



Triangle Sons & Daughters of Italy

Serving the North & South since 2004



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LODGE 2817

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IL GIORNALE DI TSDOI

Editor: Nick Verna

Send comments or suggested materials to
nickverna14@gmail.com.

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 And on our new YouTube Channel
IL GIORNALE DI TSDOI
https://www.youtube.com/channel/UCyXc7MwrG_VCbo41MFL8AvA

Please let us know if you take photos and videos at all events. If you do not want your image to appear on either Facebook or YouTube, you must tell the
Gennaio, 2022



TSDOI Calendar of Events

Jan 30 _____ La Boheme Opera
Feb 20 _____ Movie Night
Mar 13 _____ Helen Wright Women's Shelter
Mar 23 _____ Member Night
April 4-5 _____ Charity Days at Mamma Mia's
April 12 _____ Celebrity Inn and Goat Farm for Lunch
May 14 _____ Bocce Tournament
May 28 _____ Durham Bulls & Fireworks
June 5 _____ Family Picnic
July 7 _____ Jeopardy night
July 10 _____ Helen Wright Women's Shelter
Aug ? _____ Limoncello Making Night
Sept 3 _____ Fundraising Breakfast O'Charley's
Sept 11 _____ Helen Wright Women's Shelter
Sept 24 _____ Festa Italiana
Sep-Oct _____ Author Night
Oct 16 _____ Potluck / Italian Heritage
Nov 6 _____ Helen Wright Women's Shelter

January Birthdays

This month we celebrate the birthdays of those members celebrating in January: Kristin Flederbach (8), Susan Denman (18), Michael Iannuzzi (18), Olivia Bledsoe (19), Karen Bledsoe (24), John Vitale (29), Diane Satriano (30).



Hold the Date

Wednesday, March 23, 2022

6:00 pm at Cary American Legion Hall

“MEMBER NIGHT”

An Evening of Fun to Celebrate All TSDOI Lodge Members

Planned by a Committee of Brand New TSDOI Members for the Entire Lodge

Free event..... More Details to Be Announced

Charity Days at Mamma Mia's

April 4 - 5

Charity Days at Mamma Mia's in Apex

10% of sales both days back to TSDOI for our Charities - take out or eat in..... details to be announced.

Letter from the President

Ciao!

I sincerely hope that our Lodge members enjoyed a joyous Christmas Holiday with family and friends. In addition to the highlight of family gatherings, I was able to enjoy a few days in Disney in December with my family.

While our homes initially look stark and bare as we take down holiday decorations, I can assure you that the Triangle Sons & Daughters of Italy always offers a rich array of activities throughout all seasons to bring warmth into our lives.

As I enter my second Quarter as President, my focus for 2022 is:

- 1) Continue to provide a calendar of events which is attractive to the diversity and multi-generational nature of our membership. Keep watching for our social, cultural, and charitable activities. Please come join us. We want to see you!
- 2) Update TSDOI Policies & Procedures that reflect today's environment and preferred way of operating. The way we did things 15 years ago may not fit current member preferences.
- 3) Maintain the financial soundness of our Lodge
- 4) Always ensure that we are a welcoming environment for current members and an attractive organization for new members of any heritage who appreciate Italian American life.

Please mark your calendars for a special event on Wednesday, March 23. We will be celebrating “Member Night”. Several of our newest members are planning an evening of fun at the Cary American Legion. This will be a free event open to all members.

Salute e Cin Cin!

