



Triangle Sons and Daughters of Italy

Serving the North Carolina Triangle since 2004

Lodge 2817

Table of Contents

TSDIA Calendar of Events	2
May Birthdays	2
Letter from the President.....	2
The Marriage of Figaro.....	3
FOTO Fundraiser.....	3
New Members	5
Member Business Spotlight.....	6
Puglia: The Heel of Italy's Boot, Rich in History & Heart.....	8
Italy's New High Speed Train Line	6
Pizza	8
Thin Style "00" Pizza Dough.....	9
Orecchiette with Broccoli Rabe & Sausage.....	10
Lemon Olive Oil Cake with Almond Mascarpone Frosting.....	11

IL GIORNALE DI TSDIA

Maggio, 2025



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 TSDIA

Editor Nick Verna

Send comments or suggested materials to
nickverna14@gmail.com

TSDIA Calendar of Events

May 8 - Scopa

May 10 - Bocce Tournament

May 17 - European and American Auto Show

May 19 - Conversational Italian

Jun 8 - Annual Family Picnic

Jun 23 - Conversational Italian

June 8 - Family Picnic and Scholarship Awards

Aug 9 - Palio de Siena

Sep 20 - Festa Italiana

Oct 11 - Italian American Heritage Celebration

Dec 6 - Christmas Party

NOTE: members need to send Don Cimorelli an email to be included on the Conversational Italian distribution list for monthly meetups.

May Birthdays

This month we celebrate the birthdays of those members celebrating in May: Alaine Thomas

(1), Giovanni Masucci (2), Audrey Lorie (4), Isabel Perry (4), Dan Wild (4), Joyce Ragucci (5), Bernadette Fabbicini (6), Sharon Galluzzo (6), Georgiana Schmidt (6), Roy Cordato (7), Deborah Munno (7), Joanne Kuba (9), Anthony Pirozzi (10), Andrey De Biaggi (11), Anne Marie Antonescu (13), Jennifer Carlucci (13), Bernard Castellano (15), Jan DiSantostefano (15), Bridget McElroy (15), Vincenza Randazzo (15), Kristen Zimmer (16), Karen Dolfi (21), William Trofi (20), Joe LoFaro (25), Gasper Ilasi (26), Silvio Lanaro (26), Celeste Ryan (26), Diane Singleton (26), Finley Wild (27), Patrick Smelik (27), Enzo Martini (29), Nicholas Magnini (30), Lisa Salamido (30).



Letter from the President

Dear TSDIA Members:

We have so many activities. Register now before your favorites reach maximum capacity. Stay TSDIA busy in a fun and healthy way! Member engagement is the best way to maximize your TSDIA experience.

1. **SCOPA NIGHT** - Our monthly SCOPA Night is very popular. We have seats available for Thursday, May 8th at Southern Peak Brewery in Apex at 6:00 pm. The Barone Italian Grill Food Truck is available from 5:00 pm - 8:00 pm.

<https://www.signupgenius.com/go/9040A4DAAAF2EA6FE3-53653603-play>

2. **TIA DEMARIA MEMORIAL BOCCIE TOURNAMENT** - If you or your guests are attending the Saturday, May 10th Bocce Tournament at Clayton Community Park as a non-playing Spectator, you need to purchase your Spectator Lunch Ticket in advance if you want lunch at the tournament. Here is the payment link for an advance lunch ticket. We cannot guarantee that extra

2

lunches will be available to purchase on the day of the Bocce Tournament.

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

3. **AUTO SHOW** - If you are planning to attend the

Saturday, May 17th Car Show in Wake Forest at the Heritage Station Shopping Center, the lunch buffet ticket is cheaper if you buy it in advance for \$20. The buffet on the day of show is \$25. Here is the payment link for an advance buffet ticket:

<https://square.link/u/v9BChMym?src=sheet>

4. **PICNIC** - Even outdoor events have capacity limits due to available seating under a picnic shelter. The tickets are rapidly selling. If you wish to attend the picnic on Sunday, June 8th at the Harold Ritter Park Rotary Shelter in Cary at 3:00 pm, please purchase your tickets now. This is a wonderful family event. Here are the payment links: Annual Picnic - \$20 Members, \$25 Guests, \$10 Under 10 (Sun. June 8):

