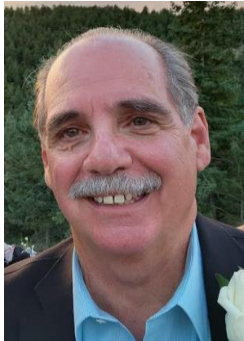




LA PAROLA

Bringing You Information About the Denver Lodge Since 1958

Agosto/August 2026 Issue



Brothers and Sisters,

The Dog Days of summer are here! We are hoping to get some relief from the heat very soon!

For those that are interested in the Solar project that we have been talking about, that project is on hold for now. We are still interested in exploring the possibilities, but we have other projects that need to take priority at this time.

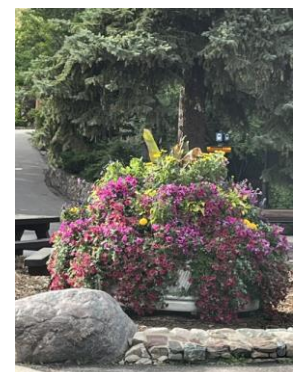
It is a few months away, but please SAVE THE DATE for our 2nd Annual Italian Heritage Festival to kick off Italian Heritage Month on Saturday October 3rd. It's a fun day filled with food, drink, entertainment and community camaraderie! Make plans to be there!

Much closer on the calendar is our August General Meeting when we hold our Annual Lodge Picnic in our backyard/bocce court area! The boys (Brothers John Remiggio and Ed Gilllest) will be grilling steaks and chicken, and we ask members to bring desserts and side dishes. Members with your last name beginning with the letter A through L, please bring a side dish. Members with your last name beginning M through Z, please bring a dessert. Please note Wednesday August 19th on your calendar!

See you all very soon!

Mangia Bene, Ridi Spesso, e Ama Molto

President Sal



La Parola

Agosto/August 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

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

Joe Calabrese

JAC5260@MSN.com

Orator

John Capone

caponejj@msn.com

Recording Secretary

Anna Vann

tmvenv@msn.com

Treasurer

John Callor

Calor95@gmail.com

Financial Secretary

Dr. Rita DeFrangé

ritadefrange@gmail.com

Guard

Joe Bonfiglio

jbonfig44@gmail.com

Chaplain

Barb Pietrafeso

babeepietrafeso@outlook.com

Trustee/Historian

Ramona (Mo) Toto-Travis

alnmo@comcast.net

Trustee

Jack Loth

jplot@comcast.net

Trustee

Crist McAfee

cmcafee@gedelectric.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

jbonfig@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.



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. *July: The First Time I Saw Him, August: The Correspondent, September: The Crossroads, October: Remarkably Bright Creatures*

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.



**SAVE
THE
DATE**

OSDA Denver & Filialita Denver

BOCCE BEER BELLINIS

SATURDAY, AUGUST 8TH 4PM-8PM

\$20 IF PURCHASED ONLINE BY AUGUST 3RD
\$25 AT THE DOOR. CASH OR CARD ACCEPTED

SONS OF ITALY LODGE
 5925 W 32ND AVE.
 WHEAT RIDGE, CO 80212

INCLUDES SAUSAGE SANDWICHES & DRINKS!

SCAN OR CODE TO BUY ONLINE

Mark Your Calendar!
 The Sons & Daughters of Italy

ITALIAN HERITAGE DAY

Held at the Denver Lodge
Saturday, October 3, 2026
from 1 to 6 PM
 5925 W 32ND AVE, Wheat Ridge

Entertainment for All Ages!
 Juggler, Musicians, Dancers

Connect & Community
 Opportunity to meet with Italian Club Organizations and maybe join one or two!

Market & Flavors
 Italian food, refreshments and desserts
 Italian goods for sale

Annual Picnic/Meeting
Wednesday August 19, 2026, 6:00p.m.

Chicken and Steak Grilled On-Site
Last names A-L bring a side dish
Last names M-Z bring a dessert



A discovery journey where you pick the ingredients that Italian chef Federica Perrone will prepare in front of you.



Saturday, August 29 • 6:00 pm



Friends Farm – 3600 Nyland Way, Lafayette, CO 80026



Live music by Freestyle

Adults \$100 · Kids \$50
 A glass of wine is included



ITALIAN RULES TO LIVE BY

Timeless Wisdom from Italy

1. Family is sacred — always come first.
2. Food is love — enjoy it, share it, savor it.
3. Life is better with good wine and good friends.
4. Take time — la bella figura is not a rush.
5. Dress well — respect yourself and others.
6. Speak with passion, listen with respect.
7. Traditions are a gift — pass them on.
8. Work hard, but never forget to live.
9. Honesty and loyalty never go out of style.
10. La dolce vita — enjoy the simple things.