Don Cimorelli
President, TSDOI 2817





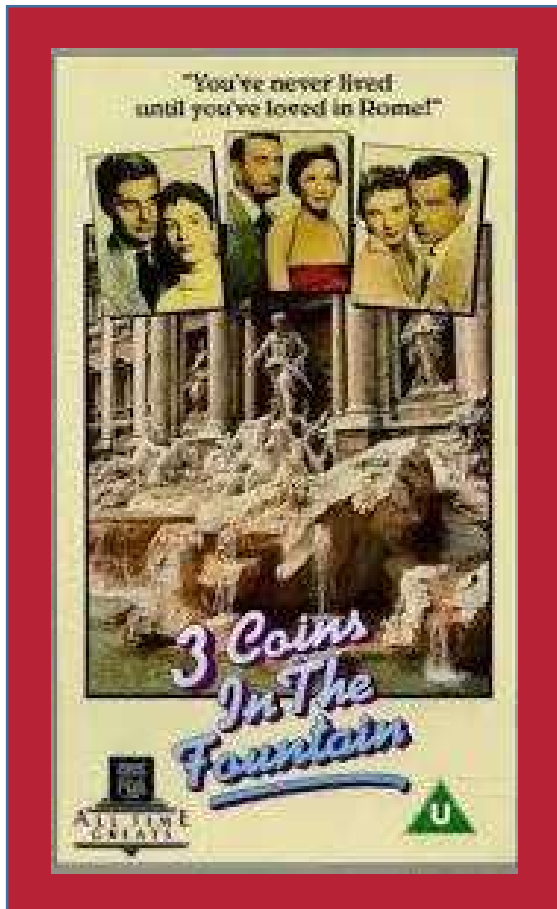
TRIANGLE SONS AND DAUGHTERS OF
ITALY LODGE 2817

presents

14th Annual Italian Movie Night

“Three Coins in the Fountain”

Sunday, February 20, 2022



When: 4:00 pm sign-in

4:30 movie/6:00 pm dinner

Where: Carey C. Jones Community Center

309 Holleman Street, Apex, NC

Cost: \$10 per member/\$14 per guest

\$5 per child (under 12 years old)

MOVIE SYNOPSIS: Three hopeful American secretaries visiting Italy fling their coins into Rome's Trevi Fountain, each making a wish. Soon Maria is pursued by a dashing prince, Anita finds herself involved with a forbidden coworker and Frances receives a surprising proposal from her boss. All three women vow to one day return to Rome. 1954. One hour and 42 minutes.

Don't wait! Movie Night sells out quickly!

Purchase Tickets at:

www.trianglesonsofitaly.org



\$10/\$14 ADMISSION INCLUDES:

popcorn, pizza, salad, desserts, coffee (beverages available for purchase)

50/50 raffle, door prize drawings, & cookbooks for sale!

TSDOI Volunteers at ARC Christmas Party

The Arc of the Triangle supports children and adults with intellectual and/or developmental disabilities in the achievement of their personal goals and through partnership and advocacy.

The Triangle Sons & Daughters of Italy recently began actively supporting the Arc. During the peak of the pandemic when in-person programs were severely limited, we made a financial donation to the Arc to create an online university to deliver programs to their clients through a digital platform. Recently, as in-person programs were reinstated, seven members of the Lodge volunteered to assist at the children's holiday party. Our members checked in guests, distributed gift bags and books, and escorted the children to visit with Santa.

The Arc of the Triangle is thrilled with its new partnership with our Lodge. A special thank you to the following members who volunteered at the holiday party: Leah Antkiewicz, Don Cimorelli, Judy Dellorusso, Diane Faxlanger, Bob Giannuzzi, Fran Giannuzzi, and Billy Ward.



Christmas Dinner

Forty-nine members, friends and family enjoyed a wonderful Christmas dinner at Georgina's. The food was amazing and there was just so much of it from the fried calamari to the salad to the pasta with vodka sauce to the Zuppa di Pesce to the cannolis.



Find more photos from the dinner on Facebook at ["Triangle Sons & Daughters of Italy"](#)

Cookie Swap

Grazie mille to each and every one of you for making our first Cookie Swap a great success! I'm glad we weren't competing for a winner, as it would have been nearly impossible to pick just one. Everyone had a wonderful time getting to know more people in the lodge and enjoying some delicious treats.

A special thank you goes out to Barbara White for organizing the event and creating our cookie recipe books and to Fran Giannuzzi for allowing us to use her beautiful home. She also provided all the drinks, meats and cheeses, decorations, and prizes for the games.



