concerned about our health. The pandemic has certainly heightened those concerns in recent years. But few people know that Italy is recognized by many as the birthplace of modern medicine. The human body had long been a mystery as religious, legal, and cultural taboos prohibited its dissection and study. However, in the 2nd century, the work of Greek physician Claudius Galenus along with his writings and dissections of monkeys formed the foundation and development of medicine for centuries to come.



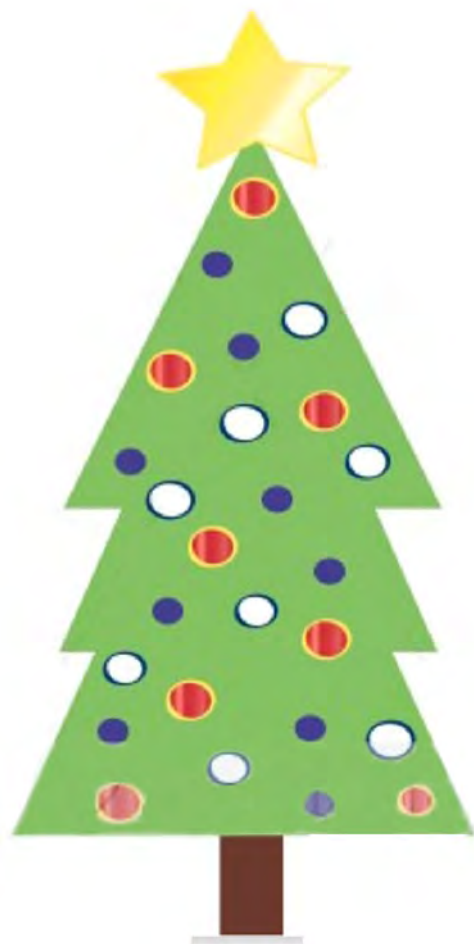
University of Padua Courtyard

During the Renaissance it was the scientific revolution and research that paved the way for the practice of modern medicine. At the forefront of it all was one Italian city – Padua – and its university. Though best known for the setting of Shakespeare’s *Taming of the*

Shrew, this northern Italian city has been deemed the cradle of modern medicine.

The University of Padua was founded in 1222, and drew professors from across Europe, attracted by a guarantee of freedom of research that was described by some as “the Scientific Renaissance.” Though the Middle Ages had relied on theology and knowledge acquired through reading theoretical works, the Renaissance brought about a shift to the “scientific method” that was based on experimentation and testing. It was Galileo who taught mathematics and his “quantitative method” which had a profound influence in medicine.

Continued on page 3



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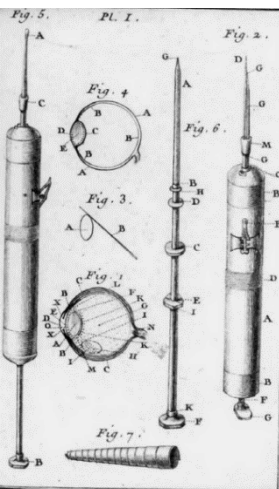
In the 16th century Andreas Vesalius, who completed a doctorate in medicine at the university, became chair of the university's Anatomy and Surgery Department. He performed the systematic dissections of human bodies in an anatomic theater before crowds of 500 spectators. Because the Inquisition forbade the dissection of cadavers, dissections were always performed at night. Just over 50 years after Vesalius performed those dissections (between 1594 and 1595), the world's first permanent structure designed for public anatomical dissections was constructed inside the Palazzo Bo next door to the Hall of Medicine. The first of its kind it served as the prototype for all future anatomy theaters.



University of Padua Botanical Garden

Much of modern anatomical pathology came from the University of Padua. In fact, the first human heart transplant in Italy was performed in Padua in 1985. The human circulatory system was first fully described by William Harvey, who was a student of medicine in Padua. Santorio, a professor at the university, invented the thermometer. The University of Padua botanical garden was founded in 1545 to help scientists study the healing power of plants. Many new plant species came to Italy through this garden, including jasmine, lilac, sesame and sunflowers. Europeans also have these gardens to thank for coffee, first mentioned in the 16th century work *De Medicina Aegyptiorum* written by Prospero Alpini, who was the garden's director.

