

# LA PASSEGGIATA

*Weekly newsletter brought to you by the Italian Club Board*



## LA PAROLA

*Boh* is a slang with the same meaning as *non lo so*: simply "I don't know." It is usually accompanied with a shrug of the shoulders to indicate indifference.

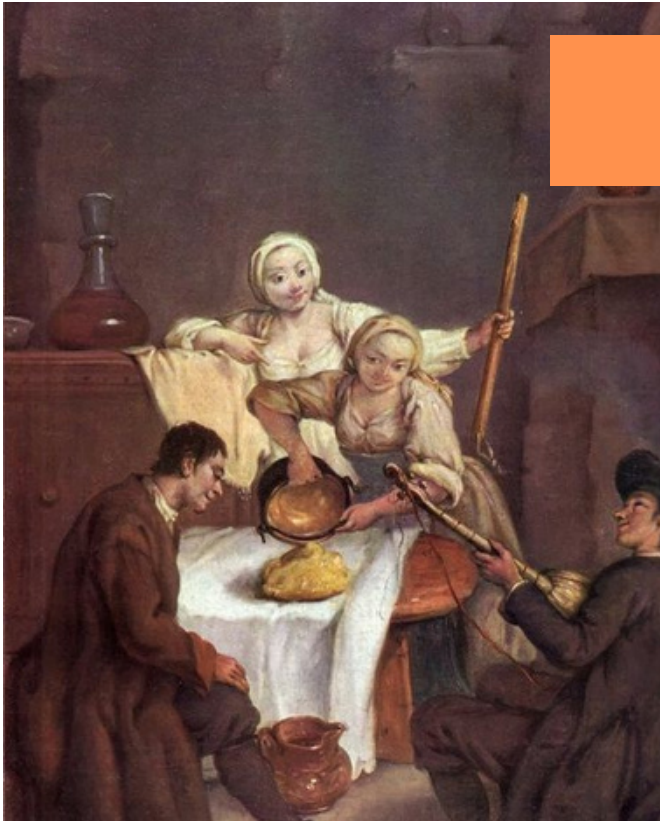
## SE HAI 21 ANNI...

*Gewütraminer* is a type of wine that is best cultivated in Mediterranean and mountainous regions, like Trentino-Alto Adige. For under \$20, we recommend the *Gewütraminer* from the winery Colterenzio in Südtirol.



## IL FATTO

Although it is part of Italy, many people in the region of Trentino-Alto Adige speak German as their first language and Italian as their second language. A small percentage of people in this region also speak *Ladin*, which is derived from a form of vulgar Latin.



## CANEDERLI

*Canederli*, or *Knödel*, is a type of dumpling that dominates the northeastern corner of Italy. It combines stale white bread, spinach, eggs, onion, butter, oil, parmesan, and spices. It can contain milk, but it doesn't have to.

Begin by finely chopping the 300 g of spinach and mixing it with the two eggs in a blender. Moisten the 200 g of bread with 4-5 tbsp of water and season with salt, pepper, and nutmeg.

## PARTE II

Dice and saute the onions in butter and oil until golden brown, Add the onion, parmesan, and spinach mixture to the bread and mix together. Add more water or bread crumbs to reach desired consistency; the dumplings should be a little wet, but formable.



## PARTE III

Once the mixture has rested briefly, form the dumplings and cook them in boiling salted water for ten minutes. Some bits will fall off in the water, but you should end up with a fully formed dumpling.



## BOLZANO

The first city in the northern region of Italy that we'll be visiting is the city of Bolzano, or Bozen in German. It's the largest city in the South Tyrol region with a population of around 106,000, and was named the Italian city with the highest quality of life in 2014. A perfect mixture of Italian and Austrian/German culture, you can see the city by walking, biking, or even taking a cable car with a panoramic view of the city.

