



Triangle
Lodge 2817



Serving the North Carolina Triangle since 2004

IL GIORNALE DI TSDIA

Agosto, 2026

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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

Aug 8 – Palio di Siena
Aug 9 – La Dolce Vita Yoga
Aug 22 – Cooking Class
Aug 23 – Taste of Hope
Aug 25 – Scopa
Aug 29 – Singles Luncheon
Aug 31 – Conversational Italian
Sep 17 – Book Club
Sep 19 – Festa Italiana
Sep 20 – Book Club
Sep 20 – Mahjong
Sep 22 – Scopa
Sep 26 – Bocce Scramble
Sep 27 – Crochet
Sep 28 – Conversational Italian
Oct 10 – Italian Heritage Celebration
Oct 17 – Sicily Trip
Oct 26 – Conversational Italian
Oct 27 – Scopa
Nov 7 – Raffaldini Vineyards
Nov 24 – Scopa
Nov 30 – Conversational Italian
Dec 5 – Christmas Dinner Maggiano's

August Birthdays

Frank Fragale (1), Anne Morey (1), Anthony Misso (1), Kevin Peterson (1), Ellen Risorto Binder (1), Nicholas Giuggio (3), Dr. Jennifer Schnitzer (3), Fran Giannuzzi (4), Lenny Cicero (4), Gavin Delfino (5), Francesco Luzi (6), Maryann Valente (6), Daniela Curtin (6), Cindy Babits (7), Angel Colucci (7), Linda del Zio Zoffer (7), Catalina Le (8), Stephen Babits (8), Michael Petilli (8), Mary Kopac (9), Paul Schmidt (9), Joseph Pirozzi (13), Danielle Petilli (14), Caroline Connor (10), Jim Murray (11), Stance DeLorenze (12), Andrew Kropilak (12), Jack Kropilak (12), Joey Saccavino (12), Anthony Rund (14), Kim Olevano (15), William Eubanks (16), Doreen Gleason (16), Phil Fantasia (16), Lisa Smelik (16), Michael Ricciardi (18), Carrie Bernier (19), Joseph Serio (19), Robert Dell'Osso (20), Karen Longo (20), Sara Reynolds (20), George Scalco (20), John Finizio (21), Robert Williams (21), Nick Sennert (21), Lauren Sisson (22), Valerie Palermo (24), Reecca Lee (25), Barbara Leone (26), Edward Plastino (26), Donna Kerrigan (27), Robert Munno (27), Len Amico (28), Caroline Cimorelli (28), Siena Russell (28), Bradley Moses (29), Mark La Mantia (29), Marie Knight (30), Vincent Doria (31), Carmela Occhipinti (31).



When we celebrate Italian heritage, we naturally think of our immigrant ancestors who crossed the Atlantic with little more than hope, faith, and determination. They left behind everything they knew to build a better future for their families. Their courage changed the course of history for all of us.

However, there is another generation whose story is just as important. They are the sons and daughters of those immigrants. They are the first generation born as Italian Americans.

First generation born Italian Americans are the bridge between two worlds. They grew up speaking Italian at home and English at school. They translated for their parents in doctor's offices, banks, schools, and businesses. They learned American customs while preserving Italian traditions. They carried family recipes, religious celebrations, values, and stories from one generation to the next.

They didn't leave Italy. Yet they never completely left it behind. Without realizing it, they became the bridge that connected Italy to America.

They are the reason so many of us still make Sunday sauce, celebrate our patron saints, tell stories around the dinner

table, and proudly call ourselves Italian Americans.

As time passes, we are beginning to lose this remarkable generation. Every year fewer remain to tell us firsthand what life was like growing up in immigrant households. Once they are gone, their memories, experiences, and voices can only live on if we choose to preserve them. That is why I believe we have both an opportunity and a responsibility.

This year's Heritage Celebration is not simply another dinner. It is a tribute. It is our chance to say "thank

you" to the men and women who quietly carried our heritage across generations. It is also a reminder that one day, we will become the bridge ourselves.

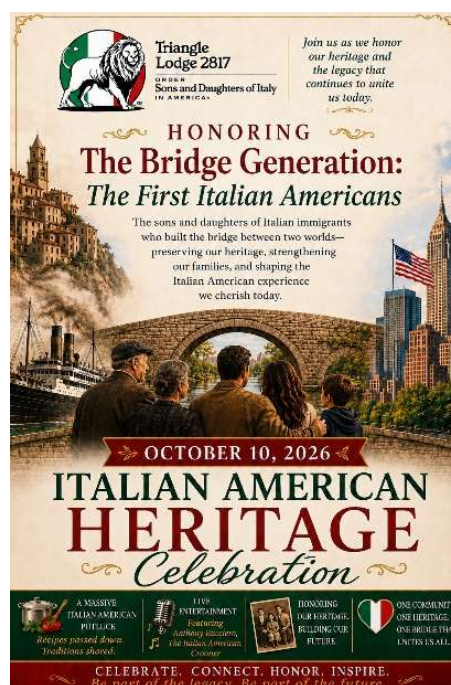
We must continue passing along our traditions, our language, our food, our music, our faith, and our love of family to those who come after us.

On October 10, 2026, our lodge will gather to honor these extraordinary people with an afternoon of music, fellowship, photos, stories, and spectacular foods which our members will place on our buffet.

I encourage you to place a hold on your calendar for Saturday, October 10th. More information about registration will be shared over the next two months.