Today's visitors to Padua will also find the Museum of History of Medicine. This new generation of a museum, which opened in 2015, was established within the walls of the 15th century building that once housed Padua's first hospital (built in 1414). It chronicles the journey of medicine



from ancient discipline to modern science, combining history and technology and using hundreds of artifacts and dozens of interactive displays that tell the story of how we came to understand and treat the human body.

There are many examples of developments in medicine in Italy throughout the years. In the history of eyeglasses, the first reference to the invention of eyeglasses appeared in a book written in 1299. In 1660 Carlo Antonio Manzini published *L'occhiale all Occhio Dioptrica Practica*, one of the

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Italia

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earliest detailed accounts of the methods of grinding and polishing lenses.

In 1675 Antonio Molinetti published *Dissertationes Anatomico Pathologicae*, a survey on the anatomy and pathology of the human body, based on his investigations on the physiology of the senses and the brain.

In 1752 Giuseppe Pallucci published *Methode d'abbatr la Cataracte*, detailing specialized cataract surgery.

Throughout history pharmaceuticals have played a key role in both ancient times and modern medicine. Much of those medicines came from herbs and plants, many still used in Italy today. Aspirin, with 80,000,000 tablets sold every day in this country, derives its painkilling properties from a substance called Salicin which is found under the bark of the willow tree. Its "healing properties" were well known to the Romans and found in the writings of Hippocrates in 400 B.C.. The plant kingdom offers something for everyone, ranging from antibiotics and anti-inflammatories to antidepressants and skin treatments. Lavender was used to bathe, olive oil with herb infusions to smooth the skin. Bay-laurel was used to treat stomach disorders. The plant *Malva silvestris* was used as far back as the 8th century to treat pain and inflammation, and until recent years to treat toothaches.



Many of these common herbs are still used in Italy today. Basil is a tender plant used in cuisines worldwide. The parts that grow above ground are used to make medicine, including lowering blood sugar levels, as an antispasmodic, and to reduce fever and irritation from insect stings.

Lavender contains an oil that seems to have calming effects and relax certain muscles, as well as some antibacterial and antifungal effects. Its scent is used to cure stress and stress related headaches, as well as



Bee on Medicinal Plant

helping relieve depression and anxiety.

Calendula (Marigold) has been used for skin problems such as rashes, as an antiseptic and to ease swelling. Researchers say the extract can be an effective treatment for venous leg ulcers.

Juniper plants can grow low and wide like a shrub or tall like a tree. The berries are a spice used in a wide variety of culinary dishes and perhaps best known for the primary flavoring in gin, but have also been traditionally used to "detoxify" the body and promote healthy digestion and skin health. Some specific uses have included as a strong antiseptic for urinary tract, cystitis, as a diuretic and as an anti-rheumatic.



Juniper

Fennel is a flowering plant indigenous to the shores of the Mediterranean. In ancient times, the Romans used fennel as part of their ceremonies and it served as a symbol of wellness and pleasure. Also used to relieve flatulence, stimulate appetites, and aid digestion, today it has been used as a mild expectorant and an eye-wash for conjunctivitis.



Fennel

Lastly, a favorite for many of us is garlic. It is a species of bulbous flowering plants in the genus *Allium* and a close relative to the onion, leek and shallot. Fresh garlic, garlic powder, and garlic oil are all used to flavor our foods. At one time it was used for the treatment of arthritis, snake and insect bites, parasites, chronic cough, and as an antibiotic. But today it is also promoted as a dietary supplement for conditions related to the heart and blood vessels,



