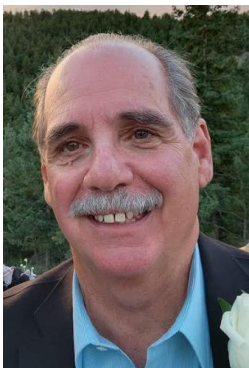




LA PAROLA

Bringing You Information About the Denver Lodge Since 1958

May / Maggio 2023



Brothers and Sisters,

Spring is in the air, and we are doing our Spring Clean Up on Saturday May 13th. We are looking for Volunteers to help out as we spruce up the grounds around the Lodge as well as a few rooms inside the Lodge. See Rita DeFrango or yours truly if you want to help out.

Tickets are going fast for our 65th Anniversary Dinner and Dance. Your \$35 ticket gets you appetizers, drinks, dinner and dancing with DJ Russ Canino. Nonmembers are welcome at \$40 per ticket. Call or text President Sal for tickets. 720-908-7701.

Hope to see you all at the next General Meeting on Wednesday May 17th as we announce our 2023 Scholarship Winners!!

Take care and God Bless!
Fraternally Yours, President Sal



You are Cordially Invited
to the
Sons & Daughters of Italy
65th Anniversary Dinner Dance



Saturday: May 20, 2023

Location: Denver Lodge #2075

Time: 6 PM to 10 PM

Tickets: \$35 Members, \$40 Non-Members

Entertainment will be our very own

Russ Canino



Mark your calendars!!!

On May 20th, the Denver Lodge is hosting an Anniversary Dinner Dance to celebrate their 65th Anniversary!

The committee is working feverishly to create a wonderful event!

Tickets are on sale now!



La Parola

May / Maggio 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
Patricklubrano@yahoo.com

Orator & Past President

Pam Wright
pcake@comcast.net

Recording Secretary

Anna Vann
tmvenv@msn.com

Treasurer

Open

Financial Secretary

Dr. Rita DeFrangé
ritadefrange@gmail.com

Guard

TJ Henderson
TJHenderson435@hotmail.com

Chaplain

Barb Pietrafeso
barb@coloradosownrealestate.com

Chaplain

Barbara Pietrafeso

Trustee

John Callor
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Trustee

Joe Marino
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Trustee

Joe Calabrese
JAC5260@MSN.COM

Trustee

Joannie Flynn
Joannie818@gmail.com

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

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 Alexander Beale, Kimberly Jepson, Sean Naughton, Mary Kimball, and Allan Durkin.

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!

Raspberry Lemon Drop Recipe

From LeAnne DiTirro

A delightfully simple raspberry lemon drop comes together with just a few ingredients for a perfect refreshing cocktail.

Prep Time – 5 min, Cook Time – 5 min, Total time – 10 min

- 4 oz. lemon juice or about 3 lemons
- 4 tablespoons honey
- ½ cup warm water
- 2 oz vodka
- 10 raspberries
- Thyme springs
- Ice



Directions: Add honey and warm water To cocktail shaker and stir until honey is fully dissolved.

Add Raspberries. Muddle raspberries in honey water.

Add lemon juice, vodka and a few ice cubes.

Herbs can be added here I desired.

Shake vigorously.

Pour through strainer top into cusp of ice. Enjoy!

Calling for Arbitrators

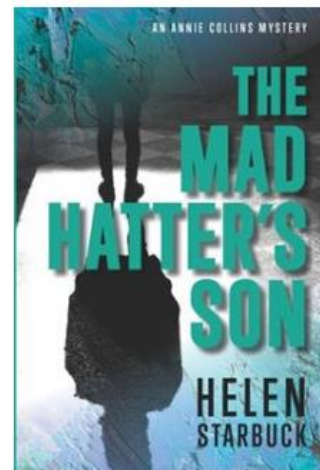
From our Orator Pam Wright

The Sons & Daughters of Italy, Denver Lodge #2075 is looking for members who would like to Arbitrators. We have positions open. These positions coordinate any dispute discussions and bring them to resolution. Reach out to Pam if you are interested!



