

# ITALY

A&M CLUB

CALCIO STORICO FIORENTINO

TAILGATING

SEIZE  
THE  
DAY

AOSTA VALLEY

RED, WHITE AND BLUE OUT

SEPTEMBER 2023



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A photograph of a hand reaching out of turquoise water towards a mountainous coastline under a clear blue sky. The hand is in the foreground, with water ripples around it. The background shows a hilly coastline and a clear sky. The entire image is framed by a white border.

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Is The Sunday Of Summer

# CIAO A TUTI AND HOWDY, AGS!

*T*he September air carries a sense of anticipation as Italians prepare for the bountiful harvest ahead. The countryside, which was adorned with vibrant sunflowers and golden wheat fields during the summer, now takes on a more rustic and romantic character. Vineyards, heavy with plump grapes, sprawl across the rolling hills of Tuscany and Piedmont. The scent of ripened fruit permeates the air as orchards in regions like Emilia-Romagna and Campania offer up their luscious treasures. Olive groves, with their silver-green leaves shimmering in the sunlight, promise a harvest of liquid gold in October and November – for the renowned Italian olive oil.



One cannot speak of September in College Station with out mentioning the new school year and fall sports. September always feels like a new beginning after a hopefully restful and restorative break. This period of transition offers new opportunities for everyone. It's a clean slate that allows for great opportunities to unfold.

September in Italy means harvest, and harvest means new culinary traditions. Italians have an intrinsic connection to their land and its offerings. September marks the time when the finest ingredients find their way to the table, enriching the gastronomic experiences that Italy is renowned for. Tomatoes, sun-kissed and full of flavor, are transformed into aromatic sauces to grace pasta dishes. Wild mushrooms make their appearance in savory risottos, adding an earthy depth to the cuisine. Trattorias and restaurants proudly feature seasonal specialties, embracing the philosophy of "cucina povera" – simple, honest cooking that lets the ingredients speak for themselves.

In villages and towns across the country, festivals and fairs pay tribute to the agricultural abundance. The "Sagra dell'Uva" in Marino, just south of Rome, celebrates the grape harvest with lively parades, music, and, of course, copious amounts of wine. The "Festa della Vendemmia" in Piedmont invites visitors to partake in grape-stomping and indulge in delectable food and wine pairings. These gatherings not only showcase the harvest's yield but also serve as a testament to Italy's strong sense of community and appreciation for its agricultural roots. These festivals are no different than game day weekends filled with grand events, tailgating, traditions, friendship renewed over food and drink.

This month we will highlight **Aosta Valley**, the smallest of the regions in Italy. We take a **look into** the sport of **Calcio Storico Fiorentino**, the most brutal game on earth along with an **Aggie sports update**, plus **the history of tailgating**. All of this plus a few other updates as well.



We hope you enjoy the information and let us know if there is anything you would like to see in future updates.

Thanks, Ciao and Gig'em!

Ryan '91



# SUGAR COATED PROSECCO GRAPES

THEY ARE BEST SERVED COLD OR FROZEN AS A SNACK, BUT THEY  
ALSO MAKE A PRETTY COCKTAIL GARNISH, ON A TOOTHPICK!

PERFECT FOR TAILGATING, HOLIDAY MEALS AND NEW YEARS!

## INGREDIENTS:

1 POUND SEEDLESS GRAPES  
3 CUPS PROSECCO  
4 OZ VODKA  
1 CUP SUGAR OR SUGAR SUBSTITUTE (MONK FRUIT)

## INSTRUCTIONS:

WASH AND DRY GRAPES WELL.  
ADD THEM TO A BOWL, ALONG WITH THE PROSECCO AND VODKA.  
COVER AND REFRIGERATE OVERNIGHT.  
DRAIN THE PROSECCO/VODKA AND KEEP IT IF YOU'D LIKE!  
THEN TOSS THE GRAPES IN THE SUGAR AND ENJOY!

STORE IN THE FRIDGE.

