



# Triangle Sons & Daughters of Italy

*Serving the North Carolina Triangle since 2004*

LODGE 2817

## IL GIORNALE

Settembre, 2020

### Bocce Tournament 2020

Our 8th Annual Raleigh Regional Bocce Tournament was another success. Congratulations to the Holy Rollers who barely defeated the very old (three 87-year olds and a 70 something kid) but very tough Veneziani in the finals. The tournament was also a financial success. TSDOI Lodge 2817 raised about \$800 to be donated to the Doug Flutie Jr. Autism Foundation.



The champions pictured left to right are Rom Germano, Thom Shurtleff, Bob Giannuzzi, and Bernard Castellano.



### 2020 Events

#### **ANNUAL FUNDRAISER BREAKFAST SEPTEMBER 5, 2020 - O'CHARLEY'S CARY**

Tickets have been mailed and even if you do not plan to attend you can either sell or donate the tickets as this event is our biggest fundraiser for our scholarship and charity fund.

**Inside Dining** - for those that want to come inside and mingle the tables are set with capacity of 120 people (which is half capacity as outlined by the rules for COVID-19). Please come and enjoy yourselves inside the Restaurant and know that they will be following the sanitation rules for cleaning.

**Curbside Pick-Up** - for those that are not ready to mingle with a crowd, you may have your breakfast brought to your car. If you choose to do curbside pick-up, please email Fran ahead ([fjannuzzi94@gmail.com](mailto:fjannuzzi94@gmail.com)) and let her know what time you will be there and we can make sure your order is ready and brought to your car. If you decide to just come in and order your take-out, you will have to wait once your order is placed with the kitchen and you can remain in your car.

#### **General Membership Meeting**

October 11, 2020 - Dino's Restaurant in Raleigh.

Menu and sign up will be posted on the website for sign up and we will hold a short Business Meeting as well as have the Presentation for the NC Outstanding Italian American for 2020 and a few more presentations at this meeting. We will find out the maximum capacity with Dino in the next few weeks.

*With all that is going on with COVID-19 we are excited that we are able to have these two (2) events for our members and hope that you choose to participate in one or more of them.*

## Where did Caprese Salad come from?

It was Titina Vuotto's, one of the owners of Capri Flavors, mother Margherita, who invented the La Caprese salad in her restaurant, "Trattoria Da Vincenzo" on the Island of Capri. As the family tells it, the salad, now on menus around the world, was originally created so that ladies could "have a nice lunch while still fitting into their bikinis."



## TSDOI 2817 Calendar of Events

- Sep 5 \_\_\_ Annual Fund-Raiser Breakfast – Bob G
- Oct 11 \_\_\_ General Membership Meeting and Outstanding NC Italian/American Award
- Dec ? \_\_\_ USO Hanger Party
- Dec 6 \_\_\_ Annual Christmas Dinner - Margaret C
- Jan 31 \_\_\_ Movie Night
- Apr 9 \_\_\_ La boheme Opera

## September Birthdays

This month we celebrate the birthdays of those members celebrating in September. Wish the following members Happy Birthday when you talk to them:



## Helen Wright Shelter Dinner

We delivered another meal to the women at the Helen Wright Center on August 9th. The dinner consisted of Baked Ziti (Mark Spano), meatballs (Nick Verna), salad (Mary Muth) pies, (Nate DiCola), and cake (Sherry Hicks). The women were very appreciative of the whole meal. This is our last meal of the year. We will be serving additional meals in 2021.

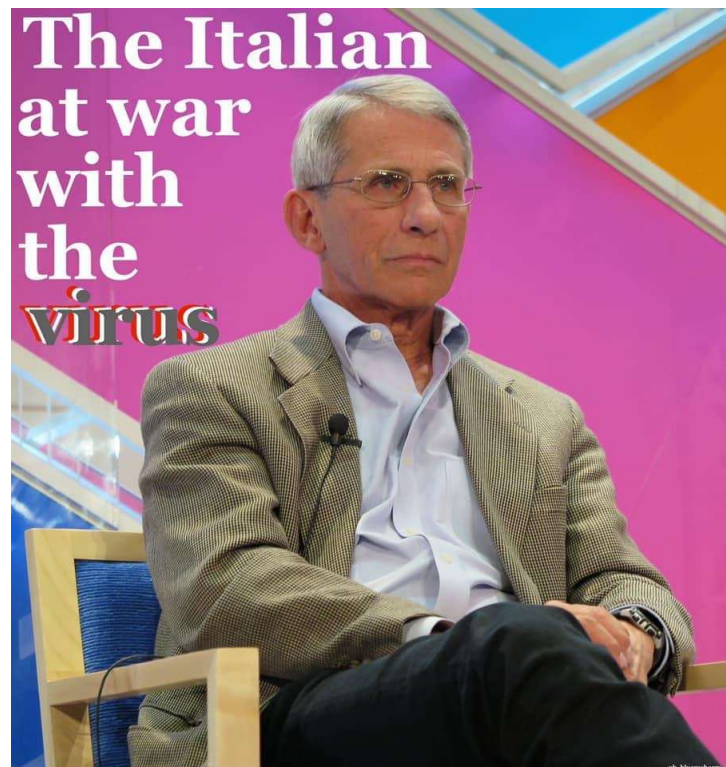


## Italian Scientists Claim to Have Developed World's First Covid-19 Vaccine

Italian researchers claimed that they have successfully developed a vaccine that can help contain the novel coronavirus that causes COVID-19.

