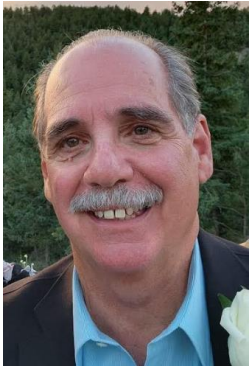




LA PAROLA

Bringing You Information About the Denver Lodge Since 1958

June / Giugno 2023



Brothers and Sisters,

I want to take this opportunity to thank all the members who took time out of their weekends to help us get some work done in the kitchen. On Sunday June 21st, we moved EVERYTHING out of the kitchen to prepare for a thorough cleaning and a new floor. On the following Saturday we moved everything back into the kitchen. The new floor looks great! And we also got our new oven installed! Next time you're at the hall, be sure to come on back and take a look!!

I do hope you were able to come to our 65th Anniversary Dinner and Dance! The dinner was great, and everyone had a great time. Special thanks to our planning committee and Russ Canino who provided the entertainment!

On June 2nd and 3rd, a group of Denver Delegates headed down to Canon City for the Sons and Daughters of Italy Grand Lodge State Convention. The convention is held every 2 years and is hosted by different lodges throughout the state. Denver hosted in 2021. Lots of great information was shared with a members from around the state. We will have a report at the next General Meeting on Wednesday June 21st!

Take care and God Bless!
Fraternally Yours, President Sal



Sons & Daughters 65th Annual Anniversary Celebration

Dear Brothers and Sisters,

Our Anniversary Dinner was a complete success! From the decorations (thank you committee!), to the food (Thanks to Lisa Lokken from our sister organization of Potenza) through the music provided by Russ Canino. If you were unable to attend...you need to get this on your calendar for next year, since this year was a blast! Pictures below are of the charter members with President Sal (Anna's uncles), and the Queen's Anna and Loretta....other pictures are from the evening!



La Parola

June / Giugno 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
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Orator & Past President

Pam Wright
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Recording Secretary

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Treasurer

Open

Financial Secretary

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Chaplain

Barbara Pietrafeso

Trustee

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Trustee

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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
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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 PAST DUE! If you have not paid your dues yet for 2023, please do so immediately. Dues are due in January each year and we allow you pay them by March 31st. A lot of you were expecting a dues notice letter in the mail, but due to the high cost and a waste of time and paper, it was agreed to post the dues reminder in the newsletter each month. Most of you have already paid your dues for 2023 and we are grateful for your payment. If it slipped your mind, no problem. Please get your dues to us as soon as you can to avoid your membership being revoked. You don't want that to happen! We have too much fun around here!! Thanking you in advance for your prompt attention to the request! Make your check payable to OSDIA 2075 and send it to 5925 W. 32nd Avenue, Wheat Ridge, CO 80212. Or contact Anna Vann at (303-618-8023 or email) if you wish to pay by credit card (there's a \$3 processing fee for this). 3rd option is to bring it to the May General Meeting on the 17th. 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

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 to our new members !

Welcome new members from 2023!

Welcome Alex Beale, Allan Durkin, Kimberly Jepson, Sean Naughton, and Mary Kimball!

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!



...And speaking of past scholarship recipients....By Robert Giusto

Past scholarship recipient Emiliana Capra has continued her pursuit of academic excellence. Enrolled at the University of Wyoming, she has maintained a grade point average in the neighborhood of 4.0 while majoring in Molecular Biology. She has been involved in Christian ministries as well as Greek Life, where she is the marketing director for her sorority. Recently they held a successful fundraiser for the Make-A-Wish foundation. Wyoming seems to be a good fit for our young scholar, and we wish her continued success.



Using Social Media for Marketing

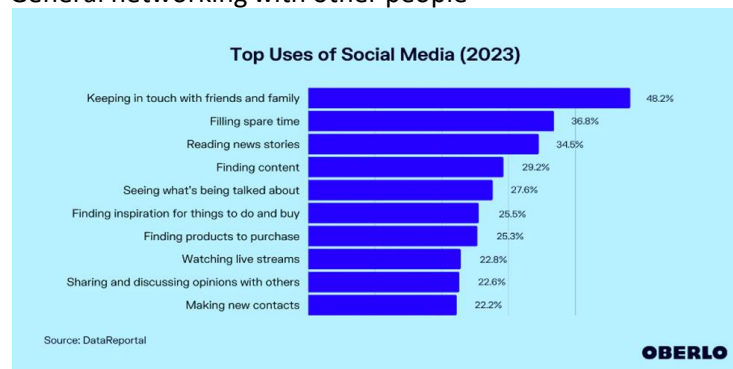
By Dr. Rita DeFrango

At our Grand Lodge Convention, I was privileged to be asked to run a breakout session on Social Media uses for Marketing. We discussed the following main three points – but I am always open to hear what any member thinks on the topic!

