



Triangle Sons & Daughters of Italy

Serving the North Carolina Triangle since 2004

2817

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IL GIORNALE DI TSDOI

Novembre, 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

Nov 6 _____ Helen Wright Women's Shelter
Nov 13 _____ Movie Night
Dec 11 _____ TSDOI Christmas Dinner
Dec 19 _____ Cookie Exchange
Jan 29 _____ Opera



November Birthdays

This month we celebrate the birthdays of those members celebrating in November: Tia DeMaria (9), Sean Conley (17), Helene Graziano (18), Charlotte DiLeonardo (21), Maria Knall (21), Alex Gordon (23), Fran Castellano (28), Michael Taranto (29).

Letter from the President

Dear Members:

Last month was a very special period for TSDOI as we celebrated Italian American Heritage Month during October. However, we have plenty to keep up our Italian American Cultural Momentum through the end of the year.

Here are my top picks for activities that are a great way for our members to engage with one another and continue to meet our new members. Also, in the coming weeks, additional end-of-year community service opportunities will be announced to enrich the lives of area residents and help fill gaps in their support systems.



14th Annual Italian Movie & Pizza Night: "Only You – A Love Story Written in the Stars"

Sunday, November 13, 2022

4:00 sign-in/4:30 movie/6:00 pm dinner
Keller Williams Realty Office, 1483 Beaver Creek Commons Drive, Apex, NC 27502
\$10 per member/\$14 per guest/\$5 per child (under 12 years old)

Please join us for the 14th Annual Italian Movie & Pizza Night. We'll be featuring the movie **Only You** starring Marisa Tomei and Robert Downey Jr. Admission includes popcorn, pizza, salad, desserts, coffee (beverages available for purchase), 50/50 raffle and door prize drawings! Click on the links below to register:

[Member Payment](#)

[Guest Payment](#)

[Kids Payment \(under 12 years old\)](#)

TSDOI Christmas Dinner at Mamma Mia! In Holly Springs

Sunday, December 11, 2022, 5:00 pm

Mamma Mia! Italian Bistro
301 S. Main Street, Holly Springs, NC 27540
Co-Chairs: Fran Castellano, Fran Giannuzzi, Don Cimorelli

MENU (\$45 for Members & \$50 for Guests)

Appetizers for Each Table: Calamari, Bruschetta, Caprese Salad

Entrees Served Over Pasta (One Per Guest): Salmon Piccata, Chicken Marsala, Chicken Parmigiana, Eggplant Parmigiana

Dessert for Each Table: Mini-Cannoli

Drinks: Water, Sweet/Unsweetened Cold Tea, & Soft Drinks (Included), Self-Service Coffee Station (Included), Cash Bar for Wine & Beer

Registration & Payment Deadline (Dec. 1st)

Click on the link below to register and pay for tickets online, or mail a check made payable to **TSDOI** to: Don Cimorelli, 132 Wards Ridge Drive, Cary, NC 27513

[\\$45 Member Payment Link](#)

[\\$50 Guest Payment Link](#)

Cookie Swap

Monday, December 19 at 6:30 PM

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

Christmas time is cookie time. What better way to enjoy cookies than at a cookie swap where you get to sample cookies from other bakers? Please join us, bring some homemade cookies, and indulge. This event is limited to only 20 participants and is for members only.

Registration Deadline: please sign up at Cookie Swap by Monday, Dec 12.

Organizer: Barbara White peabody628@yahoo.com

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

Members Only Event

REGISTRATION: Registration for this event is required. **Please click on the following Signup Genius link to register and indicate what cookie you will be making.**

<https://www.signupgenius.com/go/9040a4daaf2ea6fe3-holiday>

I hope to see you at these upcoming fun events during the holiday season!

Don Cimorelli

TSDOI 2817 Lodge President

Italian Conversation Meetup

Ciao a tutti,

There is a group of TSDOI members that meets twice a month to practice speaking Italian. We number anywhere from 3 people to 8 people at any given meetup. If you'd like to come and practice or just listen, please RSVP to Suzy Schmidt <sufan1@hotmail.com>



Opera Don Giovanni by Mozart

Sunday, January 29, 2023, at 2:00 PM

Raleigh Memorial Auditorium

\$38 – members, \$45 – non-members

Don Giovanni, a young, arrogant, and sexually promiscuous nobleman, abuses and outrages everyone else in the cast until he encounters something he cannot kill, beat up, dodge, or outwit. If you would like to attend, TSDOI has purchased 30 tickets and they will be sold on a first come first serve basis. To order your tickets you can choose either of the two options below:

Click on the red links below to pay online.

