



# Triangle Sons & Daughters of Italy

*Serving the North Carolina Triangle since 2004*

2817

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# IL GIORNALE DI TSDOI

Giugno, 2024



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



And on our YouTube Channel  
[youtube.com/@tsdoiyoutube7441](https://www.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](mailto:nickverna14@gmail.com)

# TSDOI Calendar of Events

- June 2 – Picnic
- June 15 – Durham Bulls
- June 24 - Conversational Italian
- July 13 – Pasta Making Class
- July 18 – Eataly@CapriFlavors
- Aug 14 – The Palio of Siena
- Oct 12 – Heritage Night

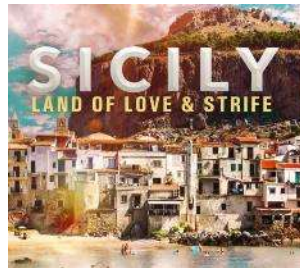
## June Birthdays

This month we celebrate the birthdays of those members celebrating in June: Anna Buonaiuto (1), Marilyn Pezzullo (1), Mary Rose Seftor (5), Lucia Williams (5), Michael Salce (6), Caroline Sewell (9), Angela Signorelli Bianco (9), Anthony Romano (10), Lisa McCall (11), Julia Bledsoe (11), Ralph Dolfi (11), Harvey Goodman (12), Joyce Moses (12), Victor Musante (12), Joyce Rickenbrode (12), Toni Koytek (15), Vivian Dewey (17), Rosemary Verna (20), Monique Andrews (21).



## Sicily: Land of Love and Strife

TSDOI Lodge 2817 member Mark Spano will be screening his film **Sicily: Land of Love and Strife** at the Robert and Pearl Seymour Center in Chapel Hill. Mark will be leading a Q&A following the screening of the film. This is free and open to the public.



July 11, 2024  
1:00 p.m.  
Robert & Pearl Seymour Center  
2551 Homestead Rd.  
Chapel Hill, NC 27516

To register to attend the film call 919-698-2070.



## Letter From the President

Dear TSDOI Members:

While some of our summer events are already at capacity due to high interest levels, we are constantly adding new activities so that you have plenty to pick from.



There are two new events to be on the lookout for. On Thursday, July 18th at 6:00 pm, we will be sponsoring **“Eataly@CapriFlavors”**. This program will include wine tastings that are paired with hot & cold foods. There will also be some Italian American sing-along fun.

On Sunday, August 4th we will be sponsoring a brand-new event called **The Palio of Siena**. We are excited to bring this famous Italian horse race to TSDOI. This program will be very interesting along with being a cultural and educational experience.



Other events coming your way are **Scopa card playing** for those who requested to join this interest group, and a luncheon at an area restaurant.



I encourage you to stay engaged with TSDOI so that you grow your extended Italian American family and get the most out of your membership. As my cousins in Italy always say, “Un grande abbraccio (A big hug).

Don Cimorelli

TSDOI 2817 President

# Annual Family Picnic with Scholarship Awards

Sunday, June 2, 2024

Rotary Shelter at Harold Ritter Park, 301 West Lochmere Drive, Cary, NC 27511

3:00 pm – 8:00 pm (Dinner Served at 4:00 pm)

\$15.00 TSDOI Members  
\$18.00 for Non-Members  
\$7.00 for Children Under 10



## Menu:

- Mama T's Potato Salad & Garden Salad
- 6-oz. Angus Burgers with Cheese, Lettuce, Tomatoes, Onions, and Condiments
- All Beef Hot Dogs w/Chili, Diced Onions & Condiments
- Sausage with Peppers and Onions
- BBQ Baked Beans
- Sweet & Unsweet Iced Tea, Lemonade & Water
- Sheet Cake to honor our scholarship winners.