Together we celebrate not only where we came from, but also those who ensured that our Italian heritage continues to thrive here in America. This celebration belongs to every one of us.

With pride in our heritage,
Don Cimorelli, President Triangle Sons and Daughters of Italy



Letter from the President

Dear Brothers and Sisters,

Every year I deeply reflect on potential themes that could be used for our annual Triangle Lodge Italian American Heritage Celebration. It is a multi-month process before I land on a theme which I believe underpins and celebrates our heritage in a meaningful way. In recent years, our themes have included "The Sunday Supper", "Destination America" and "The Feast of Italian America."

In mid-July, my vision for this year's event became crystal clear. We will be "Honoring the Bridge Generation: The First Italian Americans."

The reason that I selected this theme is simple. I believe this generation deserves our deepest gratitude.

Support Our Member Owned Italian Themed Businesses

The Triangle Sons and Daughters of Italy in America proudly recognizing Italian themed businesses whose owners are formal members of Triangle Lodge 2817. These businesses support our organization and strive to continue to enhance their products and services for our community. Additionally, they go the extra mile to support our Lodge with discounts, gift cards, gift baskets, charity donations, and hosted events.

Let's support the Italian themed businesses that support us!

Cape Fear Seafood Company (Home of Our Lodge's Seven Fishes Dinner)

Capri Flavors Italian Market (Italian Grocery, Deli, & Bakery)

Compass Global Travel (Offers custom individual Italy Travel Support, and Group Trips to Italy)

Flights and Fables Travel Agency (Offers custom individual Italy Travel Support, and Group Trips to Italy)

Farina Neighborhood Italian Restaurant (Comprehensive Restaurant & Catering Raleigh)

Georgina's Restaurant and Pizzeria (Comprehensive Restaurant & Catering Morrisville)

Mamma Mias Italian Bistro (Comprehensive Restaurant & Catering Morrisville)

Melina's Fresh Pasta and Culinary School (Full line of Pastas, Sauces, & Culinary Classes Durham)

Mr. Cannoli NC & Sweets (Food Truck and Event Dessert Catering)

Mina's Italian Market & Deli (Italian Market & Deli)

Nero's Pizzeria (Italian pizzeria in Triangle Shooting Range Academy, Brier Creek, Raleigh).

NY Butcher Shoppe (Full line of meats, eat-in restaurant, and wine bar)

Of Love Realty Estate Consulting International Of Love Realty Estate Consulting International
President@italianrealestateassoc.com (315)794-9629 (Buy Your Dream Place in Italy)

Sandra Pesoli Italian Language Classes 919-618-5579, sandra.pesoli@yahoo.com. (Express Your Italian Heritage through Language)

See the Triangle Lodge website (www.tsdia.org) for more details on several of the above-named member owned Italian Themed businesses.

Member Business Spotlight – Mr. Cannoli NC & Sweets

www.mrcannolinc.com

Commissary Kitchen: 203 Capcom Ave Suite #115

Wake Forest, NC 27587

Phone: (919) 400-8324

Meet Ruggero & Vita (aka) Mr. & Mrs. Cannoli NC & Sweets

We are an Italian American couple bringing Sicilian Cannoli to the Carolina's. Ruggero, a former baker from Artuso's Pastry shop (Little Italy) in the Bronx, New York and wife Vita who brings her life long Sicilian baking experience as well. Super excited to bring our dream and passion for the love of TRUE Sicilian Cannoli to the market in the Carolina's. Keeping the family's traditional recipes alive with a modern twist with a variety of new Cannoli cream flavors and toppings. Made from quality ingredients. You will experience "Magic in every bite"

www.mrcannolinc.com



Cannoli Truck



Catering



Strolling Cannoli Service



Stationary

Cannoli Cart



Supporting Italian Culture & Community

Congratulations First Half 2026 Triangle Lodge Ambassadors

We are excited to announce our 2026 year-to-date Triangle Lodge Ambassadors. These are the Triangle Lodge Members, whose passion for the meaningful experiences that we create became the magnet that attracted others to join our extended family. 28 members inspired 36 prospects to join us as formal members in the first half of 2026. Our Ambassadors will be officially recognized in our continuously growing list to be published in our monthly newsletter.

The first special surprise reward that each Ambassador will receive is a Triangle Lodge Car Magnet that can be proudly displayed on an auto or any other magnet-friendly surface. Our members are magnetic, and we are giving them a really cool one. Be on the lookout to see our Ambassadors show them off!

2026 YEAR-TO-DATE TRIANGLE LODGE AMBASSADORS

Christine Cataldo
Mark Celenza
Don Cimorelli
Caroline Connor
Gina Cozzi Noble
Sarah Danevich
Dave Defalco
Frank DeMaria
Vivian & Jay Dewey
Suzy Fannucci Smith
Marissa Giamportone
Fran Giannuzzi
Theresa Gibson
Maryann & Barry Gilbert

Trish Green
Barbara Leone
Anthony Misso
Joyce & Brad Moses
Gina Cozzi Noble
Jim Pepe
Mike & Jodi Petilli
Joe & Vicki Pirozzi
Laura Russell
Celeste Ryan
Nick & Ro Verna
Larry Villani
John Vitale & Susan Denman
Billy Ward



I appeal to all our members to reach out to friends, family, and the strangers that you start chatting with when you are out. We have a seat at the table for everyone. We are the Lodge where you enter as a friend and leave as family. All ages and heritages are welcome. If you have the Spirit of Italy, we are the group for you.

