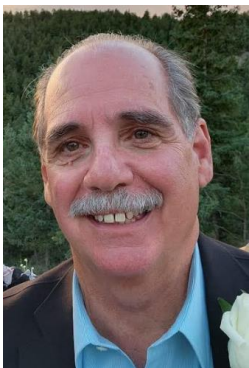




LA PAROLA

Bringing You Information About the Denver Lodge Since 1958

January / Gennaio 2024



Brothers and Sisters,

Happy New Year! I hope that you all enjoyed the Holiday Season! It's hard to believe that it's 2024!

Our Christmas Meeting was a great success! We all enjoyed a seafood dinner, Christmas Ornament Exchange and a Christmas Sweater Contest. And our evening was kicked off by some great Christmas Music from member Bob Giusto on the Saxophone and member Alice Nichol on the Piano. And we can't forget our very own Teresa Henderson who graced us with her beautiful singing voice. We are lucky to have so much musical talent right here at the Denver Lodge!

Our next Spaghetti Dinner is coming up later this month, Saturday January 27th. In addition to the complete Spaghetti Dinner including sausage, meatball, salad, bread and Spumoni, there will also be a Bake Sale. Hope to see you all there!

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

Fraternally yours, President Sal

Venice, Italy →



Face Lift for the Denver Lodge Monthly Meetings!!!

by Pam Wright our Orator

Beginning this year, each month will be a little different. Business will be discussed four times a year while the other eight months will be a social.

January, April, July and September will be a business meeting. All bills will be paid on a regular basis and read quarterly. If there are any questions this will be the time to ask. Of course, you are always welcome to attend the council meetings. If you have any concern that you feel needs to be discussed at a general meeting bring it to council and we will schedule it for that month even if it is a social month. If any important business should arise during the time of a social, it will be brought to your attention and addressed.



NOTE



Even though January is a business meeting we plan on having some fun. Please wear your favorite football shirt or jersey, come and enjoy a Bar-B-Que dinner and take a chance by entering into a Superbowl pool. 50/50 will be held along with the normal drawing.

If there is something you would like to do on one of these social months, please let someone on council know. See you on

Wednesday, January 17th!



La Parola

January / Gennaio 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

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Financial Secretary

Dr. Rita DeFrangé

ritadefrange@gmail.com

Guard

TJ Henderson

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Historian- Open

Trustee

John Callor

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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

Dominic LoSasso

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Mistress of Ceremonies

Diana Williams

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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

Membership Information

Member dues are due in January 2024. You will receive dues notice with your newsletter. Please take a moment to send a check and either mail or bring to the General Meeting on January 17th. Cash is also welcome or contact Anna Vann to mail you an invoice to pay by credit card (there is a \$3 processing fee for this option). Let's make it a New Year's Resolution to get all the dues paid early this year. Thank you!



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 continues to meet on the second Monday of each month. Everyone is welcome to join. We meet at 12:00 p.m. at Panera on 64th & Yank Way in Arvada. The book we will be reading in January and discussing in February is *Horse* written by *Geraldine Brooks*.



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.



January 2024 Trivia - Facts about Snowmen

From Beverly Mendicello

In many places, typical snowmen consist of three large snowballs of different sizes with some additional accoutrements for facial and other features. Common accessories include branches for arms and a rudimentary smiley face, with a carrot standing in for a nose. Human clothing, such as a hat or scarf, may be included. There are variations to standard forms; for instance, the popular song “Frosty the Snowman” describes a snowman being decorated with a corn cob pipe, button nose, coal eyes and an old silk hat (usually depicted as a top hat). These other types range from snow columns to elaborate snow sculptures like ice sculptures.



Making a snowman of powdered snow is difficult since it will not stick to itself, and if the temperature of packing snow drops, it will form an unusable denser form of powdered snow called crust. A good time to build a snowman may be the next warm afternoon directly following a snowfall with a sufficient amount of snow. In early 1494, [Michelangelo Buonarroti](#) was an up-and-coming young artist under the patronage of Piero de' Medici. That winter had been an unseasonably cold one in Florence. Then in January something wholly unexpected happened. A snowstorm descended that left the city covered in deep drifts. Evidently not one to waste an opportunity, Piero de' Medici sent his young artist out into the snow-covered courtyard with instructions to make him a snowman. It's a task Michelangelo apparently took to heart. According to the 15th-century art historian Giorgio Vasari, the snowman Michelangelo made wasn't just any snowman. It was possibly the greatest snow sculpture in the history of the world. (I couldn't find a picture of it though.)