# Cheers!



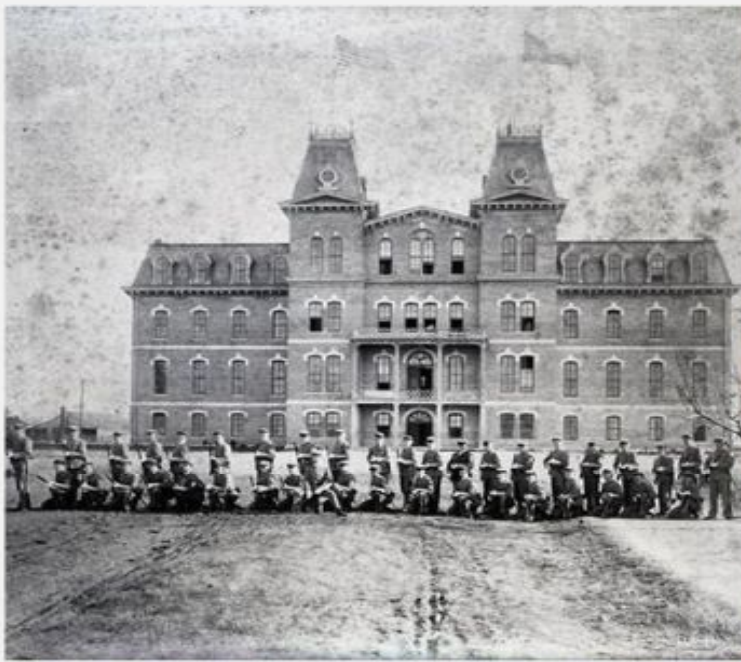
# TEXAS A&M CAMPUS REMEMBERED



## ACADEMIC BUILDING

The Academic Building (1914) was designed by campus architect Frederick E. Giesecke '86, (that's class of 1886) and Samuel E. Gideon, after Old Main was destroyed by fire in 1912. The beaux-arts classical design is a four-storied reinforced concrete structure faced with brick, and crowned with a copper dome. The front facade has four Ionic columns supporting the Classical pediment. Exterior cast stone belt courses, lintels, columns and panels are made of red granite aggregate made on the construction site. The interior rotunda is framed by twenty-six Doric columns, with a mosaic of the university seal in the floor (1978), and houses a Liberty Bell replica presented to the college in 1950.









## CORPS OF CADETS WELCOMES LARGEST CLASS IN LAST FIVE YEARS

*The class of 2027 represents a 20-percent growth in size over last fall's incoming cadet class.*

*A*s the 2023-24 academic year begins in

Aggieland, the Corps of Cadets welcomed 858 new cadets to campus for Fall Orientation Week (FOW).

The incoming class is comprised of students who've transferred into the Corps and incoming first-year students to Texas A&M University.

The Corps' newest class of cadets is the largest in the last five years for Texas A&M's oldest student organization. The class of 2027 represents a 20% growth in class size over last fall's incoming cadet class. Cadet-led efforts in recruiting and retention will be key factors to continued growth, say Corps officials. Last year, the Corps achieved a retention rate of 82%, an 11% increase over the previous year.

As one of the nation's most unique leadership development programs, the Corps of Cadets is home to students from all majors, interests and backgrounds. Though the Corps experience is deeply rooted in its iconic, military-based cultural model, the skills that cadets develop in the program are applicable in every environment. This is proven regularly by the 60% of cadets who go on to lead in the public and private sectors after graduation, and the 40% of cadets who pursue a military commission, helping Texas A&M uphold its reputation as the largest producer of officers outside of the service academies.

To learn more about this years Corps of Cadets click [here](#).

## TEXAS WINE: DOWN TO A SCIENCE

*Texas A&M scientists and AgriLife Extension specialists are working with growers to fine tune the Texas wine industry.*

 Did you know the “grape” State of Texas has changed wine as we know it?

Many grapes used across the world for wine, including those from centuries-old European vineyards, have Texas roots, literally.

Vineyards throughout France's famed appellation system and beyond boast distinct regional features and terroir, the environmental conditions that give wine grapes their taste. But they could not grow without rootstocks from native Texas grapes identified and studied by T.V. Munson, a 19th century Texas scientist and horticulturist.

To read more about how science continues to fuel the wine industry and Texas A&M involvement click [here](#).





# TEXAS A&M UNIVERSITY RECOGNIZES PASSING OF ONE OF THE FIRST BLACK STUDENTS TO ENROLL

*Bryan native Leroy Sterling attended the university in 1963, one year before the Civil Rights Act passed.*



*Leroy Sterling Pioneer at Texas A&M*

**T**exas A&M pays tribute to one of the first Black students to enroll at the university, Leroy Sterling, who died on Aug. 8 at the age of 84.

A recipient of the Texas A&M Pioneer Medal in 2019, Sterling was one of the first three Black students to enroll at the university. It was 1963, and the Civil Rights Act was still a year from passing; Sterling enrolled in summer sessions as a “special student.”

“Leroy Sterling is counted among Texas A&M University’s most esteemed former students and will always be a treasured member of the Aggie Family,” said Gen. Mark A. Welsh III, interim president. “Mr. Sterling first served his country and then went on to serve our university by forging a path for all students to achieve their goals in higher education. We wish his family comfort during this difficult time, and peace in knowing their loved one had such a positive impact on Texas A&M and the world around him.”

Sterling was born in Bryan on March 15, 1939. He served in the Army and enrolled at Texas Southern University before he began taking summer classes at Texas A&M. He went on to graduate from TSU and earned a master’s degree in French from the University of Houston. He taught at TSU for five years, then worked for the next 17 years at Dow Chemical Co. and later continued his teaching career at Alabama A&M University.

After receiving the Pioneer Medal, Sterling said that he began taking classes not long after former Alabama Gov. George Wallace gave his inaugural address famous for the phrase “segregation now, segregation tomorrow, segregation forever,” and said he and the two other Black students enrolled “quietly.” He described his experience at Texas A&M as positive overall, noting his fellow students were “really nice” and befriended him.

Sterling visited campus last August and spoke about the school’s recent addition of a statue honoring Sen. Matthew Gaines, who played an integral role in the founding of Texas A&M.

To read more about the life of Leroy Sterling click [here](#).