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

<https://square.link/u/9THUxKny?src=sheet>

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

<https://square.link/u/o1Ac4jdU?src=sheet>

Click on Payment Link Below for Children Under 10 Years of Age: <https://square.link/u/H54p0Yiy?src=sheet>

5. **SIGNUP SHEET INTEREST LIST FOR HOME WATER QUALITY SEMINAR** - Through our member Pat Smelik who is the owner of Kinetico Advanced Water Systems, we are offering a seminar to learn about water quality and have your home's water quality tested through a sample that you bring to the workshop. The date of the program is Saturday, June 28th at 10:00 am at KW Legacy Realty Officer in Apex. Please click on the SignUp Genius link below by April 30th to have your name placed on an interest list. Formal registration will follow at a later date.

<https://www.signupgenius.com/go/9040A4DAAAF2EA6FE3-56339937-future>

6. **PALIO di SIENA** - In order to establish adequate seating capacity and identify the best venue, we have created a SignUp Genius to record your interest in attending our popular Palio di Siena event on August 9th. Once we finalize the venue, then formal registration will be announced. Please click in the link below by April 30th to place your name on the interest list.

<https://www.signupgenius.com/go/9040A4DAAAF2EA6FE3-51000253-future>

Don Cimorelli - TSDIA President

The Marriage of Figaro

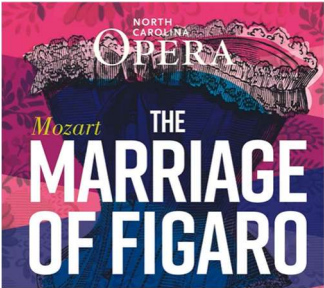


FOTO Fundraiser



Future of The Order



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 **Debora Munno** who heard about us while visiting our booth at Festa Italiana and our Face Book page. Debora is originally from Brooklyn, NY and has lived in Clayton for seven years. Her heritage is from Salerno and Bari. She has worked as an Account Manager for a Pathology Company and currently is an Administrator at the Clayton YMCA. She enjoys hockey, puzzles, traveling and spending time with friends and family. Welcome Debora dmunno@ymail.com.

Please welcome **Thomas (Tom) and Patricia (Pat) De Bello** who heard about us from our Facebook page. They attended our dual citizenship class and decided to join. They are from Wilmington and want to keep in touch with our Lodge. Tom is originally from Smithtown, NY and Pat is from Binghamton, NY. Tom's heritage is from Matera, Basilicata and he is a retired Educator/Researcher. His interests are in cultural heritage, volunteering and reading. Pat is a retired School Social Worker and enjoys volunteering, reading and walking. Welcome Tom setdebello@juno.com and Pat: patdebello@yahoo.com.

Please welcome **Francesco Luzi** and fiancé **Catalina Le** who heard about us through our Face Book page. They are from Kennewick and Richland, Washington and after graduate school settled in Durham. Francesco's heritage is from Rome and its surrounding area. He is a Machine Learning Engineer and enjoys cooking, video games, reading and working out. Catalina is a Nurse and enjoys reading, yoga and traveling. Welcome Francesco goldengreat3@gmail.com and Catalina catalina_le@yahoo.com.

Please welcome **Giuseppe and Shyamini Monaco** who heard about us from member Lisa Rossi at the Italian Women's Club. Thank you, Lisa. Giuseppe was born and raised in Italy and Shyamini is originally from Sri Lanka. Their heritage is from Milan and Napoli, and they have lived in Cary for nine years. Giuseppe is the Dining Manager for Woodland Terrace Retirement Community in Cary. Shyamini is the pre-school Director for the Global Montessori School in Durham and she enjoys arts and crafts. They both enjoy traveling, cooking and baking. Welcome Giuseppe monacogiuseppe301@gmail.com and Shyamini shyaminimonaco@gmail.com.

Please welcome **Elaina DeAngelo** who heard about while visiting our booth at Festa Italiana. She is originally from Cambridge, Massachusetts and lives in Durham. Her heritage is from La Spezia. She is semi-retired and currently works part time for the city of Durham. Her interests/hobbies are music, dance, reading, theater, concerts, hiking, yoga and Zumba. Welcome Elaina edeangelo94@gmail.com.

