



LA PAROLA

Bringing You Information About the Denver Lodge Since 1958

April/Aprile 2025 Issue



Brothers and Sisters,

Happy Spring Everyone! It looks like Old Man Winter is behind us and the warm weather has arrived!

I hope that many of you were able to join us for the General Meeting on Wednesday March 19th. The meeting fell on St. Joseph's Day, so we prepared a few traditional dishes to celebrate the day, Including Egg Plant Caponata, Pasta with Buttered Breadcrumbs, and San Giuseppe Egg Plant. The delicious Cannoli for dessert were treat!

We had 2 guest speakers; Jordan Long from Revital Colorado and Debbie McElhinney from American Military Family. Revital Colorado will be the beneficiary of our Golf Tournament in August. American Military Family will benefit from our November Spaghetti Dinner. We learned a great deal about each of these great organizations!

Don't forget to mark your Calendars for Saturday April 12, our next Spaghetti Dinner! And on Saturday May 17th, we are celebrating our 67th Anniversary at the hall! I hope to see you all there!

MANGIA BENE, RIDI SPESSO, ANA MOLTA

Fraternally Yours,
President Sal



Welcome to our new members

Welcome to our new members for 2025.

Nick Scafetta and Alan Iannacito

Remember – general meetings are every third Wednesday, there are plenty of fun things going on at the lodge and across the community,. For now – come down on Monday evenings to watch bocce – and maybe even sub – we always need subs!! We have a Spaghetti Dinner coming up April 16 – maybe we can use your help!

La Parola

April/Aprile

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

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

Henderson435@hotmail.com

Orator

John Capone

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Recording Secretary

Anna Vann

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John Callor

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President

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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

TJ Henderson

Trustee

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Trustee

Joannie Flynn

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Trustee

John Gargano

Immediate Past

Pam Write

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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 by March 31st, 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!



April: *Time of the Child* - Naill Williams May: *The Borrowed Life of Fredrick Fife* - Anna Johnson June: *Liars Table* - D. K. Wall July: *The Instrumentalist* – Harriet Constance

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> There is a one-hour class for various types of dances followed by open dance the rest of the evening.





Join the Sons & Daughters of Italy
and Swing into Spring at its

67th Anniversary Dinner Dance

Music by DJ Russ Canino

Saturday, May 17th, 2025

6:00 p.m. to 10:00 p.m.
5925 W. 32nd Avenue, Wheat Ridge, CO

For reservations and questions please call:
Ramona (Mo) Toto-Travis at 303-906-0413 or
Susan Giamarvo at susangurule@msn.com or text 720-484-1014

Deadline to purchase tickets is Saturday, May 10.
Tickets will not be available at the door.

\$50
MEMBERS
\$55
NON-MEMBERS

TICKET PRICE INCLUDES APPETIZER,
DINNER, COCKTAILS & DANCING



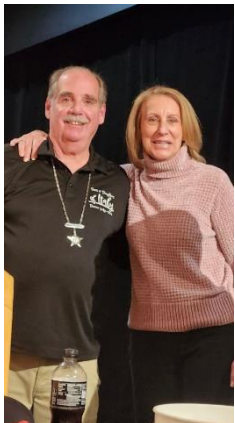
Enjoy a Spaghetti Dinner at the
Sons & Daughters of Italy
Saturday, April 12th, 2025
12 to 5 PM
5925 W 32nd Ave, Wheat Ridge, CO 80212

Benefitting...




Dinner includes...
Pasta, meatball, sausage, salad, bread, dessert and wine for
dine-in or beverage of your choice!
Come dine in or pick up a "to go"!
\$12 for Adults and
\$8 for Children (4 to 12)

**Stop by the
Bake Sale**



At the March 19th
meeting, President Sal
Siraguse presented
the American Military
Family Charity with a
\$2,000 check from the
proceeds of the
November spaghetti
dinner.



Once again, the Sons & Daughters of Italy were in the St. Patrick's Day Parade! We have been in the parade for over 30 years! A great day was had by all.



