



Triangle Sons & Daughters of Italy

Serving the North Carolina Triangle since 2004

2817

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IL GIORNALE DI TSDOI

Aprile, 2023



Follow us on Facebook at
"Triangle Sons & Daughters of Italy"



And on our YouTube Channel
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

April 12 – Lunch at Garibaldi Trattoria (Closed)
April 15 – Italian Citizenship Seminar
April 24 – Conversational Italian
Apr 30 – Festa dei Giochi (Festival of Games)
May 20 – Bocce Tournament
May 21 – Guess Who's Coming to Sunday Dinner
Jun 4 – Annual Family Picnic
Jun 17 – TSDOI Night at the Durham Bulls (Closed)
Sep 2 – Family Breakfast at O'Charley's
Oct. 29 – Italian American Heritage Celebration
Dec. 10 – Christmas Dinner
Dec. 17 – Holiday Cookie Exchange

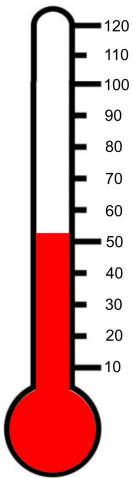
APRIL BIRTHDAYS

This month we celebrate the birthdays of those members celebrating in April: Robert Pulverenti (2), Donald Cimorella (3), Matthew Kunath (4), Linda Haire (8), Christopher Tarantino (8), Lina Boccone Louie (9), Ted Lumbrazo (11), Anya Borysenko (14), Pat DiLeonardo (14), Joan Kessler (18), Amy Stica (18), Carmen Tarantino (24), Robert Gleason (25), Deborah Nachtrieb (27), Victor Navaroli (28), Carmella Alvaro (29).



COOKBOOK VOLUME 2 SUBMISSIONS UPDATE

Members have made great progress toward our goal of at least one hundred recipes for volume 2 of our cookbook. The recipes so far have been great, and I have already made several of them.



Your contribution will not only help us complete our cookbook but will also allow us to share our Italian heritage with others through food. We believe that food is a powerful way to connect with our culture and our roots, and we want to share this with as many people as possible.

Submitting your recipe is easy – simply email it to me at nickverna14@gmail.com. I can accept word, google docs, pdf, or photos of recipes. Please include your name and a brief description of the dish and background on where it came from. If you have a picture, please add that as well. We will make sure to give credit to each recipe contributor in the cookbook.

LETTER FROM THE PRESIDENT

Dear TSDOI Members:

As we usher in the month of April, I hope that you are enjoying the kick-off of Spring (absent the North Carolina pollen of course) and getting ready to prepare a few traditional Italian foods and desserts for the Easter Holiday.



As Italian Americans, we certainly have so many wonderful culinary dishes associated with the holidays throughout the year. I'm looking forward to preparing homemade manicotti and Neapolitan Macaroni pie, along with cheesecake desserts for Easter. Are you looking for a side dish? Try making mushroom or asparagus risotto as I did a few weeks ago in the above photo with a friend at a college reunion.

Speaking of food, if you have not yet submitted your recipe for the Triangle Sons & Daughters of Italy Cookbook Volume 2, please plan to do so by April 30th. Please refer to my prior emails with the recipe format.

Our Lodge has a very active Spring event schedule. To assist us to plan accordingly for each event, it would be extremely helpful if you could register now for the following three events on our website : <https://www.trianglesonsofitaly.org/events-2-2/>

April 30th - Festa dei Giochi (Festival of Games)

May 21st - Guess Who's Coming to Sunday Dinner (Joint TSDOI & TIAHA Dinner)

Jun 4th - Annual Family Picnic

We have a great deal of fun planned for each of the above events, and they are an excellent opportunity to meet our new members. I hope to see you soon!

Don

Don Cimorelli

TSDOI 2817 President

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](#)

TSDOI CONVERSATIONAL ITALIAN MEET-UP

We have TSDOI members with an appetite to acquire Italian language skills, but our pantry of conversational skills range from a few words to those who speak quite well. Once per month, a bunch of members gather to help each other learn a little more. Helpful hints are shared on how to learn and brush up on the Italian language during the sessions. Don't be shy to try it out even if you primarily listen. Below is the information on our next TSDOI Conversational Italian Meet-Up:

Monday, April 24, 2023 at 10:00 am
Keller Williams Legacy, 1483 Beaver Creek Commons Drive, Apex, NC 27502

Please send an email to Don Cimorelli (Donald.cimorelli@gmail.com) if you wish to attend on April 24th.

