



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
February Birthdays	2
Congratulations to Joe and Vicki Prozze on Dual Citizenship	2
Music Bingo and Italian Dinner & Dessert Extravaganza!	3
The Tradition of the St. Joseph's Table	3
Food & Culture	4
New Members	4
Good & Welfare	4
Travel Tips for Italy	4
Sip & Feast	4
The Pioneering Scientist Who Explained Contagious Disease	5
Lemon Garlic Tilapia	7
Pasta con le Sarde	7

IL GIORNALE DI TSDOI

Febbraio, 2024



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

Feb 4 - Opera (sold out)
Feb 7 – Cape Fear Seafood Luncheon
Feb 26 – Conversational Italian
Mar 16 - Music Bingo & St. Joseph's Celebration
Mar 25 - Conversational Italian
Apr 27 – Italian Auto and Bike Concourse Event
Apr 29 – Conversational Italian
May 18 - Tia DeMaria Raleigh Regional Bocce Tournament (Tentative Date)
May 20 – Conversational Italian
June 15 – Durham Bulls (Tentative Date)
Jun 2 – Picnic
Jun 24 - Conversational Italian

February Birthdays

This month we celebrate the birthdays of those members celebrating in February: Lou Fabrizio (3), Dianne Small (7), R. Jay Dewey (8), Anthony DiSantostefano (9), Astrid Amico (13), Mike D'Amore (13), Sherry Hicks (14), Robert Sepe (14), Marcia Eisenberg (15), Cristina Ziller (15), Ricci Polsinelli Williams (16), William Schmidt (18), Barbara Ascolese (18), Phil DePalma (21), Suzy Fanucci Schmidt (21)



Congratulations to Joe and Vicki Prozze on Dual Citizenship

Vicki and Joe Prozze went to the Consulate in Philadelphia last month and walked out with Italian Passports. According to Joe, the Italian Consulate in Philadelphia is run like a well-tuned clock and the people were very pleasant and helpful. It only took them 30 minutes from entering to exiting and walking out with their passports in hand. They couldn't believe it!



Letter From the President

Dear Members:

Dear TSDOI Members:



In 2023, the Triangle Sons & Daughters of Italy proudly offered 30 events for our members. These events represented social, cultural, educational, and charitable opportunities. We cast a large net to meet a wide range of interests.

Similarly, 2024 is shaping up to offer a comprehensive calendar of monthly events that includes both "Annual Fan Favorites" and "Creative New Programming". Three of our new events will include launching Music Bingo as part of our St. Joseph's Style Dessert Extravaganza in March; Sponsoring an Italian Car & Bike Show and Buffet in April; and Creating a Social & Cultural Watch Party for the famous Italian Horse Races during the Summer. We are also currently exploring to expand our culinary education offerings, day trips, and weekend conversational Italian.

The catalyst for creative new programs is very often recent and new members who have an exciting idea to share, and the Lodge partners with the member to bring the idea to fruition. This is what we are already doing in 2024.

