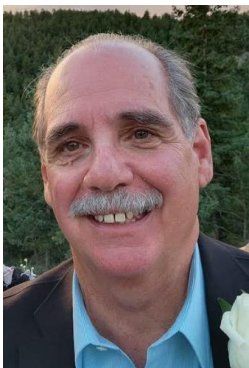




LA PAROLA

Bringing You Information About the Denver Lodge Since 1958

February / Febbraio 2024



Brothers and Sisters,

I hope 2024 has started out well for all of our members!

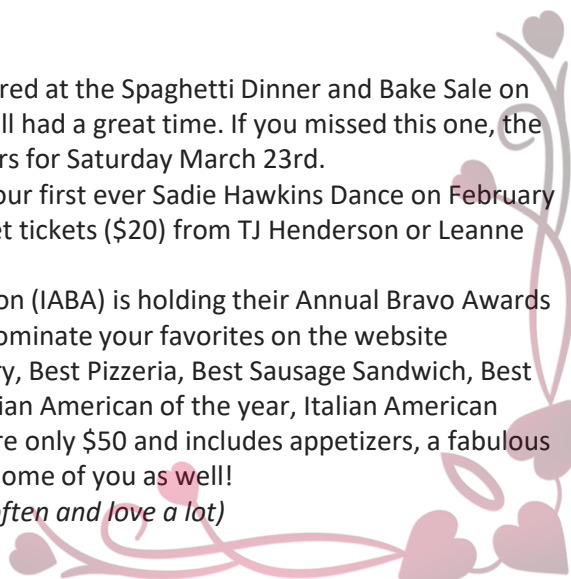
I want to take a moment to thank everyone who volunteered at the Spaghetti Dinner and Bake Sale on Saturday January 27th. The day went very smoothly, and we all had a great time. If you missed this one, the next Spaghetti Dinner is not that far away! Mark your calendars for Saturday March 23rd.

And while you have that Calendar out, don't forget about our first ever Sadie Hawkins Dance on February 24th. Details are in this issue of the LaParola, and you can get tickets (\$20) from TJ Henderson or Leanne DiTirro.

And on March 9th, the Italian American Business Association (IABA) is holding their Annual Bravo Awards at our Lodge. Nominations and voting is open now! You can nominate your favorites on the website (bravoawardscolorado.com). For example, in the food category, Best Pizzeria, Best Sausage Sandwich, Best Italian Bakery and the list goes on. In the people category, Italian American of the year, Italian American Volunteer of the Year and so on. Tickets for this great event are only \$50 and includes appetizers, a fabulous dinner, drinks and a live band. I'll be there and I hope to see some of you as well!

MANGIA BENE, RIDI SPESSO, AMA MOLTO! (*Eat well, laugh often and love a lot*)

Fraternally yours, President Sal



Who am I?

by Beverly Mendicello

According to writers around the world, February tends to be a big month for music. Maybe it is because of Valentine's Day, who knows In Europe – many festivals are planned, many of the musicians in South America release new hits – there are all sorts of references to music in February. Here in the US – our "awards" nights are typically in November, but many releases are this month. As such, the featured article is steeped with a musical theme.



Who Am I? I started playing music in public when I was six years old thanks to the teachings of my father, himself a composer and concertmaster. Soon I was excelling beyond my father's teachings. When I was 13, I wrote an opera for the court of Milan, the first of many operas I would write, furthering my fame throughout Europe. Despite my fame and talent, I lived an overly extravagant lifestyle and neared poverty, but my works were able to provide for my family after my death.

I traveled to Italy when travel was difficult and slow. I met Josef Myslivecek and Giovanni Battista Martini in Bologna and was accepted as a member of the famous Accademia Filarmonica. There exists a myth, according to which, while in Rome, he heard Gregorio Allegri's Miserere twice in performance in the Sistine Chapel. Allegedly this person subsequently wrote the performance out from memory, thus producing the "first unauthorized copy of this closely guarded property of the Vatican. However, both origin and plausibility of this account are disputed.

Who am I?

Answer can be found on page 5 at the bottom right of the page.



La Parola

February / Febbraio 2024

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

Building Contacts

Desi Ramirez – Facility Manager

Ware 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 transitioning out...looking for help!

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

Susan Giamarvo
susangurule@msn.com

Financial Secretary

Dr. Rita DeFrangé
ritadefrange@gmail.com

Guard

TJ Henderson
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Chaplain

Barb Pietrafeso
barb@coloradosownrealestate.com

Historian- Open

Trustee

John Callor
Callor95@gmail.com

Trustee

Joe Marino
bigjoem52@comcast.net

Trustee

Joe Calabrese
JAC5260@MSN.COM

Trustee

Joannie Flynn
Joannie818@gmail.com

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

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 2024 and want to be able to accommodate all inquires! Grazie!



Membership Information

Just a friendly reminder that you all should have received your dues notice for 2024. If you haven't sent in your dues yet, please do so soon. If you have questions or need information on how to pay, please send an email to soidenver2075@gmail.com or call 303-618-8023. Grazie! 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

Book Club meets the second Monday of the month. Meeting place Panera on 64th & Yank, 12:00 p.m. everyone 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.