## Activities:

- Games for Kids & Adults
- Left Right Center Game (Bring Three \$1 Bills)
- 50-50 Raffle

## Registration & Payment Process

To register and purchase tickets, click on the links below to pay online, or if paying by check, please mail the check made out to TSDOI to Don Cimorelli, 132 wards Ridge Drive, Cary, NC 27513

Click on Payment Link Below for Members with Paid TSDOI Membership:

[Annual TSDOI Picnic: Member Ticket – Triangle Sons of Italy Lodge 2817 \(square.site\)](#)

Click on Payment Link Below for Guests Who Do Not Have a Paid TSDOI Membership:

[Annual TSDOI Picnic: Guest Ticket – Triangle Sons of Italy Lodge 2817 \(square.site\)](#)

Click on Payment Link Below for Children Under 10 Years of Age:

[Annual TSDOI Picnic: Children Under 10 Years Old Ticket – Triangle Sons of Italy Lodge 2817 \(square.site\)](#)

# TSDOI Donation to National Pancreatic Cancer Foundation in Honor of Tia DiMaria



## National Pancreatic Cancer Foundation

Our renamed Bocce Tournament in honor of Tia DeMaria was a huge success. Everyone rallied around this cause!!! We exceeded our planned budgeted donation of \$2K drawing from the tournament profit and other Pancreatic Cancer donations.

A **\$7,000 donation** to National Pancreatic Cancer Foundation based on the following sources has been made:

\$1300 Tournament Profit (Exceeded planned TSDOI budget assumption of \$1K profit)

\$1000 Drawdown from \$3K anonymous donation that stipulated making grants to worthwhile causes. \$2k remaining for future causes. (This \$1K donation is included in the planned TSDOI budget assumption.)

\$970 In Pancreatic donations from TSDOI Members to be put to this cause.

\$230 Round-Up by Lodge

\$3,500 Matching Donation

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**Total Donation \$7,000**

## 2 New TSDOI Card Playing Interest Groups



TSDOI is creating 2 distribution lists for Members who wish to be contacted about the opportunity to learn & play the Italian Card Game of Scopa, OR to meet and play Bridge.

You need to register on SignUp Genius on the appropriate link to register in the area of your interest. The Scopa group will meet at Southern Peak Brewery in Apex. The Bridge Group location is TBD based on where the interested parties reside. Times and dates are also TBD based on the availability of the interested members.

### Scopa

Your name will be placed on a distribution list for a group of TSDOI Members to meet at Southern Peak Brewery in Apex to learn and play the Italian Card Game of Scopa. Instruction will be provided on how to play. This is a free event other than buy your own beverage at the brewery. Click on the SignUp Genius below to be placed on this distribution interest group.

<https://www.signupgenius.com/go/9040A4DAAAF2EA6FE3-49523177-scope>

### Bridge

Your name will be placed on a distribution list for TSDOI Members interested in periodically meeting for a game of Bridge. The date, time, and location will be decided by the members in the interest group. Click on the SignUp Genius below to be placed on this distribution interest group. There is no fee to gather to play Bridge.

<https://www.signupgenius.com/go/9040A4DAAAF2EA6FE3-49523287-bridge>

## Eataly@CapriFlavors



*The Triangle Sons & Daughters of Italy  
Presents*

## *Eataly@CapriFlavors*

*Five Wine Tastings  
Paired with  
Five Hot & Cold Food Samplings  
Shopper's Discount!  
Karaoke Inspired Italian American  
Sing-A-Long*

*Thursday, July 18th  
6:00 pm*

*\$5 TSDOI Members  
\$8 Guests*

*867 Bass Pro Lane, Cary*

Five Wine Tastings from Capri's vast selection of imported Italian wines, paired with hot and cold accompaniments prepared by Chef Anthony! \$5 for TSDOI Members and \$8 for Guests. The event date is Thursday, July 18<sup>th</sup> at 6:00 pm.

**Mozzarella & Tomato with olive oil and our special house spices**  
**Wine: Prosecco**

**Assorted Salami and Cheeses**  
**Wine: Rose**

**Gnocchi with House-Made Pesto**  
**Wine: White**

**Arancini (Rice Balls)**  
**Wine: Red**

**Sfogliatelle**  
**Wine: (sweet)**

Shoppers Discount for in-store Capri purchases, and a lively and fun Italian American Sing-along!

Click on the appropriate payment link to register.

