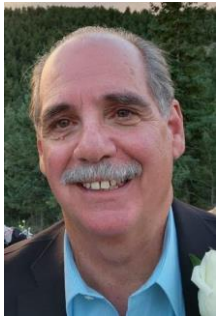




LA PAROLA

Bringing You Information About the Denver Lodge Since 1958

June/Giugno 2025 Issue



Brothers and Sisters,

With the Memorial Day Holiday, we usher in the Summer of 2025. This year seems to be flying by! I hope you were able to attend our 67th Anniversary Dinner Dance on Saturday May 17th as well as the General Meeting on Wednesday May 21st. Both events were well attended and very special!

Our Anniversary Dinner Dance was great fun! We enjoyed a great dinner provided by Lisa Loken and her family! Longtime member Russ Canino provided the entertainment as he serenaded us during dinner and then played some great dance music late in the evening. A great time was had by all. Special thanks to Susan Giamarvo and her committee for organizing a wonderful event!

The General Meeting on Wednesday May 21st was perhaps the best event of the year. Beverly Mendicello organized a "Quilts of Valor" ceremony honoring veterans with their very own Quilt, handmade by her and a very talented crew. The Quilts Of Valor Foundation makes and awards quilts to US Military Service Members and Veterans who have been touched by war. The quilts say "thank you for service, sacrifice and valor" in serving our nation. The Quilts were beautiful and the veterans who received them were certainly touched by the ceremony. Those who were in attendance, including yours truly, were also moved by the ceremony. Special thanks to Beverly Mendicello for organizing and leading the ceremony. 7 veterans were honored, including 3 of our very own members; John Capone, Joe Marino and Rae Funk. Congratulations to all the veterans that were honored!

See you all at the next General Meeting on Wednesday June 18th!

MANGIA BENE, RIDI SPESSO, AMA MOLTA
(EAT WELL, LAUGH OFTEN, LOVE A LOT)

Fraternally Yours,
President Sal



SAVE THE DATE

October 4 The Lodge will celebrate in the "Italian Flag Raising" with our sister organization, FillItalia. The duration the flag will remain up is still under consideration.. The weekend is also set aside to help celebrate all fellow Italian organizations advertise their organization missions and activities.. The lodge will host a bocce tournament that weekend. ***Watch this space for more information as details unfold.***

La Parola

June/Guigno

Pam Wright, Sal Siraguse, LeAnne DiTirro, Eleanor Gaccetta,, Kathy Holt, Maggie Iozza, Beverly Mendicello,, Cyndi Lubrano, Bob Gusto, Dr. Rita DeFrangé,

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

caponejj@msn.com

Recording Secretary

Anna Vann

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Treasurer

John Callor

Callor95@gmail.com

Financial Secretary

Dr. Rita DeFrangé

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Guard

Joe Bonfiglio

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Chaplain

Barb Pietrafeso

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Historian- Open

Trustee

Susan Giamarvo

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Trustee

Jack Loth

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Trustee

Joe Calabrese

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Trustee

Joannie Flynn

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Trustee

John Gargano

Immediate Past

President

Pam Write

pcake@comcast.net

Mistress of Ceremonies

Linda Villano

l_villano@comcast.net

Mistress of Ceremonies

Kim Bonfiglio

jbonfig44@gmail.com

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!



June: Liars Table -D. K. Wall July: The Instrumentalist – Harriet Constance August: Someone Like You-Karen Kingsbury September: The Children of Eve

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.



2025 Scholarship Winners to be Announced at the June General Meeting,

from Bob Giusto

It's that time of year once again! The presentation of the 2025 Scholarship recipients was postponed from the May general meeting for the outstanding Quilts of Valor ceremony. We will be celebrating our 2025 scholarship recipients at the June general meeting. Four outstanding students will each be presented with a \$1,000 scholarship to help them continue their educational endeavors. This year's recipients are Claire Tompkins, Flynn Iozzo, Avery Grieve, and Aiden Ondrak. These students have honored their Italian ancestry by excelling in scholastic achievement and community service. Please plan to join us on June 18 to help us celebrate their accomplishments and wish them well as they continue their respective educational pursuits.

Drink of the Month

By Lee Ann Dittirro

Cosmopolitan Martini

A classic cocktail recipe for the quintessential 90's libation. Vodka, Grand Marnier, and cranberry juice make this a martini recipe that is the perfect blend of sweet and tangy. With a hefty amount Of vodka, this pink beauty isn't just for girl's night out anymore!