Vivi bene, ama molto, ridi spesso.

WHY ITALIANS LOVE THIS FLAG

The meaning behind Italy's iconic colors

GREEN
 The lush landscapes, our nature and hope

WHITE
 The snow-capped Alps and our heritage of peace and unity

RED
 The blood of heroes, our passion and courage

OUR CULTURE
 Art, food, music and a way of life admired worldwide

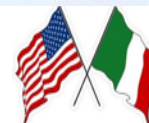
ANCIENT ROOTS
 From the Roman Empire to today

UNITY IN DIVERSITY
 One country, many regions, one heart

NATIONAL PRIDE
 A symbol of identity and belonging

MADE IN ITALY
 Excellence that inspires the world

Italia nel cuore, ovunque andiamo





The Sons and Daughters of Italy welcomes Diane Lock and Roberta Moreno to our growing membership. A reminder to all members that our monthly meetings are the third Wednesday of every month.

Prayers for Comfort and Health

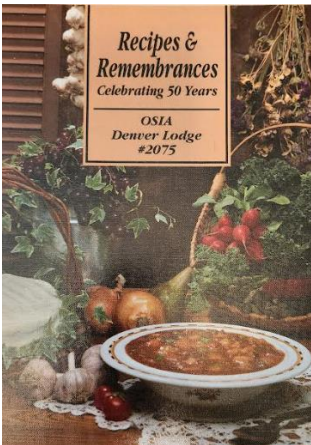


Patrick Lubrano continues his recovery at a facility in Arizona where he can receive the specialized treatment he requires. Please keep Patrick and his family in your prayers. Send good wishes to Bob Kocheaver and Kay Ito who are ill.

2026 Denver Area Church Bazaar Schedules

Do you enjoy the summer activities at the various church bazaars? Here is a list of bazaars in the Denver area where you can support the church community and enjoy good food and meet and greet the parishioners and your friends.

Holy Trinity August 8-9	7579 Federal Blvd, Westminster
St. Rocco August 14-16	1900 W. 38 th Ave Denver
Risen Christ August 16	3060 S. Monaco Parkway, Denver
Holy Rosary August 23	4688 Pearl St. Denver
Ascension August 22-23	14050 Maxwell St. Denver
St. Joseph Polish August 29-30	517 46 th Avenue Denver



Calling ALL Members to share their Favorite Recipe's!!!

The Sons & Daughters of Italy published a Cookbook in 2008. Many of our members may already have a copy! We decided that we have so many new members that it is about time to publish a new insert. We will be collecting recipe's all summer and will create the new insert just in time for Italian Heritage Month. Please send your recipe's to ritadefrange@gmail.com and Thank you!



Revital Charity

Revitol was the chosen charity for the May Spaghetti Dinner. Jordan Long of Revitol received a check for \$3,500 from the Denver Lodge at the July general meeting. He presented President Sal with a plaque honoring the sons and Daughters of Italy for our support. More information about Revital is available at <https://www.revitalcolorado.org//>



It's Farmer's Market Season

By Dr. Rita DeFrango

There is nothing like fresh farm produce, vegetables that comes with summer. The Department of Agriculture published their "**Farm Fresh Directory Map**" which can be accessed at this [link](https://coloradoproud.com/find-farm-fresh-favorites/).

(<https://coloradoproud.com/find-farm-fresh-favorites/>) This link assists you in finding farmers markets, u-picks, roadside stands, wineries and more! Check it out when you have a chance!

Easy Strawberry Sangria

By LeAnne DiTirro

2 cups fresh, sliced strawberries

1 bottle rose wine

½ cup strawberry liqueur

3 cups sweet white wine

Ice for serving

Sliced strawberries for decorating

Blueberries (optional)



Instructions: In a large pitcher, stir together the white wine and strawberry liqueur. Drop in the sliced strawberries. Cover the pitcher and refrigerate for 1-4 hours so the flavors mingle.

To serve – Fill glasses with ice, pour the sangria over the top, garnish with strawberries and blueberries (optional)

Lemon Bars

These shortbread crust lemon bars will become one of your favorites!

By Kathy Holt



Preheat the oven to 350. Set an oven rack to the middle position. Lightly grease 8x8 inch baking dish.

