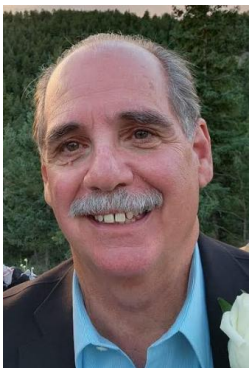




# LA PAROLA

*Bringing You Information About the Denver Lodge Since 1958*

New Year 2024/25 Issue



Brothers and Sisters,

BUON ANNO! It's hard to believe that 2025 is here already! 2024 went by so fast!

We had a great Holiday Season last month! We had over 150 people at our Christmas Party on Saturday December 7th and everyone had great time! On Sunday December 15th, we had our Breakfast with Santa. The Jolly Old Man came in a Fire Truck provided by the Wheat Ridge West Metro Station. The kids, parents, grandparents and great grandparents had a wonderful morning! Finally, our Christmas General Meeting on Wednesday December 18th was a big hit as our Volunteers cooked up a delicious Seafood Dinner for about 120 members and guests!



And speaking of volunteers, I want to thank all the people who volunteered in December, and throughout the entire year. It would be very difficult to do what we do without those people that step up to help for nearly every event, especially Linda Villano, Rose Vecharelli, John Remiggio, Beverly Lilly, Jack Loth, Patrick Lubrano and John Gargano. And a big thank you to Danny and Leanne DiTirro for always taking care of the bar. And I can't hand out thank you wishes without mentioning Desi Ramirez, our Facility Manager. Desi does an incredible job taking care of so many things related to our facility; he is such an indispensable part of this organization!

I hope the New Year brings all of you good health, prosperity and happiness!  
God Bless us all!

Fraternally yours, President Sal



## **Welcoming new editors and Looking for more contributors to the monthly La Parola!**

*By Dr. Rita DeFrance*

Pulling together the articles and producing a monthly La Parola has been part of my monthly duties for several years now. At our December meeting, President Sal asked for volunteers to pick up the "La Parola Torch" and take it forward and several folks volunteered. We have Cyndi Lubrano, Ellie Gaccetta who volunteered, and Pete Aiello who also is willing to throw his hat in the ring to help out. As these folks learn how to pull it all together our timing for the first couple of months might be a bit wonky...but they are committed to getting our membership information!

I would like to take a moment to thank All those who have helped me with articles over these past few years and know they are continuing to contribute. Thanks to Beverly Mendicello who motivates everyone with reminders on submission and contributes the Trivia section. Thanks to Kathy Holt for her great recipes and LeAnne DiTirro on her yummy refreshments. Thanks to Anna for her continued membership support that is being picked up by Jamie Yantorno and Regal Nichols. Thanks to Pam and Maggie for their continued reminders about book club. And thanks to Ellie and Cyndi for the monthly articles! From time to time there are guest writers like Bob Giusto, so I hope he and others continue to contribute to our newsletter!

Have a Happy New Year...please enjoy this

**SPECIAL  
EDITION**

# La Parola

## Special New Year Issue 2024 / 25

Sal Siraguse, Eleanor Gaccetta, Pam Wright  
and Dr. Rita DeFrango

### Building Contacts

Desi Ramirez – Facility Manager

We are looking for a member who would like to serve on the building committee. Please contact Sal if you are interested!

### Health & Condolence

Joannie Flynn [Joannie818@gmail.com](mailto:Joannie818@gmail.com)

Hall Rental – Sal Siraguse (303) 238 - 8055

### Address Changes

[SOIDenver2075@gmail.com](mailto: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.