**To contact or follow the  
Italy A&M Club**

**WhatsApp:**

[+1 \(713\) 962-5775](tel:+17139625775)

**Email:**

[italyags@aggienetwork.com](mailto:italyags@aggienetwork.com)

**Instagram:**

[italy\\_am\\_club](https://www.instagram.com/italy_am_club)

# TEXAS A&M AT GALVESTON TAKES ASPIRING SCIENTISTS OUT TO SEA

*Sea Camp brings future marine researchers to the Texas Gulf Coast for an unforgettable week of science and exploration.*

Each summer, Texas A&M University at Galveston gives young people a chance to explore the marine environments of the Texas Gulf Coast through Sea Camp — a series of week-long programs educating kids and teenagers about topics such as marine biology, oceanography and conservation.

At a recent session of the Marine Biology Research camp — a Sea Camp program geared toward gifted high school students — participants got hands-on experience with a huge variety of marine life, wading through marshes and heading out to sea on one of Texas A&M's research vessels, the R/V Trident.

"We all come from different places, but everybody is here at Sea Camp for the fish and the science, and because we want to learn," said Eryn Zinsmeister, one of this year's campers. "I've always wanted to be a marine biologist, and this just solidified that for me."

The campers had a chance to perform a number of real experiments under the direction of current and former Texas A&M at Galveston students like Mario De Leon '23, a recent graduate from the [Department of Marine Biology](#). De Leon said programs like this give Aggies an opportunity to train and inspire a whole new generation of marine scientists.

"Seeing them get that experience, seeing the joy in their face, it really means a lot to me," he said. "I know it leaves an impact and they'll want to keep that spark going."

To learn more about Sea Camp and Texas A&M at Galveston, visit [tamug.edu](https://tamug.edu).





A person is walking away from the viewer on a rocky beach towards the ocean. The scene is bathed in the warm, golden light of a sunset or sunrise. The sky is a mix of orange and yellow, with some clouds visible. The water is calm, reflecting the light from the sky. The rocks on the beach are dark and silhouetted against the lighter sand and water.

”

**WE TRAVEL  
NOT TO  
ESCAPE LIFE.  
BUT FOR  
LIFE NOT TO  
ESCAPE US.**

“

# TAILGATING

A man in a maroon shirt and cap is grilling sausages on a large charcoal grill. In the background, a large red and white tent with the 'ATM' logo and 'GREEN ROOMS' text is visible, along with a crowd of people in maroon clothing. The scene is set outdoors on a grassy field under a clear blue sky.

HOW THE PRE-GAME TRADITION  
CAN BE TRACED TO ANCIENT ROME

**T**ailgating before college and professional football games is an American tradition. Starting in late summer and continuing through early winter, temporary tent cities pop up in stadium parking lots across the country. A haze of charcoal smoke fills the air along with laughter, banter and the aroma of grilled hamburgers and hot dogs. It's no different in Aggieland.

According to Tonya Williams Bradford, co-author of a 2015 cultural analysis of tailgating published in the *Journal of Consumer Research*, the modern tailgate has roots in the fall harvest celebrations of Ancient Greece and Rome. Those events were marked with music, community and plenty of food and drink for a final feast before winter's onset.

"The notion of people gathering around food is not new—when contests emerged for entertainment, it was natural for food to be part of the gathering," says Bradford, associate professor of marketing at the University of California at Irvine. "For practical reasons, people would travel to watch and would bring meals. This turned into more festive gatherings, transforming the pragmatic into part of the overall experience. So, we find a strong connection between early gatherings and what we observe in modern times."

### **P**icnic-Packing Spectators Watch a Civil War Battle

What might be considered the first American tailgate took place on a Sunday, but the spectators who participated eagerly awaited a far different clash than a football game. On July 21, 1861, residents of Washington packed picnic baskets and loaded into carriages and buggies for a day in the Virginia countryside. Rather than listen to the bucolic sounds of nature, they followed the sounds of artillery to watch from afar the first major showdown of the Civil War at the First Battle of Bull Run.

Union Captain John Tidball witnessed a "throng of sightseers" and peddlers "in carts loaded with pies and other edibles." The provisions were more out of necessity than frivolity, according to the American Battlefield Trust, because the 25-mile carriage ride from the nation's capital took upward of seven hours.

The onlookers hoped the visiting squad would score a quick victory in what became known as the "picnic battle". Positioned miles from the action, spectators gazed through opera glasses and complained of the obstructed views from the smoke and trees. Despite its nickname, the battle turned out to be no picnic for Union forces, although future vice president Henry Wilson handed out leftover sandwiches to the boys in blue as they scurried away in defeat.



1861 - Picnickers at the 1st Battle of Bull Run. - These poor folks had no idea the gravity of the situation or the misery they would endure in the coming days.



# TAILGATING ARRIVES WITH THE AUTOMOBILE AGE

*J*ust eight years later, young Americans confronted each other on football fields. Fans may have dined from a wagon as they watched Rutgers and Princeton play the first football game in 1869. In the 1880s, newspapers reported that well-heeled fans sipped champagne and enjoyed other refreshments while watching the annual Yale-Princeton Thanksgiving game in New York from the luxury of horse-drawn coaches parked on the sidelines.

