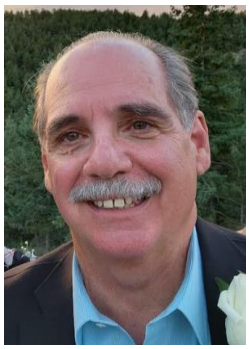
LA PAROLA

Bringing You Information About the Denver Lodge Since 1958

Novembre/NOVEMBER 2026 Issue





Brothers and Sisters,

We are now heading into the final two months of the year, and the weather is certainly changing as well! It's just a matter of time until the white stuff is flying.

The Annual Craft Fair will be on November 6th from 10:00-5:00 and November 7th from 10:00 to 4:00 Stop by and get an early start to your Christmas shopping.

Our final Spaghetti Dinner of the year is coming up on Saturday November 14th, and we are looking for volunteers. If you are interested (no experience needed) please email or text me!

On Wednesday November 18th at our General Membership meeting, we will have our annual Salute to Service event as we recognize veterans and first responders. If you are a first responder or veteran and would like to be a part of the ceremony, please email us at SOIDenver2075@gmail.com. The November meeting is also when we celebrate with our Thanksgiving Feast. Contact me if you would like to donate a turkey!

And if you really want to get into the Christmas Spirit, why not join us on Sunday, November 29th, 9:00 am to noon at the Lodge, when we will put up all our Christmas decorations! The coffee will be on, and Jack and I will be cooking up a delicious breakfast.

December brings a number of events to make note of; on Saturday December 5, we will be celebrating the Christmas Season with our Annual Christmas Party. Look for details in this issue of the La Parola.

You can also look in this issue for details on the Children's Christmas Party happening on Saturday December 12th. And I am told that Santa Clause has been confirmed for event!

On Wednesday December 16th we will be holding our Annual Feast of the 7 (or 8) Fishes for the December General Membership Meeting. You don't want to miss the November or the December meeting!

And finally, look for the flyer for the annual Christmas Tea on December 19th when the ladies enjoy time together.



That's all for now, see you all soon!

Fraternally yours,

President Sal

La Parola
Novembre/Novemberr2026
Sal Siraguse, Dr. Rita DeFrange, LeAnne DiTirro, Eleanor Gaccetta,, Kathy Holt, Beverly Mendicello, Pam cianco-Wright

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
siraguse56@msn.com

Vice President
Joe Calabrese
JAC5260@MSN.com
Orator
John Capone
caponejj@msn.com
Recording Secretary
Anna Vann
tmvenv@msn.com
Treasurer
John Callor
Calor95@gmail.com

Financial Secretary
Dr. Rita DeFrange
ritadefrange@gmail.com
Guard
Joe Bonfiglio
jbonfig44@gmail.com

Chaplain
Barb Pietrafeso
babeepietrafeso@outlook.com

Trustee/Historian
Ramona (Mo) Toto-Travis
alnmo@comcast.net

Trustee
Jack Loth
jploth@comcast.net
Trustee
Crist McAfee
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Trustee
Joannie Flynn
Joannie818@gmail.com
Trustee
John Gargano

Immediate Past President
Pam Wright
pcake@comcast.net
Mistress of Ceremonies
Linda Villano
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Mistress of Ceremonies
Kim Bonfiglio
jbonfig@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 booking and want to be able to accommodate all inquires! Grazie!





We welcome new members every month! If you have any questions, you can "contact us" via email and request an invoice or a payment plan. We have over 400 members and are still growing! Something to celebrate for sure!



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., *September: The Crossroads, October: Remarkably Bright Creatures November: The Ultimate Gift*

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 There is a one-hour class for various types of dances followed by open dance the rest of the evening.

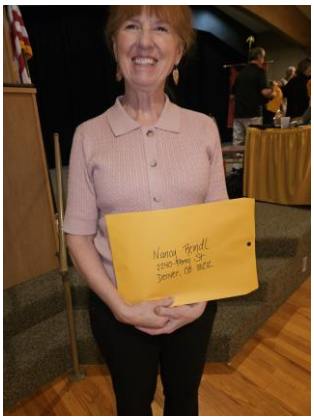
New member Initiation

At the October 21st meeting the Sons and Daughters of Italy welcomed new members into the Denver Lodge 2075. There were many new members who were unable to attend the initiation ceremony. Our membership is now over 400 strong, and we look forward to others joining.