### 2025-2026 Lodge Officers

#### **President**

Sal Siraguse  
[siraguse56@msn.com](mailto:siraguse56@msn.com)

#### **Vice President**

Patrick Lubrano  
[Patricklubrano@yahoo.com](mailto:Patricklubrano@yahoo.com)

#### **Orator**

John Capone  
[caponejj@msn.com](mailto:caponejj@msn.com)

#### **Recording Secretary**

Anna Vann  
[tmvenv@msn.com](mailto:tmvenv@msn.com)

#### **Treasurer**

John Callor  
[Callor95@gmail.com](mailto:Callor95@gmail.com)

#### **Financial Secretary**

Dr. Rita DeFrango  
[ritadefrango@gmail.com](mailto:ritadefrango@gmail.com)

#### **Guard**

Joe Bonfiglio  
[jbonfig44@gmail.com](mailto:jbonfig44@gmail.com)

#### **Chaplain**

Barb Pietrafeso  
[babeepietrafeso@outlook.com](mailto:babeepietrafeso@outlook.com)

#### **Historian- Open**

#### **Trustee**

Susan Giamarvo  
[susangurule@msn.com](mailto:susangurule@msn.com)

#### **Trustee**

TJ Henderson  
[Henderson435@hotmail.com](mailto:Henderson435@hotmail.com)

#### **Trustee**

Joe Calabrese  
[JAC5260@MSN.COM](mailto:JAC5260@MSN.COM)

#### **Trustee**

Joannie Flynn  
[Joannie818@gmail.com](mailto:Joannie818@gmail.com)

#### **Trustee**

John Gargano

#### **Immediate Past President**

Pam Wright  
[pcake@comcast.net](mailto:pcake@comcast.net)

#### **Mistress of Ceremonies**

Linda Villano  
[l\\_villano@comcast.net](mailto:l_villano@comcast.net)

#### **Mistress of Ceremonies**

Kim Bonfiglio  
[jbonfig44@gmail.com](mailto:jbonfig44@gmail.com)

## Having an Event this Year?

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 2025/26 and want to be able to accommodate all inquires! Grazie!



## MEMBERSHIP

### **Membership Information**

Our membership is strong! We have 350+ members where some have been members for over 30 years and others just a few years – a great group of people! Membership dues are due by March 2025. Jamie Yantorno and Regal Nichols are picking up our Membership Committee as chairs and will be reaching out to you soon! Stay tuned!



**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](mailto:coloradopolkaklub@gmail.com).

### **Book Club**

#### **by Pam Wright & Maggie Iozzo**

Book Club meets the second Monday of the month. Meeting place Panera on 64<sup>th</sup> & Yank, 12:00 p.m. everyone is 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 2<sup>nd</sup> and 4<sup>th</sup> 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!** *Gathered by Dr. Rita DeFrang*

**Andiamo!** [List of Organizations](#) Download the booklet now!

**January**

**January 5th** - Prima Domenica - Mt. Carmel

**January 10th** - [Italian Evening](#) at the Annual Meeting sponsored by Dante

**January 20th** - Martin Luther King Holiday

→ **January 21st** - All Club/Organization Calendar Meeting, *Sons & Daughters Lodge*

**February**

**February 2nd** - Prima Domenica - *Sponsored by the Trentini/Fiori Bocce Club*

**February 8th** - La Festa d'Amore, Altar & Rosary, *Doubletree in Westminster*

**February 17th** - Presidents Holiday

**March**

**March 3th** - Prima Domenica - Italians of America Sponsor

**March 8th** - IABA [Bravo Awards](#) Gala

**March 15th** – [St. Patrick's Day Parade](#)

**March 15th** – Sister Cities sponsors an Ancient Roman menu with recipes from 2000 years ago, Potenza Lodge

**March 15th** - Our Lady of Mt. Carmel - St. Joseph's Table, 4 to 7 PM

**March 16th** - Our Lady of Mt. Carmel - St. Joseph's Table, 11 AM to 3 PM

*NOTE: All events are on the Sons & Daughters [Website](#) on the [Community Page](#).*

**Getting Involved at the Lodge,** *by Dr. Rita DeFrang*

Good Day fellow Sons & Daughters of Italy, Denver Lodge 2075 Members! Our Lodge hosts events for our membership, as well as hosts other organizations. Susan Giamarvo has volunteered to be our Events Coordinator at the Lodge – Thank you Susan! We have at least 9 events throughout the year that include and are not limited to the Anniversary Dinner, the Car Show, Golf Tourney, Spaghetti Dinners, October events and our Christmas dinner and Kids breakfast. For each event we hope to have a chair that can guide the volunteers who would be helping for that event. The Lodge is always looking for help....and our hope is that you can find a couple hours of your time to jump in lend a helping hand.

