



# Triangle Sons & Daughters of Italy

*Serving the North Carolina Triangle since 2004*

2817

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# IL GIORNALE DI TSDOI

Aprille, 2023



Follow us on Facebook at “Triangle Sons & Daughters of Italy”



And on our YouTube Channel [youtube.com/@tsdoiyoutube7441](https://youtube.com/@tsdoiyoutube7441)

Please note that we take photos and videos at our events. If you do not want your image to appear on either Facebook or YouTube, you must tell the photographer at the time.

### Il Giornale di TSDOI

Editor Nick Verna

Send comments or suggested materials to [nickverna14@gmail.com](mailto:nickverna14@gmail.com)

## TSDOI CALENDAR OF EVENTS

May 20 – Bocce Tournament  
May 21 – Guess Who's Coming to Sunday Dinner  
Jun 4 – Annual Family Picnic  
Jun 5 – Conversational Italian  
Jun 17 – TSDOI Night at the Durham Bulls (Closed)  
Sep 2 – Family Breakfast at O'Charley's  
Oct. 29 – Italian American Heritage Celebration  
Dec. 10 – Christmas Dinner  
Dec. 17 – Holiday Cookie Exchange

## MAY BIRTHDAYS



This month we celebrate the birthdays of those members celebrating in May: Alaine Thomas (1), Giovanni Masucci (2), Greg Monteleone (3), Isabel Perry (4), Evan Muzzarelli (6), Georgiana Schmidt (6), Roy Cordato (7), Tony Fiore (12), Bernard Castellano (15), Jan DiSantostefano (15), Kristen Zimmer (16), Christine Norwood (17), Karen Dolfi (21), Gasper Ilasi (26), Silvio Lanaro (26), Lisa Salamido (30),

## Good & Welfare

We send our best wishes for Good Health & Strength to **Bob Giannuzzi** as he begins ongoing dialysis treatments.

Congratulations **Monica Inzaina** on your wedding to Christopher Eric Dowling this past month. We're glad to have you as a formal member in the Triangle Sons & Daughters of Italy. Our Lodge sends Best Wishes to both of you! Cheers to happiness & health together.



## LETTER FROM THE PRESIDENT

Dear TSDOI Members:

One of the great things about our Lodge is that we offer a truly wide range of activities to meet the diverse interests of our members. Whether you are looking to socialize, soak in some Italian Culture, learn a new Italian skill, or support a worthwhile charity; we have it all! Quite honestly, when members and guest glance over our Events Calendar, we create the impression that our membership is probably twice as large as it is.



The glue that holds together any organization, whether it is your place of employment or a volunteer group is "ENGAGEMENT". This is what creates a sense

of belonging. However, activities are not planned and executed by artificial intelligence or robots. Our members are the energy that makes it all happen.

Please send me an email, and I will work with you to find a simple volunteer activity for a few hours to enable you to experience what it's like either behind the scenes or at an event. We need volunteers to assist with serving at our fundraising breakfast on Saturday, September 2nd at O'Charley's restaurant in Cary; and we need volunteers to work a 2-hour shift at our booth at Festa Italiana on Saturday, September 23. These are simple things that take 2-3 hours. You can also join the planning committee for an event just like Christie Anderson and Elisa Rossi did in the photo to co-plan Café Italia and our St. Joseph's Event with me.



Please send an email to me (Donald.Cimorelli@gmail.com) to request ideas on how to experience a greater sense of engagement with the Triangle Sons & Daughters of Italy.