The most common feedback that I receive from new members is that they say, "I wish I found you sooner."



Triangle Lodge Italian Language Opportunities

The Triangle Lodge has created one of the most comprehensive Italian language offerings that a Lodge could offer. Other Lodges are amazed when I describe the 4 legs to our Italian Language program.

Below is a description of each option and how to register.

Option #1: Triangle Lodge Conversational Italian

Our Conversational Italian Group typically meets at Keller Williams Legacy Realty Office, 1483 Beaver Creek Commons Drive, Apex, NC 27502 from 1:00 pm – 2:30 pm on the last Monday of the month.

All skill levels are welcome. Some can speak quite well, and others can barely speak Italian, but enjoy learning a few words or phrases at a particular meet-up. There is nothing for you to prepare in advance. We will meet you where you're at. The exercises and supporting learning environment will allow everyone to take part, from absolute beginners to more advanced learners. The registration link for Conversational Italian is included in my Weekly Event Registration email. These sessions usually reach capacity. It is necessary to register ASAP when announced, and the session will not appear in my weekly email if it has already reached capacity earlier in the month. You can request to be placed on the waitlist for a given session.

Options #2 and #3: Triangle Lodge Beginner and Follow-On Formal Italian Language Options

The Triangle Lodge is offering 8-week Italian Language Classes for Fall 2026. We increased the capacity to make a few more seats available. There is a Beginners Class for those with no or minimal knowledge of Italian, and a Follow-On Class for those who have taken the Beginners Class or have some knowledge of Italian from prior classes, tutoring, or self-directed online training.

The classes will be held on Saturday mornings at Keller Williams Realty Office located at 1483 Beaver Creek Commons Drive, Apex, NC 27502. The cost for the 8-week class is \$108 plus the cost of the textbook purchased from Amazon if you do not already own it from a prior class. The dates for the class are October 3, 10, 17, 24, 31, and November 7, 14, and 21. The Follow-On Class will start at 10:00 am for 1 hour, and the Beginners Class will start at 11:15 am for 1 hour.

Attending all 8 sessions is ideal, but if your schedule only permits you to attend 6 or 7 sessions, that is still adequate for the program to be worthwhile. The class will once again be taught by professional Italian Language Instructor and Triangle Lodge Member Sandra Pesoli who is highly recommended by her students.

Below are the SignUp Genius Links to register for the Fall Program. Payment links will be distributed at a future point in time.

Beginners Class:

<https://www.signupgenius.com/go/9040A4DAAAF2EA6FE3-63000089-fall>

Follow-On Class:

<https://www.signupgenius.com/go/9040A4DAAAF2EA6FE3-63000085-fall>

Option #4: Wake Tech Remote Italian Language Classes

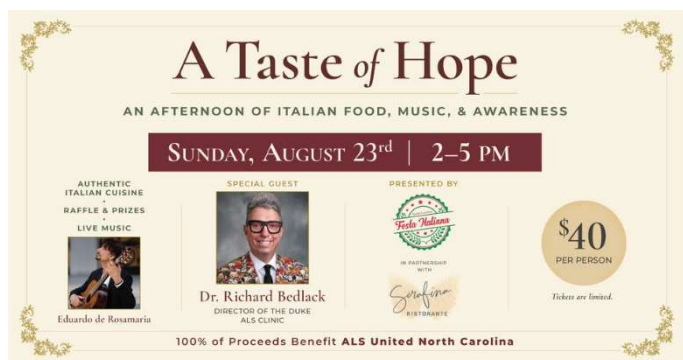
Wake Tech offers a variety of non-degree Italian language options, with levels from beginner to advanced. Small class sizes, and online learning options make getting started easier than ever for those who cannot attend in-person Triangle Lodge sessions. Click below to learn more and how to register at Wake Tech.

<https://www.waketech.edu/programs-courses/non-credit/workforce-training/communication/world-languages>

I wish to extend a special thank you to Ed Franzone, Lodge Member, who designs and facilitates our Conversational Italian program, and I also wish to thank Sandra Pesoli, Lodge Member, who serves as our formal Italian Language Instructor. Additionally, Executive Council Member Sjondi Dudley, gets credit for completing the research on the most practical remote learning option to offer.

Our Italian Learning offering is yet another example of how the Triangle Lodge listens to its members to shape and fine-tune the experiences that we create.

“A Taste of Hope”, a Fundraiser for ALS



ALS is a devastating disease that led to the passing of Lisa Giannuzzi, daughter of Triangle Lodge Past Presidents Fran and Bob Giannuzzi, and sister to Lodge Member Caroline Connor.

It has been on my radar as to how Triangle Lodge Members can come together to best display our support for the family and take a strike at this debilitating disease.

Please join me on Sunday, August 23, along with **Festa**

Italiana and Serafina Ristorante for "A Taste of Hope", a fundraiser for ALS United NC.

This is a beautiful event that incorporates Food, Flamenco Guitar, Featured Key Note Talk by Leading National ALS Doctor, Raffles, and Prizes.

*At the bottom of this email are all the program details, but **we need your name on our registration list by this Friday, July 24th.** After registration closes, I will then send out the payment link for the tickets, which are \$40 each.*

Click below to put your name on the registration list:

<https://www.signupgenius.com/go/9040A4DAAAF2EA6FE3-64842926-taste>

EVENT DETAILS

Sun, August 23, 2026
2 PM-5 PM
Serafina Ristorante
126 N Salem Street
Apex, NC 27502
Cost of Ticket: \$40 each

Featured Speaker: Dr. Richard Bedlack, Director of the Duke ALS Clinic. Nationally recognized leader in ALS research and care.