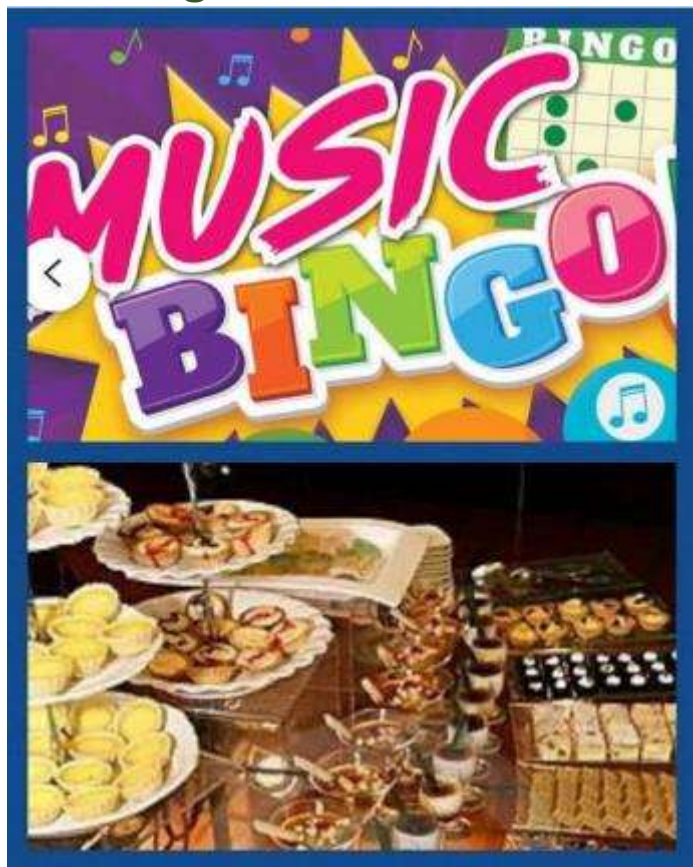
If you have an idea for a new type of event, please send an email directly to me (Donald.cimorelli@gmail.com) and we can begin to brainstorm the possibilities. Now is the time to jump on this for 2024 planning.

Don

Don Cimorelli

TSDOI 2817 President

Music Bingo and Italian Dinner & Dessert Extravaganza!



Date & Time: Saturday, March 16, 2024, at 3:00 pm

Place: Keller Williams Realty

Address: 1483 Beaver Creek Commons Dr., Apex NC 27502

TSDOI Event Chairs: Billy Ward & Don Cimorelli

On Saturday, March 16th, we will be sponsoring one of our Top 5 TSDOI events of the year. In the Italian tradition, are you ready for one the largest dessert tables in the USA?

First the afternoon will begin with a TSDOI version of the game taking Pubs & Clubs by storm – **MUSIC BINGO**, hosted by our TSDOI Gameshow Master of Ceremonies, **BINGO BILLY!** Of course, we have fun prizes!!!! After the game, get ready for your sweet tooth.

This is a **FREE EVENT** for members, with an Italian Sandwich & Snacks Included for dinner. Guests who are not TSDOI Members can register for \$10.

As your ticket to entry, each household is requested to bring a store bought or homemade dessert that serves 8-10 people. This is how we create our spectacular **St. Joseph's style Italian Dessert & Venetian Table.**

Below are the RSVP & payment links:

STEP 1: RSVP TO INDICATE TOTAL NUMBER IN YOUR PARTY (MEMBERS & GUESTS) WHO ARE ATTENDING

[Music Bingo with Dinner & Dessert Extravaganza! signupgenius.com](#)

STEP 2: PAYMENT LINK FOR ALL GUESTS IN YOUR PARTY WHO ARE NOT TSDOI MEMBERS (\$10 FOR EACH GUEST)

[Music Bingo & Dessert Extravaganza Guest Payment Link \(\\$10 Each for Non-TSDOI Members\) – Triangle Sons of Italy Lodge 2817, square.link](#)

The Tradition of the St. Joseph's Table

After the harvest, to show their gratitude, Italians prepared a table with special foods to honor St. Joseph and to share with the poor. After thanking and honoring the saint, they distributed the food to the less fortunate. This celebration became an



annual tradition. Today many Italian groups celebrate the feast by preparing a feast of desserts.

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 Angela (Vitello) Weiland who heard about us through Facebook and at our demo table set up at Capri Flavors. She is originally from Buffalo, NY and spent many years in the military. Her heritage is from the Racalmuto area of Sicily. She lives in Durham and is a Program Manager for a health insurance company. Her interests and hobbies are rug hooking with wool, gardening, traveling, cooking, baking and food tasting/reviewing restaurants. Welcome Angela euroangela@aol.com.

