



Triangle Sons & Daughters of Italy

Serving the North Carolina Triangle since 2004

LODGE 2817

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IL GIORNALE DI TSDOI

Decembre, 2021



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



And on our new Youtube Channel
https://www.youtube.com/channel/UCyXc7MwrG_VCbo41MFL8AvA

Please note that we 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 photographer at that time.

IL GIORNALE DI TSDOI

Editor: Nick Verna

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

TSDOI Calendar of Events

Dec 4 _____ ARC Volunteers
Dec 5 _____ Christmas Dinner (Georgina's)
Dec 12 _____ Christmas Cookie Exchange
Jan 30 _____ La Boheme Opera
Feb 20 _____ Movie Night
Mar 13 _____ Helen Wright Womens Shelter
Mar 23 _____ General Membership Meeting
April 12 _____ Celebrity Inn and Goat Farm For Lunch
May 14 _____ Bocce Tournament
May ? _____ Durham Bulls
June 5 _____ Family Picnic
July 10 _____ Helen Wright Womens Shelter
Sept 3 _____ Fundraising Breakfast O'Charleys
Sept 11 _____ Helen Wright Womens Shelter
Sept 24 _____ Festa Italiana
Sep-Oct _____ Author Night
Oct 16 _____ Pot Luck / Italian Heritage
Nov 6 _____ Helen Wright Womens Shelter

December Birthdays

This month we celebrate the birthdays of those members celebrating in December:

Monica Inzaina (2), Rosemary Amato (3), Donna Munier (6), Nancy Licari (15), Mark Spano (23), Albert Amato (24), Tori Horner (28).



Letter from the President

CHERISH MEMORIES & CREATE TRADITIONS

Ciao!

As the countdown to Christmas is upon us, I often reflect upon how it is the season of Memories & Tradition. I think about my childhood and the abundance of memories packed into just a few weeks of the year. These memories include tree decorating, holiday shopping, family gatherings, church services, Christmas Eve fish dishes, Italian holiday cookies, and Christmas Day lasagna.

For many of us, the Christmas season is both a big pasta bowl full of joy, as well as intermittent reflection about family & friends who are no longer with us. I live in North Carolina, but I make arrangements for the northern practice of grave blankets to be placed on my parents graves in New Jersey.

Tradition is a big part of the holiday; especially for many Italian Americans who relish in the Feast of Seven Fishes. Does your family wrap Santa's gifts? Do you exchange family gifts on Christmas Eve or Christmas Day? Did you attend Midnight or Morning Mass? The list goes on and on.

My personal message and behaviors can be summed up in a few words: Cherish Memories and Create Traditions. I cherish so many of my childhood Christmas memories. These memories are timeless and will remain with me forever. I continue some of these longtime traditions for my family today, and together we also create the start of new traditions to fit our changing families and times.

I hope that as you celebrate the holidays with your family and friends, that you also can Cherish Memories & Create Traditions that warm your heart and home.

My family and I wish you a joyous holiday season. Buon Natale!

*Don Cimorelli
TSDOI 2817 President*



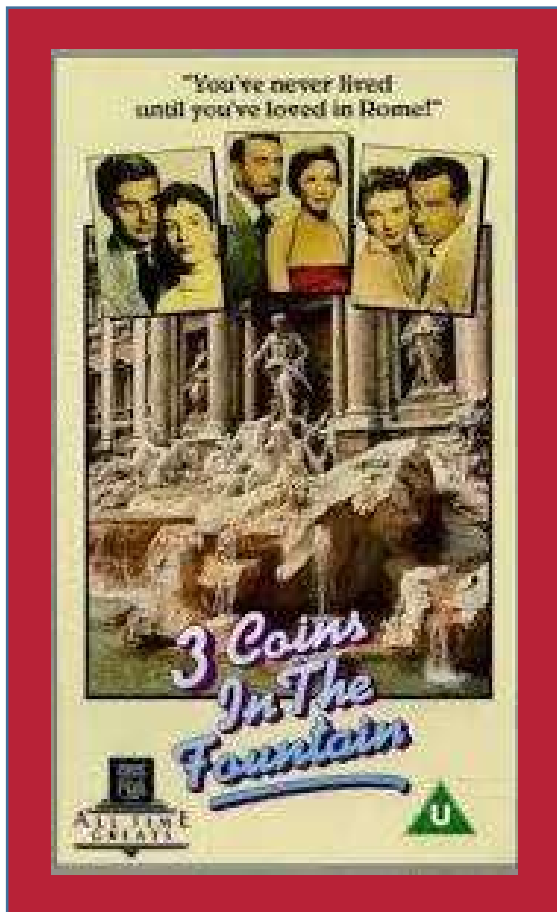


TRIANGLE SONS AND DAUGHTERS OF
ITALY LODGE 2817

presents

The 14th Annual Italian “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!

