



Triangle Sons & Daughters of Italy

Serving the North Carolina Triangle since 2004

LODGE 2817

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IL GIORNALE DI TSDOI

Novembre, 2021



IL GIORNALE DI TSDOI

Editor: Nick Verna

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



Follow us on Facebook at
"Triangle Sons & Daughters of Italy"

TSDOI Calendar of Events

Nov 10 _____ Outstanding Italian-American Dinner
Nov 14 _____ Helen Wright Dinner
Dec 4 _____ ARC Volunteers
Dec 5 _____ Christmas Dinner (Georgina's)
Dec 12 _____ Christmas Cookie Exchange
Jan 30 _____ La Boheme Opera

November Birthdays

This month we celebrate the birthdays of those members celebrating in November: Tia DeMaria (9), Daniel Iovino-Ortiz (9), Connie Vivencio (14), Sean Conley (17), Charlotte DiLeonardo (21), Maria Knall (21), Alex Gordon (23), Fran Castellano (28).



Presentation of Outstanding Italian/American in NC

November 10, 2021 5:15 to 7:15

Backyard Bistro – 1235 Hurricane Alley Way, Raleigh, NC

\$16.00 members, \$20.00 non-members, includes tax and tip.

Join us for our Awards Dinner as we recognize Shelley Berardinelli McPhatter as our 2021 Outstanding Italian-American in North Carolina. Shelley is an Italian-American who grew up in the Pittsburgh area and is president of Bridgepoint General Contracting in Durham. Shelley is also a Festa Italiana board member.



5:15 Mingle and get a drink (cash bar available for alcoholic drinks and soda)

5:45 Buffet Dinner to include:

- Baked Macaroni
- Sausage and Peppers
- Broccoli with Lemon and Garlic
- Caesar Salad
- Sweet Tea
- Unsweetened Tea
- Lemonade
- Joe's famous Brownies

To register and pay for this event go to <https://www.trianglesonsofitaly.org/events/>.

Christmas Dinner



You are cordially invited to attend the Triangle Sons and Daughters of Italy – Lodge 2817 annual Christmas Dinner.

December 5, 2021, 5:00 PM

Georgina's Restaurant, 3536 Davis Drive, Morrisville, NC 27560

Members - \$45.00 all inclusive

Guests - \$55.00 all inclusive

Menu to include:

- **Appetizers** (served at 5:00) to include:
 - Stuffed Mushrooms
 - Arancini
 - Fried Calamari
- **First Course** (served family style) to include:
 - Penna ala Vodka
 - Garden Salad (choice of home-made balsamic dressing or ranch dressing)
- **Main Entrée: Please choose your entrée with your reservation** – choose only one per person and no changes made once we turn in the reservations. There will be a card with your choice of entrée at your place so you don't forget.
 - Zuppa di Pesce – to include mussels, calamari and more
 - Chicken Parmigiana
 - Eggplant Rollatini
 - Beef Short Ribs
- **Assorted Italian Cookies and Coffee**

Cash Bar – Wine and Beer (pay as you order, no tabs)

Sign Up on Website At: www.trianglesonsofitaly.org,

You can pay via PayPal or send a check payable to: TSDOI-2817 to:

Fran Giannuzzi, 548 Clarenbridge Drive, Cary, NC 27519

Email your Entrée Choice to Fran Giannuzzi at fgiannuzzi94@gmail.com. Please indicate which entrée goes with which person.

Deadline To Register is November 28, 2021 (no exceptions as Georgina's has requested this date)

No refunds if you do not attend after registering.

La Boheme Opera

La Boheme Opera by Puccini

Sunday, January 30, 2022 at 2:00 PM

Raleigh Memorial Auditorium

\$38 – members, \$45 - non-members

Tragedy, love, and Paris is the setting for one of the finest operas ever written. La Boheme is Puccini at his best. If you would like to attend, TSDOI has purchased 30 tickets and they will be sold on a first come first serve basis. To order your tickets please send a check made out to TSDOI for the total amount of the tickets being requested. Please note that Memorial Auditorium is currently asking all attendees to either show a Covid vaccination card or a negative Covid test within 3 days of the performance.



To get your tickets, mail your check payable to TSDOI 2817 to Maria Knall and she will mail you your tickets.