UPCOMING EVENTS

November 6th & 7th - Sons & Daughters of Italy Craft Fair *(see advertisement enclosed with details)*
November 11th - Veterans Day!
November 14th - Spaghetti Dinner, *12 PM to 6 PM - be sure to stop by the bake sale*
November 18th - General Meeting*, Salute to Veterans and First Responders (see advertisement enclosed with details)*
November 26th - Happy Thanksgiving!
November 29th - Christmas Decorating at the Lodge! 9 AM to 12 PM



At the October 21st monthly meeting the Denver Lodge 2075 held initiation for new members. The Sons and Daughters of Italy welcomes. John Graham,

A reminder to all members that our monthly meetings are the third Wednesday of every month.

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Prayers for Comfort and Health

Prayers for the sick: Rose Vecchiarelli





A Young Entrepreneur starts a Business

by Dr. Rita DeFrange

There are times when you can go to school for one thing and end up doing something VERY different. Peter LoSasso, a recipient of one of the Sons & Daughters scholarships, several years back embarked into a pursuit of the stage with his character recreations on the Disney Cruise Line. Most recently, he and a friend have embarked upon a completely different career in the food business. An example to others to take a chance and embark on something new! Good luck with your Bear Burrito venture in NYC!



What's Happening in Italy in November?

by Ellie Gaccetta

Italy in November features a mix of solemn national holidays, centuries-old religious traditions, peak harvest festivals, and the start of holiday markets.

Holidays & Feast Days: All Saints' Day (*Ognissanti*) – November 1: A national public holiday where Italians attend mass and visit family graves. Traditional seasonal treats include *Schiacciata dei Santi* (a sweet bread with grapes and nuts) and *Castagnaccio* (chestnut flour cake). **All Souls' Day (*Il Giorno dei Morti*) – November 2:** A day dedicated to remembering departed loved ones, marked by widespread visits to local cemeteries adorned with chrysanthemums. **National Unity and Armed Forces Day (*Giornata dell'Unità Nazionale e delle Forze Armate*) – November 4:** Commemorates the end of World War I and national unification, featuring ceremonies at the Altare della Patria and the Unknown Soldier's tomb in Rome, military base open houses, and Italian Air Force flyovers. **Feast of San Martino November 11:** Celebrates the legend of St. Martin and coincides with the release of the year's new wine and peak chestnut roasting In places like Scanno, traditional bonfires are lit to welcome the winter season. **Feast of Our Lady of Good Health (*Festa della Salute*) – November 21, Venice:** Marks the 17th-century deliverance from the plague. A temporary wooden bridge is built across the Grand Canal to attend mass at the Basilica di Santa Maria della Salute .

Brazilian Limeade



By LeAnne DiTirro

Ingredients: 5 limes with thin, smooth rinds, 2 cups ice water, 2/3 cup Sweetened Condensed Milk (about 10 Tablespoons), extra limes for garnish, ice for serving.

Instructions: 1) Chop 5 limes into small 1-inch chunks. Choose limes that have a thin skin. They should be smooth and easier to squeeze. **2)** Add 2 cups ice water to a blender. **3)** Add the chopped limes to the blender. Blend in pulses for no more than 15 seconds. The pith rom the limes will make your limeade bitter. **4)** Pour the liquid into a strainer placed over a large measuring bowl and press the blended limes with a spatula to get as much liquid as possible **5)** Pour the liquid back into the blender and add 2/3 cup of Sweetened Condensed Milk. **6)** Fill your classes with ice, pour and garnish with a lime slice.

Italian Sausage Soup



by Cathy Holt

A richly flavored soup that's perfect for fall weather.

