



Triangle Sons & Daughters of Italy

Serving the North Carolina Triangle since 2004

LODGE 2817

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IL GIORNALE DI TSDOI

Aprile, 2022

IL GIORNALE DI TSDOI

Editor: Nick Verna

Send comments or suggested materials to
nickverna14@gmail.com

TSDOI Calendar of Events

April 4-5 ___ Charity Days at Mamma Mia's Apex
April 12 ___ Celebrity Inn and Goat Farm for Lunch
May 14 ___ Bocce Tournament
May 23 ___ Italian Night Dinner Mamma Mia's Holly Springs
May 28 ___ Durham Bulls & Fireworks
June 5 ___ Family Picnic Harold Ritter Shelter, Cary
July 7 ___ Italian Jeopardy Night KW Realty in Apex
July 10 ___ Helen Wright Women's Shelter
Sept 3 ___ Fundraising Breakfast O'Charley's
Sep 10 ___ Murder Mystery Dinner & Show
Sept 11 ___ Helen Wright Women's Shelter
Sept 24 ___ Festa Italiana
Oct 15 ___ Author Night
Oct 16 ___ Potluck / Italian Heritage
Nov 6 ___ Helen Wright Women's Shelter

April Birthdays

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

Pulverenti (2), Donald Cimorelli (3), Matthew Kunath (4), Christopher Tarantino (8), Pat DiLeonardo (14), Amy Stica (18), Anna Florio (23), Carmen Tarantino (24), Robert Gleason (25), Deborah Nachtrieb (27), Victor Navarroli (28).



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

Event Coordinator: Fran Giannuzzi

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

Letter from the President

Cari Membri:

The clocks have been turned ahead, the Lenten season is in full swing, and in a few weeks, we'll be buried in North Carolina pollen!

Just like Christmas, for many Italian Americans, the Easter Holiday is filled with all sorts of traditional foods representing our heritage. Does your family have any Easter traditions or foods? Here are the top 3 that come to mind as I reflect on my family.

First, my mom always made what many Neapolitans referred to as "Macaroni Pie." At its core, it is baked spaghetti with beaten eggs, Romano cheese, and pepper. As a meatless dish it can be eaten on Fridays during Lent, but my mom always included Macaroni Pie along with other appetizers on Easter Sunday. Variations with meat were frequently referred to as Prosciutto Pie, Pizza Gaina, or Italian Easter Meat Pie.

Second, whereas lasagna was our family's traditional Christmas pasta, for Easter my mom frequently made homemade Manicotti. She never used the pasta tubes sold in the grocery store, but always made the lightest and fluffiest homemade crepes to be filled with the Italian cheese mixture.

Third, I recall different types of cheesecakes. Our dessert table might include her Italian Cheesecake made with ricotta and American Cheesecake made with plenty of cream cheese.

Today, I always make sure to include some of these recipes passed down from my mom to her children. Here's a photo of my Macaroni Pie!

I wish you a wonderful Easter Holiday! Pass on the recipes to keep our culture alive! At this particular time, I also pray for peace for those residing in war torn areas.



Buona Pasqua!

Don Cimorelli, TSDOI Lodge President

Annual Family Picnic and Scholarship Awards

June 5th

3:00 - 8:00 PM (Dinner served: 4:00 PM)
Harold Ritter Shelter, 301 Lochmere Drive, Cary

\$13.00 for members
\$16.00 for non-members
Children Under 10 - \$6.00
Event Chair: Fran Giannuzzi



Menu to Include:

- Mama T's Potato Salad
- 6-oz. Angus Burgers with Cheese, Lettuce, Tomatoes, Onions, and Condiments
- All Beef Hot Dogs w/Chili, Diced Onions & Condiments
- Basilio Sausage with Peppers and Onions
- BBQ Baked Beans
- Sweet Tea, Unsweetened Iced Tea, Lemonade & Water
- Sheet Cake to honor our scholarship winners.

Activities

- Games for kids and adults
- Left Right Center - bring three one-dollar bills
- 50/50 raffle



To purchase tickets, go to www.trianglesonofitaly.org/events/ to sign up and pay by check or with PayPal.

If you are paying by check, please mail the checks to Fran Giannuzzi, 548 Clarenbridge Drive, Cary, NC 27519.

Helen Wright Update We Serve the Meals Again!

Starting on July 10th, our next scheduled meal, we will have the option of serving our meals indoors and directly to the women at the Helen Wright Women's Shelter!! The kitchen is not inspected to allow groups to COOK the meals, only SERVE the premade meals through the kitchen. However, they do have warming trays, an ice maker, and a much bigger space than at the old center.

Additionally, starting on our next meal on July 10th, we will need to prepare for 40 women instead of the current 30. They anticipate this number growing through the summer and fall. Once the number reaches 55-60, they will be revisiting how groups can sign up to share a meal slot.