New Year New You – but Why??? *from our own Cyndi Lubrano* **How Did the Tradition of New Year's Resolutions Start?**

New Year's resolutions go back to ancient times! So, before you pooh-pooh the idea, let's explore what's behind this tradition and more practical ways towards self-improvement. Just for fun, let's also compare the top 10 resolutions from the 1940s to those of today!

Short History of New Year's Resolutions

From the Babylonians who resolved to return borrowed farm equipment to medieval knights who would renew their vow to chivalry, New Year's resolutions are nothing new.

In 2000 B.C., the Babylonians celebrated the New Year during a 12-day festival called Akitu (starting with the vernal equinox). This started the farming season to plant crops, crown their king, and make promises to pay their debts. One common resolution was the return of borrowed farm equipment (which makes sense for an agriculturally based society).

The Babylonian New Year was adopted by the ancient Romans, as was the tradition of resolutions. The timing, however, eventually shifted with the Julian calendar in 46 B.C., which declared January 1st as the start of the new year.

January was named for the two-faced Roman god, Janus, who looks forward to new beginnings as well as backward for reflection and resolution. The Romans would offer sacrifices to Janus and make promises of good behavior for the year ahead.

Janus was also the guardian of gates and doors. He presided over the temple of peace, where the doors were opened only during wartime. It was a place of safety where new beginnings and new resolutions could be forged.

If you think about the land and the seasons, the timing of early January makes sense for most of Europe and for North America, too. The active harvest season has passed. The holiday frenzy is ending.

New Year's resolutions were also made in the Middle Ages. Medieval knights would renew their vow to chivalry by placing their hands on a peacock. The annual “Peacock Vow” would take place at the end of the year as a resolution to maintain their knightly values.

By the 17th century, New Year's resolutions were so common that folks found humor in the idea of making and breaking their pledges. A Boston newspaper from 1813 featured the first recorded use of the phrase “New Year resolution.” The article states: “And yet, I believe there are multitudes of people, accustomed to receive injunctions of new year resolutions, who will sin all the month of December, with a serious determination of beginning the new year with new resolutions and new behavior, and with the full belief that they shall thus expiate and wipe away all their former faults.” **(Continued on page 4)**



How Resolutions Have Changed

In the United States, New Year's resolutions are still a tradition, but the types of resolutions have changed. As a legacy of our Protestant history, resolutions in the early 1900s were more religious or spiritual, reflecting a desire to develop stronger moral character, a stronger work ethic, and more restraint in the face of earthly pleasures.

Over the years, however, resolutions seem to have migrated from denying physical indulgences to general self-improvement, like losing weight. While it may seem superficial, medical sociologist Natalie Boero of San Jose State University suggests that today's resolutions are also a reflection of status, financial wealth, responsibility, and self-discipline—which isn't that different from how the New Year's resolution tradition began.

See the difference:

Resolutions From 1947 - Gallup Poll

1. Improve my disposition, be more understanding, control my temper
2. Improve my character, live a better life
3. Stop smoking, smoke less
4. Save more money
5. Stop drinking, drink less
6. Be more religious, go to church more often
7. Be more efficient and do a better job
8. Take better care of my health
9. Take a greater part in home life
10. Lose (or gain) weight

Today's Resolutions

1. Lose weight
2. Get organized
3. Spend less, save more
4. Enjoy life to the fullest
5. Stay fit and healthy
6. Learn something exciting
7. Quit smoking
8. Help others fulfill their dreams
9. Fall in love
10. Spend more time with family

Sharing a story....

by Alice Nichol

My family and I are very thankful for the blessings and memories of 2023. I especially will cherish the Carnival cruise my granddaughter Briana Reagon and I took with Anna Vann in October. Anna's Aunt Romana from Miami was celebrating her 90th birthday. Family and friends from the Us and Italy came to celebrate! Nightly around the table we gathered for dinner as family. Bree and I spoke no Italian, but we were family with hugs and smiles the whole time. I was in my glory just to be "Italian", to go back in memory of the "good old days" with my ancestors, such as- Bree was asked about her marital status as there were sons to marry. I am a "pure bred", Bree only part Italian. But we were all Italian around that table, everyone talking at the same time but some how we heard it all. I am sure Anna's husband Mike thought we were all crazy at times, but he fit right in too. Last February at Mt Carmel , I celebrated my birthday at mass with family. Anna announced the cruise at the breakfast. Bree said, "Grandma I'd like to go". It was the best decision we made. Besides, I was impressed with the way Anna managed everything and everyone. She can "herd cats"!