Please welcome **Wolfgang Parisi** who heard about us through word of mouth and searching our website. Wolfgang is originally from Wilmington, NC and he lives in Fletcher, NC. He is interested in learning about our Lodge. He speaks fluent Italian, and his heritage is from Giarre, Sicily and Napoli. He is an Economics Student at UNC Wilmington. His interests/hobbies are music, jiu jitsu, mountain biking, guitarist, singing and learning languages. Welcome Wolfgang wolfgangowhite@gmail.com.

Please welcome **Joseph (Joe) and Maria Calabretta** who heard about us from member Emma Dehne. Thank you, Emma. They are from Queens, New York and have lived in Apex for 30 years. Joe's heritage is from Calabria, and he is retired from a career in Information Technology. His interests/hobbies are woodworking, music and playing the guitar. Maria's heritage is from Enna, Sicily and Bari and she is an X-ray Technician and Administrator for family-owned Interior Design Business. She enjoys reading, cooking and pickle ball. Welcome Joe joebcalabretta@gmail.com and Maria: mlcalabretta@bellsouth.net.

Member Business Spotlight

Each month we will spotlight a member owned business.



Georgina's Restaurant and Pizzeria



Member Name: Roe DeMattia

Address: 3536 Davis Drive, Morrisville, NC 27560

Phone: (919) 388-3820

Website: www.georginasrestaurantnc.com

Email: info@georginasrestaurantnc.com



Services Offered: Georgina's is a family owned and operated restaurant that has been serving Morrisville and the surrounding communities with pride since 2006. Their Italian Restaurant features recipes passed down from family and friends throughout the years. They use only the finest quality ingredients to provide you with the ultimate dining experience.

Read about them in Cary Magazine [Restaurant Profile:](#)

[Georgina's Pizzeria & Restaurant – Cary Magazine.](#)

Puglia: The Heel of Italy's Boot, Rich in History & Heart

Puglia: The Heel of Italy's Boot, Rich in History and Heart

As we continue exploring the beautiful southern regions of Italy, this month we head east to **Puglia**—a land of sun-bleached stone, ancient olive groves, crystal-clear waters, and deep-rooted traditions. Located in the heel of Italy's boot, Puglia is a region where the past is proudly preserved, and life is lived slowly and deliciously.

Whether your family hails from Puglia or you're simply curious about one of Italy's most distinctive regions, this is a place where heritage and hospitality go hand in hand.

Highlights of Puglia

1. Alberobello and the Trulli Houses

No visit to Puglia is complete without seeing the trulli—whitewashed stone huts with conical roofs, found mostly in the town of Alberobello (a UNESCO World Heritage Site). These unique homes are centuries old and offer a fairy-tale experience unlike anywhere else in Italy.



2. Lecce – The Florence of the South

Known for its intricate Baroque architecture, Lecce is a feast for the eyes. Wander the golden-hued streets and explore ancient Roman ruins, beautiful piazzas, and artisan shops.



3. **Polignano a Mare & Ostuni**

Perched dramatically above the Adriatic Sea, Polignano a Mare boasts stunning cliffside views and charming alleys. Meanwhile, Ostuni, the “White City,” dazzles with its whitewashed buildings and panoramic views of olive groves rolling toward the sea.



4. **The Gargano Peninsula**

For nature lovers, this mountainous promontory offers dramatic coastline, forested trails in the Umbra Forest, and quiet fishing villages like Vieste and Peschici.



Pugliese Flavors You Can't Miss

- **Orecchiette Pasta:** Often handmade in the streets of Bari, these “little ears” are typically served with turnip tops or a rich tomato and ricotta sauce.



- **Taralli:** A crunchy, ring-shaped snack, perfect with a glass of local wine.



- **Burrata Cheese:** Born in Puglia, this creamy, delicate cheese is an absolute must-try.



- **Olive Oil & Wine:** Puglia produces more olive oil than any other Italian region and is home to rich reds like Primitivo and Negroamaro.