Murder Mystery Dinner & Show

Saturday, September 10, 2022

Murder Mystery Dinner & Show

Saturday, September 10, 2022

6:00 pm – 9:00 pm

Embassy Suites Hotel at 4700 Creedmoor Road, Raleigh (Near Crabtree Valley Mall)

Chair: Diane Faxlanger



America's largest interactive comedy murder mystery dinner theater show is now playing! Solve a hilarious mystery while you feast on a fantastic dinner. The culprit is hiding in plain sight somewhere in the room, and you may find yourself as a Prime Suspect before you know it.

TSDOI Members and their guests need to purchase their own tickets directly from The Dinner Detective Website. Click on link to purchase tickets. Price with fees and gratuity is \$86.57 per person.

[Saturday, September 10, 2022 - Raleigh-Durham, NC - Raleigh - Durham, NC \(thedinnerdetective.com\)](http://www.thedinnerdetective.com)

After you purchase your tickets, please send an email to TSDOI Member, Diane Faxlanger, to let her know that you are attending. Diane's email address diane_faxlanger@hotmail.com

Bocce Tournament

10:00 AM

Clayton Community

Park Bocce Courts

1075 Amelia Church

Road, Clayton, NC

Chair: Bob Giannuzzi

(919)523-6948

Details are posted on our website at www.trianglesonofitaly.org/events.



Italian Night at Mamma Mia! Italian Bistro



Monday, May 23, 2022

300 S Main Street, Holly Springs

Arrive Anytime between 4:00 pm – 9:00 pm

Registration Deadline for Italian Night is Friday, May 13, 2022.

Event Chair is Fran Giannuzzi.

FAMILY STYLE MENU: House Salad; Choice of Penne or Spaghetti for Table; Meatballs; Miniature Italian Dessert; Soft Drink; Coffee/Tea

PRICE PER PERSON:

- \$22 per person when paid in advance online
- \$28 at the door
- Cash Bar available for alcoholic drinks

DONATION FROM MAMMA MIA! TO TSDOI: Mamma Mia! will donate 10% of all sales from the Italian Night menu to support TSDOI Charity Work.

PAYMENT INSTRUCTIONS: You can pay online (www.trianglesonsofitaly.org/events/) using PayPal or pay by check. If you are paying by check, please make the check payable to TSDOI 2817 and mail the check to Fran Giannuzzi, 548 Clarenbridge Drive, Cary, NC 27519.

Member Appreciation Night



NEVER GIVE UP FOLLOWING YOUR DREAMS

Fargo. To put that in English, she coaches product managers at Wells Fargo to design products and services that deliver just what the client wants, no bells and whistles in less time by interacting with the client throughout the entire process. She is now one of the leaders in the new discipline of Organizational Empathy Theory which describes a company's ability to understand the thoughts, feelings, motivations, and conditions of others - whether that's employees, partners, or communities - from their respective point of view.

This quote from a coworker really sums up what Tia is like. "Tia is extremely detail oriented and focused on the goals of the organization. Tia will not only achieve and usually exceeds the objectives of her projects she does it in a way that insures a smooth process to the customer. Tia is an experienced, independent worker who can develop strategies, launch products and programs, and implement all the tactics associated with her programs.

Doctor Theodora DeMaria, your fellow members of TSDOI are very proud of what you have accomplished and are looking forward to you having weekends free again to join us as we celebrate our Italian American heritage.



In 2016, Tia DeMaria realized that it was finally time to reach for the stars and achieve her dream. Her daughters were grown, Christen was finished with high school, and she finally had the time to put her nose to the grindstone and get her PhD. She knew it would not be easy navigating a full-time job as a VP at Fidelity, manage a household, and do the work to earn her degree but she was determined to make a go at it. The first thing she had to do was to learn to let her husband help around the house. She had to let go and let him do the laundry and other tasks around the house. It was not easy but Frank is now very accomplished at doing the laundry. She also had to devote every weekend to working on her degree. She no longer had time to bake pizzelles at Christmas or read a book for pleasure. When she was not working, she was writing papers, reading journals, and studying for her next class. One thing she did not give up was her work and devotion to the Girl Scouts.

After 6 years of hard work and determination she finally realized her dream of earning her PhD in Industrial and Organizational Psychology from Capella University. Her father, Theodore Zotto a past president of OSIA, was the proudest man on the earth the day she graduated. His only regret was that her late mother could not be there to see this.

Upon getting her degree she started working as a Senior VP of Enterprise Agile Coaching at Wells



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 and we can put it in a future newsletter.

