



LA PAROLA

Bringing You Information About the Denver Lodge Since 1958

July / Luglio 2024

Brothers and Sisters,

This past weekend the Lodge hosted the 49th Annual Joe Cianco Memorial Golf Tournament! Over 70 golfers enjoyed a beautiful day on the Golf Course then we all headed back to the Lodge for a delicious Italian lunch. A BIG thank you to Pam Wright, her extended family and all the volunteers who made it all possible! All proceeds benefited the DeAngelis Foundation.

Election season is coming up, and not just for a USA President. October and November is our election season! If you are interested in holding an office or learning more about the process, please see a current officer or come to the July meeting to get more information.

See you all on Wednesday July 17th, this is our Salute to Summer meeting! Burgers, Dogs, Watermelon and Apple Pie!

MANGIA BENE, RIDI SPESSO, AMA MOLTO! Fraternally Yours, President Sal



Keeping up with ALL the Community Events

Summer Bazaars are events for people of all ages. There is something to do at each of these events for any age bracket! There are all sorts of great food choices – some favorites with sausage sandwiches and pizza frita...along with meatball sandwiches and roast beef sandwiches. Again – plenty of yummy food choices!

Notice this was sent from Our Lady of Mt. Carmel....and their Bazaar is only a couple weeks away! Mark your calendars for July 20th and 21st !!!

What you may not know is many of these bazaars are held to supplement income and keep the doors for some of these organizations open – so your support is welcomed with open arms!

For those who are new to our Sons & Daughters Organization, we share information for not only these organizations, but our sister organizations of Italian American Business Association (IABA), Italians of America (IOA), The Potenza Lodge, The Dante Alighieri, Trentini and Fiori which is mostly a bocce club as well as Our Lady of Mount Carmel Men's Club and Altar and Rosary. If you would like to have an organization added to the monthly distribution of information out to Rita DeFrange at ritadefrange@gmail.com



LOCAL BAZAARS 2024	
HOLY ROSARY 4488 PEARL ST DENVER	AUGUST 18TH
RISEN CHRIST 3840 S MONACO PARK, DENVER	AUGUST 18TH, 12PM-3PM
ST. ROCCO 1700 W 88TH AVE DENVER	AUGUST 16TH & 17TH, 5PM-10PM AUGUST 18TH, 4PM-9PM
ST. PIUS X 13870 E 13TH PL AURORA	AUGUST 22ND, 4:30PM-10PM
GUARDIAN ANGELS 1843 W 32ND AVE DENVER	AUGUST 24TH, AFTER 4PM MASS (MOVIE NIGHT: "A GOOFY MOVIE")
ST. JOSEPH POLISH 517 S 46TH AVE DENVER	AUGUST 24TH AUGUST 25TH
ST. RAFAEL MARONITE 2011 WADSWORTH BLVD LAKESWOOD	SEPTEMBER 14TH, 11AM-10PM
ASSUMPTION 2341 E 78TH AVE DENVER	SEPTEMBER 13TH-15TH

LIST BROUGHT TO YOU BY

OUR LADY OF MOUNT CARMEL
HISTORIC ITALIAN CATHOLIC CHURCH OF DENVER
1641 Nevada Avenue, Denver, CO 80202
917.447.1111 www.ourladyofmountcarmel.org

2024 SUMMER BAZAARS

La Parola

July / Luglio 2024

Pam Wright, Anna Vann, Sal Siraguse ,
LeAnne DiTirro, , Eleanor Gaccetta,
Kathy Holt, Beverly Mendicello and Dr. Rita DeFrang

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.

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

John Callor
Callor95@gmail.com

Financial Secretary

Dr. Rita DeFrang
ritadefrange@gmail.com

Guard

TJ Henderson
TJHenderson435@hotmail.com

Chaplain

Barb Pietrafeso

Historian- Open

Trustee

Susan Giamarvo
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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 DeFrang

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

Thank you all for catching up with your dues! We are looking for assistance to keep up with membership generally so if anyone is interested in leading the committee – please reach out to Anna Vann!

Stay tuned for membership installation which will occur later this summer! Until then – thank you all for being part of the Sons & Daughters community!



