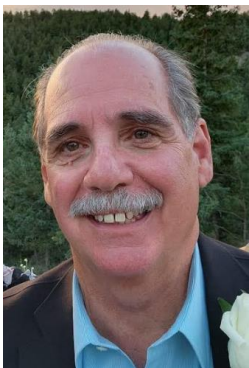




LA PAROLA

Bringing You Information About the Denver Lodge Since 1958

May / Maggio 2024



Brothers and Sisters,

I wanted to take this opportunity to thank the many people that donated money to help pay for the upgrades on our Bocce Courts. I also want to thank the members and friends who helped with some of the actual work on the new courts including members Roger Creason and TJ Henderson. Bocce has always been a big part of our Lodge as well as a steady revenue source. The support we received from the membership during this entire process is much appreciated!

Be sure to get your tickets to our 66th Anniversary Dinner and Dance happening on Saturday June 8th. The \$50 ticket gets you appetizers, dinner, drinks and dessert. And we will dance to the sounds of Two's Company!

Get your tickets at the General Meeting coming up on Wednesday May 15th, or contact Anna Vann, 303-618-8023 (*see advertisement on page 6*).

See you all there!

MANGIA BENE, RIDI SPESSO, AMA MOLTO!

(Eat well, laugh often and love a lot.)

Fraternally Yours, Fraternalmente, President Sal



Order Sons & Daughters of Italy in America

by Dr. Rita DeFrango

Our National Organization [Website](#) has undergone updates. We thought it would be great to point out a few pages that might pique your interest. The [history](#) of our organization is interesting, particularly if you have taken any time to trace your roots! There is also a [page](#) that provides insight into passports, Italian government and resources here in the US that those of Italian descent can take advantage of! One benefit is the [magazine](#) – which holds a ton of information from across the country. We will be sending in a short article on our Anniversary Dinner as that is a celebration which should go into the Magazine!

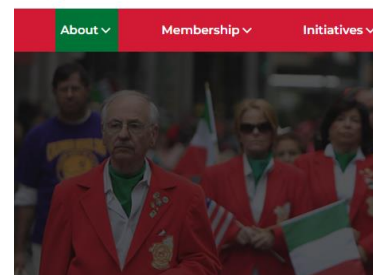


One thing to note is that our National Organization advertises about [citizenship](#) and we here in the State of Colorado are fortunate. We no longer need to go to Chicago or California – we can pursue citizenship here and receive an Italian passport here as Giovanna Carriero our consulate now has a machine to get us what we need.



Order Sons and Daughters of Italy in America®

With the hierarchy in our organization – there is “National” (information and website links in the paragraphs above, then there is our State of Colorado Lodge with a [website](#) and then our Local Denver Lodge #2075 and a [website](#) chocked full of information for you! Thanks to John Callor our new Treasurer and tech guru for us!



Check out these sites and if you see anything missing or that needs correcting let us know!



La Parola

May / Maggio 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

Joannie Flynn

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 DeFrangé
ritadefrange@gmail.com

Guard

TJ Henderson
TJHenderson435@hotmail.com

Chaplain

Barb Pietrafeso

Historian- Open

Trustee

Susan Giamarvo
susangurule@msn.com

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 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 Information

Just a friendly reminder that you all should have
received your dues notice for 2024. If you haven't
sent in your dues yet, please do so soon, dues
were due by the end of March. If you have
questions or need information on how to pay,
please send an email
to soidenver2075@gmail.com or call 303-618-
8023. Grazie! 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

Book Club meets the second Monday
of the month. Meeting place Panera
on 64th & Yank, 12:00 p.m. everyone welcome.