Events in the planning

Here are some upcoming events in the planning but not yet firmed up:

April 12 - Potential luncheon at Celebrity Inn - Siler City

June 5 - Picnic - cannot reserve shelter until January 2, 2022

July 7 - Italian Jeopardy Night at Milton's Pizza in Raleigh - trying to have them serve pizza, salad and drinks to keep cost down.

August - Limoncello Making Night at a member's home.

October 16 - Italian Heritage Potluck at Carey Jones



To see more pictures, go to our Facebook Page at ["Triangle Sons & Daughters of Italy"](#)

2021 TSDOI Gifts for Family Promise

Through the generous donations from our TSDOI members a homeless family at Family Promise enjoyed a Christmas to remember. Thank you



FOOD & CULTURE

Interessante | Web Sites | Food | Culture | Places | Stories

Food & Culture highlights our Italian culture. If you have suggestions, please email Nick Verna at nickverna14@gmail.com and we can put it in a future newsletter.

Welcome new members

Please welcome Thomas Connor who joined during our Christmas party. He was a youth member for over six years and always assisted in setting/ cleaning up at Lodge events. He is the son of Caroline and Sam Connor and grandson of Fran and Bob Giannuzzi. Thomas recently graduated from Notre Dame University and is a Financial Associate at Fidelity Investments. He lives in Morrisville, enjoys cooking and loves everything Italian. Welcome Thomas: ndconnors6@gmail.com

Please welcome Luisa De Marino who heard about us through our website. Luisa was born in Naples and came to America when she was five years old. She is retired from a career in Education and Personnel Management. She relocated from San Diego and lives in Chapel Hill. Luisa looks forward to meeting members and serving on a committee. Welcome Luisa: tsnld@yahoo.com

New Year's Traditions in Italy

www.lacucinaitaliana.com

There are a lot of traditional Italian ways to welcome in the New Year. In Naples and southern Italy, it's loud. People quite literally "ring in" the year, at the stroke of midnight noisily tossing old pots and pans out the window. This tradition dates back to ancient Roman times, when loud sounds and fire were thought to frighten off evil spirits. Today, in Venice, Ferrara, Florence, Rome and many other Italian cities, there remain lovely light shows, and public fireworks displays, and you can see and hear neighbors setting off firecrackers and waving sparklers from terraces, windows and balconies.

In the north, skiers create enchanting light shows in stately processions slowly traversing the slopes in Courmayeur, Valtellina, Val Gardena and other winter resort areas. Another spectacle are the bonfires, called falò del vecchione, popular in Bologna and other northern Italian towns. A sort of out-with-the-old, in-with-the-new ritual, it typically involves burning a large straw figure called vecchione, the old one.



Italian tradition dictates that seven dried fruit and nuts be eaten for good luck on New Year's Eve: almonds, hazelnuts, peanuts, walnuts, dates, raisins and dried figs. Some also eat pomegranate, its innumerable seeds suggesting fertility and wealth since ancient Roman times.

Many Italian New Year practices are aimed at bringing good luck and wealth in the coming year. For instance, both men and women wear undergarments of red, a color long thought to symbolize fertility and fortune. Another ritual is to eat a grape at each ring of the midnight bell, twelve in all, to banish bad luck for the coming twelve months. An old Italian rhyme explains the custom: Chi mangia

l'uva per Capodanno, maneggia i quattrini tutto l'anno, "Whoever eats grapes on New Year, will handle money all year." The saying might have arisen because it was thought that if you're wise enough to save some grapes from the fall harvest, you're probably also frugal and clever with money.

TOMBOLA – AN ITALIAN NEW YEAR’S TRADITION

Italian Tribune December 24, 2020

Tombola is a very popular family game enjoyed in Italy throughout the Christmas season. It is most often played from Christmas Eve to the Epiphany and is an especially popular choice for families to play on New Year’s Eve. It is a simple game that transcends time and unites generations and is a great way to pass the time while awaiting the stroke of midnight on December 31.

