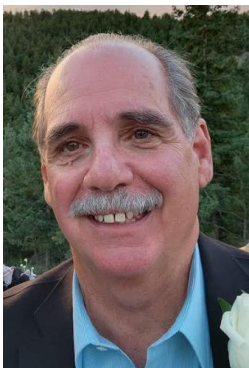




LA PAROLA

Bringing You Information About the Denver Lodge Since 1958

April / Aprile 2023



Brothers and Sisters,

We were finally able to have our General Meeting in March and hold our Installation of Officers ceremony!! We also enjoyed a delicious catered dinner from Carmine Lonardos! Thank you to all that were able to attend!!

Our Spaghetti Dinner and Bake Sale on Saturday February 18th was a big success as we served over 330 Spaghetti Dinners. Special thanks to all our volunteers who helped pull off this awesome event!!

Our next General Meeting is Wednesday April 19th. We will be installing some new members and keeping club business to a minimum and make this month of a more Social Meeting!!

Mark Saturday May 20th on your calendars! We will be celebrating our 65th Anniversary with a dinner and dance. Stay tuned for more details!!

Take care and God Bless!
Fraternally Yours, President Sal



You are Cordially Invited
to the
Sons & Daughters of Italy
65th Anniversary Dinner Dance



Saturday: May 20, 2023

Location: Denver Lodge #2075

Time: 6 PM to 10 PM

Tickets: \$35 Members, \$40 Non-Members

Entertainment will be our very own

Russ Canino



Mark your calendars!!!

On May 20th, the Denver Lodge is hosting an Anniversary Dinner Dance to celebrate their 65th Anniversary!

The committee is working feverishly to create a wonderful event!

Tickets will be on sale at our General Meeting on April 19th....plan on attending it is going to be a wonderful evening!



La Parola

April / Aprile 2023

Pam Wright, Anna Vann, Sal Siraguse, Cyndi Lubrano,
LeAnne DiTirro, Beverly & Ed Mendicello, Eleanor Gaccetta,
Kathy Holt, and Dr. Rita DeFrangé

Building Contacts

Patrick Lubrano – Building Committee
Desi Ramirez – Facility Manager

Health & Condolence

Angelina Sether 303-989-2251

Hall Rental

Anna Vann

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.

2023-2024 Lodge Officers

President

Sal Siraguse
siraguse56@msn.com

Vice President

Patrick Lubrano
Patricklubrano@yahoo.com

Orator & Past President

Pam Wright
pcake@comcast.net

Recording Secretary

Anna Vann
tmvenv@msn.com

Treasurer

Open

Financial Secretary

Dr. Rita DeFrangé
ritadefrange@gmail.com

Guard

TJ Henderson
TJHenderson435@hotmail.com

Chaplain

Barb Pietrafeso
barb@coloradosownrealestate.com

Chaplain

Barbara Pietrafeso

Trustee

John Callor
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Trustee

Joe Marino
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Trustee

Joe Calabrese
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Trustee

Joannie Flynn
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Trustee

John Gargano

Past President

Dominic LoSasso
dominic@osiacolorado.org

Mistress of Ceremonies

Diana Williams
piebald4@comcast.net

Mistress of Ceremonies

LeAnne DiTirro
leanneditirro@gmail.com

Historian

Open

Having an Event this Year?

by Anna Vann

2023 is starting to fill up with rentals. If you're thinking about having an event please contact Anna Vann at 303-618-8023.



2023 -2024 Membership Information

Dues are Due!! Dues for 2023 are due by March 31st. If you have not paid your dues yet this year, please do so or you risk your membership being cancelled. This year we can accept credit or debit cards as well as checks or cash. Dues for regular members are \$65. Lifetime members (member for 25+ years and over 85 years old) are \$25. Junior members (ages 8-17) are \$8. If you're not sure which category you fall into, please don't hesitate to contact me at 303-618-8023. Ciao-Anna Vann, Recording Secretary.

