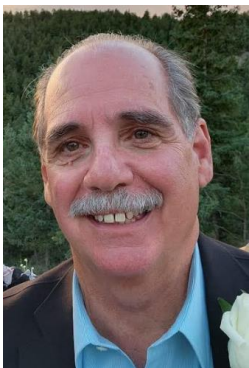




# LA PAROLA

Bringing You Information About the Denver Lodge Since 1958

November / Novembre 2024



Brothers and Sisters,

Italian Heritage Month (October) was a very busy month with many community events! On October 5th, we held a successful 2 on 2 Bocce Tournament/Sausage Sandwich Day to kick off the month. October 6th was the All-Italian Club Prima Domenica at Our Lady of Mount Carmel Church. October 9th saw the Italian American Business Association present Spaghetti and movie night at the sons And Daughters Of Italy Hall. An October 12, the Italians of America presented a wine and dinner night to benefit Laradon Hall. On October 19th, the Denver chapter of Filitalia sponsored in Italian flag raising ceremony at the state capital in downtown Denver.

Also on October 19, the Potenza Lodge celebrated their 125th anniversary!

All of these events were very well attended, as we continue to support our Italian heritage!

Don't forget to join us at our salute to service General Meeting on Wednesday October 20, where we will enjoy a Thanksgiving feast and salute our Veterans and first responders!

MANGIA BENE, RIDI SPESSO, ANA MOLTA



Fraternally Yours, President Sal



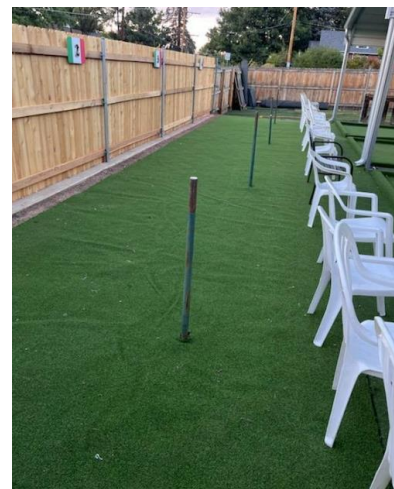
## Getting involved at the Lodge!

By Dr. Rita DeFrangé

Membership is all about being part of a group that is alive, active, and doing fun things for its membership or for others. Community (the “others” from the previous sentence) is all about “sharing” those events and experiences together, as well as doing for others. I recently spoke to a friend of mine and he asked about what we did, who benefits from the income from our events and how could he become a more integral part of the community. So, I put pen to paper and here are a few things I shared, along with some statistics for our membership!

Here are a few statistics I thought would be of interest.

1. In an effort to keep dues costs affordable for our membership, we rent our hall to our membership and friends as well as, run events to defray costs for building maintenance.
2. We are fortunate to have a fabulous facilitator, Desi Ramirez who does a lot of the maintenance around our lodge – see the improvement of the bocce courts – picture to the right! New fence, and grassy area.
3. We run events like our Car Show, Golf Tournament, and recent Spaghetti Dinner to benefit local charities. (See page 7 for an example.)
4. We have grown our membership over 21% this year – either with returning members or new members who are energized to be part of the community. We even have members that have moved away – but stop in when they are in town!
5. And we support other Italian organizations through support of their events by volunteering to help them, or networking - like a who's who contact list!



This organization can only thrive with each of you...so remember how important you are!

We end the year with a bang for sure – our Salute to Veteran's at the November Meeting,

Our celebration of the “Feast of the Seven Fishes” at our December meeting, as well as our holiday party - see page 5 for more information!

# La Parola

## November / Novembre

Pam Wright, Sal Siraguse ,  
LeAnne DiTirro, Eleanor Gaccetta, Cyndi Lubrano,  
Kathy Holt, Beverly Mendicello and Dr. Rita DeFrang

### Building Contacts

Desi Ramirez – Facility Manager

We are looking for a member who would like to chair our 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.

