



Triangle Sons & Daughters of Italy

Serving the North Carolina Triangle since 2004

LODGE 2817

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IL GIORNALE DI TSDOI

Luglio, 2022



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

July 7 ___ Italian Jeopardy Night KW Realty in Apex
July 10 ___ Helen Wright Women's Shelter
Aug 7 ___ Under 40 Cooking Class
Aug 18 ___ Limoncello Making Night
Sept 3 ___ Fundraising Breakfast O'Charley's
Sept 10 ___ Murder Mystery Dinner & Show
Sept 11 ___ Helen Wright Women's Shelter
Sept 24 ___ Festa Italiana
Oct 15 ___ Conversation and Coffee with Author Laura Morelli - Italian Art History to Historical Fiction
Oct 16 ___ Potluck / Italian Heritage
Nov 6 ___ Helen Wright Women's Shelter
Nov 11 ___ Movie Night



July Birthdays

This month we celebrate the birthdays of those members celebrating in July: Lorraine Passaretti (15), Marie Scalco (7), Becky Stinnett (11), Luisa De Marino (15), Thomas Connor (18), Frank DeMaria (20), Mary Muth (22), William Ward (23).

Italian Jeopardy Night

July 7, 2022, 6:00 PM

Keller Williams Realty, 1483
Beaver Creek Commons Drive,
Apex, NC 27502

**\$10 per person for Members \$13
per person for Guests**

Namoli's Pizza in Apex will provide
pizza.

Event Coordinator: Fran
Giannuzzi

Registration Deadline is July 2nd

If you enjoyed the Jeopardy preview at Member Appreciation Night, then you don't want to miss this! The BEST \$10 Meal & Deal in the Triangle! 2 SLICES OF PLAIN OR SAUSAGE PIZZA - SNACKS – WINE - DESSERT – PRIZES!

Each Table will Offer Up the Table's Answers to Italian Jeopardy Questions on different aspects of Italy! Pure simple fun to come up with answers with your tablemates.

PAYMENT INSTRUCTIONS: You can pay online <https://www.trianglersonofitaly.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.



Letter from the President



Dear Members:

The peak of summer has arrived! Make it peak in more ways than higher temperatures.

For me, summer is a great time to plan outdoor family gatherings, trips to the beach and dips in the pool, and cooking up some tasty delights on the outdoor grill.

Of course, my calendar is also full of warmer weather TSDOI events. I had a terrific time at the Durham Bulls Game and TSDOI Picnic.

We have two upcoming TSDOI events on the calendar. Please consider registering for Italian Jeopardy Night and Limoncello Making Night. Registration information is posted on the Events tab on our website:

<https://www.trianglersonofitaly.org/events/>

I hope to see you soon at our upcoming activities! Let's enjoy summer!

Don Cimorelli
TSDOI 2817 President
Don Cimorelli, TSDOI Lodge President



Passing Down Grandpa Nick's Recipes to the Next Generation: Under 40 Cooking Class

Date: Sat. August 7, 5:00

Place: Nick Verna's House

Cost: \$20 for members, \$25 for non-members

Event Coordinator: Nick Verna

This event is limited to active TSDOI members under the age of 40 and one additional guest per member with a limit of 8 individual's total.

If you are under 40 years old and you want to learn to make some classic Italian dishes this is the cooking class for you. This hands-on class will teach you how to prepare a classic 4 course Italian meal and then enjoy it after all your hard work. BYOB. The menu will include antipasto with marinated vegetables and Italian meats, spinach gnocchi with a prosciutto wine sauce, Petto di POLLO (Chicken in Puff Pastry with prosciutto and Provolone), roasted asparagus parmesan and cannolis.

Payment Instructions: You can pay online, go to <https://www.trianglesonofitaly.org/events/> using PayPal.



Summer Reading



Except for a handful of our members, most of us will not be visiting Italy in the near future.

However, with assistance from my wife, Donna, who is a book reviewer and has her own blog, she shared with me a list of recent books set in Italy!

If you're looking for your next great read, why not consider books set in Italy? This beautiful country is the backdrop for some of the best novels around. From historical fiction to romance to mystery, there's something for everyone in this list. So pack your bags and get ready to explore all that Italy has to offer!

