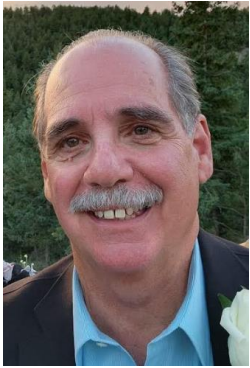




LA PAROLA

Bringing You Information About the Denver Lodge Since 1958

September / Settembre 2023



Brothers and Sisters,

As summer comes to an end, we are wrapping up with our annual Car Show to benefit Caruso Family Charities. We will have vendors, food, a raffle with prizes and yea – Great cars to come and ogle!

Thank you for understanding when I missed last months meeting. I was attending the National Convention with our State President John Carochi. I am asked from time to time what our National “does for us” and well – I would say keeping us informed and giving us activity ideas is one, with a want to grow the organization being a close second. I will be making my way around the room during our general meeting - ask me questions if you would like too!

And we had so many pictures and articles...we will post pictures from the Annual Picnic in the next issue!

See you soon!
Fraternally Yours, President Sal



Fall Cleaning....Mark your calendars, Clean-up day on September 30th at the Lodge

Information from Cyndi Lubrano

When to start fall cleaning – 6 jobs you should be doing right now... Is Fall Cleaning A Thing? While we all know about spring cleaning, you may be surprised to know that fall cleaning is equally as important – even if it is not spoken about as frequently. Spring cleaning helps to prepare your home for summer, allowing you to dig out summer clothes, bedding, and outdoor furniture whereas fall cleaning allows you to prepare your home for adverse weather and make you space cozier for longer nights inside.

When To Start Fall Cleaning As the name suggests, the best time to begin fall cleaning is at the beginning of the fall period. Early September is a great time to start cleaning for fall so that you can space out your cleaning schedule and still complete your tasks on this checklist before the holidays roll around. Starting early with fall cleaning will allow you to separate your biggest cleaning tasks such as cleaning a kitchen and cleaning a living room, and your smaller home maintenance tasks like cleaning an oven so that your to-do list does not become overwhelming.

What Is Fall Cleaning? Fall cleaning is the same as spring cleaning in that it is a deep clean of your home, but the focus of fall cleaning is to get ready for winter and the holidays so there are a few different things to do for the changing seasons. During fall cleaning, people often create a cozier feel throughout their homes, especially when hosting and preparing for guests during the holidays. It is easier to clean when the weather is temperate. In spring, things warm up after the winter and we all get a little burst of energy and renewal. In fall, we are coming to the end of a sometimes-oppressive summer, and any chill in the air brings excitement and relief. There is also a tactical need to clean when the seasons change. There are certain things you need to do to your home to get ready for the changing of the weather, like getting your car ready for winter. These things are even more important if you live where it snows.

- **1. Freshen Up Your Carpets And Rugs:** After long summer days outside, you've likely walked dirt through from your backyard, so deep cleaning a carpet and cleaning an area rug in the fall will be much needed, freshening up your home ready for cozier nights in. Whilst frequent vacuuming ensures your home is dust, dirt, and debris free, a foam freshener is great to use in between vacuuming especially during the colder months when windows aren't opened as frequently, as it eliminates odors and leaves a lovely fresh and clean smell.



La Parola

September / Settembre

Pam Wright, Anna Vann, Sal Siraguse , Cyndi Lubrano,
LeAnne DiTirro, Beverly & Ed Mendicello, Eleanor Gaccetta,
Kathy Holt, and Dr. Rita DeFrage

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

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

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Treasurer

Open

Financial Secretary

Dr. Rita DeFrage

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Guard

TJ Henderson

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Chaplain

Barb Pietrafeso

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Chaplain

Barbara Pietrafeso

Trustee

John Callor

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Trustee

Joe Marino

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Trustee

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Trustee

Joannie Flynn

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Trustee

John Gargano

Past President

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Mistress of Ceremonies

Diana Williams

piebald4@comcast.net

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 selected for the month of July reading is titled The Only Woman in the Room, author Marie Benedict.

