



Triangle Sons & Daughters of Italy

Serving the North Carolina Triangle since 2004

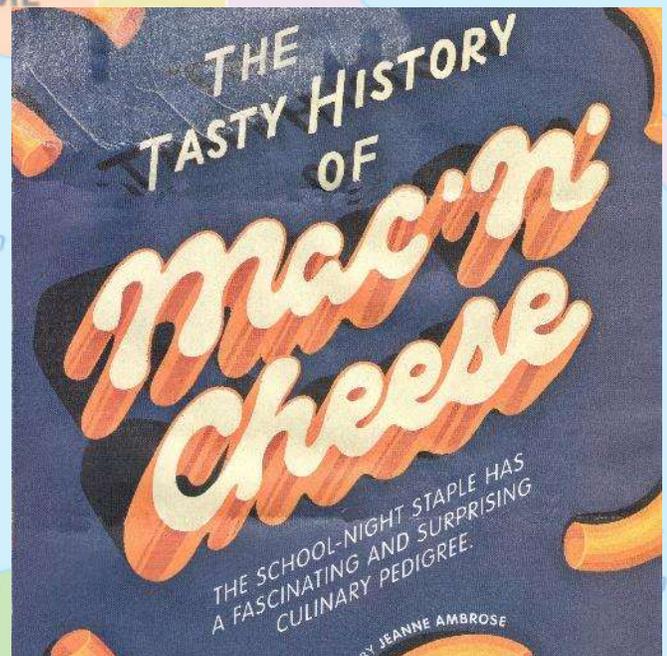
LODGE 2817

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IL GIORNALE DI TSDOI

Ottobre, 2021



IL GIORNALE DI TSDOI

Editor: Nick Verna

Send comments or suggested

materials to nickverna14@gmail.com.

TSDOI Calendar of Events

- Oct 13 _____ General Membership Meeting and Annual Italian Potluck Dinner
- Oct 28 _____ Wine Tasting at Capri Flavors
- Nov 10 _____ Outstanding Italian-American Dinner
- Nov 14 _____ Helen Wright Dinner
- Dec 4 _____ Volunteer at ARC Holiday Children's Party
- Dec 5 _____ Christmas Dinner
- Jan 30 _____ La Boheme Opera

October Birthdays



This month we celebrate the birthdays of those members celebrating in October: Michael Miragliuolo (2), Elena Connor (11), Lamar Norwood Jr. (12), Bob Giannuzzi (23), Jack Giamportone (26), Karen Palasek (27), Maria Spampinato (27), Marino Scarpone (28), Roy Basile (31), Vinny Russo (31).

Facebook Group is Back



Triangle Sons & Daughters of Italy

Public group · 10 members

Joined + Invite

We have a new Facebook Page, "[Triangle Sons & Daughters of Italy](#)". This is an administered group. All posts will be reviewed by the FB administrator prior to posting to ensure that they follow the following rules. Individuals that break these can be barred from the group. You must agree to follow these rules in order to be invited to join the group.

1. **Be Kind and Courteous** - We're all in this together to create a welcoming environment. Let's treat everyone with respect. Healthy debates are natural, but kindness is required.
2. **No Hate Speech or Bullying** - Make sure everyone feels safe. Bullying of any kind isn't allowed, and degrading comments about things like race, religion, culture, sexual orientation, gender or identity will not be tolerated.
3. **No Promotions or Spam** - Give more than you take to this group. Self-promotion, spam and irrelevant links aren't allowed.
4. **Respect Everyone's Privacy** - Being part of this group requires mutual trust. Authentic, expressive discussions make groups great, but may also be sensitive and private. What's shared in the group should stay in the group.
5. **No Politics** – Everyone is entitled to their own political views and values. We must respect other people's views but to avoid conflict we are banning any political discussions or comments from the group posts.

Letter From the New President of TSDOI

Dear TSDOI Members,

As our newly elected Executive Council prepares for the term ahead, I am thrilled with the passion for our Lodge that has been evident at recent events. I have learned a great deal from my predecessor and current Vice President, Fran Giannuzzi, and strive to bring her level of enthusiasm to the Triangle Son & Daughters of Italy.



I am honored to serve as your president and specifically look forward to focusing on membership acquisition and long-term retention while we sponsor events that deliver significant reward and value to the Lodge's members and the community.

As a fairly recent member of our Lodge since 2019, I am excited to continue to introduce myself to our members and learn of your interests. For those who have little familiarity with my background, here's a quick snapshot.

