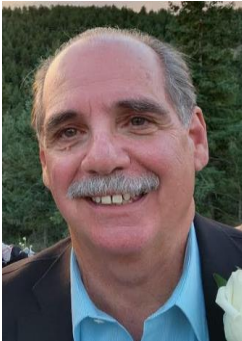




# LA PAROLA

*Bringing You Information About the Denver Lodge Since 1958*

Ottobre/October 2026 Issue



Brothers and Sisters,



October is Italian American Heritage Month, and we kicked it off in style on Saturday October 3rd when we held our 2nd Annual Italian Heritage Festival! Our inaugural event in 2025 was a big success and we kept our expectations in check not knowing if we could repeat the success we enjoyed last year. But I'm here to tell you, we exceeded our expectations.

I'm not sure what was most amazing about our event this year; the incredible support from the community or the volunteer members that worked so hard to make the 2026 Heritage Festival so special! Of course, the answer is the volunteers! I'm so very proud to be a part of this amazing organization and we are all lucky to be supported by such a vibrant community!

And a big thank you to Susan Giamarvo and the Festival Committee! All those months of planning definitely paid off.

And speaking of successful events, we have 2 that are right around the corner! Our annual Craft Fair is Friday and Saturday, November 6th and 7th. It's a great time and place to start your Christmas shopping! On Saturday November 14th, we will be holding our last Spaghetti Dinner of the year! If you would like to volunteer on that day, please reach out to me soon!

Also mark your calendar for our October General Membership Meeting (always the 3rd Wednesday of every month) coming up on Wednesday October 21st.

I will finish this month's letter with sad news as we announce the passing of longtime member Carlo Amato. His funeral mass will be held at Our Lady of Mt Carmel Church at 10:00 AM, Tuesday October 13th and the reception will be immediately after at our Lodge. May He Rest in Peace.

Fraternally,

President Sal

Sal Siraguse  
720-908-7701



La Parola  
Ottobre/October 2026

Sal Siraguse, Dr. Rita DeFrangé, LeAnne DiTirro, Eleanor Gaccetta,, Kathy Holt, Beverly Mendicello,

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.

2025-2026 Lodge Officers

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**Trustee**

John Gargano

**Immediate Past**

**President**

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**Mistress of Ceremonies**

Kim Bonfiglio  
[jbfig44@gmail.com](mailto:jbfig44@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 booking and want to be able to accommodate all inquires! Grazie!



We welcome new members every month! If you have any questions, you can “contact us” via email and request an invoice or a payment plan. We have over 400 members and are still growing! Something to celebrate for sure!

***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., *September: The Crossroads, October: Remarkably Bright Creatures November: The Ultimate Gift*



***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.





### Let's Honor Dolly!!

The members of the Denver Lodge had a great affection for the late Dolly Parton. In addition to being a wonderful and generous humanitarian, she was known for hearty, southern soul cooking. She preferred food that connected to the heart rather than gourmet dishes. She learned to cook out of necessity growing up poor. She was more of a cook than a baker. This is her favorite apple recipe.

#### Dolly Parton's Baked Apple Cinnamon Fritters

2 large apples, peeled and diced; 1 cup flour, ¼ cup granulated sugar, 1 tsp baking powder, 1 tsp ground cinnamon, ¼ tsp salt, 1/3 cup milk, 1 large egg, 1 tsp vanilla, ½ cup powdered sugar.....

Bake 400 for 15-18 minutes **Glaze:** 1 ½ cups powdered sugar, 2-3 Tablespoons milk, ½ teaspoon vanilla, ¼ teaspoon ground cinnamon. **Instructions:** Preheat oven to 375 degrees and line baking sheet with parchment paper. Whisk the dry ingredients in a large bowl and toss in the diced apples. Wisk the wet ingredients in a separate bowl and gentle add to the dry mixture until just combined. Drop spoonfuls of batter on the baking sheet . Bake 18-22 minutes until golden brown.

Mix the glaze until smooth and drizzle over warm fritters.