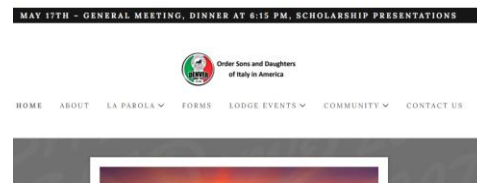
A Mystery Writer by Pam Wright

“The Woman He Used To Know” and the “Mad Hatter’s Son” are two books recently read by book club. Author Helen Starbuck joined us at our April general meeting to discuss her writings. Helen is a native and lives in the Arvada area. She started writing when she was a young girl and loves were writing takes her. She is a mystery enthusiast and enjoys writing about strong women. Ms. Starbuck is pictured with some of the ladies from the book club. If you would like to join us you are welcome to do so, everyone is welcome. We meet on the second Monday of every month at 12:00 (noon) at Panera on 64th & Yank Way.



Website Refresh!

Compliments of
John Callor



Our Webmaster has refreshed the Denver Lodge [Website](#) and taken us to a new level of information sharing. We are looking for pictures and articles to share in upcoming newsletters and on our website. If you have a moment dig into your archives or send over something that has recently happened that you would like see posted to the website or communicated in our newsletter.

We look forward to what everyone finds!



Organization Events...in and around the community!

from Dr. Rita DeFrango

May

May 6th - Trentini Bocce Tournament, held at the Sons & Daughters of Ital

May 7th - Prima Domenica, Altar & Rosary

May 20th - A Holy Spirit Retreat, [Mt. Carmel Retreat](#)

May 20th - Sons & Daughters Anniversary Dinner, *open to the public*

June

June 2nd - Altar & Rosary is sponsoring a Ladies meet and greet at Mt. Carmel

June 5th - Sons & Daughters Bocce League Starts

June 8th - SafeHouse [Sampling for Hope](#) (Food Tasting)

June 10th - [MC-1](#) (charity) Motorcycle Run

June 10th - [Rock-A-Belly](#), Food for Thought - tickets on sale now!

June 24th - Mt. Carmel Men's Golf Tournament

June 25th - All Club Picnic

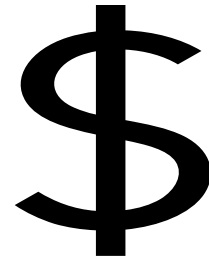


Get out and about!



Shrink-flation – Inflation's Devious Cousin from Ellie Gaccetta

There is no secret that the cost of items from the grocery store is a concern. From toilet paper to candy bars companies are hiding the rising costs by shrinking the size of everyday products. Business Insider reports prices of consumer goods are increasing at the fastest rate in 40 years. The term *shrinkflation* describes brands selling smaller amounts of products at the same price as before. It is a sneaky way for brands to hide growing prices.



According to the US Bureau of Labor Statistics:

1. Ingredients and manufacturing are getting more expensive amid soaring inflation, and it usually results in two things: higher prices or smaller-sized products.
2. Consumer food prices have jumped 10.0% over the past year, and the biggest 12-month increase since 1979. Margarine, coffee, soup, and eggs are among the worst-hit food items.
3. Eggs increased nearly 40% over the holiday baking season.
4. Some companies don't want to hike prices. Instead, the prices remain the same, but they are subtly making products smaller. This includes making candy bars sold in multipacks smaller than ones being sold individually, or changing the shape of products so you barely notice the difference in weight.

Some of your favorite products that have shrunk but remain the same price include:

Frito Lay Doritos went from 9.75 ounces to 9.25 ounces. Gatorade is in a new aerodynamic bottle – the 32-ounce bottle is now 28, a -14% drop. Dominos Chicken Wings and Burger King Chicken Nuggets reduced orders from 10 to 8. Walmart Great Value toilet paper went from 168 sheets a roll to 120. An 18-ounce pack of Hersey Kisses shrunk to 16 ounces. Hefty Mega-bag Garbage bags went from 90 bags to 80 bags. A 2-pack of Reese's Peanut butter Cups went from 1.6 ounces to 1.5 ounces. Quaker reduced the size of Chewy Bars from .92 ounces to .84 ounces. A can of Pringles reduced from 5.5 ounces to 5.2 ounces – you're still paying for a couple of chips. A can of Royal Canin cat food went from 5.9 ounces to 5.1 ounces. Tillamook reduced the size of ice cream cartons from 56 to 48 ounces. Cereal: General Mills family size boxes went from 19.3 to 18.1 ounces, nearly 10%; Post decreased Cocoa Puffs from 20.1 to 19.2 ounces; Quaker Life cereal decreased from 24.8 to 22.3 ounces. Cottonelle's Ultra Clean Care toilet paper is down 340 sheets to 312. Bounty Triple Rolls reduced from 165 to 147 sheets per roll. Crest 3D White Radiant Mint toothpaste went from 4.1 to 3.8 ounces. Wheat Thins went from 16 to 14 ounces, a change of 28 crackers. Pedigree dog food went from 50 pounds to 44 pounds. Folgers Instant Coffee 51-ounce container is now 43.5 ounces.

