



LA PAROLA

Bringing You Information About the Denver Lodge Since 1958

May/Maggio 2025 Issue



Brothers and Sisters,

I hope you all had a great Easter with family and friends!

On Saturday April 12th we had another successful Spaghetti Dinner! We served around 240 spaghetti dinners, and we raised a sizable amount of money for our beneficiary, Safehouse Denver, which serves survivors of domestic violence and their children through an EMERGENCY SHELTER, a non-residential counseling and advocacy center and an extended stay program. I want to thank their CEO Jen Caruso for all her hard work at the dinner as well as the many volunteers from Safehouse who helped us as well. And, of course, the many volunteers from the Sons and Daughters of Italy who contributed many hours to make this a very successful fundraiser!

I want to invite everyone to our 67th Anniversary Dinner and Dance! I cannot stress enough how important it is for YOU to be at this party! WE are celebrating YOU and OUR Lodge and our 67-year history! Tickets are only \$50 for appetizers, dinner, drinks and dessert. Tickets must be purchased in advance by May 10th.

The event is Saturday May 17th, 6:00 - 10:00. See you there!!

MANGIA BENE, RIDI SPESSO, ANA MOLTA

Fraternally Yours,
President Sal



La Parola

May-Maggio

Pam Wright, Sal Siraguse, LeAnne DiTirro, Eleanor Gaccetta,, Kathy Holt, Beverly Mendicello, Jamie Yantorno, Cyndi Lubrano, Susan Gurule, Dr. Rita DeFrangé,

Building Contacts

Desi Ramirez – Facility Manager

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

Health & Condolence

Joannie Flynn Joannie818@gmail.com

Hall Rental – Sal Siraguse (303) 238 - 8055

Address Changes

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

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Vice President

Patrick Lubrano

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Orator

John Capone

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Historian- Open

Trustee

Susan Giamarvo

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Trustee

Vacant

Trustee

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Trustee

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Trustee

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Immediate Past

President

Pam Write

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Mistress of Ceremonies

Linda Villano

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Mistress of Ceremonies

Kim Bonfiglio

jbonfig44@gmail.com

Having an Event this Year? by Dr. Rita DeFrangé

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 Information



Our membership is strong! We have 350+ members with some being members over 30 years and others just a few years – a great group of people!! If you have not paid your 2025 dues, you will receive a call from the membership committee to confirm continued membership and pay your dues.

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.



Book Club

by Pam Wright & Maggie Iozzo

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



May: The Borrowed Life of Fredrick Fife - Anna Johnson
June: Liars Table -D. K. Wall *July: The Instrumentalist –*
Harriet Constance August: Someone Like You-Karen
Kingsbury

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 2nd and 4th 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.





Time is Running Out Tickets must be purchased in advance and are available until May 10th.

Accepting Nominations for Council Trustee

From Orator John Capone

Nominations for the open position of Trustee will be taken at the May meeting. Election will be held in June. If you would like to nominate someone or if you would like to be nominated, please contact Pam Wright at pcake@comcast.net or call 303-210-6277.

Section C#1 Denver Lodge By-laws: "In order to be elected to this office of the council a candidate must have been a member of the order for at least six months prior to nomination to office."



Welcome to our new members for 2025 installed at the April meeting. Left to right: Elsa Lombardi, Bob Marchese, Anthony Gianfrancesco, John Gallo, Mark Wonder, Betty Wonder seated in front of him, Hailey Lokken and Lisa Lokken.

Remember – General meetings are held every third Wednesday. There are plenty of fun things going on at the lodge and across the community,. For now – come to the lodge on Monday evenings to watch bocce – and maybe even sub – we always need subs!!



Drink of the Month

By Lee Ann Ditirro



Ingredients

2 ounces vodka
 ½ ounce triple sec
 1 ounce lemon juice
 ½ ounce simple syrup
 6-8 fresh raspberries
 Extra raspberries and a lemon twist for garnish

1. Muddle the raspberries in a shaker to release their juice
2. Add vodka, triple sec, lemon juice, simple syrup and ice to the shaker.
3. Shake it up until it is nicely chilled.
4. Strain the mixture into chilled martini glass
5. Garnish with a few raspberries and a twist of lemon



Cream Cheese Chicken Enchiladas

By Kathy Holt

An easy and delicious Mexican dinner

2 cups pre-cooked rotisserie chicken
 4 ounces cream cheese, cubed
 1/2 cup sour cream
 2 Tablespoons finely chopped onion
 1/2 teaspoon chili powder
 1/2 teaspoon cumin
 1 1/2 cups shredded cheddar cheese
 4 ounces green chilies
 4 flour tortillas
 20 ounces red or green enchilada sauce



Preheat oven to 350 degrees.

