



Triangle Sons & Daughters of Italy

Serving the North Carolina Triangle since 2004

2817

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IL GIORNALE DI TSDOI

Giuno, 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

Jun 4 – Annual Family Picnic
Jun 5 – Conversational Italian
Jun 17 – TSDOI Night at the Durham Bulls (Closed)
Oct 29 – Italian American Heritage Celebration
Dec 10 – Christmas Dinner
Dec 17 – Holiday Cookie Exchange
Feb 4 - Opera

June Birthdays

This month we celebrate the birthdays of those members celebrating June: Mary Rose Sefter (5), Lucia Williams (5), Anthony Romano (10), Julia Bledsoe (11), Ralph Dolfi (11), Joyce Moses (12), Vivian Dewey (17), Rosemary Verna (20), Monique Andrews (21), Natalia Harvey (21), Leah Antkiewicz (23), Francine Cerami (24), Barbara White (28), Hadley Bledsoe (29).



SS 2817 Construction Complete



The Crew of SS 2817 is pleased to announce that ship construction of our Italian Ocean Liner has been completed!

Over the next few months, we will be taking the ship out for trial runs in preparation for your immigration to the United States of American on **Sunday, October 29th**. During this planning period, we are also tightening up plans for the culinary and entertainment details associated with your immigration itinerary.

The Italians are Coming to America and we're going to designate our arrival in October as Italian Heritage Month!

Letter From the President



Dear TSDOI Members:

The Triangle Sons & Daughters of Italy doesn't take the summer off. We keep on sponsoring social, cultural, & charitable programs for your enjoyment.

Come chill with us during the summer season. We offer very different types of events during the summer to meet the diverse interests of our members.

For me personally, I'm thrilled to have the opportunity to attend our Picnic, Durham Bulls Game, Conversational Italian Meetups, and Afternoon Dining Series.

Please continue to check out our events page on our website (<https://www.trianglersonsofitaly.org/events-2-2>). I hope to see you very soon at a summer activity.

Don

Don Cimorelli

TSDOI 2817 President

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 Non-Members

\$6.00 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](#)

TSDOI CONVERSATIONAL ITALIAN MONTHLY MEETUP



We have TSDOI members with an appetite to acquire Italian language skills, but their pantry of conversational skills ranges 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 attend primarily to listen.

Typically, the Meetup is scheduled on a Monday morning around 10:00 am or at 1:00 pm. Most Meetups are held at Keller Williams Legacy Realty Office, 1483 Beaver Creek Commons Drive, Apex, NC 27502

Please contact Don Cimorelli (Donald.cimorelli@gmail.com) if you would like to be added to the distribution list which announces the date, time, and place for the Monthly Meetup.

Thank You from Family Promise

Volunteer Highlights

We couldn't do what we do without the help of our volunteers. This month, we'd like to offer thanks to Foundry, Cortland, Sheetz, and the Sons and Daughters of Italy for making a difference in our community. Foundry, Cortland, and Sheetz provided landscaping, painting, and other maintenance services while the Sons and Daughters of Italy hosted a cookout for our families in our Emergency Shelter and Transitional Housing programs.



Bocce Tournament 2023



Thanks to everyone who participated in our Bocce Tournament and our sponsors, TSDOI is proud to announce that we raised \$1,000 for the Doug Flutie Jr. Foundation.



Guess Who's Coming for Sunday Dinner?

The dinner was a great success bringing together 65 members of TSDOI, TIAHA, and WIAWC. It was an afternoon of great food, desserts, conversation, wine, and dancing. The food was even prepared by our own members.



TSDOI Scholarship Winners 2023

Congratulations to our three scholarship winners.

Olivia Bledsoe

Olivia is the daughter of long-time member Karen Palermo Bledsoe. She learned about her family's history in Calabria, Italy when she obtained dual citizenship in 2020. Olivia enjoys attending events at TSDOI and helping at Festa Italiana – these make her appreciate the strong Italian community. She is currently in Italy exploring her roots in the tiny village of San Donato di Ninea. With a 4.56 GPA, Olivia had enough credits to graduate a semester early from Voyager Academy and attend the Outward-Bound Spring Gap Semester in Colorado. This experience built upon her outdoor leadership and wilderness skills gained from her summers as a Guide in Training in Boundary Waters. Olivia is an accomplished piano player and long-distance runner. She was Student Athlete of the month this past fall and has completed three half marathons as well as a 20-mile mountain run. Olivia also earned the Girl Scout Silver Award, which required more than 50 hours of activity. Olivia will attend UNC Chapel Hill and plans to major in Biomedical Engineering and minor in Neuroscience. She plans to learn Italian in hopes of returning to Italy for graduate school.