And my favorite....pet peeve... Cake mixes went from 18.3 ounces to 15 ounces. This is why your box cakes now look like pancakes. Professional bakers figured out how to make them light and fluffy again. Here's the trick: Buy a box cake and to the instructions on the box add: ¼ cup flour, ¼ cup sugar, ½ teaspoon baking powder and a pinch of baking soda. If it is a chocolate mix, add 1 ½ Tablespoons cocoa.





Mark your Calendars!!!! Saturday May 13th... Starting at 8 AM

**The plan is to fertilize the lawn,
install mulch in the front bed, pick
up trash and clean out a room
inside!**

**We could also use a few folks to
take donations to ARC!**

May 2023 “Food” TRIVIA from Beverly Mendicello

- What is the culinary term for “According to the Menu? A la carte

A la carte means food that can be ordered as separate items, so it’s understandable if you didn’t think of the right answer!

- Nuts are the most common what? Allergen

Around 1% of the U.S. population has a nut allergy. No one’s exactly sure as to why so many people develop an allergy to it.

- Which is the only edible food that never goes bad?
Honey

This is because very few bacteria can live in the low-moisture environment of honey.

- What type of beans are used to make “baked beans”?
Haricot beans

These white beans are a staple in baked beans. Haricot beans have numerous alternate names like navy beans, Fagioli and Boston beans.

- Who first developed frozen foods? Clarence Birdseye, 1930

A lot of individuals developed food freezing techniques, but Clarence Birdseye was given the credit. He was the one who developed the quick-freezing technique we still use today.



Order Sons and Daughters
of Italy in America®

Sign up for the National Newsletter! Go to the [National Website](#) and go to the bottom right of the page and type in your email!

Be Smart – Not Scammed

from Ellie Gaccetta

In One Caregiver’s Journey I write how my mother’s younger sister was a scam magnet. She bought into every pitch and Slick Willie who entered her sphere. Scammers increasingly are focused on seniors, but some scams are aimed at anyone who is not aware of the pitfalls. Scams mostly are emails found on computers and on our phones.

If you don’t read any further read this - **Never** answer a call on any device where you don’t recognize the phone number or name. Most of the area codes are tied to phone banks outside of the country. The caller ID on your phone will say “Scam” and your cell phone will read potential scam.

Absolutely **NEVER** give your social security or bank information to anyone over the phone. Medicare will never call. The IRS is not coming to arrest you, no one is sending the police, your tax refund will not be withheld. Hang up. No government entity will....ever call you.

I will bet \$100 that you will never win the Publisher’s Clearinghouse Sweepstakes. To collect \$1Million a day and your new Mercedes Benz you must go to the drugstore and get a very specific \$500 gift card. Hang up.

Always check the backside of a gift card. If it appears to have been tampered with or the barcode is on a sticker and not on the card, put it back. Crooks affix fake barcode stickers over the real ones on the back of the cards in stores. When the cashier scans the bar code, the money goes directly to the scammers’ card account. The card is no good to whoever receives it.

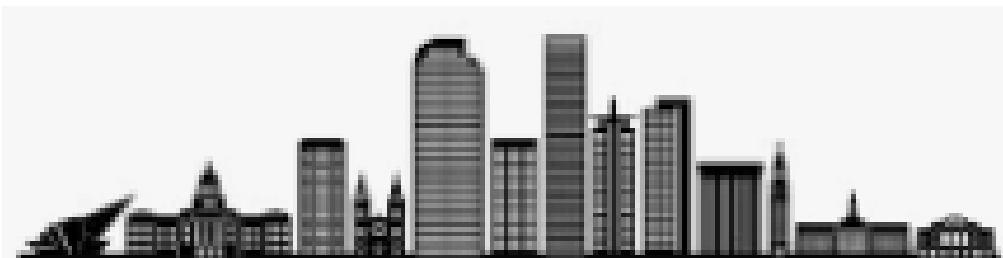
You might get an email from a site that appears just like the bank or cable company you do business with. They will request you update your personal information, which includes your social security number or bank account. Never enter information online – contact the entity to see if they are updating systems. Crooks have become very sophisticated.