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

The book that we read for the month of February was "The Mad Haters Son" written by Helen Starbuck. Ms. Starbuck is a local author and will be attending our April general meeting to discuss her book. If you get a chance, please read her work. The story held my attention and was a quick read. Hard to put down. Our own Joe Marino (trustee) was a consultant on Ms. Starbuck's book. The book is available at the library, Amazon and Barnes and Nobel. Our book for reading in March is "Distant Shores" by Kristin Hannah. This book will be discussed at our April book club meeting. Book Club meets every 2nd Monday of the month for lunch (noon) at Panera on 64th & Zang. Everyone is welcome!



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.





WELCOME

Welcome to our new members !

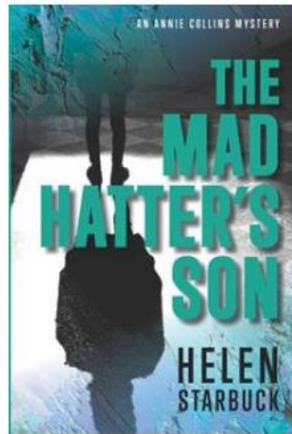
Welcome new members from 2023!

Initiation is scheduled for the April Meeting...if you have any questions reach out to Anna Vann for details!

See you in a couple weeks!

Remember – general meetings are every third Wednesday, there are plenty of fun things going on at the lodge and across the community. For now – come down on Monday evenings to watch bocce – and maybe even sub ... we always need subs! We have a Spaghetti Dinner coming up – maybe we can enlist your help!

**Come to the April Meeting!!!
Meet Author Helen Starbuck,
Writer of The Mad Hatter's Son**



"Happy Easter"

From Cyndi Lubrano

See the land, her Easter keeping,
Rises as her Maker rose.
Seeds, so long in darkness sleeping,
Burst at last from winter snows.
Earth with heaven above rejoices;
Fields and gardens hail the spring;
Shaugh and woodlands ring with voices,
While the wild birds build and sing.

You, to whom your Maker granted
Powers to those sweet bird's unknown,
Use the craft by God implanted;
Use the reason not your own.
Here, while heaven and earth rejoices,
Each his Easter tribute bring—
Work of fingers, chant of voices,
Like the birds who build and sing.

by Charles Kingsley



April Trivia

from Beverly Mendicello

April is a special month of the year, and its name has been derived from Latin. In Latin, the word "Aprillis" means "to open." The fourth month of the year perfectly captures the meaning behind its name as flowers and plants bloom and "open" themselves to welcome the rainy season.

The beginning of the month brings about many good things, such as the start of the month of summer and spring. Many people also say that the month of April is named after the Greek goddess Aphrodite, the goddess of love. It is a month associated with the abstract themes of growth, balance, and a positive perspective while moving forward.

April is the name of a beautiful month; hence, you will find many people naming their young daughters after it as the name is delicately feminine and indicates positivity and the beginning of something amazing. A fun fact about babies born in April is that they have a wonderfully sharp memory.

Aside from all these fun little facts about the month of April, there are special attributions to this month in history and mythology. You will find many fascinating facts about the month, such as that April is October for people in the Southern Hemisphere. William Shakespeare, one of the most revered writers in history, was also born in the month of April.



Scholarships....Apply Now!

On behalf of Bob Giusto

The Denver Lodge Scholarship Applications are now being accepted! Go to the website to download the [application](#). Applications are due in April.



Organization Events...in and around the community!

from Dr. Rita DeFrango

April

April 2nd - Prima Domenica, Mt. Carmel Men's Club

April 12th - IABA General Meeting

April 13th - Potenza General Meeting

April 16th - Altar & Rosary Quarterly Meeting

April 19th - Sons & Daughters General Meeting

April 20th - Italians of America General Meeting

April 29th - IOA Rodders' Ball, held at the Sons & Daughters of Italy Lodge **SOLD OUT**

May

May 6th - Trentini Bocce Tournament, held at the Sons & Daughters of Italy (see flyer attached)

