



Triangle Sons & Daughters of Italy

Serving the North Carolina Triangle since 2004

LODGE 2817

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IL GIORNALE DI TSDOI

Giugno, 2021

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Editor: Nick Verna

Send comments or suggested

materials to nickverna14@gmail.com.

TSDOI Calendar of Events

June 6 ___ Annual Picnic
Aug 12 ___ Olive Oil Tasting
Aug 15 ___ Helen Wright Dinner
Sep 4 ___ Fund-Raising Breakfast
Sep 25 ___ Festa Italiana
Nov 14 ___ Helen Wright Dinner



June Birthdays

This month we celebrate the birthdays of those members celebrating in June: Thomas Presti (5), Amy Schroeder (8), Joy Sorbo (9), Anthony Romano (10), Julia Bledsoe (11), Joyce Moses (12), Vivian Dewey (17), Marinella Rogers (18), Rosemary Verna (20), Leah Antkiewicz (23), Barbara White (28).

Change to TSDOI Email - IMPORTANT

TSDOI has changed the name of our email list-serve to be Sons-and-Daughters-of-Italy@mail-list.com. As of Thursday, May 6, 2021, "TSDOI-2817" will no longer function. Please add this information to your contact list for the Triangle Sons and Daughters of Italy so that it does not end up in your SPAM folder.

If your contact information has changed contact the membership chairman at bcas1947@aol.com so that we can keep you totally informed about your Lodge's activities.

Italian Passports

After 6 years of persistence and hard work, the Bledsoe's have their Italian Passports!

Congratulazioni!



Free Olive Oil Tasting and Introduction to Sicilian Products



August 12, 2021, 1:00 PM, 2205 Westinghouse Boulevard Ste. 109, Raleigh, NC

Free tasting but items you purchase will be at your own expense.

<https://bonafurtuna.com/>

TSDOI members have been invited to attend an olive oil tasting at Bona Furtuna (from the olive farm of La Furtuna Estates in the Sicani Mountain region of Sicily where they harvest premium Sicilian fare of the utmost quality). From their estate grown EVOO (extra virgin olive oil) to their organic marinara pasta sauce, salt seasonings or aged balsamic vinegar, their food products are sustainably produced for flavor and body while preserving the biological heritage of the island. They have five extra-virgin olive oils to include their award-winning Heritage Blend and Biancolilla Centinara as well as Forte, Passalunara and the Grand Cru.

RSVP by August 6 to Fran Giannuzzi at fgiannuzzi94@gmail.com if you plan on attending.

Call for Nominations

The Call for Nominations is forthcoming. In July the Nominating Committee will



send out an email and solicit new Council members to join the TSDOI Executive Council. Voting will take place in September and new Council members will be inducted in October. If you are interested in getting more involved please email roverna754@gmail.com.

Interfaith Food Shuttle



We will have another food drive for the Interfaith Food Shuttle at our picnic on June 6, 2021. I will be collecting donations in my vehicle (look for a silver Subaru Forester). Your donations will be much appreciated especially as many of our neighbors continue to struggle. Please see the attached list of items that are most helpful. Suggested items include:

- **Proteins:** beans, tuna, soup, meat, canned pasta, peanut butter
- **Breakfast:** whole grain cereal, oatmeal, grits
- **Whole grain pasta and rice**
- **Canned fruits and vegetables,** no heavy syrup, no salt added
- **Healthy snacks:** raisin, granola bars, fruit pouches
- **Senior items:** nutritional shakes, adult hygiene
- **Infants and kids:** Pedialyte, infant cereal, mac & cheese cups, fruit cups, 100% juice boxes, diapers, wipes
- **Hygiene items:** hand sanitizer, soap, toothbrushes, toothpaste, shampoo, deodorant
- **Household items:** paper towels, toilet paper, tissues, masks, disinfectant wipes, bleach, trash bags, cleaning supplies

If you are not attending the picnic but would like to donate, you can also drop off donations at my house (115 Beasley Court, Cary) through June 6. You can leave items on my front stoop or give me a call at 919-801-8767 to let me know you are coming. Thanks for your participation! And hope you all have an enjoyable Memorial Day weekend.

Mary Muth

Good and Welfare

Please keep the following individuals in your prayers.

- Rosemary Verna will be having her gall bladder removed on June 7th.
- Amy Stica, daughter of member Marie Knight, who is in the hospital after reacting to antibiotics.

