



Triangle Sons & Daughters of Italy

Serving the North Carolina Triangle since 2004

2817

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IL GIORNALE DI TSDOI

Ottobre, 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

- Oct 15 ___ Conversation and Coffee with Author Laura Morelli - Italian Art History to Historical Fiction
Oct 16 ___ Potluck / Italian Heritage Celebration
Nov 6 ___ Helen Wright Women's Shelter
Nov 13 ___ Movie Night
Dec 11 ___ TSDOI Christmas Dinner
Dec 19 ___ Cookie Exchange



October Birthdays

This month we celebrate the birthdays of those members celebrating in October: Michael Miragliuolo (2), Ruggero Fratarcangeli (8), Elena Connor (11), Lamar Norwood Jr. (12), Bob Giannuzzi (23), Jack Giamportone (26), Karen Palasek (27), Maria Spampinato (27), Marino Scarpone (28), Roy Basile (31), Vinny Russo (31).

Letter from the President

Dear TSDOI Members:

We are clearly in the season of peak Italian Heritage. On September 24th, our Lodge had a highly successful day at Festa Italiana. In the coming months, you will be meeting many new members who joined us shortly before, during, and after Festa due to all of the excitement surrounding the event.

I am encouraging our entire membership to register for our Italian Heritage Celebration on October 16th. This will be the first event for many new members, and it is a golden opportunity for returning members to make them feel very welcome in their new Italian Home.

Below is all of the information that you need to register for the event to be held on October 16th at 2:30 pm at the Carey Jones Center in Apex.

ITALIAN HERITAGE CELEBRATION DESCRIPTION:

The Triangle Sons & Daughters of Italy is your Italian "neighborhood" in North Carolina, and we invite our members and their guests over to our place for a BIG ITALIAN SUPPER like the old days. This is a FREE Event for TSDOI Members and \$5 for Guests. Your ticket to enter The Big Italian Supper is to sign up to bring your favorite Italian dish and share it with other Italian Americans who share a love for good food.

THE BIG ITALIAN SUPPER PROGRAM HIGHLIGHTS:

- A sentimental journey about "Growing Up Italian" with heartfelt commentary, music, & video
- TSDOI Member and accomplished singer, Bob Gleason, will croon us with Italian American favorites
- Long-time TSDOI Member, George Scalco, will share his experiences of living in Venice during WWII and immigrating to the USA



- Hear from the North Carolina resident who has been selected to receive the TSDOI 2022 NC Outstanding Italian American Award
- Formally welcome our newest TSDOI Members
- Participate in the largest Tarantella ever danced in North Carolina
- Raffles, Door Prizes, and other surprises to keep you in suspense!
- Feast on the most deliciously prepared Italian Buffet made with love by all of our members

REGISTRATION DETAILS:

Click on the Signup Genius Link Below to RSVP for you, and all other members and guests who will be joining you. On the signup list, you will complete a slot to bring either an Italian main dish, appetizer, salad, side dish, or dessert for 8-10 people.

If you are bringing a guest who is not a formal TSDOI member, please click on the additional link to pay \$5 for each guest who is not a member of TSDOI.

<https://www.signupgenius.com/go/10c0f49ada78-italian>

Also click on the link below to purchase a \$5 ticket for any guest who is not a formal member of TSDOI.

Payment – Guest Tickets \$5

All of the information for the Big Italian Supper is also listed on our TSDOI Website on the Events tab along with the same two links to register on Sign-Up Genius, select your dish to bring to the event, and pay for Guests who are not members of TSDOI.

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

Please come join us as we extend our hearts and a big Italian hug to all members!

Don Cimorelli

TSDOI 2817 Lodge President

Murder Mystery Dinner



Helen Wright

We were finally able to go inside and serve the women at the Helen Wright Women's Shelter. The Castellano's, Verna's and Vinny Russo served brisket sandwiches to the women, and they thoroughly enjoyed the meal.