1. Answering the question "what social media do you use?", "why do you use it?"

Stats...

- Stay up to date with news and current events,
- Find funny content, fill up spare time,
- Stay in touch with family and friends share pictures
- Research products to buy
- General networking with other people



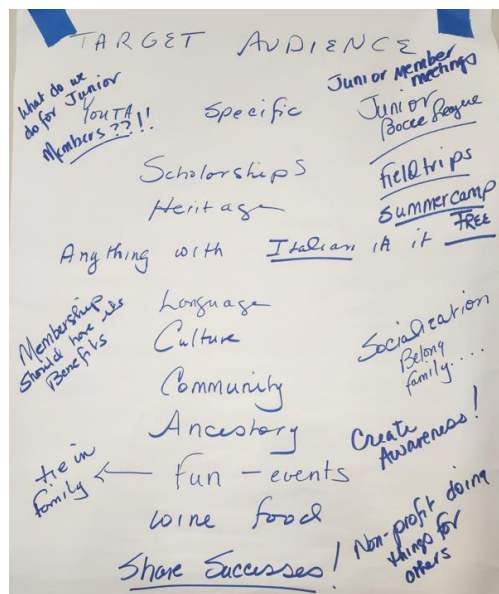
For those who would like to learn more here is a [link](#) to an introduction about social media.

2. What are your concerns about using social media?

Security, identity stolen, stalking...lots of ugly stuff! For anyone who would like to learn more about "securing" your identity, communications etc. see this [Social Media Guide](#).

3. Finally, we talked a bit about what catches your eye with advertising, we discussed the use of keywords, phrases and sentences and ensuring our websites have this logic built in.

We captured everything on our poster (see to the left)



Organization Events...in and around the community!*from Dr. Rita DeFrango***June****June 2nd** - Altar & Rosary is sponsoring a Ladies meet and greet at Mt. Carmel**June 4th** - Prima Domenica, Silver Cross Awarded**June 5th** - Sons & Daughters Bocce League Starts**June 10th** - **Rock-A-Belly**, Food for Thought - tickets on sale now!**June 14th** - IABA Meeting at the Sons of Italy and playing Bocce**June 24th** - Mt. Carmel Men's Golf Tournament (*see flyer*)**June 25th** - All Club Picnic**July****July 2nd** - Prima Domenica (Mauro Family Sponsor)**July 15th/16th** - Mt. Carmel Church Annual Bazaar**July 16th** Automezzi, Anderson Park in Wheat Ridge - benefitting Caruso Family Charities**July 23rd** - Sons Scholarship Golf Tourney (Highland Hills)**July 28th/29th/30th** - Assumption Bazaar**July 29th** - IOA Red Lion Car Show at Leprino's on 38th 10am-3pm**July 29th** - Italian Night at the Rockies - 6:10 game**Get out and about!****Its Summer...get moving!!!! From our very own Ellie Gaccetta**

Summer is finally here. The snow is but a cold memory and summer rain showers can be a good thing. Summer is the time for getting outdoors and enjoying all the beauty that surrounds us. Unlike winter when everything turns brown, the summer offers green grass, colorful flowers, and bountiful gardens. My mother would always say she hated winter because as you drove down the street you could see everyone's junk in their backyard. The green leaves of trees and shrubs conceal it in the summer!

As you know by now, I have a passion for staying healthy. Everyone should be passionate about something, maybe crafts, gardening, reading, jazz, sports, travel, or music. They bring meaning and purpose to our lives. There are countless websites that offer many resources for exploring things you care about and finding new ways to enjoy them. If you like to work out, you don't need a gym membership. There are many online videos covering all levels of fitness. You can opt to just go for a walk every day around your neighborhood or go to a park or walking trail. All you need is good shoes, water, and a walking stick if you need some support. If you can't crank out 30 minutes a day, then do what you can because motion is lotion for our aging bodies.

