



Triangle Sons & Daughters of Italy

Serving the North Carolina Triangle since 2004

2817

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IL GIORNALE DI TSDOI

Marzo, 2023



Follow us on Facebook at
“Triangle Sons & Daughters of Italy”



And on our YouTube Channel
[youtube.com/@tsdoiyoutube7441](https://www.youtube.com/@tsdoiyoutube7441)

Please note that we take photos and videos at our events. If you do not want your image to appear on either Facebook or YouTube, you must tell the photographer at the time.

Il Giornale di TSDOI

Editor Nick Verna

Send comments or suggested materials to
nickverna14@gmail.com

TSDOI Calendar of Events

Mar 19 – Cafe Italia (Registration Closed)
April 12 – Stand Out Restaurant – Garibaldi Trattoria
Apr 30 – Festa dei Giochi (Festival of Games)
Jun 4 – Annual Family Picnic
Jun 17 – TSDOI Night at the Durham Bulls (Closed)

March Birthdays

This month we celebrate the birthdays of those members celebrating in March: Antoinette Finizio (1), Albert Genovesi (1), Bill Cerami (4), Josephine Romano (8), Elisa Rossi (10), Thomas Spampinato (14), Andrew Bonetti (18), Franca Luzzi (26), James Haire (27), Constance Lanaro (27), Mary Vittorio (27), Keegan Moro (29), Ric Riccobono (31).



Hold The Date

Two of the larger Italian American organizations in our area are the Triangle Sons & Daughters of Italy” and the “Triangle Italian-American Heritage Association”. In fact, several members in our TSDOI Lodge belong to both groups.

I've had numerous TSDOI members mention to me that it would be awesome if the two organizations sponsored one or two joint activities. We jumped on your suggestion, and we have set the date of Sunday, May 21st at 3:00 pm for an inaugural joint organization afternoon dinner event.

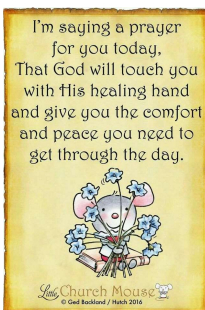
Both organizations need our members to take the initiative and sign up for this event when registration details are announced. We're planning a terrific home cooked multi-course Italian meal prepared by a cooking committee and music in a banquet hall at Our Lady of Lourdes Church in Raleigh. This is the opportunity for members in both groups to meet each other and share a fun time. The event is anticipated to cost \$20 per person for a superb menu and entertainment.

PLEASE PLACE A HOLD ON YOUR CALENDAR FOR SUNDAY, MAY 21ST AT 3:00 PM.

Registration details will be shared in the near future. This is the opportunity to turn another of your suggestions into reality.

Good and Welfare

Whether it be a recent short-term illness or a minor recovery, or a condition requiring longer-term significant care, we pray for the health of the following members: Tony Vittorio, Brad Moses, Giovanni Masucci, Rick Riccobono, Josephine Romano, Tom Spampinato, Georgiana Schmidt, Bill Schmidt, Fran Giannuzzi, Bob Giannuzzi.



Letter from the President

Dear Members:

While there's always time for a winter storm to sneak upon us, I think that we may have gotten lucky to breeze through this winter without a significant weather event. Quite honestly, that's fine with me if we just slide into Spring in a few weeks.



While the current season might be winter, our Lodge has been blossoming in First Quarter similar to the growing season. We began the year with a ricotta making class, opera, wine tasting, ravioli making, and in March we'll have our Café Italia/St. Joseph's activity.

As I have mentioned in a few emails, please look over the events page on our website and register for the programs of interest to you. I highly encourage registrations for Lunch at Garibaldi's, Festa Dei Giochi (Festival of Games), Annual Family Picnic, and the Bocce Tournament.

I hope to see you very soon at an upcoming activity. Our members are the reason why it's fun and a privilege to lead the Triangle Sons & Daughters of Italy.