10 Fun Easter Facts You Did not Know

By Cyndi Lubrano



Before you sit down for a delicious brunch or gather the kids for some fun Easter crafts, take a moment to learn about this holiday's rich background, including its special foods, quirky superstitions, and symbols. Here are 10 fun Easter facts that you may not have known.

- 1.** Easter baskets have special symbolism. The woven treat containers represent birds' nests and new life, especially when filled to the brim with eggs. Plus, they're a utilitarian way to gather those goodies on your Easter egg hunt.
- 2.** Easter lilies are a relatively new tradition. These beautiful blooms first originated in Japan and arrived in England in the late 18th century. The United States only caught onto the trend after World War I. The transition from dormant bulbs to delicate flowers recalls hope and rebirth, two important themes of the Easter celebration.
- 3.** Easter eggs have medieval origins. Think Easter egg hunts are a strange tradition? Listen to this medieval children's game: A priest would give one of the choir boys a hard-boiled egg, and the boys would pass it amongst themselves until the clock struck midnight, when whoever was holding it got to eat it. We hope they at least got some salt and pepper to go with it.
- 4.** Easter clothes used to be considered good luck. Old superstition held that if you wore new clothes on Easter, you would have good luck for the rest of the year. In fact, it was so widely believed that upper-class New Yorkers would literally strut their stuff coming out of attending Easter mass at well-heeled midtown churches. This tradition became the basis of the modern, and decidedly less elitist, Easter Parade and Easter Bonnet Festival in New York.
- 5.** Easter eggs date back way before Easter. There's evidence showing that Easter eggs originated from Medieval Europe and Christians may not have been the ones to start the tradition of giving eggs. They're a symbol of fertility and rebirth in many cultures around the world.
- 6.** Eggs are dyed to represent the blood of Jesus Christ. Well, at least that might be one of the reasons, which stems from early Christians in Mesopotamia. There isn't a concrete reason behind the tradition, but that's one of the theories. They also look pretty — and kids might be more likely to eat a dyed hard-boiled egg than a plain one!
- 7.** Gold Friday is recognized as a holiday in only 12 states. Occurring two days before Easter Sunday, Good Friday commemorates Jesus Christ's crucifixion, but it isn't a federal holiday. Only certain states officially observe it, include New Jersey, North Carolina and Tennessee.
- 8.** We can thank Germany for the bunny. The idea of the Easter bunny delivering candy and eggs originated in Germany during the Middle Ages, with the first written mention of this tradition dating back to the 16th century. Dutch settlers in Pennsylvania brought the bunny to the United States in the 1700s and the rest is delicious history.
- 9.** In 1953, it took 27 hours to make one Peep. That's back when they were still new to the world and were handmade with a pastry tube. But don't worry, it now takes just six minutes, thanks to a unique machine called The Depositor that creates the unique and instantly recognizable shape.
- 10.** A surprising 59% of people eat the ears first from their Chocolate Bunny. Only a handful start with the feet or tail, and the rest apparently don't have a plan of action. If that's you, consider this your inspiration to give it a little thought before cracking into yours (or the kids').





By Beverly Mendicello

- 1 GENERAL KNOWLEDGE: Who was Time Magazine's first man of the year?
- 2 MOVIES: Who was the male lead in the film "Risky Business"?
- 3 LITERATURE: In which novel does the character of Emma Woodhouse appear?
- 4 LANGUAGE: What does the acronym "sonar" stand for?
- 5 TELEVISION: What was the name of the Dukes' car on the show "The Dukes of Hazard"?
- 6 HISTORY: The first atomic submarine was built in which decade?
- 7 GEOGRAPHY: What modern day country is in the area known in ancient times as Louisiana?
- 8 MEDICINE: What disease is caused by a deficiency of Vitamin A?
- 9 U.S. PRESIDENTS: Which US President's image appeared on a dollar coin in 1978?
- 10 MATH: What does the symbol "r" stand for in geometry?