May 7th - Prima Domenica, Altar & Rosary

May 20th - Sons & Daughters Anniversary Dinner, *open to the public*



Embrace your Journey

by Ellie Gaccetta

Many books and magazine articles today are written by people willing to share their stories of finding the strength and resilience to move on from life's hardships. Life is a journey, and we all have a story. When my mother passed away, I had to reintegrate back into a world that had passed me by for nearly ten years. In my book, One

Caregiver's Journey, I share how my active social life and large circle of friends dwindled down to three. When you are isolated between four walls and unable to just pick up and go on a whim and not be concerned or conscious of the clock, people just move on. I committed to caring for my mother, I never looked back, and I've never reached out to any of those people since mom passed. If my friendship wasn't worth more than being available to spontaneously join an outing, then it was ok to cut ties. That's what keeps the fire in our Mediterranean bellies burning.

In the big picture, our journeys probably are more similar than different. When we went into the pandemic lockdown, I was accustomed to being alone. I spent the time writing my cookbook, Generations of Good Food. I exercised every day, kept my house clean, and just kept myself occupied. My neighbors lamented that the cleaning lady stopped coming. They had to cook. They couldn't play bridge, and Hobby Lobby was closed. Men stopped shaving, women quit dying their hair, and everyone wore sweatpants. I became convinced that people in general quit bathing and doing laundry as everyone looked unkempt. Everyone complained about everything. We were all in the same isolated boat.

Now we're free to go out. Reintegrating back into a world that continued without me for 10 years has been interesting. When I first saw the big square houses across from Mt. Carmel church, I was shocked. Later I would discover that an acquaintance lived in one across the street that is modern, spacious inside and has a rooftop terrace overlooking the city. The change didn't seem so bad then. I hadn't been out to eat in about 8 years, menu items were pricey. Years of not going to the mall left me in sticker shock looking at price tags. We won't talk about traffic or the price of gas. Indeed, much has changed, and in many ways, I am still playing catch up. But I'm fine, now the playing field is somewhat level after Covid because we're all playing catch up.

My experience can be compared to those who lose a loved one, get a divorce, or find themselves in a different job, or city. In these situations, and occurrences, we discover the limit of the strength and resilience we possess. We grow. My caregiving journey was predicated upon faith, humor, and love. Frankly, that should be the cornerstone for all our lives. We have faith. Faith in ourselves that we can overcome difficult times, and faith in God our anchor. Humor can be found in most situations. Nothing lifts a heavy heart like a smile or a laugh. I hope you are like me and have the love of a family to give you hope, strength, and set your heart at peace. Life is to be lived, not to be spent mired in complaints, regrets, and disappointments. Take some time to think about your journey - embrace and own it. Remember that every day is a new day whether beginning on a new path or continuing the current path. We are each in control of our destiny, our happiness, and our lives. Other people don't control how you choose to live your life and if they do, well, shame on you. It's your journey, embrace it.





Mark your Calendars!!!!
Saturday May 13th...
Starting at 8 AM

The plan is to fertilize the lawn,
install mulch in the front bed, pick
up trash and clean out a room
inside!

We could also use a few folks to
take donations to ARC!

TIROLESITRENTINI DEL COLORADO ANNUAL BOCCE TOURNAMENT



PRIZES

CASH PRIZES FOR
1st & 2nd place
Raffle Drawing Also!!

Saturday, May 6, 2023
Fundraiser Tournament

Only 16 teams will be allowed, so sign up fast!!
Sons of Italy Courts, 32nd & Gray, Wheat Ridge
8 am Check-in and Continental Breakfast
8:30 Tournament Starts
Cost: \$120 per team, including tournament, break-
fast, lunch, and non-alcoholic beverages, checks paya-
ble to TTDC, c/o Anna Vann, 6895 Morrison Drive,
Denver, CO 80221

Questions?
Contact Mike Falagradny
303-520-9579 or
tmvsnv@msn.com



Team Captain _____ Team Name: _____

Player Names _____

Email Address _____

Cell Phone _____

Katie Chihoski: a scholar with lots of heart
by Bob Giusto



With scholarship season looming right around the corner, it's always fun to look back at some past scholarship recipients and see what they are doing. One of our honored scholars is Katie Chihoski, granddaughter of longtime lodge member John Capone.