Don

Don Cimorelli

TSDOI 2817 President

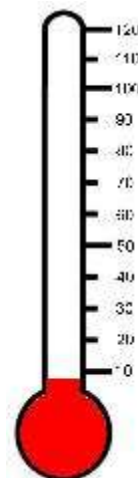
COOKBOOK V2 SUBMISSIONS UPDATE

We have had a very low start to the second volume of the TSDOI cookbook. To date we have only received 8 recipe submissions. Please help us reach our goal of 120 recipes

so that we can publish volume 2 of our heritage cookbook. To submit a recipe, click on the links below to get the submission form and guidelines on how to submit recipes.

<https://www.trianglersonsofitaly.org/wp-content/uploads/2023/02/2023-Edition-of-TSDOI-Cookbook-Submission-Guidelines-20230201.docx>

<https://www.trianglersonsofitaly.org/wp-content/uploads/2023/02/2023-Edition-of-TSDOI-Cookbook-Submission-Form-1.docx>



FESTA DEI GIOCHI (Festival of Games)



Sunday, April 30, 2023

Location: KW Legacy Realty, 1483 Beaver Creek Commons Drive, Apex, NC 27502

Time: 3:00 pm

Price: \$10 for TSDOI Members and \$13 for Guests

Co-Chairs: Billy Ward, Isabel Perry, Don Cimorelli

Event Description:

Come join us for a fun Sunday afternoon of games and food! Absolutely no skill required! Simply plan to laugh and have fun with other TSDOI Members while enjoying Pizza & Dessert. You might also be the winner of our 50-50 raffle!

We will break into small groups and rotate through a series of popular games with an Italian Twist such as Italian Family Feud, Italian Password, Italian Trivia, and Italian Pictionary.

Registration & Payment Process:

Click on the appropriate Payment Link below to register and purchase tickets:

[**TSDOI Member Payment Link**](#)

[**Non-Member Guest Payment Link**](#)

AFTERNOON DINING EXPERIENCE: STAND OUT AMONG RESTAURANT COMPETITION



Wednesday, April 12, 2023, TIME: 1:00 pm

PLACE: Garibaldi Trattoria, 900 N Main St, Fuquay-Varina, NC 27526

This is our inaugural event. See page 5 of this newsletter for additional information. Here is the link to Garibaldi Trattoria: <https://www.garibalditrattoriapizzapasta.com/> Each member pays for their own meal at the restaurant. Attendees complete the restaurant evaluation form at the end of lunch. Within a few days, the restaurant manager will receive a consolidated summary of the TSDOI dining experience.

No reviews are posted to social media by the individual attendees. The Lodge wishes to provide helpful feedback, both positive & constructive, to the restaurant manager to support their efforts to STAND OUT AMONG THE RESTAURANT COMPETITION and run a successful dining enterprise.

REGISTRATION: Please send an email to Don Cimorelli (Donald.Cimorelli@gmail.com) to RSVP for this fun event to experience a new restaurant and enjoy the friendship and company of TSDOI members.

Go to <https://www.trianglesonsofitaly.org/events-2-2/> for additional information.

FUN FACTS ABOUT ITALIANS IN NORTH CAROLINA

Did you know...?

- Over 120 Italian companies call North Carolina their home.
- Each year, hundreds of students from around the state embark on exchange programs to Italy.
- Italian faculty members at the state's top institutions teach a wide variety of fields – from engineering to business, and from the arts to language.

ANNUAL FAMILY PICNIC WITH SCHOLARSHIP AWARDS

Sunday, June 4, 2023

Rotary Shelter at Harold Ritter Park, 301 West Lochmere Drive, Cary, NC 27511

TIME: 3:00 pm – 8:00 pm (Dinner Served at 4:00)

PRICE: \$13.00 for TSDOI Members
\$16.00 for Non-Members
\$6.00 for Children Under 10

EVENT CO-CHAIRS: Fran Giannuzzi, Caroline Connor, Don Cimorelli

MENU & PICNIC ACTIVITIES

- 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 & Adults
- Left Right Center Game (Bring 3 One Dollar Bills)
- 50-50 Raffle

REGISTRATION & PAYMENT PROCESS: To register and purchase tickets, click on the link below to pay online, or if paying by check, please mail the check made out to TSDOI to Fran Giannuzzi, 548 Clarenbridge Drive, Cary, NC 27519

