

# LA TAVOLA

ISU Italian Club

FALL 2022 SEMESTER RECAP

insta: @isu\_italianclub



## PAINTING NIGHT

La Tavola's first ever painting event was a wonderful night of relaxing and hanging out while doing paint-by-numbers. Organized by club vice president Leah with Professor Demos, the night started with an introduction about the artworks that students chose to paint. The choices were Botticelli's *The Birth of Venus*, Raphael's *Madonna del Prato*, and Caravaggio's *The Sick Bacchus*. The night was spent painting, listening to Italian music, and getting to know each other. The club members painted beautiful editions of the masterpieces!

## MULTICULTURAL KARAOKE NIGHT

This past semester, the Language Department and the heads of the Language clubs came together in an epic multicultural crossover. Each language offered at ISU was represented with their board members, students, and faculty participating in the various activities. From bocce ball to karaoke, the night was filled with fun and community. The president of La Tavola, Isabella Loparco, led her fellow club members in a rendition of the Italian classic, "Bella Ciao." Shortly after, the Italian professors joined in to recite the Italian National Anthem. Additionally, the members made authentic pizzelle, a traditional Italian wafer cookie. The event was a smash hit, as a demonstration of the love and passion ISU students have for language and culture. Each language offered was represented (Chinese, French, German, Italian, Japanese, Latin, Spanish) by the board and club members.





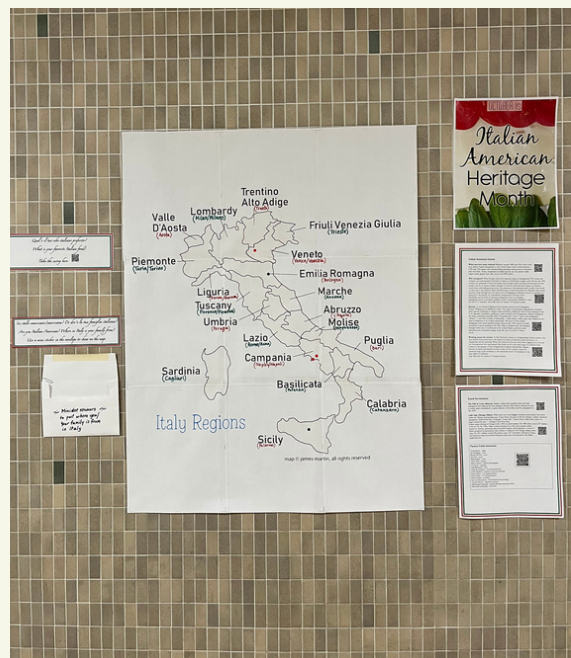
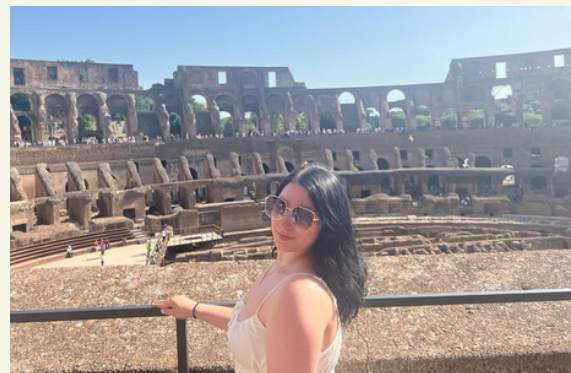
## ORE DI CONVERSAZIONE

Every Monday and Wednesday La Tavola hosted Italian Conversation Hours in the Language Commons at Stevenson! Not only do students earn class credit for participating, but this is a great way for the club to hang out and get to know each other. We practice our Italian together, talking about a variety of topics. We also play fun games in Italian, and sometimes even eat traditional Italian snacks.

## ITALIAN HERITAGE POSTER

One of my goals as president this year was to reach out to ISU students of Italian heritage. I am Italian myself (my family is from Bari, Italy), and take pride in my Italian heritage and culture. This summer, after participating in the ISU in Bologna program, I traveled to Bari and met many family members who I've only known through Facebook or emails. While spending time with them, my appreciation for my country and heritage grew strong. This gave me the idea of posting an interactive map for students in the Stevenson building on campus so they could share their Italian roots. Many ISU students and faculty participated in tracing their roots back to their specific regions, with the majority of students having Italian roots in Sicilia and Campania. The poster also provided information about Italian Americans and all the regions throughout Italy. This project was a great initiative not only for the Italian club but for students of Italian heritage here at ISU.

- Isabella Loparco







## OGNISSANTI

Ognissanti (All Saints Day) is a Catholic holiday to celebrate loved ones who have passed on. In Italy this holiday used to be celebrated on both November 1 and 2nd, but November 1 is now the official holiday. Traditions vary from region to region. The most popular are cleaning, decorating, and visiting family tombstones, preparing special food, and attending mass. Some traditions are linked to the fall harvest as well. La Tavola organized an Ognissanti celebration where we learned about the traditions of the holiday in Italy across regions. We enjoyed roasted chestnuts, olives, sparkling grape juice and we colored fall themed pages as a group. At the end of the evening, we were challenged by a Kahoot with trivia about what we learned earlier.