<https://bibliolifestyle.com/books-set-in-italy-to-add-to-your-reading-list/>

Don Cimorelli

TSDOI 2817 President

Good & Welfare

One of our current members had shared on our TSDOI Facebook Page that a former and early member of our Lodge, Donna Dobrogosz, had passed away. She was a very active member in the Lodge and hosted several events.

Please note that condolence messages can be entered on the obituary website. Please click on the link below to find her obituary.

<https://rfhr.com/obituaries/donna-dobrogosz/>



Limoncello Night

A fun time making your very own limoncello as a before or after dinner drink, or as a delicious ingredient for cooking, cookies, cakes, breads, and so much more.

Thursday, August 18, 2022, 6:30 pm – 9:00 pm

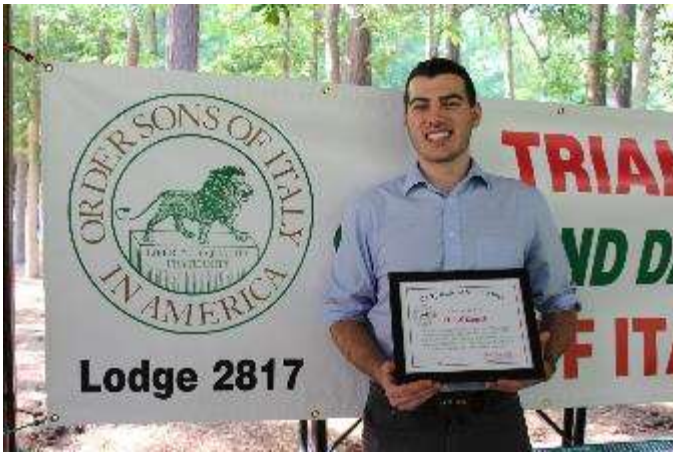
Keller Williams Realty Office, 1483 Beaver Creek Commons Dr., Apex, NC 27502

Event Chair: Fran Giannuzzi

There is no fee for this event, but you must RSVP by Thursday, August 4th to attend. Please send an email RSVP to Fran Giannuzzi at: fgiannuzzi94@gmail.com. When you RSVP, please indicate if you will bring an appetizer or a dessert to share with the group.

Go to <https://www.trianglesonofitaly.org/events/> to get important details for this event.

Annual Family Picnic and Scholarship Awards



To see additional pictures from this event please go to our Facebook Page "[Triangle Sons and Daughters of Italy.](#)"

FOOD & CULTURE

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

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

Welcome New Members



Please welcome **John and Kristen Zimmer** who are no strangers to our Lodge. They have participated in events during the past few years and have decided to join. Kristen's parents are Frank and Tia DeMaria who are long standing members. John's heritage is from Sicily and Kristine's is from Naples. John is a Software Engineer at Fidelity Investments and Kristen is a Communications Manager at Red Hat. They live in Durham and enjoy running, board games, and bocce. Welcome John johnzimmer94@gmail.com and Kristen kris.demaria@gmail.com.

Please welcome **James and Linda Haire** who heard about us through our website. They attended our Italian Night at Mama Mia's restaurant and have decided to join. They relocated from Long Island, NY and live in Raleigh. James' heritage is from Benevento and is an Elevator Mechanic. Linda's heritage is from Naples and Sicily and is a homemaker. They look forward to organizing and cooking for an event. Welcome James and Linda: landj6@aol.com.

"Ma I'm going out"



"see you!"



"au revoir!"



"adios!"



"bye!"



"out? where? with who? why? who'll drop you? when will you come? every day out out. is this a house or a hotel? how much money will you spend? uff. no time for parents. only going out. when i die, then you'll know."

Lasagna Love & Family Promise



Many organizations, such as Family Promise, are desperately trying to help families in need get a good meal. [Lasagna Love](#) has been helping to fill this need by providing these families with delicious homemade lasagnas. However, the need outstrips supply. When Family Promise recently applied to get lasagna for their families, they were told that they were on a waiting list due to the high demand.