1 Tbsp olive oil, 1 lb. Italian sausage (mild or hot), 1 1/2 cups chopped yellow onion 3/4 cup diced carrots, 3/4 cup diced celery, 3/4 cup diced bell pepper, 1 Tbsp minced garlic (about 3 cloves), 4 cups of low-sodium chicken broth, 1 (15 oz) can tomato sauce, 1 (14.5 oz) can crushed tomatoes, 1 1/2 tsp Italian seasoning, 3/4 cup orzo pasta *cooked ala dente*, 3 Tbsp chopped fresh Italian parsley, 2 Tbsp chopped fresh basil, Salt and freshly ground black pepper, Parmesan cheese for topping

Instructions: Heat olive oil in a large pot over medium-high heat. Break sausage into chunks into pot. Let brown for about 3 minutes, turn and break up sausage and cook until sausage is no longer pink. Transfer to a paper towel lined plate to drain, leave fat in pot. There should be about 1 Tbsp fat in pot, if needed add a little more olive oil or drain off some excess fat if there's too much. **1)** Add onions, carrots, celery and bell pepper and sauté until starting to soften, for about 6 minutes. Add garlic and sauté 1 minute longer. **2)** Pour in broth, tomato sauce, tomatoes, and Italian seasoning. Return sausage to pot and season mixture with salt and pepper to taste (you shouldn't need much salt). **3)** Bring to a simmer then cover, reduce heat to medium-low and simmer 5 - 10 minutes until veggies are almost soft. Add the cooked orzo. **4)** Remove from heat. Stir in fresh parsley and basil. Serve warm, topping with grated parmesan if desired. Serves 6.



A Moment For You

Sometimes the sweetest joys come from the simplest things – a favorite song, a kind word, a sunny morning, or a cozy moment with someone you love. Keep noticing the little blessings. They have a way of making ordinary days feel extra special.


THE SONS & DAUGHTERS OF ITALY
Denver Lodge Presents
our Christmas Dinner Dance
JINGLE all the WAY
DATE: December 5th, 2026
Music provided by "Jakarta"
TIME: Doors Open at 5:30 PM until 10 PM
LOCATION: 5925 W 32nd Ave, Wheat Ridge
TICKETS GO ON SALE NOVEMBER 9th, 2026
Contact Rita at (970) 685-1327


DECORATING AT THE DENVER LODGE FOR CHRISTMAS!
SUNDAY, NOVEMBER 29TH
FROM 9 AM TO 12 NOON
DENVER LODGE
DECORATING PARTY
FAMOUS BREAKFAST BURRITOS!
PLEASE RSVP IF YOU CAN HELP, EVEN IF ONLY FOR AN HOUR!
TO RITA AT 970 685 1327 TEXT OR CALL! THANK YOU!


SONS & DAUGHTERS OF ITALTY LODGE 2075 PRESENTS
Christmas Tea
Saturday, December 19, 2026
12 Noon
5925 W 32nd Ave, Wheat Ridge, CO
$35 Per Person | $20 for Children 10 & Under
Reservations Are Required
Call Pam: 303-210-6277
For reservations or visit
https://osiadenver2075.org/


Sons and Daughters of Italy
present a
Spaghetti Dinner
Saturday, November 14th
from Noon till 6:00 PM
at 5925 W 32nd Ave , Wheat Ridge
$12 for adults | $8 for children under 10
Dinner includes:
a plate of spaghetti, meatball, sausage, salad, bread and butter, a refreshment and dessert.
Don't forget to stop by our
Bake Sale!


DENVER LODGE #2075
Sons and Daughters of Italy
Holiday Craft Show
SHOP • SUPPORT • CELEBRATE
Friday, November 6
10:00 AM – 5:00 PM
Saturday, November 7
10:00 AM – 4:00 PM
5925 W 32nd Ave
Wheat Ridge, CO 80212
SPECIAL ATTRACTIONS
Bake Sale with homemade goodies
Luncheon Café opens 10:00
Hand Crafted Creams and Lotions
Handmade Gifts
Hand Made Jewelry
Great Gift Ideas
Shop Small Support Local
All are welcome!


Save the date


JOIN US FOR
BREAKFAST WITH SANTA
Saturday, December 12,2026
RSVP is required
All children 12 years old or younger will receive a gift from Santa
Children 12 and under are FREE, the cost of all others is $10.
Breakfast will begin at 10:00 am and Santa will arrive shortly thereafter.
Member/Guest Name_____
Child(ren) 12 and under:
Name_____ Age_____ Gender_____
Name_____ Age_____ Gender_____
Name_____ Age_____ Gender_____
Those attending who are 12 or older:
$10x_____=_____
We have a special craft for all the kids (and adults)! We want to do make ornaments that can be filled with candy to be given out to the elderly who may no longer have family members, etc. Look for the craft table!
Please fill out this form and return it to:
Pam Wright 7878 W 62nd Pl., Arvada, CO 80004
Checks made payable to "OSIA Denver Lodge #2075"
MUST be included with reservation
No reservations will be accepted after December 1, 2026.
Thank you for your participation! Santa is looking forward to seeing you and your family!