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.



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.



Upcoming Events – Mark Your Calendars! *Submitted by Dr. Rita DeFrango***July 4th** - Independence Day (Thursday)**July 7th** - Sons & Daughters of Italy Golf Tournament**July 20th and 21st** - Annual Mt. Carmel Bazaar**July 21st** - Automezzi XXXIVClear Creek Valley Park (Arvada), www.AutomezziColorado.com**July 27th** - Italians of America Car Show at Leprino Foods**August 4th** - Prima, Potenza**August 10th** - Cornhole Tournament sponsored by Altar & Rosary**August 16th, 17th and 18th** - St. Rocco's, Potenza Lodge**August TBD** - Culinary Experience (Dante)**August 24th** - Mt. Carmel Men's Club Golf Tournament**Finding Balance and The Drunken Monkey Syndrome** *from our own Ellie Gaccetta*

The pervasive negativity that swirls around us daily results in stress and anxiety. We combat those feelings with self-care. Recently, I wrote a blog for my website (www.onecaregiversjourney.com) about The Drunken Monkey Syndrome. Simply put the drunken monkey is the one who swings from branch to branch idly with no purpose. That is what happens when a million competing thoughts are going through your head simultaneously. If you're awake your stomach churns and if you're in bed, sleep doesn't come.

I spent nearly ten years being a sole caregiver for my mother. My book, *One Caregiver's Journey*, is a snapshot into the realities of the challenges and changes of being a sole caregiver. I'd scoff when someone would say "you need to take care of yourself." I balked at the notion that caregivers need to take care of themselves. I suppose this is primarily because I was isolated with no help, and I did not have the luxury of social media to log complaints or receive advice from strangers. I was laser focused on the task at hand. As the years went on, I became more aware of the need to ensure I could regain perspective and recharge from some very trying times. I found fatigue and feeling burned out become a way of life and eventually I recognized the benefits of self-care as I continued being a sole caregiver. This is known as "finding balance" and I learned the importance of balancing stress with serenity.

When anxious thoughts control your daily life and "what if" worries and worst-case scenarios control your mind, you're out of balance. These mind games can take a toll on your emotional and physical health, sapping all your strength. That's when your mind goes on a rampage like the monkey swinging from branch to branch. Finding balance can be as easy as stepping outside for a few minutes to breathe in the outdoor air and clear your head. The outdoors offers beauty of the changing seasons, summer flowers, winter snow, or just a few moments of quiet and calm. Some people pray or meditate, some read. That's all it takes to regain your strength and dedication to whatever the task at hand might be. As a sole caregiver I could not leave to go out to dinner or visit someone to shift my thought patterns. I had to find balance at home.

In today's constant barrage of hate, anger, and negativity we all can benefit from self-care. Here are a few other ways to eliminate frustration and self-pity and slay the drunken monkey syndrome. **1.** Practice deep breathing exercises to lessen pressure or stress. Try to take a deep breath for 8 counts, hold it for eight counts, and release it for eight counts. Do this several times and notice how you've relaxed. **2.** Some people eat junk food when they're stressed, and others don't eat at all. Neither is good. Consume a healthy diet to supply fuel and energy. **3.** Many people bring their cellphones to bed and check messages, news, or surf the net during the night. Unplug from technology before bed, make time to relax, and tune in to your emotions. **4.** Incorporate yoga, meditation, or Tai Chi in your daily routine to connect your mind and body. Learning the benefits of the discipline of eastern relaxation techniques is invaluable. They also benefit flexibility and balance, which is important as we grow older. **5.** Get enough sleep – nothing nourishes the soul and body like restful sleep. **6.** Make time for hobbies or a side hustle that gives you purpose. Many side hustles can be done from the comfort of your home. **6.** The last two pieces of advice I have are 1) don't be hard on yourself, and 2) know you are not alone. Everybody encounters stress, fatigue, and anxiety. We all will need to find balance through self-care.



