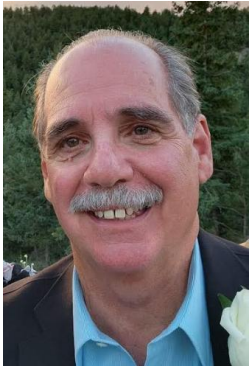




# LA PAROLA

*Bringing You Information About the Denver Lodge Since 1958*

March / Marzo 2025 Issue



## Brothers and Sisters,

I hope that March find you all healthy and happy! I wanted to take a moment to thank everyone who contributed to the success of our February 22nd Spaghetti Dinner!

First and foremost, I wanted to thank longtime member Sammy Johnson. Sammy has been a baker for Safeway for many years and as he has done in the past, he baked and donated all the delicious Italian bread that we served at the dinner. Thank you Sammy!

And then of course the many wonderful volunteer members who contributed to the success of the dinner and the bake sale. There are too many names to mention but I think you know who they are! Thank you, Brothers and Sisters, for your service and support of the Lodge!

The next Spaghetti Dinner is scheduled for Saturday April 12th. Our next General Meeting is Wednesday April 19th and please **SAVE THE DATE** for 67th Anniversary Celebration on Saturday May 17th. Tickets go on sale soon!

MANGIA BENE, RIDI SPESSO, ANA MOLTA

Fraternally Yours,  
President Sal

## Welcome New Members!!

We'd like to extend a warm welcome to the new members who have joined since December! We look forward to getting to know each of you better and we'd like to invite you to find a place within our organization to volunteer to share your gifts and talents! Thank you to everyone who has sponsored a new member - referring your friends to our club is a testament to how our members enjoy being a part of it!

Also, as a last reminder to all members: To remain an active member please pay your annual dues by March 31st!

Jamie Yantorno & Regal Nicholas  
The Membership Committee

Maureen Falconer  
Carolyn Garcia  
Frank Serafina  
Heather Styles  
Jeffrey Dunlap  
Theresa Ruscio  
Frank Okoren

Steven Falconer  
Kiomi Pinkston  
Teresa Serafina  
Mary Younger  
Ellen Dunlap  
Robin Saraceno  
Lisa Lokken  
Robert Marchese

John Gallo  
Michael Rondinelli  
Daniel Styles  
Trent Younger  
Dominic Ruscio  
Deborah Saraceno  
Hayley Lokken



# La Parola

## Building Contacts

Desi Ramirez – Facility Manager

We are looking for a member who would like to serve on the building committee. Please contact Sal if you are interested!

## Health & Condolence

Joannie Flynn [Joannie818@gmail.com](mailto:Joannie818@gmail.com)

Hall Rental – Sal Siraguse (303) 238 - 8055

## Address Changes

[SOIDenver2075@gmail.com](mailto:SOIDenver2075@gmail.com)

## By-Laws

According to Denver By-Laws, Article 1-Paragraph 4, “The by-law commission shall accept for consideration any by-law or change submitted in writing by a regular member in good standing by March 1 of each calendar year.

## 2025-2026 Lodge Officers

### **President**

Sal Siraguse  
[siraguse56@msn.com](mailto:siraguse56@msn.com)

### **Vice President**

Patrick Lubrano  
[Patricklubrano@yahoo.com](mailto:Patricklubrano@yahoo.com)

### **Orator**

John Capone  
[caponejj@msn.com](mailto:caponejj@msn.com)

### **Recording Secretary**

Anna Vann  
[tmvenv@msn.com](mailto:tmvenv@msn.com)

### **Treasurer**

John Callor  
[Callor95@gmail.com](mailto:Callor95@gmail.com)

### **Financial Secretary**

Dr. Rita DeFrangé  
[ritadefrange@gmail.com](mailto:ritadefrange@gmail.com)

### **Guard**

Joe Bonfiglio  
[jbonfig44@gmail.com](mailto:jbonfig44@gmail.com)

### **Chaplain**

Barb Pietrafeso  
[babeepietrafeso@outlook.com](mailto:babeepietrafeso@outlook.com)