Susan's email in on page 2 of this newsletter, but you can reach out to anyone on council to let them know of your availability.

Please know that our goal is to have fun...and I can share that we have a lot of laughs, we work really hard...but we feel good when we are done!

Looking forward to getting to know more of our Lodge members through these opportunities! Thanks in advance!



## Santa comes to the Denver Lodge on a Fire Truck!

by Dr. Rita DeFrango

Each year Pam Wright and Joey Regan chair the Children's Christmas Breakfast. They make goodie bags, set tables for breakfast and really cater to the kids and families. This year there were 32 children and almost 60 adults – a record for sure! Well, Pam and Joey have a direct line to Santa's workshop, so all the kids receive gifts from Santa. This year, I was able to handover all my "elf-ly" duties to the new elves shown with Santa.

From left to right: Nicholas Garioto, Lucille Lubrano, Sophia Palmore-Crean, and Patrick Lubrano.

Breakfast was cooked by Bob Giusto, Michael Garioto, Sal Siraguse, and Patrick Lubrano. Pam had her family on deck to serve along with some help from the elves.

Thanks to the Wheat Ridge Fire Department for driving Santa over...although we all know Santa wouldn't have gotten lost!

Photo at the bottom of the page is Santa and all the kids signed up for the event!

Thanks to everyone who made this so special!



### Holiday Decorating at the Lodge

Decorating the lodge this year was a wild blast. With Thanksgiving early – we had to decorate before Thanksgiving! Many thanks goes to all those who helped with the Christmas Trees, décor around the lodge and of course the outside decorations. We were also blessed with a donation from Crist and Amy McAfee – a new Chandelier! For those who did not know – Crist works for a lighting company and he and his wife Amy have some great improvements for our entryway up next!

Our front tree was donated by Kathy and Barry Wolf...we needed a Replacement and they jumped in!



From left to right: Amy & Crist, Linda, Phillip, (across the back) Susan, Kathy, Rhinda, John, Bob, Sal, Kathy & Barry, (around the table) Rose, Mary, Kiomi and Rita.



Amy & Crist McAfee

### Thank you, Rae and Desi!



Kathy & Barry Wolf

## November Veteran's & First Responders Meeting Celebration

by Dr. Rita DeFrango

Every year our November meeting is a Salute to Veteran's and First Responders. The Sons & Daughters serves Thanksgiving Dinner and all the fixins! This year the Lodge cooked 9 Turkeys and 25 pounds of potatoes, stuffing, gravy and cranberry sauce along with salad and bread! No one left the lodge hungry! Dessert was Apple and Pumpkin Pie...and the meeting was social. Pictures below (top left) Color Guard Troop 324, (top right) local police, fire and rescue, (bottom left) Missing Soldier Table, and (bottom right) our own retired veterans and first responders.



Thanks to John Callor who pulled together the Missing Man (soldier) Table. The table that honors missing, fallen, or imprisoned U.S. military service members. All of the items have a special meaning. (1) **Round table**: Symbolizes everlasting concern. (2) **White tablecloth**: Symbolizes the purity of their motives. (3) **Lighted candle**: Represents hope for their return. (4) **Bible**: Represents the strength gained through faith. (5) **Inverted glass**: Symbolizes their inability to share a toast. (6) **Slice of lemon**: Represents the bitterness of their fate. (7) **Pinch of salt**: Represents the tears of the missing and their families. (8) **Red rose**: Represents the lives of the missing and the loved ones who are awaiting answers. (9) **Yellow ribbon**: Represents uncertainty, hope for their return, and determination to account for the (10) **Service hats**: Represent each branch of service. (11) **Empty chair**: Represents the missing service member.



