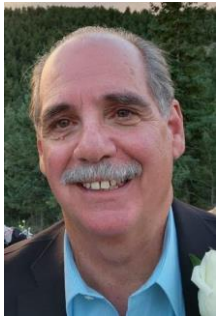




LA PAROLA

Bringing You Information About the Denver Lodge Since 1958

August/Agosto 2025 Issue



Brothers and Sisters,

I hope everyone is having a great summer! Summertime means golf. If you are a golfer or you know a golfer, please let them know about our upcoming Joe Ciancio Memorial Golf Tournament on August 31st. I'll be out there hacking away with you! If you want to play or be a sponsor, contact Sister Pam Wright at pcake@comcast.net!

Our next General Membership Meeting will be on Wednesday August 20th. This is a "Social Meeting" which means we will discuss a limited amount of business and have some fun. A BBQ meal will be served and maybe a trivia game!

Also on the horizon is our 14th Annual Car Show. Volunteers are always needed (contact Susan Giamarvo (susangurule@msn.com), or yours truly if you want to help). But be sure to come by and check out the very cool cars and have some delicious food. If you have your own classic car, we'd love to see you there with your wheels!

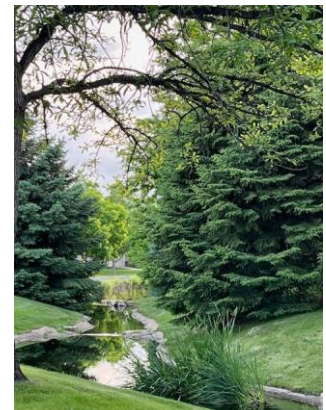
Other events coming up this year include our Italian Heritage Day on October 4th, and the Children's Christmas party and the adult Christmas party, both being held on Saturday, December 6. Watch the upcoming La Parola newsletters for more information. We always welcome volunteers for our events.

See you all very soon!

MANGIA BENE, RIDI SPESSO, AMA MOLTA

Fraternally Yours,

President Sal



La Parola

August/Agosto

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

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

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.

2025-2026 Lodge Officers

President

Sal Siraguse

siraguse56@msn.com

Vice President

Patrick Lubrano

Patricklubrano@yahoo.com

Orator

John Capone

caponeji@msn.com

Recording Secretary

Anna Vann

tmvenv@msn.com

Treasurer

John Callor

Callor95@gmail.com

Financial Secretary

Dr. Rita DeFrangé

ritadefrange@gmail.com

Guard

Joe Bonfiglio

jbonfig44@gmail.com

Chaplain

Barb Pietrafeso

babeepietrafeso@outlook.com bonfig44@gmail.com

Historian- Ramona (Mo) Toto-Travis

alnmo@comcast.net

Trustee

Susan Giamarvo

susangurule@msn.com

Trustee

Jack Loth

jproth@comcast.net

Trustee

Joe Calabrese

JAC5260@MSN.COM

Trustee

Joannie Flynn

Joannie818@gmail.com

Trustee

John Gargano

Immediate Past

President

Pam Wright

pcake@comcast.net

Mistress of Ceremonies

Linda Villano

l_villano@comcast.net

Mistress of Ceremonies

Kim Bonfiglio

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



Membership Information



Our membership is strong! We have 350+ members with some being members over 30 years and others just a few years – a great group of people!! If you have not paid your 2025 dues, you will receive a call from the membership committee to confirm continued membership and pay your dues.

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 & Maggie Iozzo

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

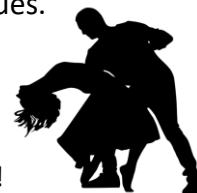


August: Someone Like You-Karen Kingsbury September: The Children of Eve-J. Connolly Oct: The Woman in Suite 11 -Ruth Ware November: Typewriter Beach-M.W. Clayton December: When I Was 7-M.E. Brownswell

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.