[TSDOI Members Payment Link](#)

[Non-Members Payment Link](#)

[Children Under 10 Payment Link](#)



RALEIGH REGIONAL BOCCE TOURNAMENT



Saturday, May 20, 2023

Time: 9:00 AM
Clayton Community Park Bocce Courts
1075 Amelia Church Road, Clayton, NC

Triangle Sons and Daughters of Italy Lodge 2817 is sponsoring this qualifying round of the Tenth Annual NC Statewide Bocce Tournament. Details and the team application are available in the following file.

2023 Raleigh Regional Bocce Tournament Entry Form

Entry forms and \$60 team entry fee (\$100 if sponsored) are due by Monday, May 15, 5:00 PM. Applications listing at least one team member will be accepted to reserve a slot, but no refunds. Individuals who would like to be placed on a team need to contact Bob Giannuzzi (see below). This year, we are also soliciting businesses for \$50 sponsorships without entering a team. Net proceeds will be used to support the Doug Flutie Jr. Autism Foundation.

Contact: bgiannuzzi@hotmail.com for additional information.





Wine Tasting at Capri Flavors



Great Food! Great People! Fantastic Wine. Don't forget to stop by Capri Flavors in Cary to get the triangles best selection of Italian wine, cheese, meats, pasta, and lots of other Italian products. They even have seeded Italian bread shipped in frozen from New York.



Ravioli Making with Nonna Suzy - fun overload. Prepared and ate homemade ravioli, salad, pizzelle and affogato (ice cream /espresso drink).



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.

New Members

Please welcome Gordon and Karen Griffiths who heard about us through the Internet. They moved to Cary from Ohio in 2021 in order to be near their grandchildren. Karen's Italian heritage is from Ascoli Piceno a province in the Marche region. Gordon is a retired Engineer and Karen is a retired Accountant. They both like to cook and are looking forward to attending our upcoming events and meeting our members. Welcome Gordon (gordon.griffiths58@gmail.com) and Karen (kgriffiths714@gmail.com)

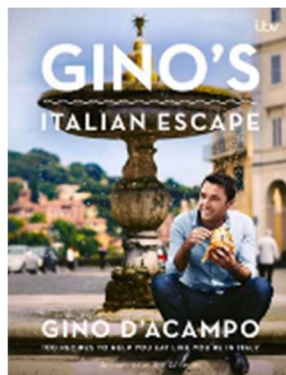
Italian Cooking / Travel Shows to Watch

If you enjoyed Stanley Tucci, you'll enjoy the following shows. They both run on free streaming services but you'll have to watch commercials.

Gino's Italian Escape

Tubi Streaming Service

TV chef Gino D'Acampo returns to his home country of Italy and embarks on a culinary odyssey, from major cities like Rome and Naples to coastal villages, to discover the secrets of its cuisine in this cooking travelogue adventure.



David Rocco's Dolce Vita

Plex Streaming Service

David Rocco's Dolce Vita 5 lets viewers experience the heart of Italy through the eyes of its biggest fan. David makes his triumphant return to Florence and the Tuscan region to reconnect with old friends and make new discoveries along the way. Home of cucina povera,

Chianti Classico and the birthplace of the Renaissance, Tuscany is where food, art, fashion, and culture are part of everyday living.



Arguably one of Italy's most popular regions for tourists, David shows the audience the undiscovered parts of Tuscany, all in search of simple, accessible Italian cuisine.

David Rocco's Napoli



YouTube TV Streaming Service

David is in Naples: one of the world's oldest inhabited cities, and a treasure trove for foodies and travel junkies alike. Famous for its music, museums and thriving arts, this Southern Italian city is also the birthplace of pizza and espresso as we know it, making it the perfect place for David to embark on a culinary adventure. He uncovers hidden gems in the city and explores the surrounding scenic islands of Capri, Ischia, Procida and the beautiful Sorrento peninsula. Through David, we get to know the proud and passionate Neapolitans and experience the real Naples: gritty, colorful, vibrant, and full of life.

