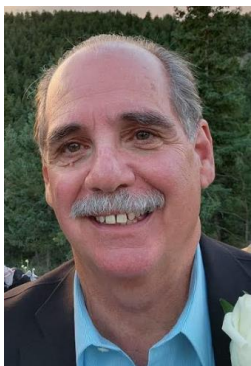




LA PAROLA

Bringing You Information About the Denver Lodge Since 1958

February/Febbraio 2025 Issue



Brothers and Sisters,

Happy February ❤️ ❤️

I do hope you can join us at our February 22nd Spaghetti Dinner! Only \$12 gets you a big plate of Spaghetti, Meatball, Sausage, Salad, Bread, Dessert as well as a glass of wine or a soft drink. Proceeds will benefit The American Red Cross/California Fires and the Colorado State Firefighters Foundation which raises funds to support families of fallen firefighters, and to educate and promote firefighter safety.

If you would like to volunteer for this event or any Lodge Events, please see myself or Susan Giamarvo.

I also want to remind you about the IABA BRAVO AWARDS being held at our Lodge on March 8th. For more information, tickets, or to nominate, go to BravoAwardsColorado.com

And don't forget our General Membership Meeting on Wednesday February 19th. This will be a "SOCIAL MEETING" with very little business discussed. We will enjoy a nice dinner, some trivia games and of course each other's company! Hope to see you all there!

MANGIA BENE, RIDI SPESSO, ANA MOLTA

Fraternally Yours,
President Sal

Happy Valentine's Day

Express Love in Italian Phrases

- Ti amo – I love you
- innamoramento – falling in love
- Sei la mia anima gemella. – You're my soulmate.
- Come dire che amate? – How to say that I love you?
- Il mio cuore è per voi – My heart is for you
- Ti amo con tutta l'anima – I love you with all my heart
- Mi manchi – I miss you
- Tu sei una stella, la mia stella – You are a star, my star

By Cyndi Lubrano



La Parola

February/Febbraio 2025 Contributors

Sal Siraguse, Ellie Gaccetta, Pam Wright, Cyndi Lubrano
Kathy Holt, Lee Anne DiTirro, and Dr. Rita DeFrango

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

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

Patrick Lubrano
Patricklubrano@yahoo.com
Henderson435@hotmail.com

Trustee

John Capone
caponejj@msn.com

Recording Secretary

Anna Vann
tmvenv@msn.com

Treasurer

John Callor
Callor95@gmail.com

Financial Secretary

President
Dr. Rita DeFrango
ritadefrango@gmail.com

Guard

Joe Bonfiglio
jbonfig44@gmail.com

Chaplain

Barb Pietrafesa
babeepietrafesa@outlook.com
jbonfig44@gmail.com

Trustee

Susan Giamarvo
susangurule@msn.com

Trustee

TJ Henderson

Orator

Joe Calabrese
JAC5260@MSN.COM

Trustee

Joannie Flynn

Trustee

John Gargano

Immediate Past

Pam Wright
pcake@comcast.net

Mistress of Ceremonies

Linda Villano
l_villano@comcast.net

Mistress of Ceremonies

Kim Bonfiglio

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 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.



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! Book Details on Page 4



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.





Annual Membership Dues Deadline March 31, 2025

SOI Denver Lodge Membership Dues Can be submitted:

1. **Check/Cash**
2. **Zelle** - contact SOIDenver2075@gmail.com for this option in which funds can be automatically withdrawn from your bank account with no convenience fees. Please send the email with the subject line of Zelle and we will send you a link to pay via this option.
3. **Square** - For in person credit card payment will also be accepted however there is a service charge of 3% when utilizing this option.

Send an email to SOIDenver2075@gmail.com to update any information or ask any questions if you are utilizing Zelle or Square payment options. Our website www.osiadenver2075.org will be updated.

Dues are due by March 31st and the fees are as follows:

Regular/Social Member = \$65

Lifetime Member = \$25

Junior Member = \$8

Enhance Your OSDIA Membership...

Get Involved

One of the benefits we enjoy as members is the ability to participate in the many activities the lodge hosts throughout the year. This year will continue to provide fun things to do such as Bocce, spaghetti dinners, Anniversary and Christmas parties, plus much more. Right now, the lodge can use your help with the following activities and committees:



Spaghetti Dinner – Saturday, February 22, 2025

12:00 noon to 5:00 p.m.

Help in the kitchen, set up, serve members (2 shifts – 12 to 3 and 3-6, or all day), clean up following the dinner.

OSDIA's 67th Anniversary Party – May 17, 2025

Help determine caterer, decorations, music, and other details.