Coming of age in America at the same time, football and automobiles have always had a close connection. (The National Football League was even founded inside the Ohio automobile showroom of Canton Bulldogs owner Ralph Hay.)

In the early 1900s, the schools that dominated college football—Princeton, Yale and Harvard—also had wealthy alumni who were among the few who could afford the new motorized buggies. In 1906, when automobile registrations surpassed 100,000 for the first time, the 32,000 fans traveling to New Haven, Connecticut for the Harvard -Yale game included motorists who indulged in what might be the first pre-game tailgate.

As automobile ownership soared along with college football's popularity, it was possible for fans from a larger geographic area to travel to games. During the 1920s, colleges such as Michigan and Ohio State responded to the demand by constructing cavernous stadiums that could hold tens of thousands of fans. As it became more difficult for restaurants in college towns to feed the enormous crowds, more fans held "trunk picnics" and dined on blankets in parking lots.

Following the advent of wooden-sided station wagons in the 1930s, fans used the rear fold-down tailgates as seats or buffet tables. Thus, pregame partying was increasingly called "tailgating." While some credit Yale sports information director Charley Loftus, it's not clear who, if anyone, coined the term.



# TAILGATING EXPLODES WITH MASS PRODUCTION OF GRILLS, PLASTIC COOLERS

*A*s portable grills and plastic coolers became mass-produced in the 1950s, hot grills and cold beer replaced wicker baskets filled with wine bottles and sandwiches wrapped in wax paper. Suburban grilling culture flourished after WWII and became as much a part of the American dream as a green lawn and white picket fence. Automobile ownership also exploded after the war, with the number of registrations doubling from 28 million in 1946 to 56 million in 1957.

As car culture continued to define the United States in the 1970s, NFL teams such as the Pittsburgh Steelers, Philadelphia Eagles, New York Giants and New England Patriots moved from stadiums shoehorned into city neighborhoods into new ones with ample parking. Because of a lack of public transportation to some of the new venues, fans drove to the stadiums, which were ringed by acres of asphalt instead of vibrant neighborhoods with local restaurants and bars.

Given the new venues, a lack of viable dining alternatives and the rising cost of stadium concessions, tailgating spread across the NFL, and some teams promoted parking lot parties and barbecues as part of the game day experience. In 1973, the San Francisco 49ers even gave fans booklets with recipes written by wives of the players.

In some cases, tailgating evolved from being a pigskin appetizer to the main course itself. The festivities before the annual college game between Florida and Georgia in Jacksonville, Florida began as early as the Wednesday before kickoff. That led *Florida Times-Union* columnist and editor Bill Kastelz to dub it “The World’s Largest Outdoor Cocktail Party” in 1958.

Although tailgating before other college and professional sporting events occurs in select cities, the pregame tradition is nowhere near as universal as it is with football. Bradford says timing is part of the reason.

“Football season is alongside the harvest season, so it feels natural to have tailgates with bountiful tables throughout the fall,” she says. “There is also the fandom with football that is not as prevalent with other sports—particularly with collegiate sports. There are often multi-generation familial relationships with universities and teams, which result in annual pilgrimages of alums to return home and enact tailgate rituals.”





A bottle of Aperol is on the left, partially obscured by the title. In the foreground, a coupe glass is filled with a vibrant orange frozen drink, topped with a slice of orange. Another similar glass is visible in the background, also containing the drink and garnished with orange slices. The background is a plain, light-colored surface.

# FROZEN *Aperol Spritz*

1/2 OF ONE ORANGE/GRAPEFRUIT FROZEN

APEROL	2 OZ
PROSECCO	3 OZ
SODA WATER	1 OZ
ICE CUBES	1 CUP

Pro tip: for a frozen Aperol Spritz, use frozen orange or grapefruit slices.  
Makes for a super fresh and creamy frozen spritz!





Frozen Aperol Spritz

# *Instructions*

1. IN A BLENDER, COMBINE THE FROZEN FRUIT, APEROL, PROSECCO (OR CHAMPAGNE), SODA WATER AND ICE.
2. BLEND JUST UNTIL SMOOTH AND NO CHUNKS OF ICE REMAIN. USUALLY LESS THAN 30 SECONDS.
3. POUR INTO YOUR FAVORITE COCKTAIL GLASS.
4. GARNISH WITH ORANGE OR GRAPEFRUIT SLICES.
5. CHEERS!





# THE CALCIO STORICO, THE MOST BRUTAL SPORT ON EARTH

September...it's the time of year when Americans begin to focus on Friday night lights and weekends filled with American football. Tailgating and the excitement of the big game, renewing friendships with family and friends. Cheering your favorite team on to victory and feeling heartbroken when they lose. It's a time of year that is rich with tradition and heritage. However, American football doesn't hold a candle to the brutal sport of Aosta Valley's .