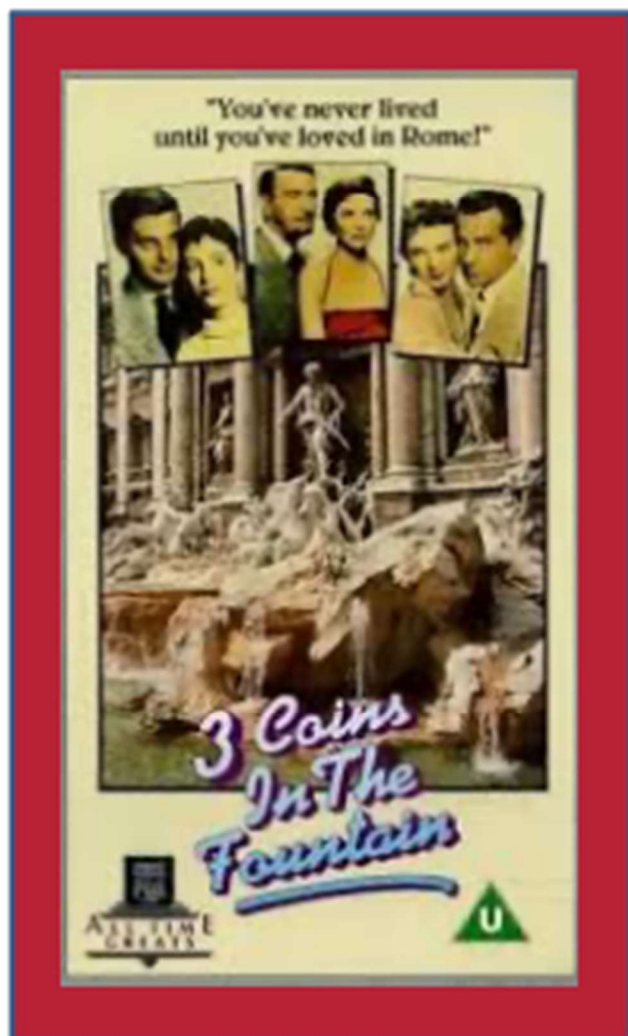


The breakthrough development made by the researchers at Lazzaro Spallanzani National Institute for Infectious Diseases in Rome could be among the most visible progress amongst hundreds of experimental vaccines being tested across the world in the hunt for a cure for the dreaded respiratory illness.



# The 14<sup>th</sup> Annual Italian “Three Coins in the Fountain”

Sunday, January 31, 2021



**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/\$12 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](http://www.trianglesonsofitaly.org)



## **\$10/\$12 ADMISSION INCLUDES:**

*popcorn, pizza, salad, desserts, coffee (beverages available for purchase)  
50/50 raffle, door prize drawings, & cookbooks for sale!*

## Limoncello Flounder

(Courtesy of Nick Verna)

This very easy recipe delivers a crispy crusted yet tender piece of flounder that is coated with a citrusy yet sweet glaze that makes you want to just keep eating more and more.

Makes 4 Servings

### Ingredients

½ tsp Salt  
½ tsp Pepper  
½ C All-Purpose Flour  
3 TBS Olive Oil  
4 Flounder Fillets \*  
2 to 3 TBS Lemon Juice  
¼ C Limoncello  
Chopped Parsley (optional)



### Directions

1. Mix the salt, pepper and flour in a shallow dish.
2. Heat the olive oil in a large skillet over medium high heat until it shimmers (350°F).
3. Pat the flounder dry with paper towels.
4. Dredge the flounder filets in the flour mixture and place them in the hot skillet.
5. Fry the flounder until they are a light golden brown (~160°F), about 5 minutes, then remove them to a serving plate.
6. Add the lemon juice and the limoncello to the hot frying pan, scraping up any brown bits. Boil until it becomes a thick glaze, about 1 minute.
7. Pour the glaze over the fish, sprinkle with the chopped parsley and serve immediately.

**Note:** Any mild white fish, such as tilapia, can be substituted for the flounder.

## Ancient Roman Inventions Still Used Today

The Romans were prodigious builders, engineers, and developers of culture. Here is a list of 16 Roman inventions that are still in use today:

1. **Roads and Highways** – 50,000 miles of roads built by 200 A.D.
2. **Arches** – Rome was the first to use the arch in the construction of buildings and bridges.
3. **Julian Calendar** – The modern Gregorian calendar is modeled on the Roman calendar.
4. **Sewers** – The Romans were the first to use toilets and underground sewers.
5. **Concrete** – Concrete developed by the Romans is the reason that the coliseum still stands.
6. **Roman Numerals**
7. **Newspaper** – the origins of the newspaper were used to keep Roman citizens informed.
8. **Bound Books** – Romans created the Codex which was the first form of a bound book
9. **Surgical Tools and Techniques** – Roman surgeons pioneered the Cesarean section
10. **Roman Law** – Subpoena, habeus corpus, pro bono, affidavit all come from Roman law.
11. **Grid Based Street System** – was refined and expanded by the romans on an extraordinary scale.
12. **Aqueducts** – First developed in 312 B.C. it brought water to the masses.
13. **Postal Service** – The modern postal service has its origins in ancient Rome.
14. **Traffic Signs** – Traffic signs made traveling for trade and military efficient.
15. **Fast Food Restaurants** – Not only did Rome have restaurants but they had takeout and delivery.



**This take-out restaurant was in Pompeii and is remarkably well-preserved.**