Travel Tips

- **Authenticity Over Tourism:** While Puglia has gained popularity, many towns and villages remain wonderfully untouristed. Expect a slower pace and fewer English speakers—bring a phrasebook or enjoy the chance to brush up on your Italian.
- **Ideal Seasons:** Spring and fall offer great weather, fewer crowds, and the chance to experience local festivals and harvest traditions.
- **Heritage Connection:** Many Italian-Americans have roots in this region. If your family hails from Bari, Brindisi, Foggia, or Taranto, a visit can be an emotional and unforgettable experience.

Discover Puglia in 2025

From the iconic trulli to the turquoise Adriatic shores, Puglia offers something truly special for travelers interested in Italian heritage, history, and hidden beauty. Consider putting Puglia on your 2025 or 2026 travel list—you just might fall in love with this sun-soaked corner of southern Italy.

Stay tuned for our next regional spotlight as we continue our journey through Italy's heart and soul. Buon viaggio!

Reach out to me, Rocky Dimico
rocky@flightsandfables.com to learn more!



Pizza



The term pizza was first recorded in the year 997 AD, in a Latin manuscript from the southern Italian town of Gaeta, in Lazio, on the border with Campania. Raffaele Esposito is often credited for creating modern pizza in Naples.

Raffaele Esposito (right in picture) revolutionized the dish considered "poor" in Europe and transformed it into a globally famous dish. He was the inventor of the Margherita pizza. Today, you can find Margherita pizza in almost every pizza shop or pizza brand around the world.

Before this, pizza was a popular dish only in the poor neighborhoods of Naples, Italy, and it was made without cheese, with just tomato sauce, garlic, and oregano, known as Marinara pizza. But in 1889, during the visit of King Umberto I and Queen Margherita of Savoy to Naples, Chef Raffaele Esposito surprised the queen by preparing a pizza in the colors of the Italian flag.

He used red tomato sauce, white mozzarella, and green basil to create the flag on the pizza. Thus, in 1889, thanks to pizzaiolo Raffaele Esposito, we were introduced to the Margherita-flavored pizza in Naples.

This teaches us that creativity and innovation can turn something ordinary into something extraordinary. By thinking outside the box and adding a personal touch, even a humble dish can become a global sensation. This reminds us to embrace our creativity, strive for excellence, and recognize that even small changes can have a big impact.

Italy's new high-speed rail line looks to reverse depopulation, lift southern economy

<https://wetheitalians.com/from-italy/italys-new-high-speed-rail-line-looks-reverse-depopulation-lift-southern-economy>



SANT'AGATA DE' GOTI, Italy, April 11 (Reuters) - Italy's high-speed railway is finally pressing into the heart of the underdeveloped south, using

European Union funds in the hope that the new network will help reverse years of depopulation and lift the lackluster economy.

The 145-kilometre (90-mile) line will connect the cities of Naples on the Mediterranean coast to Bari on the shores of the Adriatic in just two hours, against four at present.

Despite operating more than 17,000 km of rail lines, Italy's network has been heavily skewed towards the wealthy north, leaving more remote, internal areas of the peninsula under-served, especially in the south. More than 1,000 km of the FS tracks carry high-speed trains, but after reaching the southern-most point in 2009 -- the city of Salerno, close to Naples -- development further south faced constant delays because of persistent funding problems.

Italy's south, known as the "Mezzogiorno", is in dire need of a lift. In the 10 years to 2022 almost 200,000 young graduates left the southern regions for central and northern Italy and a further 138,000 moved abroad, the latest Svimez data shows.

The think-tank has forecast that by 2080, the south will lose over 8 million residents -- its share of the total Italian population falling to 25.8% from 33.8% at present. Activating the line is crucial, especially for all those inland areas and villages that have been suffering severe depopulation in recent years. The line should allow people to keep living in their small hometowns and commute to larger cities to work, rather than uproot as they now have to do, he said.

Angela Lombardi, from the remote village of Savignano Irpino, said finally having a station will hugely broaden the travel and job opportunities for local residents.

Thin Style “00” Pizza Dough

By Nick Verna

This pizza dough is easy to mix in a food processor in under 30 seconds. It produces a thin, easy to roll out, dough that bakes up extra crispy and the dough freezes well. The “00” flour gives you a very tender crust that is full of flavor.