### **Historian- Open**

### **Trustee**

Susan Giamarvo  
[susangurule@msn.com](mailto:susangurule@msn.com)

### **Trustee**

TJ Henderson

[Henderson435@hotmail.com](mailto:Henderson435@hotmail.com)

### **Trustee**

Joe Calabrese  
[JAC5260@MSN.COM](mailto:JAC5260@MSN.COM)

### **Trustee**

Joannie Flynn  
[Joannie818@gmail.com](mailto:Joannie818@gmail.com)

### **Trustee**

John Gargano

### **Immediate Past President**

Pam Wright  
[pcake@comcast.net](mailto:pcake@comcast.net)

### **Mistress of Ceremonies**

Linda Villano  
[l\\_villano@comcast.net](mailto:l_villano@comcast.net)

### **Mistress of Ceremonies**

Kim Bonfiglio  
[jbonfig44@gmail.com](mailto:jbonfig44@gmail.com)

## Having an Event this Year?

If you are interested in renting the hall, please use the “[contact us](#)” from the website or call 303-238-8055. We are already booking up for 2025/26 and want to be able to accommodate all inquires! Grazie!



## MEMBERSHIP

### **Membership Information**

Our membership is strong! We have 350+ members where some have been members for over 30 years and others just a few years – a great group of people! Membership dues are due by March 2025. Jamie Yantorno and Regal Nichols are picking up our Membership Committee as chairs and will be reaching out to you soon! Stay tuned!



**Come Polka on Sundays!** Sunday afternoon Polka dancing is back in full force!! If you're interested, dancing is from 2-5:30 pm Sundays. Need information, contact Bev Meyer at 970-222-4331 or email [coloradopolkaklub@gmail.com](mailto:coloradopolkaklub@gmail.com).

### **Book Club**

#### **by Pam Wright & Maggie Iozzo**

Book Club meets the second Monday of the month. Meeting place Panera on 64<sup>th</sup> & Yank, 12:00 p.m. everyone is welcome!

**Becoming ADA Compliant** In the State of Colorado, legislation has all Public Agencies pursuing ADA compliancy. That means we will begin to ensure 12 Point font, Calibri text, using links and making sure our colors can be read by those in our community with disabilities. More to come in future issues.



### **Dancing at the Lodge – Come and Enjoy!**

Sponsored by our own Maggie Francucci! Ballroom dancing is back in full swing too! They meet on the 2<sup>nd</sup> and 4<sup>th</sup> Fridays of most months. To verify or check with Cathy and/or Maggie at [Http://danceconnectioncolorado.com](http://danceconnectioncolorado.com) There is a one-hour class for various types of dances followed by open dance the rest of the evening.

## Upcoming Events at all Clubs

### March

**March 7th - Cultural Meeting, 7:30 PM at Mt. Carmel.** John Giardino, DAS president will present an enlightening talk on the Stradivarius violin: *Stradivarius; The Sweetest Sound You'll Never Hear*.

**March 8th - Culinary Class for women only** in celebration of International Women's Day. 9:00 AM at Mt. Carmel, sponsored by Dante'

**March 8th - [Bravo Awards](#) Gala**

**March 15th - [Ancient Roman menu with recipes from 2000 years ago](#)**, Potenza Lodge

**March 15th - [Our Lady of Mt. Carmel - St. Joseph's Table](#)**, 4 to 7 PM (contact Barb at [babeepietrafeso@outlook.com](mailto:babeepietrafeso@outlook.com) if you would like to assist)

**March 16th - Our Lady of Mt. Carmel - St. Joseph's Table**, 11 AM to 3 PM

**March 22nd - Corned Beef & Cabbage Dinner**, held by the Potenza Lodge 2 to 7 PM (see flyer attached)

### April

**April 6th - Prima Domenica sponsored by Dante**

**April 9th - Dante requested the sharing of this information**, Chamber Music [Quartet](#)

**April 12th - Sons & Daughters Spaghetti Dinner, benefitting TBD**

**April 20th - Easter**

**April 17th through the 20th - Automezzi - [Italian American Display at the Denver Colorado Auto Association](#)**

**April 26th - [IOA Rodders' Ball](#)**, held at the Sons & Daughters of Italy

Get your tickets to the Rodder's Ball - they are selling fast!