The Sons and Daughters of Italy welcomes Gene Pastor, Claudia Ormsbee, Joseph Di Vito, Nancy Reindi, Sean and Elizabeth Tyus, Susan Scalzitti, Gary Upson, and Mary Buzzell-White. A reminder to all members that our monthly meetings are the third Wednesday of every month.



### Prayers for Comfort and Health

Sending good vibes to those who are ill: John Gargano

Prayers of comfort to those who lost a loved one: Carlo Amato



### Pumpkin Trivia

By Beverly Mendicello

**Pumpkins have been around for centuries. A French explorer in 1584 first called them "gros melons," which was translated into English as "pompions", according to History. It wasn't until the 17<sup>th</sup> century that they were first referred to as pumpkins.**

The original Jack-o-lanterns were made with turnips and potatoes by the Irish.

In England they used large beets and lit them with embers to ward off evil spirits. Irish immigrants brought their customs to America but found that pumpkins were much easier to carve.

Pumpkins are grown on every continent except Antarctica. That makes sense considering Antarctica is a 24/7 ice tundra.

Over 1.5 billion pounds of pumpkins are produced each year in the U.S. The top pumpkin-producing states are Illinois, Indiana, Ohio, Pennsylvania, and California.

The world's heaviest pumpkin weighed over 2,600 lbs. and was grown in Germany.

The largest pumpkin pie recorded weighed 3,699 lbs. Each pumpkin has about 500 seeds and takes between 90-120 days to grow. Surprisingly, pumpkin pie isn't America's favorite. A survey by the American Pie Council says that Apple pie takes the cake (um, pie?) – 19% of Americans say it's their pie of choice. Pumpkin is in 2<sup>nd</sup> place with a respectable 13%!

### Prima Domenica



On the first Sunday of every month the 9 a.m. Mass at Mt. Carmel is in Italian. On October 5<sup>th</sup>, all Italian clubs participated in preparing and serving breakfast after Mass. Kitchen crew: Top Row - Sal Siraguse and Mike Bellio. Second Row - Jamie Yantorno, Mary White, Rita DeFrangé, Janet Lombardi and Jack Loth. Bottom Row – Fred Marzano, Rosemary Peltier, Phyllis Martin, Linda Villano, Kay Ponzio, Laurie and Roger Creason



### Limoncello Sunrise

1 ounce Limoncello  
3 ounces fresh-squeezed orange juice  
½ ounce splash Grenadine  
Fresh Orange slice for garnish  
Maraschino cherry for garnish



Fill an Old Fashioned or tall glass with ice cubes. 2. Pour in the limoncello and orange juice, then stir gently to combine. 3. Slowly pour the grenadine down the inside edge of the glass; let it settle to the bottom to create the sunrise gradient effect. 4. Garnish with an orange slice and a maraschino cherry. Serve

### Apple Kuchen Brunch Cake



By Kathy Holt

*There's nothing quite like the aroma of apples and cinnamon baking away in the oven. This Apple Kuchen is perfect with a morning cup of coffee.*

**Batter:** ½ c softened butter, ½ c sugar, 2 eggs (room temperature), ½ tsp vanilla, ½ tsp grated lemon peel, 1 c cake flour (see note for substitution), ½ tsp baking powder, ½ tsp salt, 4 Granny Smith apples, peeled, cored and sliced

**Topping:** ¼ c flour, ¼ tsp cinnamon, 1 c sugar, ¼ c chilled butter cut into 8 pieces

**Instructions:** Combine dry ingredients and set aside. In a mixer, cream butter, sugars and eggs until creamy. Add vanilla and lemon peel and mix to combine. Slowly add dry ingredients into wet. Spread batter in a greased and floured 9X13 pan. Place apples on top of dough, overlapping a bit. Mix dry topping ingredients then cut in the butter until you have coarse crumbs. Sprinkle on top. Bake at 350 for 25 minutes