Maria Knall, 333 Silver Bluff Street, Holly Springs NC 27540, mariaknall@gmail.com

For a synopsis of the opera and a link to a libretto go to <https://www.trianglesonofitaly.org/events/>.

Letter from the President



I hope that you were able to create a special memory during October's Italian American Heritage Month. For me, I greatly enjoyed our Lodge's Potluck Dinner. Our members prepared a spread that clearly showed off everyone's culinary talents. I also gathered my own family for a traditional Italian American Sunday Dinner.

As the calendar has now flipped to November, we are entering peak holiday season for the next couple of months that is loaded with Italian American traditions. Our immigrant ancestors were quick to embrace Thanksgiving as a celebration of foods and spending time with family & friends. They expanded the traditional Thanksgiving menu to include a wonderful assortment of Italian soups, antipasti, pasta dishes, and pastries to complement the American menu. Thanksgiving fit well into the Italian lifestyle.

As I begin to plan how I will personally incorporate Italian American traditions and foods into my own family's Thanksgiving, I often reflect on those things that made Thanksgiving special while growing up. Hopefully my children will continue some of these traditions.

I wish all of you a Thanksgiving Holiday filled with much Italian American warmth and delicious foods. Let us be thankful for the good in our lives, seek the courage to face any difficulties we may encounter, and support those in need.

Happy Thanksgiving! Don Cimorelli

ARC Holiday Children's Party - Volunteers Needed

The [Arc's](#) Annual Holiday Children's Party & Pic's with Santa help children with disabilities feel the Christmas spirit. It's a great way to get the Christmas spirit yourself by spending it with children and Santa.



Saturday, 12/4/2021

Set Up: 11:00am

Event: 1:00pm-4:00pm

Shifts are 1 ½ hrs. each

Good Shepherd Lutheran Church (7000 Creedmoor Rd., Raleigh)

Volunteer Arrival- whatever shift they sign up for they should arrive about 5-10 minutes early as they will need to check in & get instructions of their specific duties.

Shifts are 1 ½ hrs. each (with the exception of set up). Shifts begin at 12:45pm (Sign in table & Food Area) or 1:00pm (all others).

Volunteer Duty: Setup/Clean up, Sign in Table, Food children/family to take pictures with Santa) and spread holiday cheer.

Volunteers Needed: 15-20

If you want to volunteer contact Don Cimorelli at donald.cimorelli@gmail.com.

Cookie Swap

Christmas time is cookie time. What better way to enjoy cookies than at a cookie swap where you get to sample cookies from other bakers? Please



join us, bring some **homemade cookies**, and indulge. This event is limited to only 20 participants and is for members only. To register, please sign up at [Cookie Swap](#) by Friday, November 19.

Sunday, December 12 at 3:00

Organizer: Barbara White
peabody628@yahoo.com

Location: Fran Giannuzzi's House, 548 Clarenbridge Drive, Cary NC 27519,
fgiannuzzi94@gmail.com.

The Cookie Swap Rules

Before the Swap:

- Sign up at [Cookie Swap](#) by Friday, November 19.
- Bake 3 cookies per registered participant + six for tasting at the party.
- Each set of three cookies should be placed in a Ziplock bag. Label the bag with the name of the cookie and any allergens. Place the bagged cookies on a festive holiday plate/platter.
- Place six unpackaged cookies for tasting on a dish.
- Bring a large container/bag to bring your cookies home.
- Send a copy of the recipe, listing any allergens, by email to Barbara White.

At the Event:

- Fran will supply champagne punch and coffee to enjoy with your cookies.
- There will be a couple of holiday-inspired ice breakers.
- During the swap, each participant/couple will take one bag of each type of cookie.
- A document containing the recipes will be available to pick up at the event.

Wine Tasting at Capri Flavors

Last night 31 member of TSDOI and their friends attended the wine tasting at Capri Flavors. We enjoyed 5 Sicilian wines and a delicious charcuterie tray. Here are some photos.



Go to our [Facebook Page](#) for additional photos.

Good & Welfare

Lenny Cicero has asked the membership for prayers for his wife Vera. She missed wine tasting night due to blood clots and had been hospitalized for them.