The following individuals donated food and drink for this meal:

Drinks – Don Cimorelli

BBQ Brisket – Mark Spano

Bob & Doreen Gleason - Green Beans & Carrots

Salad – Nick Verna

Dessert – Bernard & Fran Castellano



O'Charley's Annual Fundraiser

we sold over 300 combined breakfast & donation tickets. We served 125 customers for a packed event, and we grossed over \$2,600 against the \$2,000 goal





Saturday Sept. 24th 2022 11 am Through 7 pm

4th Annual Raleigh, NC

Festa Italiana

October 2-24, 2022

FREE Admission Tucker Street & N. Boylan Street

Italian Entertainment
Kids Games
Kids & Cash Vendors
More

Italian Wine Food Trucks
Beer Truck
Italian Merchandise

Plus ITALIAN FOOD VENDORS!

Sponsors: ABC Taverns, Carolina, Galbani, Coastal, Wegmans, McCorle, etc.



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 Anne Morey who decided to join as a social member while attending our annual breakfast fundraiser with members Becky Stinnett, Maria Knall and Alaine Thomas. Thank you, ladies. Anne is originally from Erie, Pennsylvania, spent many years traveling and in 2017 settled in Morrisville. She is a Violin Teacher and has studied the Italian language. She has two sons who live in Cary. Anne looks forward to attending upcoming events and meeting our membership. She enjoys concerts, dinners, walking and travel.

Welcome Anne: anne.mouslmani@gmail.com

Dear TSDOI Members:

While the financial markets took a downward turn last week, I am thrilled to announce that the value of TSDOI Membership surged on Saturday, September 24th at Festa Italiana.

I am so excited to share that 10 new members formally signed up yesterday and purchased their Triangle Sons & Daughters of Italy memberships at Festa. Our extended Italian American Family will grow even bigger in the coming weeks as some Festa attendees return home to complete their applications online.

Having said that, I now wish to formally welcome (Benvenuti) the following new members:

Christie Anderson

Patrick Passarella

Kerri Passarella

Elisa Rossi

Adrian Schaller

Patrizia Stanganelli

Michael Taranto

Robert Williams

Lucia Williams

Ricci Polsinelli Williams

On behalf of the entire Lodge, I officially welcome our ten new members to North Carolina's Little Italy!

Don Cimorelli

TSDOI 2817 President

Trending Lower

Italian Tribune



For the first time in centuries, the population of Venice's historic center has fallen below 50,000. Earlier this month, the total population of the iconic lagoon city, including Giudecca Island, fell to 49,997 residents. The

reduced population of Venice's center has been the subject of debate for years, where in years, the city council worries that the depopulation trend may become unstoppable as residents flee and the properties become the domain of visiting tourists.

THE ITSY-BITSY BIKINI...IN ANCIENT ROME!



<https://italoamericano.org/bikini-ancient-rome/>

I due pezzi, the bikini: a view as common on the world's beaches as sunscreen and flip flops. More or less revealing, in a variety of styles and

colors, it remains the most popular swimsuit style for women. Once upon a time, more or less rigorously worn only by perfectly shaped, model-like young girls, today it is embraced by all, young and old, skinny and chubby, an unexpected symbol of body acceptance and equality.

But what if I told you that the bikini is much more ancient, and it was in vogue already among Roman women more than 2000 years ago? We all know the Romans were very fond of their terme, public baths where citizens could relax, take care of their bodies, and socialize. Both women and men were allowed, but basic rules of decency were to be followed, especially by women, who would cover up their breasts with the fascia pectoralis and their "lower regions" with the subligaculum. It is likely, however, that the fascia pectoralis and the subligaculum were used during practice in dance or sports schools, and that's why historians think that the girls of Piazza Armerina may be professional dancers performing, and their "bikinis" stage costumes. The two-piece bathing suits of the Piazza Armerina girls are perhaps more akin to the technical two-pieces professional runners wear when training and competing, or to the revealing, glitzy costumes of 1940s Moulin Rouge starlets.

Let The Buyer Beware

Italian Tribune July 14, 2022

While inflation has hit every consumer in the wallet, it's increase across the globe has had a significant and detrimental impact on Italian products. As the prices of exceptional and authentic Italian products have risen, store shelves worldwide have swelled with 'fake' Italian food products. According to Coldiretti, the organization that represents Italian farmers, it is a 120-billion-dollar problem. That is the number that it estimates for the global turnover of non-Italian foods that are intentionally made and marketed to sound as though they have originated in Italy. Due to the continued rise of Italian sounding brands, over two-thirds of 'Italian' food products in the world are now fake.

