



Triangle Sons & Daughters of Italy

Serving the North Carolina Triangle since 2004

2817

Table of Contents

TSDOI Calendar of Events	2
Letter From the President.....	2
December Birthdays.....	2
Good & Welfare..... Error! Bookmark not defined.	
<i>Italy Travel Tips</i> -	2
Italy Visa Waiver Needed for 2024	2
2023 Outstanding Italian American in North Carolina Award	3
Conversational Italian	3
Food & Culture.....	5
New Members	5
Full Story of Lincoln Memorial	5
Italian Americans break new ground!.....	5
Italy's Rumbling Super Volcano Has Half a Million Residents on Edge	6
Did You Know	6
The Christmas Season in Southern Italy.....	7
Frittelle: Traditional Italian Christmas Eve Doughnuts (Zeppole).....	9
Candereli In Broth.....	10

IL GIORNALE DI TSDOI

Dicembre, 2023



Follow us on Facebook at
"Triangle Sons & Daughters of Italy"



And on our YouTube Channel
youtube.com/@tsdoiyoutube7441

Please note that we take photos and videos at our events. If you do not want your image to appear on either Facebook or YouTube, you must tell the photographer at the time.

Il Giornale di TSDOI

Editor Nick Verna

Send comments or suggested materials to
nickverna14@gmail.com

TSDOI Calendar of Events

Dec 9 – Triangle Disability & Autism Children
Holiday Party
Dec 9 – USO Cake Walk
Dec 10 – Christmas Dinner (sold out)
Dec 17 – Holiday Cookie Exchange
Jan 21 – Movie & Pizza
Feb 4 - Opera (sold out)

December Birthdays

This month we celebrate the birthdays of those members celebrating in December:

Adena DiTonno (20), Kathy Maurio (20), Charlotte DiLeonardo (21), Maria Knall (21), Alex Gordon (23), Fran Castellano (28), Michael Taranto (29), Morgan Sue (30).



Italy Travel Tips -

Italy Visa Waiver Needed for Mid-2025



Starting in mid-2025, US citizens will need a (kind of) visa to visit Italy. Before anyone freaks out, the new rule is actually more of a visa waiver program than a visa requirement and will be known as European Travel Information and Authorization System, or ETIAS. Check the link below to get additional information.

https://travel-europe.europa.eu/etias_en

Letter From the President

Dear TSDOI Members:



The holiday season has arrived! I'd like to take a moment to wish all of our members a "thankful" time over the next several weeks. For many of us, it is a period filled with annual family traditions and foods. Two of my favorite Christmas foods that I enjoy preparing are the traditional Italian Christmas Lasagna and Italian Sesame Seed Cookies which is a recipe passed down from my mom.

I am grateful for the community that we have created within the Triangle Sons & Daughters of Italy. We gathered more than 30 times throughout 2023 for social, cultural, educational, and charitable events. We have created a special extended Italian American family.

I wish for us an enjoyable holiday season. Even if we are in midst of experiencing bumps in the road that life sends our way, hopefully we can still appreciate those things that are good to us.

I sincerely hope that 2024 will bring good health and fun times to all of our members. If we have not seen you in a while at an activity, please try to attend. Your Italian American family is ready to enjoy your company.

Buon Natale!

Don Cimorelli

TSDOI 2817 President

2023 Outstanding Italian American in North Carolina Award



Nominated by TSDOI Member Joyce Moses, it is our pleasure to announce that Dr. Michele Fazio, received the distinguished 2023 Outstanding Italian American in North Carolina Award at the TSDOI Italian American Heritage Celebration on Sunday, October 29th. Our criteria for the award continued to include professional accomplishment, embracing of the Italian-American culture, and serving as a positive role model for others.

Dr. Michele Fazio is a distinguished professor in the English department and co-coordinator of the gender studies minor at UNC Pembroke where she teaches courses on 20th-century American and contemporary U.S. ethnic literature. She also directs the Pembroke Mellon REACH Program—an initiative to increase participation of underrepresented students in pursuing graduate school with a focus on the humanities.

Dr. Fazio grew up as the youngest member of a large Italian American family and was the first in her family to attend college. She received her Ph. D from Stony Brook University (New York). She has focused significant parts of her career in the field of Italian American studies and participates in several national and international organizations to promote a greater

understanding of Italian American history and culture.

Dr. Fazio has received numerous awards and fellowships as a scholar and filmmaker, culminating in the very prestigious University of North Carolina Board of Governors Award for Excellence in Teaching. She is also highly active in mentoring the next generation of teaching professionals.