David Rocco Amalfi Getaway



In this episode David focuses on the lemon of the Amalfi coast and meets Maria and Vincenzo in Minori at Agriturismo Villa Maria.

Available on YouTube at

https://www.youtube.com/watch?v=BjkT8S82lmc&ab_channel=Agriturvillamaria

Celebrating St. Joseph's Day Table

One of the most popular traditions of St Joseph Day is to set the Tavola di San Giuseppe, or the Table of Saint Joseph. It is customary to set the table on the evening of March 18 with pasta, vegetables, fresh fish, eggs, pastries, fruit and wine, and to invite the poor into your home to eat.



Since the day falls during Lent, the dishes are all meatless (at least by the Catholic definition, which doesn't count fish as meat.) Though the dishes vary from region to region, they often include fava beans, which were one of the few crops that flourished during a serious Sicilian drought in the Middle Ages; breadcrumbs to represent sawdust (Joseph taught Jesus the carpenter's trade); and various breads and pastas – Pasta con Sarde" being one of the most popular.



Also, St Joseph's day has a strong significance for Sicilians who attribute help from St. Joseph for saving them from the drought. Sicilians set up their St. Joseph's table to look more like altars laden with special foods, flowers, and devotional objects to give thanks for the help the saint gave during the drought, and for individual prayers the celebrants believe he has answered, such as bringing a loved one home from war.

The second most celebrated St Joseph's day tradition is the special pastry that emerges a couple of weeks before the feast day and then disappears until the following year: the Zeppole di San Giuseppe. And, not surprisingly, every region in Italy has a variant of the recipe.



If in Salento, Apulia, zeppole are traditionally fried in lard, and made with water, lard, salt, flour, grated lemons and eggs. In Reggio Calabria, ricotta cheese and cinnamon are also added, and they are shaped differently.

In Rome, they are called bigne' and you'll see them served plain with only a dusting of sugar. But in Naples, they are filled with vanilla cream or custard and they call them zeppoli.

The Sicilian version is a fluffy batter squeezed through a pastry tube into a circle, fried in oil, then filled with sweet ricotta cream cheese before getting a generous dusting of confectioners' sugar and a cherry on top. Those are called Sfinge di San Giuseppe.



If you take the time to make any of these region-specific St Joseph's pastries, you will surely agree that they are nothing short of heavenly. Or get

yourself to Arthur Avenue in the Bronx for an authentic taste of each of the pastries.

Pork & Ricotta Meatballs

From Fran Giannuzzi

Servings – 12-14 Meatballs

Ingredients

½ C (4 oz.) Whole-Milk Ricotta
½ C (2 oz.) Grated Parmesan (do not use Romano)
1 tsp Table Salt
1 tsp Freshly Ground Pepper
1 lg. Egg
½ C Plain Bread Crumbs
1 tsp Dried Parsley
1 lb. Ground Pork
Tomato Sauce (optional)

Directions

Preheat your oven to 425°F.

Combine all ingredients except the pork until thoroughly mixed. Using your hands to mix in the ground pork until uniform.

Shape approximately 3 tablespoons of the meat mixture (#20 Scoop) into meatballs and place them 1 inch apart on a greased cookie sheet.

Bake until golden or the meatballs reach 160°F, about 15 minutes.

The meatballs can be eaten immediately as is or you can add them to tomato sauce and cook for an additional 15 minutes.

Serve immediately.

★ **NOTE:** These meatballs freeze well, place them on a clean cookie sheet until frozen, then place them in a zippered bag or airtight container. Reheat the meatballs by placing the frozen meatballs in a preheated 375°F oven until warmed ~ 20 minutes.



Italian Inventions: The Crosswords

Who isn't familiar with – and tried to solve – the ubiquitous crosswords? Some of them, like those of the *Settimana Enigmistica* in Italy, the *Guardian* and the *Times* in the UK or the *New York Times* in the US, have legendary status.