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: bjgiannuzzi@hotmail.com for additional information.



CURIOSITA ITALIANA

1. What famous structure contains more marble from the Roman Colosseum than any other?
2. For what purpose did ancient Roman Gladiators use olive oil?
3. What is the largest metropolitan area by population in Italy?
4. In America, the voltage of electrical outlets is 120V. What is the voltage in Italy and the rest of Europe?
5. In what year did women win the right to vote in Italy?
6. This tradition, established around 400BC by the Etruscans and later adopted by the Romans, resulted in the expression "getting a lucky break". This tradition involved hens since they were perceived as having the power of premonition. What is this tradition that we have even today?
7. Which college was the first in America to offer Italian language instruction? (Hint: located in Virginia)
8. Why does legend hold that Rome was named after Romulus rather than after the brother Remus?
9. This company is one of the largest shippers of fresh fruit in the world. Name the brothers who established this company that bears their last name.
10. What are the names of the two Italian houses of Parliament.

ANSWERS

- 1 - St. Peters Basilica
- 2 - Salve for wounds
- 3 - Milan
- 4 - 220 Volts
- 5 - 1946
- 6 - Wishing and then pulling apart a wishbone
- 7 - The College of William and Mary
- 8 - Because legend says that brother Romulus killed Remus, thus Rome was named after the surviving brother.
- 9 - DIGIorgio
- 10 - Chamber of Deputies and Senate

CAFÉ ITALIA & ST JOSEPH TABLE



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 **Raymond Mantovani** who heard about us through our member Silvio Lanaro. Thank you, Silvio. Raymond is originally from Brooklyn, NY and his Italian heritage is from Calabria. He is a retired Physician who worked not only in New York but also in New Jersey. He relocated to Chapel Hill five years ago to be near his family. Raymond tells a wonderful story of spending a month in Italy in the house where his family lived. Some of our members have had that same experience and can share at an upcoming event. His interests are in music, tennis and SCUBA. Welcome Raymond at Mantovani5@hotmail.com.

Please welcome **Anya Borysenko and her daughter Natalia Harvey** who learned about us on our Facebook page. They are originally from Brooklyn, NY. After spending 19 years in Florida, they relocated to Youngsville. They are joining as social members and "enjoy all things Italian". Anya is a retired high school Art Teacher and Natalia is a Nursing Assistant in home care. Anya enjoys singing, dancing, and traveling and Natalia also enjoys singing, cooking and photography. They look forward to socializing with our members and experiencing everything Italian. Welcome Anya and Natalia at nharvey239@gmail.com.

Please welcome **Ralph Iovino** who heard about us through Nick Verna during their early morning walks. Thank you Nick. Ralph's Italian heritage is from Anagni, Salerno and Campania. After retiring in New York as a Mechanical Engineer he relocated to Morrisville to be close to his daughter. His hobbies are painting, woodworking, reading and history. He looks forward to serving as a Council member, committee member and playing in the bocce tournament. Welcome Ralph at rmintzer@twc.com

Please welcome **Gary and Diane Whitmore** who heard about us at Festa Italiana in Raleigh and on Facebook. Gary is originally from New Jersey and Diane is from New York City and they have been in Cary and Fuquay Varina since 1996. Diane's heritage is from Naples and Sicily. She works for a consulting firm in IT Services and Gary is an Autobody Manager for Automotive Collision

Specialists. They enjoy traveling and being with family and friends. Diane will be attending our event at Garibaldi Trattoria on April 12th. Welcome Gary at gary.whitmore@yahoo.com and Diane at diane.whitmore1@yahoo.com.

Please welcome **Lawrence (Larry) and Susan Schiro** who saw our web site on the Mama Mia's Restaurant web site. In 2020 they relocated from Virginia to Apex to be near Susan's Mother. Larry was born in Brooklyn, NY and his Italian heritage is from Sicily and Calabria. Susan is from California. They both are retired Financial Advisors. They are glad they discovered our Lodge's website and are looking forward to sharing Italian culture. Welcome Larry at larry.schiro007@gmail.com and Susan at susan.schiro@gmail.com.