If you are able to make lasagnas, please contact Jan DiSantostefano at irish0515@gmail.com or call her at 919-909-8716 to find out how to donate lasagnas.

The Venice You Have Missed

https://view.newsletters.cnn.com/messages/16549668343505f773409e466/raw?utm_term=16549668343505f773409e466&utm_source=cnn_Send+3+-+Unlocking+Italy+20220211&utm_medium=email&bt_e=6Z6R6DwIAuhwLEfZIkFTJpdfnfeWTqUqcARL2EsUJjWd%2BtTD0EitkPw3s%2BJISTP1&bt_ts=1654966834352

Forget everything you've heard about Venice -- it's probably false.

Do the canals stink? Rarely. Is it always flooded? Hardly, thanks to the MOSE flood barrier, which came into force in October 2020. Is it too busy to enjoy? Absolutely not.

See? The Venice naysayers are the Venice know-nothings. Of course, if you do what most tourists do -- come for the day, walk the same streets as everyone else to the Rialto Bridge and St. Mark's Square, then cram onto the vaporetto (water bus) -- it can be unbearably crowded. But let's call that fair punishment for those who devote just one day to this unique city.



Of course, St. Mark's is knockout beautiful, but these days, the real Venice isn't in the square so grand that Napoleon called it "the living room of Europe." Nor is the real Venice on the Rialto, now surrounded by touristy shops and restaurants. That's no bad thing -- because it's everywhere else.

Just one block off the main drag that leads from the train station to St. Mark's via Rialto, you'll find artisans practicing centuries-old trades, marble-frilled churches where the altarpieces are by Titian and Tintoretto, and bars serving tramezzini (Venetian overstuffed sandwiches) and ombre (mini glasses of wine), where the Venetian dialect reigns supreme.

To see the real Venice takes time. Take Burano, for example. The island in the north lagoon is Instagram-

famous for its colorful houses, so people snap some pictures and leave. Stay longer, though, and you'll get a feel for what's the longest-standing community in the lagoon -- it's been a fishing island since Roman times. Spend time on neighboring Torcello once the crowds have gone home, and you'll understand island life.

Most Venice visitors skip the museums and smaller



churches, meaning they're all yours. The Fondazione Querini Stampalia has an incredible gallery, plus a modern wing by architect Carlo Scarpa. A Chorus Pass gets you into 17 of Venice's most spectacular churches for under \$15 -- Santa Maria dei Miracoli, Sant'Alvise and San Sebastiano are unmissable.

Wherever you go, try to support local businesses. One way is to visit artisans, who are struggling to compete with cheap souvenir shops. Do not miss Paolo Olbi, who creates stationery with Venetian motifs in the Dorsoduro district, or glassblower Stefano Morasso on Giudecca island -- his work is modern, unique and less costly than the fancy factories on Murano. Once you see the real Venice, you will never want to leave.

"It seems stupid but give yourself enough time -- you need at least four nights. Venice is a slow city -- you travel on foot so to visit her properly you need to adapt your speed to that of the city. Take the vaporetto to the island of San Giorgio Maggiore -- you can see St. Mark's Square from across the water, with nobody around. The Giorgio Cini Foundation, a cultural center, is based there -- you can visit the 16th-century monastery, plus an outdoor labyrinth and the Vatican Chapels -- 10 modern, meditative chapels, designed for a past architecture Biennale, in a forested park at the back."

The Classics	Now Try
St. Mark's Square / Basilica	Palazzo Grimani
Doge's Palace	Church of Madonna dell'Orto
Rialto Bridge	Contarini del Bovolo Staircase
Murano & Burano	Traghetto ride
Accademia Gallery	Olivetti Showroom
Guggenheim Collection	Artisti Artigiani del Chiostro

The 10 Dishes You Must Try in Venice

Italy has a wonderfully diverse set of regional food traditions. Venetian cuisine is very different from what's eaten on the mainland, because the lagoon was such an important part of everyday life. Traditional dishes focus on the amazing fish and seafood brought in every day by fishermen from the Adriatic Sea, supplemented by vegetables grown on surrounding islands such as asparagus and artichokes. Check out some delicious dishes that are unique to Venice.