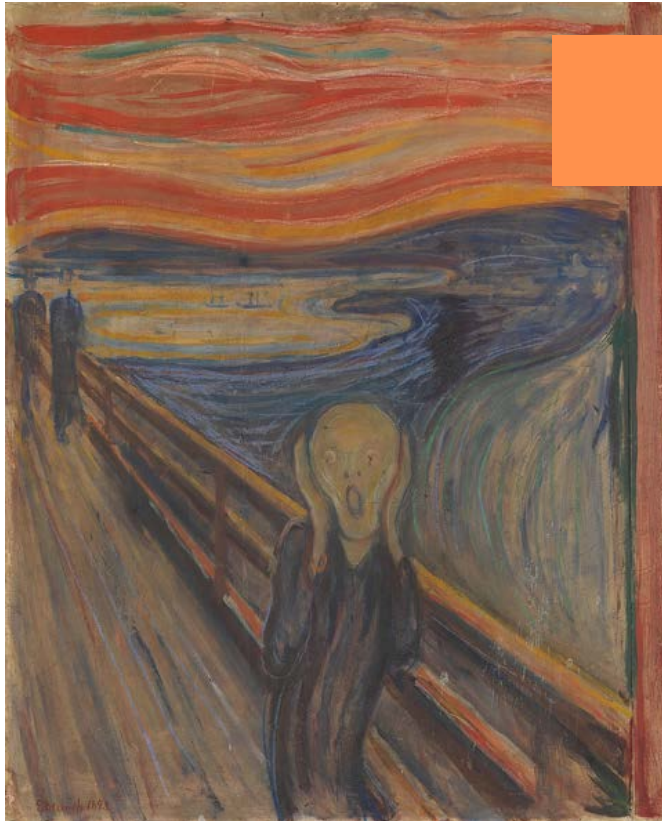
## ÖTZI THE ICEMAN

Bolzano is home to the South Tyrol Museum of Archaeology, where the mummified remains of Ötzi the Iceman are found. Ötzi was found in 1991 and is believed to be around 5300 years old, making him Europe's oldest mummy.



## MERCATINI DI NATALE

Bolzano is also home to a Christmas Market. The beautiful alpine city is the perfect place to spend the holiday season in Italy. Like most Christmas Markets, it offers mulled wine and tasty treats alongside traditional crafts and homemade goods.



# HALLOWEEN

Halloween is not a traditional holiday in Italy. It doesn't have a long history amongst the Italians, nor does it hold deep traditions.

However, because of the ubiquity of American culture in Europe, some Italians (especially younger people) have started to celebrate the holiday like Americans do. Today, especially in larger cities, costume parties and *dolcetto-scherzetto* (trick-or-treat) are becoming more commonplace.

## IL CLUB

Because it is a holiday from American popular culture, Halloween in Italy is a commercial holiday, and it means little to Italians beyond being a fun night to dress up and go to a costume party at their favorite club.



## I TURISTI

Tourist companies in big cities have begun to capitalize on the growing popularity of Halloween in Italy, setting up "spooky" tours around that time of year in iconic places like the Roman catacombs.



## I FILM ORRORI

Following in the footsteps of the German Expressionists of the 1920s, several Italian directors became famous off of their horror films

Often, these films were not as commercially viable as other, more popular Italian films. Because of this, the films were typically lower budget, independent affairs.

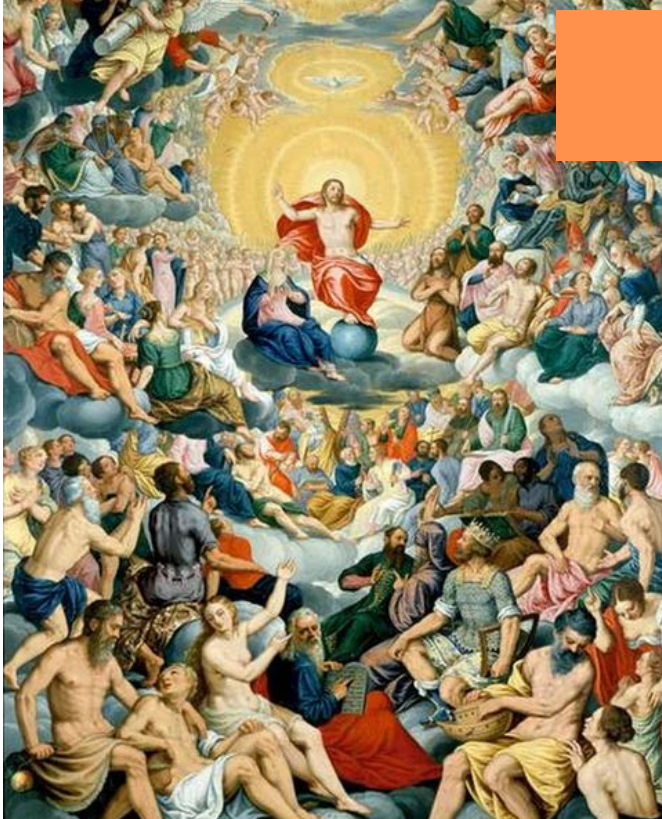
## MARIO BAVA

Mario Bava, a director sometimes referred to as the "Master of Italian Horror," is one of the early Italian masters of the horror genre. His films were typically low-budget and commercial flops, but they eventually became cult classics.