Enjoy an afternoon of authentic Italian cuisine, live Classical Spanish and Flamenco Guitar by Eduardo de Rosamaria, raffles, and prizes.

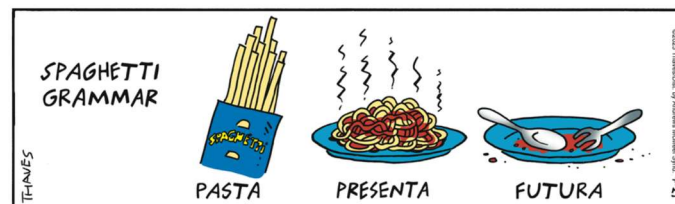
This fundraising event is dedicated to the memory of Festa Italiana North Carolina Sponsor Lisa Giannuzzi, who courageously fought this terrible disease.

Agenda:

- The Italian buffet will be available 2 PM-4:30 PM in the restaurant.
- The bar will be open 2 PM-5 PM for alcoholic purchases. Non-alcoholic drinks are included in the buffet.
- Eduardo de Rosamaria will perform on the patio 2:00 PM-3:30 PM & 4:15 PM-5 PM

Restaurant:

2:00 PM-3:30 PM: Eat/socialize/buy raffle tickets
3:30 PM-4:15 PM: Dr. Bedlack will speak
4:30 PM--Raffle drawings begin over the final thirty minutes.
5:00 PM Closing



Travel with Triangle Lodge to Puglia - February 11-20, 2027



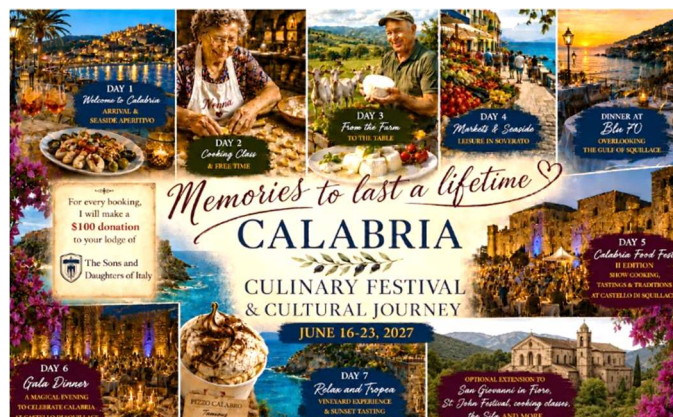
Few places capture the spirit of Southern Italy quite like Naples, Matera, and Puglia—home to Lecce, affectionately known as the Florence of the South. Together they create a journey of striking contrasts, where vibrant city streets give way to ancient cave dwellings, whitewashed villages, centuries-old olive groves, and dramatic Adriatic coastlines. Our adventure begins in Naples, where life spills into the streets, neighborhood cafés serve unforgettable espresso, and every meal reflects generations of culinary tradition. In Matera, you'll wander through one of the world's oldest continually inhabited cities, where homes carved from stone tell stories spanning thousands of years. Then, in Puglia, discover the iconic trulli of Alberobello, stroll the elegant Baroque streets of Lecce, sample renowned Primitivo wines, and experience the warm hospitality that defines Italy's southern coast. This journey is about far more than the places you'll visit. It's about the moments you'll remember—sharing regional specialties around the table, wandering picturesque piazzas after sunset, discovering hidden corners with local guides, and embracing the slower pace that makes Southern Italy so unforgettable. Whether you're celebrating Valentine's Day with someone special, traveling with a friend, or simply giving yourself the gift of an experience you've always dreamed about, this journey is an invitation to slow down, savor each moment, and experience Southern Italy in a way few travelers ever do. Some journeys simply take you somewhere. This one becomes part of you.



Click for additional information:

https://app.tern.travel/trips/9dKgivHnb7lwUX9GmcjuXg/landing_page

Travel with Triangle Lodge to Calabria for a Luxury Culinary Food Festival - June 15-22, 2027



Calabria is a place where extraordinary cuisine, centuries-old traditions, and timeless elegance remain beautifully untouched by mass tourism. This is not simply a culinary tour—it is an invitation into an Italy few travelers will ever experience. Created for discerning guests who appreciate refinement, authenticity, and luxury in equal measure, this exclusive journey opens doors that are rarely available to international visitors. From elegant seaside estates overlooking the crystal-blue Ionian Sea to private cultural celebrations hosted by welcoming local communities, every experience has been thoughtfully curated to immerse you in the very soul of Calabria. Your journey culminates with privileged access to the renowned Calabria Culinary Festival, where history, gastronomy, and culture come together in spectacular fashion. Reserved exclusively for festival guests, the magnificent Castle of Squillace becomes the stage for an unforgettable evening of elegance. Beneath century-old stone walls, you'll enjoy a gala dinner prepared by Calabria's premier chefs, showcasing exceptional regional ingredients paired with outstanding local wines, while classical music fills the castle courtyards under the stars. Along the way, you'll wander vibrant village markets rich with the aromas of artisan cheeses, handcrafted salumi, sun-ripened produce, and Calabria's celebrated olive oils. You'll dine where locals celebrate life's most meaningful moments, experience heartfelt hospitality that cannot be manufactured, and discover a region where every meal tells a story. This is Southern Italy at its most sophisticated—exclusive, authentic, and unforgettable. It is an experience reserved for those who believe the finest journeys are measured not by the places they visit, but by the extraordinary moments that become part of them forever.