If you wish to pay by check, please first send an email to Don to let him know how many tickets you wish to purchase. Don will reply to you and confirm if tickets are still available before the check is mailed. Send a check made out to **TSDOI** for the total amount of the tickets being requested. Mail your check to Don Cimorelli, 132 Wards Ridge Drive, Cary NC 27513. Don's email is: Donald.Cimorelli@gmail.com

Maria Knall mariaknall@gmail.com will mail you your tickets.

[Payment Member Tickets \\$38](#)

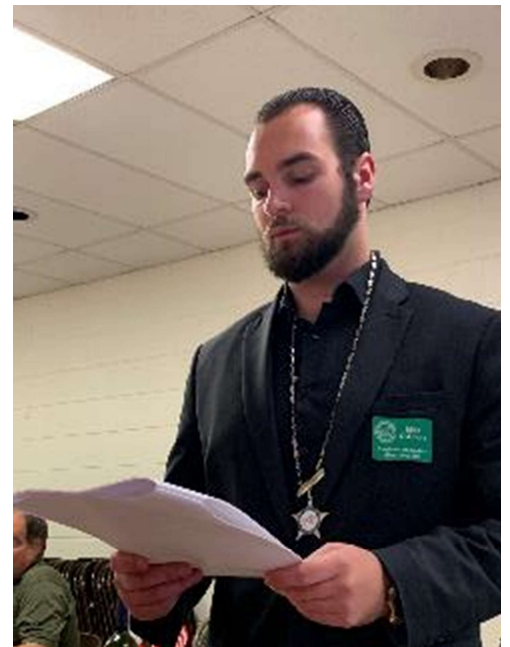
[Payment Guest Tickets \\$45](#)

Conversation and Coffee with Author Laura Morelli – ITALIAN ART HISTORY TO HISTORICAL





Italian Heritage Night and Potluck Supper
 Almost 100 people attended bringing over 50 different dishes to the best event we have ever had. There was singing, emotional talks, new members inducted and above all there was fabulous food.



2022 Outstanding Italian American in North Carolina Award Winner, Dr. Luciano Amerigo Lucia!

Since 2013, the Triangle Sons & Daughters of Italy has recognized the Outstanding Italian American in North Carolina. This competitive award was established to nominate Italian American candidates and utilize a Selection Committee to evaluate the nominees and select an annual winner who has demonstrated significant success in his or her chosen career; embraces his or her Italian American Heritage; and serves as an inspiration and role model to other Italian Americans.

The 2022 winner of the Outstanding Italian American in North Carolina Award was honored at our recent TSDOI Lodge 2817 Italian American Heritage Celebration attended by one hundred members and guests. It was with great pleasure that Selection Committee Chairman, Pat DiLeonardo, performed the special honor to bestow this distinguished award to Dr. Luciano Amerigo Lucia.

1. Dr. Luciano Amerigo Lucia is a Professor and Renewable Materials Chemist who directs The Laboratory of Soft Materials Green Chemistry at North Carolina State University
2. Professor Lucia holds faculty positions in several departments at NC State as well as joint appointments at two foreign universities
3. He has 409 scientific publications and over 11,000 citations
4. He co-founded and co-edits the Bioresources international research journal
5. Dr. Lucia has mentored numerous graduate and undergraduate students and researchers from around the world
6. In 2022, he was appointed a fellow of the Technical Association of the Pulp and Paper Industry, in recognition of his many research contributions to the industry

Dr. Lucia says the following about the influence of Italian American culture on his upbringing:

"I can distinctly remember how Papa one extremely late night in Bayonne, NJ, where I grew up, gently lifted me up after I fell asleep on the couch near him and placed me tenderly in my bed. I still feel Papa's strength in lifting me up because of his great love for me. That sense of lifting me up



never left me and was a touchstone for the approach of this Calabrian "Capa Tosta" (stubborn) toward life. Each person I met and knew was important to me. My advancement and rise in life was only because I cherished relationships. The spirit of "La Famiglia" cultivated in my Calabrian family became an indelible part of my core personality and how I related. I could never hold back effusively, reaching out to people, sharing energy, care, and concern, and hugging those who would let me. Being an Italian-American means a lot to me and I have always made sure each and every person knows where I come from. However, I know I can never fully share with everyone the unique experiences I had of being lifted up, but I try as much as I can because, God knows, the whole world needs to be lifted up now!"

