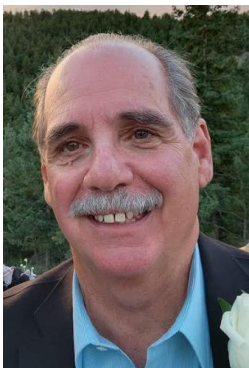




LA PAROLA

Bringing You Information About the Denver Lodge Since 1958

August / Agosto 2023



Brothers and Sisters,

I hope you were all able to make the July meeting! It's not always about spaghetti and meatballs! On Wednesday July 19th, we enjoyed burgers, hot dogs, potato salad and macaroni salad. And the apple pie with vanilla ice cream hit the spot!!

A big thank you to Bob Giusto for providing some quality entertainment before and during dinner! Bob plays a mean Saxophone!!

And here is some exciting news! We are getting our parking lot patched, sealed and re striped next week. If all goes according to plan, the work should be completed in time for our next General Meeting coming up on Wednesday August 16th.

Also coming up on Saturday August 26th is our Annual Summer Picnic! We will be grilling steaks and chicken out on our back patio while enjoying bocce, corn hole, cold beer, wine, and some special summer cocktails!! Hope to see you all there! RSVP text to Sal at 720-908-7701. Details in this issue of the La Parola!

And don't forget our Annual Car Show on Saturday September 16th!! We certainly can use some volunteers that day!! Take care and God Bless!

Fraternally Yours, President Sal



2023 Golf Tournament Recap *from Pam Wright*

On July 23, 2023, the Denver Lodge held the annual Joe Ciancio Memorial Golf Tournament at Hyland Hills Golf Course in Westminster. Eighty-four golfers enjoyed 18 holes, breakfast burritos, lunch at the lodge and exciting door prizes including many Italian goodies and golf bags. The tournament winning team included golfers Carl Capillupo, Bryan Archer, Alex Beale, and Tom Churchill. Thank you to all the volunteers, sponsors and workers who make this tournament happen each year. Proceeds benefit the scholarship program of the Denver Lodge 2075.

Please be sure to support our sponsors: North West Travel (Anna Vann), Paisano's Sausage, and Christopher Dodge. ***Be sure to mark your calendars for the 2024 tournament scheduled for Hyland Hills on July 28! Gratzie.***



La Parola

August / Agosto 2023

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

Building Contacts

Desi Ramirez – Facility Manager

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

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

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Treasurer

Open

Financial Secretary

Dr. Rita DeFrage

ritadefrange@gmail.com

Guard

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Chaplain

Barb Pietrafeso

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Trustee

Joe Marino

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Trustee

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Trustee

Joannie Flynn

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Trustee

John Gargano

Past President

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Diana Williams

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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

Thanks to our membership for submitting all dues. We are expecting a few last-minute checks in the mail! Remember all dues at pro-rated for the remainder of the year for all new member applications. See our website for any additional information and for all applications.

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

Book club will meet on Monday August 14th, 12:00 at Panera 6408 Yank. Join us for lunch and conversation. We will be discussing the book Only Woman In The Room.

August book has not been selected so if you want to select a book, please join us.



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

Jaime Yantorno, Philip Oozzo, Margaret Todd, Mike Passarelli
and Regal Nichols

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!



**Order Sons and Daughters
of Italy in America**

Website updates...I

If you have a few minutes, we ask that you check out our Denver Lodge [Website](#) for new updates. Feedback is welcome!

August 2023 Trivia

from Beverly Mendicello

1. Which bird lays the largest eggs?
Ostrich
2. What type of bird has eyes bigger than its brain?
Ostrich
3. How long does it take a bird to hatch its eggs?
10-30 days
4. Which bird can only eat when its head is upside down?
A flamingo
5. What's the highest-flying bird in the world?
Bar-headed goose
6. Do all birds lay eggs?
Yes
7. Which bird can sleep while flying?
The Albatross
8. birds dig holes instead of building nests?
Puffins
9. What is the name of the fastest bird on earth?
Peregrine falcon
10. How long do birds sleep?
On average, some birds sleep 12 hours



Improvements at the Lodge! From our very own – Josh Tompkins!