It is traditionally believed that they were invented at the beginning of the 20th century either by a Brit, Victor Orville, or an American, Arthur Wynne. The first would have come out with the idea while imprisoned in a South African jail; the second had his “word-cross puzzle” published in 1913 on the *Fun*, a supplement of the *New York World*. Italy was to enter this narrative only on the

8th of February 1925, when an “*indovinello delle parole crociate*” was published by *La Domenica del Corriere*, officially Italy's first cruciverba.

However, things may not be quite like that. According to many, the true father of the crossword puzzle was an Italian, Giuseppe Airoldi, who had his invention – a crossword without black squares – published in *Il Secolo Illustrato*, a daily based in Milan, on the 14th of September 1890, 23 years before Wynne's own crosswords. He had called it *parole incrociate*, which means literally “crossed words,” and which was the way our grandparents would call them. It was exactly what you would expect: a series of vertical and horizontal numbered definitions, whose solutions crisscrossed with one another.



Historians found out that Giuseppe Airoldi is the true inventor of crosswords.

There are two reasons why not many know about Airoldi and his invention: first of all, it was published anonymously and, second of all, it had very little success, so it wasn't proposed again. Airoldi would die only one year after having his *parole incrociate* published, in 1914, and his name was forgotten until the 1960s, when researchers found out about him. However, it was only in 2013 that he became – almost – a household name, after the publication of *L'uomo delle parole incrociate* by Giorgio Spreafico who, for the first time, recounted the story of the true -but unknown – father of crossword puzzles to the world. If you are interested in it, you can find the book on Amazon for about 15 bucks, but only in Italian!

St. Joseph's Day Bread - Pan di San Giuseppe



St. Joseph's Bread is a bread that is traditionally served on St. Joseph's feast day (Feast of San Giuseppe) which is March 19. The dough is shaped into a variety of designs for loaves that will adorn the St. Joseph's Table. Traditional forms are crowns, crosses, staffs, wheat sheaves, images of St. Joseph, and braids of the Blessed Mother. The bread has a texture similar to a good homestyle white bread with a slightly sweet taste. Since St. Joseph was a carpenter by trade, breadcrumbs and sesame seeds signify sawdust.

Some St. Joseph's Day breads also include raisins. If you wish to add them, use 1/2 to 3/4 cup of golden raisins soaked in hot water for about 30 minutes to plump them. Drain them and add them to the dough after the first rise and before you form the dough into ropes. Our recipe directions are for making the dough with an electric stand mixer but, of course, you can mix and knead the dough by hand and shape into other designs. This bread is nice with butter or jam; it also makes a good sandwich bread, and a delicious French toast.

(Makes 1 loaf - approx. 18-inches in length)

Ingredients:

2/3 cup warm milk, 105 - 115 degrees F.
1 (1/4-ounce) package dry active yeast
3 cups bread flour, divided
1/4 cup sugar
1 teaspoon salt
2 tablespoons melted butter
2 eggs
1/2 teaspoon anise seed or 1 teaspoon anise extract

Egg wash: 1 egg mixed with 1 tablespoon water
Sesame seeds

Directions:

Stir the yeast into the warm milk and allow to rest for 10 minutes.

Pour the yeast mixture into the bowl of an electric mixer. Add 1 cup of flour, sugar, salt, and melted butter. Beat the mixture with the paddle attachment for 2 minutes. Add the eggs, anise seed or extract, and another cup of flour. Beat for 2 more minutes.

Change from the paddle attachment to a dough hook. Add the remaining flour, 1/4 cup at a time, until the dough starts to come together. You may not need to add all of the flour. Then allow the dough hook to knead the dough on medium for 3 to 4 minutes. Transfer the dough to a greased bowl. Cover and allow to rise in a warm place until doubled in volume, about 1 hour.

Punch the dough down and divide it into 2 equal pieces. Roll each piece into a 20 - 22-inch rope. Place the 2 ropes on a parchment lined baking sheet. Loosely twist the ropes together, tucking the ends under. Cover and allow to rise until doubled in size, about 30 - 40 minutes.

Preheat the oven to 350 degrees F.

Brush the loaf with the egg wash and sprinkle liberally with sesame seeds.

Bake for 30 to 35 minutes or until golden brown.

Transfer to a wire rack to cool.