Continued on page 7



Meet your City - 10 Interesting Facts about Denver from Cyndi Lubrano

1. Denver is near the mountains, not in them.
There are 200 named peaks visible from Denver, including 32 that soar to 13,000 feet (4,000 meters) and above. The mountain panorama visible from Denver is 140 miles (225 km) long.
2. Denver really is exactly one mile high.
There is a step on the State Capitol Building that is exactly 5,280 feet (1,609 meters) above sea level. In Denver's rarified air, golf balls go 10 percent farther. So do cocktails. Alcoholic drinks pack more of a wallop than at sea level. The sun feels warmer in the thinner atmosphere, but your coffee is cooler because water boils at 202 degrees (94 degrees Celsius).
3. Denver has one of the most walkable downtowns in the nation.
Denver boasts the 10th largest downtown in America and one of the most exciting and walkable. Within a mile radius, downtown Denver has three major sports stadiums, the nation's second-largest performing arts center, three colleges, an assortment of art and history museums, a mint that produces 10 billion coins a year, a river offering whitewater rafting, more than 11,000 hotel rooms within a short walking distance of the Colorado Convention Center (more than 50,000 first-class hotel rooms in the greater metro area), a downtown theme and water park, downtown aquarium and hundreds of chef-driven restaurants.
4. Denver has 300 days of sunshine a year.
Located east of a major mountain range, Denver has a mild, dry and sunny climate with more annual hours of sun than San Diego or Miami Beach. In winter, Denver is dryer than Phoenix with an average daily high of 45 degrees (7 degrees Celsius) in February. Golf courses remain open all year and have been played every day in January.
5. Denver's history is short but colorful.
In 1858, there was not a single person living in the Denver metro area. Thirty years later, Colorado was a state with a population of almost 200,000. It was a gold rush that caused this boom, and in a 30-year period, Denver saw some of the wildest events in the Wild West. This fascinating period is relived in museums, old gold mining villages and hundreds of elegant Victorian buildings.
6. Denver has one of the most unique city park systems in the nation.
Denver has more than 200 parks within the city and 20,000 acres of parks in the nearby mountains, including spectacular Red Rocks Park & Amphitheatre. The city has its own bison herd at Buffalo Herd Overlook. Other mountain parks include Echo Lake, at the base of the Mount Evans highway – the highest paved road in North America – and Buffalo Bill's Grave on top of Lookout Mountain.
7. Denver is a cultural city with a highly educated population.
In its Old West days, Denver had a performance of "Macbeth" before it had a school or hospital. Today, the Denver Performing Arts Complex has nine theaters seating 10,000 people. The seven-county metro area has a self-imposed sales tax for the arts, which is distributed to 300 arts organizations and facilities. Denver's live music scene entertains year-round, ranging from intimate venues like the Paramount Theatre to legendary open-air spots like Red Rocks Park & Amphitheatre, where the Beatles, U2 and many more have played.
8. Denver is one of only a few cities to have six professional sports teams.
Denver loves its sports, from basketball to football to soccer to baseball. Denver also has horse racing and a professional rodeo. Denver has 90 golf courses, miles of bike paths and the nation's most unique city park system.
9. It's easy being "green" in Denver.
From global warming and renewable energy to environmental cleanup, Denver is emerging as a model for sustainable cities. The Colorado Convention Center is green through and through, including a rare LEED Gold certification for existing buildings and the Blue Bear Farm, which grows more than 5,000 pounds of fresh produce annually! Denver International Airport is dedicated to sustainable practices, including a Community Stewardship philosophy that includes energy and environmental management, green buildings and noise abatement. The Denver Zoo's Toyota Elephant Passage uses a biomass gasification system, which can turn human trash and animal waste into energy to power the exhibit. Plus, many of Denver's famous craft breweries are committed to recycling programs and responsible water usage.
10. Denver is farm-fresh.
Whether you're enjoying a night out on the town at one of Larimer Square's independently owned fine dining spots or digging into the offerings from one of the city's many gourmet food halls, you can count on fresh, local ingredients. The city's beer world is booming with new craft breweries opening up, along with several distilleries and wineries, too!