Cosmopolitan Martini



In a Shaker add:

- 2 - ounces Mandarin Orange vodka
- 1 Tablespoon Vanilla or Whipped Cream vodka, optional
- 1 ounce Grand Marnier
- 2 ounces Cranberry juice cocktail
- ¾ ounce fresh lime juice
- Lime or Orange twist for garnish

Waldorf Apple Salad

By Kathy Holt

Crunchy with crisp apples, celery and toasted nuts, this easy Waldorf salad is a classic recipe perfect for any time of the year. Serves 4



Dressing: ¾ cup mayonnaise, ¼ cup sour cream, 1 ½ Tablespoon lemon juice, 1 Tablespoon finely chopped tarragon, ½ teaspoon white sugar, ¼ teaspoon salt, 1 pinch freshly ground black pepper, 1 pinch cayenne pepper

Salad: 2 large crisp, sweet apples, unpeeled, and cut into 1/2-inch cubes, 1 cup celery cut into ¼ inch 1 cup seedless green grapes cut in half, 1 cup walnut pieces, toasted and cooled.

1. Place mayonnaise, sour cream, lemon juice, tarragon, sugar, salt, black pepper, and cayenne together in a bowl.
2. Place apples, celery, grapes, and walnut pieces in a large bowl.
3. Toss with about 1/2 cup of dressing. **Add more dressing until salad components are well coated but not swimming in dressing.** You might not need all the dressing!
3. Serve immediately or cover and refrigerate for up to 24 hours.





The Lodge Celebrates 67 Years

On May 17th, the Denver Lodge celebrated our 67th Anniversary. A wonderful dinner was prepared by Lisa Loken and her family and Russ Canino provided entertainment. Many thanks to Susan Giamarvo and the committee for their dedicated efforts in planning this event. Committee members included Barb Pietrafeso, Lynn Cheatham, Roberta Zellermaier, Guest, Mary Lou Andrews, Susan Giamarvo, Ramona Toto-Travis and Sal.



Tami LoSasso (Past Queen.) Dominic LoSasso and Pam Ciancio-Wright both Past Presidents



Anna Vann - Past Queen (second from the right)



Sal with Fr. Chris (Mr. Carmel) before the prayer.



Mario DelPiccolo - charter member (second from the right)



Loretta Warne – Past Queen (third from the left)



LeeAnn Ditirro serving up smiles!!



Linda Villano with some favorite ladies at the celebration.



Sal and Rita with a great group of friends.



Regal, Linda, Jamie, Mandy and Rita





New Members April meeting

Heather Styles, Gina Gomez and her husband, Ellen Dunlap and her husband, Mark Madsen, Janice Fortarel, and Bill Bruneau! Welcome!

Remember – General meetings are held every third Wednesday. There are plenty of fun things going on at the lodge and across the community. For now – come to the lodge on Monday evenings to watch bocce – and maybe even sub – we always need subs!!



QUILTS OF VALOR **Thank You for Your Service and Sacrifice**




Recipients Wrapped in their quilts.

Beautiful quilts made by members of the Colorado Quilts of Valor Foundation were presented to veterans at the May meeting.

Those honored were Lodge Members Joe Marino, John Capone and Rae Funk. Other Veterans honored were Al Gomez, Mike Mudd, Cal Beaver, and John Drogheo



P L A N A H E A D



Sons and Daughters
of Italy in America

**50th Annual Joe Ciancio Jr
Memorial Golf Tournament**

August 31st, 2025

Entry fee: \$600 per foursome or \$150 per golfer

Entry fee includes:
Breakfast
Green fee with a Cart
Lunch at Denver Lodge hall 5925 W 32nd ave, Wheat Ridge CO, 80212
Door prizes

Shotgun Start @ 7am
Hyland Hills Golf course
9650 Sheridan Blvd, Westminster, CO, 80031

All proceeds will benefit Revital Colorado who supports local first responders!

For More Info Call Pam Wright @ 303-210-6277

REVITAL
A LIFELINE FOR OUR FRONTIERS

SPAGHETTI WESTERN NIGHT

Join us for a
FREE MOVIE
in the park!

SAT. JUNE 21ST
6-10 PM
CITY OF POTENZA PARK
1101 SOUTH HOLLY
STREET DENVER,
CO 80246

Food trucks on-site with delicious
Pizza and Gelato for purchase.

Bring your blankets and chairs
for a fun night under the stars

**SCAN HERE TO
RSVP**

**DONATIONS TO SUPPORT
DENVER SISTER CITIES ARE
ENCOURAGED**

**THREE
AMIGOS!**

MARTIN CHASE/SHORT

**Denver
SISTERCITIES**



Our Front Flower Bed

Each year we take time to add perennial plants to our front flower bed. As you can see from the picture many are blooming! Today - the annuals were planted thanks to Calabrese Greenhouse, Joe and Theresa donated our sweet potato vine and Lavender.