What is perhaps so engaging about Tombola is its simplicity. In this age of technology, it is the kind of game that could easily become outdated in the minds of many, yet it has not. Year after year, Italian families and friends gather round and play for hours accompanied by snacks, drinks and conversation. It is the perfect game for New Year’s Eve because it allows loved ones to reminisce about the past year and share their hopes for the future.

Tombola is similar to the American game of bingo, yet it is far more entertaining. Instead of a just number on a board, the numbers on the tabellone are accompanied by symbols and nicknames. Some names are traditional, such as the number one representing Italy and the number 13 which represents Saint Anthony, since the saint’s feast day is June 13.

The game is simple and entertaining, yet its main purpose is to bring loved ones together. Grandparents tell their grandchildren stories about the past and small children shout when they win a prize. Families play for coins, beans or orange peels – which were the original currency of Tombola.

Throughout the country, the most commonly played form of the game is the Neapolitan version, which requires the game board with squares containing the numbers, each to be covered with a tombolino or marker, as the number is called. It also requires a series of numbered cards that players ‘purchase,’ each one containing blank squares and 15 squares containing random numbers arranged in three rows, each with five numbers. Finally, 90 round wooden or plastic tombolini, numbered from 1 to 90 are kept in a container that may vary from a cloth sack to a panariello, which is a small basket with a hole at the top from which they are extracted.

Tombola is traditionally played for money. Each card costs a set amount, perhaps five or ten cents. Players can purchase as many cards as they wish, except for the tombolone, who picks the numbers from a bag or basket. He or she must purchase six cards.

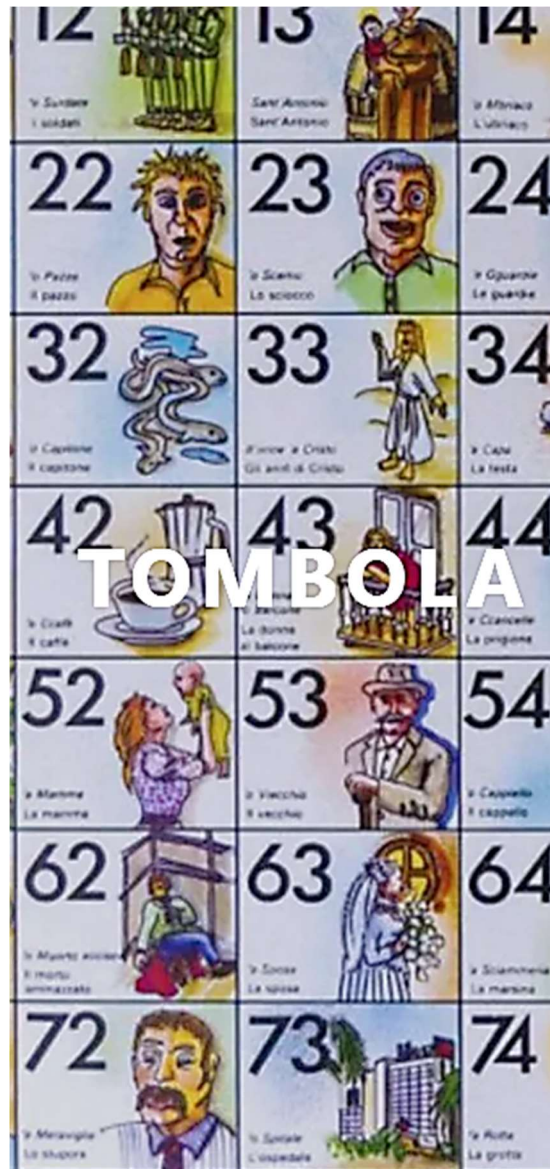
If a player has the number called, they place a dried bean or other marker on a number. The money from the cards is divided before the game starts into the five prizes, from lowest to highest, with tombola being the jackpot. The lowest prize, called the ambo, means that the player is the first to have two numbers on the same row. Terno has three numbers on the same row; quaterna, four numbers on the same row; cinquina five numbers and lastly, the grand prize or tombola for all 15 numbers on the card.