Dr. Lucia definitely celebrates his Italian heritage. If one looks at his tag line on Twitter, it says "His appetite for love, life, and work is pure ITALIAN." When someone first meets him, he rarely tells him or her that he's a professor initially. It is "Hi, I'm Lucian" and very soon thereafter, "I am an Italian".

On behalf of all members of TSDOI, we are extraordinarily proud of our 2022 Outstanding Italian American in North Carolina Award Winner, Dr. Luciano Amerigo Lucia!

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

We are ecstatic to welcome six additional new members to the Triangle Sons & Daughters of Italy who joined at our Italian American Heritage Celebration! Let's extend our big hearts and the Italian American Welcome Wagon to:

Monique Andrews

Antoinette and John Finizio

Lina Boccone Louie

Georgiana and William Schmidt

Good & Welfare

One of our long-term members, Marie Knight, recently had knee replacement surgery for both of her knees. One knee is a challenge, and two knees requires a great deal to fully bounce back over the goal line.

If you know Marie, she persevered through 21 days of rehabilitation and is continuing to tackle the remaining recovery period at home.

Please keep Marie in your prayers, and if you would like to send her a get well note, you can either send her an email or a card to her home. Here is Marie's contact information:

Marie Knight: mknight14@nc.rr.com

3419 Arrowwood Drive, Raleigh, NC 27604

ITALIAN INVENTION OF THE MONTH: "I CHIODI"

Chiodo is the Italian word for "nail." While historians and archaeologists believe the first nail-like tools were used by the Homo Sapiens and the great Egyptians knew them, too, the first archaeology-attested signs of their use belong to Roman times and it was them, our ancient, sandal-clad ancestors, who made this now ubiquitous object mainstream. It was the Romans who began producing nails in large quantities, to be employed especially in construction.

Curiously, Roman nails had strong ties with the army, for more than one reason. It was common for legions that were to settle for a relatively long time in newly acquired provinces to have their own blacksmith. The craftsman would set up a workshop in the camp and produce nails to be used, in large part, for the construction of defense buildings. In Britain, the first attestation of the use of nails in the country comes from the archaeological digs of Inchtuthill, in Perthshire, where seven tons of nails left behind by a Roman garrison in 86 AD have been unearthed.

Roman blacksmiths would extract iron ore and make nails by hand; their nails were squared and tapered, with a large head: the bigger nails were used to build wooden defensive stockades around the camp, while smaller ones were best to put together timber roofing.

But the ties between nails and the Roman army – and between this tiny tool and our famous ancestors – don't end there: they were also used to make shoes. We are all familiar with the traditional sandals that Roman soldiers used to wear, we've seen them in so many movies! Well, you may not know that, despite looking like sandals, they were more like walking boots, which could be also worn with socks. They were called caligae and consisted of a leather sole, with laces that tied at the center of the foot and at the ankle. Nails served to reinforce the sole throughout, but also to allow soldiers to use their caligae as weapons to kick their enemies!



All Saints Day and All Souls Day

<https://italiantribune.com/all-saints-and-all-souls-day/>

In the United States, Halloween is a day of 'Trick or Treating' for children, but it is rooted in ancient traditions that extend beyond October 31st. In Italy, there are festivals and celebrations throughout the country commemorating the spirit world and those who have departed.

On November 1 and 2, Italians celebrate All Saints Day and All Souls Day. November 1 is known as La Festa di Ognissanti, a feast to celebrate all of the saints of the Catholic calendar. It is a public holiday and a holy day of obligation; schools and many businesses are closed for the feast. All Souls Day, known as *Giorno dei Morti* (day of the dead), commemorates loved ones who have departed.

ALL SAINTS DAY – NOVEMBER 1

Writings traced back a day to honor the saints to the year 609 AD, as the earliest to mention of the feast. All Saints Day originally took place in the spring, but it was eventually moved to November 1. In 835 AD, Pope Gregory IV authorized All Saints Day as a public holiday and for many in Italy it is customary to go to Mass and then visit the cemetery. In Rome, a large Papal Mass is open to the public. The Liturgical color for All Saints Day is white, which is intended to symbolize light, innocence, purity, joy, triumph and glory. Throughout the country, Mass is often held directly at the cemetery, while in some cases, it is celebrated in the church and then followed by a procession to the cemetery where the priests bless the dead.