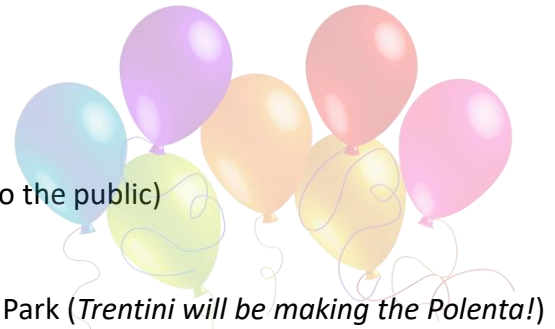
Becoming ADA Compliant

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***May****May 5th** - Prima, Sponsored by the Mt. Carmel Altar & Rosary Society**May 5th** - Dante Alighieri sponsors their - Annual Awards**May 12th** - Mother's Day!**May 27th** - Memorial Day!**June****June 6th** - [Safe House Denver](#), Fundraiser**June 8th** - Sons and Daughters Anniversary Dance (open to the public)**June 14th** - Dante, Verdi and the Risorgimento by Betsy Schwarm (open to the public)**June 15th** - [Rock-a-belly](#), Food for Thought fundraiser**June 16th** - Father's Day**June 30th** - All Club Community Italian "Polenta" Picnic - Tanglewood So. Park (*Trentini will be making the Polenta!*)**Why you shouldn't wait until after Mother's Day to start planting,** *by Cyndi Lubrano*

It's a popular myth - don't start planting until after Mother's Day in Colorado. It's not true! There are many cool season plants that need to be planted now. Forget that you ever heard that tired cliché about waiting until after Mother's Day to plant. It's wrong!

You must understand the difference between cool season plants and warm season plants. Cool season plants can take the cold--even a moderate freeze--but what they can't take is heat. You've got to get them going in the cool weather of April. Warm-season plants, such as tomatoes and marigolds, are completely different. They won't survive a freeze and will stunt if planted in cold soil. Those are the plants that you should wait to plant until after Mother's Day. The date itself is irrelevant. Night temperatures should stay above 50 degrees and the soil should be warm.

So, what can--and should--you plant now? Everything that needs cool weather to develop properly. Examples are the ornamental plants - pansies, sweet alyssum, annual dianthus and ornamental kale. You can plant seeds of bachelor buttons, nigella, sweet peas, California poppies and larkspur. They need a chill to germinate!

Cool season crops can include peas, cabbage, kale, cauliflower, radish, spinach, and lettuce. In just a few more weeks sow seeds of beets, carrots, chard and other leafy greens such as arugula and cilantro. Because spring weather is notoriously unpredictable, always keep sheets and frost cover fabric handy in case of a drastic cold snap. Just a little effort makes it possible to enjoy the cool season plants. If you wait, it's too late. So, get planting!

Dinner Club
from Sal Siraguse

Hey there! Anyone interested in a Dinner Club? Once a month, we get a group together to have dinner at a local restaurant. Everyone pays their own tab, and we try somewhere new or an all time favorite! Just some place different every month.

I was thinking 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

Spring Cleanup,*by Anna Vann*

We could use a few volunteers on Wednesday, May 22, at 5 pm. We are looking to tackle a couple of small projects in the lodge. A light supper served so please RSVP to Rita DeFrango as soon as possible!

Thank you in advance!

Artichoke and Parmesan Cheese Dip, from Kathy Holt

- 1 cup canned artichoke hearts **in water**, drained and chopped (do not use artichokes packed in oil)
- 1 to 2 cloves fresh garlic, minced
- 1/2 teaspoon freshly ground pepper
- 1/2 teaspoon celery salt (important)
- 3/4 cup sour cream
- 1 1/2 cups mayonnaise
- 1/2 cup grated parmesan cheese
- 1/2 bunch scallions
- 1 roasted and chopped jalapeno pepper (optional)

Drain and coarsely chop artichoke hearts.

Mince white and green parts of the scallions and set aside some of green onion for garnish.

Combine all ingredients except reserved green onions and mix well until thoroughly combined.

Heat slowly in a saucepan on stove top until hot to the touch. You can also heat in microwave on HIGH for 30 second intervals, stirring between heating until hot.