Please join me in congratulating Dr. Michele Fazio, our 2023 Outstanding Italian-American in North Carolina. If you were unable to attend last Sunday's TSDOI Italian American Heritage Celebration (Destination America: The Great Italian Migration), you can watch Dr. Fazio's acceptance presentation and personal story which has been posted on the link below on Facebook.

<https://www.facebook.com/538796520/videos/pcb.1411281013153887/1064286081653455>



Conversational Italian

On the last Monday of the month

, we have a group of members who meet for informal conversational Italian. All skill levels are welcome. Some can speak quite well, and others can barely speak the Italian language, but enjoy learning a few words or phrases at a particular meet-up. The session is for approximately 1 hour.

If you would like to attend our next session, please RSVP to Don Cimorelli donald.cimorelli@gmail.com. Don can add you to our ongoing Conversational Italian distribution list if you request to be informed of all sessions.

The TSDOI Conversational Italian generally meets at Keller Williams Legacy, 1483 Beaver Creek Commons Drive, Apex, NC 27502 at 1:00 pm.



Here are some quotes from November's Conversational Italian meeting telling us why they joined the group.

"I want to practice speaking Italian so that when I visit Italy or speak to my family in Italy I can speak Italian and have a conversation."

"It's good for your brain to learn a new language"

"It's dying and I don't want it to die. I want the language to continue. AP classes have gone away. I want my kids to see that one of us is trying."

"I'm studying for the B1 exam to obtain dual citizenship through my husband who has dual citizenship."

"The Italian language is like music"

"I want Italian spoken in my household."

"We've reconnected with family in Italy and right now the burden is on them to speak English."

"I'd like to keep my Italian heritage and be able to celebrate that."

"I joined this group to have fun with other Italian Americans and to just see what I can learn from being in your presence."



FOOD & CULTURE

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

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

New Members

Please welcome **Lawrence (Larry) and Rae Giordano** who heard about us through the Internet. They attended our Italian American Heritage event and decided to join. They are from Baltimore and moved to Wilson five years ago to be near their daughter. Larry's heritage is from Cefalu, Sicily and he is a retired Farmer and enjoys fishing and collecting/selling antiques. Rae's heritage is from Naples, and she is retired and enjoys antiques and estate sales. Welcome Larry slgfarmer@yahoo.com and Rae giordanorae@gmail.com.

Please welcome **Paul and Barbara (Barb) Caci** who heard about us from Pat and Charlotte Di Leonardo. Thank you Pat and Charlotte. They all attended our Italian American Heritage event. Paul and Barb are originally from Long Island, NY and after spending many years in Maryland moved to Knightdale to be near family. Paul's Italian heritage is from Naples, Sardinia and Sicily and he is a Finance Analyst. Barb's heritage is from Vita, Sicily and she is a Pharmacy Tech at UNC hospital. Paul enjoys reading, following soccer and rugby and range shooting. Barb enjoys gardening. Welcome Paul paulcaci@outlook.com and Barb barbcaci@gmail.com.

Please welcome **Mary Gianotti Kopac** who heard about us from Raymond Montovani and Anne Morey. Thank you both. Mary is originally from Kankakee, Illinois. She lived many years in Asheville, NC and relocated to Durham to be near family. Her heritage is from Balangero, a commune in the Piedmont region. She is an Associate for USANA Health Services. Her interests and hobbies are learning and speaking Italian, horseback riding and being a Nonna. Welcome Mary happytrailsmary@gmail.com.

Please welcome **Caroline Sewell** who heard about us from her friend Nancy Doyle who also joined. Thank you Nancy. Caroline grew up in New Orleans and Virginia as her parents were in the military. She and her husband moved to North Carolina due to his job relocating. Her heritage is from Palermo, Sicily and she is retired from an Event Planning Company. She lives in Cary and enjoys cooking, traveling, entertaining and home decor. Welcome Caroline eventor83@gmail.com.

Full Story of Lincoln Memorial

The design of the statue at the Lincoln Memorial was the work of Daniel Chester French. However, French didn't work on his statue alone: it was far too big a project for that. No, he actually hired a group of brothers to carve the stone.

The Piccirillis were six men originally from Italy who'd made a name for themselves in America as excellent sculptors. The Piccirilli brothers put in a lot of work on this project.



Laboring in their workshop in the Bronx, New York, these men took great care to chisel out this statue in a series of slabs, which were then brought to Washington D.C. and assembled on-site. Their contribution was invaluable, yet they're perhaps not as famous as you'd expect. French actually suggested carving their name into the plinth of the statue, but they declined the proposed credit.

Italian Americans break new ground!