TOP 5 FASTEST WAYS TO PISS OFF AN ITALIAN



1. Put ice cubes in your wine.
2. Serve them overcooked pasta.
3. Ask them if their family is in the mafia.
4. Use their bright white decorative bathroom towels.
5. Tell them to lower their voice or calm down.



Interessante Italian Web Sites, Food Culture and Places

Here are some links that showcase our Italian culture. If you have suggestions please email Nick Verna at nickverna14@gmail.com the URL site and we can put it in a future newsletter.

Vic Dibitto LIVE: 'Growing Up Italian



<https://m.youtube.com/watch?fbclid=IwAR3JtrvQRWJMj-Wn8ParLnC1L8C-iH6sE4ewwwxB-9TL4OK86EhhHx8iVFvg&v=S1b8T0Gce5I&feature=youtu.be>

This YouTube video is hilarious. I'm sure that you'll be able to relate.

Two Greedy Italians - YouTube

<https://www.youtube.com/watch?v=Op2LVAGmFM4>



A fantastic journey with two Italian chefs about food in the various regions of Italy.

★★★★★

Shape of Pasta

Roku Channel or

<https://therokuchannel.roku.com/details/3ad7584a03d45fd3b18c682d2e65cabcb/shape-of-pasta-s1-e1-rasccatieddi-dimiscchieddu>



In pursuit of pasta perfection, Chef Evan Funke tours Italy uncovering the craft and culture behind some rare and forgotten pasta shapes. ★★★★★

Italian Superstitions. How many do you remember?



- Whenever we **drive by a catholic church** we make the sign of the cross – *Andrew Bonetti*
- Make the sign of cross when you **hear a siren** – *Mark Spano*
- **When entering church**, you need to leave church using the same door you entered - *Joyce Moses*
- My grandmother used to put **newspaper with string tied around our stomachs** when we drove in the car to ward off car sickness - *Fran Giannuzzi*
- Bad Luck: **shoes on the furniture**
- **Step in poop** means money is coming 💰💰
- **Hat on bed**: someone is going to die 💩
- **Purses on the floor**: you'll go broke
- **Don't go straight home after a funeral or wake**: you'll bring home death
- **If you walk with a man with a limp**, you will limp as well. Meaning, anytime you are influenced by someone's bad habit, you'll develop it as well.
- **Unlucky number 17** - While many countries avoid the number 13, Italians are more fearful of the number 17. This fear stems from the fact that the number 17's Roman numeral, XVII, is an anagram of VIXI, which means "I have lived" in Latin. Some consider this a bad omen as it implies that death is just around the corner.
- **Malocchio** - or evil eye, is a look of jealousy or envy and, according to Italian folklore, it can do some real harm. If someone has looked at you with the malocchio, you might suffer headaches or other physical pain. To counter the evil eye, make the shape of horns with your hand or wear a horn-shaped lucky charm.
- **Avoid feathers** - keeping feathers in the house is bad luck, and doubly so if they're peacock feathers because their pattern is similar to that of a pesky evil eye.

Homemade Ricotta

https://www.facebook.com/watch/live/?v=450294802736500&ef=watch_permalink



Secret Family Recipe demonstrates homemade RICOTTA! 🙌 you will be amazed how easy and delicious it can be! Serve on a toasted baguette and pass the wine!



Ingredients

2 1/2 quarts whole milk (avoid ultra-pasteurized)
1 pint heavy cream
1/4 C acidic liquid (white wine vinegar or lemon juice)

Directions

Use a heavy bottomed, deep pot. Pour milk, cream, and your choice of acidic liquid or a combination of both into the pot and begin cooking on a medium heat. Do not stir at all. Once the milk begins to simmer, not boil, lower heat slightly.

In approximately 15-20 minutes test the temperature which should be 180-185 degrees. Continue cooking for another 20-25 minutes allowing curds to form. Remove pot from the heat.

Using a slotted spoon, remove curds from the pot and place gently into a colander lined with a double layer of cheese cloth. Allow liquid to drain from the curds for 10-15 minutes for use as a spread with bread and EVOO! Or drain for a 20-25 minutes for use in ravioli, manicotti, or pizza.

My suggestion....toast some Italian bread with EVOO, salt and pepper, spoon ricotta on the toast, add fresh basil, squeeze of lemon and drizzle of EVOO. Buon appetito!

NOTE: Ricotta toast is now appearing on restaurant menus replacing avocado toast. You can eat it for breakfast topped with cinnamon and sugar or as the base of a bruschetta with tomato and prosciutto. The combinations are endless.