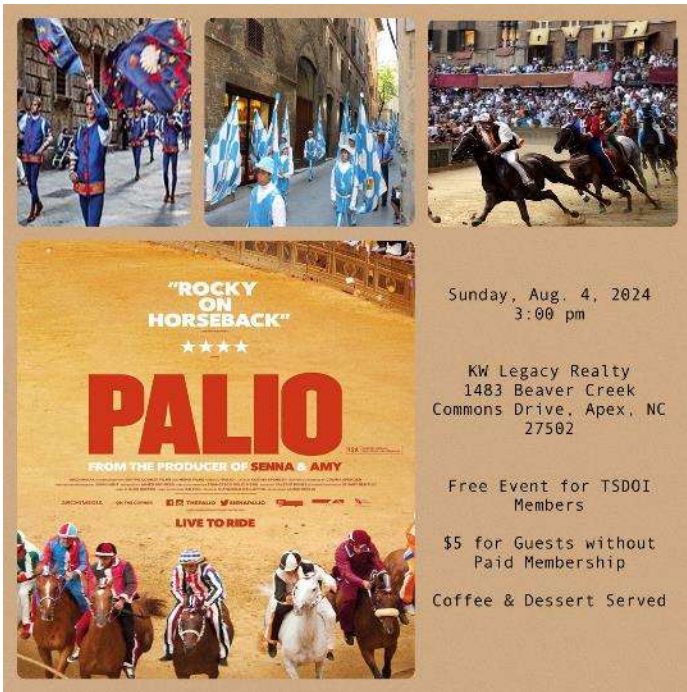
**\$5 Ticket for TSDOI Members:**

<https://checkout.square.site/merchant/ML2MMNFESZ6VC/checkout/H7NE6XFBK324CW4JDTI2UCQ6?src=sheet>

**\$8 Ticket for Guests without a TSDOI Paid Membership:**

<https://square.link/u/JTud72cW?src=sheet>

# The Palio of Siena



Sunday, Aug. 4, 2024  
3:00 pm

KW Legacy Realty  
1483 Beaver Creek  
Commons Drive, Apex, NC  
27502

Free Event for TSDOI  
Members

\$5 for Guests without  
Paid Membership

Coffee & Dessert Served

**Date:** Sunday, August 4, 2024

**Time:** 3:00 pm

**Location:** KW Legacy Realty, 1483 Beaver Creek Commons Dr., Apex, NC 27502

**Price:** Free for TSDOI Members; \$5 for Guests without Paid Membership

## DESCRIPTION:

Looking for a totally unique, authentic, and breathtaking cultural experience? The Triangle Sons and Daughters of Italy is presenting a new event called **“The Palio of Siena”** on Sunday, August 4th at 3:00 p.m.

The Palio is the most important event of the Sienese town (Tuscany Region) dating back to the 13th century and our planning committee (Joe Pirozzi, Don Cimorelli, Frank Maurio, Mike D’Amore) has created a unique approach to bringing this fun, cultural, and educational Italian opportunity to TSDOI.

**The Palio is not just a horse race, but a passion.** It’s a chaotic medieval-style horse race that takes place in the Piazza del Campo, Siena’s famous central square. It’s an extremely emotional event that brings the Sienese to tears of

joy and despair, despite the race’s macho nature. Nothing matters more to the Sienese than winning this race for their neighborhood. We will create small groups of neighborhoods at our TSDOI event.

**This is a FREE Event for TSDOI Members with paid membership.** The cost is \$5 for guests without a TSDOI membership. Dessert & Coffee will be served as part of this very lively program!

## TWO STEP REGISTRATION PROCESS

1. **CLICK ON THE SIGNUP GENIUS LINK BELOW TO REGISTER YOU AND ANYONE ATTENDING WITH YOU**

<https://www.signupgenius.com/go/9040A4DA-AAF2EA6FE3-49770713-thepalio>

2. **PURCHASE \$5 GUEST TICKET FOR EACH PERSON INCLUDED ABOVE WHO DOES NOT HAVE A TSDOI PAID MEMBERSHIP**

<https://square.link/u/nGYfWyf4?src=sheet>



**James Bond  
Quantum of Solace  
was filmed in Siena**

# Tia DeMaria Memorial Bocce Tournament



# 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](mailto:nickverna14@gmail.com).

## An Artificial Intelligence Named Nina will Uncover Fake Buffalo Mozzarella

The Consortium for the Protection of Buffalo Mozzarella

Dop employs artificial intelligence for surveillance against fake mozzarella and to

counteract the phenomenon of Italian sounding. This is the first project in Italy implemented by a Consortium, which focuses on AI as an innovative tool for the protection of a DOP product. The initiative was presented to the press at the Ministry of Agriculture, Food Sovereignty, and Forests.