Meet Joey. The first Italian-American Muppet in history! He lives above Hooper's Store with his dad, who bonds with him by cooking together.



Italy's Rumbling Super Volcano Has Half a Million Residents on Edge

https://www.wsj.com/world/europe/italys-rumbling-supervolcano-has-half-a-million-residents-on-edge-6a1472af?mod=hp_lead_pos9

POZZUOLI, Italy—Diners at restaurants around this tiny port streamed outside while moored boats and an eight-story crane began to sway. Some cats milled about, unfazed by the umpteenth tremor to hit this picturesque seaside town.

“You feel that? It’s nonstop earthquakes here,” said Luca Averna, a part-time fisherman, as he paused from working on his small boat during the 3.6-magnitude tremor. “We’re used to it, but that doesn’t mean we aren’t afraid.”

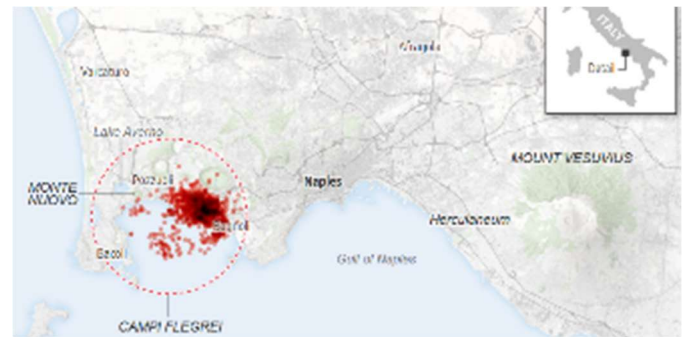
Pozzuoli, about 8 miles west of Naples, has had more than 2,500 earthquake tremors in the past three months. So far, few have been large, but residents are on edge: They live on top of a super volcano, a classification given to about twenty of the world’s largest volcanoes. The constant earthquakes are a sign of volcanic activity deep underground.

Vesuvius, southeast of Naples, which destroyed Pompeii in the first century A.D., is the region’s most famous volcano. But modern volcanologists are far more worried about the cluster of low-lying craters around Pozzuoli known as Campi Flegrei. The 80-square-mile depression is home to more than a dozen conical volcanoes, several crater lakes—and half a million residents. Another 800,000 people live just outside the depression.

In Campi Flegrei, like in Yellowstone and the world’s other super volcanoes, the probability of a catastrophic eruption is low but not nil, said Alessandro Iannace, a geology professor at the University of Naples Federico II who wrote a popular geology book.

“The difference is that in Yellowstone, if you think the eruption is coming, you can send the tourists home and close the park for four years,” said Iannace. “You can’t do that with Campi Flegrei. There are just too many people there.”

Residents here get frequent reminders that they live on top of a slumbering giant. Hydrogen sulfide, with its distinctive smell similar to rotten eggs, often



drifts into town from one of the craters, displacing the salty sea breeze.

“If you want to live in Pozzuoli, you have to learn to cohabit with the volcano,” said Roberto Marotta, who manages a clothing shop in Pozzuoli. “You’re always thinking about it, even when you sleep. If my wife moves in bed, I jump up thinking it’s a quake.”

DID YOU KNOW

In 1931 during the Great Depression, the Italian immigrants were the first to set up the Rockefeller Center Christmas Tree.

<https://orderisda.org/culture/old-school/rockefeller-christmas-tree-rooted-in-nycs-italian-immigrant-past/>



Italian immigrant workers at Rockefeller Center decorated the 20-foot balsam fir with garlands made by their families. This photo, taken on Christmas Eve in 1931, shows the men lined up to receive their wages.

The Christmas Season in Southern Italy

Italian Tribune, Dec 6, 2018

Every year, millions of people from all around the world choose Sicily to spend their holidays. They are attracted by its climate, breathtaking landscapes, delicious cuisine, history, and architecture. Christmas and New Year's Eve are two of the most important celebrations in Sicily. Although Christmas trees are very common among Sicilian families, the most authentic Sicilian tradition is the Nativity. The Presepio can be found in homes and churches and squares. One of the most traditional versions of the Nativity scene on the island is the Presepe Vivente in which locals dress in costumes of the Holy Family, shepherds and the Magi. Such performances take place until the Epiphany on January 6, often in small towns and villages. Two of the most beautiful ones are held in Custonaci, in the province of Trapani, and Caltabellotta, in the province of Agrigento.