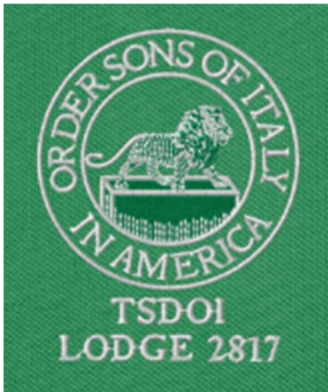
TDSOI Shirts Available on Lands' End

Check out our new store on Land's End Business to see the golf style shirts that we have set up with our logo. Go to:

<https://business.landsend.com/store/tsdoi2817/>

Once it brings up Land's End Business, Click on Men or Women above the photo to choose whichever shirt you wish to order and it will show you the shirts available and the two colors.

Once you have completed your order, you will have to set up a Land's End Business Account to complete your order.



I have ordered a shirt for Bob and with shirt, logo and shipping it came to \$41.56. The logo imprint is \$8.95 for each item the logo is added too. This is a trial for us to see if there is an interest in this style shirt and not have to order a bunch and keep in inventory. The logo is embroidered not stamped and they are a blend of cotton/polyester - Land's End most popular shirt.

- Fran Gianuzzi (Land's End Shopkeeper)


ONE BIG HAPPY® RICK DETORIE



Pot Luck

Our pot luck was a sumptuous success. We inducted 17 new and pending members and the food was molto bene.



 Go to our Facebook Page for additional photos.

Preserving Tradition

The Bledsoe family grew over 100 pounds of San Marzano tomatoes, canned 36 jars, and worked all day making tomato sauce. Nonna was smiling in heaven! The older girls ran the tomatoes through the press, my youngest washed jars, and my husband tended the stock pots. We must continue to hand down these traditions to our children to help preserve our Italian heritage.



FOOD & CULTURE

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

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

Historically Low Birth Rate in Italy

2020 was a difficult year in Italy in many ways, but the effects of the pandemic also negatively impacted the country's birth rate. It is currently at its lowest level since the Unification of Italy - 160 years ago! Last year marked the twelfth consecutive year of a birth rate decline. It is believed that the lockdowns accentuated the conditions, due to worries about finances, as well as a rise in the divorce rate, believed due in part to couples being stuck at home together. At just over 400,000 births last year, the countries' total dropped by 384,000, equivalent to the population of Bologna. Italy has the world's second-oldest population and the low birth rate has many concerned about the long-term implications in a country which has historically been known for large families. Politicians from north to south continue to try to come up with incentives to promote family growth.



Italy enforcing one of world's strictest workplace vaccine mandates

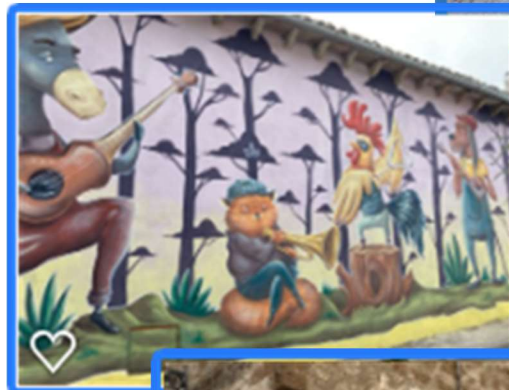
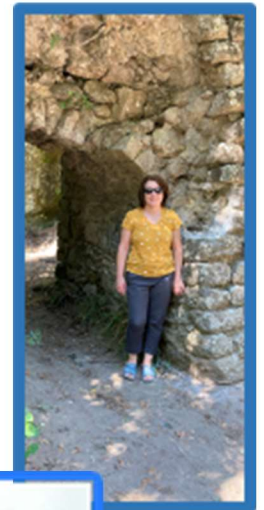
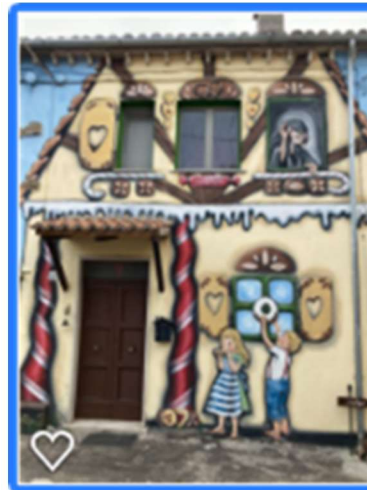
News & Observer October 15, 2021

Italy began enforcing one of the world's most stringent workplace vaccination rules, risking chaos, protests and worker strikes over measures that require all employees – public and private – to have a so-called Green Pass. With the move, Italy is pushing the boundary for how far a country can go in pressuring the unvaccinated, who now risk losing not just the right to eat indoors or see a movie, but earn a paycheck. The new rules are supported by a majority of Italians, but they also prompted violent protests last weekend – and experts have warned about the possibility of disruptions from farms to factories.