Don

Don Cimorelli

TSDOI 2817 President

## ANNUAL FAMILY PICNIC WITH SCHOLARSHIP AWARDS



**Sunday, June 4,**

**2023**

Rotary Shelter at  
Harold Ritter Park, 301  
West Lochmere Drive,  
Cary, NC 27511

**TIME:** 3:00 pm – 8:00  
pm (Dinner Served at  
4:00)

**PRICE:** \$13.00 for  
TSDOI Members  
\$16.00 Non-Members  
\$6.00 Children Under 10

**EVENT CO-CHAIRS:** Fran Giannuzzi, Caroline Connor,  
Don Cimorelli

### MENU & PICNIC ACTIVITIES

- Mama T's Potato Salad
- 6-oz. Angus Burgers with Cheese, Lettuce, Tomatoes, Onions, and Condiments
- All Beef Hot Dogs w/Chili, Diced Onions & Condiments
- Basilio Sausage with Peppers and Onions
- BBQ Baked Beans
- Sweet Tea, Unsweetened Iced Tea, Lemonade, Water
- Sheet Cake to honor our scholarship winners

### Activities:

- Games for Kids & Adults
- Left Right Center Game (Bring 3 One Dollar Bills)
- 50-50 Raffle

**REGISTRATION & PAYMENT PROCESS:** To register and purchase tickets, click on the link below to pay online, or if paying by check, please mail the check made out to TSDOI to Fran Giannuzzi, 548 Clarenbridge Drive, Cary, NC 27519

[TSDOI Members Payment Link](#)

[Non-Members Payment Link](#)

[Children Under 10 Payment Link](#)



## RALEIGH REGIONAL BOCCE TOURNAMENT



**Saturday, May 20, 2023**

Time: 9:00 AM

Clayton Community Park Bocce Courts  
1075 Amelia Church Road, Clayton, NC

Triangle Sons and Daughters of Italy Lodge 2817 is sponsoring this qualifying round of the Tenth Annual NC Statewide Bocce Tournament. Details and the team application are available in the following file.

### **2023 Raleigh Regional Bocce Tournament Entry Form**

Entry forms and \$60 team entry fee (\$100 if sponsored) are due by Monday, May 15, 5:00 PM. Applications listing at least one team member will be accepted to reserve a slot, but no refunds. Individuals who would like to be placed on a team need to contact Bob Giannuzzi (see below). This year, we are also soliciting businesses for \$50 sponsorships without entering a team. Net proceeds will be used to support the Doug Flutie Jr. Autism Foundation.



Contact: [bgiannuzzi@hotmail.com](mailto:bgiannuzzi@hotmail.com) for additional information.

# FESTA DEI GIOCHI (FESTIVAL OF GAMES)



Fun, laughter and frustration ensued as we ate pizza from Johnny's and played Italian Trivial Pursuit, Family Feud, Pictionary, and Password.



## Italian Citizenship Seminar

Lodge Member Joe Pirozzi led a seminar on how to pursue and obtain Italian Citizenship.



## Giving Back – BBQ for Family Promise Families

We brought joy and food for families at Family Promise. The kids played corn hole, ladder golf, and jumped rope. We served Pulled pork, hot dogs, potato salad, pasta salad, coleslaw, cookies, cupcakes, brownies, and drinks. Special thanks to all of our volunteers and food contributors: Don Cimorelli, Georgiana Schmidt, William Schmidt, Maria Knall, George Quartell, Charlotte Spier DiLeonardo, Vivian Dewey, Mark Spano, Bob Gleason. It was because of them that events like this can happen.



## Stand Out – Garibaldi Trattoria

The standout restaurant outing to Garibaldi Trattoria was a huge success. The food was fantastic and the conversation even better.



# FOOD & CULTURE

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

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

## New Members

Please welcome **Gaspar Ilasi** who heard about us through our Facebook page. He is an at-large member and was a member of Marconi Lodge 2232 in Islip, NY. His Italian heritage is from Riace, Calabria and Palermo, Sicily. After spending time with local relatives, he and his wife decided to relocate to Fuquay Varina. He is retired from a career in financial technology and is looking forward to sharing his Italian heritage with our members. His interests are cooking, fishing and family. Please welcome Gaspar at [repsag55@yahoo.com](mailto:repsag55@yahoo.com).

