



Triangle Sons & Daughters of Italy

Serving the North Carolina Triangle since 2004

2817

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IL GIORNALE DI TSDOI

Luglio, 2023



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"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

Jun 26 – Conversational Italian
Jun 17 – TSDOI Night at the Durham Bulls (Closed)
July 31 – Conversational Italian
Oct 29 – Italian American Heritage Celebration
Dec 10 – Christmas Dinner
Dec 17 – Holiday Cookie Exchange
Feb 4 - Opera

July Birthdays

This month we celebrate the birthdays of those members celebrating July: Lorraine Passaretti (5), Marie Scalco (7), Becky Stinnett (11), Ralph Iovino (12), Karen Griffiths (14), Susan Schiro (14), Frank DeMaria (20), Andrian Schaller (20), Mary Muth (22), William Ward (23).



Good & Welfare

The Triangle Sons & Daughters of Italy is deeply saddened by the passing of our dear member Tia DeMaria (November 9, 1963 - June 13, 2023) from pancreatic cancer. Tia's beautiful smile and warm personality were frequently



on display at TSDOI events such as our annual bocce tournament, picnic, and Italian Cultural Celebrations.

We are praying for Tia and her entire family as they mourn this deep loss; particularly the impact on them due to the speed of Tia's illness from diagnosis to passing in barely a

week. It was just over a year ago that we celebrated Tia's hard work and determination when she finally realized her dream of earning her PhD in Industrial and Organizational Psychology. One of her great passions, beside her family, was her devotion to the Girl Scouts. If you would like to donate in her name, go to the Girl Scouts of the Coastal Pines website at <https://give.nccoastalpines.org/give/403789/#!/donation/checkout>.

Theodora is survived by her loving husband of 34 years, Frank DeMaria (TSDOI Member); daughters, Meghan Margaret DeMaria and Kristen Kateri Zimmer (TSDOI Member) and son-in-law John Zimmer (TSDOI Member); father, Theodore Zotto; and three younger siblings.

Letter From the President

Dear TSDOI Members:

Summer is officially here! As the weather heats up in the Triangle Area, I hope that you will find fun ways to relax and enjoy the season with family and friends. As Italian Americans, I'm sure that many of us will prepare farm fresh vegetables with Italian flair and grab a delicious grilled sausage sandwich with peppers & onions.



TSDOI continues to offer activities that you can register for during July & August and take a break from the heat. During July, we have our dining event at Lugano Ristorante on July 11th and a BUNCO game event planned for July 20th. In August, we'll be announcing an additional dining event as well. Information on TSDOI events and how to register is regularly shared through my weekly email updates to members and on the Events Tab on our Website: <https://www.trianglesonsofitaly.org/events-2/>

I hope to see you during the next couple of months. Meanwhile, it's time for me to enjoy some summer BBQ foods and gelato of course!

Don

Don Cimorelli

TSDOI 2817 President

TSDOI Conversational Italian Monthly Meetup



Next meetups are **June 26 and July 31 at 1:00.**

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

Please contact Don Cimorelli at

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.



Annual Family Picnic and Scholarship Winners



Scholarship Winners



Left, Right, Center Winner



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 Kerry Thompson who heard about us through Mike D'Amore. Thank you, Mike. Kerry's Italian heritage is from Avellino and Messina Sicily. Her parents and grandparents relocated from New York to North Carolina and Kerry was born and raised in the Cary/Apex area. She is a Loan Officer and works near Mike in the Keller Williams Realty Office in Apex. She lives in Apex and her interests and hobbies include dog rescue, travel, and home loans. Welcome Kerry at kerrythompson3@gmail.com.

Please welcome Vonna Viglione who heard about us through our website. She is a North Carolina native and lives in Raleigh. Her Italian heritage is from Naples and Piedmont. She is a retired Resource Officer for North Carolina Community College Systems. Her interests and hobbies are reading, floral arrangements, tablescapes, history and politics. Welcome Vonna at vlviglione@msn.com.

Please welcome Gary and Marilyn Pezzullo who heard about us through our website and by attending our luncheon at Garibaldi's restaurant in Fuquay Varina. Gary's heritage is from Naples and Toscana. Marilyn's heritage is also from Naples and Amalfi. They are originally from Connecticut and relocated to Cary/Clayton because of job opportunities. Gary is retired and worked with Information Technology and Marilyn is a retired Nurse. Their interests and hobbies include musician/actor, pool player, cooking, reading and being with their children and grandchildren. Please welcome Gary @ gpezzullo@aol.com and Marilyn @ mpezzullo@live.com.