When extracting the numbers, the tombolone will often use colorful expressions for each one, based on a list known as the Neapolitan smorfia. Some of the most popular are number 9 – la rabbia (anger); 17 – la disgrazia (bad luck); 23 – la suocera (mother-in-law); 33 – gli anni di Cristo (Christ’s age); 45 – il vino buono (good wine); 48 – Il morto che parla (the talking dead man); 77 – le gambe (legs) and 90 – la paura (fear).

Legend has it that Neapolitan tombola originated in 1734 out of a dispute between the monarch Charles III (1716–88), King of Naples and Sicily and a Dominican monk named Gregorio Maria Rocco (1700–82). Because of his rousing sermons and work with the poor,

Father Rocco was (according to author Alexander Dumas) “more powerful in Naples than the mayor, the archbishop and even the king.”

Up until then, the popular game of lotto had been clandestine, but the King wished to tax it. This would add a rich source of income to the royal coffers. But Father Rocco disagreed. He believed lotto was a “deceptive and amoral amusement” and in a country that strove to live by Roman Catholic teachings, it distracted the faithful from prayer. In the end, the King won, but only after agreeing that the game would be suspended during the Christmas period. The King’s subjects however, had no intention of complying with this edict, so as an alternative they replaced lotto with the almost identical tombola, which they enjoyed within the family, free from taxes and playable at any time, especially at Christmas. So why not start 2020 on the right note surrounded by loved ones, enjoying a part of Italian culture.



Risotto in Bianco

<https://www.thespruceeats.com/easy-traditional-risotto-482853>

In Piemonte and Friuli, in addition to lentils, grains of rice represent coins and abundance. While cooking, rice grows in the pot the way that you'd like your wealth to multiply in the new year. To encourage financial prosperity, many traditional Italian New Year's dinners include a risotto in bianco (white risotto).

Risotto is an Italian main or side dish that uses short-grain rice. This type of rice, which is quite round and looks very different from long-grain rice, releases lots of starch during cooking so the finished dish is very creamy and rich. This recipe for easy traditional risotto is classic, and to make it the best it can be, just closely follow the recipe. You can easily add cooked meat or vegetables to this risotto to make it a main dish. For example, try gently cooked asparagus, peas, mushrooms, or sausage.

Pair the risotto with a fresh, crisp green salad dressed with a simple vinaigrette, and some toasted garlic bread on the side is a nice touch.

Ingredients

5 cups warm chicken broth
3 tablespoons olive oil
1 medium onion, diced
3 cloves garlic, minced
2 cups Arborio rice
1/2 C dry white wine, or chicken broth
1/2 C freshly grated Parmesan cheese
2 tablespoons unsalted butter
Salt, to taste
Freshly ground black pepper, to taste

Steps to Make It

1. Gather the ingredients.
2. Easy traditional risotto ingredients
3. Place chicken broth in a heavy saucepan and bring to a gentle simmer over low heat.
4. Heat the olive oil in another heavy saucepan over medium heat. Cook the onion and garlic, stirring frequently, until the onion becomes translucent, about 4 to 5 minutes—don't let the vegetables brown.
5. Stir in the rice and cook over medium heat, stirring constantly, for 3 to 4 minutes, until some grains begin to look translucent.
6. Add rice to the onions in the saucepan



7. Add the wine or extra 1/2 cup chicken broth. Cook and stir until liquid is absorbed.
8. Add about 1/2 cup of simmering chicken broth to the rice mixture, stirring constantly and cooking until the liquid is absorbed.
9. Add more broth, about 1 cup at a time, cooking and stirring until it's absorbed and repeating until the rice is done. The whole cooking process should take about 20 to 25 minutes. The rice should be tender but firm in the center (or al dente). Test it by biting into some grains.
10. When the rice is done, remove the pan from the heat and stir in the cheese and butter, and salt and pepper to taste. Stir until melted, then serve.