In the upcoming months Trentini is sponsoring a Bocce Tourney - see flyer attached and sign up now!

I know many of the clubs are planning their October events ALREADY!! Please share anything you will be scheduling with Rita!

### March La Parola Trivia

By Beverly Mendicello

**According to legend, why does not wearing this color cause you to get pinched?**

*As the legend goes, wearing green makes a person invisible to leprechauns so they can't pinch you!*

**What must a leprechaun tell if captured?**

*Where to find hidden treasure.*

**According to folklore, what is a leprechaun's occupation?**

*Shoemaker*

**What Irish greeting might you use to greet someone?**

*Top of the morning to you!*

**Why is Ireland also referred to as the Emerald Isle?**

*Because of the country's lush landscape.*

**What are the three colors of Ireland?**

*Green, white and orange*

**In what U.S. city would you find this green river each St. Patrick's Day?**

*Chicago*



At the February General Meeting, we were finally able to present Jerry Caruso, for Caruso Family Charities a check for \$1,500. The money was raised from the 2024 SOI Car Show. Jerry accepted the check from President Sal and said a few words. It is wonderful to be able to support local charities!



## Irish Are Not the Only Lucky Ones

by Cyndi Lubrano

Italy is a country rich in culture, tradition, and, of course, **superstition!**

Italians have a rich tradition of embracing luck and fate, finding solace in ancient customs to navigate the unpredictable path of life. From warding off the evil eye to invoking good fortune, these superstitions play a significant role in everyday conversations. Here are four fascinating **Italian expressions about luck** that will not only enrich your vocabulary but also give you a glimpse into the Italian way of thinking!

1. **FARE LE CORNA** - "*Fare le corna*" translates to "*to make horns*", and it's always accompanied by the classic hand gesture placing the index and pinky fingers in a way that resembles horns. It is commonly used to protect against bad luck, especially when discussing misfortunes or negative situations. The origin of this gesture is believed to stem from ancient beliefs in warding off evil spirits. For example: *Quando parliamo di sfortuna, faccio sempre le corna!* (When we talk about bad luck, I always make horns!)
2. **ESSERE BACIATI DALLA FORTUNA** - "*Essere baciati dalla fortuna*" means "*to be kissed by fortune*." This expression describes someone who has experienced unexpected good fortune or luck, as if fate has granted them a blessing. It conveys a sense of serendipity and appreciation for those moments in life when everything seems to align perfectly in one's favor. For example: *Dopo anni di difficoltà, finalmente sono baciati dalla fortuna!* (After years of hardship, they are finally kissed by fortune!)
3. **TENTARE LA SORTE** - "*Tentare la sorte*" means "*to tempt fate*". This phrase captures the essence of taking a chance or risking something in hopes of a favorable outcome, much like "tempting fate" in English. It suggests that sometimes, one must be bold and take risks to achieve their desires, whether it be in games of chance or in life decisions. For example: *Ho deciso di tentare la sorte e giocare alla lotteria.* (I decided to try my luck and play the lottery.)
4. **FORTUNATO AL GIOCO, SFORTUNATO IN AMORE** - "*Fortunato al gioco, sfortunato in amore*" translates as "lucky at gambling, unlucky in love." This saying reflects the belief that someone who is fortunate in one area (like winning at gambling) may experience misfortune in another area (like finding love). It humorously captures the idea that luck can be fickle and that one aspect of life may not guarantee success in another. For example: *Mio cugino vince sempre a poker, ma è fortunato al gioco e sfortunato in amore.* (My cousin always wins at poker, but he is lucky at gambling and unlucky in love.)

Exploring these expressions not only helps you understand Italian culture better but also adds some fun to your language learning journey! Each saying carries its own story and reflects the rich tapestry of Italian traditions surrounding luck and fortune.