Please welcome Sam Pasquale who heard about us through George Scalco. Thank you, George. Sam is originally from West Virginia and has lived in Winston-Salem and currently resides with his family in Apex. His Italian heritage is from Calabria, and he is a Product Management SVP. His interests and hobbies are outdoor activities such as hiking and spending time with family. Sam and his family will be joining us at Lugano Ristorante on July 11. Please welcome Sam at sgp3@bellsouth.net.

MJ the Musical



TSDOI Member Doreen Gleason, coordinates Group Tickets for DPAC shows (Durham Performing Arts Center) for her community in Apex, and she has graciously offered to make seats available for the Triangle Sons & Daughters of Italy as well.

The first show for the 2023/2024 season is MJ The Musical Featuring Over 25 of **Michael**

Jackson's Biggest Hits. **MJ** Is the new **musical winner** of 4 Tony Awards.

If you are interested in attending this show at DPAC she has group tickets for **Friday October 20 at 8:00pm**. Ticket cost is \$98.80 for Grand Tier, center, section 6 rows B and C where she has reserved 20 tickets and \$160.08 for Orchestra center section 3 row F where she has reserved 10 tickets. **In order to secure seats, she needs your deposit of \$25 per ticket for grand tier or \$41 per ticket for Orchestra by June 24th. Final payment will likely be due in late July or August.**

Doreen Gleason's address is 2676 Beckwith Rd. Apex, NC 27523. Please write checks to Doreen Gleason. If you are mailing to her, please email me or text her to let Doreen know, so she will add you to the list and be on the lookout for your check.

Email Doreen Gleason at: Doreenbobc@aim.com
Text **908-295-9201**.



The No. 1 ‘underrated’ city in the world, according to 175 travel experts: It’s the ‘new hot city’

www.cnn.com/2023/05/24/the-no-1-underrated-city-in-the-world-according-to-175-travel-experts-its-poised-to-be-the-hot-new-city.html



New York, Paris and Tokyo may be on your travel bucket list, but there are plenty of cities that don't get enough credit and are well worth a visit. Underrated cities have their benefits — they can often be less crowded, more affordable, and just as interesting.

As a travel journalist for over 20 years, I recently asked 175 travel enthusiasts, experts and agents about what they think is the most underrated city to visit. The most popular answer was surprising: Bologna, Italy.

“Bologna is very up-and-coming and poised to be the new hot Italian city to visit,” says Tom Marchant, founder of luxury traveling company Black Tomato. “And as the home of Bolognese pasta, it’s a foodie mecca.”

Bologna’s many nicknames — La Rossa (the “Red,” for its red-tiled roofs), La Dotta (the “Learned,” for the ancient University of Bologna), and most famously, La Grassa (the “Fat,” for its rich cuisine) — explain the best parts of the city.

Here are the top three reasons to put Bologna on your travel list this year:

1. The food scene is unparalleled.

“[Bologna] quite possibly has the best food scene in all of Italy,” says Jeff Miller, a travel blogger at Our Passion for Travel. Food lovers can explore the city’s open-air markets and hidden pastifici (pasta shops) and visit the restaurants that created favorites like pasta Bolognese and Tortellini.

You can also spend a day at FICO Eataly World (a.k.a. the “Disney World of food”), Bologna’s 20-acre theme park entirely dedicated to Italian cuisine.

Bologna’s food markets often tumble into the streets. Produce, cheese and wine from local farmers can be bought around the city.

Bologna’s food markets often tumble into the streets. Produce, cheese and wine from local farmers can be bought around the city. Or take a day trip to the Emilia-Romagna region, where Italian gastronomy was born.

“Bologna has great access to Modena and Parma, both with famous products [like Modena prosciutto and Parmigiano-Reggiano] named after them,” says David Hawkraven, owner of Designed Travel.

Hawkraven often sends travelers to local farms, where they can taste Modena prosciutto — which is rarely found in the U.S. — or learn about the delicate process behind authentic balsamic vinegar.