### 2023-2024 Lodge Officers

#### **President**

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

#### **Vice President**

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

#### **Orator & Past President**

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

#### **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 DeFrang  
[ritadefrange@gmail.com](mailto:ritadefrange@gmail.com)

#### **Guard**

TJ Henderson  
[TJHenderson435@hotmail.com](mailto:TJHenderson435@hotmail.com)

#### **Chaplain**

Barb Pietrafeso

#### **Historian- Open**

#### **Trustee**

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

#### **Trustee**

Joe Marino  
[bigjoem52@comcast.net](mailto:bigjoem52@comcast.net)

#### **Trustee**

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

#### **Trustee**

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

#### **Trustee**

John Gargano

#### **Past President**

Dominic LoSasso  
[dominic@osiacolorado.org](mailto:dominic@osiacolorado.org)

#### **Mistress of Ceremonies**

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

#### **Mistress of Ceremonies**

LeAnne DiTirro  
[leanneditirro@gmail.com](mailto:leanneditirro@gmail.com)

## Having an Event this Year? by Dr. Rita DeFrang

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**

Are you enjoying your membership with this great lodge? Do you know of anyone else that might enjoy meeting new people, joining in on fun activities and events, and eating some great Italian food? (there's always food involved with any event for Italians!) Give them a membership application and sign off as their sponsor. You can obtain an application from our website or at the lodge directly. The more, the merrier!!



**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! Here are the books, October – “The Women” by Kristen Hannah, November is “The Measure” by Nikkie Erlich and in December we will read “The Little Old Lady who Broke all the Rules by Catherina Ingleman Sundberg.

**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 DeFrango*

### November

**November 1 & 2** - Sons & Daughters Craft Fair

**November 7th** - Dante [Showcase on Cinema at DU](#)

**November 9th** - Sons & Daughters Spaghetti Dinner to benefit “American Military Families”

**November 9th** - Purse Party sponsored by Altar & Rosary

**November 24<sup>th</sup>** - **Decorating at the Hall – 9 to Noon**

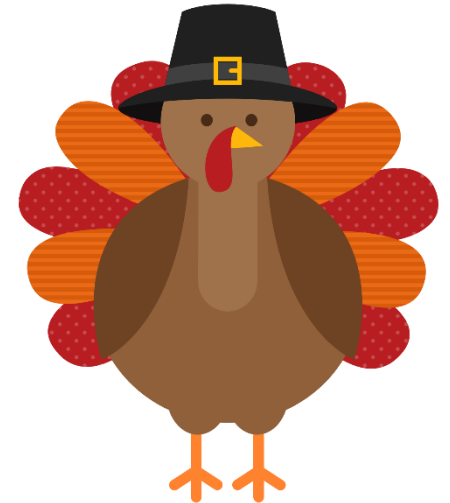
**November 24th** - Alumni Special Mass, Brunch OLMC

### December

**December 7th** - Sons & Daughters Christmas Dance (open to the public)

**December 8th** - Caruso Family Charities Dinner at Cafe Jordano - 3 seatings

**December 14th** - Sons & Daughters, Breakfast with Santa (open to the public)



[Bravo's](#) - stay tuned...this annual event will kick off advertising very soon!

## Salute to Veterans, Law Enforcement, Fire Fighters & EMT's

*From Pam Wright*

On November 20<sup>th</sup> we will be honoring those that have served or are currently serving. Please contact Pam Wright [pcake@comcas.net](mailto:pcake@comcas.net) or 303-210-6277 with the names of those coming to our meeting to be recognized.

Don't forget that this is also our Thanksgiving dinner evening so it will be good to know how many extra guests we will be attending. All veterans, law enforcement, fire fighters and EMTs will be our guests for dinner!

Looking forward to seeing you on the 20<sup>th</sup>.

welcome



New members were inducted (picture above) at the October member meeting – WELCOME! Already we have more who want to join in with all the fun we have! Welcome Wagner Calandro, Nicoleta Nagel, Elsa Lombardi, Carolyn Garcia, Daniel Styles, and Kiomi Pinkston,!