Do you like to cook or bake? Focus on learning about new foods. There is no fast rule that you should make an entire meal. Pick a breakfast or lunch option, prepare some snacks or even double up on desserts by freezing one. Summer fruits offer so many different options. Eat your fruit raw, cook it, put it in a pie, or freeze it for a hot summer day. On a recent vacation the frozen grapes were a refreshing hit by the pool. Many farms offer the opportunity to stroll through the fields and pick your own vegetables or fruit. How about a farm to table dinner option? There are many such events to choose from in Colorado. Denver, Boulder, and Parker are the sites of some great farm to table dinner options. If you want to drive, the wineries on the western slope offer other delicious options other than wine tasting. Sound like a lot to do? Well, plan ahead and make a date with your friends. Get out while the weather cooperates.

If you make it to the weekend from a busy work week, well take some time to chill. Catch your breath on the patio or in the park by just sitting and reveling in God's beauty around you. This improves the symptoms of anxiety or depression as well as allowing us to concentrate to solve problems. Count your blessings. I always say gratitude is the new attitude. Gratitude cultivates optimism and a happy mindset for the future. There is always something to be thankful for in our lives. My final bit of advice is this; turn off your electronics. Turn off the television, smartphone, computer, and other electronics. Let your mind relax and reduce stimulation from all those thoughts. We rest better when we don't have a million competing thoughts running through our mind simultaneously. This is known as The Drunken Monkey Syndrome – our thoughts are like the monkey swinging from branch to branch in the trees. We all get it from time to time.

These are a few things we can do today and now to make a better tomorrow for ourselves and the world we live in. Don't you want to be happier, healthier, and more alive? Well, get up, get out, get grateful, get eating and get smarter. It's summer – we got this!



Scholarship

by Robert Guisto

The May general meeting at the lodge was held to honor our 2023 scholarship recipients, and a wonderful evening it was. This year the Denver Lodge awarded two scholarships to very deserving high school seniors, Lorenzo Giovanetti and Michael LoSasso, both from Lakewood High School.

Giovanetti attended the ceremony and dinner along with his family: parents Carmela and Brian, and his brother Antonio. If the name sounds familiar it is because Antonio was awarded a scholarship in 2020 and their sister, Maria, was awarded one in 2015.

Academic excellence obviously runs in the family, and Lorenzo, a National Honor Society member, graduates from LHS ranked first in a class of 498 students. He garnered a 4.83 grade point average while acing a slew of Advanced Placement classes. He also earned Academic All-State distinction in soccer and track and field and led his Premier League soccer team to a second-place ranking for all of Colorado. Lorenzo will be attending the University of Alabama in the fall, where he plans to major in Finance, and, possibly, Actuarial Science.

Our second scholarship recipient is Michael LoSasso. Once again, we have a young man following in his sibling's footsteps, as his brother, Peter, earned a Denver Lodge scholarship in 2019. Michael transferred to Lakewood after three years at Pomona, and in the span of that one year as a tiger he certainly had a tremendous impact on the theater program. Including a 3.6 grade point average academically, Michael immersed himself in all things related to the stage: he worked the tech crew, he got behind the camera and shot footage, and he also lit up the stage with a rousing performance as Nostradamus in the musical, "Rotten Tomatoes." With a family immersed in theatre, Michael will continue to pursue his dreams of a life in films when he attends the Colorado Film School in the fall.

Michael and his family were participating in the Bobby G Thespian Awards extravaganza at the Ellie Caulkins Opera House, and therefore they could not attend the scholarship banquet in May, but they will be present at the June meeting in order to celebrate his accomplishments in person. Both Lorenzo and Michael are young men who represent their generation, their schools, themselves, and their families with great accomplishment and character, and we wish them the best of luck as they continue to pursue their dreams. A special thanks goes out to the lodge council, our officers, Pam Wright, and all who support the lodge events that help fund the scholarship programs. See you in June!



Lorenzo Giovanetti
Lakewood High School
University of Alabama



Michael LoSasso
Lakewood High School
Colorado Film School



June TRIVIA from Beverly Mendicello Hummingbirds are back!

A hummingbird's brilliant throat color is not caused by feather pigmentation, but rather by iridescence in the arrangement of the feathers. Light level, moisture, angle of viewing, wear and tear, and other factors all influence just how bright and colorful the throat may appear. Hummingbirds cannot walk or hop, though their feet can be used to scoot sideways while they are perched. These birds have evolved smaller feet to be lighter for efficient flying. Hummingbirds have no sense of smell but have a very keen eyesight. They lay the smallest eggs of all birds; in fact, the egg is smaller than a jellybean. They feed five to eight times an hour on nectar, small insects and spiders. Of 300 species, only 17 hummingbird species regularly breed in the US, and nine species visit the country. There is a ton of information on the hummingbird – for more information go to www.thespruce.com



Kathy's recipe for Black Bean Dip! A great summer back yard appetizer!