Please welcome **Frank, Diane and Jason Damico** who heard about us through our web site. They are originally from New York and moved to Chapel Hill in 1994 as a result of job relocation. Frank's Italian heritage is from Palermo, Sicily and he is a Program Director in the Health Care Industries. Diane's heritage is from Northern Italy and she does Artist Management for her son Jason. She also served in the Army Reserves Nurse Corps as a Captain. Jason's career is in music and acting and he is a Recording Artist, Actor and Producer in the Entertainment Industry. Jason and his dad enjoy weight training, cardio fitness, biking, and playing golf. Diane enjoys gardening, sewing, swimming and teaching and playing the piano. Please welcome Frank ([fsd@nc.rr.com](mailto:fsd@nc.rr.com)), Diane ([dianepdamico@gmail.com](mailto:dianepdamico@gmail.com)), and Jason ([newblueentertainment@gmail.com](mailto:newblueentertainment@gmail.com)).

Please welcome **David (Dave) Priest** who heard about us through our Facebook page. His grandfather Americanized the last name from Dell'Arciprete as many Italians did the same when they came to America in the early 1900's. He is originally from Pennsville, NJ and after attending college in NC he decided to stay and make NC his home. Dave's heritage is from two small towns in Abruzzo; Guardiagrele, Chieti and Valle San Giovanni, Termano. He lives in Fuquay Varina and is a Middle School Science Teacher in Holly Springs. He is married and has two children who keep him busy with after-school sports activities. He enjoys being with family, traveling and coaching. His biggest hobbies are genealogy and family history. Please welcome Dave, [davepriest11@yahoo.com](mailto:davepriest11@yahoo.com).

Please welcome **Carrie and Daniel Bernier** who heard about us through our Facebook page. They are originally from Chicago and moved to Hillsboro in 2019 as a result of job relocation. Carrie's Italian heritage is from Maida, Calabria and she is a Real Estate Agent. Daniel is a Chemist. Their interests are reading, traveling, hiking and

attending festivals and outdoor events. Please welcome Carrie at [carrieannbernier@yahoo.com](mailto:carrieannbernier@yahoo.com) and Daniel at [dbernier@yahoo.com](mailto:dbernier@yahoo.com).

## Cookbook Volume 2 –

### 93 Recipes Received to Date



We are so close to our goal of 120 recipes. We are giving members a **1-week extension** to send in their recipes for the Volume 2 TSDOI Cookbook. Members have made great progress toward our goal. The recipes so far have been great, and I have already made several of them.

Your contribution will not only help us complete our cookbook but will also allow us to share our Italian heritage with others through food. We believe that food is a powerful way to connect with our culture and our roots, and we want to share this with as many people as possible.

Submitting your recipe is easy – simply email it to me at [nickverna14@gmail.com](mailto:nickverna14@gmail.com). I can accept word, google docs, pdf, or photos of recipes. Please include your name and a brief description of the dish and background on where it came from. If you have a picture, please add that as well. We will make sure to give credit to each recipe contributor in the cookbook.



## No One To Cover the Fig Tree

John A. Fratta [The Bronx Chronical](#)

I am sure for most second-generation Italian American children who grew up in the 40's and 50's there was a definite distinction between us and them. We were Italians, they were everybody else, the Irish, the Germans, the Poles, they were Americans.

I was well into my adulthood before I realized I was an American. I had been born American and I lived here all my life but American people who ate peanut butter and jelly sandwiches on mushy white bread.

I had no animosity towards them, it's just I thought ours was a better way with our bread man, egg man, javelle man, vegetable man, the Chicken man, to name a few of the peddlers who came to our neighborhoods. We knew them, they knew us.

Americans went to the A & P. It amazed me that some friends and classmates on Thanksgiving and Christmas ate only turkey and stuffing, potatoes, and cranberry sauce. We had turkey, but after antipasto, soup, lasagna, meatballs, and salad. In case someone came in who didn't like turkey we also had roast beef. Soon after we were eating fruits, nuts, pastries, and homemade cookies sprinkled with little colored things. This is where you learned to eat a seven-course meal between noon and four PM, how to handle hot chestnuts and put peaches in wine.

Italians live a romance with food. Sundays we would wake up to the smell of garlic and onions frying in olive oil. We always had macaroni and gravy. Sunday would not be Sunday without going to Mass.