The project, conceived by the Consortium, was commissioned to the company Farzati Spa, which has developed an artificial intelligence system: a virtual "bodyguard" of buffalo mozzarella Dop called Nina. The name is that of one of the most long-lived and productive buffaloes in the history of the industry.



## Restaurant in Italy offers free bottles of wine to customers who hand in phones



An Italian restaurant is offering a free bottle of wine to customers who relinquish their mobile phones during meals. Angelo Lella, the

owner of Al Condominio, a restaurant that opened in the northern city of Verona in March, said the aim was to encourage diners to chat to each other instead of constantly glancing at their phones.

"We wanted to open a restaurant that was different from the others," he said. "So, we picked this format – customers can choose to renounce technology while enjoying a convivial moment together. Technology is becoming a problem – there is no need to look at your phone every five seconds, but for many people it is like a drug ... This way they have an opportunity to put it aside and drink some good wine."

## Next Time You Buy Parmesan, Watch Out for the Microchip

Food producers are going to ever greater lengths to protect their billion-dollar markets against knockoffs



Parmigiano wheels at the beginning of the aging process. The casein label where the p-Chip is inserted is

visible on top.

Parmigiano-Reggiano producers are seeking new ways to protect the market for the world-famous pasta topping. Their latest trick to beat counterfeiters is edible microchips.

Italian producers of parmesan cheese have been fighting against imitations for years. Now, makers of Parmigiano-Reggiano, as the original parmesan cheese is officially called, are slapping the microchips on their 90-pound cheese wheels as part of an endless cat-and-mouse game between makers of authentic and fake products. A new microchip will help fight against food fraud thanks to its blockchain-backed tracking and real-time inventory control.

## Balsamic Vinaigrette



### Ingredients

- 1/2 cup balsamic vinegar
- 1 teaspoon dried thyme
- 1 large shallot minced
- 1 tablespoon honey see notes
- 1 1/2 teaspoons Dijon mustard smooth or grainy
- 1/2 cup extra virgin olive oil
- 1/2 cup neutral-flavored oil such as avocado oil
- salt and pepper to taste

### Instructions

1. Add all the ingredients except the oil to a blender or food processor and pulse to combine.
2. Add the oil and blend until smooth and emulsified. Taste the vinaigrette and season with salt and pepper to taste. Enjoy!

### Notes

- One serving of dressing equals 2 tablespoons.
- Balsamic vinaigrette can also be made by hand whisking or combining the ingredients in a covered mason jar and shaking aggressively, however, the texture may appear different than the photos. We do recommend using a blender for the creamiest texture.
- Balsamic vinaigrette can be saved in the refrigerator for up to 7 days.
- Scale the honey up or down depending on how sweet you like your dressing.

## Italian Vinaigrette



### Ingredients

- 3/4 cup red wine vinegar
- 1/2 cup Pecorino Romano cheese grated
- 1 teaspoon dried oregano
- 1/4 teaspoon hot crushed red pepper flakes
- 5 cloves garlic
- 1/4 cup Italian flat-leaf parsley
- salt and pepper to taste
- 1 1/2 teaspoons Dijon mustard
- 1 cup extra virgin olive oil

### Instructions

1. Add all of the ingredients except the extra virgin olive oil to a blender or food processor and pulse to combine.
2. Add the extra virgin olive oil and blend until smooth and emulsified. Taste the vinaigrette and season with salt and pepper to taste. Enjoy!

### Notes

- One serving of dressing equals 2 tablespoons. This recipe makes about 2 cups of dressing or 16 servings.
- This vinaigrette can be made by hand whisking, in the blender, or by adding the ingredients to a mason jar with the cap on and shaking vigorously.
- Dressing can be saved in the fridge for up to 7 days.