Do not boil. Garnish with the reserved green onions.

Serve warm with crackers, toasted sliced beer bread or crudité.

Recipe makes about 3 cups, enough for 6 to 8 people as an appetizer.

**May Trivia**

from Beverly Mendicello

Saffron, an expensive spice originated from Iran, is derived from which flower?

- A. Daffodil
- B. Crocus
- C. Snowdrop

Which of the following flowers can replace onions as a spice in cooking?

- A. Lilies
- B. Iris
- C. Tulips

In the Wizard of Oz, the Wicked Witch poisoned which flower?

- A. Rose
- B. Poppy
- C. Iris

(Answers on the bottom of page 5.)



from LeAnne DiTirro

Ingredients Add 1 ½ oz Blanco Tequila, 1 oz lime juice, freshly squeezed, and ¾ oz simple syrup, into a cocktail shaker – shake until well chilled. Strain into a cocktail glass. Float the ½ oz red wine on top by slowly pouring it over the back of a bar spoon so it pools on the surface of the drink. Garnish with a lime wheel



Hope

By Ellie Gaccetta

I recently read an article in First for Women on the power of hope, and I want to share this message. I cared for my mother for 10 years. In my book, *One Caregiver's Journey*, I frequently ask “where is this God of mercy?” while looking for resilience. But in today’s angry, caustic world now more than ever everyone feels hopeless as we address a multitude of issues simultaneously. But hope is real.

Hope differs from its cousin, optimism. Optimism believes the future will be better, hope believes that tomorrow will be better AND that you have the power to make it so. Everyone needs hope to maintain a balanced perspective whenever life throws one curveball after another at you. Hope allows us to shift our mindset and invites us to live one moment at a time. Hope helps us to move past obstacles and self-doubt when the situation seems unbearable. Here are 8 ways to develop hopeful strategies to make life brighter and happier during those times when self-doubt creeps in. 1. **Release any add-on blame.** Blame is a form of self-flagellation. If you find yourself thinking “this is my fault.” or, “I’m the only one going through this.” Stop. Change your mindset to healing thoughts. Ground yourself and gain the perspective to problem solve. Setbacks can be conquered and you’re not alone. Look for options and figure them out. 2. **Share a Smile.** The best way to move out your negative thoughts and move toward resilience and self-confidence is to share a smile or a compliment. Hope comes to us when we give it someone else. A genuine compliment or a shoulder for someone to lean on will build your own hope. 3. **Find your hero.** Find someone with a positive mindset and you’ll notice that hope is contagious. Finding a “hope hero” to emulate will foster a positive outlook and provide real inspiration. We find heroes in others who endure far more challenges than us but are also the springboard for hope. 4. **Create a “bounce back” list.** We all have a reservoir of resilience within us. But when life gets dicey and overwhelming, we forget the things that spur us forward. Reflecting on what we can do to gain perspective makes us more resilient revealing surprising ways to persevere. Bouncing back from challenging situations not only gives us hope, but it also gives us satisfaction. 5. **Tap True Confidence.** Don’t force a fake smile when you’re down. Tell yourself the truth and then give yourself permission to hope. Yes, you’re anxious or you’ve had a setback. The next part of that statement is BUT. Provide the next step to building confidence and hope. You have good friends to rely on, or we can make a better team if we work together, or simply tomorrow will be a better day. By acknowledging your strengths and the ability to be confident, you will ignite self-belief. You will ignite hope. 6. **Discover your Emotions.** Today we often lose the ability to overcome obstacles and challenges because we’re simply exhausted. Moving forward to find an emotion to reenergize us is not easy. It is easy for feelings and thoughts to spiral us toward despair, life can be difficult. But when the chips are down look for the good and focus on who you are – a grateful, compassionate, curious, and creative individual. Reawaken your mind, body and spirit and move forward. Your emotions can lift you up, use them to do so. 7. **Plan for Positivity.** Hope drives us to achieve goals. Adopt the PLAN – pray, learn, act, and never give up. Take a step, acknowledge progress because in our faith tomorrow will be better because of your actions today. Positiveness is the key for us all to endure difficult times with hope. 8. **Embrace the Future.** Even amid the darkness we find hope through our own actions in the moment, recalling past joys and looking ahead to the future. Hope is a conscious choice that we look for, practice daily, and remind ourselves the future will be better for our hope.