NEW MEMBERS



Please welcome Blake Anthony Tedder who heard about us through our web site. He is from Rocky Mount NC where his mother relocated from Brooklyn NY. His heritage is from Benevento, a city in the Campania

region of Italy. Blake is an Assistant Director of Engagement for Duke Forest. His interests are in Italian culture/language, hiking, music, and podcasting. He is married and lives in Hillsborough. Welcome Blake: blake.a.tedder@gmail.com, or visit his website at <https://blaketedder.com/>.

WHAT YOU SHOULD KNOW ABOUT HOLY WEEK TRADITIONS IN ITALY

<https://www.touritaly.com/blog/holy-week-traditions-in-italy>

With Roman Catholicism being considered as the largest religion in the country in which the Vatican can also be found, a number of Holy Week traditions in Italy, from practices to rituals still prevail, particularly in the southern regions.

The beginning of Holy Week is on Palm Sunday, and it lasts for the rest of the week up until Black Saturday, before ending in joyous Easter, or “Pasqua,” celebrations. Take note that the Monday right after Easter (“Pasquetta”) is also a holiday, so plan your trips accordingly.

On Palm Sunday, the faithful normally flock to the churches where a mass and possibly processions are held. There are also baskets of olive branches and palms which are then blessed by the priest and are handed out to the congregation. These branches are then normally placed at the entrance of homes until the next year’s Palm Sunday when it is then replaced.

The rest of the Holy Week also traditionally involve a number of masses and processions, but especially so in Castelsardo in Sardinia. In this town, they perform a ritual known as the “Lunissanti” which begins at dawn and last until night on Holy Monday. The ritual has

members of the Brotherhood of the Holy Cross wearing white hooded tunics, carrying religious symbols, and singing medieval songs in the medieval faburden style, as they complete their procession in the town’s streets.

These processions continue up until Maundy Thursday when the Last Supper is commemorated. At this point, all church and altar bells are silenced, not to be heard from again until Easter. Some churches also perform a reenactment of the “Washing of the Feet,” when Jesus is said to have washed the feet of his apostles.

Next comes Good Friday, which is a major Catholic holiday. A good number of people undergo fasting on this day, refraining from eating red meats, and it can be a rather solemn period. Many churches will cover their statues and crucifixes in black or purple cloth to signify that they are in mourning over the death of Christ. Being a major holiday, though, you can also expect processions and other rituals, with the biggest event of the day being the “Via Crucis” or “Way of the Cross.”

This is particularly special in Rome, where the Pope himself will preside over a procession from the Colosseum to Palatine Hill. Other towns and cities may also hold different processions, as well as Passion Plays which re-enact the Passion of Christ, and other gospel stories.



Come Black Saturday, or Holy Saturday, it is normally marked as a day of silence and prayer, as well as continued fasting for devotees, when people wait for sundown in order to begin the Easter Vigil. This vigil is normally used as a time to prepare for Easter the next day, and at midnight, the previously silenced bells are made to ring to indicate Christ’s return from death.

Now, Easter Sunday is when the biggest and most colorful events happen, as people celebrate the resurrection of Christ. It is a joyous occasion, usually started off by attending mass, before moving on to generous feasting with friends and family. On this day, it is common to find grilled lamb on the table, as well as a variety of sweets and cakes in the shape of lambs and doves, such as the colomba di pasqua. There are also cookies in the shape of doves called aceddu cu’ l’ova which are normally given away to friends and family as a token of good luck and a gesture of affection.

And let's not forget the Easter eggs! They can be either hollow chocolate eggs with small toys inside, or hardboiled eggs which have been painted in vibrant, lively colors and patterns. Eggs will also feature prominently in the dishes served, whether it be as an ingredient in soups or in various kinds of breads.

Other than the food, however, there are also some unique ways that Easter is celebrated in Italy, in places such as Florence or Cagliari. In Florence, for example, they have the ritual that is known as Scoppio del Carro, or the "explosion of the cart." It is a procession that begins on Easter morning when a large antique wagon being pulled by a team of white oxen and followed by an entire congregation of people in 15th century attire perform a procession through the city center, before finally stopping in front of the Santa Maria del Fiore cathedral. At that point, a fuse leading to the cart is lit, which then sets off fantastic fireworks display as the crowd's cheer.

THE TRADITIONAL MAIN DISH OF THE EASTER MEAL - LAMB

Traditionally the main dish of the Easter meal consists of lamb. A traditional Easter dish in Rome and the Lazio region are, for example, crispy lamb ribs, known as abbacchio a scottadito (literally meaning "burnt finger") with fresh artichokes, which are the seasonal vegetables par excellence at that moment.

Another typical Eastern dish is cosciotto al forno con le patate (roast leg of lamb with potatoes), popular in Piemonte, Friuli Venezia Giulia, Veneto, Campania, and other regions of Italy.

