



# Triangle Sons & Daughters of Italy

*Serving the North Carolina Triangle since 2004*

LODGE 2817

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# IL GIORNALE DI TSDOI

Marzo, 2022



Follow us on

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And on our new YouTube Channel

[https://www.youtube.com/channel/UCyXc7MwrG\\_VCbo41MFL8AvA](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

### IL GIORNALE DI TSDOI

Editor: Nick Verna

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

## TSDOI Calendar of Events

Mar 13 \_\_\_ Helen Wright Women's Shelter  
Mar 30 \_\_\_ Member Appreciation Night  
April 4-5 \_\_\_ Charity Days at Mamma Mia's  
April 12 \_\_\_ Celebrity Inn and Goat Farm for Lunch  
May 14 \_\_\_ Bocce Tournament  
May 23 \_\_\_ Italian Night Dinner Mamma Mia's  
May 28 \_\_\_ Durham Bulls & Fireworks  
June 5 \_\_\_ Family Picnic  
July 7 \_\_\_ Italian Jeopardy Night Keller Williams Apex  
July 10 \_\_\_ Helen Wright Women's Shelter  
Aug 20 \_\_\_ Murder Mystery Dinner  
Sept 3 \_\_\_ Fundraising Breakfast O'Charley's  
Sept 11 \_\_\_ Helen Wright Women's Shelter  
Sept 24 \_\_\_ Festa Italiana  
Oct ? \_\_\_ Limoncello Making Night  
Oct 15 \_\_\_ Author Night  
Oct 16 \_\_\_ Potluck / Italian Heritage  
Nov 6 \_\_\_ Helen Wright Women's Shelter

## March Birthdays

This month we celebrate the birthdays of those members celebrating in March: Josephine Romano (8), Vincent Florio (13), Thomas Spampinato (14), Andrew Bonetti (18), Constance Lanaro (27), Keegan Moro (29)



Please let Bernard Castellano [bcas1947@aol.com](mailto:bcas1947@aol.com) know if your address, phone number or email address changes or is different from the roster posted on the website.

## Charity Days at Mamma Mia's



**April 4 - 5**

### Charity Days at Mamma Mia's in Apex

Lunch Hours: 10:30 am – 2:30 pm

Dinner Hours: 4:00 pm – 9:00 pm

708 Laura Duncan Road, Apex, NC 27502

[www.mammamianc.com](http://www.mammamianc.com)

Event Coordinator: Fran Giannuzzi

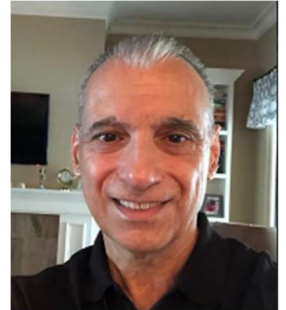
Buy lunch or dinner at restaurant and TSDOI receives 10% of Sales for our charities!

## Letter from the President

Dear Lodge Members,

As we enter March, it seems like so many special days are noted on the calendar. If you are seeking to adhere to a tradition or try something new, there is no shortage of ideas to recognize Mardi Gras, Ash Wednesday, St. Patrick's Day, St. Joseph's Day, and the First the Day of Spring!

In addition to the above-named traditional March events, there is one thing that I am really looking forward to for our Lodge. On March 30th, we will be celebrating TSDOI Member Appreciation Night. This event is all about you!



If you have not registered yet, please send your RSVP to my email [Donald.cimorelli@gmail.com](mailto:Donald.cimorelli@gmail.com) with the names of the members attending from your household. This event is free to Lodge members. Registered Guests can attend for \$5 paid at the door.

I hope to see you in a few weeks. Our Member Appreciation Night program includes: TSDOI Opening Video, Dinner, Family Ancestry Stories, Preview of Italian Jeopardy Game, Famous Triangle Area Italian Americans, and a special presentation by Oak City Amaretto.

Best Wishes!  
Don Cimorelli, TSDOI Lodge President

## Lunch at Inn at Celebrity Dairy

**Tuesday, April 12, 2022, at 12:00**

\$31.00 lunch and tour for members

\$36.00 lunch and tour for non-members

144 Celebrity Dairy Way, Siler City, NC 27344

[www.celebritydairy.com](http://www.celebritydairy.com)

Event Coordinator: Fran Giannuzzi



The menu will be: Antipasti, Lemon Chicken Breast, Smashed Potatoes, Caprese Salad, Spelt Focaccia, Apple Cobbler and Gelato for dessert

You are welcome to bring your own wine, but they will provide cheese from their own goats and crackers, iced tea, and water.

We need to assure them at least 15 people in advance by March 28. To purchase tickets click on <https://www.trianglesonsofitaly.org/events/> to sign up and pay by check or with PayPal. If you are paying by check, please make the checks payable to TSDOI 2817 and mail the checks to Donald Cimorelli, 132 Wards Ridge Drive, Cary, NC 27513

## Announcing TSDOI Member Appreciation Night!

Wednesday, March 30, 2022  
6:00 pm - 9:00 pm  
Keller Williams Realty Office  
1483 Beaver Creek Commons  
Drive, Apex

A **"FREE"** Evening of Food,  
Fun, & Festivities for all  
2022 Lodge Members!

Chair: Don Cimorelli

### Special Program Includes:

- ❖ TSDOI Opening Video
- ❖ Dinner (Italian Subs, Chips, Dessert, Water, Jug Wine)
- ❖ TSDOI Member Family Stories & Artifacts
- ❖ Preview of Italian Jeopardy Night with Prizes
- ❖ Famous Italian Americans from the Triangle Area
- ❖ Special Presentation by Oak City Amaretto



### EVENT REGISTRATION INSTRUCTIONS!

You must register to attend Member Appreciation Night. Please email your RSVP to [Donald.Cimorelli@gmail.com](mailto:Donald.Cimorelli@gmail.com) and indicate the names of the members attending from your household. Registration deadline is Monday, March 21.