Upcoming Events – Mark Your Calendars!

Submitted by Dr. Rita DeFrange

February (Leap Year)

February 4th - Prima Domenica - Sponsored by the Trentini/Fiori Bocce Club

February 9th - Celebrated Mosaics of Ravenna by Scott Montgomery, sponsored by the Dante

February 10th - La Festa d'Amore, Altar & Rosary (*see flyer attached*)

February 14th - Pasta Fagioli Dinner, Our Lady of Mt. Carmel 5 to 7:30 PM

February 17th - Lenten Retreat, Our Lady of Mt. Carmel 9 AM

February 19th - **President's Day (holiday for some!)**

February 20th - Beatrice Rana in Recital (*see flyer attached*)

February 24th - Sadie Hawkins Dance, Sons & Daughters of Italy, (*see flyer attached*)

March

March 3th - Prima Domenica - Italians of America Sponsor

March 9th - Potenza Spaghetti Dinner

March 9th - IABA [Bravo Awards](#), voting is OPEN!

March 13th - Pietra's, dual citizenship presentation

March 16th - St. Patrick's Day Parade - Sons & Daughters, All clubs are welcome to join!

March 16th - St. Joseph's Table Dinner, OLMC 3 to 6 (2 seatings)

March 23rd - Spaghetti Dinner, Sons & Daughters of Italy



Beatrice Rana



The Update of Getting Older, by Ellie Gacetta

Do you give a sarcastic glance when someone says, “you’re not getting older, you’re getting better.” Aging is a natural process and not everyone is given the opportunity to reach old age. It can’t be avoided, and society gives aging a bad rap. So, we tend to worry a whole lot more, about wrinkles, gray or thinning hair, forgetfulness, declining health, and losing our independence one day. We go to great lengths and expenses to appear young. Research suggests there are lots of positives that we overlook. The most prevalent is that as we get older, we do get better! Here are 8 benefits of aging that I found in a blog by Nina Amir, an inspiration coach.

1. **More Wisdom.** As we age, we gain more experience. We can look backwards and reflect on the lessons we’ve learned, and the mistakes we made which make us better equipped to handle future situations. Research shows that older adults find it easier to let things roll off their backs.
2. **Greater Self-knowledge.** Spend a little time self-reflecting. Are you willing to look at yourself and your life honestly, take responsibility for past choices and think about how you’ve changed or need to change? Self-reflection improves your understanding of yourself. You are more aware of strengths and weaknesses and make better-informed decisions. The “golden years” are the perfect time to change. The longer you live, the more you will reinvent yourself.
3. **Increased Self Confidence and Self-Assurance.** As you age you become more comfortable in your skin. Wisdom and self-knowledge give you strength to face new challenges. Older people are less sensitive to criticism and have higher self-esteem. Translated that just means you could care less about what others think when they criticize you.
4. **Higher Levels of Mental and Emotional Intelligence.** We develop mental and emotional stability because we are more resilient to stress and emotional turmoil. This stability brings greater contentment and the ability to enjoy life. We are prepared to react to circumstances because we know change is inevitable.
5. **Stronger Relationships.** As we age, our social circles become smaller. Those relationships become more meaningful, and we have stronger bonds with our loved ones. You have more time to invest in and nurture relationships. You also become more discerning and let go of relationships that might be toxic.
6. **Better Physical health.** Contrary to popular opinion, getting older doesn’t always mean declining health. We become in tune with the need to eat healthier foods, exercise and seek medical care. We take up hobbies and create a better quality of life.
7. **Fulfillment from Hobbies and Passions.** After retirement you have time to devote to hobbies, travel or volunteering which might have been put on hold for a career. Focus on life’s work.
8. **Opportunity to Age Gracefully.** You can choose to age with grace when you get to the point that your aging is apparent and a simple fact of life. You are strong and have lived a long life. You deserve to be respected and honored.

Embrace and celebrate every stage of your life. Aging is a beautiful, natural process. Appreciate the beauty, strength, wisdom, and power that come with it. As you get older, you’ll agree – you’re getting better!



Calling All High School Seniors, Class of 2024

by Bob Giusto

With February upon us, we know scholarship season is right around the corner. While high school seniors are in the middle of submitting applications and awaiting those coveted acceptance letters from the universities and higher education programs of their choice, the next concern is financing their future endeavors. As always, we are here to help. Lodge members with high school seniors in their immediate family, please notify your students about the Denver Lodge scholarship application form which is posted on our website.

As we have done for decades, we seek to honor and support our students. Five \$1,000 scholarships are waiting to be awarded to worthy seniors. The application form and necessary contact information are posted on the website, and the application deadline for 2024 is April 12.