Please welcome **Shannon Zarb** who heard about us at the Italian Festival. Although she has been a member of the national OSDIA, she has decided to enjoy membership in our local Lodge. She is originally from Long Island, NY and relocated to Rolesville 15 years ago. She is strongly passionate about her Italian heritage from Calabria (San Fili), Naples and Sicily (Vizzini). Shannon is a virtual high school English teacher and her interests are cooking, photography, outdoor activities, music and art. Welcome Shannon at shannonzarb@gmail.com

Please welcome **Mary Rose Sefter and her daughter Becca** who heard about us through Christie Anderson and joined yesterday at our Cafe Italia Musical. Thank you Christie for bringing them to the event. Their Italian heritage is from Abruzzo and Naples. They relocated 15 years ago from Connecticut and live in Cary and Raleigh. Mary Rose is a middle school Special Education Teacher, and she enjoys crafting, volunteering and reading. Becca is a Public Relations Executive and also enjoys crafting and movies, foodie, breweries, concerts and traveling. Welcome Mary Rose mrsefter@aol.com and Becca: rebeccasefter@gmail.com.

'THE LAW ACCORDING TO LIDIA POËT'



This Italian-language period drama, dubbed into English, is based on the life story of Italy's first modern female lawyer, whose disbarring – at the gavels of sexist men – helped galvanize a movement to allow women to practice law

there. The show takes place in 1882 Turin. The best thing about the recently released show isn't the cases, which are interesting enough, or even the will-they-won't-they romance between Lidia and a journalist named Jacopo Barberis (Eduardo Scarpetta) – it's Matilda de Angelis ("The Undoing"), who makes a charismatic lead as the pioneering avvocatà. (Streams on Netflix, TV-MA, Sex and Nudity)

JAMIE'S ITALIAN CHRISTMAS



Jamie Oliver travels to different parts of Italy to find out how Italians celebrate Christmas. (YouTube)

<https://www.bing.com/videos/search?q=Jamie%27s+Italian+Christmas+Series+1&view=detail&mid=A7AC71576CAD790DCD58A7AC71576CAD790DCD58&&FORM=VRD GAR&ru=%2Fvideos%2Fsearch%3Fq%3DJamie%2527s%2BItalian%2BChristmas%2BSeries%2B1%26FORM%3DRE STAB>



THE WORLD PREMIERE OF ITALIAN RENAISSANCE ALIVE OPENS AT BILTMORE

Prepare to be transported to one of the greatest artistic periods in history during the exclusive world premiere of Italian Renaissance Alive, created by Grande Experiences and hosted on the grounds of Biltmore in Asheville, N.C. Vivid large-scale displays set to a powerful operatic score celebrate Italian culture, architecture, sculpture, and literature spanning the Renaissance period of the 14th to 17th centuries. The exhibition runs March 3, 2023, through Jan. 7, 2024.

Biltmore in Asheville, NC, will host Italian Renaissance Alive, an exhibition featuring large-scale projections of some of the world's most revered Italian artists and sculptors of the Renaissance period.

Biltmore in Asheville, NC, will host Italian Renaissance Alive, an exhibition featuring large-scale projections of some of the world's most revered Italian artists and sculptors of the Renaissance period.

Using large-scale projections of great beauty and detail, hundreds of masterpieces from some of the world's most revered Italian artists and sculptors surround visitors in the brilliance of one of the greatest artistic periods in history.

Light, color, sound and fragrance are choreographed in this multi-sensory experience to explore Michelangelo's Sistine Chapel, Leonardo da Vinci's Mona Lisa and The Last Supper, Botticelli's The Birth of Venus, and other works by Raphael, Caravaggio, Titian, and Veronese among others. An Italian operatic score will accompany the immersive visuals, including the musical works of Puccini and Verdi.

The Vanderbilts' love of Italy and fine art

Italy was a special place for George Vanderbilt, founder of Biltmore. He and his wife, Edith, spent six weeks near Stresa in the Lake District of Italy after their Parisian wedding in spring of 1898. Having visited Milan, Italy in 1880, he was eager to share his love of Italy and its great works of art with his new bride.

During Italian Renaissance Alive, visitors will learn more about George Vanderbilt's interest in the arts as well as his support of prominent artists of his time. Several family portraits that hang in Biltmore House today represent his patronage, including works he commissioned by John Singer Sargent and James McNeill Whistler.

Visit www.biltmore.com for information on tickets.

CHOCOLATE SALAME

<https://anitalianinmykitchen.com/chocolate-salame/#recipe>



Chocolate Salame, a fast, easy, no bake, Italian sweet dessert or snack. The perfect Easter or any time treat.

Ingredients

3½ ounces good quality dark chocolate (melted)
¼ cup milk
7 tablespoons butter soft
2 cups broken social tea biscuits
¼ cup sugar fine
¼ cup unsweetened Dutch processed cocoa (sifted)
1 pinch salt
¼ cup finely chopped almonds (optional)
¼ cup powdered sugar

Instructions

Melt the chocolate, milk, and butter until smooth in a double boiler over simmering water.