"Underestimated, she overheard the Third Reich's plans while at her husband's side, understanding more than anyone would guess. She devised a plan to flee in disguise from their castle, and the whirlwind escape landed her in Hollywood. She became Hedy Lamar, screen star." Join us on Monday, August 14th at Panera 6408 Yank Way, Arvada, 12:00 p.m.
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

Gina Capra and Welcome back Gerald Mollador

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!

Mark your calendars – the next Initiation will be in October!

We have a TREASURER!!!

Great news Sons & Daughters! Susan Giamarvo (Gurule) has graciously offered to step in as Treasurer for the remainder of the 23-24 Council Term. Thank you, Susan!



Carnation Parade

The Sons & Daughters entered the float in the annual Carnation Parade again this year. AND we won an award – for “longevity” – being the organization that has been in the parade the longest – WOW!

Go Sons & Daughters!

AND Thanks to Russ for singing and Sal for pulling the float!



September 2023 Trivia – Happy Facts!!!
from Beverly Mendicello



If you needed a reason to smile today, do it because it will lower your heart rate!



We have so much to smile about!



Cuddling your loved ones helps you release oxytocin, which is known as the love hormone – it makes you feel happy!



Hershey Kisses are called “kisses” because of how it’s made. Apparently, the sound and motion of them being dropped on the conveyor belt sounds just like a kiss. Mwah! That’s me eating one. Mwah! Mwah! Mwah! Sorry, they are really yummy!!! For those who like to travel – go to [Hershey PA](#) – chocolate town USA!!

Laughing for about 10 minutes can make you burn between 20 and 40 Calories. As if you needed another good reason to have a laugh!



Abraham Lincoln was a bartender. Four score and seven...glasses of wine?!



Looking at old photos can improve your mood. So, pull out that old Italian family album and get ready to feel those endorphins!



Organization Events...in and around the community!

from Dr. Rita DeFrango

September

September 16 - Sons & Daughters Car Show, Benefitting Caruso Family Charities (See flyer attached)

Remember all clubs' general meetings are throughout the month and this month we are leading up to our October Italian Heritage month!

October - Italian Heritage Month

(See the Dante Event List attached)

October 1 - All club Prima Domenica at Mt. Carmel

October 14th - Sons & Daughters Sausage Sandwich Drive through to benefit scholarship - AND there will be a two-on-two Bocce Tournament that day as well!

October 28th - St. Michael's Dinner and Dance (stmichaelsociety.com for tickets - Reserve your tickets NOW!!!!)



11th Annual

Sons & Daughters of Italy



Car Show

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

Prizes



Food

Saturday September 16

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

FALL Clean-up at the Lodge

Mark your Calendars...
September 30, 2023



- We will be starting at 9 AM and working until 12 Noon as there is an event that evening.
- On deck for work is to clean out the front bed and distribute mulch.
- Spray for weeks.
- Cut back the tree near the southeast door.
- Finish painting the front external entry molding.
- Move a few things from downstairs to the dumpster...the stuff that requires multiple people.
- See ya!



Local events outside of the Italian Community



BALISTRERI VINEYARDS

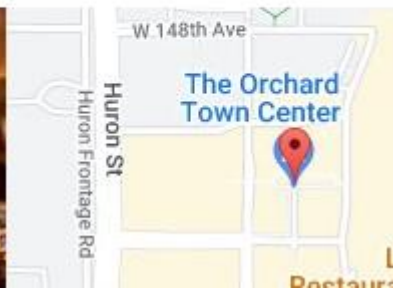
2023 Harvest Party!

Sunday, October 1st, 2023

Celebrating 25 Years of Natural Balistreri Wines



7 OCT CRAFT BEER & WINE FESTIVAL

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![Tunnel to Towers](#)

At the August meeting Brother Patrick announced and we voted to run our November Spaghetti Dinner to donate the money earned to Tunnel to Towers. Many asked for information on what Tunnel to Towers was all about – so click on the link in the title of this notice to you will be taken to the website.