Makes 3 14” pies

Ingredients:

1 lb. 9 ounces “00” flour, plus more for dusting (700g; about 5 cups)
1 ½ TBS Sugar (1/2 ounce; 15g)
1 TBS kosher salt (10g; .35 ounces)
2 tsp Active Dry Yeast (10g; .35 ounces)
3 TBS Extra Virgin Olive Oil (32g; 1 1/8 ounces)
13 ounces Lukewarm Water ~ 105°F

Directions

Combine “00” flour (do **not** substitute all-purpose flour*), sugar, salt, and yeast in bowl of food processor. Pulse 3 to 4 times until incorporated. Add olive oil and water. Run food processor until mixture forms ball that rides around the bowl above the blade, about 15 seconds. Continue processing 15 seconds longer or knead on a floured board.

Transfer dough ball to lightly floured surface and knead once or twice by hand until smooth ball is formed. It should pass the windowpane test. Divide dough into three even parts and place each in a covered quart-sized deli container or in a zipper-lock freezer bag. Place in refrigerator and allow to rise at least 1 day, and up to 5. Remove from refrigerator, shape into balls, and allow to rest at room temperature for at least 2 hours before baking.

Place a pizza steel/stone in the oven and preheat oven to 500 °F for 1 hour to insure a crispy crust.

Add your favorite pizza sauce, cheese and toppings and cook for 7-9 minutes until the bottom of the crust is a golden brown.

* Note: The “00” flour comes from Italy and has a different density and protein content than all-purpose flour. Do not substitute all-purpose flour for this recipe. It’s available in Italian markets, some mega-marts and online.

Freezing: This dough freezes very well. Place the divided dough into zippered bags and proof them for 24 hours in the refrigerator then place them in the



freezer. Defrost overnight in the refrigerator before rolling it out. NOTE: divide 2/3 & 1/3 for stromboli.

*What Is Double Zero Flour?

All flours are definitely not equal, especially when it comes to making pizza. So, if you’re looking to make a homemade pizza crust as good as your favorite pizzeria, you need double zero “00” flour.

In America and a lot of other countries, wheat flours are categorized based on how much protein they contain. In Italy and a few other European countries, the classification is done a little differently; it’s based on how finely ground the flour is and how much of the germ and bran have been removed.

The Italian grading system includes 2, 1, 0 and 00. Type 2 is the coarsest grind and it subsequently has the most germ and bran included. As you step down the system, the grind gets finer and more of the germ and bran are removed. Double zero, also referred to as doppio zero or 00 flour, is the most refined. The texture is silky soft, similar to baby powder.

Caputo type 00, one of the most readily available brands in America, is often considered the gold standard. It is used by many chefs around the world, especially those in Naples where pizza is said to have been perfected. It’s designed for home oven temperatures of around 450-500°F. If you have an oven that can go higher, you may want to try their Pizzeria flour, which is designed for ovens that can reach 700°F or more.

While 00 flour may be a little harder to find, you should be able to snag some at a good Italian grocers or online. But be prepared—you’ll end up paying a little more. Is it worth it? If you’re making your own pizza crust, it’s worth every penny.

Orecchiette with Broccoli Rabe & Sausage

<https://www.foodnetwork.com/recipes/ina-garten/orecchiette-with-broccoli-rabe-and-sausage-5176922>

6 servings



Ingredients

Deselect All

1/2 pound sweet Italian pork sausages
1/2 pound hot Italian pork sausages
1/3 cup good olive oil
6 large garlic cloves, thinly sliced
2 (14.5-ounce) cans crushed tomatoes, preferably San Marzano
1/2 cup dry red wine
1/4 cup tomato paste
Kosher salt and freshly ground black pepper
1 pound dried orecchiette pasta
2 bunches broccoli rabe (2 to 2 1/2 pounds total)
1 cup freshly grated Parmesan cheese, plus extra for serving