Please welcome Laura Russell who heard about us from our Lodge member Gary Pezzullo her classmate in the Italian language class at Wake Tech and also from our business card in Capri Flavors. Thank you, Gary. Laura is originally from Buffalo, NY and lives in Cary. Her heritage is from Montemaggiore, Sicily. She is a Senior IT Architect with Duke Energy. Her interests and hobbies are travel, Italian language, reading, cooking and baking. Welcome Laura laurajrussell@gmail.com.

Good & Welfare

Please keep Josephine Romano in your thoughts as she recovers from recent surgery.

Travel Tips for Italy

These travel tips are from Karen La Rosa at kjlarosa@larosaworks.com or www.larosaworks.com.

PASSPORTS:

Processing time is pretty much back to normal. You should allow about 6 weeks, but best not to wait. If you are planning to travel, do it now.

Remember your passport must be valid for 6 months after your return to the USA



FLIGHTS: Fares typically come down a bit in February. Check on Tuesdays, Wednesdays or Saturdays, and book travel on those days as well for the best fares. That

used to be the rule and it's not always the case now, but it's still a good bet.

SELF DRIVERS: Please remember that you must have an International Driver's License to drive in Sicily. If you do not, you will be denied your rental car. You can easily purchase one at your local AAA office. It is recommended that you take all the insurance coverage offered with your rental. It's easy to check rental rates here.

INSURANCE: Buy your travel insurance early. There is usually a 10-day period to review and adjust. Consider a policy with Cancel for Any Reason, Trip Interruption and the usual coverage for baggage and flight delays. Credit cards offer benefits but read the fine print. It may not be enough.

SIP & FEAST



The Sip & Feast web site is a great resource for the very best New York-style Italian and Italian-American recipes! www.sipandfeast.com. You can even sign up for emails with their new recipes. Check out the recipe in this issue for a "taste" of what they have to offer for St. Josephs day.

The Pioneering Scientist Who Explained Contagious Disease

www.wsj.com/science/the-pioneering-scientist-who-explained-contagious-disease-73e59c73

After decades of experiments in the early 19th century, Agostino Bassi showed that silkworms were being killed by a microorganism, setting the stage for modern germ theory.

September 25 marks the 250th anniversary of the birth of the most important scientist you've never heard of. His name was Agostino Bassi, and he was the first person to identify the specific microorganism that caused a contagious disease—the first to prove the germ theory of disease. How he did it is a remarkable story of scientific passion and persistence. It deserves to be more widely known.

Bassi wasn't meant to be a scientist. He was born into a well-to-do farming family in a small village in Lombardy in northern Italy. Following his father's wishes, he studied law at the University of Pavia. But his first love was science. During his university years, he supplemented his official studies by informally taking courses in science, medicine and mathematics. Among the professors whose lectures he attended was Lazzaro Spallanzani, famed for his opposition to the theory of spontaneous generation. Another, with whom Bassi became friends, was Giovanni Rasori, a supporter of the then-unpopular idea that contagious diseases were caused by microorganisms.

After receiving his law degree in 1798, Bassi settled in Lodi, a town about 20 miles southeast of Milan. Plagued by recurring bouts of an eye inflammation that made reading and writing difficult, he moved in and out of bureaucratic posts. On the side, and between positions, he used the family farm as a laboratory. Over the years, he conducted experiments and published treatises on breeding sheep, cultivating potatoes, aging cheese and making wine. His most important—and time-consuming—research was on silkworms.

Lustrous, soft and easy to dye, silk has been Europe's favorite luxury fabric as far back as ancient Rome, where it arrived from China. It comes from the cocoons of *Bombyx mori*, a moth domesticated in China thousands of years ago and unable to survive in the wild. By Bassi's day, sericulture—the raising and harvesting of silkworms—was a major industry in Italy and France.