Ian Manns

Ian is the grandson of long-time members Tony and Jan DiSantostefano. He started to appreciate his Italian legacy when he saw the ship manifest for his maternal great-grandparents at Ellis Island as a young boy. He inquired about his ancestry and learned that his great-grandparents and great uncle worked extremely hard and were very resilient – this initiated a great pride in his heritage. Ian appreciates the emphasis in Italian culture on hard work, family, and tradition, especially the memories made playing bocce and cards and having dinners with his extended family. He appreciates that the recipes of his ancestors have been shared with him. An excellent student with a 4.45 GPA, Ian has played soccer for thirteen years and has dedicated



his free time to mentoring young soccer players or working with players in the Special Olympics and Miracle League. He is a member of both the National Honor and National Technical Honor Societies and received the Hamilton Sportsmanship Award as a youth soccer player. His interest in health research led to his involvement in the East Chapel Hill High Medical Club to discuss and learn about various careers in the medical field. Ian loves to travel, read, engage in outdoor sports such as skiing, ziplining, and mountain biking, and learn about psychology. He also worked during the summer at the Burlington Coat Factory, and this summer Ian will serve as a sports camp counselor and shadow a nurse anesthetist this summer. Ian will be attending Case Western in the fall; he has been accepted into the Nursing program and will play on the men's soccer team. He hopes to familiarize himself with Cleveland's Little Italy.

Joseph Polinski

Joseph is the grandson of long-time members Jay and Vivian Dewey. He wrote about traditions that generated pride in his Italian heritage, especially the Feast of the Seven Fishes. He loved learning about La Befana from his grandma, and he looks forward each year to celebrating Easter with family -- and Pizza Rustica. Ian appreciates the fact that no matter which tradition is being honored, being Italian means placing a huge emphasis on love and family. First in his class at Pender Early College with a 4.5 GPA, Joseph will also receive an Associate degree in Science for Mechanical Engineering Technology and a CAD Drafting Certificate from Cape Fear Community College this spring. An officer in the high school Science Olympiad team, he has received numerous medals at competitions, and he helped lead his Chemtechathon team to first place! Joseph gives back to the community by coaching and judging for Science Olympiad, volunteering at the local food bank, and serving as a juror for the local Teen Court. In his free time, he enjoys mixed martial arts and weightlifting. He participated in the 2021 Summer Ventures Program at UNC Wilmington, where he wrote a scientific research paper. Ian will attend North Carolina State University and study Nuclear Engineering.



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 **Keith and Sue Morgan** who heard about us through Facebook. Keith is originally from NJ and Sue is from Long Island. They relocated nine years ago from Quakertown, Pennsylvania to Cary/Apex. Sue's heritage is from the Avellino province in the Campania region. Keith is an Information Technology Specialist and Sue is retired from a career in Information Technology. Sue enjoys cooking, music and computers and Keith enjoys bowling, billiards and also music. They have signed up for our two upcoming events: Guess Who's Coming to Dinner and Family Picnic. Please welcome Keith (keith_morgan_home@msn.com) and Sue (suegianamorgan@gmail.com)

Can You Bring Italian Cheese into the United States?



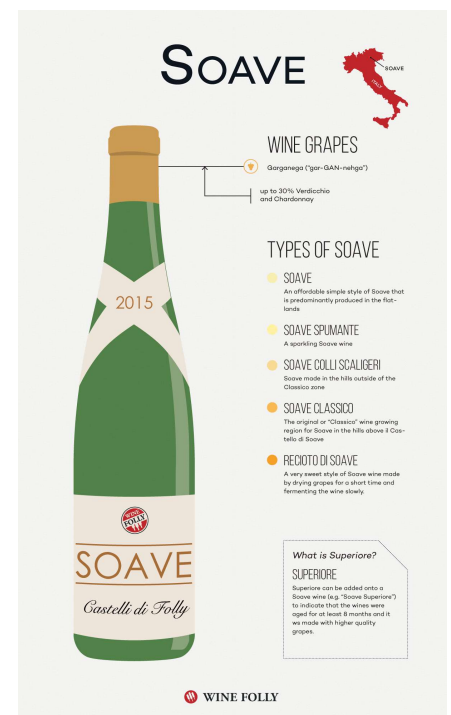
Yes, you can bring cheese from Italy to the US. The US rule is that cheese must be aged for two months, which is not a problem for something like Parmigiano-Reggiano which is aged for a minimum of 12 months. However, it's important to note that anything with live bacteria is prohibited entry to the USA. So, you must declare all food items when you return.

What are the most popular wines in Italy?



There are many popular Italian wines that come from different regions and are made from various grape varieties. Some of the most famous Italian wines include Sassicaia and Ornellaia from Bolgheri, classified as Super Tuscans, Brunello di Montalcino and Tignanello from Tuscany, Barolo and Barbaresco from Piedmont, Soave from Veneto, and Prosecco from Veneto and Friuli-Venezia Giulia.

The most famous Italian wines are made from its indigenous grapes. Classic Italian red wines include Barolo and Barbaresco (both made from the Nebbiolo grape), Chianti and Chianti Classico (from the Sangiovese grape), Amarone and Valpolicella (from the Corvina, Corvinone and Rondinella grapes), and Nero d'Avola wine (from the Nero d'Avola grape).



