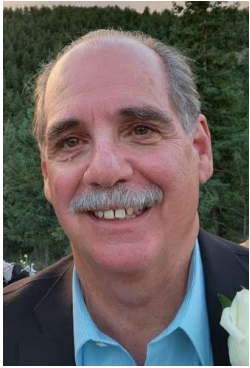




LA PAROLA

Bringing You Information About the Denver Lodge Since 1958

March / Marzo 2023



Brothers and Sisters,

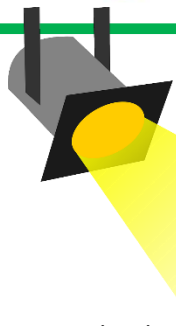
The Wednesday snow curse continued for an unprecedented 3rd month in a row. Our monthly General Meeting was canceled again in February, and we are holding our breath as we hope to hold a General Meeting on Wednesday March 15th, and finally be able to officially install our officers. Hope to see you all there!!

I hope you were able attend our Spaghetti Dinner and Bake Sale on Saturday February 18th. The day was very successful as we served Spaghetti, Meatballs and Sausage to over 330 people. A good time was had by all as the Lodge and the community came together for a wonderful Saturday afternoon!!

I also want to thank the many volunteers who helped make meatballs on Thursday and served the community on Saturday afternoon.

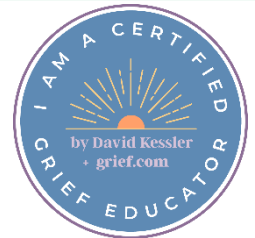
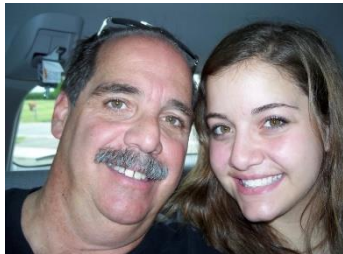
Don't forget to SAVE THE DATE, Saturday May 20th, as we celebrate 65 years as the Sons and Daughters of Italy, Denver Lodge 2075, with an Anniversary Dinner Dance!!

Take care and God Bless!
Fraternally Yours, President Sal



Grief

by Sal Siraguse



The dictionary defines Grief as Deep Sorrow, especially that caused by someone's death. We have all experienced grief at one time or another. Many of us have lost grandparents, parents, friends, a husband or a wife. And some like me, have lost a child.

Those of you that have known me for a while, know that I lost my daughter Savannah back in 2018. She was only 23 and it was without a doubt, the worst day of my life. I was lucky enough to have a great support system; my wife Rita, my son, my 3 sisters and numerous friends. While the support from those closest to me was helpful, the pain from that loss continues to sting. I decided I wanted to learn more about grief and the grieving process.

David Kessler is a world-renowned Grief expert and I follow him on a few social media platforms, Facebook and Instagram. I found out he was offering a 12-week online Grief Educator Program. It was a great way for me to learn more about my grief, and perhaps be a help to others who are going through the grieving process. I was able to turn my "Pain into Purpose". We learned about the different types of grief, releasing the burdens of guilt as well as how to be with others who are grieving. These are just a few of the subjects I learned about in this course. Upon completion of the course, I was now a Certified Grief Educator. I'm not a therapist, or a counselor, but I am able to help with the grieving process for you or someone you know that may need someone to talk to.

Death is a difficult subject to talk about, none of us know exactly what to say to someone that suffered a loss. If you or someone you know needs to talk about a loss, please let me know, or give them my contact information. I would be happy to help. Thanks for your time!



La Parola

March / Marzo 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
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Vice President

Patrick Lubrano
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Orator & Past President

Pam Wright
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Recording Secretary

Anna Vann
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Treasurer

Open

Financial Secretary

Dr. Rita DeFrangé
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Guard

TJ Henderson
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Chaplain

Barb Pietrafeso
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Chaplain

Barbara Pietrafeso

Trustee

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Trustee

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Trustee

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Trustee

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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 Due!! Dues for 2023 are due by March 31st. If you have not paid your dues yet this year, please do so or you risk your membership being cancelled. This year we can accept credit or debit cards as well as checks or cash. Dues for regular members are \$65. Lifetime members (member for 25+ years and over 85 years old) are \$25. Junior members (ages 8-17) are \$8. If you're not sure which category you fall into, please don't hesitate to contact me at 303-618-8023. Ciao-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

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

Welcome to our new members !