Katie has been enrolled at the University of Mary in North Dakota since 2020. She first enrolled in the nursing program, but for the past two years she has been taking courses to earn a degree in social work. She loves the fact that what she is learning now will help her give back to those in need, whether it is in North Dakota, back home in Colorado, or wherever her future brings her.

Speaking of destinations, Katie spent an entire semester in 2022 studying in Rome, Italy. Of her semester abroad, Katie states, "My studies and travel experiences worked in harmony to let me get in touch with my Italian roots." She doesn't need to travel far to apply her skills, however. She states, "This summer I am participating in an internship program, here in Bismarck, where I will work with disadvantaged adolescents in my community."

Graduation for Katie is slated for the fall of 2024, and while she is excited for what the future holds, she also looks back to give thanks. "Scholarships from organizations such as the Sons of Italy have made it possible for me to study what I enjoy and find a career where I can use my strengths in a meaningful way."



Such outstanding students serve as a reminder that supporting our scholarship program is an investment for a bright future. Thank you, Katie, for sharing your story, and we at the Denver Lodge offer our best wishes in your future endeavors.



Fall Prevention

by Ellie Gaccetta

My favorite part of winter is when it's over and spring begins. We associate winter as the season we most often hear about senior fall prevention. However, The World Health Organization (WHO) reminds us there are many health and safety reasons why people of all ages fall, and seasons have nothing to do with them.

Some facts from WHO: Falls are the second leading cause of unintentional injury deaths worldwide; Each year an estimated 684,000 individuals die from falls globally; Children and seniors account for 90% of falls; 37.3 million falls are severe enough to require medical attention; In the US 20-30% of older people who fall suffer moderate to severe injuries such as bruises, hip fractures, and trauma. Fall prevention, education, training, and creating safer environments have become a significant focus for the health care industry. Another fact: The WHO lists abuse of alcohol as a leading reason people of any age fall....so if you're that drunk maybe you shouldn't try to stand up so you can fall and probably get hurt.

In one of my careers, I was involved with Senior Fall Prevention training. Many falls are due to an existing medical condition. Some medical factors include urinary tract infection dehydration; blood pressure; certain medications cause dizziness; gait and balance; vitamin D deficiencies which cause fragile or frail bones; heart or neurological issues; vision issues can cause dizziness; and arthritis pain.

Some of the most common reasons people fall are:

1. Bulky shoes that make walking difficult or shoes that are too big. Make sure your shoes fit your feet.
2. Throw rugs, loose carpets, cords, or wires running across the floor. Clear floors of any loose objects which can cause shoes (feet) to get caught and a fall occurs.
3. Dark stairways or halls. Falling on stairs can be deadly. Make sure all areas of your house are properly lit.
4. Indoor clutter or water on the floor. Make sure floors are clear and dry to avoid slips and falls.
5. Outdoors look for uneven sidewalks or uneven ground and rocks. Avoid falling by being conscious of the level of the ground under your feet.
6. Outdoor or yard clutter. Too many times hoses are not rolled up, toys, garden supplies or small boxes left in the way. De-clutter the paths you walk.
7. Ice. If you must go out, shovel, and put de-ice solutions down or opt to stay indoors.
8. Poor use of canes or walkers. If these devices are not properly adjusted, they can be dangerous causing you to lose your balance and tip or slip.
9. Put grab bars in bathrooms and a bed cane on the bed to help with stability when getting out of the shower, bathtub, or bed.
10. Make sure chairs are stable to avoid tipping or slipping.

Use these tips to make certain your environment is safe for all ages.

From our own LeAnne DiTirro

1 cup Pink Lemonade

½ cup of Vodka

1-2 peeps



PINK LEMONADE PEEPS VODKA

When Easter hits, recipes with Peeps are all the rage. Instead of dessert or pudding cups, we're turning Peeps into a vodka cocktail with lemonade!