**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!

## New Editor at the Italian America! *from National*

“We are pleased to announce that Samuel Weinmann, Communications Coordinator at our National Office, is now the new Editor-in-Chief of our quarterly magazine, *Italian America*. Samuel, who is a bilingual Italian American, with family hailing from Fano, is passionate about promoting the Italian language and culture in the U.S.



Andrew Cotto, our previous Editor-in-Chief, has made the decision to step back from the magazine to pursue opportunities in the Italian culinary industry. We are grateful for all of the great work he has put into our magazine; we wish him the best in his future endeavors, and we look forward to collaborating with Andrew in the future!

Moving forward, Samuel is excited to work closely with our lodges to focus more on the accomplishments of our members and the great work our lodges are doing in their respective communities. Samuel can be reached at [italianamerica@osia.org](mailto:italianamerica@osia.org) for any inquiries.



**Creamy Chicken Orzo Soup**, by our own Kathy Holt  
soup but elevated!

*This lemon chicken orzo soup recipe is like chicken noodle*

2 sticks celery chopped finely ; 2 medium carrots chopped finely; 1/2 medium onion chopped; 1 tablespoon butter; 1 tablespoon olive oil; 3 cloves garlic minced, 2 tablespoons flour (I use Wondra), 6 cups low sodium good quality, chicken broth, 1/4 teaspoon Italian seasonings, 1.5 pounds boneless uncooked chicken breasts, 1 cup orzo, 1 tablespoon lemon juice or more Drain and on chopped fresh parsley or more to taste; Salt & pepper to taste

Sauté the celery, carrots, and onions in a large soup pot with the butter and oil over medium-high heat for 5-7 minutes.

Stir in the garlic and cook for about 30 seconds, then add the flour (or Wondra) and cook for another minute or so.

Pour in the chicken broth and stir until the flour has dissolved, then add the Italian seasoning and chicken pieces. Bring the soup to a boil. Cor the soup (lid slightly open), and reduce the heat and simmer for 15 minutes, in another saucepan,

some water and salt to a boil. Add the orzo and boil 10 minutes, until tender. Drain and add the orzo to the soup. I keep the lid off and stir it because the orzo tends to stick to the bottom of the pot. Take the chicken out of the pot and cut into bite size pieces, then add it back in. Add the lemon juice, parsley, and season the soup with salt & pepper as needed. Serve immediately. Serves 6-8.

### **Money, Money, Money, Part 2**, from Beverly Mendicello

The U.S. **\$20 bill** features the portrait of Andrew Jackson, the seventh President of the United States, and has borne his likeness since the late 1920s. Jackson's selection for the \$20 bill is attributed to his role as a military leader and his presidency from 1829 to 1837.

The U.S. **\$50 bill** prominently features the image of Ulysses S. Grant, the 18th President of the United States and a celebrated Civil War general. Grant's selection for the \$50 bill dates back to 1913 when the current design of the bill was introduced, although he had appeared on earlier versions as well. As the commanding general of the Union Army during the Civil War, he played a central part in securing the Union's victory over the Confederacy.

The U.S. **\$100 bill** is among the highest denominations of U.S. currency and features the image of Benjamin Franklin, one of America's Founding Fathers and a prominent figure in the early history of the United States. This bill dates back to 1928 when this note was introduced, although he had appeared on earlier versions as well. Benjamin Franklin's presence on the \$100 bill is a testament to his multifaceted contributions to American society as a statesman, scientist, inventor, author, and printer.

**Did you know we had a \$1,000 bill?** The United States one-thousand-dollar bill was printed from 1861 to 1945.

The [Bureau of Engraving and Printing](#) continued to issue the notes until 1969. The notes did not see much circulation among the public because they were printed to facilitate transactions between banks.



### **From the Bar...by our own**

*LeAnne DiTirro*

## italian margarita



2 oz orange juice  
2 oz tequila  
1 oz amaretto  
1 oz lime juice

shake with ice  
and strain



**Wrap up from Italian Heritage Month**  
by your Council

In an effort to **THANK ALL** of those who helped with events from our Lodge and across the Community here are a few highlights that might be of interest.