## STUDY ABROAD: ISU In Bologna

I considered the short 3 weeks that comprised of "ISU in Bologna" a dream that ended much too quickly. From the moment I stepped out of the plane and entered the Marconi Airport, anticipation coursed through my body. Each day from then on I hardly had a second to process the fact I was in Italy, fulfilling my lifelong dream. Learning to make authentic Tagliatelle Bolognese, taking classes at the Academya Lingue, and traveling to Rome all happened in the first week alone. I had hundreds of photos on my phone because I did not want to risk forgetting a single detail. I noted the various smells, sights, and sounds of Bologna as we perused the streets and marveled underneath the antique portici. As I reflect on my time abroad, I'm still in disbelief that it actually happened. Anyone who has an ounce of interest in studying abroad should consider participating in ISU in Bologna. As the Italians say: è un sogno diventato realtà.  
-- Kathryn Stangel





### STUDY ABROAD: ISU In Bologna

If you have any interest in this study abroad program, feel free to contact Dr. Edwards and find more information at <https://tinyurl.com/46htrush>

What are some things the trip entails?

- Pasta making class at a villa
- Daily Italian class at a local academy
- Trips to Ravenna, Florence, and other cities you want to visit!
- Living in an apartment in the historic center of Bologna
- SO MUCH MORE!



### MOVIE NIGHTS!

Once a month, La Tavola hosted an Italian movie night (three per semester) as a fun way to immerse ourselves in the language, while also being exposed to popular Italian films. The movies were chosen by Professor Demos, and can usually be found on streaming sites if you are interested in watching them! These were the selected movies we watched in the fall.







## BOTTICELLI EXHIBIT

Over the winter break, club member Leah Brecheisen was able to attend the Botticelli and Renaissance Masters exhibition at the Minneapolis Institute of Art. All of the works featured were on loan from the Uffizi Gallery in Florence, which was exciting because many of the highlighted artworks rarely leave Florence. The exhibition featured many pieces by famous Renaissance painter Botticelli, including his Pallas and the Centaur. Other works included were by his artistic influences and other famous painters at the time, including Filippo Lippi. The exhibit was an excellent insight into what life was like as a painter in Florence during the Renaissance.

## Try this Recipe: Ricciarelli Cookies

A very simple but delicious Italian recipe is the Ricciarelli cookie. These Tuscan treats are perfect for celebrations, or for a basic treat that is fun to make. Almond is a signature Italian flavor in Italian baking and is used in many recipes throughout the country. These cookies are also a bit unique compared to the traditional snappable and hard cookie that is used to dip in coffee. The chewy texture makes these cookies even easier to eat. With Carnevale around the corner, these treats are perfect to tune in to if you want a simple, but classic Italian dessert.

### Ingredients:

- Large egg whites (room temperature)
- Orange or lemon zest
- Vanilla extract
- Almond flavoring
- Powdered/icing sugar
- Almond flour
- Salt
- Baking powder

1. Directions: In the mixer add the egg whites, zest, vanilla, almond flavoring and combine, then add the sugar, flour, salt and baking powder, combine with either a wooden spoon or beat with flat beaters on low speed until a soft and compact dough forms.
2. Move the dough to a clean bowl, cover in plastic and refrigerate for 12-24 hours or up to 3 days.
3. Preheat oven to 325 F (160 C). Line 1-2 cookie sheets with parchment paper.
4. Remove the dough from the fridge, place the dough on a flat surface that has been liberally sprinkled with powdered sugar (extras) roll the dough to form an approximate 21-inch (55 cm) log, cut into ½ inch (1.2 cm) slices, and shape into an oval, place them on the prepared cookie sheets. Dust the slices well with the remaining powdered sugar. While the oven is preheating, allow the cookies to sit at room temperature for 10 – 15 minutes on the cookie sheets to dry out a bit before baking them.
5. Bake for approximately 15-18 minutes. Gently and carefully with a spatula remove the cookies immediately to a wire rack to cool completely. They will be soft at first but when cooled will become the perfect chewy consistency.



### LA TAVOLA EXECUTIVE BOARD

**President:** Isabella Loparco- Siemsen

**Vice President:** Leah Brecheisen

**Secretary:** Nico Edwards-Testolin

**Recruitment:** Kathryn Stangel

**Social Media:** Stephanie Orozco

**Treasurer:** Jillian Groot



Don't forget to look for us at Festival ISU at the beginning of the fall semester! We love getting to know you and learn your faces as you learn more about us! This is a great way to connect with Italian club and ensure you are on the email list for the year, so you don't miss any announcements about events.

### INTERESTED IN STUDYING ITALIAN?

Are you interested in learning Italian, but don't know where to begin?

Talk Laura Edwards about the **Italian Studies Minor** here at ISU!

All the minor requires is four semesters of Italian language study: ITA 111, 112, 115, and 116, + 3 electives (some include ART 156, HIS 107, ITA 221, plus so many more!)

<https://lan.illinoisstate.edu/italian/minor/requirement>  
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