To the **NEW MEMBERS....** Candy Buccino and Susan O’Loughlin – WELCOME!!!

Remember – general meetings are every third Wednesday, there are plenty of fun things going on at the lodge and across the community. For now – we have our Anniversary Dinner in early June, and Bocce kicks off – so come down on Monday evenings to watch bocce – and maybe even sub!





SONS & DAUGHTERS OF ITALY PRESENT....

OUR 66TH ANNIVERSARY DINNER

DATE: SATURDAY, JUNE 8TH, 2024
TIME: 6 TO 10 PM

5925 W 32ND AVE, WHEAT RIDGE, CO 80212
COST: \$50 MEMBERS, \$55 NON-MEMBERS

**TICKET PRICE INCLUDES APPETIZER, DINNER,
COCKTAILS & DANCING**

CONTACT ANNA VANN AT
 303 – 618 – 8023 FOR TICKETS OR
 EMAIL SOIDENVER2075@GMAIL.COM
DEADLINE TO PURCHASE TICKETS IS JUNE 1ST




Get your tickets NOW!!!

Get your tickets NOW!!!

Get your tickets NOW!!!



Look for our
advertisements
on 

SONS OF ITALY GOLF TOURNAMENT
DE CIANCIO MEMORIAL
HYLAND HILL GOLF COURSE
 9650 Sheridan Blvd.
 Sunday, July 7, 2024

6:30 a.m. Check in/Continental Breakfast
 7:30 Shotgun Start

\$150 per player

Includes cart, continental breakfast and family style Italian lunch served at Sons of Italy Hall
 Price includes lunch for golfer and one guest. \$25 for each additional guest.

Green Sponsor (presenting) \$1,500
 Logo on presenting banner at check in
 1 golf foursome

Sign with your logo or name at breakfast and lunch tables
 Sign recognition placed on a hole

White Sponsor \$1,000
 Sign with your logo or name at breakfast and lunch tables
 Sign recognition placed on a hole

Red Sponsor (hole sponsor) \$200
 Sign recognition placed on a hole

Sponsorship registration form available online at OSIADenver2075.com

Lunch, raffle and prizes following golf at the Sons of Italy Hall, 5925 W. 32nd Ave,
 Wheat Ridge 2024 proceeds go to The DeAngelis Foundation

1. TEAM CAPTAIN _____ PHONE# _____ EMAIL _____

PLAYERS

2. _____ PHONE# _____ EMAIL _____

3. _____ PHONE# _____ EMAIL _____

4. _____ PHONE # _____ EMAIL _____

Complimentary lunch guests:

Name _____ Name _____

Name _____ Name _____

Add extra guests (\$25 each) to back of form

REGISTRATION DEADLINE – FRIDAY, JUNE 7TH, 2024
 PLEASE REMIT GOLF FORM, FEE AND OR SPONSORSHIP TO:
 SONS OF ITALY DENVER LODGE
 C/O PAM WRIGHT
 7878 W. 62ND PLACE, ARVADA, CO 80004
 303-210-6277



Please Join Us at the Denver Lodge for These Events

May / Maggio

May 15th – Scholarship Award Meeting
Dinner begins at approximately 6:15 PM

June / Giugno

June 8th – Anniversary Dinner – Open to the Public

June 19th – Social Meeting

June 30th – All Club Italian Picnic

Contact Us

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

303-238-8055
soidenver2075@gmail.com



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