Click for additional information:

https://app.tern.travel/trips/GXit68P-6bTZ5dGL0MvISw/landing_page

Unpack Once and Enjoy a Mediterranean Cruise -



September 27-Oct 4, 2027

Some journeys are measured in miles. The most unforgettable ones are measured in moments. Imagine watching the sunrise over the Mediterranean from your private balcony as another legendary destination comes into view. Enjoy breakfast at sea knowing there is no packing, no changing hotels, and no rushing from place to place. Simply unpack once, settle into the comfort of Royal Caribbean's Explorer of the Seas, and let each new day bring another extraordinary adventure. One morning, you're savoring authentic Neapolitan pizza in the birthplace of Italy's most famous culinary tradition. The next, you're wandering the timeless streets of Sicily before standing atop Santorini's dramatic cliffs as whitewashed villages glow against the deep blue Aegean. Discover the remarkable ruins of ancient Ephesus, browse colorful markets filled with handcrafted treasures and local flavors, stroll Mykonos' charming waterfront lined with cafés and iconic windmills, and stand beneath the Acropolis, where Western civilization first took shape. Each destination offers its own unforgettable experience, while every evening welcomes you back aboard to exceptional dining, Broadway-style entertainment, and the effortless comfort of your floating resort. Your luxurious accommodations travel with you, allowing you to spend less time planning logistics and more time soaking in every breathtaking view, unforgettable meal, and remarkable discovery. This is more than a Mediterranean cruise. It is a seamless blend of history, culture, cuisine, island beauty, and refined comfort—designed for travelers who believe the journey should be every bit as memorable as the destinations themselves. Join me as we experience the Mediterranean the way it was meant to be explored: effortlessly, elegantly, and one unforgettable sunrise at a time.

Click for additional Information:

https://app.tern.travel/trips/ccfFWx92jHMIjgJ6Cq9wcQ/anding_page

Compass Global Travel, LLC

Isabel Perry, Lodge Member

Isabel@CompassGlobalTravel.com

Ph. 347-927-8473

The Bocce Scramble



This is the informal bocce recreation time that for 1st time beginners through experienced players!

Given the continued interest from our members in playing bocce, we are announcing another event on Saturday, September 26. Move fast to reserve your spot!

We call it a "Bocce Scramble"! This will be an informal event where members will individually register, and teams will be randomly selected. It will be a great way to meet other members while improving your bocce skills! No competition or awards.....just a fun day out with fellow members. Here's some additional details.

Date: Saturday 9/26

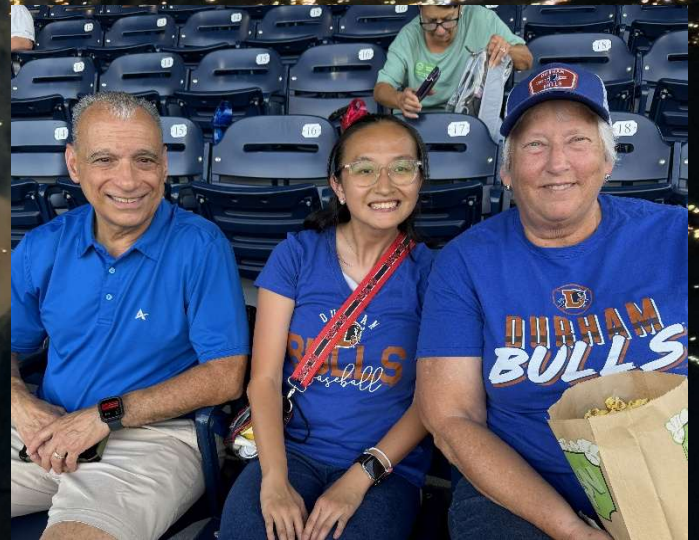
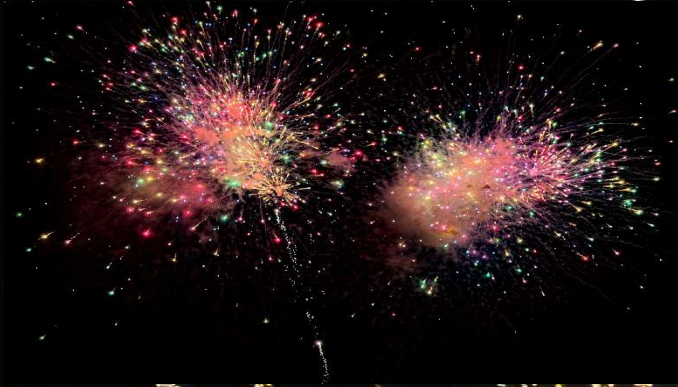
Time: 10am to 1Pm

- Location: 715 Amelia Church Rd in Clayton. Bocce courts are located behind the main community center.
- Format: 48 Participants (12 four-player teams).
- We will have use of all 6 courts.
- All 12 teams will play for 30 minutes then switch to play another team (6 sessions per team over 3 hours)
- Fee: there will be a \$10 charge per person to cover the cost of court rentals. Light snacks will be provided.