Smoked Salmon Dip *from the kitchen of Kathy Holt*

This smoked salmon dip is delicious on crackers or bagel chips

6 ounces cream cheese, at room temperature
 1 cup sour cream
 1 1/2 tablespoon freshly squeezed lemon juice
 1 tablespoon minced fresh dill
 1 1/2 teaspoon prepared horseradish, drained
 1/2 teaspoon kosher salt
 1/4 teaspoon freshly ground black pepper

4 ounces smoked salmon, (Norwegian is best) chopped fine

Cream the cheese until just smooth. Add the sour cream, lemon juice, dill, horseradish, salt, and pepper, and mix. Add the smoked salmon and mix well. Chill several hours.



Make ahead: This dip can be made a few days ahead of time. However, it gets quite firm in the fridge so let it sit out at room temperature before serving.

July Trivia

from Beverly Mendicello

What three flavors make up Neapolitan ice cream?

Vanilla, chocolate, and strawberry

What was the leading ice cream brand sold in the U.S. in 2022?

Ben & Jerry's

What is the Italian word for ice cream?

Gelato

What is the difference between ice cream and gelato?



Answer: Ice cream is made with cream, and usually has a fat content of at least 10%. Gelato is made with less cream than ice cream, giving it a lower fat content. Ice cream is churned at a high speed and has a high air content, which gives it a lighter, fluffier texture. Gelato is churned at a slower speed and has less air incorporated, which gives it a denser, more velvety texture.

How tall was the tallest ice cream cone? 9 ft

What is the difference between sorbet and sherbet?

Answer: Sorbet is made without any dairy products, while sherbet is made with a small amount of dairy, usually in the form of milk or cream. As a result, sorbet has a smooth, icy texture, similar to a frozen fruit juice or slushie, while sherbet has a slightly creamier texture.

Which Vermont ice cream company, sold to Unilever in 2000, donates its ice cream waste to local farmers to feed their hogs?

Answer: Ben & Jerry's.

Malibu Bay Breeze

from LeAnne DiTirro

Malibu bay breeze is a delicious and easy drink made with only 3 ingredients: Malibu (coconut rum), pineapple juice, and cranberry juice. It's sweet, fruity, and very refreshing!

1 part Malibu, 1 part pineapple juice, and 1 part cranberry juice over ice cubes



2024 Sons & Daughters Anniversary Dinner Dance By Dr. Rita DeFrango

Every year the Sons & Daughters of Italy celebrate their “anniversary” with an evening of good food, good music and being surrounded by family and friends. This year we had over 160 in attendance and “Two’s Company” was our entertainment and the food was prepared by Lisa Lokken.

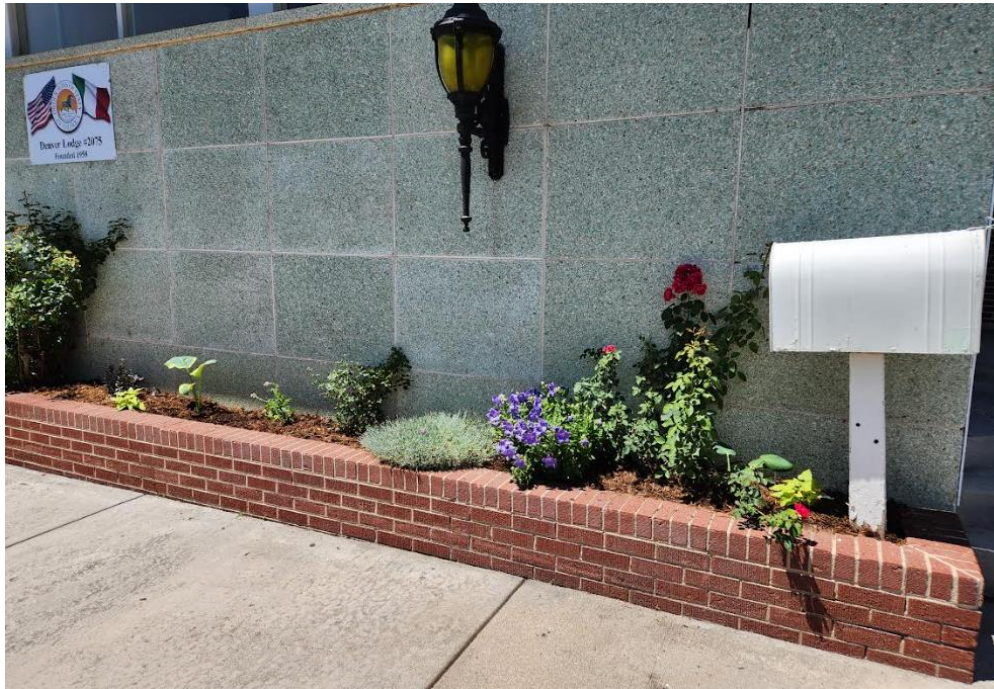
Photo 1 to the right, “Presidents” – Dominic, Pam, Sal, Mario (founder) and John (Grand Lodge President). Photo 2 – QUEENS...yes, we had (left to right) Lorretta Warne, Anna Maria Cerrone, Anna Vann, Joey Regan, and Tami LoSasso. Photo 3 are our AWESOME Bartenders – LeAnne & Danny.