- 1/4 cup extra virgin olive oil
- 2 small yellow onions, chopped
- 4 cloves garlic, peeled and chopped into large chunks
- 2 jalapeño peppers, seeded and chopped
- 2 (15.5 ounce) cans black beans, rinsed and drained
- 1-1/2 teaspoons salt
- 1/2 teaspoon ground cumin
- 2 tablespoons fresh lime juice, from one lime, plus more if desired
- 3 tablespoons water
- 1 T chipotle in adobe sauce
- 1/4 cup fresh chopped cilantro (omit if your guests do not like cilantro)

Heat the olive oil over medium heat in a small saucepan. Add the onions, garlic and jalapeño peppers and cook, stirring occasionally, until very soft, about ten minutes. Do not brown.

Transfer the cooked onion mixture to a blender or food processor and add the black beans, salt, cumin, lime juice, water, chipotle, and cilantro. Blend until smooth (if you are using a blender, you may need to stop and stir a few times to help it out). If the dip is too thick, add more water or lime juice, little by little, to thin it out. Taste and adjust seasoning, then transfer to a serving bowl. Serve warm, cold or room temperature with tortilla chips. Makes 3 cups

HAVE A HAPPY SUMMER from Ed Mendicello!

Happiness is synthetic, you either create it or you don't. The mistaken notion that major life events dictate our happiness and sadness is so prevalent that psychologists have a name for it: impact bias. The reality is; however, event-based happiness is fleeting. Happiness that lasts is earned through your habits. Supremely happy people have honed habits that maintain their happiness. Try out these 10 habits and see what they do for you.

1. Slow down to appreciate life's little pleasures. Happy people know how important it is to savor the taste of their meal, revel in the amazing conversation they just had, or even just step outside to take a deep breath of fresh air and admire God's beauty. 2. Exercise. Happy people schedule regular exercise and follow through on it because they know it pays huge dividends for their mood. 3. Spend money on other people. Research shows that spending money on other people makes you much happier than spending it on yourself. This is especially true of small things like buying your friend a book you know they will like. 4. Surround yourselves with the right people. Surround yourself with happy people because that will rub off on you. Hanging around negative people has the opposite effect. It's a downer. Distance yourself from negative people. 5. Stay positive. Bad things happen to everyone, including happy people. Instead of complaining about how things could have been, happy people reflect on everything they're grateful for. Then they find the best solution available to the problem, tackle it, and move on. Nothing fuels unhappiness quite like pessimism. The cure is—stay optimistic. 6. Get enough sleep. Happy people make sleep a priority because it makes them feel great and they know how lousy they feel when sleep deprived. Good sleep ensures that you wake up alert and clear-headed. Your energy, attention, and memory are all reduced when you don't get enough sleep. 7. Have deep conversations. Happy people know that happiness and substance go together. They avoid gossip, small talk, and judging others. Engagement with people at a deeper level not only feels good but builds an emotional connection and is an interesting way to learn. 8. Help others. Taking the time to help others not only makes them happy but makes you happy. A Harvard study showed that people who consistently provided social support were the most likely to be happy during times of high stress. If you are not overcommitting yourself, helping others is sure to have a positive influence on your mood. 9. Try to be happy. No one wakes up feeling happy every day and supremely happy people are no exception. They just work at it harder than anyone else. Happy people constantly evaluate their moods and make decisions with their happiness in mind. 10. Have a growth mindset. People's mindsets fall into one of two categories—a fixed mindset or a growth mindset. With a fixed mindset, you believe you are who you are, and you cannot change. People with a growth mindset believe that they can improve with effort. This makes them happier because they are better at handling difficulties.

They outperform those with a fixed mindset because they embrace challenges, treating them as opportunities. Happiness can be tough to maintain but investing in the right habits pays off. Adopting even a few of these happiness habits from this list will make a big difference. Have a happy summer.

(Content provided by Forbes Magazine)



Please Join Us at the Denver Lodge for These Events

June / Giugno

June 2/3rd Colorado State Convention

June 14th – [IABA](#) Meeting at the lodge, dinner and bocce

June 21st – General Meeting, Dinner at 6:15 PM, Social Meeting

Enjoy the Summer Solstice on June 21st

June 25th – All Club Picnic

July / Luglio

July 19th – General Meeting Dinner at 6:15

July 23rd - Annual Golf tournament, Hyland Hills

Contact Us

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