The Lodge gets a kitchen facelift!

On May 21st, just after our anniversary dinner the Denver Lodge is going to install a new floor, deep cleaning and organizing our kitchen with a new stove. We could use a few volunteers to help us move the pots and pans from the kitchen to a closet until the work is done. The plan is aggressive, and we hope to have all the work completed the week of the 21st.



Continued from page 5

Facebook or Instagram – Never accept a friend request or message from anyone whose profile is in a military uniform. These sites are full of stolen photos of people to catfish” people into sending money. Never accept friend requests from anyone who looks too handsome or pretty to be true. I have a friend whose mother responded to this hunk of a specimen, believed his sad stories, and sent thousands of dollars in gift cards before her children discovered it. **Never** respond to a friend request from someone who is already a friend. They have been hacked and if you open that request, you will be hacked as well.

Most of the ads that clog up Facebook and Instagram are often fake companies. Never click on the ad – google the entity to verify if they are legitimate. Most of the time you will see complaints – that is your red flag not to do business with them.

“I’ve got your packages, what is your address.” Didn’t order anything? They will try to convince you otherwise and want you to provide personal information or simply click on a link they provide. The link will harvest passwords and accounts from your computer. Contact the seller or delivery service using a verified phone number. This is a scam, don’t fall for it.

Use a two-step verification to log onto your bank or business accounts. It is a bit of a pain but at least you know scammers cannot break into your systems and steal information. Do banking online and check your accounts weekly or biweekly to ensure everything is correct.

Chicken Divan - Kathy’s Best, serves 3-4

INGREDIENTS: 1 medium head of broccoli, cut into florets, ¼ cup butter, ¼ cup all-purpose flour or Wondra (better), ¼ cup dry sherry, 1 1/2 cups chicken broth or stock, ½ cup heavy cream, ¼ cup mayo, ½ teaspoon salt, 1 pinch ground black pepper, 1 large cooked chicken breast -bones and skin removed, sliced into 1/4-inch slices , 1/2 cup freshly grated Parmesan cheese

Preheat oven to 350 degrees

Bring a medium pot of lightly salted water to a boil. Add broccoli, and cook until just tender, 3 to 4 minutes. Plunge broccoli into ice cold water to shock the broccoli. (This stops it from cooking and will retain the green color). Drain broccoli and pat dry. Arrange broccoli into an 8x8 inch oiled baking dish and set aside.

Melt the butter in a medium saucepan over medium heat. Whisk in flour, and cook, whisking constantly, until the flour begins to turn from white, to a pale beige. (2-3 minutes with flour, but if using Wondra it will be ready to go once combined).

Off heat, whisk in sherry, chicken broth, mayo, and heavy cream until smooth. Bring to a boil over medium-high heat, then reduce heat to medium-low and simmer for 3-5 minutes until thickened; season with salt and pepper to taste.

Pour half of the hot cream sauce over the broccoli and top with chicken slices. Stir ¼ Parmesan cheese into the remaining sauce and pour over the chicken slices. Sprinkle top with remaining Parmesan cheese.

Bake in preheated oven for 20 minutes or until heated through. Optionally once baked you can broil for a few minutes until top has turned golden brown.

Serve over buttered egg noodles, white rice, or wild rice pilaf.

Notes: *I poach the chicken in chicken broth then use that for the chicken stock/broth in the recipe. If you do not have sherry, use 2 tablespoons dry marsala wine. Do not use supermarket sherry.*



Please Join Us at the Denver Lodge for These Events

May / Maggio

May 6th – Trentini Bocce Tournament at the Denver Lodge (see page 5 for application)

May 13th – Spring Clean-up Day at the Lodge

May 17th – General Meeting, dinner at 6:15 PM, Scholarship Presentations

May 20th – Anniversary Dinner Dance, get your tickets now!

June / Giugno

June 2/3rd Colorado State Convention

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

June 25th – All Club Picnic

SAVE the DATE, Annua Golf tournament, July 23, 2023 - Hyland Hills

Contact Us

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