Watermelon Mojito & Sours

from LeAnne DiTirro

Watermelon Mojito: Muddle 2 Watermelon chunks with the juice of 1 lime and 2 teaspoons sugar in a glass. Stir in a handful of mint leaves, then add 2 ounces of white rum and ice. Top with ginger ale; garnish with more mint.



Watermelon Sours: Puree 4 cups seedless watermelon chunks; strain. Mix in a small pitcher with 4 ounces fruit-flavored liqueur, 8 ounces gin and 2 cups sour mix; chill. Pour into glasses and top with sparkling rose'. Garnish with lime wedges.



THE DANTE ALIGHIERI SOCIETY OF DENVER

Italian Heritage Month
Come Discover The Culture Of Italy

Italian history in Colorado began in the late 1800s. Immigrants from Italy came to Colorado and brought their skills and their culture. During this Italian Heritage Month, we invite you to join us to discover Italian culture in Denver.

OCTOBER 3 5:30pm

Exclusive Private Tour of Italian Art at the Denver Art Museum

Treasures of Italian Art spanning the 14th through 18th centuries and emphasizing the early Italian Renaissance.

Denver Art Museum • 100 West 14th Avenue Parkway, Denver
\$10 per person - Reservations and Prepayment Required
- Attendance is Limited -

OCTOBER 6 7:30pm

Interested in Italian Citizenship?

Justin Kesselring, new Owner and General Manager of Italian Citizenship for Dummies, along with Dr. Paula Caffoa, will share their expertise regarding procedures for applying for Italian citizenship. Discover the most efficient ways to navigate this complicated process.

Our Lady of Mount Carmel Parish Hall • 3549 Navajo Street, Denver
Free Event – Refreshments will be served.
Open to all interested in this topic.

OCTOBER 20 7:30pm

Tombola! Bingo Italian Style

Giochiamo a Tombola: Play the game similar to Bingo that has been a tradition of Italian holidays since the eighteenth century. Discover the names and meanings associated with each number, many of which are religious, historical and in some cases even comical in nature.

Our Lady of Mount Carmel Parish Hall • 3549 Navajo Street, Denver
Free Event – Reservations Required
Refreshments will be served.

OCTOBER 27 7:30pm

Heaven and Hell and La Vita Nuova - classical music inspired by Dante Alighieri

Noted music historian Betsy Schwarm will share with us classical music by various composers including Tchaikovsky, Liszt, Puccini and Pacini, who were inspired by Dante Alighieri's literary masterpieces, The Divine Comedy and La Vita Nuova.

OCTOBER 15 1:00-3:00pm

La Dolce Vita

Join us for an afternoon of Italian culture, fun and gelato by Repicci's. Discover more about your Italian name and the region of your ancestors and enjoy a dance program featuring the local talent of Destination Dance, whose director, Colette Wagner, will teach you how to dance the Tarantella.

Our Lady of Mount Carmel Parish Hall • 3549 Navajo Street, Denver
Gelato will be sold for \$7 for a double scoop by Repicci's Real Italian Ice and Gelato of Denver.

OCTOBER 21 9:00am - 1:00pm

In Cucina con Chef Adam Giardino

It's a Pizza Party! Adam will show you how to make the dough, fresh mozzarella, Italian sausage, and different sauces. Then you can finish your creation with your favorite toppings. "Prima il dovere e poi il piacere, e poi mangiamo" – first we work, then we eat!

Our Lady of Mount Carmel Parish Hall • 3549 Navajo Street, Denver
\$60 per person - Reservations and Prepayment are Required.
Classes are limited to ten people and fill up quickly
so don't miss out on this fun Pizza Party!