1. Sarde in saor - Saor refers to a particular cooking technique, in which onions are softened slowly over a low flame until they're translucent and aromatic and mixed with raisins and pine nuts. The sarde in question are sardines, which rest in this glorious onion-y mixture.



2. Spaghetti in nero di sepia - This plate of pasta is as deeply black as charcoal. Pieces of squid are slow cooked in tomato sauce until they become meltingly soft. This is then colored with the ink of the squid, which is contained in a tiny pod that skilled fishermen know how to remove without bursting. A little bit of black will color the entire pasta, making it as unusual looking as it is delicious.



3. Bigoli in salsa - This particularly Venetian kind of pasta is springy and toothsome, and it's tossed in an aromatic sauce of onions, anchovies, and fennel seeds.

4. Fritto misto - Delights of the sea are covered in batter and deep fried to crunchy perfection. You'll get a mix of shrimp, calamari rings and fish balls.

6. Frittelle - Around the time of Carnival, shops will begin to sell frittelle, which are glorious fried donuts stuffed with cream or raisins and candied orange peel and dipped in sugar.



7. Tramezzino - This is a typical Venetian snack, and it consists of two triangular pieces of white bread with all kinds of inventive fillings inside, bulging out delightfully in the middle. You'll find everything from prosciutto cotto and artichokes, to mozzarella layered with tomatoes, to shredded radicchio with olives and soft cheese.

5. Baccala mantecato - A dried cod fish is cooked for hours and hours until it becomes soft, and the bones dissolve and it's whipped up with oil to become a glorious white cream. It's normally eaten on tiny pieces of bread and downed with a bit of prosecco in the evening.

8. Fegato alla Veneziana - This isn't a dish you'll find everywhere, but it is typically Venetian and delicious. Liver is cooked and served on a bed of translucent onions. It's often accompanied by the Northern Italian staple, polenta.



9. Castraure - The violet artichokes of Sant'Erasmus are delicious, but this is a special treat: the first bud, picked while it is still tender. If it's fresh, no peeling will be needed—the whole thing will be meltingly soft when boiled.

10. Moeche fritte - This is a delicacy that's served by all the good restaurants when it is in season. Moeche are little crabs that change shells during a certain period of the year, and they are battered and fried whole. They're crunchy on the outside and wonderfully soft within.

Fritto Misto - Mixed Fried Seafood



Yield: 6 servings

<https://www.foodnetwork.com/recipes/giada-de-laurentiis/fritto-misto-7120075>

Ingredients:

Sauce:

- 1 cup packed fresh basil leaves
- 1/4 cup pistachio nuts
- 3 tablespoons olive oil
- 1 teaspoon lemon zest
- 1 clove garlic, smashed and peeled
- 1/3 cup mayonnaise
- 1/4 cup freshly grated Parmigiano-Reggiano
- 1/2 teaspoon kosher salt

Seafood:

- Grapeseed or vegetable oil, for deep-frying
- 1 cup rice flour
- 1/4 cup cornstarch
- 1/4 cup fine polenta
- 1/4 teaspoon freshly ground black pepper
- Kosher salt
- 1 lb. medium shrimp, peeled and deveined
- 1 lb. calamari, bodies cut into 1/2-inch rings
- Lemon wedges, for serving

Directions:

For the sauce: Combine the basil, pistachios, olive oil, lemon zest and garlic in a food processor. Pulse until roughly pureed. Remove the contents to a small bowl and stir in the mayonnaise and Parmigiano-Reggiano. Season with the salt.

For the seafood: Fill a heavy-bottomed Dutch oven with 3 inches of oil and heat to 350 degrees F. Whisk together the rice flour, cornstarch, polenta, pepper and 1/2 teaspoon salt in a medium bowl. Working in batches, dredge the shrimp and calamari in the flour mixture and add to the hot oil, being careful not to overcrowd the pan and drop the temperature. Fry until light golden brown and cooked through, 1 to 2 minutes. Use a spider to remove the seafood to a paper towel-lined tray and season with a pinch of salt. Continue with the remaining shrimp and calamari. Serve hot alongside the pesto dipping sauce and lots of lemon wedges.