Directions

1. Preheat the oven to 350 degrees. Prick the sausages with a fork and place them on a sheet pan. Roast for 15 to 20 minutes, turning once, until just cooked through. Slice 1/2 inch thick and set aside.
2. Heat the olive oil over medium heat in a large, heavy pot or Dutch oven, such as Le Creuset. Add the sausage slices and sauté for 5 minutes, stirring frequently, until the pieces are browned. Add the garlic and cook for 1 minute. Add the tomatoes and their juices, the red wine, tomato paste, 2 teaspoons salt, and 1 teaspoon pepper and let the mixture simmer over low heat while you prepare the pasta and broccoli.
3. Bring a very large pot half filled with water to a boil and add 1 tablespoon of salt. Add the pasta and cook for 9 minutes exactly. While the pasta is cooking, trim the broccoli rabe to just below the leaves and discard the stems. Cut the leafy part of the broccoli rabe crosswise in 2-inch pieces. When the pasta has cooked for 9 minutes, add the broccoli rabe to the pasta and continue cooking for 2 to 3 minutes, until the pasta is al dente and the broccoli is crisp-tender. Drain in a large colander, reserving 1/2 cup of the cooking liquid, and add the pasta and broccoli to the pot with the tomato and sausage mixture. Stir in the Parmesan cheese and 1 teaspoon of salt. If the pasta seems dry, add some of the reserved cooking liquid. Taste for seasonings, and serve hot with extra Parmesan on the side.

What are Orecchiette?

<https://en.wikipedia.org/wiki/Orecchiette>

Orecchietta (literally little ear) are a pasta typical of the Apulia region of Italy. Their name comes from their shape, which resembles a small ear. An orecchietta has the shape of a small dome, with its center thinner than its edge, and with a rough surface.



Like other kinds of pasta, orecchiette are made with [durum wheat](#) and water. Eggs are rarely used. In traditional Southern Italian home cooking, the dough is rolled, then cut into cubes. Each cube is pressed with a knife, dragging it on the board and making it curl (making a [cavatello](#)). The shape is then inverted over the thumb. It is common to see women on the streets of Bari making orecchiette fresh.

Lemon Olive Oil Cake with Almond Mascarpone Frosting

<https://www.foodnetwork.com/recipes/jeff-mauro/lemon-olive-oil-cake-with-almond-mascarpone-frosting-21561911>

8 to 10 servings

Ingredients

Lemon Olive Oil Cake:

Olive oil cooking spray, for the pan
2 cups plus 2 TBS all-purpose flour, sifted, plus more for the pan
1 1/2 cups granulated sugar
1 cup high-quality extra-virgin olive oil
1/2 cup whole milk
2 TBS lemon zest plus 1/2 cup fresh lemon juice
1 TBS vanilla bean paste
3 large eggs, at room temperature
1 1/2 tsp kosher salt
1/2 tsp baking powder
1/2 tsp baking soda

Almond Mascarpone Frosting:

1 cup cold heavy cream
3 cups confectioners' sugar
8 ounces mascarpone
2 tsp vanilla bean paste
1 tsp almond extract
1 tsp kosher salt

To Decorate:

White chocolate crunchy beads
Edible flowers
Blackberries
Raspberries
Fresh Thyme



Directions

Special equipment: a 9-inch springform pan

1. For the lemon olive oil cake: Set an oven rack to the middle position and preheat to 350 degrees F. Grease and flour a 9-inch springform pan. Cut out a parchment paper round and cover the bottom. Grease that as well.
2. Whisk together the granulated sugar, olive oil, milk, lemon zest, lemon juice, vanilla bean paste and eggs in a bowl until smooth.
3. In a separate bowl, whisk together the flour, salt, baking powder and baking soda. Slowly and gently combine the dry and wet ingredients until combined without overmixing (which will make a tough cake).
4. Pour into the prepared springform pan, then place on a baking sheet and bake until golden brown and springs back nicely to the touch, 50 to 55 minutes.
5. Cool on a wire rack until completely cool, about 2 hours.
6. For the almond mascarpone frosting: Meanwhile, place the cream in the bowl of a stand mixer fitted with the whisk attachment and beat on medium-high speed until stiff peaks form. Add the confectioners' sugar, mascarpone, vanilla bean paste, almond extract and salt and whip on medium speed until just combined.
7. Unclasp the side of the pan and remove the side. Top the cake with the mascarpone frosting and garnish with crunchy beads, edible flowers, blackberries, raspberries, and a sprinkling of fresh thyme.