JOIN US!
SALUTE-TO-VETERANS AND FIRST RESPONDERS!
WEDNESDAY, NOVEMBER 18TH
at 6:00 PM
5925 W 32ND AVE., WHEAT RIDGE
OUR TRADITIONAL THANKSGIVING DINNER:
YUM
OUR KITCHEN CREW WILL BE PREPARING A TRADITIONAL THANKSGIVING DINNER!
SEE YOU THERE!



We invite members to submit articles for the La Parola. This was received by Phil Rossi and edited to fit the allotted space.

The Joy of Growing Up Italian in Brooklyn, N.Y.

Contributed by Phil Rossi

I was well into adulthood before I realized I was American. Of course, I was born in America and lived here all my life, but somehow, it never occurred to me that just being a citizen of the US means I was an American. Americans were people who ate peanut butter and jelly on mushy white bread that came out of plastic packages. Me? I was an Italian. We were Italians. Everyone else – the Irish, Germans, Polish, Jewish they were the Americans. There was no animosity involved in that distinction, no prejudice, no hard feelings, just-well we were Italians.

When it came to food, it always amazed me that my American friends only ate turkey on Thanksgiving or Christmas. They had turkey, stuffing, mashed potatoes and cranberry sauce. We had all that but only after we finished the antipasto, soup, lasagna, meatballs, salad and whatever dessert mama had thought appropriate. We ate homemade desserts, cakes, cookies, and our American counterparts bought theirs at the grocery store in plastic containers. I truly believe Italians live a romance with food! Speaking of food – Sunday was the big day of the week. You'd wake up to the smell of garlic and onions frying in olive oil and you could hear the hiss as tomatoes were dropped in the pan. When you came home from Mass, you'd dip a hunk of fresh bread into the boiling sauce for a snack.

There was another difference between US and them. We had gardens, not just flower gardens, but huge gardens where we grew tomatoes, peppers, basil, lettuce and squash. Everybody had a grape vine and a fig tree. In the fall everybody made homemade wine, lots of it. We also had something our American friends did not have – we had a grandfather! Our grandfathers lived on the same block, maybe even in the same house and we visited them every day. His story was he came to America on a boat, lived in a rented tenement and took in boarders in order to help make ends meet. He did not want his children to grow up in that environment, and he saved enough money to buy a house. That house would be the family headquarters for the next forty years. He would sit on the porch and if he left to go visit someone or run an errand, he'd return as quickly as possible because "nobody was watching the house." Family gatherings were at his house, women in the kitchen, men in the living room and kids, kids, kids to fill the tables full of homemade food. I had half a million cousins. We all married well and had healthy children, and everyone knew respect.

When my grandfather died, his children and their children were Americans. Things began to change. Slowly at first and then uncles and aunts eventually began to cut down on their visits. Family gatherings were fewer and something was missing. My mother's house became the family headquarters, but it was not the same because they had their own children and grandchildren. Today they visit once or twice a year, and we meet at weddings and wakes and occasionally some of them visit the cemetery.

The holidays changed too. The great quantity of food we consumed is no good for us anymore. Too much starch, too much cholesterol, too many calories, and nobody bothers to bake anymore. Everybody is too busy and it is easier to buy it now. It is just not the same.

The difference between US and THEM isn't so easily defined anymore and I guess that's good. My grandparents were Italian Italians, my parents were Italian-Americans, I'm an American-Italian and my children are Americans. I'm proud to be an American. Call it culture, call it tradition, call it roots. I'm really not sure what it is. All I do know is that my children have been cheated out of a wonderful piece of heritage. They never knew my grandfather.







Veterans Day

By Beverly Mendicello

When was Veterans Day originally established, and what was its initial name? Veterans Day was originally established on November 11, 1919, as Armistice Day to commemorate the armistice signed between the Allies of World War I and Germany, marking the end of World War on the 11th hour of the 11th day of the 11th month in 1918.

In which year did Veterans Day officially receive its current name, and who was the President of the United States at the time? Veterans Day officially received its current name in 1954, during the presidency of Dwight D. Eisenhower.