First and foremost, Chris Parenti, from Channel 2 News covered many events, including one at our Lodge – the Two-on-Two Bocce. Here is the [link](#) to watch! Chris covered events for Mother Cabrini, the Flag Raising at the Capitol – a truly Historic event – the first of its kind here in Colorado, as well as playing cards at Mt. Carmel. Marcia Brunetti handed Chris a membership form and sent him a Shirt from our Lodge so we will be seeing more of him for sure!



As for our Two-on-Two Bocce annual tournament we entertained almost 20 teams with the events of the afternoon kicking off at 9 AM. It was cool but warmed up nicely! There was a continental breakfast served to all players, and there was an open “sausage sandwich” lunch for players and anyone who wanted to stop by! Everyone enjoyed lunch and refreshments in our Garden Area!

During the tournament, Chris interviewed Mario DelPiccolo, a charter member and asked Mario to recall how the game started here at the Lodge. He also interviewed Anna Vann, Sal Siraguse our President is also shown, and Rita DeFrangue our Financial Secretary – and her push for “community”!

We ended the day around 3 PM with the winners (shown below). What a great publication for our Lodge....

The Sons & Daughters of Italy cordially invite you To share In an evening of "Silver & Gold" To Celebrate Christmas

Saturday, Dec 7th, 2024  
from 6 to 10 PM  
Tickets \$40 Members  
\$45 Guests  
All are Welcome!

Includes Appetizers, Dinner, Dessert and Dancing !!  
5925 W 32<sup>nd</sup> Ave., Wheat Ridge, CO 80211  
Contact Rita DeFrangue (970) 685-1327 For tickets



Stay tuned for next year!



Frank & Lou Busnardo, first place (above)  
Mark & Brett Elliott, second place (right)



## Scholarship Update... Peter LoSasso

by Bob Giusto

SOI scholarship recipient Peter LoSasso is certainly not following a typical career trajectory. Having graduated in 2019 from Lakewood High School, Peter went on to attend the University of Nevada at Las Vegas. He graduated from UNLV in May of 2024 with a degree in Hospitality Management. He weighed his options on getting started in a career, and chose the road less traveled... or should we say, the wave less traveled? Peter is currently employed by Disney Cruise Lines as an entertainer. On a daily basis, Peter can be found carousing with the likes of Goofy, Chewbacca, Captain Hook, and Iron Man. Hanging around the Denver lodge for so many years proved to be great training for him since some of our 'colorful' characters have been known to be 'goofy'. The son of Dominic and Tami LoSasso and the grandson of Pam Wright, Peter was a veteran of the high school stage and well versed in what it takes to put on a good show. He should be a natural for whatever roles he needs to play while at sea, but the time away from family will surely be felt by all. At present, he is in the middle of five-month stint sailing throughout the Pacific Ocean, but mostly around Australia and New Zealand. We wish him well, and hope the sea, surf, and Disney treat him well!



## All Clubs Sponsor Mt. Carmel Prima Domenica

by Dr. Rita DeFrange

Each year our community grows a little stronger! This year's, "All Club" Prima Domenica is another example of everyone collaborating to prepare a meal at Our Lady of Mt. Carmel. As our community grows stronger – so does the message that the Italians are here in Colorado – and we DO make up 5% with over 200,000 Italians in the state. Hey us – this is great!

Shown below in the photo are members from: Sons, IOA, Dante, Trentini, Potenza, Fillitalia, Men's Club and Altar & Rosary are represented in the photo below.



From left to right: Anna Vann, Jamie Yantorno, Regal Nichols

## Upcoming advancements for our Membership with dues & the sharing of information!

by Dr. Rita DeFrange

In our last issue of the La Parola we introduced Jamie and Regal as they took over as our Membership Chairs – Thank you both! Over the course of the next couple of months, they will be revamping how our dues are announced and provide information on modernized payment options. Overall, there will be a concerted effort to ensure all email addresses and phone numbers are up to date! Again – welcome Jamie & Regal!