**Note:** To make your own cake flour sift together 1 cup of flour with 2 tablespoons of cornstarch.

### Italian Community Events

#### October – Italian Heritage Month

**October 3<sup>rd</sup>** – Flag Raising at the Capitol, Filaitalia 11 a.m.

**October 3<sup>rd</sup>** – Italian Heritage Festival 1-6 p.m. Sons and Daughters of Italy Denver Lodge

**October 4<sup>th</sup>** – Prima Domenica – All Clubs at Mt. Carmel

**October 5<sup>th</sup>** - Mother Cabrini Day

**October 8-12<sup>th</sup>** Trenitini – Colorado hosting the North American Convention

**October 17<sup>th</sup>** – “It’s in the Bag” purse party – Mt. Carmel Servite Hall

**October 21<sup>st</sup>** - General Meeting, Sons and Daughters of Italy

**October 30<sup>th</sup>** – Witches and Wiseguys Halloween Party – sponsored by Filitalia and Potenza, at the Potenza Lodge



### A Moment For You

**Your Heart is Stronger than You Think!!**

Even after disappointments, worries or difficult seasons, you continue to love, hope and care deeply. That is real strength. Your softness is not weakness – it is one of the most beautiful parts of who you are.



## Sons and Daughters of Italy Council Elections

From Orator, John Capone,  
Nominations for new Council members will be held at the October 21<sup>st</sup> general meeting, If you would like to run for a seat on the council, or nominate someone, please contact me at 303-638-1459 or Pam Wright at 303-210-6277. Nominations will be listed in the November issue of the La Parola and voted on at the November 18<sup>th</sup> general meeting.



## Christmas Dance is Around the Corner

🎄 **Calling All Christmas Helpers!** 🎄  
**Many Hands Make the Holiday Magic!**



Our Annual Christmas Dance is coming soon, and we need **YOU** to help make it merry and bright! ✨

We're looking for **volunteers** to help with:

- 🎁 **PLAN** — Help plan the event, activities, decorations, food making for festive fun!
  - 🎄 **SET UP** — Turn the space into a Christmas wonderland before the party!
  - 🎉 **CELEBRATE** — Enjoy the party and help make it a memorable evening for everyone!
- Help return the space back into an empty venue afterwards for the next celebration!

**— THE STORY OF —**  
**BIALETTI**  
*The little moka pot that conquered the world*

**1919 THE BEGINNING**  
Alfonso Bialetti opens a small workshop in Cuscinello, Italy, specializing in the processing of aluminum.

**1933 A REVOLUTION IN EVERY HOME**  
Alfonso Bialetti invents the Moka Express: a simple and brilliant idea that allows everyone to enjoy a rich and genuine coffee at home.

**1950s THE BOOM AFTER THE WAR**  
Bianco Bialetti, Alfonso's son, takes the company to the next level with industrial production and iconic advertising. The Moka becomes a symbol of the Italian way of life.

**WHY THE MOKA EXPRESS IS SPECIAL?**

- It brought the café experience into millions of homes.
- It's simple, durable and timeless in design.
- It represents creativity, ingenuity and passion. 100% Italian.

**WHY IS OCTOBER ITALIAN-AMERICAN HERITAGE MONTH?**

- 1989**  
The U.S. Congress designated October as Italian-American Heritage and Culture Month.
- GENERATIONS OF IMMIGRANTS**  
It honors the contributions of Italians and their descendants to American life.
- A SHARED HISTORY**  
Millions of Italian Americans helped shape the United States through their work, values and talents — in communities, business, science, education, sports, the arts and public service.
- MORE THAN A CELEBRATION**  
October is a time to remember where our families came from — and to celebrate the enduring legacy of Italian Americans today.