Congratulations to Ellie Gaccetta for her Award!

by President Sal

Ellie Gaccetta has received the International Impact Book Award for her memoir, *One Caregiver's Journey*. The award recognizes the caliber and relevance of the book's writing and subject. The American Home Health industry calls the book a blueprint for caregivers. The book has also received the Readers Favorite, Book Excellence Finalist, and the Pinnacle awards. In September 2025 it will be released at the Printer's Row Book Festival in Chicago in Spanish under the title *La Jornada De Un Cuidador*.



Our sister organization, Italians of America, sponsored the Red Lion Run car show on Saturday, July 26th at Leprino Foods. Many impressive cars were displayed. Many members of the Sons and Daughters of Italy are also members of the Italians of America. If you attended the car show, you saw many of us there.



Saturday, September 6 Sons and Daughters of Italy Car Show. 10-2 at the Denver Lodge. See the flyer on page 7 For details.



Pomegranate Cosmopolitan

By LeeAnn Dittiro

This simple cocktail is going to remind you of the original Cosmo. But the slight pomegranate flavor will make it easier to drink.

Ingredients:

2 ounces Vodka, ½ ounce Triple Sec, ½ ounce Lime juice

1 ounce Pomegranate juice In a shaker with ice combine all the ingredients, and shake very well. Pour in a chilled cocktail glass.



Fudgy Brownies

By Kathy Holt

These brownies are a perfect match of a fudgy center and a crackly top! Great for potlucks!

Ingredients:

* 2 sticks unsalted butter * 8 oz semisweet chocolate, roughly chopped (use the best brand you can afford) * 4 large eggs at room temperature * ½ teaspoon Kosher salt * 1 cup granulated sugar * 1 cup firmly packed dark brown sugar * 2 teaspoons vanilla extract * 1 cup all-purpose flour

Instructions

Set the rack in the middle of the oven and preheat to 350. Line a 13 x 9 x 2-inch pan with parchment paper (bring parchment up sides of pan so there is a slight overhang) and grease with nonstick cooking spray. **2.** Place the butter in a medium microwave-safe bowl and melt in the microwave until slightly bubbling. Add the chocolate and whisk until the chocolate is completely melted. If the butter isn't melted place mixture in the microwave and heat for about 20 seconds or so, then whisk again. **3.** Whisk the eggs in a large bowl. Add the salt, granulated sugar, brown sugar, and vanilla; whisk until smooth (check for lumps of brown sugar). Add the chocolate mixture and add flour and whisk until the batter is smooth. **4.** Pour the batter into the pan and spread evenly. Bake for about 45 minutes, until the top has formed a shiny crust and the batter is moderately firm. Cool completely in the pan on a rack. **5.** To cut brownies, lift them out of the pan using the parchment overhang and transfer them to a cutting board. Using a sharp knife, trim away the edges and cut the brownies into 24 2-inch squares.





By Beverly Mendicello

What is the hottest temperature ever recorded on Earth? *134.1°F* **Where was the hottest temperature ever recorded on Earth?** *Death Valley* **What are the possible dates of summer solstice in the Northern Hemisphere every year?** *June 20, 21, or 22* **In what summer month can you celebrate National Picnic Day in the US?** *August* **What two weather conditions do summer thunderstorms need to develop?** *Moisture and rapidly warming air* **What annual meteor shower peaks in mid-August?** *The Perseids* **The Eiffel Tower grows every summer due to thermal expansion. How much does it grow?** *6 inches* **True or false: There are fewer babies born in summer than in other parts of the year.** *False. There are more.* **What does SPF stand for?** *Sun protection factor* **What state in the US has the hottest average summer temps?** *Florida* **What are summer's three zodiac signs?** *Gemini, Cancer, and Leo* **What year was the "Summer of Love"?** *1967* **Which US state is the Sunflower State?** *Kansas* **Which state in the US has the coolest summers?** *Alaska* **When it's summer solstice in North America, the Sun is directly over what latitude line?** *Tropic of Cancer* **What star is the Dog Days of Summer named for?** *Sirius* **True or false: Labor Day always falls in summer.** *True*



Join us for the Wheat Ridge Carnation Parade

The City of Wheat Ridge sponsors the Annual Carnation Parade each year...The banners are up on 38th Avenue. The Sons & Daughters of Italy has been the longest running participant of the parade for the past 34 years!! How is that for a historical reference and pride! This year the parade is August 9th.