Congratulations!!!!

By Anna Vann



Congrats to our fellow member, Mike Gabriel.

His son, Mike D. Gabriel, is the Head Football Coach for Holy Family High School. This year, he took the team to the state championship for 3A title against Lutheran High School. Mike Sr. is the current Offensive Line Coach, and he was Head Coach for the Holy Family team that won the championship almost 20 years ago in 2005. Currently his grandson is the leading running back for the Tigers also. Three generations for this football legacy! Check out the article [online!](#)

Espresso Martini Mocktail , from LeAnne DiTirro

- 4 oz. espresso
- 2 oz. heavy whipping cream
- 2 oz. simple syrup
- ¼ teaspoon vanilla extract
- Pinch of salt
- Cocoa powder to rim the glass
- Coffee beans for garnish



Chasing the Fountain of Youth

By Ellie Gaccetta

I recently went to Florida with three nieces who are much younger than me. Remember, I spend an hour three days a week in the gym and walk on my “off days.” Although I proved to myself and them that I can still keep up, trudging for hours through ankle deep white sand beaches, hauling beach bags and chairs strapped on my back while running from thunder and lightning back to the car, walking for hours in heels on cobblestones in quaint towns in and out of ridiculously expensive boutiques, and stairs, lots of stairs. After returning home it is no secret that my hips weren’t happy with my unending sprint in the sun. But it was fun, beautiful and who doesn’t want to be with younger family members?

I hate aging just like everyone else. We live in a world where we are continuously bombarded with the notion that we should look for the magical potion to regain our youth. It is one thing to try to remain youthful, but another to search for ways to turn back the clock. The open market is full of thousands of “anti-aging” products from vitamins to beauty products. If you have the money, you can spend thousands of dollars on lotions, creams, and serums to have beautiful, supple, and ageless skin. You can see a plastic surgeon to ensure your wrinkles stay ironed out and your muffin top belly is flat. You can get growth hormone shots to inject whatever it is they inject into your fanny to make you think you’re still 25. Unlike our ancestors, we are not a society that wants to age gracefully. What is the definition of aging gracefully anyway? I am not particularly interested in knowing that answer. I have an eye-opener for you, this notion isn’t new. People have been searching for an anti-aging secret since biblical times. Moses was believed to have discovered the fountain of youth and the Book of Exodus 38 refers to it as well. Ponce DeLeon was searching for the fountain of youth in 1513 when he hit Florida. Recently, I read an article in The Guardian about a man in England, Brian Johnson, who spends \$2Million a year on an intensive regime designed to reduce his biological age from 45 to 18. The guy isn’t 50. I can’t imagine what a basket case he’ll be at age 70 if he isn’t successful now. He recently made international headlines for injecting himself with his 17-year-old son’s plasma, after studies in mice showed young blood can rejuvenate old tissue. We don’t know the particulars or number of subjects in this study. We do know that old mice and young ones were stitched together to share a single circulatory system. Within five weeks the blood from the younger mouse had restored muscle and liver cells and enhanced the older one. Conversely, in the study, the young mice who were exposed to older blood had reduced growths. Not really a win-win. In 1956 69 pairs of rats were involved in a similar experiment. The scientists found if the rats did not adjust to each other, one would chew the head off the other, 11 pairs died within two weeks, probably due to tissue rejection. The remaining pairs showed similar results to the study in England. We don’t know the outcome of Mr. Johnson’s experiment with his son’s blood, but I will keep my researching eyes out for it. If he is not successful, you can bet he will keep spending copious amounts of money to reduce his biological age.

There is some good news for those of us who endeavor to remain healthy. While we can’t really turn back the clock, researchers have created an evidence-based plan for how to live longer: don’t smoke, don’t drink too much, eat a diverse and balanced diet, avoid ultra-processed foods, and try to move each day even if you’re just walking. Add to that initiatives to maintain muscle mass and stay socially active. Loneliness, especially for people over 50, has increased risks of dementia, heart disease, stroke, and premature death. Medicine may some day provide the “cure” for the biological effects of aging. Until then, the answers to living well as we age can be found in public health research. Bear in mind that while getting old may seem like a negative, it is ultimately a marker of the success that we are growing older as a species. Remember in 1841 life expectancy was roughly 40 years old. Forty wasn’t midlife, it was life. So, if you have another birthday coming up, celebrate it and all that come afterwards.