1. De-bone chicken, and shred chicken into small pieces, if you don't have a rotisserie chicken you can use 3 to 4 cooked chicken breasts, shredded.
 2. In a large skillet, combine chicken, cream cheese cubes, sour cream, chilies, chopped onion, seasonings, and 3/4 cup cheddar cheese. Heat and stir until the cheeses are completely melted.
 3. Coat baking pan with cooking spray. Scoop a heaping spoonful of chicken mixture onto tortilla, roll, and place it into the pan with seam side down.
 - 4.. Repeat until all the filling is used. Pour enchilada sauce over the rolled tortillas.
- Sprinkle remaining cheese on top of enchiladas and bake at 350 uncovered for 20-25 minutes. Serves 4





By Beverly Mendicello

Did you know the founding of the Blue Parrot Restaurant in 1919 in Louisville, Colorado led to the establishment of several Italian-themed restaurants over many decades that drew people to Louisville for Italian food?

Here's the list:

Blue Parrot, 640 Main

Colacci's, 816 Main

Ferbello's – briefly located at 740 Front

Pasquale's – located at 809 Main

Pennetta's, then Luigi's – located at 808 Main (also called the Blue Parrot II for a time)

Berardi's – located at 1160 E. South Boulder Rd (current location of Union Jack Liquor)

Three Coins – 525 Main (current location of the Elks Club) (served some Italian food)

The town often capitalized on its reputation as an Italian place. When the city opened Highway 42 in 1967, Mayor Frank Rizzi chose to cut a spaghetti noodle instead of a traditional ribbon.

The event made national and international headlines – one Louisville servicemember read about it in the armed forces' newspaper while stationed in Vietnam!

Source: Louisville Historical Museum – Louisville, Colorado



Friends and family came together for a small meal and to help TJ and Teresa Henderson pack as they move to Florida to start a new chapter in their lives.



The bake sale at the Spaghetti Dinner April 12th was a huge success. The charity for the event was Safehouse. We will announce the proceeds to be donated at the May meeting.



The Italians of America hosted The Rodder's Ball at the Lodge On April 26th.



May Meeting May 21

The May meeting will be a “social” meeting. We will honor our veterans with a special ceremony called “Quilts of Valor.” Don’t miss this special event.

Denver Lodge Website

A reminder to visit the Denver Lodge website osiadenver2075.org. It is full of information and a calendar listing upcoming Denver Lodge social events, forms to join the Lodge, and access to the National website.

Spring



By Cyndi Lubrano

Spring is a time of hope and renewal...and gardening! **1. *Spring marks the change from winter to summer.*** Spring is one of the four seasons. The vernal equinox occurs around March 20th or 21st and marks the beginning of spring in the moderate climates of the Northern Hemisphere. Spring continues until around June 20th or 21st when the summer solstice occurs. **2. *The origin of the term “spring” is from the Old English verb “springan.”*** “Springan,” has an original meaning to leap or burst forth and describes the emergence of new growth that occurs in the spring. This is a reference to the fact that vegetation, such as plants and trees, resumes its growth cycle in the spring after having been dormant throughout the winter months. **3. *Springtime is a period for celebrating festivals and religious holidays.*** Many cultures celebrate festivals and religious holidays in the spring months as a time of rebirth and renewal. For instance, both Easter and Passover are religious holidays observed during the springtime and are both connected to the concepts of rebirth and renewal. **4. *The season of spring is also a common time for people to clean.*** “Spring cleaning” is a common time for people to clean and clear out their belongings. This custom may have developed from the practice of cleaning homes after a long winter when windows and doors were frequently kept closed to keep the cold out. **5. *Spring is the ideal time for gardening.*** The warmer temperatures and longer days of spring provide ideal conditions for plants to grow and thrive. Additionally, the soil is often easier to work in the spring, as it has had time to thaw and dry out from winter. Gardeners take advantage of these favorable conditions by planting a wide variety of vegetables, fruits, and flowers to mark the beginning of the growing season. **6. *Spring is frequently regarded as a time of hope and renewal.*** From William Shakespeare’s sonnets to Vincent van Gogh’s paintings, the spring season has inspired countless artists and writers throughout history. Spring is a time of hope and renewal, as reflected in art and literature. Shakespeare connects the season in his famous sonnet “Spring,” while van Gogh’s paintings depict the beauty and vitality in flowering trees and fields of spring.



