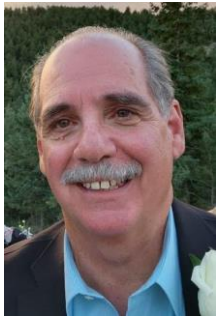




LA PAROLA

Bringing You Information About the Denver Lodge Since 1958

July/Luglio 2025 Issue



Brothers and Sisters,

Summer is now officially here, and the days are longer (and hotter)!

We had a great meeting on Wednesday June 18th, as we celebrated 4 well qualified high school graduates, who each received a \$1000 Scholarship! Congratulations to Aiden Ondrak, Claire Tomkins, Avery Grieve and Flynn Iozzo!

Mark your calendars for the July 16th General Meeting as we celebrate America with our Red, White and Blue. We are serving burgers, hot dogs, watermelon and of course, APPLE PIE!

And don't forget the 50th Annual Joe Ciancio Memorial Golf Tournament on Sunday August 31st and the 14th Annual Sons and Daughters of Italy Car Show on Saturday September 6th! Please let your golfing buddies and your classic car peeps know about these two events! And we are always looking for sponsors as well as volunteers!

Please keep Vice President Patrick Lubrano in your prayers. Things are looking better for him, but he still has a long road ahead of him.

MANGIA BENE, RIDI SPESSO, AMA MOLTA

Fraternally Yours,
President Sal



Our lodge has over 350 members strong and growing with 11 new membership applications received just in the last month! We are still trying to finish up collecting 2025 dues so please contact us if you still need to pay your dues so that your membership doesn't lapse! Thank you!!

La Parola

July/Luglio

Sal Siraguse, LeAnne DiTirro, Eleanor Gaccetta,, Kathy Holt, Beverly Mendicello,, Bob Guisto, Susan Giamarvo, 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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susangurule@msn.com

Vice President

Patrick Lubrano

jproth@comcast.net

Orator

John Capone

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Recording Secretary

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Treasurer

John Callor

Callor95@gmail.com

Financial Secretary

Dr. Rita DeFrangé

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Guard

Joe Bonfiglio

jbonfig44@gmail.com

Chaplain

Barb Pietrafeso

Trustee

Susan Giamarvo

Trustee

Jack Loth

Patricklubrano@yahoo.com

Trustee

Joe Calabrese

JAC5260@MSN.COM

Trustee

Joannie Flynn

Trustee

John Gargano

Immediate Past

President

Pam Write

pcake@comcast.net

Mistress of Ceremonies

Linda Villano

l_villano@comcast.net

Mistress of Ceremonies

Kim Bonfiglio

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!



June: Liars Table -D. K. Wall July: The Instrumentalist – Harriet Constance August: Someone Like You-Karen Kingsbury September: The Children of Eve

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.



Triple Berry Vodka Fizz 4th of July Cocktail with Vodka

By Leeann DiTirro



Ingredients

10 Blueberries (fresh or frozen) plus more for garnish
1 Fresh Strawberry sliced for garnish
3-4 Fresh Raspberries for garnish
 $\frac{3}{4}$ ounce Fresh squeezed Lime juice
 $\frac{1}{2}$ ounce Simple Syrup
1.5 ounces Vodka (your favorite brand)
La Croix Berry Sparkling Water – or good brand

Instructions

Muddle the Blueberries in a mixing glass, Add lime juice, simple syrup and vodka
Add ingredients to a cocktail shaker, add ice and shake until chilled through - for at least 10-15 seconds Pour mixture into a fresh glass and top with Sparkling Water
Garnish with sliced strawberry, fresh raspberries and blueberries



Roasted Red Pepper and Cheese Dip

By Kathy Holt

7 ounces white cheddar cheese grated
8 ounces whipped or regular full fat cream cheese (at room temperature)
12 oz jar roasted bell (red) peppers, chopped (I use the Mezzetta brand)
1 medium shallot, peeled and diced
 $\frac{1}{4}$ - $\frac{1}{2}$ cup mayonnaise (depend on how thick you like)
 $\frac{1}{2}$ teaspoon garlic powder
A hearty splash of Sriracha or hot sauce
2 tablespoons chopped jalapenos (optional)

Mix all ingredients, except pepper and shallot in a food processor or by hand until well blended. Fold in pepper and shallot and jalapenos, if using. Store in fridge for 6 hours for flavors to meld. Serve with your favorite crackers. I like this spread with Wheat Thins.



Beer, Bocce and Bellini's



Join us at the Denver Lodge on Sunday, August 3rd as OISDA and Filitalia (Denver's old school and new school Italian clubs) come together for a fun afternoon of Bocce, food, and drinks! \$10 per person at the door includes sausage sandwiches and drinks. Whether you've never played bocce or you've been playing on a bocce league for years, we'd love for you and your family to be a part of this event.



Sons and Daughters of Italy Denver Lodge 2075 June 2025



Aiden
Ondrak
University
of Hawai'i
at Mānoa



Avery Grieve
Menlo College



Claire Tompkins
University of
Mary



Flynn Iozzo
Metropolitan State University



Scholarship Recipients 2025!