If you wish to bring a non-member guest, you must state that information in your RSVP. Guests need to pay \$5 at the door since they are non-members.

## 10th Annual Bocce Tournament

Saturday, May 14  
10:00 AM

Clayton Community Park Bocce Courts  
1075 Amelia Church Road, Clayton, NC  
Chair: Bob Giannuzzi

Our 10th annual bocce tournament is scheduled for Saturday, May 14 in Clayton. This fun lodge event also serves as a fundraiser for the Doug Flutie Jr. Foundation for Autism, for which this event has raised several thousand dollars to date. Last year, we had a record 14 teams participate. Details are posted on our website at



[www.trianglesonsofitaly.org/events](http://www.trianglesonsofitaly.org/events).

Several newer members have expressed an interest in playing bocce. So here's your opportunity to show off your skills. We are seeking from our membership, players, and sponsorship donations (at least \$50), and help at the event as follows:

- set up assistance
- procurement of soft drinks and ice and bring a large cooler
- procurement of donated donuts and coffee
- registration management
- sale of concessions
- scoresheet management
- referees (onsite training provided)

With your participation, we look forward to another successful tournament. Play is not restricted to lodge membership, so spread the word.

Bob Giannuzzi (919)523-6948  
Tournament Director

# FOOD & CULTURE

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

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

## Stanley Tucci is Back

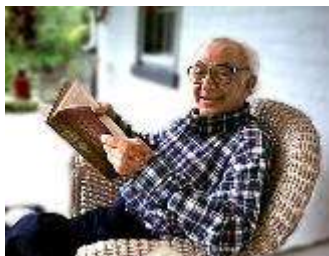
Stanley Tucci is back! New episodes, new food and more Stanley! Stanley Tucci [#SearchingForItaly](https://twitter.com/SearchingForItaly), New Season starts Sunday, March 13th at 9 p.m. ET/PT!



## St. Joseph's Day: A Salute to Italian Fathers

<http://www.grandvoyageitaly.com/piazza/st-josephs-day-a-salute-to-italian-fathers>

As a young Catholic, all I knew about St. Joseph is what the nuns taught us: that he was a foster parent to Jesus; he worked as a carpenter; and that if your parents were selling their home, burying a little statue of him upside down in your garden would help get a buyer. As a grown man and a father to my Lucas, I realize that St. Joseph's real strength was as a father... He must have been a man of great faith and trust and love to accept Jesus as his own son.



La Festa di San Giuseppe (Feast of St. Joseph) on March 19th in Italy is a saint day celebrating the mortal father of Jesus--namely, Joseph. There are two meanings for this day in Italy: as a Name Day to celebrate anyone with the name Giuseppe, Joseph, Josephine, or Beppe, but also as La Festa del Papà (alternately, la Festa del Babbo), on which most Italians celebrate their fathers, as we do on Father's Day.



There are some interesting ways to celebrate, but of course, most involve food. For instance, artichokes come to market in March in Italy, so eating artichokes stuffed with a breadcrumb mixture is one way. The breadcrumbs represent sawdust, honoring St. Joseph's life as a carpenter. On St. Joseph's Day, tradition calls for sprinkling breadcrumbs on pasta dishes rather than cheese. Then there is Pane di San Giuseppe in which bread dough is fashioned into crosses and other various shapes.



## The Origins of Saints Days

### Why does the church celebrate feasts of saints and martyrs?

Did you ever wonder why food is associated with the feast days of saints in Italy? The system arose from the early Christian custom of commemorating each martyr annually on the date of their death, or birth into heaven, a date therefore referred to in Latin as the martyr's dies natalis ('day of birth'). Due to the poverty found in most of southern Italy, most Italians ate a very frugal diet that was generally associated with what grew in their region. The Catholic church encouraged parishioners to make something special on certain saint's feast days to enhance the worship of those saints and encourage them to attend church on those days. For example, St. Joseph's Day is on March 19<sup>th</sup> and Italian tables are filled with fig dishes, including fig cookies. (St. Joseph also happens to be the patron saint of pastry chefs.) Zeppole or Sfinge — dough fritters covered in sugar — are also traditionally eaten on this day.



Pasta with Fresh Sardines  
Pasta con le sardes

## Pasta with Fresh Sardines Pasta con le sardes

<https://www.cookingwithnonna.com/italian-cuisine/pasta-with-fresh-sardines.html>

### Ingredients:

- 1 pound bucatini (or thick spaghetti)
- 1 pound fresh sardines
- 2 handfuls of fresh fennel fronds
- 1 medium onion
- 3 salted anchovies
- 1 ounce sultanas (**small raisins**)
- 1 ounce pine nuts
- 1 teaspoon tomato concentrate
- 1 sachet of saffron
- extra virgin olive oil
- salt and pepper

### Directions:

1. Wash the fennel and boil in salted water. After 10 minutes take it out and chop finely. Keep the water for cooking the pasta later.
2. Chop the onion finely and sweat gently in some olive oil until soft using a large frying pan with lid for this.
3. Add the anchovies, the pine kernels, and the tomato concentrate. When mixed well together add the sardines, the fennel, and the sultanas.
4. Splash with white wine, burn off the alcohol and break up the pieces of sardine and anchovies with a wooden spoon.
5. Add the sachet of saffron, a little salt and pepper and leave to cook for about 10 minutes with the lid on.
6. The sauce should not get too dry but be moist. In the meantime, cook the pasta and, when ready, add to the sauce in the frying pan.
7. Mix well and serve with a glass of chilled white wine.