Sports hold a unique ability to transcend time and borders, connecting different cultures and eras through the universal language of competition and athleticism. One such remarkable example is Calcio Storico Fiorentino, a traditional Italian sport that has left an indelible mark on seemingly disparate sports. Even though you've probably never heard of *Calcio Storico*, the chances are nearly 100 percent that you've played or watched some version of it. The Italian sport created during the Italian Renaissance is the original goal game, where two teams fight on a field to defend their side and invade their opponent's goal. Soccer, hockey, lacrosse, rugby, and American football are all iterations on the same theme.

Calcio Storico Fiorentino, often referred to simply as "Calcio," originated in 16th-century Florence, Italy. With its roots tracing back to the Roman sport of harpastum, Calcio evolved into a distinct form of football that combined elements of **soccer, rugby, hockey, mixed martial arts** and big time **wrestling**. Played in a large sand-covered field, Calcio pits four teams, each representing a different district of Florence, against each other in a fiercely competitive tournament held annually during the historic Feast of Saint John (La Festa di San Giovanni).

The sport's complex rules and blend of brute force and strategic maneuvering have given it a unique identity, making it a cultural touchstone in Florence and an emblem of Italian heritage. Despite its historical and cultural significance, Calcio may not seem directly linked to American football at first glance. However, a closer examination reveals several striking parallels and influences that have flowed between these two sports.

Both Calcio and American football emphasize physicality and grit as integral components of the game. In Calcio, players engage in intense physical combat, grappling opponents and employing various tactics to secure victory. Similarly, American football places a premium on hard hits, tackles, and collisions, showcasing the resilience and toughness of its athletes.



**"Too small to be a real war  
and too cruel to be a game."**



**In 1574, Henry III of France  
description of the Calcio**

The influence of Calcio's physically demanding nature can be observed in the rugged and relentless playing style of American football players, contributing to the sport's reputation for hard-hitting action.

Under the rules, two teams of 27 players each start the game on different sides of a rectangular field. A ball is placed in the middle. For 50 minutes, the men with bulging muscles without pads or helmets do whatever it takes to get the ball into the opposing team's net. Participation was once limited to native-born residents of Florence, but officials now allow each team two outside ringers. The points matter, but the crowd's attention tends to fixate on the hand-to-hand combat. At one of the matches in June, one of the neighborhood teams recruited a professional mixed martial artist (MMA) athlete from the U.K. The man fought until he was covered in blood, wobbling woozy on the field as though about to faint, and then found a new opponent for more battle.

Men routinely leave the field with bloody faces and broken limbs, sometimes with bones protruding from their skin.

The prize for the winning team? Its not a shinny trophy, or a championship ring, national or state title. It's a **Chianina calf!!** and a painted piece of fabric called a *palio*, a bit like a flag.

As with most sports, the most valuable currency is the *glory*.

One can't put a price on being a neighborhood legend for the rest of your life.





# Calcio Storico Fiorentino



**Where the sands of history meet the  
sweat of valor.**



A top-down view of a white ceramic bowl filled with a hearty soup. The soup has a rich, reddish-orange tomato-based broth. It is packed with ingredients including crumbled sausage, diced zucchini, chunks of potato, and small pieces of tomato. Fresh green herbs, likely basil, are sprinkled on top. A silver spoon is partially visible in the background, and a small sprig of thyme is in the bottom left corner.

# ITALIAN FARMERS SAUSAGE SOUP

*I*talian Farmers Sausage Soup – Delicious, nourishing and packed with healthy vegetables. You'll enjoy every spoonful of this soup. It is an easy 30-minute recipe that cooks right on the stovetop for a comforting and satisfying dinner. Try this ***Italian Farmers Sausage Soup*** and add some taste to your day. Enjoy!



# ITALIAN FARMERS

## SAUSAGE SOUP

### Ingredients

- 1 tablespoon extra virgin olive oil
- 1 pound Italian sweet sausage, removed from casings
- 1 cup diced celery
- 2 cups chopped onion
- 2 cups red bell pepper, diced (about one large pepper)
- 2 garlic cloves, minced
- A pinch red pepper flakes (optional)
- 1 small can tomato paste
- 2 pounds zucchini cut into bite-sized pieces
- 5 fresh plum tomatoes, diced
- ½ teaspoon freshly ground black pepper
- 2 quarts low sodium chicken broth or vegetable broth
- 1 cup coarsely grated Parmesan cheese
- 1 tablespoon of Parmesan rind (optional)
- 2 tablespoons chopped fresh basil
- 1 fresh thyme sprig
- 1 tablespoon Parmesan cheese for garnish, (optional)

### Directions

1. In a large pot or large Dutch oven, heat the olive oil over medium-high heat. Add Italian sausage meat and cook, breaking up the meat with a wooden spoon, until browned – approx. 5 minutes.
2. Once the Italian sausage meat has browned, add onion, celery, and bell pepper and sauté for 4 – 5 minutes.
3. Move the meat and vegetables to the sides and lower the heat to medium (If your pot isn't large enough, remove the meat and veggies to a salad bowl, you'll add them back afterward). Add garlic, pepper flakes, and tomato paste to the center of the Dutch oven and cook for 2-3 minutes, stirring occasionally.
4. Add tomatoes, zucchini, pepper, chicken broth, Parmesan rind, and Parmesan cheese along with fresh basil and fresh thyme and stir well to combine.
5. Bring the soup to a simmer and cook covered until the vegetables are tender – about 10 to 15 minutes.
6. Remove the soup from heat and take out the Parmesan rinds. Serve the **zucchini tomato Italian sausage soup** immediately with more fresh basil and Parmesan cheese on top. Enjoy!