Shortbread Crust: 1 cup flour, ½ cup unsalted butter at room temperature, ¼ cup confectioners' sugar, ¼ teaspoon vanilla extract, ¼ teaspoon salt

Make crust: Use the back of a spatula or wooden spoon to mash flour and butter in a large bowl until thoroughly combined. Mix in confectioners' sugar, vanilla, and salt until mixture resembles slightly crumbly cookie dough. Moisten your fingers with a little water and press dough into the bottom of the prepared baking dish. Use a fork to prick holes all over crust. Bake until edges are barely golden brown, about 22 minutes. Set aside while making the custard.

Lemon Custard: 2 large eggs, 1 large egg yolk, 1 cup white sugar, 2 tablespoons flour, ¼ cup lemon juice, 1 tablespoon grated lemon zest

Make custard: Beat together eggs and egg yolks in a medium bowl until combined. Whisk in sugar and flour until smooth. Add lemon juice and zest; whisk for 2 minutes. Pour over warm crust.

Bake on the center rack until custard is set and the top has a thin white sugary crust, about 25 minutes. Let cool completely before cutting into bars. **To cut:** Dip a knife into very hot water, then run the blade around the edges and cut into 16 squares. Dust bars with confectioners' sugar if desired.





The Red Lion Run Car Show

On Saturday, July 25th, the Denver Lodge 2025 supported the Italians of America - Red Lion Run Car Show held at Leprino's. The scorching 101 degree day did not deter visitors and car enthusiasts from enjoying sausage sandwiches and beautiful cars.

The Summer Bocce League

The 2026 Summer bocce league started the first Monday in June. We had 28 teams and every Monday night seemed like a party! Jack Loth was our chef each Monday and prepared grilled chicken sandwiches, sausage sangwiches, hamburgers and even tamale's! All for \$5 each! Mo Toto Travis and Linda Villano helped by either selling the meals or selling 50/50 tickets...thanks to all that helped! Monday July 27 was our tournament night and the competition was fierce! And our last two games were played in the rain!

1st Place Bada Bing



2nd Place Godfather



3rd Place Quartro Decarlo



4th Place St. Anthony's

2026 State Scholarship Recipient

Myleina Post received a State scholarship from the Salida Grand Lodge at the July 15th Denver Lodge 2075 general meeting. Myleina attends Mead High School and will attend Colorado State University in the fall. Her grandfather is Bernie Post, President of the Cristoforo Columbo Lodge in Salida. Congratulations and good luck to Myleina.





Colorado History



by Beverly Mendicello

1. How many 14,000-foot peaks does Colorado have? Answer: 58
2. What is our state gemstone? Answer: Aquamarine
3. What is Colorado's state song? Answer: Where the Columbines Grow by A.J. Flynn AND Rocky Mountain High by John Denver
4. In 1928, the Moffat Tunnel opened as the world's longest railway tunnel, how long is it? Answer: 6.2 miles
5. What is the capacity of Red Rocks? Answer: 9,525
6. Who was the first governor of the State of Colorado? Answer: John Long Routt
7. What was the first major ski resort in Colorado? Answer: Winter Park
8. Where was the first capital of Colorado? Colorado City

Italian Community Events

August

August 2nd - Prima Domenica, Sponsored by the [Potenza Lodge](#)

August 8th - Carnation Parade in Wheat Ridge

August 8th - Tour of "Little Italy" in Denver

August 8th - Collaborative event....*Filitalia and Sons - Bocce, Beer and Bellini's!*

August 29th – *Denver Sister Cities - Farm to Table Dinner at Friend's Farm in Lafayette, CO*

September

September 7 - Labor Day

Sept 6th - Prima Domenica, Sons & Daughters Sponsoring

September 19th - Trivia Night – Mt. Carmel Alumuni

September 20th - Brunch, Potenza

September 26th - Caruso Gala

On July 28, 2026, the Department of Agriculture released their coffee table book – Setting Colorado's Table. The book was done in collaboration with History of Colorado (where you can purchase the book online). The Governor gave a nice speech. As everyone knows, many of the earliest settlers in Colorado were Italian farmers. The historical accounts, interviews and articles in the book are very meaningful to our community.





Setting Colorado's Table

By Dr. Rita DeFrance

August 1st, 2026 was the 150th Birthday of Colorado becoming a state! The sesquicentennial anniversary of Colorado joining the Union as the 38th state was 100 years after our nation's founding - and thus Colorado is nicknamed the "Centennial State." There were celebrations everywhere, including Adam's county where they held a fireworks show at the newly updated [fairgrounds](#).

At the end of 2025 the Governor challenged all state agencies to do something special for this "100th" birthday and The Department of Agriculture hit it out of the park. Sure, I am partial, but that is only because even my relatives were in the farming business here in Colorado, like so many of the families of Lodge members were and still are!