Of course, you could not eat before Mass because you had to fast before receiving communion. We knew when we got home, we'd find meatballs frying and nothing tasted better than newly cooked meatballs with crisp bread dipped into a pot of hot gravy.

Another difference between them and us was we had gardens. Not just with flowers, but with tomatoes, peppers, basil, lettuce and "cucuzza". Everybody had a grapevine and fig tree. In the fall we drank homemade wine arguing over who made the best. Those gardens



thrived because we had something our American friends didn't seem to have. We had grandparents. It's not that they didn't have grandparents. It's just that they didn't live in the same house or street. We ate with our

grandparents and God forbid we didn't visit them 5 times a week. I can still remember my grandmother telling us how she came to America when she was young on the "boat". I'll never forget the holidays when the relatives would gather at my grandparents' house, the women in the kitchen, the men in the living room, the kids everywhere. I must have a hundred cousins. My grandfather sat in the middle of it all smoking his DiNobile cigar so proud of his family and how well they have done.

When my grandparents died, things began to change. Family gatherings were fewer, and something seem to be missing.

Although we did get together usually at my mother's house I always had the feeling that Nana and Papa were there.

Its understandable things change. We all have families of our own and grandchildren of our own. Today we visit once in a while or meet at wakes and weddings. Other things have also changed. The old house my grandparents brought is now covered with aluminum siding. A green lawn covers the soil that grew the tomatoes.

There was no one to cover the fig tree, so it died.

The holidays have changed. We still make family "rounds" but somehow things have become more formal. The great quantities of food we consumed, without any ill effects, is not good for us anymore. Too much starch, too much cholesterol, too many calories in the pastries.

The difference between "us" and "them" isn't so easily defined anymore and I guess that's good. My grandparents were Italian/Italians, my parents were Italian Americans. I'm an American now and proud of it, just as my grandparents would want me to be. We are all Americans now... the Irish, Germans, Poles, all US citizens.

But somehow, I still feel a little bit Italian. Call it culture, call it roots.... I'm not sure what it is. All I do know is that my children, my nieces and nephews, have been cheated out of a wonderful piece of our heritage... they never knew my grandparents.

## THE ITALIAN SAGRE: CAN FOOD HELP SAVE ITALY'S DYING VILLAGES?



Food. There might not be anything else that embodies and defines Italian culture and local identity like food. It's something talked about with fiery passion, a daily ritual that is more sacred than routine, a placeholder of cultural expression for the tiniest hamlet and the largest city...it's the heart and soul of Italy. It also might be the answer to reviving Italy's dying villages.

Food is something celebrated daily in Italy. Fresh, seasonal, prepared with passion and love, and always shared with those cared about. If it's a daily liturgy, why would there be any need for a set-apart celebration specific to a particular food item? The reasons are many. However, one stands out – a feasible means of reviving and revitalizing Italy's depopulated villages.

Meet the sagra – a lively, no-frills food festival held yearly celebrating the best of provincial cuisine. To call it a mere festival, however, is almost irreverent. Even the word sagra transcends the earthly, its Latin origin translating to sacred, heavenly. Nigh unto heaven is a good way to describe these feste di paese that highlight the best product or homecooked specialty a village has to offer.

Food is venerated all year long in Italy; how are sagre (plural of sagra) unique? Many sagre have roots in long-ago seasonal harvests or align with honoring a community's patron saint – the focus was very specific and carried out by townspeople for townspeople. Contemporary events focus

less on these things, however, and are more an all-out party in honor of an esteemed local food. Put your dressy duds aside, though; these events are energetic, chaotic, down to earth, and are a full immersion into the culture of the community. Not just a feast for the taste buds, sagre are also a full-on feast for the senses. Tables fill the piazza or side streets – the spirited chatter of friends and family fills the air as music blasts from a local band or staticky speakers. Colorful booths offer games, prizes, and handmade goods. There might be a parade or historical re-enactment, and of course... local wine abounds to toast it all. Authentic, simple, joyful – the sagra brings Italy back to the basics of what matters most: family, community, food.