Flag Day in America this year is Saturday June 14, 2025

By Beverly Mendicello

On what date did the Continental Congress first recognize the Stars and Stripes as the official flag of the United States of America? **2.** When new states are added to the union, a new star gets added to the American flag. The addition of a new star always occurs on the same date, by law. On what day of the year are new stars always added? **3.** The current flag of the United States has 13 stripes and 50 stars. How many versions of the Stars and Stripes came before it? **4.** Why is the American flag folded into a triangle? **5.** When hung outside, the flag should only be displayed from when to when? **6.** Which U.S. President signed Flag Day into law? **7.** In what year was the first Flag Day celebrated? **8.** How many stars and stripes were on the American flag during the Civil War?

Answers: **1.** June 14, 1777. **2.** July 4 th. **3.** 27 versions. **4.** To symbolize the tri-cornered hats worn by Revolutionary War soldiers. **5.** Sunrise to sunset. **6.** President Woodrow Wilson. **7.** 1916. **8.** 34 stars and 13 stripes.



Gratitude is the Best Attitude

By Ellie Gaccetta

Are you thankful? No, seriously, are you honestly grateful for your life, your family, your job, your existence, and our world? Gratitude is a true superpower by the way it brings people closer. By helping others and accepting help in return, gratitude ensures our survival. It is the social glue that holds us together. Being grateful leaves us less selfish, more caring, more socially engaged, and with a higher opinion of humanity. Maybe gratitude is simply hope for a better today and tomorrow.

So, what is gratitude? Gratitude is a feeling of appreciation, thankfulness, and joy for something or the kindness of someone. It strengthens relationships and fosters a sense of connection with others. For some people being grateful is a way of life. Gratitude is easy to practice by expressing appreciation and noticing the good in our lives. We see gratitude at every stage of life; grateful for a new, healthy baby, for a promotion, that you recovered from an illness, and for the years someone was in your life and how they impacted it. Gratitude and kindness are synonymous with goodness. Who does not want a little goodness in their lives?

Researchers at the University of California at Davis have said there is a science to our reaction to acts of kindness and being grateful. Here is what they say: **1. Why it is important: Mental and physical health benefits:** Gratitude is linked to increased happiness, reduced stress, improved sleep, and a stronger immune system. Look for the small joys in your day, a beautiful sunset, the taste of your morning coffee, or a kind gesture or smile with a stranger. Cultivate a more positive outlook for a greater sense of fulfillment. **Focus on the Present:** Slow down and engage with the positive moments in a day. Summer surrounds us with a chance to foster positive connections with people and things. The beauty of gardens and flowers, dinner with friends outside, and walking in the fresh air are all worthy of a grateful heart. **2. How to cultivate gratitude: Keep a gratitude journal:** Write down the things for which you are grateful. Focus on the positive, notice good things, even in everyday moments. **Express appreciation:** Say hello, good morning, please, and thank you. Let people know how much you appreciate their support, kindness, and presence in your life. **Practice mindful gratitude:** Pay attention when you appreciate something or someone and the joy you feel when you express that gratitude. **Reflect on your blessings:** Take time to think about all the things you have and how fortunate you are.

When we feel grateful for the people in our world, we appreciate and think of all the good qualities each contributes to making our world a better place. It does not take a grand gesture to express gratitude. A simple thank-you or thank-you note, or text works well. Learning to recognize how we receive advice, lend an ear, observe actions, or just being there for others is always appreciated. Gratitude is finding good in others. In this crazy world where everyone is stressed and complaining about something freshen up your gratitude by noticing the good things each day.



Community Events

June

June 1 - Prima Domenica

June 2 - Sons & Daughter's Summer Bocce Begins!

June 14 - [Mt. Carmel Men's Club Golf Tournament](#)

June 15 - Fathers Day

June 18th - Social Meeting Celebrating Scholarship Winners

June 21st – Denver Sister Cities Free Spaghetti Western Night Movie

June 29th - Remembrance Mass at Mt. Carmel

June 29th - All Club Community Italian “Polenta” Picnic

June 29th - Potenza Calzone Event

July

July 4th - Independence Day Holiday - Friday

July 16th - Social Meeting at the Lodge

July 19th/20th - [Mt. Carmel Bazaar](#)

July 20th - Automezzi (morning) - Rocky Mountain Airport

July 26th - [Italians of America Car Show at Leprino Foods](#)

Mark
Your
Calendar !

Contact Us

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