By Dr. Rita DeFrango

Josh Tompkins, grandson of Phillip and Nikki Rossi (long time members) has recently achieved his Eagle Scout badge. His projects helped the Denver Lodge complete some much-needed maintenance work on the benches at the ends of the bocce courts. Josh also planned, pulled together a team, and built several shelves in a room in our basement to help us to organize the overflow boxes and materials from the kitchen.

The Denver Lodge THANKS Josh for his hard work wishes him the very best as he pursues college in the upcoming year!



Organization Events...in and around the community!

from Dr. Rita DeFrango

August

August 13th - A&R Bocce Tourney at the Sons & Daughters of Italy

August 13th - Festa di Italia, Louisville

August - weekend of the 19th is St. Catherine's Feast

August 18th/19th/20th - St. Rocco's Feast held at the Potenza Lodge

August 26th - Sons & Daughters Picnic at the Lodge

September

September 3rd - Prima Domenica sponsored by the Sons & Daughters of Italy

September 3rd - Louisville Bocce Tourney (A. DiSimone)

September 16 - Sons & Daughters Car Show, Benefitting Caruso Family Charities



Summer Food Safety

from Ellie Gaccetta



Summer gatherings are often a perfect breeding ground for salmonella and other foodborne illnesses. We spend time in the sunshine, barbecues, and gatherings with family and friends. Heat brings the perfect conditions for the spread and growth of bacteria that can lead to foodborne illnesses. Here are some simple precautions to keep yourself and your friends and family safe during these fun-filled summer months.

Wash your hands. If we learned anything from Covid it is the importance of hand washing. When handling food, it is especially important to have clean hands and fingers. When is handwashing necessary? *If you are preparing chicken or meat, wash before, during and after handling the bird, knife or cutting board. *If you get distracted or over-zealous with a knife and cut yourself – wash before and after finding a band-aid! You might even want to find a rubber glove for that hand if you're going to go back into the kitchen. *Some men say they were taught not to pee on their hands, but everyone needs to wash their hands after using the bathroom. *Don't change diapers, blow your nose, or pick up after your dog without washing afterwards. *Finally, wipe your brow and wash your hands after you've sweat like a dog over the grill. It is such a simple way to be safe. **Keep raw foods separate from cooked and ready-to-eat foods.** Raw meats can be a breeding ground for bacteria so it is important to keep these foods away from those that can be eaten immediately. *Do not use a cutting board or plate that was used to store raw meat or seafood for fruits and vegetables unless the plate is washed with soap and water first. * Store meat and seafood on the bottom rack of the fridge to avoid drips or leaks which can contaminate other foods. **Cook meat and seafood thoroughly.** Using a meat thermometer can help determine if the temperature is sufficient to kill harmful bacteria. *Cook hamburgers to 160 degrees and chicken to 165 degrees and fish should be 145 degrees. **Keep hot foods hot and cold foods cold!** Hot foods should be eaten within 2 hours of cooking. Store them in an insulated container or on the warming shelf of a hot grill. Cold foods (fruit and salads) should be insulated in ice; drain the water and periodically add ice if the party is a long one. * Foods should not be kept in the "danger zone" for more than 2 hours if the outside temperature is 40 degrees or 1 hour if the temperature is above 90 degrees. **Wash fruits and vegetables.** Be sure your knife is clean before slicing a watermelon or other fruits. Everyone loves raw vegetables – if prepared fresh be sure to wash them before serving. *Even though produce is clean when we get it from the grocery store keep in mind how many hands may have touched it to get it on the shelf. Pre-packaged vegetable trays are good to go. *Keep cream-based dips on ice for safety. **Be mindful of desserts.** We usually don't think of desserts as needing to be kept cold. Icings on cakes and cookies are generally cream-based and tend to melt. Either eat them quickly or keep them cooled.

These are pretty simple precautions to ensure your summer gathering is safe. There is nothing worse than enjoying eating at summer outdoor gatherings with friends and family and then spending the night in the bathroom and the Emergency Room getting an IV. Been there, done that, it is no fun. Safety first!





11th Annual
Sons & Daughters of Italy



Car Show

Classics, Hot Rod's, Collectibles and More!!!