***Buon Appetito!***

# AOSTA VALLEY

## A GEM OF NATURAL BEAUTY AND CULTURAL RICHNESS





# AOSTA VALLEY



Within the heart of the Italian Alps, the Aosta Valley stands as a testament to the majestic splendor of nature and the enduring influence of human civilization. This unique region, located in the northwest of Italy, is renowned for its breathtaking landscapes, rich history, and vibrant culture. The Aosta Valley's picturesque scenery, ancient heritage, and distinct Alpine identity make it a captivating destination for travelers and a source of pride for its inhabitants.

The Aosta Valley is a natural marvel, a sanctuary of awe-inspiring vistas that leave a lasting imprint on all who visit. Surrounded by towering peaks, including the iconic Mont Blanc, the Matterhorn, and the Gran Paradiso, the valley's landscapes are both striking and serene. From lush valleys and meadows to rugged mountains and crystalline lakes, the diversity of its topography is a testament to the region's geological history. The presence of the Dora Baltea River, meandering through the valley, further enhances its allure, adding a touch of tranquility to the dramatic backdrop of towering mountains.

Beyond its natural beauty, the Aosta Valley is steeped in history, a region that has witnessed the passage of time and the footsteps of ancient civilizations. The valley's strategic location has made it a crossroads of cultures since time immemorial. The remains of Roman settlements, such as the city of Aosta itself, are a vivid testament to the region's historical significance. The imposing Arch of Augustus, dating back to 25 BC, and the Roman Theater, still used for cultural events, serve as living links to a bygone era.

The Aosta Valley's history extends beyond the Roman era. Medieval castles and fortifications dot the landscape, bearing witness to the region's tumultuous past. Castles like Fénis, Issogne, and Bard stand as formidable symbols of the feudal era, each with its own unique architectural charm and stories of knights, battles, and chivalry.

The Aosta Valley is more than just a repository of history; it is a living testament to the resilience and creativity of its people. The blend of Italian and French influences, owing to its proximity to the border with France, has endowed the region with a distinct cultural identity. The local dialect, Franco-Provençal, spoken alongside Italian, reflects this unique fusion of linguistic heritage.

Cultural events and festivals, such as the "Veillà," a traditional winter gathering, and the "Feast of Saint Orso," a celebration of local craftsmanship, provide a window into the valley's vibrant culture. The Aosta Valley's cuisine is a culinary journey through Alpine flavors, with dishes like "polenta," "fontina" cheese, and hearty stews offering a taste of traditional mountain fare.







For those seeking adventure, the Aosta Valley offers a playground of outdoor activities. From skiing and snowboarding in world-renowned resorts like Courmayeur and Cervinia during the winter months, to hiking, mountaineering, and paragliding in the warmer seasons, the region caters to thrill-seekers and nature enthusiasts alike. The Mont Avic Natural Park and the Gran Paradiso National Park provide protected spaces for biodiversity and outdoor exploration.

As the world continues to modernize, the Aosta Valley remains committed to preserving its heritage and safeguarding its environment. Sustainable tourism practices, efforts to protect local traditions, and initiatives to mitigate the impact of climate change on the region's fragile ecosystem highlight the Aosta Valley's dedication to ensuring that future generations can continue to appreciate its unparalleled beauty and cultural richness.

The Aosta Valley stands as a living masterpiece, a harmonious blend of natural splendor and human endeavor. Its awe-inspiring landscapes, rich history, cultural tapestry, and spirit of adventure converge to create an experience that lingers in the hearts and minds of all who have the privilege of exploring this Alpine gem. As the world evolves, the Aosta Valley's timeless allure continues to inspire and captivate, a testament to the enduring power of nature and the human spirit.



The Matterhorn is situated in both Switzerland and Italy and Italians have their own resort called Breuil-Cervinia Italy.





*F*ontina cheese has been made in the Aosta Valley, in the Italian Alps since the 12th century. Fontina produced in the EU can be identified by a Consorzio (Consortium) stamp of the Matterhorn including the script "FONTINA".

# WAYS OF TRAVELING

Travel is the movement of people between relatively distant geographical locations, and can involve travel by foot, bicycle, automobile, train, boat, airplane, or other means, with or without luggage, and can be one way or round trip. Travel can also include relatively short stays between successive movements. The origin of the word "travel" is most likely lost to history. The term "travel" may originate from the Old French word travail. According to the Merriam Webster dictionary, the first known use of the word travel was in the 14th century..

DON'T BE A TOURIST. BE A TRAVELER





# THE STORY BEHIND TIRAMISU

The word Tiramisù literally means "pick me up". It comes from the Treviso dialect, "Tireme su", Italianised into Tiramisù in the latter half of the 20th century. Historical records state that Tiramisù originated in Treviso in 1800. It is said that this dessert was invented by a clever "maitresse" of a house of pleasure in the centre of Treviso.