Please click on the Square Payment Link to purchase your \$10 ticket

<https://square.link/u/lcT4XVov?src=shoe>

Durham Bulls



Avalara

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

Mariana Fiorentino - Mariana heard about the Triangle Lodge from Larry Vallini. Thank you Larry. Mariana is originally from Mount Vernon, NY and lives in Pittsboro. Her heritage is from Puglia and Avellino and she has dual citizenship. She is a Real Estate Broker and enjoys cooking, dancing, photography and writing. She creates and designs programs for the Fearrington Village. Welcome Mariana magicalpuglia@gmail.com.

Stephen Dewey - Stephen is the son of long-time members Vivian and Jay Dewey. Thank you both. Stephen is originally from Plainville, NJ and lives in Raleigh. His heritage is from Sicily, and he is the Owner of Barone Italian Grille Food Truck. He enjoys cooking, sports, especially running. His food truck is usually found when we enjoy Scopa at Southern Peak Brewery. Welcome Stephen stephen@baronemeatball.com.

Janet Jones - Janet heard about the Triangle Lodge through our Face book page. She is originally from Winston Salem and is joining as a Social member. She lives in Raleigh and is semi-retired as Administrative Assistant in a Resource Environmental Company (RES). She teaches improvisation singing and storytelling, enjoys travel, music and dancing. After she visited Italy, it left an impression of inviting and accepting people. She looks forward to meeting our membership. She becomes the **500th member to join Triangle Lodge 2817**. Welcome Janet janetljones1000@gmail.com.

Maria Slocum - Maria heard about the Triangle Lodge from her daughter, who discovered our website. Maria is originally from Grosse Pointe, Michigan and lives in Holly Springs. Her heritage is from the Abruzzo region, and she is a High School Secretary. Her interests are travel, exercise, dog rescue and Detroit Red Wing hockey. Welcome Maria mlshollysprings@aol.com.

Valerie Palermo - Valerie heard about the Triangle Lodge from members Nick and Ro Verna. Thank you, both. Valerie is originally from Rochester, New York and lives in Morristown. Her heritage is from Palermo, Sicily and she is retired from a career in Finance at the University of Rochester. She enjoys reading, socializing, biking and walking. Welcome Valerie valleana99@frontiernet.net.

Joseph Buono - Joe heard about the Triangle Lodge through our Facebook page. He is originally from North Arlington, New Jersey and lives in Apex. His heritage is from Caronia, Sicily and he retired from a career in Technical Sales. He enjoys cooking, travel and history. Welcome Joe etruscanmale@gmail.com.

Anthony and Cara Saccavino - Anthony and Cara heard about the Triangle Lodge from their son who picked up our brochure while he was shopping in Capri Flavors Italian Market. Anthony is originally from Yonkers, NY and Cara is from Annapolis, Maryland. They live in Cary. Anthony's heritage is from Naples, and he is a retired Nuclear Engineer. He enjoys baseball and sports. Cara is a retired Paralegal, and she enjoys Pilates, learning Italian, reading, sewing and crafts. Welcome Anthony and Cara saccavino@bellsouth.net.



TOP 5 FASTEST WAYS TO PISS OFF AN ITALIAN



1. Put ice cubes in your wine.
2. Serve them overcooked pasta.
3. Ask them if their family is in the mafia.
4. Use their bright white decorative bathroom towels.
5. Tell them to lower their voice or calm down.



15th of August: the Italian Tradition of the "Ferragosto"

Every year, on the **15th of August**, we celebrate the feast of **Ferragosto**: the most awaited holiday of the summer. Italians love to spend this day on holiday or alternatively organize outings, lunches and barbecues with friends. But what is **the origin** of this famous holiday?

History of Ferragosto



The festivity has Roman origins and the term **Ferragosto** derives from the Latin "**Feriae Augusti**" (August rest), a locution referring to a festivity called by the Emperor Augustus in 18 BC.

The feast was part of the period of the festivities dedicated to **Conso**, god of the earth and fertility, and was called with the aim of ensuring an adequate rest after the efforts made in the previous weeks of work. On the feast day, **horse races** were organized throughout the empire.

The date of the ancient Ferragosto was August 1st. It was the **Catholic Church** that moved the date to the 15th, in order to make Ferragosto coincide with the religious celebration for the **Assumption of Mary** who died and was reborn on this day, being received into heaven.

Ferragosto became popular and began to be associated with summer holidays during the **fascist period**. The regime, through the after-work associations, began to promote 'popular trips' on 'popular trains' that had reduced fares between 13 and 15 August.

In this way, even the economically disadvantaged classes could **visit** the country and afford a few days' **holiday**.

Ferragosto today: traditions and celebrations



Today the Ferragosto is an occasion for **celebrations** throughout Italy. Religious ceremonies dedicated to the Assumption of Mary, are held throughout the territory of the Belpaese. An example, is the procession of

the **Vara di Messina**, in which a votive chariot dedicated to Our Lady of the Assumption is pulled through the city by **600 marksmen**.

Other traditions include competitions of various kinds, such as the **Palio dell'Assunta** of August 16th in Siena, or the **Palio marinardo dell'Argentario** of Porto Santo Stefano.

The Ferragosto, moreover, is a festivity that many people all over the territory celebrate by going to the **sea** or making **excursions**. Still others, especially young people, take part in the many **events** that clubs and bathing establishments all over Italy organize for the occasion.

For inspiration and suggestions check out our **10 ideas for spending Ferragosto in Italy**.

