



Triangle Sons & Daughters of Italy

Serving the North Carolina Triangle since 2004

2817

Table of Contents

TSDOI Calendar of Events2

Letter From the President.....2

October Birthdays2

Conversational Italian 2

Rossini // The Barber of Seville Error! Bookmark not defined.

Purchase Christmas Gifts for a Family Experiencing Temporary Homelessness at Family Promise 3

Triangle Disability & Autism Services Children Holiday Party Support 3

USO Cake Walk Baked Goods Donations & Support 3

Torta di Crema Pasticcera al Cocco – Coconut Custard Pie Error! Bookmark not defined.

Food & Culture.....4

New Members4

Treasures and Headaches 4

Italy’s Political Saga 5

Festa Italiana Recipes 6

Quattro Formaggio Gnocchi Bake 6

Penne Pasta with Shrimp in a Sundried Tomato Cream Sauce 6

Meatless Ricotta Meatballs 7

Ricotta Cavatelli 8

IL GIORNALE DI TSDOI

Ottobre, 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

Oct 29 – Italian American Heritage Celebration
Dec 9 – Triangle Disability & Autism Children
Holiday Party
Dec 9 – USO Cake Walk
Dec 10 – Christmas Dinner
Dec 17 – Holiday Cookie Exchange
Feb 4 - Opera (sold out)

October Birthdays

This month we celebrate the birthdays of those members celebrating in October: Michael Miragliuolo (2), Becca Seftor (5), Ruggero Fratarcangeli (8), Greg Muzzarelli (8), Elena Connor (11), David Priest (13), Christie Andersen (22), Bob Giannuzzi (23), Jack Giampartone (26), Karen Palasek (27), Maria Spampinato (27), Luigi Fabbicini (29), Roy Basile (31), Vinny Russo (31).



Conversational Italian

If you would like to speak Italian with other Italians you would like to be added to our Conversational Italian Meet-Up Distribution List, please email Don Cimorelli at donald.cimorelli@gmail.com. You will then receive monthly meeting announcements.



These sessions are typically held on the last Monday of the month at 1:00 pm and they last about 1 hour. We have many beginners with limited speaking skills and several who are great teachers for the rest of us!

Good & Welfare

We express our condolences to the Williams Family. Robert & Ricci Polsinelli Williams along with their daughter Lucia Williams are all TSDOI Members. Robert's mom (Mary Ann Williams) recently passed away.

Letter From the President



Dear TSDOI Members:

The Triangle Sons & Daughters of Italy strives to preserve, celebrate, and pass on our Italian and Italian American culture and traditions. We accomplish these goals through a wide array of social, cultural, educational, and charitable activities.

Throughout the year, select events are prime examples of all that our organization represents.

Our Italian American Heritage Celebration on Sunday, October 29th (Destination America: The Great Italian Migration) is our largest event of the year.

More than 100 TSDOI members are already registered. The event is free for TSDOI Members and \$5 for Guest Tickets. If you have not yet registered, please take a moment to do so on the links below and indicate the store bought or homemade food item that you will bring for the Captain's Buffet:

SignUp Genius for TSDOI Members (Indicate Total Number Attending):

<https://www.signupgenius.com/go/10c0f49ada78-italian>

Guest Tickets:

<https://checkout.square.site/merchant/ML2MMNFESZ6VC/checkout/EAG43EMMI5T5OL23UCZ5OQC3?src=sheet>

Don Cimorelli

TSDOI 2817 President

Holiday Volunteer Opportunities

The holidays are a time to give back to our community. Here are three volunteer events that you can participate in that are sponsored by TSDOI.

Purchase Christmas Gifts for a Family Experiencing Temporary Homelessness at Family Promise

In November, you will receive an e-mail with an additional opportunity to volunteer to donate holiday gifts for a family in transitional housing provided by [Family Promise of Wake County](#). Please help make this a Christmas this family will never Forget. Gifts will be brought to a TSDOI member home or dropped off at the TSDOI Christmas dinner on December 10th.



USO Cake Walk Baked Goods Donations & Support

Sign-up to donate store bought or home-made baked goods for the USO Cake Walk. Drop off baked goods at a TSDOI member's home on Friday, December 8th. Volunteers are also needed for the cake walk on Saturday, December 9th.



- The baked goods (Cake, Cookies, Cupcakes, Brownies, Pies, Gingerbread House Kits) can be home-made or store bought in a clear see-through non-returnable container. Label the treats. No goodies that require refrigeration.
- The store-bought sugar cookies in holiday shapes are a good option.
- Gluten free items are always requested - **please label that they are gluten free**
- Fran Castellano will accept items at her home on Friday, December 8 in the AM. 405 Wapner Court - Carolina Preserve, Cary (919-650-1818)
- Fran Giannuzzi will also accept items at her home on Friday, December 8 in the afternoon/evening. 548 Clarenbridge Drive, Carolina Preserve, Cary (919-349-0138)
- We can also accept items on Thursday if people need to drop off them at that time instead of Friday. However, members need to call either Fran or Fran in advance to let them know when they are coming.
- Items can also be dropped off at the USO Hanger (Department of Transportation Hanger at 1050 Meridian Drive, Morrisville, NC 27560) by 9:00 am on Saturday, December 9th.
- **Click on the Signup Genius link below to register to donate home-made or store-bought baked goods. After you finish registering to donate baked goods, go back into Signup Genius a second time if you would also like to volunteer to assist at the cake walk. Volunteer slots are listed in the signup genius after the listing of baked good options.**