Welcome New Members

Please welcome our newest members who joined at the Capri Flavors wine tasting event. They enjoyed socializing and meeting new friends. It was a fun filled evening.

Mike D'Amore: mdamore10@aim.com

Lisa Ward: enw8892@gmail.com

Cristina Ziller: cristinaziller15@gmail.com

Michael Vivenzio: vivenzim@gmail.com

Connie Vivenzio: cmv114@hotmail.com

Please also welcome Bob and Doreen Gleason who heard about us from member Silvio Lanaro. Thank you Silvio! They relocated from New Jersey 3 1/2 years ago to be near their son in Cary. Bob is retired from a career in Global Technology Sales and Doreen retired from Finance and Marketing. Doreen's heritage is from Sicily, they live in Apex and look forward to participating in upcoming events.

Bob: robertfgleason@gmail.com

Doreen: doreenbobc@aim.com

The Wonders of Baia

An Ancient Roman City at the Bottom of the Sea

Have the tourist crowds gotten to you? Do you yearn for a place in Italy where few people visit?

Then come to Baia.

Here, you will find a stunning archeological site with remnants of history almost as rich and notorious as the Roman Forum and Roman Colosseum; yet with neither the crowds nor the constant hustle and bustle of tourists. Two thousand years ago, Baia was a vacation city for Rome's emperors, senators and generals. Today, however, much of the ancient resort lies at the bottom of the Tyrrhenian Sea and a person must scuba dive to tour the sunken landmark.

Only a handful of people each year make the underwater day trip to Baia. Her ruins are immersed

in water off the shore, some 18 miles away from the center of Naples. The historic significance cannot be overstated. The fate of the Roman Empire changed in



Baia. Emperor Claudius was murdered here by his wife Julia Agrippina in AD 54. One night she gave her husband poison mushrooms to eat. Yet, he survived and sought to recover in the city's thermal baths. There, Justina paid a physician to give the emperor an enema made from the toxic sap of wild gourd. Claudius died and the rule of the Roman Empire was given to Agrippina's son, Nero.

Claudius was not the only emperor who considered Baia his second home. He built a villa here as did Emperors Augustus and Hadrian. The city was a hedonistic playground for the rich and powerful. Baia was just far enough away from Rome for the patrician class to make a quick rendezvous in secret with mistresses and prostitutes. Roman engineers turned calderas into thermal baths and spas. Physicians were on call to treat generals and senators with ailments brought on by war and intrigue. Baia became synonymous with medicine as new treatments were made to heal Rome's elite.

The geologic wonders of Baia were famous throughout the empire. Steam and ash rose from beneath her surface. Destruction was a matter of time. Calderas were a sign of the volatile underground of seismic shifts that might elevate land or sink it. The latter is what happened 1,800 years ago when downtown Baia became a new bottom for the sea.

Today, scuba divers pay morning and afternoon guides to take them by boat to the ruins. Waters off the Gulf of Naples are warmed by the intense Italian sun. They dive down to see 2,000-year-old mosaics kept preserved by sea and sand. The red marble floors of Claudius' villa are seen with stingrays and octopus near statues of Roman gods and goddesses. The layout of urban antiquity awaits underwater exploration. Part of the via Herculaneum remains here with large flat stones. The road once linked Baia to the city of Herculaneum, destroyed with Pompei in the devastating eruption of Mount Vesuvius in AD 79.

Underwater excursions are for those who like wet suits, oxygen tanks, and snorkeling masks. The dive is short yet memorable. A rare adventure is a visit to Baia, a hidden treasure of Italian antiquity at the bottom of the sea.

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.