What is celebrated on 15 August in Italy?



Among the most eagerly awaited and heartfelt holidays that permeate our culture, there is **Ferragosto**, whose origins date back to the **Roman Empire**. As we mentioned earlier, these ancient festivities, which celebrated the completion of **agricultural activities**, marked an entire month of festivities and rest from the work of **sowing, harvesting, and harvesting**.

The advent of the **Christian religion**, recognized as an official faith following **Emperor Theodosius'** decree, reformulated the **pagan calendar**, superimposing festivities and liturgical celebrations of the new creed.

In the **Christian age**, therefore, this date was chosen to celebrate the Feast of the **Assumption of Mary**, whose dogma was proclaimed by Pius XII in 1950. During this religious holiday, the Catholic Church celebrates the **Immaculate Virgin**, immune from original sin, who, according to the Catholic Church, was materially received into the heavenly glory of Paradise.

The reasons why it was decided to celebrate the **Solemnity of the Assumption on 15 August** are complex: according to the thesis of the authoritative scholar and biblical scholar, Father Alberto Valentini, they can be traced back to the rites and customs of **5th century Jerusalem**.

Why is Ferragosto celebrated in Italy?



From the **7th century**, therefore, **15th August** became a festivity rich in **symbolism**, with multiple **historical** and **cultural values** and **meanings**. In addition to its religious importance, Ferragosto has also taken on new meanings, becoming a **popular festival** and a much-awaited time to indulge in **leisure** and **relaxation**.

As we said earlier, the establishment of the so-called **special express trains for popular holiday services**, nicknamed the **Ferragosto Popular Trains**, by the **Ministry of Communication** in 1931 helped to enhance the **popular aspect** of the special summer holiday. The service made it possible to travel at reduced fares to holiday destinations, thus promoting the development of **mass tourism**.

Today, taking advantage of the opportunities offered during the summer period also means being able to discover unique and charming locations. For those departing **from Bari**, for example, it's possible to embark on an exciting tour among the splendid **trulli of Alberobello**, the artistic and scenic treasures of **Monopoli**, and the spectacular natural landscapes of **Polignano**, using the Visit Italy ticket.

What do we do at mid-August?



In Italy, there are numerous **religious festivals** dedicated to the **Assumption**, including the devotional procession of **Santa Maria Capua Vetere**, of **Orgosolo**, of **Pachino**, of **Monopoli**, of **Casacanditella**, of **Orvieto**, the **Historical Procession** of the County of **Atri**, the **patronal feast** of **Bobbio**, the feasts of **Canzo** and **Fermo**, **Monte di Procida**, **Maruggio**, **Marzocca**, **Pozzuoli**, **Rossano**, and **Nocelleto**.

According to tradition, on the occasion of this famous **midsummer feast**, families, lovers, and friends enjoy the relaxed and cheerful atmosphere of the summer holidays by following **specific** popular Italian **customs** associated with this important festive occasion.

Delicious picnics, **packed lunches**, **outdoor barbecues** and **opulent tables**, **cocomeratas**, **festivals**, **historical reenactments**, and **beach parties** are prepared, people have fun with **water balloons** on the beach and set off on exciting **out-of-town trips** and **adventurous excursions** to **picturesque villages** or relax with invigorating **swims** in the sea.

During the night of Mid-August, you can also watch **wonderful firework** displays in the magnificent tourist resorts of our peninsula, take part in **enthralling festivals**, and admire the crackling of **bonfires on the beach**, letting yourself be caressed by the rhythmic, enveloping sound of the waves of the sea in the distance.

Parmigiano Cheese



According to the website Simply Cheese, wheels of Parmigiano Reggiano were a delicious trading commodity in medieval Italy, even being accepted as rent by 14th-century landlords. They had the advantage that they could be easily divided as needed or, of course, consumed by the holder — a literal example of putting your money where your mouth is.



The Origins of Venetian Lace

Did you know Venice used to be one of the lace capitals of the world?



Collars like this--made of Burano lace paired with a peculiar, double-horned hairdo--were considered the height of fashion for 16th-century Venetian women. Venetian lace was known then as *punto in aria* or "points in the air" because of its delicate effects.

The origins of Venetian lace are lost to history. According to legend, a love-struck sailor gave a Venetian girl an aquatic plant called *trina delle sirene*—mermaid's lace. The girl was so taken with it that she immortalized its beautiful form with fine threads, and the art of lacemaking was born. Over several centuries, Venetian lacemakers produced wonders of breathtaking intricacy, extremely fine pieces stitched together with gossamer-fine threads. For three hundred years their work boasted the most prestigious lace pedigree in Italy, if not in the world.

The earliest Venetian laces were produced inside convents and were reserved for church vestments, altar cloths, and other delicate church finery. Trade guilds also began to craft lace in the fifteenth and sixteenth centuries, although in Venice—as in other important lace cities in northern France and Flanders—the convents continued to be prolific centers of lace production. Because lace was considered a proper task for a woman, especially one dedicated to contemplative life, many cloistered women spent most of their daylight hours—indeed most of their lives—with a needle and thread. Lacemaking also became the province of the various *scuole*, or Venetian civic organizations, which, among other charitable activities, organized work for victims of circumstance, including spinsters, orphans, and others who could not find a clear place within the strict social roles of Venetian society.