Tips

- Make sure the broth or stock you use is warmed. Adding cold liquid to the risotto as it's cooking will slow down the cooking process and may even "shock" the rice so that it won't absorb as much liquid. Keep it on low heat and add it a ladle at a time, stirring while the broth is added.
- The stirring action is necessary to help the rice release starch so that the liquid thickens, and the risotto is very creamy. The classic recipe calls for adding butter at the very end of cooking time to add some richness, but you can skip this step if you're trying to cut down on dietary fat.
- Freshly grated Parmesan cheese is a must. Don't even think about using pretreated cheese, especially the cheese in the green can. You have to use the real thing for the best flavor and texture in risotto.

Epiphany

<https://www.italianpod101.com/blog/2019/12/21/epiphany/>

1. What is Epiphany in Italy?

Epiphany, like Christmas, is a Christian religious festival. It celebrates the visit made by the Magi—the three great kings of the East—to Christ twelve days after his birth. This festival is a national holiday. For Italians, the Epiphany is also a bit of a sad day, because it is the fine del Natale, or “end of Christmas.” Thus, while the Epiphany celebrations are going on, Italians are also bracing themselves for the humdrum of everyday life to begin again.

2. Epiphany Date

Each year, Italians celebrate Epiphany on January 6. The night before is called Epiphany Eve.

3. How Do They Celebrate Epiphany in Italy?

Go to Mass. While like in most countries that celebrate Epiphany, many Italians “andare a messa”, or “go to mass,” the more popular traditions may surprise you.

4. The Legend of La Befana

According to an Italian belief, on the night between January 5 and 6, a vecchia signora, or “old woman,” called Befana—who’s ugly and old and rides on a broomstick—goes into every home to fill the socks of the good children (bambini buoni) with candies and sweets and distribute coal to the bad children (bambini cattivi).

5. More Epiphany Traditions

On this day, after opening the socks filled with candy (caramella), Italians get together with their families to enjoy lunch together. The most typical food eaten on Epiphany in Italy is sweets, including focaccia of the Epiphany. This is a cake that has a fava bean placed inside it; the one who finds this dry bean will have very good fortune throughout the year. The afternoon of this day is also an opportunity to go out for a walk around the historic centers of the city, where there are small markets selling sweets.

During the Epiphany Festival, Italy’s most common activity is actually to take away all the Christmas decorations, such as the Christmas tree and the nativity scene. This is because Epiphany marks the official end of Christmastime.

Focaccia della Befana (Epiphany Sweet Bread)

<https://aqueeninthekitchen.com/2017/01/06/focaccia-della-befana-epiphany-sweet-bread/>

Yields: 12 servings

INGREDIENTS

3.5 cups flour type 00
1 pinch of salt
1 Packet dry yeast
½ C granulated sugar
2 large eggs
zest of 1 lemon
8 tablespoons unsalted butter, melted
1/3 cup milk, lukewarm
1/2 cup candied orange peels
1 egg + 1 tbsp milk, for egg wash
sugar pearls, to garnish



DIRECTIONS

In a large bowl combine flour and salt.

Proof the yeast with 1/4 cup of lukewarm water then incorporate the proofed yeast to the flour mixture.

Make a well in the center then add sugar, eggs, lemon zest, melted butter and mix adding little by little the milk until all the liquids are absorbed.

Move the dough over a floured work surface and knead until an elastic dough forms. Add the candied orange peels and shape the dough into a ball.



Move the dough in a slightly floured bowl, cover with cling wrap and allow to rest in a warm place for 1 hour.

Move the dough over a round baking sheet lined with parchment paper, pat flat then shape into a big flower. Place a water glass or a mug in center of circle. Use a paring knife to cut the dough in 12 petals, leaving the center intact.



Twist each petal twice. Allow to rest for 30 minutes.

Meanwhile preheat oven at 400 F degrees.

Brush with egg wash and sprinkle with sugar pearls.

Bake for 15 minutes.

Allow to cool before serving.