Welcome new members from 2023, Elaine Alfonso (reinstatement), Alexis Benz, Sarah Jylkka, and Flint Hansel (reinstatement).

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!

Do you have a vendor connection???

by Dr. Rita DeFrango



Over the past year the Denver Lodge has undergone some major and minor renovations. The Bar renovation done by Leann and Dan DiTirro, our emergency work coordinated by Patrick Lubrano, and soon a refresh to the kitchen coordinated by our own Hall Rental Queen – Anna Vann! In between many of you have donated your time to clean closets, wash dishes, construct shelving and much more.

As we look to continue our refresh work, as well as maintenance work we would like to come to our lodge members first...if you have a business or know of a business – plumbing, electrical, construction – you name it...get your name to Sal Siraguse, our Worthy President and we can start the list!

Scholarships....Apply Now!

On behalf of Bob Giusto

The Denver Lodge Scholarship Applications are now being accepted! Go to the website to download the [application](#). Applications are due in April.



February Trivia

from Beverly Mendicello

ULTIMATE CHEESE PICTURE QUIZ

NAME EACH CHEESE (1 POINT) AND THE COUNTRY IT COMES FROM (1 POINT)



1-



2-



3-



4-



5-



6-



7-



8-



9-



10-

www.beelovedcity.com

Orator's Corner

from Pam Wright

The State Convention will be held this year in Canon City on June 2nd & 3rd. Do to the unfortunate weather-related issues we have had on our meeting nights; we have not been able to hold an election for delegates. Therefore, I am requesting that anyone that would like to attend the convention as a delegate please contact me at 303-210-6277 or pcake@comcast.net. We will announce the nominees at our March meeting and hold an election at the same time. Denver Lodge is allowed 16 delegates. Sal Siraguse, Ed Mendicello, Barbara Pietrafeso, Anna Hunt, Anna Vann, Dominic LoSasso and myself are not eligible to be elected as they are state officers and are automatic delegates to the convention. These members/officers are in addition to our count of 16.



Organization Events...in and around the community!

from Dr. Rita DeFrango

March

March 4th - IABA Bravo Awards

March 5th, Prima Domenica - Italians of America Sponsor

March 11th, St. Patrick's Day Parade - Sons & Daughters

March 12th - Trentini Casino Bus Trip (*cancelled*)

March 15th - Mother Cabrini inducted

March 18th/19th - St. Joseph's Table, Mt. Carmel

March 18th - Trentini Bocce Tournament at the Sons & Daughters of Italy

April

April 2nd - Prima Domenica, Mt. Carmel Men's Club

April 16th - Altar & Rosary Meeting

April 29th - IOA Rodder's' Ball, held at the Sons & Daughters of Italy Lodge



Self-Care for Seniors by Ellie Gaccetta

March begins Lent with prayer and fasting. We're looking forward to the end of winter although March is the snowiest month of the year. We're most likely climbing walls with cabin fever to get back outdoors in the warm sunshine. Yes, we complain when it is hot but this winter has been a doozy. Seniors don't always think about self-care other than to ensure the throw rugs are gone so we don't trip and fall and break a hip or our neck.

Self-care is what the younger generations practice to stay healthy. Once you reach a certain age, you begin to feel that if you were an old car, they'd send you off to the car crusher. But we should be optimistic and energetic and by caring for ourselves we lower the risk of illness. I was sent to the YMCA three times a week to deal with an arthritic hip. Now I love it and there are many seniors working to take care of themselves. They often laugh and talk with each other as well and encourage each other to keep moving. The past few years have been a bumpy ride for Americans with the pandemic, inflation, and other stressors. Here are some tips for optimism.