Garlic

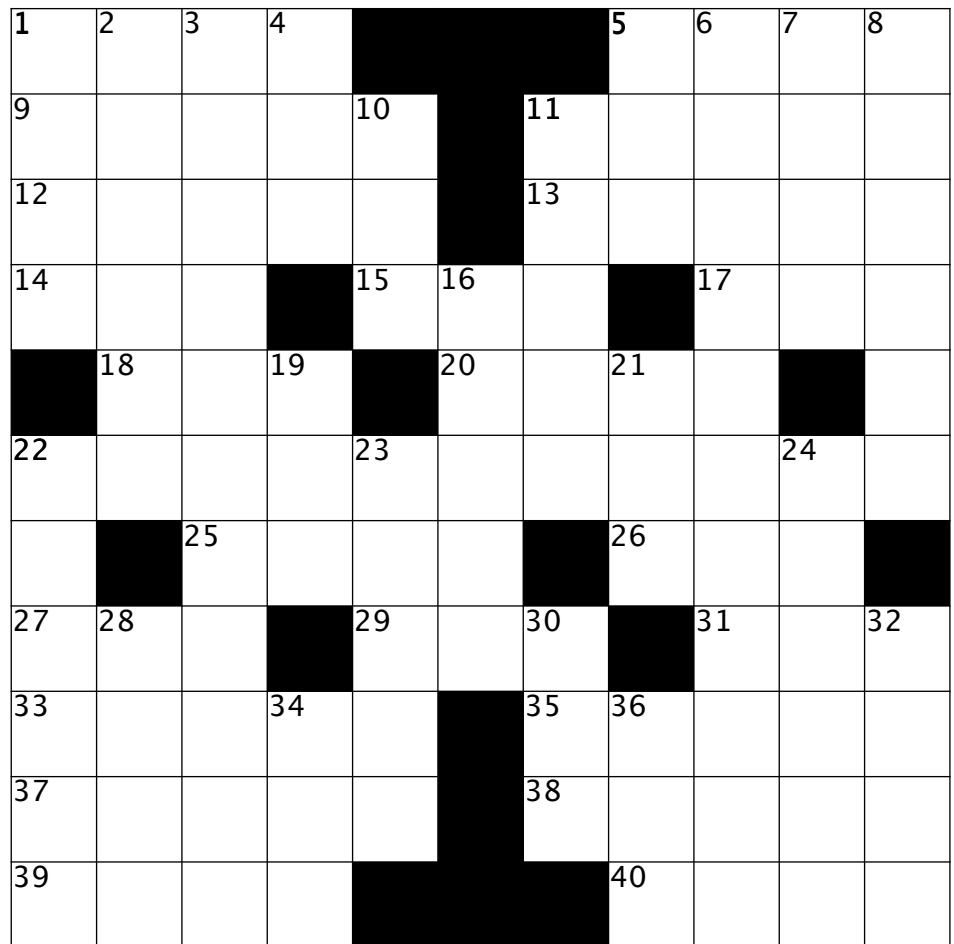
Italia Crossword Puzzle

ACROSS

1. Cake you wash with
5. Phishing
9. Needed to make cannoli
11. French city
12. Baseball position
13. Lots of imports
14. Law students pass it
15. One is original
17. Abbreviation for some priests
18. _____ Smart
20. Naive person
22. Christmas Eve feast
25. De-_____
26. "_____ the torpedos"
27. Water overseer
29. _____ sack
31. Electronics brand
33. _____ Joe's
35. Tenet
37. You do this to buttons or pants
38. Untrustworthy one
39. Letter enclosure
40. Gaelic language

DOWN

1. Take a _____ at
2. When the lights go out
3. Makes shorter



4. Soup with ham
5. Opposite of Bro
6. Old radio serial feature
7. Winged
8. Monthly occurrence
10. Aves
11. You sit on this in Hawaii
16. _____red
19. Private investigator
21. Philosophy
22. What Luca Brasi does with the fishes
23. birdhouses
24. Colon cleansers
28. _____ military
30. Tooth Dr.
32. Dessert after 22 across
34. Chemical ending
36. The loneliest number



IWC Birthdays

November

Raul De Luna	(3)
George Fabian	(3)
Darren Marabelli	(3)
Jonathan Solari	(5)
Andrew Cusimano	(7)
David Lombardo	(7)
Jack Theel	(7)
Rick Bonanno	(10)
Kenneth Urso	(11)
David Rizzo	(11)
Daniel M. Amato	(13)
Mike Bender	(18)
Victor Lombardino	(22)
Mark Salerno	(23)
John Tobin	(25)

December

James S. Capacio	(1)
Tony Reitano	(2)
John Valenza, Jr.	(7)
Bennett Fraboni	(7)
Patrick DePula	(9)
Joseph Rane	(10)
Dennis Di Carantonio	(18)
Robert Moccero	(21)
Dan Malone	(22)
John Sheehan	(24)
Vincent D'Orazio	(28)



including high blood cholesterol (hyperlipidemia) and high blood pressure (hypertension). And epidemiologic studies suggest a link between higher intake and lower risks of cancers, particularly gastrointestinal cancers. I remember watching my favorite uncle fry cloves of garlic in a pan with a little olive oil, then pop one in his mouth saying garlic was good for all that ails you.