Sicily is truly at its best during the Christmas season, especially when it comes to food. Banquets of immense and in some cases legendary dimensions are prepared. The variety of foods seems endless. Whether it is cheese, seafood, meat dishes or pasta, everyone can count on numerous favorites on offer and if you have a sweet tooth, the desserts are beyond compare. Cassata, Cannoli and Torta Setteveli are the most popular. The serious eating begins on Christmas Eve in Sicily.



This living nativity Presepe Vivente di Custonaci is held in Custonaci, near Trapani, brings together craftsmen and artists from all over Sicily for six days between Christmas and Epiphany. The living nativity is recreated annually within the Mangiapane Cave. Leaning against the cave are tiny houses built by shepherds and farmers. The special feature of this nativity is the display of ancient trades and Sicilian scenes. The actors are not actors but real craftsmen who still own and carry out their professions in and around Custonaci. So you will

find a cobbler repairing the shoes, the barber cutting hair and women spinning wool, among other crafts.



In the heart of the **Abruzzo** lies the town of Avezzano near L'Aquila. Here the Christmas markets will be housed in the elegant Piazza Risorgimento. The local food, crafts and items for sale bring together the region's proud cultural heritage set against a magnificent landscape. The wonderful Christmas village is constructed of stalls made from wood SO freshly cut that it still fills the air with the fragrance of an evergreen forest. For many, it is an excellent opportunity to find the ideal gift for a special someone, while enjoying the typical foods of Abruzzo.

In the region of **Basilicata**, the city of Matera has been named as the European Capital of Culture for 2019. One of the least known of the regions of Italy, the acclaim of Matera has led to an increase in awareness and in visitors to the fascinating area. When it comes to Christmas, at the top of everyone's list should be a visit to Città dei Sassi. Used as the setting for Mel Gibson's movie "The Passion," the ancient setting is like stepping back in time to the moment of the birth of Christ. The magical Christmas atmosphere envelopes you while you stand in front of the stunning image of the lit Sassi at night. Into that wonderful setting is the living Nativity,



created with hundreds of actors. This year they will reproduce six scenes: the Annunciation, the Sanhedrin, the Market, the Historic Crafts, the Court of King Herod and the Nativity, set along a walk that ends after more than half a mile.

During the Christmas season, Matera fills up with lights and magic. Events will take place in Il Quartiere Ri-Luce district with special food events featuring the pettolata, an assortment of delicious finger foods commonly found in the area. For everyone who loves to indulge in local foods, an incredible array will be featured in Matera's Christmas Market in Piazzetta Pascoli, where you can not only eat to your heart's content, but also enjoy a stunning view of the Sassi.



In **Calabria**, the Christmas feeling begins at the moment December the 8th arrives. It seems that in every house, people begin to prepare crespelle, which, depending upon what area of the region you are in, it is also known as cuddruriaddri or cullurelli. These are deep-fried rings of doughnuts made with flour, boiled potatoes and yeast. The typical desserts for Christmas dinner are turdilli, which is the Calabrese version of struffoli and scalilli, which are intertwined dough or pretzel shaped fried dough, covered with honey, a white glaze or chocolate.



During the holidays every town and village will proudly display its presepio, but in Calabria, great pride is taken in the creation of Presepe Vivente. Adjacent to the Christmas markets that pop up in the town's main piazza, residents along the narrow streets become the

characters of the story of Jesus' birth, while craftsmen display their traditional hand-made products. Walking through the towns you will find it to be a heartwarming way to savor the region's Christmas spirit and get to know the old traditions and crafts, while discovering the many small, picturesque Calabrian villages.

In Taranto, along the coast in **Puglia**, there is a massive parade that ends with an amazing fireworks display. Locals traditionally prepare pettole for the season, actually beginning on November 22 - the Feast of Santa Cecilia. Similar to Neapolitan struffoli, the little balls of fried dough are dusted with sugar, rather than honey. In Calabria there is an ancient tradition called perciavutta, where people taste the year's new wine and eat grespelle. In the case of the latter, the fried balls are not a sweet, but are filled with anchovies, dry peppers and cauliflower.



In the region of **Molise**, the beautiful town of Agnone lights up with the 'Ndocciata on Christmas Eve. Located in the province of Isernia, the 'Ndocciata in Agnone became famous in 1996 when it was performed in Piazza San Pietro for the Pope. The 'ndocce are torches, up to 12 feet tall, made from spruce. They are tied tightly at the base and then gradually flare out with dry broom branches inserted to make them thicker and more flammable. They are then joined together with as many as seventeen other ndocce in a fan shape. At dusk on Christmas Eve, the bells of the Church of Saint Anthony begin to ring, signaling hundreds of carriers to light the 'ndocce and walk down the main street. The men, according to tradition, dress in rustic clothing and the street turns into an enormous river of fire. When the procession ends, the 'ndocce are burnt in a giant bonfire.