Patience & Tolerance, from Ellie Gaccetta

Patience is defined as determination, resolve, tenacity, endurance and single-mindedness. All good qualities when you are reaching toward the goals ahead of you. It means taking a steadfast approach, but also a willingness to work and wait as things unfold. Tolerance, on the other hand, is defined as lenient, indulgent, permissive, and long-suffering. Instead of waiting for things to unfold while continuing to work toward your goal, tolerance means putting up with something that is not working.

If you follow me on Instagram, you will know that I routinely encourage people to “be the change.” Many, maybe most, probably think this is just an empty saying to catch attention. In my mind, a grassroots effort of one person at a time can effect significant changes in the world. Change can also occur with large groups. So that is what leads me to discussing the differences between being tolerant and being patient. If you don’t want to be tolerant, then patience and a will to see something change is what can occur. Remember faith can move mountains and the will to be the change definitely requires faith in your efforts and your cause. So, let’s have a little fun and as you read – figure which category you fall into. Are you patient or just happy to be tolerant.

There are a multitude of ways to look at the difference between patience and tolerance. Tolerance and patience are often considered an action and reaction. Patience is the ability to stay calm and accept certain behaviors knowing they will change. Tolerance is accepting annoying or unpleasant behaviors or situations without complaining. Are they the same? No. Patience is a virtue – patience comes with practice and sometimes with age. I developed a significant pool of patience during the nearly 10 years that I was a sole caregiver for my mother. Anger or intolerance is not an option when the situation requires immediate attention, and the subject is an elderly loved one.

If you ever had a long wait on a telephone for your turn for someone to answer (and we all have) you probably did so impatiently. We all tolerate listening to the same tune over and over until someone finally answers. Patience, however, is required if the call was important such as waiting for a physician office.

We tolerate certain people and accept the fact we will never win an argument, or they will never try to understand our perspective. Being tolerant is as much about people as with life’s situations. Patience is the ability to keep your cool under trying conditions and not show your emotions. It isn’t about being nice or mean spirited, it is an innate understanding that things will and can change.

Some other ways to look at patience and tolerance include:

1. A more basic example might be that we are patient in the kitchen as we teach our children how to make pasta from scratch. We tolerate their constant desire to surf their cell phones. On that note, we are patient when they surf their cell phones to find answers for our questions and they tolerate our technical deficiencies.
2. We are patient with a neighbor who is not well as we help with an outdoor chore. We are tolerant of another nice neighbor’s dogs who bark incessantly....or are we?
3. Patience is the mindset of leaders that calls forth your best, and the best of others! Tolerance is the mindset of martyrs that allows you to be the victim of other peoples’ excuses.
4. With patience, you’ll eventually reach your goal. Tolerance, however, will only serve to keep you stuck in the status quo.
5. Patience is you allowing others time to rise to the challenge; tolerance is accepting whatever mediocrity they give you. Ouch to that one!!!
6. The trouble with confusing patience and tolerance is it allows you to justify not doing something about it.

Where patience is tactical and methodical, tolerance is indulgent and lacks accountability. It signals to others that *less* is acceptable, because that is what you are role modelling! So, we could go on for a long time....but it is time for you to make a decision – are you patient or are you just tolerant? The trouble with confusing patience and tolerance is it allows you to justify not doing something about it. Where patience is tactical and methodical, tolerance is indulgent and lacks accountability. It signals to others that *less* is acceptable, because that is what you are role modelling!



Kathy's Baked Beans....YUM!!!!

These are the best and easiest baked beans you can make.

- 8 slices bacon, halved (see note)
 - ½ medium onion, cut into small dice
 - 2 cans of 28 ounces Campbells pork and beans (Must be Campbells)
 - 1 1/2 cup barbecue sauce
 - 1/2 cup brown sugar
 - 1/4 cup distilled or cider vinegar
 - 2 teaspoons dry mustard or 2 tablespoons Dijon mustard
1. Adjust oven rack to lower-middle position and heat oven to 325 degrees.
 2. Fry bacon in large, deep sauté pan skillet until bacon has partially cooked and released about 1/4 cup drippings. Remove bacon from pan and drain on paper towels. Crumble bacon.