Sant'Angelo, the City of Murals from Fairytales

<https://liveinitalymag.com/santangelo-di-roccalvecce-italy-is-a-living-fairy-tale/>

On a recent trip to Italy, Mary Muth visited Sant'Angelo di Roccalvecce. Over the last few years Sant'Angelo di Roccalvecce, in the province of Viterbo, has been populated by many characters from fairy tales who have found a home on the walls and facades of its houses and buildings. Though, the most fairy-tale character is Concilia, an elderly lady who prepares cherry jams and delicious biscuits to give to visitors who wander around the village admiring these enormous fantastic representations.



Sweet Potato Gnocchi with Pecan Butter Sauce

From "authentic homemade pasta" cookbook by Carmella Alvaro

SERVES 4 TO 6 | PREP 1 HR 30 MIN | COOK 10 MIN

Roasted sweet potatoes add a nice flavor to gnocchi and are perfect for your Thanksgiving feast. The addition of ricotta helps keep these slightly sweet gnocchi light and fluffy.

Ingredients for the Gnocchi

- 1 large (1-pound) sweet potato
- ½ cup (125 grams) whole-milk ricotta
- 1 cup (150 grams)
- 00 or all-purpose flour, plus more for dusting
- 1 teaspoon salt
- 1 teaspoon Cinnamon
- 2 tablespoons Brown Sugar

1. **PREP.** Bake the sweet potato at 375°F for 1 hour. Cut it in half and let it cool slightly. Scoop the potato out of the skin and into a large bowl.



2. **MAKE THE DOUGH.**

Add the ricotta, 1 cup of the flour, salt, cinnamon and the Brown Sugar to the bowl with the sweet potato. Stir until combined and the potato is mashed smooth, then turn out onto a well-floured pasta board. Using the pastry scraper, fold the ingredients until combined. Use your hands to gently knead the dough 5 minutes. The dough will be soft, but firm enough to stay together.

3. **SHAPE.** Divide the dough into 6 pieces and form the pieces into ¾-inch-thick ropes. Using the scraper, cut the ropes into ¾-inch-long pieces and toss with extra flour. Using the side of your thumb, push down lightly and drag one piece at a time across the gnocchi board to imprint the gnocchi and curl it around the indentation from your thumb. Flour the gnocchi to keep them from sticking.

Ingredients for the Sauce

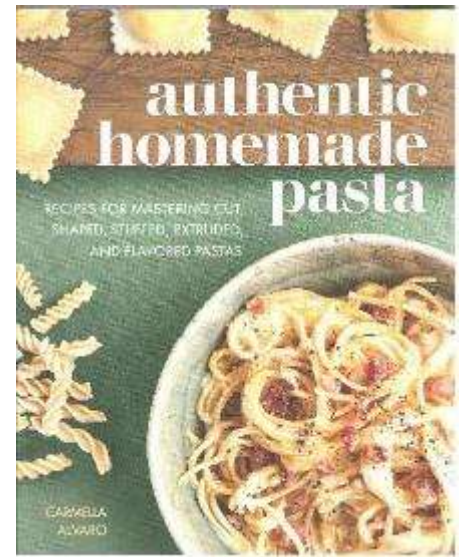
- 6 tablespoons butter
- 3 to 4 sage leaves
- ½ cup chopped pecans, toasted
- Salt and pepper

1. **BROWN.** In a large Sauté pan, melt the butter with the sage leaves over medium heat until the butter starts to foam, 2 to 3 minutes. Turn the heat to low and cook, stirring frequently, until light-brown specks begin to form in the pan, 5 to 6 minutes. Add the pecans and cook 1 minute.
2. **BOIL.** Bring a large pot of salted water to a boil. Add the gnocchi and simmer 3 to 4 minutes, or until the gnocchi float to the surface. Strain.
3. **SAUCE.** Add the gnocchi to the pan, stir to coat, and season with salt and pepper.