<https://www.signupgenius.com/go/9040A4DAAA F2EA6FE3-usocakewalk>



Triangle Disability & Autism Services Children Holiday Party Support

Sign-up for a 2.5-hour volunteer shift at the Triangle Disability & Autism Services Children Holiday Party on Saturday, December 9th at Good Shepherd Lutheran Church, 7000 Creedmoor Rd, Raleigh, NC



1. Shift #1: 11:00 am - 1:30 pm (Setup & Party Support) OR Shift #2: 1:30 pm - 4:00 pm (Party Support & Clean-Up)
2. You will be assigned Volunteer Duties such as Sign-In Table, Assist with Gift Distribution Table, Assist with Arts & Crafts, Snack/food table, Santa's Helpers to assist children and their families as they take their picture with Santa & Mrs. Claus
3. **Click on the signup genius link below to register to volunteer**

<https://www.signupgenius.com/go/9040A4DAAAF2EA6FE3-volunteer>

FOOD & CULTURE

Interessante | Web Sites | Food | Culture | Places | Stories

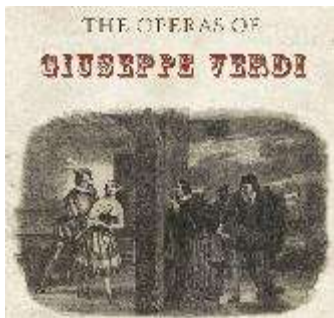
Food & Culture highlights our Italian culture. If you have suggestions we can put it in a future newsletter, please email Nick Verna at nickverna14@gmail.com.

New Members

Please welcome Frank and Kathleen (Kathy) Mauro who attended the pre-FESTA event at Georin'a restaurant with our members Joe and Vicki Pirozzi. Thank you Joe and Vicki for bringing them. They are originally from Trenton, NJ and in 2020 relocated to Raleigh to be closer to family. Frank's Italian heritage is from Calabria and Abruzzo and Kathy's heritage is from Rome and Abruzzo. They are retired from a family owned business. They enjoy gardening, playing Scrabble and socializing. Please welcome Frank and Kathy at frankeytheyankey@aol.com.

Please welcome Robert (Bob) and Maria Wolf who heard about us at the pre-FESTA event at Geogina's restaurant and who are friends of Fran and Bernard Castellano. They are originally from Upper Darby and Drexel Hills, suburbs of Philadelphia and live in Cary. Maria's Italian heritage is from San Martino di Castrozza, Abruzzo and Calabria. She is a retired teacher and Bob is a retired Management Consultant. They enjoy reading, gardening, dancing, and volunteering at the USO. Please welcome Bob and Maria at rmcewolf@yahoo.com.

Giuseppe Verdi: Documentary with Thomas Hampson



Giuseppe Verdi, Italy's most admired and best-known composer, creator of repertoire masterpieces such as Nabucco, Aida and the world-famous Requiem Mass (sometimes referred to as "Verdi's

most beautiful opera") died in Milan, Italy, on the 27th of January 1901. On the centennial of his death, EuroArts produced a documentary (written by Peter Beringer and directed by Felix Breisach) about his life and music. Click on the link below to access this documentary.

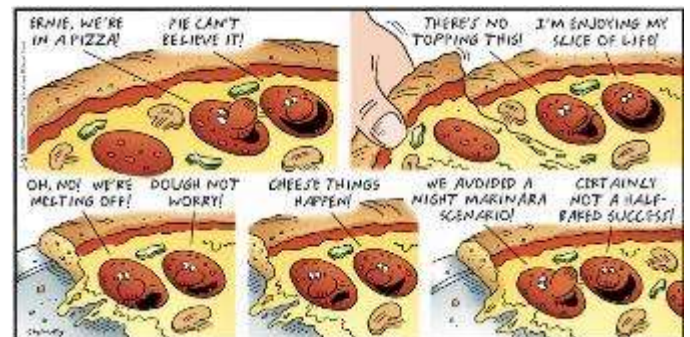
<https://youtu.be/mVq5QotB8FA?si=NxgWt-BP1kW1IEKv>

Treasures and Headaches

Italian Tribune, June 24, 2021



The progress of Rome's Metro C subway line from the outer suburbs to the Colosseum has proven to unearth vestiges of the city's past with nearly every ventilation shaft and train station dug along the line. Each time antiquities are discovered, it causes further delays in construction. While preservation activities take place, sometimes the artifacts are displayed in the subway stations themselves, as pictured here. In numerous cases, portions of the subway have been relocated due to the finds. That is part of the reason that the 12-mile line is currently 22 years into construction. It has turned up a number of marvels such as a necropolis, the largest Imperial-era reservoir yet found, a number of aqueducts and even a 43-room military barracks dating to the first century AD. Still, the project marches on with the line expected to open in 2024, unless another archeological treasure and engineering headache is unearthed.