## Italian Chopped Salad



### Ingredients

- 1 small head iceberg lettuce
- 1 head radicchio
- 1/2 small red onion, thinly sliced
- 1 pint cherry tomatoes, halved or quartered
- 1 can chickpeas, rinsed and drained
- 4 ounces fresh pearl mozzarella, drained
- 4 ounces provolone cheese, diced
- 5 pepperoncini, stemmed and sliced
- 4 ounces cubed Genoa salami
- 1 teaspoon oregano, for garnish (optional)
- sea salt and freshly ground black pepper

### Instructions

1. Make and Italian dressing of your choice (see above) and set aside.
2. Cut the iceberg lettuce in half through the core, then cut out the core. Slice the lettuce lengthwise into 1/4-inch strips. Repeat with the radicchio.
3. In a large bowl, combine the lettuce, radicchio, tomatoes, chickpeas, mozzarella, provolone, pepperoncini and genoa salami. Drizzle with the dressing and toss gently to coat. Season with salt and pepper and toss again. Sprinkle with extra oregano and serve.

## Italian Salad



### Ingredients

- 1 large head romaine lettuce, chopped
- 1/2 medium red onion, thinly sliced
- 1 1/2 cups cherry or grape tomatoes, halved
- 1/3 cup pitted black olives, halved
- 1/3 cup sliced or whole pepperoncini peppers
- 2 cups croutons , more or less depending on preference
- 1/2 cup grated Parmesan cheese, plus extra for serving

### Instructions

1. Make and Italian dressing of your choice (see above) and set aside.
2. Add all salad ingredients to a large salad serving bowl. Toss to combine, drizzle with the vinaigrette and toss again to coat the salad. Serve with more Parmesan cheese sprinkled over the top.

## When do Italians in Italy Eat Salad?

In Italy, it's still customary to serve salad after the first course (carbs or soup) is completed and either as a side dish with or after the second course (proteins and/or cooked vegetables). This is usually a very simple green salad of lettuces, perhaps a sliced tomato, lightly dressed with oil, salt and vinegar. I've read that some people are now choosing to eat salad before the first course because it's considered beneficial for digestion and moderating appetite.

## Italian Pasta Salad



Servings: 12

### Ingredients

1 (12 ounce) package tri-color rotini pasta  
¾ pound Italian salami, finely diced  
½ green bell pepper, sliced  
½ red bell pepper, sliced  
½ red onion, chopped  
1 (6 ounce) can sliced black olives  
8 ounces small fresh mozzarella balls (ciliegine)  
1 cup Italian-style salad dressing  
3 (.7 ounce) packages dry Italian-style salad dressing mix, or to taste  
½ cup shredded Parmesan cheese

### Directions

Bring a large pot of lightly salted water to a boil. Cook rotini pasta at a boil until tender yet firm to the bite, about 8 minutes. Drain and rinse with cold water until cool.

Combine pasta, salami, bell peppers, onion, mozzarella balls, and olives in a large bowl. Add salad dressing and toss to coat.

Season pasta salad with dry salad dressing mix and stir to combine.

Sprinkle with Parmesan cheese before serving. Enjoy!

**NOTE:** This Italian pasta salad is a great make-ahead potluck dish. In fact, since the flavors will continue to meld as they sit together in the fridge, this dish might actually taste better if you make it a day in advance.

## Pesto Tortellini Pasta Salad



Servings: 8-10

### Ingredients

2 (9-ounce) packages fresh cheese tortellini  
2 pints cherry tomatoes (about 4 cups), halved  
1 (12-ounce) jar fire-roasted red peppers, drained and chopped (1 heaping cup)  
1/3 cup basil pesto

### Instructions

Bring a large pot of salted water to a boil and cook the tortellini according to package instructions. Drain and run briefly under cool water to cool the tortellini down. Drain well.

Place the cooked tortellini, tomatoes, and peppers in a large bowl and toss to combine. Add the pesto and toss to combine.

Note: Store the salad in an airtight container in the refrigerator for up to 3 days. Let sit at room temperature for 30 minutes to take the chill off before serving.