The "Siora" who ran the premises developed this aphrodisiac dessert to offer to customers at the end of the evening in order to reinvigorate them and solve the problems they may have had with their conjugal duties on their return to their wives.

In the centre of Treviso, an old inn of the period, the modern-day Le Beccherie restaurant added this dessert to its menu.

To support this legendary story, we have the ingredients of the Tiramisù, all nourishing and full of calories: eggs, sugars, lady finger biscuits, mascarpone, coffee and cocoa.

Over the centuries, a veil of popular prudery hid the true origins of Tiramisù. In fact it is not mentioned in books until the 1980s.

Evidence of the presence of this dessert over the last centuries, on the lavish tables of home is given by our grandmothers and great-grandmothers. These ladies over the age of 80 tell us of the skill and passion they put into the preparation of this dessert for family and friends. Before electricity was widely available, along with the early refrigerators, this dessert, which does not keep for long, was only eaten and known of in the province of Treviso and the surrounding areas.





# RED, WHITE AND BLUE OUT

This September marks the 22<sup>nd</sup> anniversary of the 9/11 attacks and the *Red White and Blue Out* game at Kyle Field.

For the first home game after the Sept. 11 tragedy, five Texas A&M students coordinated the "Red, White and Blue Out" in 10 days. The effect was a stunning display of patriotism in tribute to the victims of the terrorist attacks. Game attendees — Aggie and Oklahoma State fans alike — seated on the top deck of Kyle Field wore red, the middle wore white and the bottom, blue (with the exception of the Corps of Cadets in khaki uniforms). During the halftime performance, the Aggie Band spelled out "USA" and played *God Bless America*.

More than 70,000 T-shirts printed with "Standing for America" were sold — 30,000 of which were sold the day of the game. The proceeds totaling \$180,000 were donated to relief funds for the New York City police and fire departments.

The game against Oklahoma State was also the Aggies' first Big 12 conference game of the season. The Aggies won, 21-7.





# AGGIE SPORTS UPDATE



**Sam Mathews named A&M football's 12th Man for 2023**

[Click for more information](#)

**The Texas A&M volleyball team claimed its second win at the Omaha Invite with a sweep of Pepperdine, 3-0 (25-12, 25-21, 25-15).**

[Click for more information](#)



**Studio 12 is the official podcast of Texas A&M Athletics** and features weekly shows, interviews with coaches and athletes, game highlights and interviews, coaches' shows and much more.

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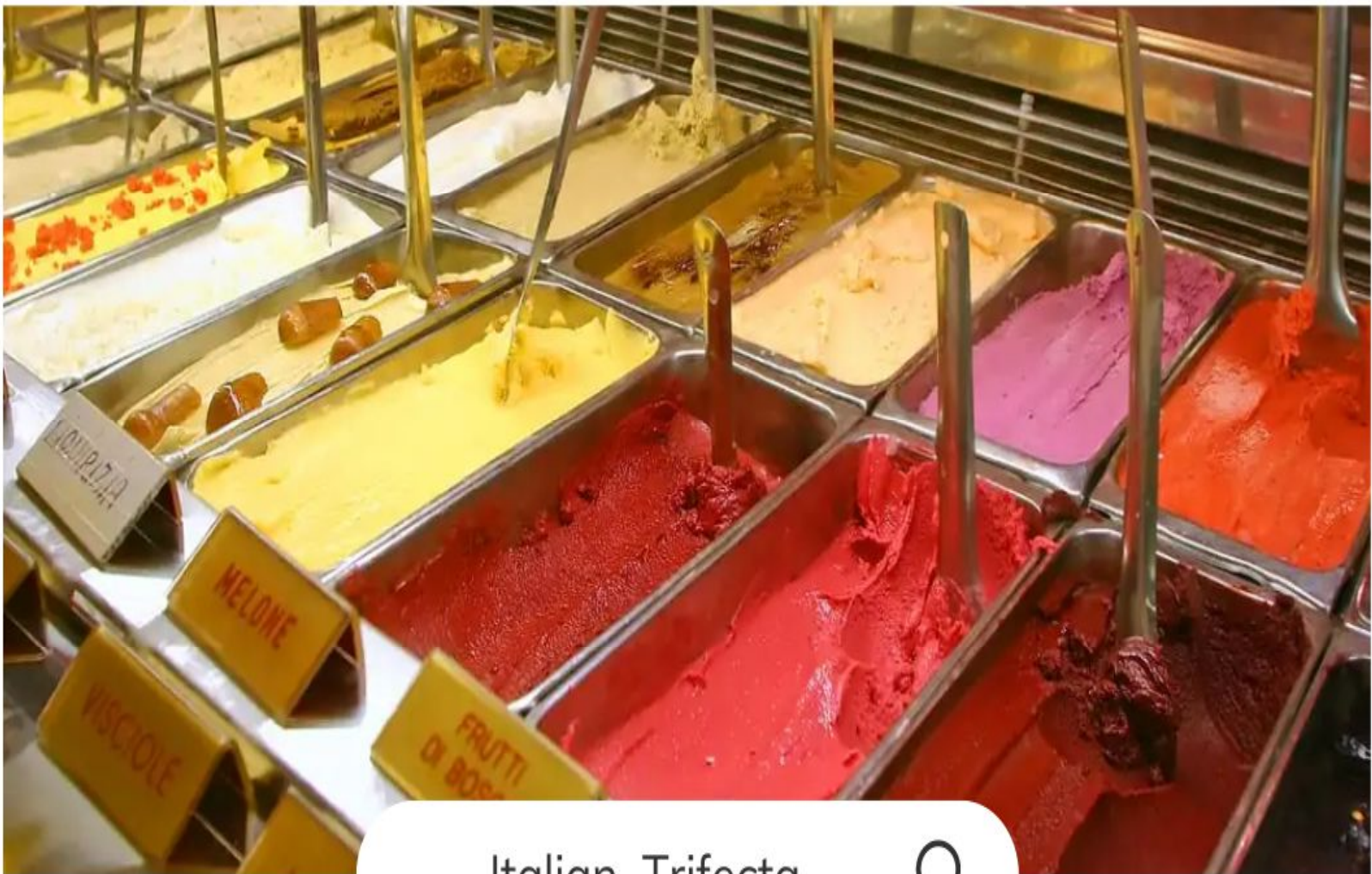