While the parade starts at 9:30, we are lining up at about 8 AM. We meet at the lodge at 7:30 AM. We provide snacks and refreshments, and we decorate our float when we get to staging area in Wheat Ridge. We hope you can join us and for more information contact ritadefrange@gmail.com or text 9706851327. It is a great time with Russ singing!

The Sons & Daughters Support Charity - SafeHouse Gets a \$3000 Check!

By Dr. Rita DeFrange

Shown in the photo is our Worthy President Sal and Jennifer Caruso. Jennifer is a Lodge member and the CEO of SafeHouse. Back in April, we hosted a spaghetti dinner for charity - you might remember that day. We had our own volunteers from the lodge, but Jennifer grabbed a bunch of her folks to help as well - and not only in the kitchen, but with our bake sale. Jennifer truly cares about those who have had unfortunate events in their lives and seeks support wherever she can garner that support for her organization - SafeHouse! Thanks goes out to all who volunteered, baked, and came to eat the yummy spaghetti dinner in support of this Charity!



Summer Bocce at the Lodge

On Monday nights, you can find 28 teams, 112 people of all ages playing Bocce at the Sons & Daughters of Italy. There are snacks, refreshments, music and comradery and competition! For 8 weeks, where else can you find a party after work?

The League champs were "Some Ringers" in first place, "Bada Bing" in second place, and the "Chimbones" in third place. The League Tournament winners were "La Banda", the second-place team was "Godfather" and third-place was "Bella Donne".

A special thanks goes out to the volunteers who ran 50/50 on league nights. AND thanks to all who came out to play and watch the games! We look forward to another season starting the first Monday of June in 2026! See you then!

League Tournament Winners



1st Place Team - La Banda



2nd Place - Godfather



3rd Place – Chimbones
Ken Salvucci is missing

Summer League Tournament Winners



1st Place – Some Ringers



2nd Place – Bada Bing



3rd Place – Bocce Bellas



Welcome to the newest members of The Sons and Daughters of Italy Denver Lodge. Our membership is growing as we near 400 members.

Sofia Garioto, Nicholas Garioto, Dominic Gianfrancesco, Margaret Sanzo, Johathan Moscatello, Sarah Moscatello, Anthony Valenti, Karina Okoren, Nicole Okoren, Bernard Stancati, Jenna Peccia, Agnese Coffman, Robert Coffman, Mary Hepp, Nicolas Hepp, Christopher Pertelesi, Debbie Gonzales-Weissman



So You Think You Know Everything?

Trivia Night for All Ages
Saturday, September 27, 2025
5:30 PM - 9:00 PM
 Mt. Carmel Parish Hall
 36th & Navajo

EAGLES

\$25.00 per person
 (Includes light supper)
PAYMENT MUST BE MADE IN ADVANCE TO GUARANTEE RESERVATION.
 Your payment is your reservation.
All are invited!

Contact
 Joannie Flynn at 303-910-3973 or the Parish Office at 303-455-0447 for reservations or questions.
TICKET PURCHASE NON-REFUNDABLE

ourladyofmountcarmel.com

Sons and Daughters of Italy Denver Lodge #2075
Proudly Sponsoring the
50th Annual Joe Ciancio Jr. Memorial Golf Tournament

August 31st, 2025
 Hyland Hills Golf Course
 9650 Sheridan Boulevard, Westminster, CO 80031



Entry is \$150 per player
Reservations required before August 10, 2025

For more information, please visit our website at [osiadenver2025.org](https://www.osiadenver2025.org)
 or
 Scan the QR Code below for information, Registration & Payment
 Proceeds from this year's tournament will benefit **REVITAL COLORADO!**
 For more information on Revital Colorado, visit their website at:
<https://www.revitalcolorado.org/>



14th Annual
Sons & Daughters of Italy
Car Show
 Classics, Hot Rod's, Collectibles and More!!!