The Changing Faces of Health Care

By Ellie Gaccetta

We'll call this Health Care 101. When we are sick, we have more options for care. Good or bad news? No one shares the cost of services, or which services are covered by your insurance. Which new or high-tech options are good or bad? The way we get better, cured, covered, an appointment, and reimbursed is changing. Frustration and confusion about health care is real.

In this age of urgent-care facilities, concierge medicine, Emergency Rooms, mobile and telehealth, people wonder if they even need a primary care physician. You do, and that is like looking for a house painter or plumber. Ask people you trust for references and gather multiple names because some doctors will not accept your insurance. Once you have names do some digging. Their website will describe their approach, if they are board-certified in a specialty, and if they are associated with a hospital. Look for qualities or values that are important to you. Next, call their offices and ask these three questions about the doctor and practice: 1. On my first visit, will the doctor be able to spend time with me to learn my history? 2. If I wake up too sick to go to work, will the doctor see me that day? 3. If I need a specialist does the doctor have a network they refer to, and do these docs communicate with each other?

Many practices offer appointments on the same day with someone who is not a physician. What is the difference between a physician versus a physician associate or a nurse practitioner? If you do not have a serious chronic condition, a PA or NP can absolutely see and treat you. They can prescribe medications and are actively supervised by a physician to ensure you get quality care.

Telehealth use exploded during the pandemic and some physician practices conducted their business entirely by video. Telehealth is for follow-up visits or if someone believes they have something contagious. While telehealth is not going to eliminate an annual physical, it does limit doctor visits. It is also convenient for families or those with mobility or transport issues.

What is concierge or direct-pay medicine? Concierge healthcare usually means paying a doctor directly for services without the use of insurance. Patients get a higher or better level of service, lower waiting times, more access, longer visits, and fewer surprise bills. Overall, the big drawback of concierge health is the cost. Even with pricey docs, you still need medical insurance covering hospitalizations and catastrophic care. Is convenience worth the extra money?

Urgent care, ER, or mobile health? Urgent care facilities are now on every corner. Consider three criteria when deciding between ER, urgent care, or at-home mobile health. If you have a chronic condition, or symptoms that are severe or worsening, go to the ER. But hospital ERs are busy and the waiting time for a bed and to see a doctor might be up to 5 hours. ERs report more patients with mental health issues, and acute complications for chronic illnesses. Some hospitals have separate areas for elderly patients, eliminating long waits. Urgent care and at-home mobile care (Dispatch Health) are for non-life-threatening medical needs, such as colds, minor cuts, sprains, or fever, when you cannot see your primary care doctor promptly. Understanding health care today requires you to stay informed about how health care is changing. Stay Healthy!



Please Join Us at the Denver Lodge for These Events

May

May 3 - Trentini Tournament at the Sons & Daughters of Italy

May 4 - Prima Domenica, *Sponsored by the Mt. Carmel Altar & Rosary Society*

May 11 – Mother's Day

May 17 - Sons & Daughters, 67th Anniversary Dinner (open to the public, see flyer attached)

May 21 – Sons and Daughters Denver Lodge Monthly Meeting

June

June 1 - Prima Domenica

June 6-7 – Colorado Sons and Daughters Convention

June 14 - [Mt. Carmel Men's Club Golf Tournament](#)

June 15 - Fathers Day

June 18 - Sons and Daughter's Denver Lodge Monthly Meeting

June 21 – Denver Sister Cities Potenza Committee Spaghetti Western Night in the Park

June 29 – Trentini Italian Community Picnic

Contact Us

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