**Buon
Natale**

Frittelle: Traditional Italian Christmas Eve Doughnuts (Zeppole)



Zeppole or frittelle are traditional Italian Christmas Eve doughnuts which are made from a sticky, flavored version of bread dough. However, there's nothing plain about them once they're ready: they're incredibly delicious and light!

Ingredients

2 cups (250 g) flour, all-purpose
1/4 tsp salt
1 Tbsp sugar
3/4 tsp dried yeast
8 oz (236 ml) water, lukewarm
1 Tbsp orange or lemon juice
1 tsp orange or lemon peel
Rum-soaked raisins (optional)
2 oz sugar

Instructions

1. Put the yeast in the water and set aside for 5 minutes.
2. Place the flour, salt and sugar in a bowl; mix together and after the yeast is ready, pour the water and yeast mixture into the bowl along with the juice and peel, and mix by hand until a very sticky dough forms (if using rum-soaked raisins, add them at this time). Cover with plastic wrap and let rise until at least doubled.
3. Place the oil into a deep pan (I used a wok) and heat to a medium high temperature.
4. Test the oil by dropping a tiny piece of dough into it: if it doesn't begin to fry right away, the oil is too cold; if the dough browns too quickly, lower the heat as the oil is too hot.
5. When the oil temperature is correct, take a piece of dough (it will be very sticky) and pull into a doughnut shape with a hole in the center.
6. Drop into the hot oil and continue to make more. It is helpful to have another person frying the doughnuts while one person is shaping them, as it just too difficult to do both things at once, since the dough is so sticky.
7. The frittelle will rise and cook quickly, so turn them as soon as they begin to brown on one side. Once they are cooked, remove them from the oil and place on paper-towel lined plate for a minute or two.
8. Dip the frittelle into the sugar and cover completely. Place on a serving plate. Best eaten the same day.



CANEDERLI IN BROTH

<https://www.the-pasta-project.com/canederli-in-broth-south-tirol-recipe/>

Canederli are delicious large round dumplings made from a mixture of stale bread, flour, eggs and milk. These bread dumplings are traditional in Trentino-Alto Adige, the Alpine region in Northeast Italy that borders with Austria.



INGREDIENTS

8-10 slices stale bread (quite thick)
200 ml warm milk (1 cup)
200 g speck (7oz) or bacon cut into small cubes
2 eggs lightly beaten
1 onion peeled and finely chopped
50 g Parmigiano cheese (¼ cup 2oz) grated
40 g all-purpose flour (⅓ cup 1.5oz)
30 g butter (1oz)
1 tablespoon extra-virgin olive oil
¼ teaspoon nutmeg grated
6 tablespoon fresh parsley chopped
salt to taste
pepper to taste
2 Lts beef broth (8.5 cups) or chicken or vegetable

INSTRUCTIONS

Cut the bread into small squares and put it in a bowl. Add the milk and beaten eggs. Mix everything together and leave covered for up to 2 hours. Mix again a couple of times in the 2 hours.

If making your own broth, you can do it while the bread is soaking. The broth needs to be filtered before cooking the canederli in it.

Cut the speck into small cubes and peel and finely chop the onion. Cook the speck and onions in olive oil and butter for 5 to 8 minutes in a skillet over a

medium heat, or until the speck starts to crisp. Pour off and discard fat. Set pan aside to cool.

Using your hands, mix the pre-soaked bread with the onions and speck, grated parmigiano, 4 to 5 tablespoons of chopped parsley, salt, black pepper and nutmeg. Add the flour and mix again. Leave the mixture to rest for 30 minutes.

Form soft balls from the canederli mixture of about 8-10 cms in diameter (3-4 ins) (You can make balls bigger or smaller, but you may need to adjust cooking time.) Place the dumplings on a floured surface until you have made them all.

Bring the broth to a simmer and drop the canederli, one at a time, into the heated broth. Don't overcrowd the pan. You may have to do them in batches and keep warm while you cook the rest. Simmer the dumplings for 15 minutes, or until each turns slightly yellow and rises to the top. Remove balls carefully with a slotted spoon.

Serve one or two dumplings per bowl, covered with heated broth. Garnish with remaining parsley and more grated parmigiano.

WHAT IS SPECK?

Speck Alto Adige IGP is a distinctly flavored, smoked, cured ham which has a much fuller taste than Italian prosciutto crudo. It's one of a number of Italian food products that has a European IGP certification, meaning that it is made in a specific geographical area according to traditional methods of production.



Note: Capri Flavors in Cary carries speck.