Italian Heritage Month - October

Work with other Italian American organizations to determine activities to highlight our rich Italian culture.

While these Anniversary Party and Italian Heritage Month seem months away, planning needs to take place now. Please text the Events Coordinator Susan Giamarvo at 720-484-1014 or email her at susangurule@msn.com to get involved.

MARK YOUR CALENDAR

Upcoming Events

February

February 2nd - Prima Domenica, *Sponsored by the The IOA & Sons & Daughters of Italy*

February 3rd - IOA Bocce (8 weeks), *held at the Sons & Daughters of Italy (downstairs)*

February 8th - [La Festa d'Amore](#), Altar & Rosary, *Doubletree in Westminster*

February 12th - (IABA) **Speaker: Silvio Caputo; Italian Origins of Valentine's Day**, Pietra's Pizza, 9045 West 44th Ave, Wheat Ridge, CO 80033, **6:00 PM – 8:30 PM**

February 14th - **Cultural Meeting, 7:30 PM at Mt. Carmel.** Professor Roberta Waldbaum presenting her book, *The Color of Dreams; an Umbrian Tale*

February 17th - Presidents Holiday

February 22nd - Sons & Daughters of Italy Spaghetti Dinner, *benefitting both the Red Cross (to help those in CA), along with the Colorado State Firefighters Association*

February 28th - Dante presents "Il Ballo in Maschera" (Pueblo)



March

March 2nd - Prima Domenica, *Sponsored by the Italians of America*

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 if you would like to assist)

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

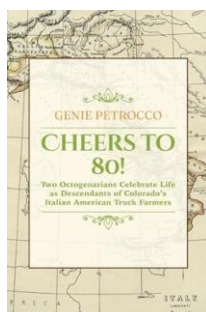
March 22nd - Corned Beef & Cabbage Dinner, held by the Potenza Lodge 2 to 7 PM



Upcoming books for the Book Club are: (Continued from Page 2)

February	Mrs. Winchester's Biographer, by Deanna Lynn Sletten
March	Breaking Point, by C. J. Box
April	Time of the Child, by Niall Williams
May	The Borrowed life of Fredrick Fife, by Anna Johnson
June	Liars Table, by D. K. Wall

July will most likely be The Instrumentalist by Harriet Constance, that will be decided at the February meeting.



From Genie Petrocco

I recently published a book that resulted from a DNA test, and an 80th birthday party. . . a memoir that honors the heritage and accomplishments of the Italian American truck farmers of the Welby area.

Thanks for this platform to boast about our heritage.



Trivia

By Beverly Mendicello

Did you know through the process of photosynthesis, evergreen trees play a significant role in producing oxygen

and mitigating the effects of climate change? Their continuous foliage allows them to sustain this vital ecological function throughout the year.

The dense foliage of evergreen trees provides a sanctuary for various species of birds and mammals, offering protection from the elements and serving as a nesting site.

This enduring shelter contributes to the overall biodiversity of forested areas.

Certain species of evergreen trees have evolved mechanisms to survive wildfires, such as thick bark and serotinous cones that release seeds in response to intense heat. These adaptations enable them to regenerate and thrive in fire-prone landscapes.

Evergreens are known for their longevity, with some species capable of living for centuries. The oldest known living tree is a Great Basin bristlecone pine tree in California, estimated to be over 5,000 years old.

Enjoy the beauty of our Colorado evergreens. They are essential to our environment.



By LeeAnn DiTirro

Ingredients

- **bottle of sparkling Rosé , Vodka**
- **pink lemonade**
- **sliced strawberries, fresh raspberries, lemons**

1. Slice strawberries and lemons and add to a large pitch.
2. Add wine, vodka, and pink lemonade. Stir.
3. Allow the sangria to sit in the fridge for about 30 minutes. You can add ice to the drink if you are serving it immediately. I typically do not add ice to the pitcher because it waters down the drink.
4. Serve in glasses over ice. Garnish with strawberries and lemon slices •



Tiramisu Cheesecake, by our own Kathy Holt**Ingredients**

6 ounces of crushed graham crackers
 2 T melted butter
 1 T sugar
 1 teaspoon sea salt
 2 T Kahlua coffee liqueur
 2 -3 T Amaretto liqueur
 1 ½ T instant espresso powder
 12 ounces of cream cheese, softened
 door and container mascarpone cheese, softened
 1/2 cup white sugar
 1 egg
 2 T flour
 1-2 ounces semisweet chocolate shaved as a topping before serving.
 Whipped cream



Preheat oven to 350 degrees Place a pan of hot water on the bottom rack of oven.