I was born and raised in the NY/NJ area to first generation Italian American parents. My grandparents arrived in the USA from the Naples & Molise areas from the very late 1800s-1924. I graduated from the University of Delaware and Syracuse University, and spent my career with IBM and Fidelity Investments in executive Human Resources and Benefits Outsourcing roles. My wife Donna and I have been married for 28 years and we have two adult daughters. We have lived in Cary for nearly 25 years. I am recently retired and we maintain homes in both Cary, NC and Myrtle Beach, SC. I am very committed to a fitness regimen at OrangeTheory Fitness, enjoy our coastal lifestyle, and do lots of Italian Cooking!

Salute e Cin Cin! (Health & Cheers!) - *Don Cimorelli*

Read & Feed

Many thanks to our members that donated to our Read and Feed drive and to Mary Muth for running the event. Mary collected four good-sized boxes of books and school supplies.



Wine Tasting at Capri Flavors

October 28th, 6:00 to 7:30

\$5 members / \$8.00 nonmembers

Capri Flavors, 867 Bass Pro Lane, Harrison Square Shopping Center, Cary, NC 27513 (just off I40)

We are happy to announce a wine tasting at Capri Flavors in Cary on October 28th. The cost will be \$5 for members and \$8.00 for nonmembers. It will run from 6:00 to 7:30 and will feature 5 wines from Sicily which will be matched with either a cheese or meat. You will also get a 10% discount on all items at [Capri Flavors](http://www.trianglesonsofitaly.org). The store will be closed and only available to guests. To sign up go to www.trianglesonsofitaly.org/events/.



New Slate for TSDOI Executive Council for 2021-2022

Congratulation to the New Executive Council

ELECTED POSITIONS	NAME	ADDED RESPONSIBILITIES
PRESIDENT	Don Cimorelli	Administrator of FB, Oversee Charities
VICE-PRESIDENT	Fran Giannuzzi	Oversee Events Committees
IMMEDIATE PAST PRESIDENT	Bob Giannuzzi	Oversee Scholarship Committee, Fund-raising Chair
SECRETARY	George Quartell	Volunteer Tracking, Communications
TREASURER	Mary Muth	Oversee Fund-Raising Chair
ORATOR	Joyce Moses	Oversee Cultural Chair
MISTRESS/CEREMONIES	Fran Castellano	Oversee all inductions, regalia, flags and banners
MASTER OF CEREMONIES	Bernard Castellano	Oversee all inductions, regalia, flags and banners
GUARD	George Scalco	Prayers and Blessings at meetings and events
TRUSTEES	Nick Verna	Communications Chair
	Barbara White	Oversee/Chair Outstanding Italian American Committee
	Jack Giamportone	Oversee/Chair Outstanding Italian American Committee
	Brad Moses	Cultural Chair
ARBITRATION COMMITTEE	Vivian Dewey, Caroline Connor, Roy Cordato, Charlotte DiLeonardo, Joe Smolenski	

Welcome New Members

Please welcome our most recent members who applied at our Festa Italiana booth on Saturday. It was a fun filled day and everyone had a great time.

- Jenny and Sean Conley (Raleigh)
- Judy Dellorusso (Cary)
- Kristin Flederbach (Raleigh)
- Michael Iannuzzi (Raleigh)
- Daniel Lovino-Ortiz (Morrisville)
- Robert and Brenda Pulverenti (Knightdale)
- Carmen Tarantino (Fuquay Varina)
- Silvio and Constance Lanaro
- Christopher Tarantino (Youth Member)

Volunteers Needed

Volunteers are needed at the following events. Please contact the event chair listed to help.

- Oct 13 __Potluck Dinner Setup & Cleanup – Fran Gianuzzi
Nov 10 __Outstanding Italian-American Dinner Setup & Cleanup –
Fran Gianuzzi
Nov 14 __Helen Wright Dinner Cook or buy food – Nick Verna
Dec 4 __ARC Holiday Children’s Party – Don Cimorelli

Good & Welfare

Please send prayers and or good wishes to the following lodge members.

- Victor Navaroli and his wife, Susan, recently got married
- Vera Cicero fell and has a broken bone near her shoulder
- Vivian Dewey’s vdewey1748@gmail.com mother Mary Barone has passed on to heaven. The lodge will be making a \$50 donation in her honor to The Guild of St. Francis Hospital.

Please contact Jan DiSantostefano irish0515@gmail.com if you wish to make the Lodge aware of a Good and Welfare topic.