OSDIA met with the Executive Producer and crew of the Cabrini movie – From National

OSDIA National President Michael Polo, Executive Director Shayla Kaestle, and Public Affairs and Business Development Manager Joana Bala, met on December 19 with Executive Producer Eustace Wolfington to discuss the promotion of the Cabrini movie.

The autobiographic film details the life of famed Roman Catholic missionary and future saint Francesca Cabrini. The film will be released on March 8, 2024.

Stay tuned for more information about a member-exclusive behind the scenes peek of the movie!

[Electronic Readers view the Trailer](#)





Enjoy a Spaghetti Dinner at the Sons & Daughters of Italy

**Saturday, January 27, 2024
12 to 6 PM**

5925 W 32nd Ave, Wheat Ridge, CO 80212



Dinner includes...

Pasta, meatball, sausage, salad, bread, dessert and wine for dine-in or beverage of your choice!

Come dine in or pick up a “to go”!

\$12 for Adults and

\$8 for Children (4 to 12)

**Stop by the
Bake Sale**



Dry January*from LeAnne DiTirro*

1. You save money! That is always in win in my book.
2. You get a chance to reexamine your relationship with Alcohol. This is a great time to realize that you are a fun person even if you don't have a drink.
3. You might lose weight (my wedding band is already loose after 4 days).
4. You sleep better when you aren't drinking. So much better.
5. You have more energy. Seriously, we all know that alcohols is a depressant. It isn't exactly an energy drink either.
6. Skin improves. I'm really banking on this one.
7. Productivity increase, See #5 and #8. More energy and no hangovers is the perfect combination for productivity.
8. You have a chance to try new things because you have extra time where you would have been drinking.

**Swiss Steak Recipe, from our very own Kathy Holt**

This delicious recipe with slow-braised beef in tomatoes and vegetables is the best comfort food. Serves 4

- 2 pounds of boneless lean chuck steaks
- 1 cup all-purpose flour
- ½ teaspoon garlic powder
- 3 tablespoons olive oil
- 2 yellow onions peeled and thickly sliced
- 5 ribs of celery thickly sliced
- 1 large peeled carrot thickly sliced
- 4 finely minced garlic cloves
- 1 ½ cups good beef stock (I use Better than Bouillon)
- 1 28 ounce can whole peeled Manzano tomatoes, drained of juice
- 1 tablespoon tomato paste
- 1 tablespoon Worcestershire
- 1 teaspoon dried oregano
- Kosher salt and fresh cracked pepper
- ¼ cup chopped parsley



Preheat oven to 325.

Cut the steaks into 4 individual pieces that are roughly 8 ounces each. Place the steaks into a plastic zip bag and pound using a mallet until it is about a ¼" to ½" thick. Take out of bag and generously season on both sides with salt and pepper.

In a wide shallow bowl mix together the flour, garlic powder and some more salt and pepper.

Dredge the steak on both sides and place them on a plate.

Heat the oil in a large 6-quart Dutch oven over high heat until it begins to smoke lightly.

Add the steak, turn the heat down to medium, and sear for 3 to 4 minutes per side or until well browned on both sides. *You need to do this in batches, so they brown and not steam.* Set the steaks back on the plate.

Add the onions to the pot and lightly caramelize over low heat for 25 to 30 minutes while occasionally stirring.

Once the onions are caramelized, add in the celery and carrots and sauté for medium heat for 3 to 4 minutes or until they begin too lightly brown. Stir in the garlic and cook for 30 to 45 seconds or until just fragrant. Season with vegetables with some salt.

Deglaze pot with the beef stock then add in the tomatoes and tomato paste. Season with Worcestershire sauce, oregano, and more salt, and pepper. Add the steak back into the pot and cover. Cook it in the oven, covered at 325° for 2 ½ to 3 hours until tender.

(Check after 2 hours). *For a thicker tomato gravy, after cooking, remove beef from the pot, and combine 1 tablespoon cornstarch with 1 tablespoon water to make a slurry. Bring liquid in the pot to a boil. Stir in cornstarch slurry and stir until thickened. Return beef to pot.* Garnish with the parsley.



Please Join Us at the Denver Lodge for These Events

HAPPY NEW YEAR!!!!

January / Gennaio

January 17th, Business Meeting, Dinner at 6:15, Meeting to follow

January 15th – Martin Luther King Jr. Day

January 27th – Spaghetti Dinner – *see page 6 for advertisement*

February / Febbraio

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

February 19th – President's Day

February 21st – Social Meeting

February 24th – Sadie Hawkins Dance

Contact Us

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

**303-238-8055
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