Among the most 'cloned' products are cheeses, led by Parmigiano Reggiano and Grana Padano. Other top bogus brands are iconic meat products, Prosciutto di Parma, and genuine mortadella. According to the report, the U.S. accounts for some 40 billion dollars of the total.

Italy is stepping up its fight against misleading brands and products and has been taking increased action to combat the counterfeiting of Italian goods on a global scale. One of the prime examples that is cited by cheese producers in Italy is the product called 'Parmesan' cheese. There is no substitute for Parmigiano Reggiano. The cheese has the European Union's Protected Designation of Origin (PDO) status and in order to be labeled Parmigiano Reggiano it must be produced exclusively in the provinces of Parma, Reggio Emilia, Modena and Bologna to the left of the Reno River and Mantua to the right of the River Po. That is about as explicit as one can imagine, but with some careful spelling, companies found that consumers could be fooled into buying a lesser quality product at a cheaper price, diluting the value of PDO designation.

Sometimes the courts get involved. In 2008, the European Court of Justice ruled that Germany broke EU rules by allowing the name 'Parmesan' to be used for a cheese produced and sold in Germany. Following that landmark decision, for the past 14 years, the Parmigiano Reggiano Consortium has become increasingly assertive in defending its

product's name from improper use. It has determined that grated cheese is where the greatest number of abuses of the Parmigiano name occurs and in the past few years it has secured numerous legal victories against pirating of the name and similar sounding forms of it.

Yet even though the courts have provided favorable rulings in Europe, some ambiguity still exists. A case in point is the ruling in France, where the name 'Parmesan' must refer exclusively to the Italian cheese, but not necessarily to Parmigiano Reggiano!

Even as the climate in Europe has improved for Parmigiano Reggiano, the cheese continues to be sold in cloned versions in South America and Japan. In Brazil, a fake version is marketed as Parmesao, while Argentina markets a product called Parmesan Regianito.

The Parmigiano Reggiano Consortium has even gone high-tech with the highly prized cheese. To combat the \$2 billion of fraudulent sales around the world, producers of true Parmigiano Reggiano are embedding tiny food-safe transponders into the wheels of the famous cheese. Not only does this provide for better control of inventory it protects and differentiates the protected cheese against look and sound alike brands.

Online sales of classic Italian food and wine products are booming, but buyers should be careful of scams. A recent study divided the sale of fake goods into two broad categories. The first category is goods that bear fake quality labels, implying they have been manufactured to certain standards. Parmigiano Reggiano is a prime example, but other PDO designated products suffer as well, such as Prosciutto di Parma and Aceto Balsamico di Modena. The second category covers items labelled as coming from one geographical area, but which actually come from another place entirely. An example of this is Pompeian Olive Oil. It is not from Pompeii, it is not even from Italy - the olive oil comes from California and if that sounds deceptive, that is exactly the point. Imitation Italian wine is another huge problem. Italian denominations such as Chianti, Prosecco and Amarone are some of the fraudsters' favorite victims.



Look for these labels to indicate authentic Italian products

Coldiretti estimates that fakes cost the country's wine industry some \$1.2 billion a year.

The imitation of Italy's prime food products is on the rise despite efforts to ban inferior clones, according to the Italian Foreign Trade Institute. Some 97 percent of 'Italian' pasta sauces and 76 percent of canned tomatoes on the North American market are misleadingly labeled, according to the Institute. In the case of cheeses, there are 47 protected types in Italy and while Parmigiano is near the top of the list, the two most frequently phony types in the U.S. market are provolone and ricotta. Two other cheeses, Asiago from Veneta and Robiola from Piedmont, are cloned in Canada.

Italy has the greatest number of EU seals of approval on its food and drink in Europe where the standards of authenticity are more rigorously observed. Last year saw a threefold increase in European Union customs seizures of fake Italian products bearing quality labels, but 'Danish Grana' can still be found on U.S. shelves alongside other fakes such as Californian-grown San Marzano tomatoes and American Parma ham. In the case of items such as pignoli nuts and almond paste, you will find Italian sounding names on products that are produced in Asia. But while the prices may look attractive, let the buyer beware - you get what you pay for!



Italian sounding Italian names of Parmesan cheese in grated or shaved form represent one of the largest markets for phony Parmigiano Reggiano, a \$2 billion market.