## What'll Be the Menu in 2050,

by Ellie Gaccetta

In my book, *Generations of Good Food*, most recipes are from times when every meal was prepared to feed a large group with fresh ingredients from scratch. Today we are always looking for quick and simpler ways to feed our families. The foods of the future are here, and they look quite different. Change is constant, and that includes the culinary landscape.

**What Will Be the Future of Food? Meals depend on our eating habits, how we produce food, and what is available to eat.** Scientists predict major changes in the next twenty years in climate change, production and preparation of foods for meals at home and dining out. The United Nation's Population Division predicts the world's population to grow from 7 billion to 10 billion by 2050. Planning for production and consumption of food is at the forefront of many world economies. Various international entities will trace food from fields to markets to your table.

According to the World's Resources Institute, the world's eating habits, and food production are changing. Many cultures have begun cultivating edible insects, seaweed, plant-based meats, and lab-grown meats. Close to 2 billion people currently eat insects as a normal food source. They are rich in protein, nutrients, and commonly abundant. Plant-based meats are a staple for vegetarians and vegans. Alternatives to meat and dairy include wheat-based protein, potato starch, and coconut oil. Lab-grown meats are a high-tech alternative. Seaweed is abundant and consumed regularly in many cultures.

What is happening to farming? Family farms are disappearing as land is sold for commercial use. With an anticipated population of 10 billion people, there is not enough agricultural land to provide future world populations with sufficient food. This suggests the crops we cultivate, and the food we eat today, will undergo significant changes. What needs to change? **1. Reduce food loss and waste.** Approximately one-quarter of food produced for human consumption goes uneaten. Waste occurs from field to fork. Grocery stores buy only the most attractive produce. Unsold produce and fruits can be eaten but they are not in stores. "Ugly produce" is being obtained by food banks and non-profit entities rather than leaving it to rot. **2. Shift to healthier, more sustainable diets.** This is a complete mindset change for most people. Consumption of beef, lamb, and pork is projected to rise 88%. Dieticians urge people to trade meats for more plant proteins such as beans, peas and lentils in their diets. The reality is that plant-based foods and meat substitutes are not yet widely accepted. **3. Increase food production without expanding agricultural land.** Bioenergy and hydroponics allow increased food production by farming above ground in highly regulated environments. Northern Colorado has several successful hydroponic farms growing vegetables in controlled, moist environments. **4. Increase livestock and pasture productivity.** Farmers need to improve fertilization of pastures, feed quality, and veterinary care to focus on improved animal breeds and rotational grazing. This requires government support and technical assistance. **5. Increase fish supply.** Wild fisheries have reduced catches while farmed fish from fish hatcheries are producing the equivalent from the sea. Fish consumption has increased. Fish hatcheries can produce a diverse number of species outside their natural habitat. What's on the menu in 2050 will look very different from what we're eating in 2024. Something to ponder and look forward to.

## Check presented to Frank DeAngelis

by Dr. Rita DeFrango

The 2024 Golf Committee elected request membership approval for Tournament proceeds to go to the [DeAngelis Foundation](#). At our October meeting, Frank was presented with a check for \$8,000 for the charity. Great work to the committee, the donors and thanks to all those who played golf....next year is the 50<sup>th</sup> year of the Tournament will not disappoint!



# **Please Join Us at the Denver Lodge for These Events**

## **November / Novembre**

**November 1<sup>st</sup> & 2<sup>nd</sup>** – Annual Craft Fair

**November 9<sup>th</sup>** – Spaghetti Dinner Benefitting “American Military Families”

**November 20<sup>th</sup>** – Social Meeting celebrating Veterans & First Responders

**November 24<sup>th</sup>** – Decorating for Christmas at the Hall – 9AM to Noon

## **December / Dicembre**

**December 7<sup>th</sup>** – Annual Christmas Dinner (open to the public)

**December 14<sup>th</sup>** – Annual Kids Christmas Breakfast with Santa  
(open to the public) 10 AM

**December 18<sup>th</sup>** – General Social Meeting – Come enjoy 7 Fishes!

### **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**



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in America Denver Lodge #2075**  
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