Prizes



Food

Saturday September 16

Sons of Italy Parking Lot

5925 West 32nd Ave, Wheat Ridge

From 10 am to 2 pm

Car Entry Fee: \$15 (pre-registered)

Pre-registrations receive a free lunch.

\$20 the day of the event

*** Free to the Public ***

(fee) includes Raffle Ticket & First 100 cars receive Dash Plaques

The proceeds go to Caruso Family Charities

Music

For more information,
Contact:
Sal - 720-908-7701

Vendors

Taking Preventative Health Measures

by *Ellie Gaccetta*

When I was trying to decide what to write about, I stumbled upon a couple of articles that couldn't be more different. It's no secret that as we get older, we become more aware of many health challenges. Of course, we can implement some simple preventative measures to stave off some chronic conditions. The number of Americans over age 65 is expected to double to 73 million by 2030. We "Boomers" are now the second largest age group today. Millennials (30-44) recently overtook us to be first. Compared to 100 years ago, life expectancy has increased by 30 years. Growing research in healthcare is changing the way we look and perceive senior vitality. Making healthy changes like routine exercise, and quitting smoking can add to your long-term health.

We know that falls are a leading cause of injury in seniors. But did you know that tripping and falling can often occur while playing sports? Runners knee is one of the most common sports injuries to seniors who play pickleball, jog and participate in 5k or marathon running events. Forget about the loose rugs in your house, tripping and falling has become common place for seniors who play pickleball. The desire to be competitive and make a dive to save the game results appears to result in numerous trips to the emergency room. Even innocuous bocce balls have been known to leave the court in a wild pitch and hit someone in the head. Golfers often limp off the course in pain after swinging a club to get an additional 40 yards out of a drive. Golfers frequently get hit by an errant ball from another golfer. Finally, most everyone can find a game of "pick-up" basketball at a local gym. It is admirable that we want to compete with our younger counterparts – or is it?

What are the most common ailments we seniors are dealing with today and how can we help ourselves?

Arthritis is one of the most common conditions in adults. It is estimated that 50% of all adults over 65 have some form of arthritis affecting one or multiple joints. It is a natural process of the physical effects of aging caused by wear and tear on our joints. Some healthy habits to adopt that increase your mobility and improve your quality of life include:

1. **Staying Active.** Motion is lotion. You don't have to be a serious gym bunny or pickleball champ. Activity is something as simple as walking or, if you have limited mobility, there are chair exercises where you gain the same benefits as walking. Staying active does wonders for your heart and mental health as well as your physical health.
2. **Maintaining a healthy weight.** Being overweight puts pressure and strain on your joints to where you may develop or worsen arthritis. There is no magic number of pounds to lose, but losing as little as 5% of your body weight can lead to better health and easier mobility which not only benefits your joints but also your heart. And we girls get to buy new clothes for our slimmer bodies!
3. **Avoid situations that may have injurious results.** I know, you're thinking who needs to be told this? Plenty of us, that's who. Regardless of your physical health, aging weakens your joints to some degree. Use a little common sense.

Heart Disease. While arthritis is the most common chronic disease among older adults, heart disease remains the leading killer of people over age 65. Be sure to have blood work at least annually and have your blood pressure checked regularly. Untreated high cholesterol and blood pressure can lead to heart disease, risk of stroke and issues with your brain, eyes, and kidneys. As with arthritis, establish an exercise routine, maintain healthy weight, and get your zzzz's.

Cancer. Over 1.8 million people were diagnosed with cancer in the US in 2020. Cancer is a close runner-up for the leading cause of death in people over 65. You can decrease your risk of cancer by as much as 40% by adopting healthy habits. In addition to staying active and eating right, the best thing you can do to reduce the cancer risk is to quit smoking and reduce alcohol intake.

Alzheimer's is a disease that affects 1 in 9 older adults. Cognitive impairments can impact the health of people on multiple levels. Among those for seniors are safety and maintaining independence. Did you know that studies show black coffee and caffeinated teas have a profoundly positive effect in lowering the risk of developing Alzheimer's. So having two or three cups of Joe in the morning is a good thing. Studies show green tea to be beneficial for brain health.