From the birth of modern medicine to the homeopathic benefits of many herbs, Italy has been a place that has contributed much to the health and wellbeing of people, both there and around the world, then and now. ■■

Italian Cookies for the Christmas Market



IAWC members helped bake for and staff the cookie booth at Blessed Sacrament's annual Christmas Market in November to thank them for allowing us to meet there. We created a corner just for Italian cookies, and put out flyers and membership applications. The Italian cookies sold really well (in all fairness, so did the other kinds!). Members enjoyed meeting the Blessed Sacrament staff who helped with the Christmas Market.

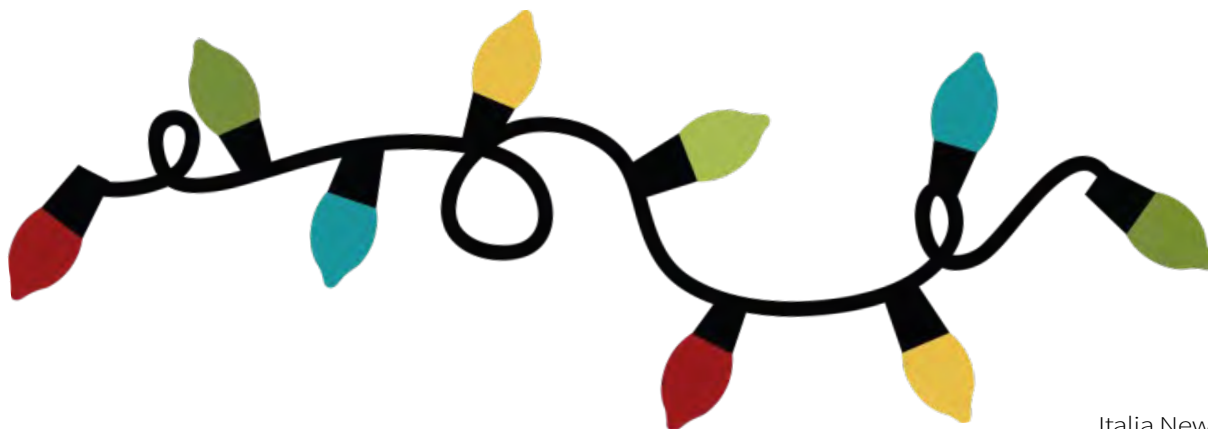
If you have not attended this Christmas Market in the past, do yourself a favor and attend next year. They serve great lunches, and sell food, crafts, holiday wreaths, Christmas trees, arts and crafts, honey, jewelry, and so on.

Many thanks to the members who showed up to help prepare, staff, and take down. ■■

Photo: IAWC members hoped to attract new members at the Christmas Market. Shown are (L to R), Karen Myers, Jackie Pauly, and Charmaine Pelliteri.

Solution

S	O	A	P				S	C	A	M
T	U	B	E	S		L	I	L	L	E
A	T	B	A	T		A	S	I	A	N
B	A	R		S	I	N		F	R	S
	G	E	T		N	A	I	F		E
S	E	V	E	N	F	I	S	H	E	S
L		I	C	E	R		M	A	N	
E	P	A		S	A	D		N	E	C
E	A	T	A	T		D	O	G	M	A
P	R	E	S	S		S	N	E	A	K
S	A	S	E				E	R	S	E





Meeting Dates

- IWC Council Meetings – 2nd Tuesday of Each Month 7:00 pm
- IWC Membership Meetings – 3rd Tuesday of Each Month 6:30 pm

Please clip and post this calendar.



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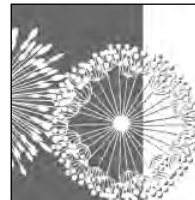
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