**★ THINGS INVENTED IN ITALY ★**

- EYEGLASSES**  
Invented in Pisa in the late 13th century.
- PIANO**  
Invented by Bartolomeo Cristofori in 1709.
- BATTERY**  
Invented by Alessandro Volta in 1800.
- RADIO**  
Invented by Guglielmo Marconi in 1895.
- ESPRESSO MACHINE**  
Invented in the early 1900s in Italy.
- MOKA POT**  
Invented by Alfonso Bialetti in 1933.
- BANK**  
The modern bank system originated in Italy in the Middle Ages.
- DOUBLE-ENTRY BOOKKEEPING**  
Developed in Italy by Luca Pacioli in 1494.
- THERMOMETER**  
Invented by Galileo Galilei in the early 16th century.
- PARACHUTE**  
Designed by Leonardo da Vinci in the 15th century.
- JEANS**  
Invented in Genoa in the 16th century (blue denim fabric "sereno").
- GELATO**  
Originated in Italy; modern gelato as we know it was perfected in the 19th century.
- VENETIAN BLINDS**  
Invented in Venice in the 16th century.
- NOVEL**  
The modern novel form was perfected in Italy.
- CASINO**  
The modern casino and the concept originated in Italy.
- BAROMETER**  
Invented by Evangelista Torricelli in 1643.
- STILETTO HEEL**  
Inspired by Italian culture; popularized the world over in Italy.
- VIOLIN**  
The modern violin was developed in Italy in the 16th century.

*Orgogliosamente Italiano. Proudly Italian.*

**WHY OCTOBER 2026 IS GOING TO BE EPIC:**

- 5 Fridays.
- 5 Saturdays.
- A meteor shower.
- A Hunter's Moon.
- Halloween on a Saturday. Won't happen again until 2037!
- Clocks "fall back" on Halloween. We get an extra hour of spooky season!

**OCTOBER 31**

**LET TODAY BE FILLED WITH...**

Peace Laughter Kindness  
Hope Gratitude Love  
Grace Courage Joy  
Patience Faith Compassion  
Beautiful Moments

©MYHEALINGCIRCLE



### Flag Raising at the Capitol

Filitalia sponsored the flag raising ceremonies at the Capitol to kick off the Italian Heritage Month and the Italian Heritage Festival held at the Sons and Daughters of Italy Denver Lodge.



Jamie Yantorno delivered the following speech at the Flag Raising. It is a wonderful testimony of what it means to be an Italian and to honor our Italian Heritage. Please take time to read it.



Good morning everyone - Buon Giorno. When people think about what it means to be Italian American, it is easy for their minds to first envision sprawling Sunday family dinners with noise and laughter echoing through the house, the shared recipes that have been passed down through generations, the Summer Feast season and yes, even that unmistakable, deep sense of pride. Those things are all beautiful, and a vital part of who we are. But if you look deeper—especially if you look at what it means to be an Italian American here in Colorado—you find a truth that goes past even that. To me, being an Italian American means being a part of something that is bigger than yourself. It means making a conscious choice to be a contributor within our community, and not just a consumer of it. It is easy to show up and enjoy the culture, but I believe that our heritage asks more of us. It asks us to build, to sustain and to give back. Think about the generations who came before us. They arrived in Colorado with very little, speaking little to no English and facing hard work in the mines, on the railroads, and in farming acres and acres of fields. They did not survive and thrive by looking out only for themselves. They leaned on each other. They built fraternal organizations, parishes, and close-knit neighborhoods because they understood that we are only as strong as our community. Living this heritage today means executing a beautiful, continuous motion. It means extending a hand in front of you—reaching out for help and guidance from those who have gone before you—while simultaneously reaching your other hand behind you to help the next generation learn. We are a bridge. We look forward to our elders honoring sacrifices they have made, what they have managed to build and soaking up their wisdom. At the exact same time, we look back to our youth, making sure they aren't left behind teaching them the beauty of Italian American culture and heritage. We don't do this for personal notoriety. We don't do it with a mindset of, "What's in this for me?" We do it because we carry a quiet, fierce responsibility. Our true goal is to ask: How can I keep this heritage and community going? How can I make sure that the next generation knows—truly knows in their bones—how great it is to be Italian American, and exactly what makes us special? It is our warmth. It is our Love. It is our resilience. It is our deep understanding that no one succeeds alone. So let us leave here today committed to keeping both hands extended. Let us continue to learn from our past, protect our present, and pave the way for our future. Thank you, and Grazie a tutti



### The Italian Heritage Festival

On October 3<sup>rd</sup>, the Denver Lodge 2075 opened its doors for the second year to celebrate everything Italian in conjunction with other Italian Clubs. After the flag raising at the capitol reps of Italian clubs, vendors, and entertainers made this event successful. The hall was filled with happy vibes as people talked, wandered from table-to-table and sat to enjoy the food and entertainment. Special thanks to President Sal and everyone who participated to making this so successful.