All you need for a glass of Lemonade Peeps Vodka are 1 cup of pink lemonade, 1/2 cup of Vodka (whatever brand you like) and pink Peeps. I think next time I'm going to try Blueberry Peeps with 7UP and Vodka – doesn't that sound delicious?!



June Sons & Daughters Convention

from Pam Wright and Dr. Rita DeFrango

Every other year one of the lodges (including the Grand Lodge of Colorado) sponsor's the convention. This year our Grand Lodge is Sponsoring the convention in Canon City! The planning has begun and so far this is what we know!

Friday June 2 - All events at The Abbey Event Complex – Bocce Tournament (2:15 to 5 PM), Registration for all delegates (5 to 8 PM) and an Evening Social from 5 to 8 PM. Saturday June 3 – Breakfast will be served at the Quality Inn and meetings to immediately follow starting at 9 AM and going through 4:30 PM. We will wrap up the convention on Saturday June 3 with an evening social event at The Abbey Event Complex from 5:30 through 10:30 PM. On Sunday June 4th – there are no convention activities, but all delegates are welcome to enjoy Freemont County - information will be provided.

the following members of the Denver Lodge were elected to be delegates to the 2023 State Convention:

Joe & Kim Bonfiglio, Dr. Rita DeFrango, Dan & LeAnne DiTirro, Joanie Flynn, John Gargano, Teresa & TJ Henderson, Maggie & Tony Iozzo, Janet Lombardi, Beverly Mendicello, Joey Regan, Angie Sether, Rose Vecchiarelli with our alternate, Diana Williams



Kathy Holt's Better than Key Lime Pie – serves 8

Lime Filling

1 T grated zest from 2 regular limes
 ½ C strained juice from 4-5 regular limes
 4 large egg yolks
 1 14 oz can sweeten condensed milk

Graham Cracker Crust

12 graham crackers
 3 T Sugar
 6 T unsalted butter
 ½ teaspoon sea salt

Whipped Cream Topping

¾ heavy cream, chilled
 ¼ cup powdered sugar

Garnish – 1 Lime sliced paper thin

The Filling:

Whisk zest and yolks in medium bowl until tinted light green, about two minutes. Beat in milk, then juice, set aside at **ROOM** temp to thicken. About 3-4 hours.

The Crust:

Adjust oven rack to center position. Heat oven to 325 degrees.
 Put crackers in heavy bag and crush with rolling pin. Add sugar and salt. Mix. Melt butter (I use the microwave defrost setting at 1).
 Add butter to bag, and squish until well blended. (Alternately this can be combined in a bowl after crushing crumbs).

Scrape mixture into 9-inch pie pan, press crumbs over bottom and up sides to form even crust. Bake until lightly brown and fragrant, about 15 minutes. Transfer pan to rack. Cool to room temperature. (About 30 minutes).

Make sure filling is thickened enough before proceeding!

Pour filling into crust; bake until center is set-wiggly when jiggled, 15-17 minutes. Return pie pan to rack, cool to room temp. Refrigerate until well chilled, at least 3 hours. (Can be covered with oiled Saran wrap laid directly on top of filling and refrigerated up to 1 day).

For the Topping:

Up to 2 hours before serving, whip cream with electric beater in medium chilled bowl to very soft peaks. Adding powdered sugar 1 T at a time, continue to whip until just stiff peaks form. Pipe over filling or spread evenly with spatula. Garnish with lime slices.



Please Join Us at the Denver Lodge for These Events

April / Aprile

April 19th – General Meeting, dinner at 6:15 PM, initiation of new members,
book presentation

April 29th – Italians of America Rodder's Ball at the Denver Lodge

May / Maggio

May 6th – Trentini Bocce Tournament at the Denver Lodge (see page 5 for
application)

May 13th – Spring Clean-up Day at the Lodge

May 17th – General Meeting, dinner at 6:15 PM, Scholarship Presentations

May 20th – Anniversary Dinner Dance

Contact Us

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