Prizes **Food**



Saturday September 6
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 cash Plaques
 The proceeds go to Caruso Family Charities

Music **Vendors**

For more information,
 Contact:
 Sal - 720-908-7701



Click on the QR Code above
for Information and the
Registration Form

Car Show
QR Code



Italian Heritage Festival

October is Italian Heritage Month. Saturday October 4th will be the first Italian Heritage Festival at the Denver Lodge. We are working with other Italian American organizations to participate in the event and honor our heritage. In addition to information about each organization there will be food, beverages, bocce, entertainment and children's activities. If you are interested in assisting with food preparation or being a vendor to promote your business or products, text Susan Giamarvo at 720-474-1014 or email susangurule@msn.com. There is no fee to participate and have a table at the event.

Other Notable Dates to Save: Sunday, October 5 – Prima Domenica – Sponsored by all local Italian American Clubs. **Saturday, November 1** – Sons & Daughters of Italy's Spaghetti Dinner at the lodge. **Friday, November 7 & Saturday, November 8** – Sons and Daughters of Italy' Annual Craft Fair. *If you can help with any of these events, please send a text to 720-484-1014 or email at susangurule@msn.com.*



List of Metro Denver Italian Organizations

By Dr. Rita DeFrangé

For the past six years Italian Organizations have come together to support one another by sharing all events, websites, and contact information. The following Organizations are included along with their respective Website URL information and contact information..

Altar & Rosary of Mt. Carmel -Website ourladyofmtcarmel.com/alter-rosary-society (quarterly meetings on Sunday) Contacts: Rosemary Peltier rosemarypeltier@comcast.net and Phyllis Martin phyllis.martin1947@icloud.com

Andiamo! Denver's Italian Community Paper - <https://andiamocolorado.com/> Contact: Jenna Capra jennacapra@gmail.com **BRAVO AWARDS** Contact: Gina Hallisey

gina@getconnectedevents.com **Dante Alighieri** Website: dantealighieriofdenver.com Contact: John Giardino johncgiardino@comcast.net **Italian Language Classes** - see

dantealighieriofdenver.com for schedule **Filitalia Denver** - Meetings the last Monday of the month via Google meetups. Contacts: Jenna Peccia jpeccia11@gmail.com, and Jamie Yantorno

jryantorno@gmail.com **Fiori D'Italia** has transitioned into the **Fiore D'Italia Bocce Club**. Contacts: Sandra Rappenecker nardo2@msn.com or Rachelle Rendon tzattk@msn.com **Italian American**

Business Association (IABA) denveriaba.org Meetings 2nd Wednesday of each month. Contacts: Janet Lombardi (janet@shearproductions.com or Nick Picucci nick.picucci@raymondjames.com

Italians of America (IOA) italiansofamerica.org Meetings 3rd Thursday of each month Contacts: Richard DiManna rdmddi@comcast.net or Roger Creason rogercreason1@comcast.net **The**

Louisville Society of Italian-Americans Contact Ron Buffo – ronbuffo@yahoo.com **Mt. Carmel Men's Club** ourladymountcarmel.com/mens-club Meetings 1st Tuesday of each month. Contacts:

Paul Garrimone garrimone@gmail.com and Roger Creason rogercreason1@comcast.net **Mt. Carmel - Church**, Linda Melgares, business manager. business@mtcarmel7.com **Potenza Lodge**

potenzalodge.com Meetings 2nd Thursday of each month. Contacts: Mike Buscietta mikebuscietta@icloud.com and Lisa Lokken lmlokken@msn.com **Sons & Daughters of Italy -**