How can a once-a-year celebration of local honey or tortellini or artichokes save a village, though? Prior to World War II, many rural Italian villages worked as agrarian microcosms – self-contained communities that did all right meeting most of their own needs as they faithfully passed the lifestyle on to the next generation. The post-war era was the start of a marked economic and demographic decline, however. Revitalization and industrialization centered on larger cities; agricultural communities saw a slow but steady population drain as younger generations left in search of work. This “rural marginalization” left many villages clinging to life yet facing a juxtaposition of options. Increased tourism positively affects the economy, but at how great a cost to tradition, way of life, and stability? As an old Italian proverb states, “Guests are like a fish; after 3 days they begin to smell.” Tourists were for the large cities: small communities were wary of outsiders and fearful of forced change.

Desperate times call for festive measures. The sagra, traditionally a very localized occasion, could easily bring curious outsiders... and their money. While not a new concept, these rural events have grown in number and popularity as a tourist draw, over the past couple of decades. Michele Filippo Fontefrancesco conducted a lengthy study looking at the effects of sagre on rural Italian communities. Irrefutably, a positive correlation was found between sagra,



revitalization, and contentment within a village population. In his book, *Food Festivals and Local Development in Italy – a Viewpoint from Economic Anthropology* (2020), Fontefrancesco's research concluded that, yes, *sagre* play a star role in revitalizing marginalized villages, yet with the caveat of limited negative factors that can occur with increased tourism, offering "maximum immediate gain and marginalizing the social distance between community and guests" (Fontefrancesco, 2019). According to additional related research (Pasquale, 2019), village economies realized a collective intake of over 900 million euro thanks to the increasing popularity of these food festivals. That's impressive...and lifesaving.

*Sagre* have great appeal not just to *stranieri* (foreigners) but to Italians, as well. A related survey conducted by Coldiretti, Italy's main agricultural association, concluded that 4 out of 5 Italians considered *sagre* held in the summer months as the key reason to visit rural areas, while 6 out of every 10 Italians participated in one. The "device" of the *sagra*, as Fontefrancesco labels it, also plays a key role in "bringing a community together, creating solidarity among its members," as well as serving as a mechanism to preserve and pass on traditions and customs.

## **Bistecca alla Pizzaiola**

Servings: 4

By Franca Luzzi



There are various *pizzaiola* preparations in Italy that can be made with beef, veal, or pork.

However, the best and most authentic is the Neapolitan *Bistecca* or *manzo al pizzaiola*. In this dish, the beef is browned quickly over high heat and cooked briefly with a savory sauce of garlic, anchovies, tomatoes, and fresh oregano or other fresh herbs.

This dish comes from Antica Pizzeria Port'Alba, which, besides wonderful *pizze*, also serves some delicious local Neapolitan dishes.

### **Ingredients**

1/3 C Olive Oil  
4 ½ inch thick sirloin steaks  
2 Cloves Garlic (finely chopped)  
4 Anchovy Fillets (finely chopped)  
1 C Dry White Wine  
2 28 oz. Cans Whole Tomatoes (put through strainer or food mill to remove the seeds)  
Salt and pepper (to taste)  
1/3 C Fresh Oregano or 2 TBS chopped Fresh Parsley

### **Directions**

Heat the oil in a large skillet over high heat. Add the meat and cook until it is lightly golden on both sides, about 2 minutes. Transfer the meat to a dish.

Add the garlic and anchovies to the skillet and stir quickly once or twice. (the garlic will burn almost immediately because the skillet is now very hot) Add the wine and cook, stirring, until the wine is reduced by half, 3-4 minutes. Add the tomatoes and season with salt and several grinds of pepper. Reduce the heat to medium and cook, stirring, 2-3 minutes. Stir in the fresh oregano, then return the meat and its juices to the skillet. Cook 1-2 minutes, stirring and basting the meat. Taste and adjust seasoning, serve at once.

*This recipe is from our new, upcoming Volume 2 TSDOI Cookbook.*