Answers:

- 1 Aviator Charles Lindbergh 2 Tom Cruise 3 "Emma" by Jane Austen 4 Sound navigation and ranging
5 The General Lee 6 1950's 7 Portugal 8 Night blindness 9 Dwight D. Eisenhower 10 Radius



You Can Help a Little, or You Can Help A Lot

By Susan Giamarvo

One of the benefits of volunteering is that you decide your level of involvement. You can choose to help out at one event such as a spaghetti dinner, or you can sign up to be part of a committee to plan an event, such as the 67th Anniversary dinner dance. The lodge has many opportunities from which you can choose. Here are some upcoming events that need volunteers.:

April 12th - The lodge is having another one of its great spaghetti dinners. You can help the day before in preparing food or at the hall for the event. You can help the day of the dinner by setting up or serving the many guests. Generally, there are two shifts available.

May 17th - The OSDIA 67th Anniversary Dinner Dance. While the committee has been actively planning for the festivities, we can always use help setting up and decorating the hall.

August and September may seem like a long time away, but you can start thinking about ways you can volunteer to help with the golf tournament scheduled for August 31st or the annual car show which will be held on September 6th.

If your interested in any of these events, please contact Susan Giamarvo, Event Coordinator, by text at 720-484-1014 or email at susangurule@msn.com.



Get well Wishes to
Patrick Lubrano
Maggie Francici



By Pietro Simonetti

On March 15th the Potenza Lodge hosted the Ancient Roman Dinner with recipes from 2,000 years ago. The Archduke of Austria, and Colorado prominent citizens attended the Ancient Rome Dinner which was a success..



Easter Ham - Simple but Delicious

By Kathy Holt

For the Ham:

1-10 lb. precooked ham with a bone
 1 1/2 cups packed dark brown sugar
 36 oz. of beer and/or water

For the glaze: (This is a great glaze; it makes the ham)

1/4 cup honey
 1/4 cup Dijon mustard
 1 1/2 cup packed dark brown sugar
 1/2 cup bourbon

Instructions: Place the ham into a roasting pan. Pour beer and or water around ham. Firmly pat brown sugar on all sides of ham. Cover and bake at 325 degrees for 15 minutes per pound of ham. (A 10-pound ham should take 2 1/2 hours).

For the Glaze: In small saucepan, combine honey, mustard, brown sugar, and bourbon; heat until sugar melts. One hour before end of baking time, pour off all but 1 1/2 inches of liquid. Baste ham every 15 minutes with beer mixture from bottom of pan and then bourbon glaze. Ham internal temperature should register 145 degrees.

Slice thinly and serve with remaining glaze. Serve with scalloped potatoes and asparagus (I suggest a bone-in-ham to make split pea soup with the leftover bone).

**Mocktail to Replace Red Wine**

By Lee Ann DiTirro

1/4 cup Valerian tea
 1 Tsp Honey
 1/4 cup Tart Cherry juice
 Sparkling water
 1 Thyme Sprig

Instructions

1. Pour 1/4 cup hot water over tea bag. Stir in honey and set aside to steep for 3-5 minutes
2. Pour steeped tea over a glass filled with ice
3. Add cherry juice
4. Top with a splash or two of sparkling water.
5. Garnish with thyme sprig.

**The Curtains are Done!**

By Dr. Rita DeFrange

We want to send out a HUGE Thank you to Beverly Mendicello for her hard work in hemming the stage curtains - they are finally done and secured! For those who did not realize - we had the curtains replaced last fall by Danny DiTirro and his crew, and Anna and I had started the hemming, but the material is so thick - wow, it was taking forever. Beverly's persistence on weekends and even during the last spaghetti dinner paid off - they are finally done! Thanks Beverly!

**Joe Ciano Memorial Golf Tournament**

Mark your calendar for our annual golf tournament to be held on **Sunday, August 31, 2025**. Tournament will be held at Hyland Hills Golf Course. More information will be coming soon.