Practice a few of these preventative measures to ensure good health and more years. None of us knows what tomorrow holds but we can take charge of our health in some simple ways. Enjoy the summer!



Monthly Cocktail!

from *LeAnne DiTirro*

- 1 ½ Oz of Coconut Rum
- 1 ½ Oz Raspberry Vodka, Blue

Mix over ice and add sprite for that refreshing by the beach, poolside or summer picnic.

Bravo Awards!

from *Dr. Rita DeFrance*

It is never too late to start thinking about the 2024 [BRAVO AWARDS!](#) Start thinking about who you will nominate for the Italian of the year, or volunteer of the year or a category of your liking! Stay tuned for more information!!!



Kathy's Caesar Chicken Salad

This makes the best Caesar dressing! You will never buy store bought again!

Dressing

2 small garlic cloves, minced
 1 teaspoon anchovy paste (**Important** it makes the salad)
 2 tablespoons lemon juice
 1 teaspoon Dijon mustard
 1 teaspoon Worcestershire sauce
 1 cup mayonnaise, I use Hellmann's Real
 ½ cup **plus** 2 T freshly grated Parmigiano-Reggiano
 ¼ teaspoon salt
 ¼ teaspoon freshly ground black pepper

Croutons

¼ olive oil
 3 cloves garlic, sliced
 4 cups day-old bread, cubed

Salad: 1 head washed and dried romaine lettuce, torn into bite-sized pieces.

Chicken: 1 lb. cooked or grilled (better) chicken breasts, cut into strips.



For the Dressing: In a medium bowl, whisk together the garlic, anchovy paste, lemon juice, Dijon mustard and Worcestershire sauce. Add the mayonnaise, ½ cup Parmigiano-Reggiano, salt, and pepper and whisk until well combined.

(I use a small blender).

For the croutons: Heat olive oil in a large skillet over medium heat. Add garlic to hot oil. Cook and stir until brown, then remove garlic from pan. Add bread cubes. Cook bread cubes in hot flavored oil, turning frequently, until lightly browned; transfer onto a plate and season with salt and pepper. Let cool.

Assemble: Place lettuce in a large bowl. Add dressing, remaining 2 T Parmesan cheese, and seasoned bread cubes; toss well to coat. Add chicken and toss again. Serve immediately and enjoy!

Notes:

Makes 4 salads. If omitting the chicken, it makes about 10 starter salads.

The dressing will keep well in the fridge for about a week. Remix before using.

You can also use unseasoned store-bought croutons instead of the bread in the garlic oil. Anchovy paste is usually found near the canned tuna in the grocery store.



Sons & Daughters of Italy in America Denver Lodge Annual Picnic



Saturday August 26th

Time: 11 AM – 4 PM

Location: The Lodge Garden Area

Steaks and Chicken along with all paper products to be provided by the Lodge.

Members with the last name beginning with A – M are asked to bring a side dish, members with the last name beginning with N through Z are asked to bring a dessert.

RSVP to Sal at 720 908 7701 – Thank you!

There will be music, bocce, cornhole and more!

Carnation Parade... August 12...

OSIA is a staple in the Wheat Ridge Carnation Festival Parade...and this year will be no different! Come spend the morning with us as we march down 38th and sing songs with Russ Canino and hand out candy to onlookers!

**Meet at the lodge at 7:30AM
 and we will be done around
 Noon!**



Please Join Us at the Denver Lodge for These Events

August / Agosto

August 13th - A&R Bocce Tourney at the Sons & Daughters of Italy

August 13th - Festa di Italia, Louisville

August 17th – General Meeting, Dinner at 6:15, Mtg. at 7 PM

August 18th/19th/20th - St. Rocco's at the Potenza Lodge

August 26th - Sons & Daughters Picnic

September / Settembre

September 3rd – Prima Domenica – We sponsor!

September 16th – Annual Car Show

September 20th – General Meeting

Contact Us

**Order Sons & Daughters of Italy in America,
Denver Lodge #2075
5925 West 32nd Avenue, WheatRidge, Colorado 80212**

**303-238-8055
soidenver2075@gmail.com**



**Order Sons & Daughters of Italy
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