## Happy New Year – Thoughts and Advice for 2025

by Ellie Gaccetta

Every new year people around the world celebrate social, cultural, and religious observance traditions to usher in the end of one year and birth of another. Society urges us to go forward with renewed hope for a better tomorrow.

**“No matter how hard the past, you can always begin again.” – Buddha.** I found a blog from *Thoughts on Life and Love* which offers some insights of how we forge ahead to 2025. Honestly, simple ideas will help us to navigate the life we lead on this truly insane planet! While these are not all the answers, we can learn how to keep going to find a better, healthier, and safer way to live. Here are ideas and good advice to consider as we go into the New Year.

**Kick fear into touch.** Fear is a mindset and stays with you as an ever-present shadow in your life. Learn to shrug off fearful thoughts. Fear stops us from being whole and living our lives to the fullest. Do not let fear control your life but be cautiously optimistic and go forward with life's endeavors. **Do not be afraid to fail.** Why is it when we fail at something we assume **we** are failures? It is wrong to think that because it did not work, we are inadequate and there is no evidence that you are not enough. Think of the times you did something successfully and well. Do not fear failure, fear doing nothing at all – that is far worse. So, get out there and fail, it teaches us and helps us understand our strengths! Try new things, get up and give it a go. If you fail, try something else. **Live in the moment.** Sure, we need to have long-term goals, but really our attention needs to focus on today. What do we need to accomplish today to be ready for tomorrow or to ensure our goals can be realized? Be present today in your life, the future has not arrived. **Give up comparing your life to others.** We all accomplish different things at various times of our life. Success is not linear, and success is not financial stability, or a full social calendar. Be true to you and stop worrying about what others are doing. Rejoice in the success of others but do not look at their success as competition or a failure for yourself. Everyone you meet in 2025 will have good qualities, look for them and know you have good qualities as well. **Stop overthinking.** There is no bigger enemy for us than our own heads. People can be hard on themselves which leads to negative, self-critical thinking. Use your head to find solutions and make action plans. Solve problems rather than worry about things you cannot resolve much of the time. Stop ruminating about things. It is time to distract yourself and do something else. **Maintain balance in your life.** In this busy and chaotic world, we live in, it is hard to find time to love and care for ourselves. But part of honoring ourselves is accepting that we, too, deserve to spoil ourselves. Take a break and find balance between work and play. Reject guilt, a wasted emotion that you can choose to ignore. **Choose your thoughts about the world wisely.** Be open-minded, not naïve. Never give up hope and faith and positive perceptions even in the face of opposition. Too much negativity makes us bitter and twisted. **Have more fun and laugh more.** Get out of your comfort zone, try new things regularly. This is a safe way to conquer fear and gain confidence. **Do not think everything is a catastrophe.** Realize your worst-case scenario thoughts are actually fear and insecurity and not fact. A new year can be the start of renewal. **Be kind to yourself and others.** There is enough hatred and misery in this world without adding to it. Do not mistreat others and be kind to yourself, it feels good. Make a small gesture and imagine if everyone made a small gesture what a nicer world, we could live in.

I wish all who read this a happy, prosperous, and wonderful 2025.

welcome



by Dr. Rita DeFrange on behalf of Anna Vann and now Jamie Yantorno & Regal Nichols

New members who have submitted their applications were Mary Younger, Frank Serafini, Michael Rondinelli, John Gallo, Maureen Falconer, and Steven Falconer. If I have missed anyone – please let us know!

**Remember** – general meetings are every third Wednesday, there are plenty of fun things going on at OUR lodge and across the community! AND don't hesitate to reach out with any questions!





# Please Join Us at the Denver Lodge for These Events

## January / Gennaio

**January 15<sup>th</sup>** – Business Meeting (Installing new officers)

## February / Febbraio

**February 19<sup>th</sup>** – Social Meeting



## March / Marzo

**March 15<sup>th</sup>** – **St. Patrick's Day Parade**

**March 19<sup>th</sup>** – Social Meeting



### Contact Us

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

303-238-8055  
[soidenver2075@gmail.com](mailto:soidenver2075@gmail.com)



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