Cutturidd (see recipe below), a typical Easter dish from Puglia and Basilicata, originally prepared in a terracotta pan in the fireplace, is a stew made from lamb with various vegetables and spices.

In Trentino there are also the polpettine pasquali (Easter meat balls) made with ground lamb meat, parsley, shallots, and rosemary.

In Rome, another traditional Easter dish is abbacchio alla romana, baby lamb cooked in wine, anchovies, rosemary, and garlic.

In Molise and Abruzzo, the typical Easter dish is agnello cacio e uova, lamb with cacio (a semi-soft cheese) and eggs, uniting two of the most symbolic ingredients of Easter.

PARDULAS (SARDINIAN EASTER DESSERT)

<https://mangiamagna.com/pardulas-sardinian-easter-dessert/?msclkid=1841cbdbaab611ecae61df8d733c9665>



INGREDIENTS:

2 ½ Cups all-purpose flour
2 eggs (separated)
1 oz lard or vegetable shortening
2 lb. whole-milk ricotta cheese
3 ½ oz sugar
1 pinch saffron
orange zest, grated

METHOD

Prepare the pastry with 2.5 cups of flour, 2 egg whites, a spoonful of clarified pork fat and a pinch of salt. Wrap with plastic and place it in the refrigerator for 30 minutes.

Prepare the filling by putting the ricotta in a bowl with the sugar, yolks, saffron and orange zest and mix well with a wooden spoon.

When the dough is ready, roll out into a thin sheet and cut out some disks about 3.2 inches in diameter. In the center of each disk put a dollop of filling and turn up the edges of the disk by pinching it at intervals to produce a round open container filled to the brim.

Bake in a moderate oven (350°F) until the filling becomes amber-colored. Dust with powdered sugar or honey before serving.

BAKED LAMB IN PIGNATA OR CUTTURIELLO (adapted for American kitchens)

<https://www.puglia.com/agnello-al-forno-in-pignata-o-cutturiello/>

The Easter lunch for the Apulians is a unique moment in which they gather at the table with their loved ones to enjoy a long multi-course banquet that usually lasts for several hours. The second typical dish of this gastronomic marathon, especially in the area of the Apulian Murgia, is baked lamb with lampascioni (a local type of garlic not found in the US), and other spicy vegetables cooked for hours in a special terracotta pot: pignata. This dish takes on various names based on some variations related to the traditional recipe: it is called Cutturidd, Lamb a la Rizzola, Callaridd, etc.

Using pignata is an ancient way to cook meat together with seasonal country vegetables with a very slow cooking in the heat of a fireplace: for lamb it takes 3 hours that become 2 in any domestic oven, better if ventilated, at a temperature around 250°F.

The essential ingredients for this recipe, in addition to lamb meat, are fennel, garlic, cremini mushrooms, potatoes, carrots, and onion; also, leftovers of cold cuts and cheeses are used.

It is important that the pignatello (container for cooking) is well covered: in the absence of a lid, it can be produced by hand with the mixture of water and flour that ensures a perfect seal. A Dutch oven works great as a replacement.

Ingredients

- 2 lb. of lamb (in large pieces)
- 1 onion (sliced)
- 3 cloves of garlic
- 1 sprig of parsley
- 2 fennel bulbs
- 1 lb. of chicory or arugula
- 3 stalks celery
- 3 Yukon Gold potatoes (large)
- 3 carrots
- 10 oz. Lampascione ★
- 8 oz cremini mushrooms
- 2 Pints of cherry tomatoes
- Leftover cheese rinds or cold cuts
- extra virgin olive oil
- salt and pepper

Dutch Oven (substitute for a Pignata)



Preparation

Cut the lamb into large pieces; carefully clean all the vegetables and cut them into small pieces.

1. Prepare a dough with water and 300 grams of flour:
2. let stand.
3. Arrange all the ingredients in various bowls: in one the carrots, potatoes, onion, garlic, wild fennel, parsley; in another wild chicory or arugula; another will contain the lamb, yet another the tomatoes, and finally another the remnants of cold cuts and cheeses.
4. Season all the bowls with salt, pepper, and a drizzle of extra virgin olive oil, except the one with the remains of cheeses and cold cuts.
5. Prepare the pignata by putting on the bottom about half of the contents of the first bowl, followed by about half of the second, add the meat and sprinkle it with some cut tomatoes and lampascione, put about half of the cured meats and cheeses; repeat the round with the rest of the ingredients; finally add one or two glasses of water.
6. Bake in the oven at 250°F for 2-3 hours.

It is advisable to remove the lid only at the table, before enjoying the contents to enjoy the explosion of perfume at the time of breakage.

★Lampascione (Similar in appearance to little onions, lampascioni are actually the bulb of a tassel hyacinth, the muscari comosum and is common in Puglia cooking) is available from [Yummy Bazaar](#).