2. Its architecture and history rival other Italian cities.

Bologna is recognized as a UNESCO World Heritage Site for its 38.5 miles of porticoes, or arched walkways. It’s also home to 24 medieval stone towers, including Bologna’s most iconic landmark, the Two Towers. The porticoes of Bologna are often covered in decorative tiles or paintings.

Travel writer Ann-Marie Cahill says climbing the Asinelli Tower, one of the Two Towers that’s open to the public, is exactly where history buffs should start.

She also suggests visiting the unfinished San Petronio Basilica and touring the Roman ruins that run under Bologna’s library (you can also look at them through the library’s glass floors).

3. It’s convenient and accessible.

Bologna is “entirely walkable,” according to Marchant, which will save you the cost of a car rental. If you want public transit options, there is a city bus with tickets starting at just 1.30€. Marchant says locals are friendly, and the city is generally safe, making it a comfortable vacation spot. And the average hotel room costs under \$200 per night for eight months out of the year. Located in Northern Italy, it is convenient to travel from Bologna to

other Italian hot spots. It's only about 70 miles from Florence, 95 miles from Venice and 135 miles from Milan. Still, the city is a destination all on its own.

Confetti: An Italian Bridal Tradition



The sugar-coated almonds known as "confetti" are present at nearly every important occasion in Italian life, especially weddings. For centuries, Italian brides have been handing out confetti at their weddings in hopes for a

sweet life full of good luck. Confetti are meant to represent the bittersweet life of a married couple. The sugar coating is added to the bitter almonds in the hope that the newlyweds will have more sweet times than bitter times during their lifetime together. When confetti come in boxes or bags, they are called bomboniere and serve as place settings or favors. The candy is given out in odd numbers, most often threes and fives. Three almonds symbolize the bride, the groom, and their future child; five almonds represent five wishes for the sposi: health, wealth, fertility, happiness, and longevity.

This tradition dates back to the ancient Romans who celebrated births and marriages with the distant ancestors of today's confetti and began the tradition of the bomboniere. In fact, the term confetti comes from the Latin 'confectum,' meaning "prepared or wrapped." In the Middle Ages, the term referred to jams or dried fruit covered in honey, yet the confetti that we know today was first produced around 1400 in the city of Sulmona. The fabrication of confetti began in Sulmona, located in that same century, the nuns of the Monastery of Santa Chiara began to utilize the confetti in the preparation of flowers, grape bunches, wheat stalks, rosaries, and baskets. It was at this point that the Confetti of Sulmona began to be marketed around the world - well known for its delicious taste due to the purity of the sugar used in the production. Today, one of the biggest producers of confetti in Italy is Confetti Palazzone.

After opening a pasticceria in Sulmona in the early 1990s, Giancarlo Palazzone founded Confetti Palazzone in 2000. Driven by the success of the pasticceria, Giancarlo decided to expand the Palazzone product line and create his own brand of confetti to sell in the bakery. At the time, the idea was outrageous to family and friends, as the confetti industry had been until then unchallenged and dominated by two prominent families that co-founded the product in the early 1700s. Yet, Giancarlo remained dedicated to his dream and launched Confetti Palazzone.

In less than two years, Confetti Palazzone became a huge success, with Giancarlo exporting his product around the world. The new Confetti Palazzone redefined confetti. Once-upon-a-time only white organza bags held the white confetti and were tied with a white ribbon. Today,

bomboniere come in all different colors and flavors and containers are all shapes and sizes.

Summer BBQ Italian Style

Summer is a time to heat up the grill and share food with friends. Here are some Italian recipes that can spice up your next barbecue.

Calabrian Friselle With Tomato - Panzanella



Servings: 8

By Fran Giannuzzi

From: **Italian Americans in the Kitchen** (TSDOI V2 cookbook)

This is best when the tomatoes are ripe off the vine.

Ingredients

10 Friselle Halves (found at Capri Flavors)
¼ C Wine Vinegar
1 ¼ C Fresh Cherry Tomatoes
Salt
½ C Extra Virgin Olive Oil
Chopped Basil Leaves

Directions

Soften the friselle with equal parts water and vinegar. Season with chopped tomatoes, olive oil, salt and basil leaves.

You can add roasted peppers, olives, onion, garlic, and even cooked sausage.

Friselle keep fresh for weeks in your pantry.