High School Students Celebrated

By Bob Guisto

At the General Meeting on June 18 The Denver Lodge once again awarded scholarships to four outstanding high school graduates. Our scholars were: Aiden Ondrak, Avery Grieve, Flynn Iozzo, and Claire Tompkins.

Aiden Ondrak, a graduate of Northglenn High School, excels in the sciences. He was a member of the National Honor Society throughout his high school years. Aiden will be attending the University of Hawaii at Manoa where he plans to study Marine Biology. **Avery Grieve**, a graduate of Arvada West High School, was a soccer and basketball standout while also excelling in the classroom, graduating with a 4.07 (weighted) grade point average. She will be attending Menlo College in California, majoring in Business Analytics. **Flynn Iozzo**, a graduate from Bear Creek High School and Warren Tech. His aeronautics studies include propulsion systems, helicopter dynamics and he is currently taking flying lessons. Flynn will be attending Metropolitan State University in Denver to study Aviation and Aerospace Dynamics. **Clair Tompkins**, a homeschool graduate who played sports for Wheat Ridge High School, received the **Joe Ciano Memorial Scholarship**. She is diverse in Latin, Rhetorical Judicial Address and Music theory. Clair will be attending the University of Mary in North Dakota on a softball scholarship and will major in Exercise Science.

In her essay Clair mentioned the expression, "Mangia bene, ridi spesso, ama molto." This translates to, "Eat well, laugh often, love a lot." Members attending the meeting ate well, laughed a bit, and shared our love for our Italian heritage by honoring these students. We would like to thank all members and friends who support the scholarship programs and wish our outstanding graduates all the best as they continue their studies.





Social Security and Other Things!

By Beverly Mendicello

Did you know?

1935 – President Franklin D Roosevelt signed the Social Security Act into Law. **1937** – The first Social Security benefits were paid out in the form of a one-time, lump-sum payment. **1939** – The Social Security program broadened to include benefits for workers' dependents and survivors. **1940** – Ida M. Fuller became the first person to receive a monthly Social Security benefit. Her first check was for \$22.54, the inflation-adjusted equivalent of \$518.58 today. **1950** - Congress authorizes the first cost-of-living adjustment (COLA) and increase of 77 percent **1956** – Social Security Act is amended to provide benefits to workers with disabilities ages 50-64. **1961** – Social Security Act is amended to reduce the minimum eligibility age for retirement benefits to 62.

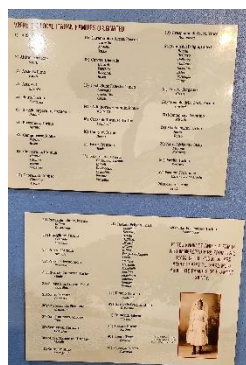
To see if you are reading to the end, here's a 4th of July fact: Despite what you might have thought, only two men signed the Declaration of Independence on July 4th, 1776. You can thank John Hancock and Charles Thompson for this one. The rest of the delegates signed within the weeks that followed. Sources: AARP

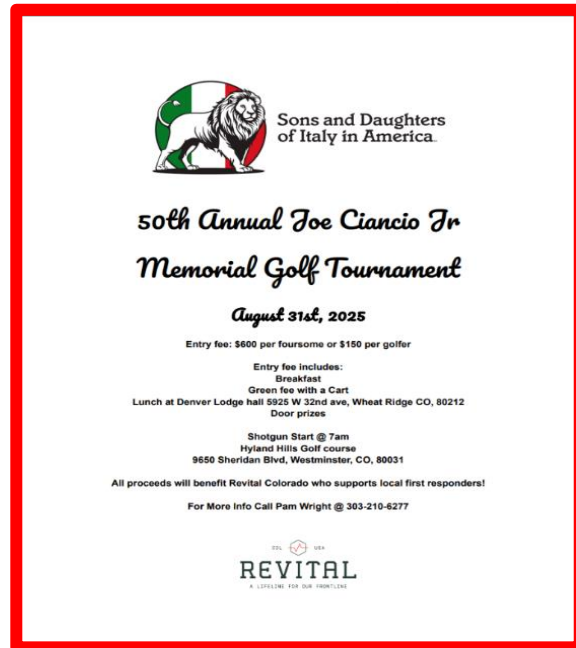
OISA Biennial Meeting of the Colorado Grand Lodge

On June 6th and 7th, the Grand Lodge of Colorado conducted its' biennial meeting. There are five lodges in Colorado, and each is allotted delegates based upon their membership number. (You can find more information on those lodges on the [website](#).) The Denver Lodge had an 18 delegate, contingent along with 6 additional Grand Lodge seats being held by Denver Lodge Members. While there was a lot of business conducted (along with a Bocce Tournament) we had a visit from our National Vice President Tony Anderson, from Oregon and we covered topics from membership retention through to celebrating heritage. There was a ton of energy! We have a new State President Jim Toto, and his sister, Ramona ("Mo") Toto-Travis is a member of our Lodge. We look forward to providing more detail at the upcoming general meeting in July.