Sericulture is a precise and demanding process. Cultivators raise silkworms on trays protected from the weather and supply them with fresh mulberry leaves, the only food they will eat. Mulberry orchards are as essential to sericulture as the insects themselves. When the caterpillars are ready to build cocoons, cultivators



provide them with sticks and monitor their hibernation. Just before the moths emerge, they harvest the cocoons and heat them to kill the insects before they can break the precious silk. Each intact cocoon is a continuous filament that can be reeled off, combined with others and turned into fine thread. Each sericulture stage requires precision: just the right density of silkworms and leaves, just the right temperatures, just the right timing. Disease can devastate a harvest.

In late 1807, Bassi embarked on what turned out to be 30 years of experiments aimed at identifying and countering the cause of a mysterious ailment that was wiping out silkworms. They would stop eating, become limp and die. Their corpses would then grow stiff, brittle and coated in white. The disease was variously known as *mal del segno*, *muscardine* or, in a nod to the white powder, *calco*, *calcino* or *calcinaccio*. Breeders believed that it must be caused by a toxin in the insects' environment, and Bassi set out to figure out what that was.

His first eight years of experiments proved frustrating and apparently futile. He later wrote: "I used many different methods, subjecting the insects to the cruelest treatments, employing numerous poisons—mineral, plant and animal. I tried simple substances and compounds; irritating, corrosive and caustic; acidic and alkaline; soils and metals; solids, liquids and gases—all the most harmful substances known to be fatal to animal organisms. Everything failed. There was no chemical compound or pest that would generate this terrible disease in the silkworms."

Bassi resolved 'to interrogate nature...until she responded sincerely to my questions.'

By 1816, Bassi was deeply discouraged. He had expended enormous effort and nearly all his money on fruitless studies. He was losing his eyesight. "Oppressed by a great melancholy," he abandoned his research. But

a year later, he rallied and resolved to “defy misfortune, turning to interrogate nature in new ways with the firm resolution of never abandoning her until she responded sincerely to my questions.”

A major clue came when Bassi observed that silkworms raised in the same conditions and fed the same food but housed in adjacent rooms had different outcomes. The disease would sweep through one room while its neighbor suffered little or no damage. The difference, he concluded, was that “there was no calcino germ, or very few, in one room and large numbers in the other. The mal del segno or muscadine is never born spontaneously” in reaction to a toxin, as everyone had previously believed.

After more experiments, Bassi realized that living insects wouldn’t infect one another. Rather, the disease was carried by the corpses’ white coating. Introduced into the body of a living insect, whether caterpillar, pupa or moth, the powder would multiply inside, feeding on the insect’s body until it killed it. Only then would it spread. Bassi concluded that the invader was a fungus, and the white substance was its spores. It was the first experimental proof that a contagious disease would spread as microorganisms traveled from an infected to an uninfected animal.

By placing a dead insect in a warm, humid environment, Bassi found he could cultivate the fungus enough to detect hints of stems with the naked eye. Under a simple microscope, he could see the curves that marked the invader as a living organism rather than a crystal.

Having determined the culprit, Bassi experimented with ways of killing the fungi without harming the silkworms, identifying several effective disinfectants. He advised sanitary measures that included treating all silkworm eggs with disinfecting solutions; boiling instruments; disinfecting trays, tables and workers’ clothing; and requiring everyone tending the silkworms to wash their hands with disinfectants.

As these hospital-style measures suggest, Bassi’s discovery was a breakthrough with implications beyond sericulture. His research anticipated the more famous work of Louis Pasteur and Robert Koch in developing the germ theory of disease. Nine years after Bassi’s death in 1856, the well-funded, publicity-savvy Pasteur turned his own attention to silkworms, conducting his first research on animals. Among the resources he had at his disposal were French translations of Bassi’s work. The provincial lawyer was a scientist ahead of his time.

Lemon Garlic Tilapia

<https://www.allrecipes.com/recipe/89261/lemon-garlic-tilapia/>



Seafood is traditional for the St. Joseph Lenten holiday, and all of us could probably use a bit more fish in our diets year-round. You’ll love this simple lemon garlic tilapia, and you can also easily adapt the recipe for your favorite fish. You can bake it or even grill it. Tastes great either way!