1. Practice Gratitude. It is easy to get caught up in the daily grind. Train your brain to recognize positive rather than focusing on what is wrong or negative. Turn off the news and talking heads. Boost immunity, reduce depression and anxiety by being grateful.
2. Restore Body and Mind with Massage. I know it sounds crazy, but a professional massage has many benefits. It can relieve stress, tension, and muscle pain. It will relax your mind and body. It improves your immune functions and lowers blood pressure. It will reduce anxiety and help you to sleep better. Doesn't all of that sound good to you?
3. Daily Walks. Ok, so it isn't advised that you walk when there is ice on the paths and sidewalks. But a daily walk can clear your mind; help you lose weight; ease joint pain and boost immunity.
4. Get a Good Night's Sleep. Getting enough sleep is essential to maintaining good physical and mental health. There is nothing worse than tossing and turning all night and waking up more tired than when you went to bed. Sleep is the first key to the fountain of youth.
5. Join a Fitness Class. I might sound like a broken record but going to the gym a few times a week has many health benefits. Build muscle, stronger bones, and immunity from sickness. Can't go to the gym? There are senior fitness programs on television and online.
6. Perform Random Acts of Kindness. Kindness doesn't just benefit the recipient. When you are kind to others your actions also impact your mind and body. Goodness benefits all of us.

These tips for self-care can become a cornerstone to maintaining good health of mind and body for all of us regardless of your age. I have a sign in my kitchen that reads "In this kitchen, we Dance." During the pandemic I listened to exercise dance videos daily. It kept me active and my mind positive. The Sons of Italy practices social interaction which benefits all of us. Practice self-care this month and keep it up in the many months to come.





**Mark your Calendars!!!!
May 20th, the Sons & Daughters
will host a 65th Anniversary
Celebration!!**

If you'd like to be a part of the planning committee, please reach out to any of the Council Members or send an email to the lodge email address. We'd love your creativity and help with this special event.

The Godfather

from our own LeAnne DiTirro

Sweet and smoky, the Godfather cocktail is a drink you cannot refuse. With just two ingredients (well, three – there's an orange peel garnish) the recipe couldn't be simpler.

1. Fill a mixing glass 2/3 full of ice.
2. Add the scotch and amaretto and stir until well-chilled.
3. Strain into a rocks glass over fresh ice.

2 oz. blended scotch
or bourbon

¼ ounce amaretto



Mother Cabrini to be inducted into the Colorado Women's Hall of Fame

from Ed Mendicello

On March 15, 2023, St. Frances Cabrini will be inducted into the Colorado Women's Hall of Fame in a formal induction ceremony and celebration at the Sheraton Downtown Denver Hotel.

Mother Cabrini is receiving this prestigious award for her outstanding accomplishments as a champion of immigrants, children, and the poor. She was nominated by the Dante Alighieri Society of Denver, a Non-profit organization which promotes the Italian language and culture.

Mother Cabrini has a special connection to Colorado, as she established the first Mt. Carmel elementary school for children of Italian Immigrants in 1902. She was one of the leaders who raised funds to rebuild the Our Lady of Mt. Carmel Church building that is standing today, after the original structure was destroyed by fire. She also established an orphanage in 1904 and a summer camp for orphan girls in Golden in 1910 on the grounds of what is now the Mother Cabrini Shrine.

Tickets to the Gala are available at cogreatwomen.org.

Answers on the bottom of page 5. (1) Feta, Greece, (2) Roquefort, France, (3) Mozzarella, Italy, (4) Parmesan, Italy, (5) Brie, France, (6) Cheddar, England (UK), (7) Manchego, Spain, (8) Gouda, The Netherlands, (9) Gruyere, Switzerland and (10) Halloumi, Cyprus.



10 Pieces of Well-Worn Advice

by Ellie Gaccetta

A recent NPR article had 10 pieces of well-worn advice from therapists, career coaches, relationship experts and writers. Share them with your family.

1. 'There's more than one way to do something'

Remember there's always more than one way to accomplish something. So, look at every problem by asking how can I do this in a different way?

2. 'The hate will come at the same rate as the love'

There will always be people who are negative, angry, and hateful. Rather than negativity, try to navigate towards the people who are showing love, support and good energy.

3. 'Do smaller loads of laundry'

The number one piece of advice to college students is to do smaller loads of laundry. Your clothes will be cleaner.

4. 'Being vulnerable means taking off our armor'

Being vulnerable means putting yourself out there and see how you are received by other people.

5. 'Go where the energy goes'

The best piece of advice is "Go where the energy goes." What has good vibes? What makes you feel good about yourself? Where is that good energy? Head in that direction.

6. 'It's not all about you'

When a difficult decision has to be made don't always focus on yourself. Remind yourself that we're one piece of the bigger universe that is at play right now.

7. Expect yourself to change

We all change. We have to expect ourselves to change, and we have to expect people in our lives to change. That gives us a lot of space for room and for growth.