## DARIO ARGENTO

Following in the footsteps of Bava, Dario Argento became famed for his work in the '70's and '80's, especially his "Three Mothers" trilogy. His films, like *Suspiria*, were vibrant and psychedelic, with impossibly exaggerated colors, and often included supernatural and occult elements.



# OGNISSANTI

Though not every Italian is practicing, Catholicism is still extremely important to Italian culture, and many of their holidays are centered around religious traditions.

One of the larger and more important autumnal holidays is *ognissanti*, or All Saints' Day, is celebrated on November 1st, and is meant to be a day to commemorate and remember all saints. It is a national holiday, so work is off, school is out, and many Italians feast.

## LA STORIA

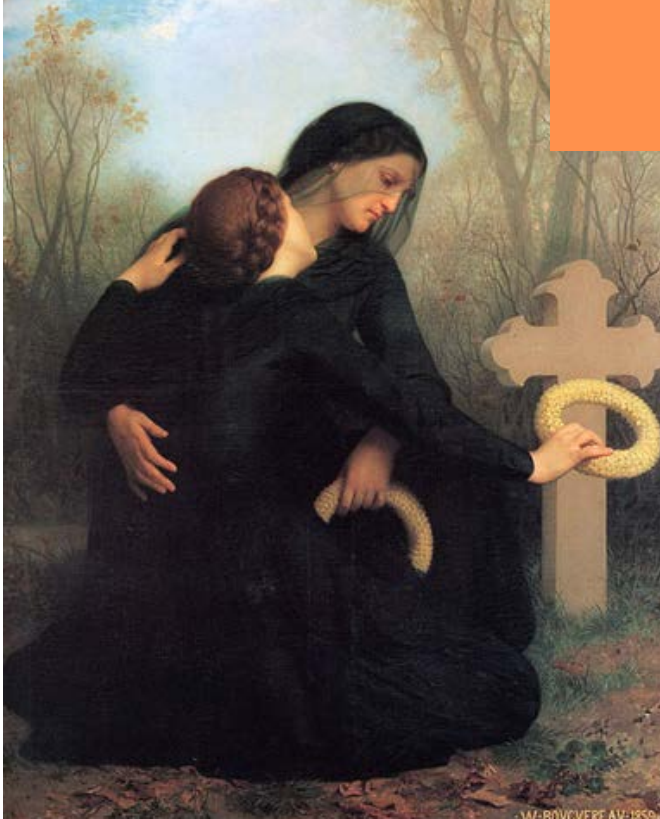
*Ognissanti* has deep historical roots. Feasts celebrating martyrs have date as far back as 5th century BCE in the early Christian city of Antioch. In Italy, Later, Pope Boniface IV declared an "All Saints' Day" in 609 AD



## LA FESTA

Though not everybody observes the holiday, Italians often celebrate *ognissanti* by visiting friends or relatives and bringing gifts. And of course, *ognissanti* is accompanied by a feast. What is eaten varies greatly from region to region, with menus including soups, sweets, and meats!

# GIORNO DEI MORTI



Joining with similar celebrations around the world, Italians keep the Catholic tradition of the Day of the Dead, or *Giorno dei Morti*.

On this day, special attention is given to reconnect with and commemorate those who have passed on. Across the country, families go to visit their loved ones graves and (traditionally) place chrysanthemums atop the grave. It is a more solemn day than *Ognissanti* or the *Dia de Muertos* in Mexico.

# IL RITORNO

Similar to other Days of the Dead, Italians have an idea that the dead return to their families. Some families will set the table for those who have died. Sicilian children traditionally leave their shoes outside, so they will be filled with sweets by the spirits.



# IL CIBO

Like many Italian holidays, food plays a central role in the *Giorno dei Morti* celebrations, especially sweets. And as always, there are many regional traditions and changes. Cookies are especially popular, with each region having their own cookie for the dead.