The Front Flower Bed gets a Facelift!

Over the past three years many of our members have joined the spring clean-up teams to work on our lawn, trim trees and shrubs, weed, all to make our building look great. We have replaced the sign on the front of the building along with the sign on the building in the circle. Well – this past weekend a few of us got together and planned out an update to our front flower-bed. The hope is the use of perennials will cut down on maintenance and keep our bed flowering throughout the spring and summer.

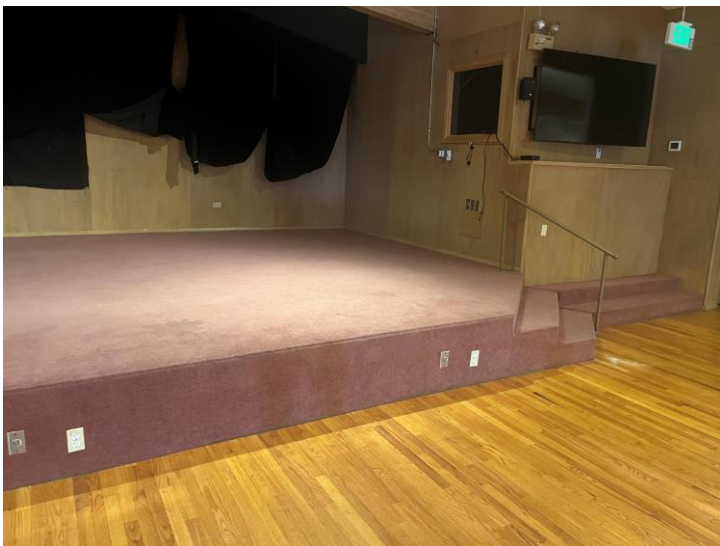
Next up...our front steps and finishing our garden area behind the bocce courts!



If any member knows of someone or has a family member who can provide us a quote for a new cement or dry laid paver front entrance have them reach out to anyone on the council (see page 2 for contact information.)

More improvements....our front stage!

A few months ago, the Sons & Daughters Council came to you to request \$3000 to replace the carpet on our stage. You, our membership, approved the expenditure and we pulled the trigger using Carpet Innovations! Our very own John Callor replaced the outlets on the front of the stage and now our stage has a new look. A few of us are going to take an afternoon to hem the curtains to polish the look of our updated stage. See the before and during pictures below....and come to the July 17th meeting to see the final product!



Dinner Club, from Sal Siraguse

Anyone interested in a Dinner Club? Once a month, we get a group together to have dinner at a local restaurant. 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





12th Annual
Sons & Daughters of Italy



Car Show

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

Prizes



Food

Saturday September 7

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



Please Join Us at the Denver Lodge for These Events

July / Luglio

July 4th – Happy Independence Day!

July 17th – Social Meeting

July 20th/21st – Mt. Carmel Annual Bazaar

July 27th – IOA Car Show

August / Agosto

August 10th – Carnation Parade and the Altar & Rosary Cornhole Tourney

August 21st – Social Meeting

August 23rd through September 2 – Colorado State Fair!

See page 3 for additional events throughout the community!

Contact Us

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