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## Maximize Your OSDIA Member Benefits

**Thank you** to everyone who volunteered to help with the spaghetti dinner in February. It's a great way to meet other members and to do some good for the community. The proceeds from the spaghetti dinner will be split between the National OSDIA Relief Fund and the Local Firefighters Association.

Here's another opportunity to volunteer. Our second spaghetti dinner is planned for **Saturday, April 12th**. Let me know if you can give us a hand. As you can see, your efforts go to help worthy causes.

*Continued on the next page*





The next event isn't a fundraiser, it's a **FUN-RAISER**. Join your fellow OSDIA members on a float in the St. Patrick's Day Parade on **Saturday, March 15th**. Everyone will gather at the lodge at 7 to 7:30 in the morning. The lodge will provide snacks, treats, coffee and other beverages. From the lodge everyone will car pool downtown. In the past, we've had parking in Lot A at Coors Field. The parade starts at 9:30 and typically lasts 45 minutes. What a great way to spend a Saturday morning.

I'm seeking creative individuals with great ideas to help put together events for the upcoming Italian Heritage Month, which is October. The Italian American community had great television coverage last year, and we don't want to lose that momentum. Let's make it happen! BTW, Chris Parenti of Channel 2, who covered four events this past October, attended our spaghetti dinner and visited with several members.

Please contact me via text at 720-484-1014 or email at [susangurule@msn.com](mailto:susangurule@msn.com)

## Quilts of Valor



The Quilt of Valor® Foundation appreciates the service and sacrifice **of those who are serving or have served in the Armed Forces and protect our freedoms**. A Quilt of Valor® (QOV) is a quality, handmade quilt that is machine or hand quilted. It is awarded to a Service Member or Veteran who has been touched by war. There are many different descriptions of that term. The Quilt says unequivocally, "Thank you for your service and sacrifice in serving our nation."

To use the term Quilt of Valor, Quilts of Valor or QOV, the quilt must be a specific size, must have a label with required information, it must be awarded (it is not a gift) and it must be recorded.

If you would like to be considered for a handmade quilt of valor, please contact Sons & Daughters of Italy member Beverly Mendicello, ([bmendi@msn.com](mailto:bmendi@msn.com)) or call (303) 886-2816.

There will be a Quilt of Valor award ceremony at our general meeting in May 2025. Calling all Veterans! -- contact Beverly Mendicello if you would like to be considered for a quilt of valor.



## Irish Soda Bread Muffins by Kathy Holt

*These muffins are a delicious addition to your St Patrick's Day meal.*



- 1 3/4 cups all-purpose flour
  - 1/2 cup whole wheat flour
  - 2 teaspoons baking powder
  - 1/4 teaspoon baking soda
  - 3/4 teaspoon salt
  - 1/3 cup granulated sugar
  - 2 teaspoons caraway seeds
  - 1 large egg, beaten
  - 1 cup buttermilk (*add 1 cup milk plus 1 t lemon juice and let it sit for 10 minutes*)
  - 6 tablespoons unsalted butter, melted and slightly cooled
  - 1 1/3 cups currants
  - 1 1/2 tablespoons turbinado for topping
1. Preheat the oven to 400°F and set an oven rack in the middle position. Grease a standard muffin pan with nonstick cooking spray.
  2. In a medium bowl, whisk together the flour, baking powder, baking soda, salt, sugar, and caraway seeds.
  3. In a separate large bowl, whisk together the beaten egg, buttermilk and melted butter.
  4. Add the dry ingredients and the currants to the liquid mixture. Use a rubber spatula to mix until just combined; the batter will be very thick. *Do not overmix.*
  5. Spoon the batter into the prepared muffin pan, filling the cups about 3/4 full. Sprinkle the 1 1/2 tablespoon sugar evenly over the muffins.
  6. Bake the muffins for 18 to 20 minutes, or until golden and a cake tester inserted into the center of a muffin comes out clean.
  7. Let the muffins cool in the pan for 5 minutes, then remove from tin and transfer to a wire rack to cool until ready to serve. (This prevents the bottoms from getting soggy). Best served warm.
- Notes:** 1. Use 2 1/4 all-purpose white flour if you do not have whole wheat  
2. Use regular sugar if you do not have turbinado sugar for the topping.