The Tradition of Babbo Natale

ITALIAN TRIBUNE DECEMBER 17, 2020



Babbo Natale, Italy's version Santa Claus, is becoming more popular and common gift-giver on Christmas. La Befana, the old woman who delivers gifts on the Epiphany, January 6, is still the more popular Italian Christmas figure, but Babbo Natale or Father Christmas, is gaining popularity in Italy.

The Italian version of Santa Claus is slimmer and more regal looking than the traditional American figure. They both wear red cloaks with white trim, but it would appear that all of the milk and cookies has made it difficult for Santa to fight the battle of the bulge. Perhaps he should try figs instead. Historically, Christmas has been somewhat more reserved in Italy than in other European countries. Christmas Day is a Holy Day and a celebration of the birth of Jesus. The holiday is far less commercialized than you will find in the U.S. and saying "Buon Natale" to passersby is commonplace and will be met with a smile. The tradition of Babbo Natale has been gathering strength and now many Italians hang Christmas stockings to be filled on Christmas morning.

Babbo Natale also has reindeer whose names are Cometa, Ballerina, Fulmine, Donnola, Freccia, Saltarello, Donato and Cupido!

While most countries have their own versions and traditions associated with old St. Nick, Italy has some interesting ties to the patron saint of children and secret gift-giving. In fact, the original Saint Nicholas is the patron saint of Bari and is said to be buried there in the Basilica San Nicola. It's also claimed that the relics residing with him have supernatural healing powers!2020

Christmas Quiz

Italian Tribune December 3, 2020

It is time for Christmas and everything associated with the holiday - gift shopping and great food. Here is a fun quiz that is sure to make you think and sure to bring a smile to everyone's face.



1. After leaving Bethlehem, to which country did Joseph, Mary and Baby Jesus travel?
2. Everyone knows that Christmas is celebrated on the 25th of December, but who's Feast Day is on December 26th?
3. What type of ornament does every elf have on the tip of their shoes?
4. While you know about the tradition of kissing under the mistletoe, do you know what color its berries are?
5. How does Santa Claus go back up the chimney to continue his journey of delivering gifts?
6. How many points does a snowflake traditionally have?
7. Not counting Rudolph, what are the names of the other reindeer?
8. Which two of the reindeer are named after weather phenomenon?
9. Red and green are the two colors most associated with Christmas. Which are the two other colors that are also extremely popular in this season?
10. What are the gifts that the Three Wise Men gave Baby Jesus, according to Christmas history?
11. What is the name of Ebenezer Scrooge's partner, from Charles Dickens' A Christmas Carol?
12. What two words will you almost always find on Christmas gift tags?
13. Which country can be credited with the creation of the Christmas beverage, eggnog?
14. In which country will you find St. Nicholas' remains?
15. Which is the most popular ornament used to place at the top of the Christmas tree?

Answers can be found on page 8.

An Italian Language Lesson for Christmas

Italian Tribune, December 3, 2020

Tis the season for spreading joy, but we have to admit, it sounds even better in Italian. Below are words and phrases in Italian for the Christmas season. Buon Natale!

- **Babbo Natale** - Santa Claus
- **Un angelo** - Angel
- **il regalo di Natale** - Christmas Present
- **la Vigilia di Natale** - Christmas Eve
- **l' albero di Natale** - Christmas Tree
- **una pallina** - Tree Ornament
- **il canto di Natale** - Christmas Carol
- **il biglietto d' auguri** - Christmas Card
- **una renna** - Reindeer
- **il presepio** - Nativity Scene
- **Gesu Bambino** - Christ Child or Infant Jesus
- **il Capodanno** - New Year's Day
- **gli auguri di Capodanno** - New Year's Greeting
- **la Befana** - Kindly old witch who brings children toys on January 6th
- **i Re Magi** - the Magi or the Three Kings

Lifetime Achievement Award

Consistency, perseverance, and grit...we are so proud of Karen Bledsoes husband Scott for being inducted into the North Carolina State University hall of fame for lifetime achievement in the field of Aerospace.



Baked Stuffed Clams

By Nick Verna

I've made these baked stuffed clams for over 40 years as part of our celebration of the Feast of the Seven Fishes.