In a large bowl mix together the broken cookies, sifted cocoa, sugar, salt and chopped nuts.

Add the melted chocolate mixture to the dry ingredients and stir to combine well.



On a large piece of parchment paper place the mixture and roll into a log shape, wrap with the paper and refrigerate approximately 2-3 hours or overnight.

Before serving, roll in the powdered sugar. Slice and serve. Enjoy!

A TYPICAL ITALIAN EASTER DINNER

<https://www.thespruceeats.com/italian-easter-food-traditions-2019227>



Traditionally, Easter (Pasqua in Italian) marks the end of the long, lean period of privation during Lent, a time when foods such as meat, eggs, butter, and lard were not eaten. And so the holiday was an occasion for an abundant and indulgent feast—though, really, what Italian holiday isn't?

Even though Lent is no longer as strictly observed as it once was, Easter is still time for celebration, especially at the table. A popular Italian expression, "Natale con i tuoi, Pasqua con chi vuoi," means "Christmas with your parents, Easter with whomever you want." In other words, it's traditional to spend Christmas (Natale) with family, but Easter (though it probably still involves family, as most Italian holidays do), is a bit looser, and you're free to celebrate it with your friends. But no matter who joins you at your table, there will most likely be certain dishes presented at an Italian Easter meal.

Soup

A traditional Italian Easter meal might start off with a soup, such as the Naples classic that has become popular throughout the world, Italian wedding soup. Originally a peasant dish, made by using whatever meat and greens were leftover, this quintessential Italian soup has become ubiquitous with holiday and celebratory meals. The name, *minestra maritata*, means "married soup," referring to the flavors blending together. However, the English translation turned it into Italian wedding soup, giving the impression the dish is saved for matrimonial celebrations.



Egg Dishes



Eggs—both dyed and cooked—are an important part of the Italian Easter celebration as they are a symbol of renewal and

rebirth. You will find them in dishes such as a torta pasqualina, an Easter pie made of eggs, ricotta, and chard that is popular in Liguria, as well as a brodetto pasquale, which is similar to a frittata. This dish from the Basilicata region incorporates eggs with lamb and asparagus, although the original recipe uses wild cardoons, a vegetable that can be hard to find.

Lamb



Another symbol of spring is the lamb, and you will find this type of meat on many an Italian Easter table. It may be in the form of agnello

atta scottadito, Italian grilled lamb chops with juniper berries, or you may be served braised lamb shanks, Italian-style.

Vegetables



In true Italian style, cooks will create vegetable dishes using whatever is fresh at the market or in the garden.

And, seeing that Easter signals the beginning of spring, the selection will most likely be, to name a few, artichokes, asparagus, and a type of chicory called ciccoria, which may be hard to find in the U.S. Stuffed artichokes are a favorite way to prepare this vegetable, either with garlic-cheese breadcrumbs or with a meat stuffing.

Bread

Southern Italians make many types of elaborate savory Easter breads which often incorporate meats, cheeses, and whole eggs in their shell. The casatiello from Naples is one such bread, baked into a ring topped with whole eggs. The casatiello of the Liguria region was traditionally made with 33 thin layers of dough, one for each year of Jesus's life.



A simple, braided bread is also traditional at Italian Easter meals. Scented with anise and lemon, it definitely has a characteristic Italian flavor. There are many sweet Easter breads, as well, the most widespread being the colomba, a dove-shaped sweet yeast bread topped with slivered almonds and crunchy pearl sugar, rather similar in texture and flavor to the classic Italian Christmas cake, panettone. The colomba originated in the Lombardy region but is now popular throughout Italy and in Italian communities abroad.

Sweets and Desserts



A well-known Easter dessert is the Pastiera Napoletana, so popular that now it is eaten year-round. It's creamy ricotta and semolina cake flavored with lemon zest and

orange-blossom water, and traditionally made with wheat berries (symbolizing fertility) and candied orange peel. This version is lighter, faster (the traditional version takes several days to make), and crust-free, and has raisins instead of wheat berries.

Another classic ending to the Italian holiday meal is a Florentine Easter cake or schiacciata. It is tinged with orange flavor from the fresh juice and zest, and can be filled with pastry cream or whipped cream, as well as enjoyed simply as is dusted with confectioner's sugar.

And for the children, the most popular Easter treat is hollow chocolate eggs containing toy surprises.