Eggplant, Tomato, and Smoked Mozzarella Tart

<https://www.myrecipes.com/recipe/eggplant-tomato-smoked-mozzarella-tart>

Ingredients

Crust:

- 1 cup all-purpose flour
- 1 tablespoon toasted wheat germ
- 1 tsp baking powder
- ½ tsp freshly ground black pepper
- ¼ teaspoon salt
- ¼ cup water
- 1 tablespoon olive oil
- Cooking spray



Filling:

- 1 (1-pound) eggplant, cut crosswise into 1/4-inch-thick slices
- ¾ teaspoon salt, divided
- ½ teaspoon olive oil
- 4 garlic cloves, thinly sliced
- 1 tablespoon chopped fresh basil
- 1 ½ teaspoons chopped fresh oregano
- 1 ½ teaspoons chopped fresh mint
- 2 plum tomatoes, thinly sliced (about 6 ounces)
- ½ cup (2 ounces) shredded smoked mozzarella cheese, divided
- 2 tablespoons grated fresh Parmesan cheese

Directions

Preheat oven to 400°.

To prepare crust, lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and next 4 ingredients (flour through 1/4 teaspoon salt) in a large bowl, stirring with a whisk; make a well in center of mixture. Add water and 1 tablespoon oil, stirring to form a soft dough. Turn dough out onto a lightly floured surface; knead lightly 4 times. Gently press dough into a 4-inch circle on plastic wrap; cover and chill 15 minutes.

Slightly overlap 2 sheets of plastic wrap on a slightly damp surface. Unwrap dough, and place chilled dough on plastic wrap. Cover with 2 additional sheets of overlapping plastic wrap. Roll dough, still covered, into an 11-inch circle. Remove top sheets of plastic wrap. Fit dough, plastic-wrap side up, into a 10-inch round removable-bottom tart pan coated with cooking spray. Remove remaining plastic wrap. Press dough against bottom and sides of pan. Pierce bottom and sides of dough with a fork; bake at 400° for 10 minutes. Cool completely on a wire rack.

To prepare filling, arrange eggplant on several layers of heavy-duty paper towels. Sprinkle eggplant with 1/2 teaspoon salt; let stand 15 minutes. Pat dry with paper towels; brush eggplant with 1/2 teaspoon oil. Arrange eggplant in a single layer on a baking sheet coated with cooking spray. Bake at 400° for 20 minutes. Stack eggplant slices on a plate; cover with plastic wrap. Let eggplant stand 7 minutes to steam.

Heat a large nonstick skillet coated with cooking spray over medium heat. Add garlic; cook 1 minute, stirring constantly. Remove from heat; stir in 1/4 teaspoon salt, basil, oregano, mint, and tomatoes.

Sprinkle 2 tablespoons smoked mozzarella on bottom of baked crust. Layer eggplant and tomato mixture in crust; sprinkle with 6 tablespoons smoked mozzarella and Parmesan. Bake at 400° for 10 minutes or until cheese melts. Cut into 8 wedges.

Piadina Romagnola (Italian Flat Bread)

<https://www.allrecipes.com/recipe/192394/piadina-romagnola-italian-flat-bread/#:~:text=Directions%20Step%201%20Stir%20the%20milk%2C%20margarine%2C%20and,surface%3B%20divide%20into%2012%20pieces%20and%20roll%20>



Ingredients

- ¾ cup milk
- ½ cup margarine, at room temp
- ½ cup Greek yogurt
- 3 ½ cups all-purpose flour
- 1 tablespoon salt
- 1 tablespoon baking powder
- 1 egg white

Directions

Stir the milk, margarine, and yogurt together in a bowl.

Mix the flour, salt, baking powder, and egg white in a large bowl. Pour the milk mixture into the flour mixture and work the mixture together with your hands until the dough separates from the sides of the bowl, adding flour or water as needed to get the right consistency, which will be neither sticky nor dry. Cover with a damp cloth and let stand at room temperature for 30 minutes.

Turn the dough out onto a lightly floured surface; divide into 12 pieces and roll into balls. Roll and stretch each ball to about 1/8-inch thick and 8 inches in diameter.

Lightly oil a cast iron skillet and place over medium-low heat. Cook the dough in the hot skillet until it begins to set, 1 to 2 minutes per side. Pierce the dough with a fork 3 to 4 times while it cooks. Wrap the finished pieces in a towel until ready to serve.