March cocktail  
Courtesy of Leanne  
DiTirro

**IRISH WHISKEY** – Jameson Irish Whiskey is probably the most well known, but here's a little secret – this drink tastes just as delicious with your favorite bourbon or Canadian whisky

**LEMONADE** – use your favorite pre-made lemonade brand or make your own with fresh squeezed lemon juice, sugar (or simple syrup) to get the lemonade mix that you enjoy best.



## Basics Skills for Advocating Issues Contributed by Ellie Gaccetta

In my book, *One Caregiver's Journey*, I relate my life experience of being a sole caregiver for nine and a half years. The internet was not the go-to tool it is today, for answers to all problems great or small. I had made a commitment to care for my mother and found resilience in addressing every situation. I was my mother's advocate. But I had to learn to advocate for myself while ensuring I was able to meet both our needs. A competent caregiver wears multiple hats. A competent advocate looking for support or encouraging or sponsoring others also wears multiple hats. Here is a list of necessary skills for anyone who advocates for themselves and others to incorporate into their toolbox.

**Patience.** Patience is the essence of being good at advocating. Often the very things for which we advocate require us to be still and wait. Wait for answers or action. If you rush for action or answers, or advocate without patience, the results are not going to be optimum. **Compassion.** When you care for someone else it must be with an open mind and heart. Advocating for yourself or for someone else will be easier if the compassion you carry for your advocacy is evident. What does this mean? You cannot advocate for a cause or person unless you have compassion for the issue or person. Advocating with compassion is interchangeable with acting with love. **Humor.** It is better to advocate with humor than drama. Never advocate from a negative point of view. Humor helps diffuse a request. Advocating should not be construed as a dire request. **Being Present.** When a caregiver advocates, they should not become detached from providing care for a loved one. Never lose sight of the needs of both the caregiver and the patient. Today people rely too often on social media chat sites for support and answers. Being present is a balancing act. When I often hear of caregivers reaching out to social media to resolve an issue, I ask ...who is watching grandma while you are crying the blues to strangers on your cell phone. **Detail Oriented.** When advocating we must be attentive to details. Do you need a particular service? Do you need a professional to explain a medical situation? Do you need respite? Regardless of the requests, they should include details. For example, if a caregiver wants respite, the request must detail who will assume caregiving duties during the time you are away. **Able to Accept Help.** Advocating for yourself is not the act of being a martyr. When someone advocates for help, they should openly accept it. People often feel hesitant about self-advocating. When the response to the request is positive and caring, accept it. **Willing to Set Boundaries.** Advocacy is not asking for unwarranted advice. Do not become overwhelmed when everyone has an opinion. Advocating includes having the ability to say no and set a boundary. It is ok to openly disagree if someone's perception of your advocacy does not match your need, or the reality of the situation. **Cooperative.** People need to cooperate and compromise when advocating for themselves or their patient. Advocating for yourself is often easier when done cooperatively. The results might be a compromise. That is ok so long as there is cooperation and a cooperative mindset.

I hope these are useful tips. They are common sense and helped me in my journey as a caregiver over a decade. It is ok to need help, and it is ok to help others who are less fortunate or vulnerable.





## Please Join Us at the Denver Lodge for These Events

### March / Marzo

March 15<sup>th</sup> - **St. Patrick's Day Parade**

March 19<sup>th</sup> - Social Meeting

### April / Aprile

April 12<sup>th</sup> – SOI Spaghetti dinner

April 16<sup>th</sup> - Monthly meeting

### SAVE THE DATE

May 17<sup>th</sup> ~ The OSDIA 67<sup>th</sup> Anniversary Dinner / Dance

Watch for upcoming details in the April La Parola



### Contact Us

Order Sons & Daughters of Italy in America,  
Denver Lodge #2075  
5925 West 32<sup>nd</sup> Avenue, WheatRidge, Colorado 80212

303-238-8055  
[soidenver2075@gmail.com](mailto:soidenver2075@gmail.com)



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