Grilled Swordfish with Lemon Sauce

ITALIAN TRIBUNE JULY 1, 2021



Fresh swordfish is found in abundance along the coast in Italy. Simple yet delicious, this dish can be prepared in minutes. The sauce is a vibrant blend of olive oil, lemon, garlic, parsley and oregano. Drizzled over the fish, it enhances the flavor of the seafood and is particularly appropriate over lightly breaded swordfish. Freshness is key for this sauce, so only use fresh herbs and prepare it as close to serving time as possible.

Ingredients

3 TBS Olive Oil
2 Swordfish Steaks (at least 1 inch thick, cut in half lengthwise, about 1 1/2 lbs. total weight)
1 C Seasoned Fresh Breadcrumbs

Lemon Sauce

6 TBS Olive Oil
Juice from 1 Lemon
Zest from 1/2 Lemon
2 TBS Hot Water
6 TBS Chopped Flat Leaf Parsley
2 Cloves Garlic (minced)
2 TBS Chopped Fresh Oregano
1 TBS Capers (rinsed)

Preparation

Lightly brush the swordfish steaks with olive oil and season with salt and pepper. Place the breadcrumbs on a shallow plate and lay the swordfish on top. Bread both sides, pressing the crumbs onto the sides of the fish as well, so they stick. Refrigerate for about an hour.

Just before grilling the swordfish, place the sauce ingredients together in a small saucepan and heat. Keep warm. Fire up the grill and once hot, cook the swordfish steaks over medium heat for 3 minutes; flip and grill for two minutes on the other side. The outer breaded coating should be golden brown, while the interior of the swordfish steak remains moist. Serve immediately, with a drizzle of lemon sauce.

Grilled Artichokes with Lemon and Mint

Italian Tribune



Ingredients

2 Lemons (halved)
6 Large Artichokes
2/3 C Extra-Virgin Olive Oil
1/3 C Fresh Lemon Juice
3 TBS Chopped Fresh Mint

Preparation

Squeeze juice from halved lemons into large bowl filled with cold water. Cut stem off 1 artichoke, leaving about 1 inch. Snap off the outer 2 rows of leaves. Cut off the top 1/3 of the artichoke. Quarter artichoke lengthwise. Using a small knife, cut out choke and prickly small leaves. Place artichoke in lemon water. Repeat with remaining artichokes.

Bring a large pot of salted water to a boil. Drain artichokes and add to pot. Boil until crisp-tender, about 15 minutes. Drain. Transfer artichokes to rack and cool.

Prepare barbecue (medium-high heat). Whisk oil, 1/3 cup lemon juice and mint in small bowl. Season dressing to taste with salt and pepper. Brush artichokes with dressing. Grill until tender and lightly charred in spots, turning occasionally, about 8 minutes. Transfer artichokes to platter. Drizzle with some of the remaining dressing. Serve warm or at room temperature.

Tiramisu Cupcakes

Italian Tribune



Ingredients

1 Box White Cake Mix
1 C Water
1/3 C Vegetable Oil
1/4 C Brandy
3 Egg Whites
3 TBS Instant Espresso Coffee
1/3 C Boiling Water
2 TBS Corn Syrup
8 oz Cream Cheese (softened)
1/2 C Powdered Sugar
2 C Whipping Cream
Unsweetened Baking Cocoa (optional)
Chocolate-Covered Espresso Beans (optional)

Preparation

Preheat oven to 350°F and place paper baking cup in each of 24 regular-size cupcake pans. In large bowl, beat cake mix, water, oil, brandy and egg whites with electric mixer on low speed for 30 seconds, then mix at medium speed for 2 minutes. Divide batter evenly among muffin cups.

Bake for 20-25 minutes or until a toothpick inserted in center comes out clean. Meanwhile, in a small bowl, stir the espresso powder into the boiling water. Add the corn syrup, then allow the mixture to cool. Pierce the top of the warm cupcakes with large-tined fork and slowly spoon 1 teaspoon of espresso mixture over the top of each cupcake, allowing it to soak into the holes. Cool completely and remove the cupcakes from the pans.

In medium bowl, beat the cream cheese and powdered sugar with electric mixer on low speed until mixed; then beat on high speed until smooth. On high speed, gradually beat in the whipping cream until stiff peaks form, about 2 minutes. Spoon dollops of mixture onto cupcakes and sprinkle with cocoa.