On All Saints Day, Italians will visit their families and exchange gifts. For those who are named after saints, this is a day of celebration for them as well. Since it is celebrated in autumn there are a few seasonal delights that are common across Italy, including roasted chestnuts, pumpkin risotto and truffles. Still, there are different cuisines among the regions. In Liguria and Piedmont, a specialty for All Saints Day is *Ceci con le Costine*, a soup made of chickpea, celery, carrot, onion, tomato and pork rib. A delicacy that you will only find at this time of year called *Il Pan dei Morti*, a bread (or cookie) made with flour, sugar, eggs, crumbled biscuits, raisins, cinnamon and chocolate. If you are in Italy on November 1, keep an eye out at bakeries for this tasty delight; if not, we have included a recipe for you to try.

All Souls Day – November 2

Following All Saints Day is All Souls Day, a day to commemorate loved ones who have passed away. Families will visit their loved ones' gravesites, clean them and leave traditional flowers – the chrysanthemum. They are not traditionally given as gifts to the living and are commonly used to decorate grave sites on All Souls Day.

Far from being a somber affair, the graveside vigil is an occasion to thank their ancestors, a celebration of their lives and a chance for adults and children alike to chat with them



as if they were still here. In Rome, there was even a custom to eat a picnic at the graveside, a way of sharing a meal with dead loved ones.

BALDASSARI PUBLISHES HER LIFE NOVEL ENTITLED "GILDA, PROMISE ME"

If the living get closer to the dead on All Souls Day, it is also the time for the dead to get closer to the living. Some believe that the spirits of those departed return to earth on this day. To welcome them, one common Italian tradition was to set an extra place at the table or even put out a tray of food for invisible visitors. In parts of northern Italy as well as Sardinia, families traditionally go to the cemetery in the evening without clearing the dinner table so that spirits can come and help themselves without being disturbed. In other regions, people leave lanterns lit and fires burning overnight, while in Cremona in Lombardy, it is customary to get up early on All Souls Day and make the bed to allow wandering souls to find rest. In the Emilia Romagna, the poor are entitled to *carità di murt*, charity in the name of the dead, in the form of donated food or money.

All Souls Day begins at dawn, with a requiem Mass for the dead. Prayers are offered for the dead, as well as souls that are stuck in purgatory. All Souls Day also has a major focus on food. Like "trick-or-treating," children in Italy will walk around knocking on doors, saying, "Morti, morti," to receive cakes and sweets. Each region has its own variation of *dolci dei morti* – sweets of the dead, treats meant to sweeten the bitterness of death. Usually simple white biscuits are given, which are typically baked in the form of a bone as an edible memento. Another variation is *fave dei morti*, beans of the dead, which are small ground almond cakes in the shape of a bean. These are especially popular in Perugia and Trieste. The treats are sometimes given as gifts between lovers on All Souls Day, either as a comfort or a pledge to be faithful 'til death do us part.'

In Sicily, clove-scented cookies are made only for this day. Children who have been good and who remembered their departed relatives in their prayers, are rewarded with gifts of toys and sweets. The traditional treat is marzipan, sometimes hidden around the house on the morning of November 2nd. An even older tradition was for children to leave their shoes outdoors while praying to dead, hoping they would be filled with sweets and goodies in the morning.

Chickpea and Pork Rib Soup – Ceci con le Costine

<https://marysneat.com/chickpea-and-pork-rib-soup-recipe-northern-italian-ceci-con-le-costine-video/>

Ingredients

For the Soup

- 2 cups Dried chickpeas washed and soaked overnight. You can substitute cooked or canned chickpeas but add them in at the end of the cooking time.
- 2 tablespoons Clarified butter
- 2 tablespoons Lard
- 2 Thick-cut, bone-in pork chops or 1 pound (or more) meaty pork bones or pork spareribs
- 1/4 cup All-purpose flour or “Wondra” flour
- 2 Medium yellow onions, chopped
- 2 Carrots, peeled and chopped
- 2 Celery Stalks, including tops, chopped
- 2 Garlic cloves, minced
- 2 Bay leaves
- 1/2 teaspoon Thyme, dried
- 1 teaspoon Salt
- 1/2 teaspoon Black pepper
- 1/8 teaspoon red pepper flakes
- 1/2 cup White vermouth or white wine
- 15 ounce can chopped tomatoes
- 2 cup Shredded greens any greens will do such as kale, Swiss Chard, Beet Greens, or Lettuce
- Water, to cover pork chops by 1 inch

For the Croutons

- 3-4 cups Day old bread, cubed with or without the crusts
- 2 tablespoons Lard
- Salt, to taste

For the Soup Topping

- 1/4 cup Parmigiano-Reggiano
- 1 tablespoon Fresh parsley, chopped

Instructions

For the Soup

Heat the clarified butter and the lard in a large soup pot on medium heat.