Migliaccio

Italian Tribune February 11, 2021



Ingredients

1 C Whole Milk	4 Lg Eggs
3 C Water	1 1/2 C Granulated Sugar
3 1/2 TBS Unsalted Butter	2 tsp Vanilla Extract
2 Medium Lemons	1 1/2 tsp Limoncello
1 1/2 C Semolina Flour	Powdered Sugar as needed
1 C Fresh Ricotta	

Directions

With the oven rack in the middle, preheat the oven to 390°F.

Take one lemon and use a vegetable peeler to create 4-5 large, wide swaths of zest, being careful to avoid the bitter white pith. Take the other lemon and use a fine grater to create finely shaved zest.

In a medium heavy bottom saucepan over medium heat, bring the milk, water, butter and large strips of lemon zest just to a simmer. As soon as the milk starts to bubble remove the strips of zest with a slotted spoon and discard. Sprinkle the semolina into the pot gradually, stirring constantly. Reduce the heat to low and continue to stir until the mixture thickens and becomes dense and smooth, 1 to 2 minutes. Remove from heat and set aside.

In a large mixing bowl, combine the ricotta, eggs, granulated sugar, finely grated lemon zest, vanilla extract, and limoncello and mix well with a wooden spoon or electric mixer on medium-low until well blended.

Gradually add the semolina mixture to the ricotta mixture, stirring well to create a smooth, creamy mixture without any large lumps (a few small lumps are fine).

Butter and flour a 9-inch round cake pan and transfer the mixture to the cake pan. Bake until the cake is firm and the top is golden brown, about 40-45 minutes.

Let cool completely, then sprinkle lightly with powdered sugar before serving.

Italy and Fragrances

Italian Tribune February 18, 2021

Many of the world's major fashion houses were founded in Italy and it comes as no surprise that Italians are widely praised for their impeccable sense of style. This also extends to fragrances, with men and women alike favoring lush, luxurious scents that capture the Italian penchant for vitality.

Most historians place Officina Profumo-Faraceutica di Santa Maria Novella in Florence as the birthplace of the fragrance

industry. The monastery-convent-pharmacy is forever linked with Catherine de' Medici, who, at the young age of 14, commissioned the Officina to create her own signature scent. The fragrance instantly became an aromatic sensation that helped lay the foundations for the European perfume industry.

Catherine de' Medici's citrus-based cologne water of Calabrian bergamot, "Acqua della Regina" or "Water of the Queen," could be interpreted as being the world's first celebrity fragrance. It introduced the concept of perfume to other royal courts in the wake of Catherine's marriage in 1533 to Henry II of France and interest only increased when the Medici's personal perfumer, Renato Bianco, opened a perfume boutique. The royal essence soon became the most desired scent across the most fashionable courts of Europe. The trend for luxurious fragrances was then maintained by other Italian perfume lovers, including Cosimo de' Medici, Isabella and Alfonso d'Este and the notorious Lucrezia Borgia. This new sensation that first began in Florence's Pharmacy of Santa Maria Novella rapidly began taking over the world.

The creation of the history-making perfume is just one chapter in the ongoing story of the Pharmacy of Santa Maria Novella. One of the oldest pharmacies in the world, it is now in its fifth century of continuous business. Well



before its days of acclaim for creating the most sought-after scents, the institution was best known for its medicinal capabilities.

The pharmacy had its origins in the early 13th century, when monks cultivated medicinal herbs in the monastery garden. Their original intent was to provide medications for the adjacent convent's infirmary. During the ensuing centuries, the reputation of the pharmacy's curative creations reached far and wide, but it was not until 1612 that the Pharmacy of Santa Maria Novella opened its pharmacy doors to the public. It was in that year that the Grand Duke of Tuscany honored the convent with the official title of the Royal Highness' Foundry.

Today, Santa Maria Novella is an apothecary empire, with stores in major Italian cities and around the world. The original premises on Via della Scala, which include a church, pharmacy and museum, have been restored to their full former splendor.

It would be hard to imagine that the monks who tended their small garden could foresee the longevity of their carefully created potions. From the Renaissance era, devotees of Catherine de' Medici's

Acqua della Regina, to the patronage by royalty and celebrities of today, it is clear that Santa Maria Novella's heritage, although humble and traditional, was always visionary. Acqua di Santa Maria Novella's bottle is reminiscent of the glass designs the brand has used over the past two centuries of its history. This historic fragrance retails for \$125 for the 3.4 ounce size.

Today, you will find that some of the finest Italian fragrances bear the names of leading fashion brands such as Prada, Bulgari and Gucci, all of which consistently produce best-selling scents.