Mix the melted butter, sugar, and salt into the crumbs. Moisten with 2 tablespoons of the coffee liqueur. Butter sides of a 7-inch springform pan and press crust into the pan. Cover outside bottom of the pan with foil. Put crust in fridge until filling is done.

In a large bowl, mix cream cheese, mascarpone, and sugar until very smooth. Add the Kahlua liqueur, and espresso powder and mix. Add the eggs and the flour; mix SLOWLY until just smooth. The consistency of the filling can vary. If the cheesecake batter is too thick, add a little cream. Do not over mix at this point. Pour batter into crust.

Place pan on middle rack of oven. Bake for 40 to 45 minutes, or until just set. Open oven door and turn off the heat. Leave cake to cool in oven for 20 minutes. Remove from oven. Slide a sharp knife around the edges and let it finish cooling. Remove spring form pan ring. Cover with foil and refrigerate for at least 3 hours or overnight is better (cheesecakes are better aged). Right before serving, grate semi-sweet chocolate over the top of slices and top with whipped cream. This is a rich dessert so serve smaller pieces. Serves 6-8

Community News

On January 22, 2025 at our General Meeting the membership thanked the outgoing members of the Sons & Daughters of Italy - Denver Lodge #2075 and welcomed the incoming members. Back left to right: Jamie Yantourno, John Gargano, Joe Calabrese, Joe Bonfiglio, John Capone, Patrick Lubrano, Rita DeFrangé, Pam Wright, John Callor, Alex Beale, and Tony Brunetti. Front left to right: Kim Bonfiglio, LeAnne DiTirro, Susan Gimarvo, Sal Siraguse, Linda Villano, TJ Henderson, and Joannie Flynn



How To Eat Mindfully – Principals of Mindful Eating

By: Ellie Gaccetta

Mindful eating may be a concept that gained traction only recently, but most people have unconsciously been practicing it to improve their health. The first key to improving our overall health is to listen to what your body tells you. When you eat a meal learn to recognize your body's signs of hunger and learn to know when it is full.

What is mindful eating? In 1995 the term mindful eating was coined as a solution for people who yo-yo back to their weight after successful weight loss. Other than preparing and eating healthy meals, people learn how to eat mindfully by replacing routine mealtimes with a more personally timed approach. It helps people build a healthy and positive relationship with food by paying attention not only to physical hunger but also to emotional eating.

Four Significant Benefits of Mindful Eating: 1. Better Awareness of Hunger and Fullness

How to eat mindfully is not only about being cautious about food choices. It also involves increasing awareness of physical sensations before, during, and after meals. Mindful eating becomes a process of relearning our hunger and fullness cues. By slowing down and practicing mindful eating, we allow our bodies to tell us when we are hungry, or full. **2. Reduce Binge Eating** People learn to be aware of their hunger cues and food options. Instead of eating quickly or eating whatever is available, we learn how much we need and when we are full.

Mindful eating teaches us about emotional eating which leads to lower binge eating habits and unhealthy food choices. It is how we think about our eating patterns and whether they are healthy. **3. Healthier Food Choices** When eating mindfully and understanding how food makes us feel, we become more careful about what we consume. The key is to choose food that fills and energizes us. **4. Improved Overall Well-Being** Overall, mindful eating leads to better food choices and eating habits, which are reflected in our well-being. Simply put, food makes people feel good, has a direct link to the brain, and internal health. Instead of eating by the clock, mindful eating teaches us to listen to what our bodies want and what we need for fuel.

The 3 Rs of Mindful Eating. Recognize To learn how to pay attention to our bodies' hunger cycle. By slowing down, we learn to recognize accurate cues of hunger. Are you hungry or are you simply thirsty, stressed, or bored? Eating can also be highly emotional and can become the body's coping mechanism for these conditions. Sadly, we think snacking on chips and chocolate cannot damage our well-being. **Respond** When people learn to recognize what their bodies are genuinely craving, they learn how to eat mindfully subsequently. Once recognized, managing and preparing meals becomes easier. Mindful eating may move people away from restrictive diets by setting limits and boundaries to what and when to eat. **Reflect** Slowing down while eating allows people to reflect on how food makes them feel physically and emotionally. This means learning how to eat mindfully rather than just simply thinking about weight and survival. Mindful eating helps people embrace the experience without worrying about numbers or trivial matters. This year, trust your body and listen to what it needs by trying to eat mindfully.





Please Join Us at the Denver Lodge for These Events

February / Febbraio

February 19th – Social Meeting

February 22nd – Spaghetti Dinner



March / Marzo

March 15th – **St. Patrick's Day Parade**

March 19th – Social Meeting



Contact Us

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soidenver2075@gmail.com



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