Life Lessons from the Kitchen

By Ellie Gaccetta

The kitchen is a classroom and a journey I shared learning to cook with my mother and grandmother. Many people know that the kitchen is my happy place, a safe and sweet haven. Lessons, in addition to cooking, included love and learning how food connects to life itself. There is wisdom concealed in the act of cooking. It can be an instant rewarding celebration of flavor. Or it can be a life lesson, keeping you humble with lots of opportunities to learn about loss, imperfection, acceptance, perseverance, grief, willingness and ultimately a simple forgiveness that leaves you with a choice to either throw in the dishtowel or try again. Here are some guidelines that not only resonate in the kitchen but also in life. **Embrace the Present and Savor the Beauty of the Now.** Cooking and life require us to pause and appreciate the beauty of the present. From the rhythm of chopping vegetables to the gentle stirring of sauces there is a lesson in the richness and depth to both cooking and life. If you run out of a particular ingredient, improvise. Be open and move forward with what you have and create an original dish. In real life this skill is known as problem solving where we look at all the available options for a solution. **Accept Mistakes and Learn from Them.** Kitchen calamities are not seen as failures, but as an opportunity to grow. My teachers were patient and taught me the power of resilience and the importance of learning from kitchen failures. Nothing can change negativity faster than gratitude from understanding that life works for you, not against you. Cooking, like life's journey, provides valuable lessons from our mistakes. The kitchen teaches a great lesson about trusting life and being resourceful even when you're experiencing a kitchen calamity. **Be kind to yourself.** Trying to be perfect every time you are in the kitchen is a setup for failure. We learn at an early age that a job worth doing is worth doing right. As much as we benefit from those words, it is a philosophy that is hard to serve because life is not perfect, and neither are we. Everyone wants to be successful but there is no reason to berate yourself if something goes wrong trying. Those who follow me on social media know one of my most ardent mantras is Be Kind. And that includes being kind to yourself. **Live fully: Engage Senses and Emotions** We see, hear, smell, taste, and touch, every time we cook. The sound of banging pots and pans, vibrant colors of fresh ingredients, smells that delight, sounds of foods frying and the flavors creating a sensory delight. We should hope to live our lives engaged with our surroundings and let our minds grow and emotions embrace it all. Nothing is wasted if we do not appreciate the simple beauty that encompasses it. **When you don't know what to do, DO NOTHING.** Kitchens can be chaotic. When you feel the heat building and the countertop starting to spin, stop what you're doing and take a deep breath to get your bearings. So, it is with life. There is not always a ready solution and sometimes the best solution is to do nothing. This teaches the need to be prepared for life's surprises. **You are the cook of your own kitchen.** One of the most important life lessons from the kitchen is to take responsibility for your actions, for your successes and your failures. Everyone has the answer, and you've got to make your decisions based on your experiences in the kitchen and in life. Appreciate someone else's recipe for life, it works for them. The kitchen diva is always whispering in my ear. I've finally figured out my life's recipe, but it took me a whole lot of time in the kitchen to get there.



Please Join Us at the Denver Lodge for These Events

April

April 6th - Prima Domenica *sponsored by Dante*

April 9th - *Dante requested the sharing of this information, Chamber Music [Quartet](#)*

April 12th - Sons & Daughters Spaghetti Dinner, *benefitting SafeHouse*

April 16th - Sons and Daughters Monthly Meeting

April 20th - Easter

April 17th through the 20th - Automezzi - **Italian American Display at the Denver Colorado Auto Association**

April 26th - IOA Rodders' Ball, *held at the Sons & Daughters of Italy (see flyer)*

May

May 3rd - Trentini Tournament at the Sons & Daughters of Italy

May 4th - Prima Domenica, *Sponsored by the Mt. Carmel Altar & Rosary Society*

May 17th - Sons & Daughters, 67th Anniversary Dinner

May 21st – Sons and Daughters Monthly Meeting

Contact Us

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