Recipients are asked to attend the awards dinner on May 15, so let's be sure to mark those important dates on our calendars. We would like to thank President Sal Siraguse, Pam Wright, the entire lodge council, and all members who support events like the spaghetti dinners and the golf tournament which help fund the scholarships. These events keep our scholarship program alive and thriving. We have honored our scholars since this lodge was founded, and we are proud to continue this tradition.



'TIS the Season for Scholarship Applications

By Pam Wright

Denver, State and National Scholarships are all available now!

Denver Scholarship applications are on our [Website](#) on the [forms](#) page.

State Scholarships are now available on the Grand Lodge [Website](#). Any questions can be directed to Pauline Carochi at paulinejcarochi@gmail.com.

And our **National Website** houses a [scholarship](#) page as well.

Pass the word around as this is a great opportunity for our young adults to defray costs for school!



Coffee Tips from an Italian

by Cyndi Lubrano



Italians love their coffee. But there is a perfect time in the day for drinking it. You never drink coffee during a meal. But you can have a coffee after a meal.

Cappuccino is only for breakfast; you should never drink it past 11:00 am. If you ask for a cappuccino after a meal in Italy, or worst, with a meal, don't be surprised if they look at you like you come from Mars.

Latte in Italian means milk, so if you order a latte in a bar, you will get a glass of hot milk...not very exciting. If in Italy, and you want what Americans call a latte, you need to order a "latte macchiato," milk with coffee.

Espresso should be enjoyed standing. Espresso means "fast" in Italian. In Italy everyone drinks their coffee "al banco," standing in front of the bar.

And although it's getting more common in big international cities like Milan to be able to ask for takeaway coffee, most of the traditional places won't serve coffee in a paper cup. Absurd!

Lovebug Cocktail, from LeAnne DiTirro

I can't believe it is already almost Valentine's Day!

3 Oz white cranberry juice

2 oz lemon lime soda

1 oz vodka and 1 oz of grenadine





**Sons & Daughters of Italy
Presents.....
2024 Sadie Hawkins Dance**



Date: February 24, 2024

Time: 6 to 10 PM

5925 W 32nd Ave, Wheat Ridge, CO 80212

Cost: \$20 in advance, \$25 at the door

Adults only

**Dancing, Snacks, Beer, Wine and
Contests for Prizes**

**Passing around the HAT
.... donations and proceeds
to benefit the Sons & Daughters
Bocce courts renovation**



**For tickets contact
LeAnne DiTirro (303) 907 9788
TJ Henderson (303) 406 3899**



**Gals grab your
guys...
Gals grab your
friends...
Invite EVERYONE!!!**



Many, many thanks!
from Beverly Mendicello

Thank you all for supporting the bake sale Saturday January 27, 2024, along with the Spaghetti Dinner at the Lodge. Thanks to all who baked goodies, purchased the goodies, decorated, set up/cleaned up the booth, collected money and provided many smiles to our customers. It was a very successful bake sale!



Dinner Club
from Sal Siraguse

Hey there! Anyone interested in a Dinner Club? Once a month, we get a group together to have dinner at a local restaurant. Everyone pays their own tab, and we try somewhere new or an all time favorite! Just some place different every month. I was thinking the first Thursday of the month, but if that doesn't work, we can figure something else out. May be a group of 10-15 people? You don't have to be a couple; you just need to be a foodie like me that likes to eat! Call or text, or flag me down at the next meeting. Bon Appetit, Sal - 720-908-7701



Valentine Chocolate Pudding with Bailey's, from our very own Kathy Holt

Serves 4

- 1/4 cup sugar
- 1/4 cup cornstarch
- 1 1/3 cups milk
- 1 egg yolk
- 1/2 cup heavy cream
- 1/4 cup Baileys Irish Cream
- 1/2 teaspoon pure vanilla extract
- 3 ounces semisweet chocolate, coarsely chopped (do not not chips)



In a medium saucepan combine sugar and cornstarch whisking to thoroughly incorporate. Add milk and whisk until dry ingredients are dissolved. Next, whisk in the egg yolk and cream.

Place the pan over medium heat, whisking constantly until the mixture comes to a full boil and thickens.

As soon as the mixture thickens, remove the pan from the heat and whisk in the Baileys Irish Cream and vanilla.

Add chocolate and whisk until it is completely melted and smooth.

Pour pudding into individual serving dishes. Let the pudding cool slightly then cover the tops with plastic wrap to prevent a skin from forming. Refrigerate for at least 4 hours before serving.

If desired, garnish with fresh whipped cream and chocolate curls.



Please Join Us at the Denver Lodge for These Events

February / Febbraio

February 10th - Altar & Rosary – Fiesta D'Amore Dance

February 19th – President's Day

February 21st – Social Meeting

February 24th – Sadie Hawkins Dance

March / Marzo

March 9th – [Bravo!](#) Awards

March 16th - **St. Patrick's Day Parade** - Sons & Daughters, All clubs are welcome to join us – we meet at the lodge at 7:30 AM!

March 20th – Social Meeting, Dinner starts at 6:15 PM

March 23rd - Spaghetti Dinner, Sons & Daughters of Italy

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



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