Texas Trifecta







Italian Trifecta







# THE ITALY A&M CLUB NEEDS YOUR ASSISTANCE



## The Italy A&M Club Needs Your Help!

### • Website Needed

If anyone can assist in building a **club website** and a separate *Facebook* page so we can post news articles, periodic/monthly newsletters, *Instagram* postings and other social media it would be extremely helpful. Please reach out to me directly.

### • Italy A&M Club Scholarship

The club is exploring the possibility of establishing a scholarship program. The scholarship would be available to club members who live in Italy but are attending Texas A&M, their family members who are attending Texas A&M or possibly students who are studying abroad from Texas A&M in Italy (semester abroad program).

We are considering hosting a silent auction to help raise funds for the scholarship. If you are interested in donating to the auction or in the establishment of the scholarship please reach out to me directly.



### • News – Extra, Extra Read All About it!

Please feel free to share any photos, news articles, announcements, births, graduations, Silver Taps, career changes or any other news you would like to share with the club. We will find ways to include them in the regular updates.

### • Logo

We are looking to create our clubs logo and will be asking for assistance from The Association of Former Students Marketing Department. We need to generate a few ideas for our logo. If you have any ideas or thoughts please let me know.

### • Recipes

Feel free to submit your favorite recipe(s) to be include with the monthly/periodic updates. We would love to share them with the group.

### • Feedback

Please provide feedback on this format, the content and any ideas you may have on ways we can generate additional engagement. Please encourage other people to join the club and to follow us on *Instagram*.

### Contact Information:

Email: [rprice.ireland@gmail.com](mailto:rprice.ireland@gmail.com)

Club email: [italyags@aggienetwork.com](mailto:italyags@aggienetwork.com)


Cell: +1(713) 962-5775

WhatsApp: +1(713) 962-5775

Instagram: [italy\\_am\\_club](https://www.instagram.com/italy_am_club)



# PAROLE FINALI

eptember is already here and I wonder where the summer has gone? It flew by so fast, hopefully

leaving space for crisp, fresh morning air that in the future will allow us think about sweater weather and baking. September is probably my favorite month. The new school year starts and fall sports are just beginning. Even though we are closer to the end of the year than the beginning everything seems new again.

In the northern parts of the Italy, such as the picturesque region of Lombardy, the end of September sees the first whispers of fall. The leaves of deciduous trees begin to change, turning shades of amber, gold, and crimson, creating a tapestry against the backdrop of the majestic Alps. As the air turns crisper, locals and tourists alike don cozy sweaters and scarves, savoring the pleasant chill that signifies the arrival of autumn.

In central Italy, where rolling hills and medieval towns abound, the end of September paints the landscapes with a unique charm. The vineyards that stretch across Tuscany, Umbria, and Lazio become a focal point of attention, as the grape harvest season kicks off. The countryside comes alive with the bustling activity of local farmers and winemakers, working diligently to gather the ripe fruits of their labor. This time of year is marked not only by the picturesque views of sunlit vineyards but also by the earthy scent of crushed grapes and the promise of excellent vintages to come.

Heading south to the sun-soaked regions along the Mediterranean coast, the transition to autumn takes on a different character. The weather remains mild and inviting, making it the perfect time to explore historic cities like Rome, Naples, and Palermo. The bustling piazzas and cobbled streets, usually filled with tourists in the summer, now exude a more relaxed atmosphere, allowing visitors to soak in the local culture at a leisurely pace. Cafes serve rich espresso and freshly baked pastries, inviting people to pause and relish the simple joys of life.

The end of September brings about a unique blend of nature's transitions and cultural festivities. Just as it does in College Station on game day weekends

Ciao for now!

Ryan '91

P.S. Be sure to follow us on **Instagram** at: [italy\\_am\\_club](https://www.instagram.com/italy_am_club)