Dredge the pork chops in flour and shake off excess. Sprinkle with a bit of salt and pepper.

Once the butter and lard are sizzling, add the pork chops and brown on each side. Approximately 3-5 minutes per side.

Once the meat has browned on both sides, add the chickpeas, if soaked overnight but uncooked. If using cooked chickpeas, add these at the same time you add the 2 cups of shredded greens.

Now add the onions, carrots, and celery to the pot.

Next, smear the garlic on top of each pork chop.



Allow the chickpeas and vegetables to sauté for a few minutes, then add the white vermouth.

Next, add the bay leaves, thyme, salt, black pepper, and red pepper flakes. And now add the chopped tomatoes.

Add approximately 6 cups of water to cover the pork chops by about

1 inch.

Bring soup to a boil, then turn the heat down to low and cover the pot. Allow the soup to simmer on low for 3 hours.

After three hours, the pork should be very tender and falling of the bone. At this point either shred the pork chops into the soup (and remove the bones), or if just serving two, leave the pork chops whole.

Add the shredded greens. Also, if using cooked chickpeas (or canned chickpeas), add them now. Simmering time will vary depending on type of greens used. If using lettuce, simmer for only a few minutes. If using a sturdier green such as kale, simmer at least 10 minutes.

Ladle soup into serving bowls and dot with croutons. Or, if pork chops have been kept whole, place a pork chop in each serving bowl and ladle with the soup. Dot the croutons around the pork chop so that they are floating in the soup.

Top the soup with a sprinkle of grated cheese and parsley. Enjoy!

For the Croutons

While the soup is simmering on low, make the croutons. Place the lard in a frying pan and melt it over medium heat.

Once the lard is melted, add in one piece of the cubed bread. If it sizzles, the temperature is correct. If not, turn up the heat slightly and try in another minute to two with a second cube.

Once the lard has come up to the proper temperature, toss in all the cubed bread and periodically toss them with a spoon or spatula until they are golden brown.

Remove the croutons to a paper towel-lined plate and sprinkle with salt. Set aside. Once the soup has been ladled into individual serving bowls, add some croutons to each bowl.

Pan dei Morti - Bread of the Dead Cookies

<https://www.bing.com/search?q=pan+dei+morti&cvid=2fada12576e246fca9254c1f6571571c&aqs=edge.0.0l8.16461j0j4&FORM=ANAB01&PC=LCTS>

Ingredients

- 1 cup raisins
- 1 cup dried figs or dates
- 1 ½ cups almonds or hazelnuts toasted and ground
- ½ cup Nocino or another Italian liqueur, or even orange juice
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ½ cup unsweetened cocoa powder
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 2 cups ground lady finger cookies
- 1 cup ground amaretti cookies
- 1½ cups sugar
- 5 eggs 3 egg yolks, 2 whole eggs
- 1 teaspoon vanilla
- confectioner's sugar for dusting

Instructions

1. Preheat oven to 350F. Line 3 cookie sheets with parchment paper.
2. On a baking sheet, toast the almonds for about 5 minutes. When they are cool, grind them (you could use hazelnuts or a mixture of almonds and hazelnuts); set aside.
3. In a small bowl, soak the raisins and dried figs in the liqueur.
4. Place the amaretti and lady fingers in the bowl of the food processor and finely grind them; set aside.
5. Reserve the liqueur from the dried fruit and grind the raisins and dried figs; set aside.
6. In a large bowl, sift together the flour, baking powder and spices. Whisk in the ground cookies; set aside. Be sure to stop the mixture while mixing to scrape the sides of the bowl.



7. In the bowl of a mixer, add sugar, the eggs, egg whites and vanilla. Mix until combined.
8. Slowly add in the flour mixture. Mix until combined.
9. Add in the dried fruit and a tablespoon of the liqueur. Keep adding the liqueur a teaspoon at a time until dough is combined (the dough shouldn't be too wet).
10. Remove the dough from the bowl and wrap it in plastic wrap. Chill in the refrigerator for 30-45 minutes.
11. Lightly flour the counter or a pastry board. Cut the dough into 6 parts. Flour your fingers if it helps you work with the dough. Roll the first part of the dough into a rope that is about 18 inches long. Cut the rope into 2 parts.
12. Cut the first section of dough into pieces that are about 3 inches long and 1 inch wide. Line them up with some space between them on the first baking sheet. Press down a little on each cookie and fix their shapes (the dough can be messy).
13. Continue the process with the other parts of the dough.
14. Bake for about 15 minutes. Dust with confectioner's sugar.