Makes 8-12 clams

1 6.5oz can Chopped Clams (drain and reserve juice)
¼ C Plain Breadcrumbs
¼ C Grated Parmesan or Romano Cheese
1 TBS fresh or 1 tsp dried parsley
5 grinds of freshly grated pepper
1 tsp chopped garlic
1 TBS Olive Oil
4 tsp reserved Clam Juice
Paprika
1 Lemon (cut into wedges)

12 Clean Clam Shells

Preheat the oven to 375 degrees F. Drain the can of chopped clams and save the clam juice. Mix the clams through the olive oil in a bowl. Add 4 teaspoons of the reserved clam juice. If the mixture is dry, add more of the reserved clam juice until it holds together. Put 1-2 tablespoons of the mixture in clean clam shells. Sprinkle paprika over top of the filled clams. Bake in the oven for 15 minutes. Serve immediately with lemon wedges on the side.

Note: Baked Stuffed Clams can be prepared ahead of time, covered in plastic wrap, and refrigerated overnight. Increase cooking time to 20 minutes if the clams are cold.

Clam Shells – When I don't have any clam shells I use small oven proof dishes that I purchased at a Chinese market that are supposed to be used as personal condiment dishes for things like mustard.

Mushrooms – This stuffing can be placed in mushroom caps and cooked as directed in this recipe.

Christmas Bows



By Nick Verna

Ingredients

3 Cups sifted Flour
1 Tsp Sugar
½ Tsp Baking Powder
1 TBS of Anisette flavored liquor (ex. Sambuca)
1 Tsp Salt
6 Large Eggs
Oil for frying
Flour for rolling out the dough
Confectionary Sugar
Honey

This recipe requires either strong hands or an electric mixer fitted with a dough hook. Place all pastry dough ingredients into the bowl of your electric mixer. Mix with the dough hook on low to medium until a ball is formed. Wrap the dough in plastic wrap and place it in the refrigerator for at least one hour. This is a critical step. During this time the flour absorbs the liquid and becomes more pliable. This makes it easier to roll out the dough.

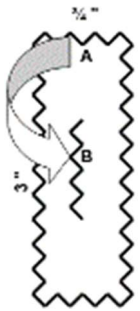


Diagram A

Using either an oversized wooden cutting board or a clean kitchen counter, sprinkle some flour to lightly cover the board/counter. Dust the outside of the dough with flour. Using a rolling pin, roll out the dough in all directions. Periodically dust the surface with flour and turn the dough to prevent sticking. Roll it out to a thickness of 1/8".

Using a ravioli cutter (it has a small wheel with a zig zag edge) cut long strips, ¾" long, then cut them into 3" lengths (See Diagram A). Once you have completed the strips, use your ravioli cutter to cut a strip in the center of each piece (B). Take the A end and put it through the slit. This will create a curl in the cookie.

Fill an electric frying pan or a large skillet fitted with a thermometer with two to three inches of canola oil. Heat up the canola oil to 400°.

Using a pair of long tongs, carefully lay a bow in the oil. If the oil bubbles the oil is hot enough. If it sits there, be patient and wait for the oil to heat up to 400°. Put more bows in the oil but don't overcrowd the pan. Fry the bows on both sides until they are a light brown. Do not overcook or they will taste burned. Drain them on paper towels.

Bows will last for 4 days in a closed container. When you are ready to serve them sprinkle them with confectionary sugar. You can also freeze them for up to 2 months in a Ziploc bag.

NOTE: Christmas bows can also be served with canolli cream as a dip.

Making bows was the start of the Christmas season at my house. There was usually 3 or four of us rolling, cutting and frying the bows. If we helped we could sample them otherwise they were off limits until Christmas Eve.

Christmas Quiz Answers

1. Egypt
2. San Stefano
3. Bells
4. White
5. He places his finger on the side of his nose, gives a smile and a nod
6. Six
7. Blitzen, Comet, Cupid, Dancer, Dasher, Donner, Prancer and Vixen
8. Donner, which means thunder and Blitzen, which means lightning
9. Gold and Silver
10. Gold, Frankincense and Myrrh
11. Jacob Marley
12. To and From
13. England
14. Italy - at the Basilica di San Nicola in Bari and also the church of San Nicolo al Lid in Venice
15. Angel