Italian immigrants played a vital role in shaping Colorado's agriculture, establishing truck farms, sugar beet operations, and iconic regional markets across the Front Range and Southern Colorado. Many arrived in the late 19th century, and early 20th centuries, bringing deep-rooted farming traditions from regions like Abruzzo, Piedmont and Basilicata.

I could write about this for days! If you would like more historical articles, please let us know!

The 7 Most beloved Italian Habits

1. Speaking With Their Hands (and Their Hearts). Italians don't just talk, they "perform". A conversation in Italy is like a dance, full of rhythm, gesture, and expression. Even a quick chat at a café can feel like a theatrical performance. **2. The Sacred Ritual of Espresso.** In Italy, coffee isn't just a drink, it's a ritual! The day begins, pauses, and often ends with espresso. Always small, always strong, always perfect. Order one, take a sip or two, share a smile with the barista, and move on. **3. Eating Without a Rush.** If there's one thing Italians refuse to do, it's eat in a hurry. Meals are not tasks to complete, they're experiences to enjoy, slow down, talk and enjoy. **4. Sharing the Table – La Tavolata.** If there's one habit that defines Italy, it's the joy of eating together. Meals are social events, and the table "la tavolata" is sacred ground. **5. Time Is Flexible (and That's a Good Thing).** If you're the kind of traveler who lives by the clock, Italy will teach you patience and maybe even joy. This relaxed approach isn't about laziness, it's about prioritizing life over schedules. **6. Greeting With Affection.** Forget handshakes, Italy greets you with a kiss or two, and sometimes a hug, sometimes both. Whether it's a friend, a colleague, or even someone you just met, warmth is the default and breaks down barriers instantly. **7. Calling Mom (Every. Single. Day.)** This might be the most charming because Italians adore their families and their mothers most of all. The average Italian calls their mom daily. Moms are the keepers of recipes, advice, and unconditional love.



How We Live

by Ellie Gaccetta

Back in the day we would go to a gathering of young and old, and the newlyweds would always comment on how they could not afford to buy the meats and other foods in the abundant repasts. My father would always remark, “If you wait until you can afford a steak, you won’t have teeth to eat it.” The people of that generation shared their wisdom for life openly.

Life is about creating spaces, building relationships, and lifelong community. The internet tries to sell the fountain of youth, packaging it in a multitude of ways to stay forever young. And there are those who spend their days and money hunting for it. At any age we are prone to protect our vitality, particularly in the golden age of retirement. Eventually it is harder to jump out of bed ready to meet the day. There are a few more stiff joints, aches, and pains and the jump becomes a slow roll that requires more caffeine to wake up our ambitions. Recently, a multitude of people are sharing advice about how to be our best selves at any age. What truly matters in life is subjective, but common human experience reveals that genuine fulfillment boils down to a few core pillars. 1) **Relationships:** Talk to strangers every day. It will make you feel more connected to other people in our world. Human connection is the bedrock of a good life. The time, love, and attention you invest in your friends, family, and loved ones are repeatedly cited as the most vital components of long-term happiness and life satisfaction. 2) **Purpose:** Having a “why” whether through a career, creative hobby, volunteering, or a community contribution fuels passion and gives your daily actions meaning. 3) **Health:** Without your physical and mental well-being, everything else becomes exponentially more difficult to enjoy. Prioritizing self-care, rest, and routine medical check-ups creates the foundation for living life to the fullest. 4) **Time and Attention:** Time is a limited resource that you can never get back. Choosing to spend your energy on what actually matters to you—and filtering out trivial stressors—leads to greater peace of mind. 5) **Authenticity and Growth:** Continuous learning and having the courage to live authentically and collect meaningful experiences (rather than just material items) enrich the soul. 6) **Make peace with your past:** Let go of regrets and mistakes so they do not negatively impact your present day. 7) **No one is in charge of your happiness but you:** You are responsible for your own joy and contentment, rather than expecting the outside world or other people to provide it. Focus on your own journey. Comparison is often the thief of joy, as you rarely see the full picture of another person's struggles. 8) **Stop overthinking** It is perfectly okay not to have all the answers. Accept uncertainty and avoid causing yourself unnecessary anxiety. 9) **Smile** Recognize that you do not bear all the problems of the world on your shoulders. Choose to enjoy the present moment. There is nothing like sharing your smile with a stranger or a loved one to make life’s stressors a bit easier.

So let us get on with living and to be the best we can at any age.



Lodge Events



August

August 2 – Prima Domenica

August 8 – Carnation Parade

August 8 – Bocce, Beer and Bellinis

August 19 General Meeting – Annual Picnic

September

September 6 - Sons and Daughter's sponsors Prima Domenica - Mt. Carmel at 10 a.m.

September 16th 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



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