Helen Wright Shelter Meal

The next dinner we will be preparing for the Helen Wright Women’s Shelter is November 14. If you would like to help contribute a portion of the dinner, please contact Nick Verna nickverna14@gmail.com. Here is what we’ll need:

- 2 Gallons each of Sweet Tea and Lemonade
- Salad for 30
- Entrée
- Vegetable
- Dessert



Festa Italiana 2021

Festa Italiana 2021 was a huge success. We had thousands of attendees, introduced cooking demos and had 2 stages of entertainment. At the TSDOI booth our team signed up 10 new members! Thank you to all of the volunteers who helped make this a success: Nancy Licari, Tony DiSantostefano, Jan DiSantostefano, Mary Muth, Becky Stinnett, Karen Palermo Bledsoe, Nick Verna, Roy Cordato. Fran Castellano, Bernard Castellano, George Quartell, Don Cimorelli, Vinny Russo, Vivian & Jay Dewey, Barbara White.



Go to our Facebook Group “Triangle Sons & Daughters of Italy” to see additional pictures of Festa.

FOOD & CULTURE

Interessante | Web Sites | Food | Culture | Places | Stories

Food & Culture showcases our Italian culture. If you have suggestions, please email Nick Verna at nickverna14@gmail.com and we can put it in a future newsletter.

TSDOI Italian Speaking Group

A few of us get together occasionally to practice Italian conversation, so please send an email to marykmuth@yahoo.com if you would like to be added to the email list.



Front-Line Hero



Vincent Doria's cousin Rossana Berardi, MD is Professor in Medical Oncology at Università Politecnica Marche, Ancona, Italy. She is a front-line hero dealing with thousands of covid

patients throughout the entire crisis in Italy. Dr. Berardi has also been awarded many grants and prizes (among the others, several ASCO and ESMO travel grants and merit awards and, more recently, an Italian Oscar Prize for best researcher in oncology).

Update on Columbus from OSDIA

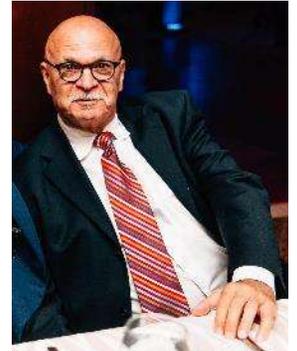
Interested in learning more about Christopher Columbus, or improving your understanding of the issues that have emerged with the holiday in his name; or statues in his honor; you can check out the resources that are included on the OSDIA National website: <https://www.osia.org/commission-for-social-justice/columbus-day/>.



'We the Italians' Names Author/Filmmaker Mark Spano North Carolina Ambassador

<https://markspano.org/2021/09/06/we-the-italians-names-author-filmmaker-mark-spano-north-carolina-ambassador/>

We the Italians, an international network and media company, recently named Mark Spano as its North Carolina ambassador. The grandson of Sicilian immigrants, Mark is a prolific writer, television producer, and filmmaker. His feature documentary "Sicily: Land of Love & Strife" played to packed houses during its initial limited theatrical release in the U.S. and Canada. As a writer, Mark is a contributing editor to the online magazine Times of Sicily. Mark considers his new appointment as We the Italians' ambassador "a genuine honor and another way to engage my passion for Italy."



What Does OSDIA Do for Us?



Order Sons and Daughters of Italy in America®

Members have asked what OSDIA, the national organization that supports us, does for us. Watch this video to learn more. <https://youtu.be/7QIC-hzWUek>. For additional information on OSDIA new and current lodge members should email George Quartell at gquartell@nc.rr.com to set up a free Members Only account.

Check out the [OSDIA website](#) for free benefits & discounts on various products and services, including: Wireless, Prescription Savings, Travel, Health & Wellness, Genealogy, Language Instruction, Insurance, Culinary Products, and much more!

Origins of Macaroni & Cheese

September 2021 Reminisce.com Magazine

You're probably wondering why I'm featuring Mac & Cheese in an Italian newsletter. The origins of Mac & Cheese may surprise you. I want to take you back to when you were a child and would only eat pasta with butter and cheese. If you have children or grandchildren this memory might be very recent. But we will get back to that later.

In the late 1700s, Thomas Jefferson fell in love with a version of Mac & Cheese while traveling in Italy. He is often credited with bringing the dish, once reserved for royalty and high society, to the US, where it was quickly adopted – and adapted – as an affordable comfort food, especially in the South. Jefferson's "pie of Macaroni" consisted of vermicelli with butter and cheese baked in an oven. Does that sound familiar? The first published recipe appeared in the 1824 cookbook *The Virginia House-wife*, considered America's first regional cookbook.

Let's roll ahead 100 years, 1916, to James Kraft who ran a wholesale cheese business, patented a pasteurization process to keep cheese from spoiling too quickly. By early 1930s, Kraft Foods was selling 2-ounce packages of Grated American cheese in glassine envelopes for home cooks to sprinkle into soups, sauces and baked casseroles.

It wasn't long before a Kraft Foods salesman had the bright idea to attach envelopes of grated cheese packages and quick cooking macaroni with a rubber band. The packaged combination was a hit.