Veterans Day underwent a temporary change in date during the late 20th century. What was the new date, and why did it revert back to November 11th? The date was temporarily changed to the fourth Monday in October in 1971 due to the Uniform Monday Holiday Act. It was reverted back to November 11th in 1978 due to the historical significance of the original date.

What is a common tradition erformed at 11:00 AM on Veterans Day in many parts of the United States, and what does it signify? A common tradition is the observance of a two-minute silence at 11:00 AM, signifying a moment of respect and remembrance for those who have served and sacrificed.

Can you name a country other than the United States that observes a holiday similar to Veterans Day on November 11th, and what is it called there? The United Kingdom observes Remembrance Day on November 11th, also known as Poppy Day, in honor of their military veterans and those who died in the world wars and subsequent conflicts.

What symbol is commonly associated with Veterans Day in the United States, and what is its historical significance? The red poppy is a common symbol associated with Veterans Day, originating from its use in the poem "In Flanders Fields" by John McCrae, symbolizing the blood shed by troops in World War I.

What unique feature distinguishes the Veterans Day National Ceremony held annually in Arlington National Cemetery? The unique feature of the Veterans Day National Ceremony at Arlington National Cemetery includes a wreath-laying ceremony at the Tomb of the Unknown Soldier, meant to honor and recognize the sacrifices of unidentified or unclaimed military members.





The Science of Happiness and Wellbeing

by Ellie Gaccetta

As we look forward to the upcoming holiday season we need to protect our overall well-being. The hectic demands of putting up decorations, planning and attending social engagements, and gift buying and giving that often result in significant feelings of stress. Today, the "Science of Happiness and Well-being" is being studied and openly dissected and discussed frequently. The University of California Berkely Greater Good Sciences and Harvard Health have released their studies. I want to share some of their findings and assumptions that may help us enjoy getting through the season of peace and joy.

Are people born happy? Some people are naturally more optimistic, positive, and content with life. Genetics is indeed a key factor in our overall happiness. But don't be dismayed. People who gravitate toward being pessimistic (think negative and crabby) can change their negative thoughts and self-criticism into positive thoughts.

What Makes People Happy? The experts say that overall, being happy is to live with mindfulness, meaning, and purpose. Researchers say the five factors that boost happiness and wellbeing are: engagement with hobbies, positive emotions, general satisfaction with life, relationships with others, and accomplishments. The single strongest contributor to long-term happiness and health are warm, close relationships that both celebrate accomplishments and provide support for failures. A close second is acts of kindness and helping others which improves our happiness and mental state of mind.

Is it possible to find lasting happiness? A key to lifelong happiness is taking time to cultivate small tweaks on a regular basis. Incorporating habits into your daily life such as keeping a gratitude journal, practicing kindness, nurturing optimism, learning to forgive, investing in relationships, finding flow activities (hobbies and sports), avoiding overthinking, and committing to goals can make happiness a permanent fixture. I know that's a lot to take in but it works.

What are the biggest myths about happiness? People often believe that accomplishments like marriage and wealth will bring lasting happiness, and adverse experiences such as divorce or disease will bring unremitting sadness. But research reveals that bursts of happiness or sadness tied to specific life events are fairly short; in fact, most of us appear to return to ourselves within a period of time.

Can people predict what will make them happy? People are surprisingly bad at anticipating their future happiness. Material gains and wealth provide a temporary boost in mood before people are restless and want more. They tend to overestimate how joyous or upsetting events are: A new car makes us happy until we begin to imagine our next car will be faster and have more bells and whistles. A promotion will provide temporary fulfillment and at some point, you'll be bored, seeking another position, career, or retire! A breakup will not be hopelessly tragic because someone else will come along and ring your bell. There is no crystal ball to predict future happiness.

What do we make of all of this? Well, all the studies I have read say our relationships are the most important key to happiness, not material objects or wealth. We need each other, our family and friends. We don't need a boatload of friends, just a couple who understand us, support us, and can give constructive criticism when we need it. Be happy, be content, be kind and grateful. Know that stress and strife are all parts of life and with the right mindset and people by our sides we can be happy. Happy Holidays.



Lodge Events



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Contact Us

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Denver Lodge #2075
5925 West 32nd Avenue, WheatRidge, Colorado 80212

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osiadenver2075.org

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