3. Add the onions to drippings in pan and sauté until tender, about 5 minutes.
4. Add the beans and remaining ingredients and bring to a simmer. Add the bacon.
5. Pour the beans into a greased 13-by 9-inch (or similar size) ovenproof pan.
6. Bake until beans are bubbly and sauce is the consistency of pancake syrup, about 2 hours. Let stand to thicken slightly. Transfer to warm crock-pot for potlucks. *Do not cook on stovetop, beans can burn!*
7. **Note:** Instead of frying bacon, I fry the onions in leftover bacon fat. I then use about ½ cup Costco Bacon Bits instead. Serves 8



(continued from the cover)

- **2. Deep Clean Your Sofa:** Ahead of those crisp, fall nights when you become well acquainted with your couch during lots of cozy evenings spent indoors, you are going to want to give the upholstery a deep clean. Cleaning upholstery or cleaning a couch more specifically can not only help to keep it look its best but help to extend its lifespan too. A go-to product for a thorough and effective clean of fabric sofas is a upholstery cleaning foam. All you need to do is spray the area to be treated evenly with the powerful foam, rub with a clean, damp cloth and leave to activate for five minutes before wiping down with another clean, damp cloth. It's fantastic for removing any stubborn stains – just allow it to dry thoroughly before use. Cleaning with baking soda can also remove odors effectively. Leather couches are easy to wipe clean and don't tend to cling onto unwelcome odors, but if you have a fabric couch, use a specialist upholstery freshener to get rid of any persisting odors.
- **3. Have A Closet Clean Out:** Fall is a good opportunity to clean your closet while you are switching your wardrobe from summer to winter. Knowing how to clean a clothes closet while it is relatively empty will help to keep your clothes cleaner for longer once they have been washed and stored away, too. When organizing a closet, remove everything from the unit before wiping down the sides, base and top both inside and out. If you have a fragrance sachet – this is a good time to swap in a fresh one.
- **4. Don't Forget Your Home's Exterior:** Household cleaning is usually associated with the inside of your home with the exterior easily forgotten about. Cleaning the outside of your home and your surrounding land will help to keep your home in top condition in the face of adverse weather. Take inventory of the outside of your home and clean and store outdoor summer items like patio furniture, parasols and pool equipment. It is important to carry out regular home maintenance in the lead up to fall and winter to prevent larger problems down the road. Clean your gutters. Gutters are frequently forgotten about however can clog up quickly as the leaves fall.
- **5. Sweep Your Chimney For A Thorough Clean:** One of the main ways that fall cleaning differs from spring cleaning is that you are also preparing your home for more rigorous use, especially in colder climates. When carrying out a deep fall clean, cleaning out fireplaces and chimneys can save you a lot of hassle in the long term as well as making your home safer.
- **Why Fall Cleaning Is Important**

Cleaning during seasonal changes is essential to protect you and your family from cold and flu season. When the seasons change, it increases allergens in the air. A mid-spring-cleaning removes what has accumulated over the winter, including the heavy allergens, dirt and germs pushed out in early spring. Regular cleaning at home is a must to keep surfaces fresh for your family.

On the bright side, fall cleaning makes spring cleaning much easier!



Please Join Us at the Denver Lodge for These Events

September / Settembre

September 16th – Car Show in our Parking Lot

September 20th – General Meeting

October / Ottobre

October 1st – All Club Prima Domenica at Our Lady of Mt. Carmel

October 14th – Sausage Sandwich Drive Thru supporting Scholarship

11 to 3 \$10 for sandwich/chips

along with a two-on-two Bocce Tournament starting at 9 AM

October 18th – General Meeting

November / Novembre

November 11th – Spaghetti Dinner Supporting Tunnel to Towers 11 to 6 \$12 Adults

November 15th – General Meeting

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



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5925 West 32nd Avenue
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