Kraft macaroni and cheese boxed dinner debuted in 1937 and the rest is history. Whatever you do, don't forget that it all started with baked vermicelli with butter and grated parmesan.



Italian Mac & Cheese



<https://www.delish.com/cooking/recipe-ideas/recipes/a47185/italian-mac-n-cheese-recipe/>

INGREDIENTS

1 lb. Italian sausage (hot or sweet), casings removed
1 large onion, diced
2 cloves garlic, minced
1 red bell pepper, diced
12 oz. cavatappi
1 (16-oz.) jar marinara
4 c. low-sodium chicken broth
Kosher salt
1/4 c. heavy cream
2 c. shredded mozzarella, divided
Freshly chopped parsley, for garnish

Italian Comfort Food

DIRECTIONS

Preheat oven to 350° In a large oven-safe skillet over medium-high heat, cook sausage, breaking up with a wooden spoon, until seared and no longer pink, about 4 minutes. Add onion, garlic, and bell pepper and cook, stirring, until soft, 5 minutes more.

Add cavatappi and stir until coated, then pour over marinara and broth and season with salt. Bring liquid to a boil, then reduce heat to medium-low and simmer until pasta is al dente and almost all liquid has been absorbed, about 25 minutes.

Stir in half-and-half and simmer until mostly absorbed, 2 minutes more. Remove from heat and stir in half of mozzarella.

Transfer mixture to a large baking dish and sprinkle with remaining mozzarella. Bake until cheese is bubbly and golden, about 10 minutes. Garnish with parsley.

An Island of Beauty and Danger: Stromboli



To non-Italians, the name Stromboli probably means very little. The 12-sq-km island is part of the Aeolian archipelago and is home to not more than 300 people, divided into two small villages. Most notably, though, Stromboli is home to the most active volcano in Italy.

The last period of non-activity recorded dates back to the early 20th century, which means the Stromboli has been constantly active for more than a century: we are not talking about massive eruptions, but rather continuous, fountain-like fiery emissions of molten rock, so characteristic that a term, “strombolian,” has been coined to define all volcanic eruptions of the same type. As fiery and dangerous as it may be, the Stromboli also strikes for how beautiful it is, so perfectly conic, its peak often covered in snow. So much so, one may wonder whether islanders don't leave quite simply because they can't give up its beauty.

This small Aeolian Island was, once upon a time, much more populous: in the early 1900s, about 4000 people called it home, up until the devastating eruption and tsunami of 1930, when the vast majority of the community left for the US and Australia, in search of fortune and of a brighter, safer future. Things didn't get better in the following years: the volcano just wouldn't stop spewing fire and people grew weary of its presence. It was beautiful, majestic, even part of their own identity, but how could one live in peace with the menace of destruction looming upon one's abode, every day and every night, week after week, year after year? And so, by the end of the 1940s, only 15% of the island's residents remained, attached to their land and past, perhaps, or just unable to take the plunge and try for a new life somewhere else.

The community on Stromboli may be small nowadays, but this doesn't mean that the interest in the island dwindled: quite the contrary. When, in 1950, Roberto



Rossellini filmed his movie *Stromboli* on location, merging on screen the beauty of its landscapes and its volcano with that of Ingrid Bergman, he set the ideal first stone for the creation of the island's florid tourist industry. Known as the Aeolians' black pearl, the island is perfect for people in search of peace, quiet and natural beauty: its coastline is a succession of cliffs, black sand beaches, grottos and coves, punctuated here and there by the bright, diamond-like white of Mediterranean homes. The silvery green of olive trees melts into the darker, waxy green of orange and lemon groves, all resting along the sides of a perfectly shaped mountain of fire, whose feet rest almost 1000 meters under sea level.

Locals call the volcano *iddu*, “he” in Sicilian, showing the deep connection they feel with it. The Stromboli is a force to reckon with, a powerful reminder of Man's own fragility and of the ultimate superiority of Nature on us; yet, it isn't an enemy. It stands to remind us about how we should lead our life, in awe of nature, attached to what truly counts, free from today's superficial canons of success and popularity. This is, in fact, the opinion of many of the people interviewed by Anna Bressanin who, in 2019, presented the award-winning documentary *Island of Fire* to the Elba Film Festival. Bressanin gave voice to Stromboli's small community, shedding light on its reality and its relationship with the volcano.

Many among them, especially the younger ones, declared they see it as an old friend. Without a doubt, being a teenager on Stromboli is not simple: as there are no high schools on the island, students have to leave for mainland Sicily to continue their education. Many of them go to university and end up leaving the island for good, but many, as Bressanin found out while filming, eventually return to the black, the silver and the blue of their ancestral home.