Authentic Homemade Pasta by Carmella Alvaro

★★★★★

As a lover of authentic homemade pasta, this cookbook by local pasta chef Carmella Alvaro is a treasure trove of homemade pasta and sauce recipes from all over Italy. You can order the book on [Amazon](https://www.amazon.com/dp/1647397448/?maas=maas_adg_3E0AAC274E68981E15CDDD4C2AB79D10_afap_abs&ref_=aa_maastag=melinaspasta-20) at



https://www.amazon.com/dp/1647397448/?maas=maas_adg_3E0AAC274E68981E15CDDD4C2AB79D10_afap_abs&ref_=aa_maastag=melinaspasta-20

What are Gnocchi?

<https://en.wikipedia.org/wiki/Gnocchi>

The word gnocchi may be derived from the Italian word *nocchio*, meaning a knot in wood, or from *nocca*, meaning knuckle. It has been a traditional type of Italian pasta since Roman times. It was introduced by the Roman legions during the expansion of the empire into the countries of the European continent. One ancient Roman recipe consists of a semolina porridge-like dough mixed with eggs; similar modern dishes include the baked gnocchi alla romana and Sardinian *malloreddus* which do not contain eggs.

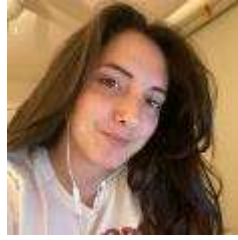


After potatoes were introduced to Europe, they were eventually incorporated into gnocchi recipes. Potato gnocchi are particularly popular in Abruzzo, Friuli-Venezia Giulia, Veneto, and Lazio.

Gnocchi vary in recipe and name across different regions. For example, Lombard and Tuscan *malfatti* (literally poorly made) are made with ricotta, flour and spinach, as well as the addition of various other herbs if required. Tuscan *gnudi* distinctively contains less flour; but some varieties are flour-based, like the Campanian *strangulapievete*, the Apulian *cavatelli*, and the Sardinian *malloreddus*.

Welcome New Members

Please welcome **Keegan Moro** and her husband **Alex Gordon** who heard about us at Festa Italiana. They are from Syracuse, NY and recently relocated to Durham for job opportunities and warmer climate. Keegan's heritage is from Monopoli and Venetico, Sicily. She is a Massage Therapist and student in business administration: data analysis and Alex is a Software Engineer. They will be at our Pot Luck event on Wednesday and look forward to attending our Wine Tasting on October 28th.



Welcome Keegan: nmmoro12@gmail.com
Welcome Alex: agordon1123@gmail.com

Please welcome **Diane Satriano** who heard about us at our booth during this year's Festa Italiana. We are very happy that she decided to become a member. Diane is originally from Brooklyn, NY, lived 30 years in San Jose, California and moved to Chapel Hill in 2019. Her Italian heritage is from Calabria and Naples. She enjoys music, dancing and the opera that she looks forward to attending in January.

Welcome Diane: Diane Satriano dsatriano@aol.com

Please welcome **Allen Hamouch** who heard about us through our web site. Allen is originally from Brooklyn, NY and moved to Raleigh in 2017. He works in client services for a large company and is also a private chef. His Italian heritage centers around La Greca and Lipari. Allen is married and looks forward to learn more about the Italian culture and meet new friends.



Welcome Allen: allen.hamouch@gmail.com

Please also welcome new members **John Vitale** and his wife **Susan Denman**.

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Travel. Explore. Experience. If you are looking to experience Sicily on a personal level, La RosaWorks arranges boutique tours to Sicily for small groups and private itineraries. Custom designed to fit your preferences, our deep knowledge of Sicily and years of experience will enable you to discover and experience Sicily's beautiful beating heart. Please follow La RosaWorks on Instagram and Facebook [@larosaworkssicily](https://www.facebook.com/larosaworkssicily). To get additional information on their 2022 tours contact:

Karen La Rosa
917-225-8415
kjlarosa@larosaworks.com
www.larosaworks.com

Top 50 Italian Dessert Recipes

Italian sweets are having a moment – and for good reason. We can't think of a better way to round off a Mediterranean feast (or any feast, for that matter) than with one of our top-rated Italian dessert recipes. <https://www.taste.com.au/galleries/top-rated-italian-desserts/o8ks6qyu>