8. 'When people show you who they are, believe them'

Far too often, we recreate people to be who we think, only to later find out they are exactly what they've been demonstrating.

9. Pace out your self-improvement

Be yourself. Accept the gifts and abilities that you have, and don't spend time trying to develop new ones that sacrifice your gifts.

10. It's OK to say 'I don't know'

It's ok to admit you don't know something and be ready to do whatever is necessary, so you'll know more afterwards.



Join us for the St. Patrick's Day Parade in Denver!

by Dr. Rita DeFrango

Every year, minus COVID years, the Sons & Daughters of Italy enters into the St. Patrick's Day Parade. The Parade this year is on Saturday, March 11th. The Parade starts at 9:30, but we need to "stage" our float so we will meet at the lodge at 7 AM, carpool downtown and park in the Coors Field deck – which is Blake Street and 27th.



Once we arrive at staging – we will decorate our float, while Russ tunes up the music. We will have donuts, coffee, extra special refreshments and snacks. We look forward to you being part of this event! RSVP now! See you soon!



Why Italians should Celebrate St. Patrick's Day

from Cyndi Lubrano

Some folks may not know that - the Irish Hero - St. Patrick was born of Roman parents; Calpurnius and Conchessa. Even though that Ireland's beloved patron Saint Patrick was born in Britain - He is technically Italian! So, where's the bruschetta? Now, that we have that cleared up - How about we reconsider that St. Patrick's Day menu and spice it up with a bit of Italian?



On St. Patrick's Day, I think Pasta Fagioli may need to appear on the holiday specials menu, on top, just above those corned beef sandwiches. Don't get me wrong, I love corned beef and cabbage but it's second fiddle to Eggplant Parmesan. At the risk of being chased by a parade of green-clad Irish revelers who want to hit me with shillelaghs, I think the Italians were robbed of St. Patrick's Day.

Before anybody pops a shamrock, understand that I enjoy the Irish traditions of St. Patrick's Day as much as anyone.

But, considering St. Patrick was Italian, could we throw in a little pizza and some tiramisu just to be fair? Based on the English factor, we may want to put some fish and chips on the menu, too, just to be politically correct.

Transitioning St. Patrick's Day to the Italians might change the complexion of the holiday just a teensy bit. Can you picture Nana on top of the bar at local Pub doing Riverdance?

Kathy's Irish Potato Soup

Serves 4-6

6 slices bacon
 3 T unsalted butter or bacon fat (better)
 1 small onion, sliced thin
 3 leeks, spilt down middle, and cleaned! (*See Note*) and thinly sliced
 1/3 stalk of celery, chopped fine
 3 medium raw peeled russet potatoes, coarsely chopped
 2 medium raw peeled red potatoes, coarsely chopped
 6 cups good quality low salt chicken stock
 1 small bay leaf
 1 sprig thyme
 Half & half or whole milk
 6 slices fried crispy bacon, crumbled



In a fry pan, cook bacon until crispy and remove to a paper towel. Crumble. Melt butter or use the bacon fat in a large saucepan. Add the onion, celery, and leeks. Sauté until tender. Do not let brown.

Add potatoes and broth. Bring to boil. Skim off foam as it forms. Add spices in cheesecloth if you have it or just add to pan. Reduce heat to a slow boil. When potatoes are tender, remove bay leaf and thyme.

Note: Let the soup cool off slightly, or when you puree the soup in a blender, it will decorate your kitchen walls.

Puree in a blender in batches, (an immersion blender is better) leaving it somewhat coarse. Bring to a boil then lower to a simmer and add the dairy to the thickness that you want and take off heat. Do not boil it again.

Salt and pepper it to taste. Ladle into bowls and sprinkle crumbled crispy bacon on top, serve hot with crusty bread.

Note: Slice the leek down the middle and rinse under running water, make sure all grit is gone.



Please Join Us at the Denver Lodge for These Events

March / Marzo

March 4th – IABA Bravo Awards Hosted at the Denver Lodge

March 15th – General Meeting, dinner at 6:15 PM, installation of officers,
social meeting

March 18th – Trentini Bocce Tourney at the Denver Lodge

April / Aprile

April 19th – General Meeting, dinner at 6:15 PM, initiation of new members,
book presentation

April 29th – Italians of America Rodder's Ball at the Denver Lodge

Contact Us

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