Denver Lodge #2075 osiadenver2075.com Meetings 3rd Wednesday of each month Contacts: Sal Siraguse siraguse56@msn.com and Patrick Lubrano patricklubrano@yahoo.com **Saint Michael's**

Society stmichaelsociety.com Contacts - Frank Yantorno (frank@centerland.com and Steve Labriola labtrks@msn.com **Trentini** trentini-club-colorado.com. Contacts Tony Dalla

akdalla@msn.com and Anna Vann tmvenv@msn.com **Mile High Paesani** (also on Instagram) contact - Jenna Peccia jpeccia11@gmail.com



Being Wellderly

by Ellie Gaccetta

I refuse to age gracefully, to go quietly fading into the background. I want to defy what others consider normal behavior for someone my age. I want to continue to be healthy and active. The New York Times Bestseller, *Super Agers*, is a detailed guide to transforming human longevity. Dr. Eric Topol oversees funding for many private and public funded age-related health projects which are a breakthrough in the history of human health care. It is evidence-based, and you, your family and friends can benefit from the research. The goal is not to be among the elderly it is to become wellderly. These suggested lifestyle changes can begin long before midlife, and last long past retirement age. Dr. Topol predicts in thirty years there will be five times as many people who are at least one hundred years old and they will be healthier than ever. Are you willing to make headway in preventing age-related diseases and slow the body aging process? It is a process of maintaining and improving physical, mental, and social well-being throughout life. Key aspects of healthy aging and being wellderly include **Lifestyle Choices:** Do not smoke and consume alcohol in moderation if at all. **Nutrition:** Maintain a balanced diet rich in fruits, vegetables, whole grains, and protein. Practice portion control. **Physical Activity:** Engage in regular (daily) exercise to maintain physical function and cognitive health. Be motivated to move, walk, garden, clean house or dance alone to your favorite tunes. **Mental Stimulation:** Stay mentally active by learning new skills, reading, playing word games, and engaging in social activities. Keep your brain engaged. **Sleep:** Prioritize sufficient sleep for physical and cognitive well-being. **Social Connection:** Maintain strong social connections to combat isolation and improve mental health. Social engagement includes participating in both family and community activities. **Stress:** One of the biggest contributors to age-related illnesses is stress. Some considerations for managing stress include **Be Proactive in Your Healthcare with Regular Checkups:** Schedule regular doctor's appointments for preventive care and early detection of health issues. Stay up to date on recommended vaccinations and get age-appropriate screenings for cancer and other conditions. Be vigilant to manage any existing chronic health conditions. **Benefits of Healthy Aging:** By adopting healthy life habits, we can reduce the risk of developing age-related diseases and enhance our overall wellbeing and satisfaction with life. By maintaining our physical and cognitive health we can live independently for a longer period. Who does not want that? Most importantly is that healthy aging contributes to a healthy longer lifespan. Finally, celebrate your age. Remember the many who are no longer with us. Celebrate that you are more comfortable than ever in your skin. Life is not over at a certain age, and we should not allow ourselves to become irrelevant. Celebrate life and celebrate you by being among the wellderly!



Community Events

August

August 3rd - Prima Domenica, *Sponsored by the Potenza Lodge*

August 20th - Sons & Daughters General Meeting

August 22nd - Simone Spadino Concert, sponsored by Denver Sister Cities (*see flyer*)

August 22, 23, 24th - St. Rocco's Feast at the Potenza Lodge

August 31st - Sons & Daughters Golf Tournament at Hyland Hills (*Benefitting Revital Colorado*)

September

September 1 - Labor Day

September 6th - Sons and Daughters Annual Car Show (*Benefitting Caruso Family Charities*)

Sept 7th - Prima Domenica, Sons & Daughters Sponsoring

September 13th - Potenza Picnic (open to the public)

September 17th - Sons & Daughters Picnic, 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
osiadenver2075.org



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in America Denver Lodge #2075
5925 West 32nd Avenue
Denver, Colorado 80212