Italians Make History

Our Brothers and Sisters at the Royal Gorge Lodge (Canon City) invited us to visit their [History Museum](#) while at convention. There is a new exhibit that was pulled together by many of our members in Canon City. The pictures below are from that exhibit, and all are encouraged to visit the exhibit if you are in town. This will be show through the fall of this year.





Can you Spare Some Time?

The Sons and Daughters of Italy is a vibrant Colorado Italian American organization. Our Lodge supports the membership and the community throughout the year by hosting many varied events. Members and guests enjoy spaghetti dinners, dances, bocce, scholarship, veteran and first responder events, Christmas with Santa, and more! Kudos to Sal and the members working in the kitchen who prepare and serve food at various events. Many more events are planned for the remainder of 2025, and volunteers are needed. Please consider giving as few as a couple hours or more of your time for one of the events listed below.

Please email Susan Giamarvo at susangurule@msn.com or text her at 720-484-1014 or reach out to Sal, if you wish to participate in planning or working at any of the following events....

Sunday, August 31 50th Annual Joe Ciancio Memorial Golf Tournament Volunteers are needed to assemble the gift baskets for the golfers as well as help secure donations of items for the baskets.

Saturday, September 6 Sons and Daughters of Italy's Annual Car Show Volunteers are needed to assist in sell breakfast burritos as well as cooking and selling luncheon items. Stay tuned for a Car Show Meeting to find out more or ask Rita about this at the next general meeting.

Saturday, October 4, Italian Heritage Month Celebration Volunteers are needed to assist with all aspects of celebrating Italian Heritage during the month. From our main event(s) in conjunction with other organizations, to lead or volunteer to assist. We have big plans!

Saturday, December 6 Christmas Party While December seems far out, it will be here before you know it! We are looking for assistance at the Children's Breakfast and on the committee for planning to decorate the hall and the planning of our annual Christmas Party.



The Fine Art of Doing Nothing

By Ellie Gaccetta

Summer has more hours of daylight, and we fill all of them with activity. We Americans are wired to be like hamsters on a wheel that is always moving. No matter the age, we all have something that needs to be chased, planned, or finished. As we age, we endeavor to remain active, to exercise and be socially active. We have jobs and children or grandchildren who participate in sports, music, school projects, or activities that ensure nobody relaxes - ever.

We propel ourselves into a schedule that lasts into perpetuity or the rest of our lives. People in Italy call it the American metabolism. We are wired to think, act and work. Even when we take a vacation, we plan sightseeing tours and pile as much into a short time that we come home feeling exhausted. Learning how to do nothing involves intentionally incorporating periods of inactivity into your daily routine. It improves your well-being and productivity. Learning to chill a bit each day can be challenging. But time spent doing nothing can be a rewarding experience. As yourself this; rather than filling every spare moment with distractions, could I find a way to be at ease in my own company?

The productivity myth. In the evolution from single tasking to multitasking, we are learning that productivity is not only problematic but can also become an addiction. Our heart rate and blood pressure increase, and our nervous system is stimulated so we do more. This might be good for a while, but not so good in the long run. The millennial and Gen Z generations will tell you that doing too much of anything means you are not balancing work with the rest of your life. Your brain and body need a chance to restore and recharge. That is how we master the art of doing nothing. **How to do nothing.** Doing nothing is a foreign concept in this country. At best, it feels silly to relax when there is a mile-long list waiting for your attention. We berate ourselves as being lazy and wasting time when we could be spinning on the hamster wheel. **1. Become aware of your frenzied life.** The first step to shifting any habit is to become aware of it. If you are on the go all the time you will begin to feel depleted. That is the time to stop and step back for a short time. **2. Schedule it.** Schedule work and time to relax on your to-do-list. Doing nothing is as important as being productive. **3. Figure out what 'doing nothing' means.** The idea of relaxing is different for everybody. It does not mean you sit and stare out the window. Go for a walk, chat with a neighbor, or play with the kids. The goal is not to be productive. **4. Calm your mind.** Calm your mind by meditating, reading, or listening to music. **5. Sit with the discomfort of chilling out.** Trying anything new feels uncomfortable and that includes doing nothing. Resist the urge to resume being productive. Doing nothing sounds like the easy way out, but it could be a ticket to recovering from a harmful productivity addiction. Life is too short not to chill. Learning the art of doing nothing might just be what you need to be happier.





Community Events

July

July 4th - Independence Day Holiday - Friday

July 16th - Sons & Daughter's General Meeting

July 19th/20th - Mt. Carmel Bazaar

July 20th - Automezzi (morning) - Rocky Mountain Airport

July 26th - Italians of America Car Show at *Leprino Foods*

July 25th/26th/27th *Assumption Bazaar*

August

August 3rd - Prima Domenica, *Sponsored by the Potenza Lodge*

August 20th - Sons & Daughters Gathering night - Annual Picnic

August 22, 23, 24th - St. Rocco's Feast at Potenza

August 31st - Sons & Daughters Golf Tournament at Hyland Hills

Mark Your Calendar!

Contact Us

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