## Money Matters

by Ellie Gaccetta

This month we're going to talk about money and how we Americans deal with our dollars and more. This isn't about how expensive everything we buy has become. Digital price tags at the grocery store and gas stations change in the dark of night, making budgeting impossible for those of us who do. We have so many choices, which is a good thing until it isn't. I did a little research from several articles in the New York Times recently and here are some of the interesting money facts I found and a bit of food for thought and idle chat.

**Tipping:** Did you know tipping is American and absent almost everywhere else in the world? Those pesky gratuities keep creeping up in more places. Would you like to add \$1 tip for the fast-food worker who took your order and handed you a bag? Door Dash often reminds some customers that if you don't tip when placing an order you might have to wait a long time for delivery...and who wants a box of greasy, cold pizza delivered after you've eaten a sandwich while waiting? **Paper Checks:** I was taught by a *very* young bank employee that paper checks are as obsolete as the dinosaur. The New York Times said paper checks are American and hard to find anywhere else in the world and banks continue trying to move the country away from them. Yet, we believe in tradition, distrust entering our credit and debit card information online and love paying with a check. The check is in the mail. **Filing taxes:** If the US tax code were an audiobook, it would take roughly 19 days of continuous listening around the clock to finish. The entire code is roughly 4.26 million words long. Did you know that countries like Denmark, Norway, Sweden and more send out pre-filled forms to taxpayers with straight-forward tax situations that can be completed in 15 minutes? Imagine that. **College Costs:** College costs are significantly more in America, and students shoulder more debt whereas in other countries the government subsidizes the costs with lower tuition. But it's a rite of passage in America for kids to spend four years in these miniature cities. **Healthcare:** Healthcare is expensive and I hope your medical need isn't something that can't wait three to five weeks for a doctor's appointment. We have an SOI member who broke her leg in Italy, had surgery at an Italian hospital and wasn't charged a nickel for any of her care. Stay healthy, please. **Real Estate:** If you've bought a house or rented an apartment lately you need to be very tech savvy. All transactions are accomplished online with tight timelines to upload and submit documents. No more paper to shuffle. **Debit Cards:** The NY Times sited growing personal debt in younger Americans with debit cards. Since they gotta have it now, they swipe those cards at every whim and are surprised at pay day to realize that they have no money because they swiped it away. **Parking Meters:** Today you need an MBA and a credit card to feed a parking meter. Remember when a couple of quarters in the meter were enough to have a nice lunch? **Banking:** The number of hidden fees in money transfers in banking transactions is alarming. Once you've finished the transaction a screen pops up ask you to pay a different fee every time; If a credit card offers points back on transactions it is a part-time job to optimize those points; Using online conveniences to pay bills and other transactions online is common, easy and assures bills get paid timely; Today many young people utilize online banks and can't imagine talking to a teller at a counter. Their cell phones are inherently smart phones with lots to keep secret. **Credit Cards:** There are endless choices to ponder when selecting and using credit cards read them carefully. **The \$400 Shock.** Nearly one-third of Americans cannot cover a basic emergency in cash. Unexpected car repairs or medical bills can trigger immediate debt cycles. **Underwater Auto-Loans.** 30% of trade-in on newer vehicles carry negative equity. American drivers roll thousands of dollars in debt into new car loans.

That's it for this month. Be safe, stay well, and spend your money wisely!



# Lodge Events



## October Events

**October 3<sup>rd</sup>** – Flag Raising at the Capitol, Filitalia 11 a.m.

**October 3<sup>rd</sup>** – Italian Heritage Festival 1-6 p.m. Sons and Daughters of Italy Denver Lodge

**October 4<sup>th</sup>** – Prima Domenica – All Clubs at Mt. Carmel

**October 5<sup>th</sup>** - Mother Cabrini Day

**October 21<sup>st</sup>** General Meeting – Denver Lodge

## November Events

**November 6 and 7<sup>th</sup>** – Craft Fair

**November 18<sup>th</sup>** – General Meeting, annual Salute to Veterans

## Contact Us

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

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