Burano's Golden Age

The heyday of Burano needle lace ranged from about 1620 to 1710, the height of demand among European

nobility and royalty. Venetian lace became known as *punto in aria* or "points in the air" because of its delicate effects. At that time, fashion called for lace collars and cuffs, as well as handkerchiefs and other accessories for both men and women. A type of lace collar that spread out in a fan behind a woman's head became popular in Venice itself.

Burano lace gained such fame that it became a status symbol for European nobles. Portraits of nobles wearing outlandishly fancy lace collars—the kinds you see in the seventeenth-century paintings of Rembrandt and van Dyck—helped make Venetian lace a status symbol among aristocracy from Ghent to Paris. European nobles wore their Venetian lace finery to sit for portraits that would be handed down to future generations. Painters were challenged to capture the web-like intricacies of lace in paint, portraying their sitters' collars, cuffs, shawls, veils, and gloves.

Eventually, the rise of French and Flemish centers of production signaled the end of an era for Burano lace. By the end of the seventeenth century, stiff competition with these northern rivals caused the Venetian lace industry to decline, even though Burano lacemakers attempted to evolve along with fashions. French needle lace, *point de France*, rose in popularity, and Venetian lacemakers began to borrow French motifs. When collars made with Flemish bobbin lace became all the rage in the eighteenth century, Venetian lacemakers emulated it with the needle and thread, resulting in a new type of lace that came to be known as *punto Burano*.

As Venetian lace began to fall from favor, there were attempts to found a lacemaking school on Burano to revive what was already seen as a waning tradition. However, by the end of the eighteenth century, in the wake of the French and American Revolutions, people no longer wanted to wear fashions that were associated with the reviled aristocracy.



Pasta 'Ncasciata, From Sicily with Love

<https://www.lacucinaitaliana.com/italian-food/italian-dishes/pasta-ncasciata-traditional-recipe-from-sicily>



A recipe for pasta 'ncasciata, a baked pasta from Sicily comprising maccheroni with ragù, eggplant, and caciocavallo cheese.

If you cross eggplant Parmigiana with baked ziti,

you'd wind up with pasta 'ncasciata, a Sicilian baked **maccheroni** preparation comprises fried eggplant, ragù, and **caciocavallo cheese**. This particular version hails from the city of Messina, which sits on the northeast part of the island and has the closest proximity to mainland Italy.

Ingredients

1 lb. macaroni-style pasta (ex. Rigatoni)
14 oz. ground beef,
1 onion
½ lb. caciocavallo cheese, cut into strips
4 oz. Parmigiano Reggiano, grated
2 eggplant
white wine
basil leaves
tomato sauce
salt
extra-virgin olive oil

Method

Wash then cut the eggplant into ½" cubes. Place them in a colander, sprinkle with coarse salt, and let them sit for an hour to release any excess water.

Rinse the eggplant under running water and pat dry with a cloth. Fry them in a pan with plenty of extra-virgin olive oil, then remove and let them rest on a plate lined with paper towels, which will soak up any excess oil.

In the meantime, chop the onion and sauté it for a few minutes in a pan with extra-virgin olive oil. Add the ground beef, ½ cup wine, and let cook for around 10 minutes. Add a few tablespoons of tomato sauce to the beef and continue cooking for around an hour.

Preheat the oven to 350°F.

Cook the pasta in boiling salted water and drain it once it's al dente. Transfer it into a baking dish, pour the sauce on top, and mix well. Add the eggplant, caciocavallo cheese, and basil, and top with the grated Parmigiano Reggiano. Place in the oven for 15 minutes and then serve with a glass of Nero d'Avola.

Sun Dried Tomato Tapenade

https://www.sipandfeast.com/sun-dried-tomato-tapenade/?utm_source=convertkit&utm_medium=email&utm_campaign=3+Easy+Dip+Recipes+-+No+Cooking+Required+-+22385418

Servings: 6

Ingredients

12 ounces oil packed sun dried tomatoes drained
1/2 cup extra virgin olive oil plus more as needed
1 cup Parmigiano Reggiano grated
1/2 packed cup basil leaves

Instructions

Place the drained sun dried tomatoes, basil leaves, and extra virgin olive oil into a food processor and pulse until combined. If too thick, add more olive oil a bit at a time and pulse.

Place the tapenade in a bowl and mix in the grated parmesan cheese. Taste test and adjust salt if required. Serve with crackers or crostini. Enjoy!

Notes

Either dry-packed sun dried tomatoes or oil-packed can be used. Just drain the oil-packed if using.

Leftovers can be saved for up to 3 days in the fridge.



Cannellini Bean Dip

Servings: 4

Ingredients

1 15-ounce can cannellini beans drained well
2 tablespoons (30g) lemon juice
1 clove garlic
1 tablespoon fresh rosemary leaves
1/4 teaspoon cracked black pepper plus more to taste
1 teaspoon Diamond Crystal Kosher salt plus more to taste
5 tablespoons (75g) extra virgin olive oil plus more for serving

Instructions

Place all of the ingredients into a food processor and pulse to combine. Taste test and season with salt to taste. If the dip is too dry, add a teaspoon of water at a time to loosen it up.

Serve in a bowl and drizzle a bit more extra virgin olive oil on top before serving. Serve with crostini or pita. Enjoy!

Notes

Make sure to season well with salt to taste.

Dip can be served with crusty bread, crostini, or pita chips.

Leftovers can be saved for up to 3 days in the fridge and can be rejuvenated by whisking in a bit of olive oil before serving.