40 things in the life of an Italian Child

01. You have at least one relative who wore a black dress every day for an entire year after a funeral.



02. You spent your entire childhood thinking what you ate for lunch was pronounced "sangwich."

03. Your family dog understood Italian.

04. Every Sunday afternoon of your childhood was spent visiting your grandparents and extended family.

05. You've experienced the phenomena of 150 people fitting into 50 square feet of yard during a family cookout.

06. You were surprised to discover the FDA recommends you eat three meals a day, not seven.

07. You thought killing the pig each year and having salami, capocollo, pancetta and prosciutto hanging out to dry from your shed ceiling was absolutely normal.



08. You ate pasta for dinner at least three times a week, and every Sunday.

09. You grew up thinking no fruit or vegetable had a fixed price, and that the price of everything was negotiable through haggling.

10. You were as tall as your grandmother by the age of seven.

11. You thought everyone's last name ended in a vowel.

12. You thought nylons were supposed to be worn rolled to the ankles.

13. Your mom's main hobby is cleaning.

14. You were surprised to find out that wine was actually sold in stores. Not just produced in your grandparents Wine Cellar!!



15. You thought that everyone made their own tomato sauce.

16. You never ate meat on Christmas Eve or any Friday for that matter.

17. You ate your salad after the main course.

18. You thought Catholic was the only religion in the world. What else was there?

19. You were beaten at least once with a wooden spoon or broom.



20. You thought every meal had to be eaten with a hunk of bread in your left hand.

21. You can understand Italian, but you can't speak it.

22. You have at least one relative who came over on the boat.

- 23. All of your uncles fought in a World War.
- 24. You have at least six male relatives named Tony, Frank, Joe or Louie.
- 25. You have relatives who aren't really your relatives.
- 26. You have relatives you don't speak to.
- 27. You drank wine before you were a teenager. Probably by the age of 5.
- 28. You relate on some level, admit it, to the Godfather and the Sopranos.

- 32. You thought sugared almonds and Tarantella were common at all weddings.
- 33. You thought everyone got pinched on the cheeks and money stuffed in their pockets by their relatives.



- 34. Your mother is overly protective of the males in the family no matter what their age.
- 35. There was a crucifix in every room of the house.



- 36. You couldn't date a boy without getting approval from your father. (Oh, yeah, and he has to be Italian.)
- 37. You called pasta "macaroni."
- 38. You dreaded taking out your lunch at school.
- 39. Going out for a cup of coffee usually meant going out for a cup of coffee over an Ann Marie or a Rose Mary's house.
- 40. Every condition, ailment, misfortune, memory loss and accident were attributed to the fact that you didn't eat



- 29. You grew up in a house with a yard that didn't have one patch of dirt, which didn't have a flower or a vegetable growing out of it.
- 30. Your grandparents' furniture was as comfortable as sitting on plastic. Wait!!!! You were sitting on plastic.



- 31. You thought that talking loudly was normal. Who knew???

Tiella Calabrian Vegetable Casserole



From the TSDOI Volume 2 Cookbook

Servings: 4-6

By Isabel Perry

Ingredients

- 6-8 Small Potatoes (sliced 1/4")
- 1 Medium Zucchini (sliced 1/4")
- 4 Garlic Cloves (minced)
- 2 TBS Olive Oil
- Salt & Pepper (to taste)
- 1 15 oz. can Diced Tomatoes or Fresh (drained).
- 1 C Shredded Cheese (I used a blend of Asiago, Provolone, Romano, and Parmesan)
- 1/2 C Plain Breadcrumbs
- 1 Handful Fresh Basil Leaves (chopped or torn)
- 8x8 Cooking Pan

Directions

Preheat oven to 375°F. Spray an 8"x 8" casserole dish with non-stick cooking spray.

Place potatoes in a medium glass mixing bowl and the zucchini in a separate medium glass mixing bowl. Add 1 tbsp olive oil to each. Divide garlic and put half in each bowl. Season each with salt & pepper. Toss each one well to coat with oil & evenly distribute seasonings.

Spoon 1/3 of the can of tomatoes into bottom of casserole dish. Make a layer of potatoes and a layer of zucchini.

Spread another 1/3 of the tomatoes over top. Sprinkle with 1/2 cup cheese, 1/4 cup breadcrumbs and basil. Make another layer of potatoes and zucchini. Top with remaining tomatoes, cheese, breadcrumbs, and basil. If you'd like, make a small pattern on top of this layer but be sure to sprinkle this part with some cheese & crumbs as well!

Bake uncovered for 30 minutes. Cover (with foil) and bake for another 30 minutes. Uncover again and bake for 10-15 minutes until top browned. Remove from oven allow to cool to room temperature (to allow flavors to deepen). Tiella may be served room temp, warm or hot. Cut into squares and serve at desired temperature.

NOTE: You can make this a main dish by adding 1 pound of Italian sausage (casings removed) or ground beef crumbled and fried. Layer this with the vegetables. This is a great way to use up fresh summer vegetables. Supposedly, the word "tiella" (like so many Italian recipes) means pan.