Ingredients

- nonstick cooking spray
- 4 tilapia fillets
- 3 tablespoons fresh lemon juice
- 1 tablespoon butter, melted
- 1 clove garlic, finely chopped
- 1 teaspoon dried parsley flakes
- 1 dash pepper to taste

Directions

Step 1 - Preheat the oven to 375 degrees F (190 degrees C). Spray a baking dish with nonstick cooking spray.

Step 2 - Rinse tilapia fillets under cool water, and pat dry with paper towels.

Step 3 - Place fillets in the prepared baking dish. Pour lemon juice over fillets, then drizzle butter on top. Sprinkle with garlic, parsley, and pepper.

Step 4 - Bake in the preheated oven until fish is white and flakes when pulled apart with a fork, about 30 minutes.

Pasta con le Sarde

https://www.sipandfeast.com/pasta-con-le-sarde/?utm_source=convertkit&utm_medium=email&utm_campaign=Landing+Page+or+Form%20-%205700698

Pasta con le sarde, also known as St. Joseph's Pasta, is a wonderful combination of al dente bucatini, toasted breadcrumbs, fennel, sardines, pignoli, and golden raisins.

Ingredients

For the breadcrumbs

1 cup plain breadcrumbs
3 tablespoons extra virgin olive oil
salt and pepper to taste

For the pasta

1 pinch saffron
1/2 cup dry white wine
1-pound bucatini or spaghetti
1/4 cup extra virgin olive oil
1 large fennel bulb cut in half, save a 1/2 cup or less of the fronds
1 medium onion diced
5 cloves garlic sliced
5 oil-packed anchovy fillets
3 4-ounce cans of oil-packed sardines
1/3 cup golden raisins soaked in water then drained
1/3 cup pine nuts
2 cups reserved pasta water will most likely not need it all
salt and pepper to taste

Instructions

For the breadcrumbs

Heat a large pan to medium-low heat and sauté the breadcrumbs in the olive oil until golden (about 5 minutes). Season with salt and pepper and set aside.

For the pasta

Place the saffron in the wine and set aside.

Begin by bringing a large pot of salted water to boil. Boil the fennel for about 10 minutes or until tender then remove with a slotted spoon. Save the water because that will be used to cook the pasta. Once the fennel is cool enough to handle, dice it into small pieces.

Heat a large pan to medium and sauté the onions in extra virgin olive oil until translucent (about 5 minutes). Add the anchovies and garlic and cook for another 2 minutes. Mash the anchovies with a wooden spoon to break them up.

Add the fennel and cook for another 2 minutes.



At this time cook the pasta for 1 minute less than al dente.

Add the wine and saffron mixture and cook for 2-3 minutes over medium heat to reduce the liquid by about half.

Add the raisins, pine nuts, and fronds along with the sardines. Turn the heat down to low and gently break the sardines apart but don't mash them. Leave some texture.

Add the pasta to the pan along with 1 cup of pasta water. Toss or mix quickly and cook the pasta until it reaches just al dente.

Remove the pan from the heat and taste test. Adjust salt and pepper as required. If the pasta is too dry add a bit more of the reserved pasta water, 1-2 tablespoons at a time, and mix again. Add half of the breadcrumbs and toss the pasta. Serve in bowls with a drizzle of extra virgin olive oil. Offer with the remaining breadcrumbs at the table. Enjoy!

Notes

Traditionally, this dish is served with fresh sardines, but canned oil-packed sardines are a great option.

Anchovies and canned sardines are very salty. Go easy with extra salt.

Supermarkets often sell large fennel bulbs that might need to be shaved a bit with a peeler to remove the hard outer edges. Smaller and more tender fennel (like the ones used in the post body above) can be used as is.

Always reserve pasta water. If the pasta dries out before serving, just add a few ounces of the pasta water to bring the consistency right back to perfect.

Leftovers can be saved for up to 3 days and can be reheated in the microwave.