Overrun by Tourists, Venice Plans Entry Fee for Day Trippers

https://www.wsj.com/lifestyle/travel/overrun-by-tourists-venice-plans-entry-fee-for-day-trippers-3997e63a?mod=lifestyle_lead_story



Venice, the Italian city built on more than 100 islands, [draws millions of visitors](#) each year with its picture-perfect canals, impressive architecture and priceless artworks. Soon, some of those travelers will have to pay an entry fee as the city looks to combat something else it is known for: over tourism.

City officials are pushing forward a plan to charge day trippers 5 euros, or about \$5.40, on designated days in 2024.

The pending policy is the latest effort by cities and leaders in Europe and elsewhere to [cope with the crush of visitors](#) that has followed the Covid-19 pandemic and a recent string of bad tourist behavior at popular destinations around the world.

Officials in Athens this week started enforcing new visitor caps at the Acropolis, a policy Greece's minister of culture says will also spread out the number of sightseers during the day and prevent bottlenecks at the entry to the ancient archaeological site. Amsterdam [launched a campaign](#) telling tourists who want to party in the Dutch capital to "stay away." The French government unveiled a new strategy to combat over tourism and is encouraging visitors to travel to less popular parts of the country. And cities in Alaska and Maine [are limiting the number of cruise-ship passengers](#) allowed each day.

The Venice day-tripper fee will start on busier days in the spring and summer, according to the city.

The fee will only apply to people over the age of 14 visiting Venice on day trips. It won't apply to tourists staying overnight and residents of the city and region, among other exceptions.

"The over tourism won't disappear with just pushing a button; it's a long process," said Simone Venturini, deputy mayor for social welfare, tourism, and economic development in Venice.

Because traveler numbers will be known in advance, the city can have adequate public transit and security services in place for those visitors, Venturini said.

Italy's Political Saga



Italy is never far from a political crisis. The last political election campaign of the 25th of September has been exceptional even by Italian standards, where 67 governments have taken turns since World

War II.

What has been unusual about the election is that it has been the first time in history that a political election has been held during the autumn season. Also, during a time when parliament was busy drafting the budget laws for the following year, and thirdly it has been a campaign compressed into two months. Furthermore, it has been the first time Italy voted to elect a parliament with a curtailed number of lawmakers, making competition to win a seat as aggressive as ever.

The European Union fears Italy's new government could seek to redraw some fundamental reform or investment commitments settled by the previous government which had Italy commit to reform and to reboot its long underperforming economy, delaying or even jeopardizing Italy's receipt of grants and loans worth billions of Euros. All these factors make the election of the new government especially important, as this is the first election in Italy since the beginning of the (Corona) pandemic for a country which has been experiencing a slow burn social, economic, and political crisis for a long time.

Now it is time for the Italians to carefully test whether this political repositioning is not just an electoral maneuvering.

Festa Italiana Recipes

Even though Festa Italiana was cancelled due to the weather, here are the recipes from 4 of the chefs that were going to dazzle you with their cooking prowess in the cooking tent.

Quattro Formaggio Gnocchi Bake

By Carmine Di Grande, [Triangle Italian American Heritage Association](#)

Ingredients

3 tbsp. butter, plus more for baking dish
2 cloves garlic, minced
3 tbsp. all-purpose flour
1 C. low-sodium chicken broth
3/4 C. heavy cream
Kosher salt
Freshly ground black pepper
1/2 C. shredded mozzarella, divided
1/2 C. shredded Parmesan, divided
1/3 C. Mascarpone Cheese
1/3 C. shredded Provolone or Gorgonzola Cheese
2 (17.5-oz.) packages fresh gnocchi
2 tbsp. fresh basil, chopped



Directions

Preheat oven to 375° and grease a 9"-x-13" baking dish with butter. In a large pot over medium heat, melt butter. Add garlic and cook until fragrant, about 1 minute. Whisk in flour, 1 tablespoon at a time, stirring constantly, about 1 minute. Whisk in broth and heavy cream and season with salt and pepper.

Bring the mixture to a simmer. Reduce heat to low and quickly whisk in 1/3 cup of each cheese until melted and smooth. Remove from heat.

Add gnocchi to baking dish. Pour over cheese sauce and stir until pasta is evenly coated. Top with remaining mozzarella and Parmesan and season with pepper.

Bake until cheese is bubbly and golden, 25 to 30 minutes.

Garnish with basil before serving.

Penne Pasta with Shrimp in a Sundried Tomato Cream Sauce

By Don Cimorelli, [Triangle Sons and Daughters of Italy](#)

Number of servings: 4-6 (Recipe can be Doubled/Tripled for Larger Batches) **List of ingredients:**

10.5-ounce jar of sundried tomatoes in oil
Reserve 2 tablespoons of oil from the jar of sundried tomatoes
2 tablespoons of olive oil
2.8-ounce tube of sundried tomato paste or jarred sundried tomato paste
8 ounce can of plain tomato sauce
1 pint of heavy cream
7.5 ounces of ricotta
1/2 cup of grated Italian Romano or parmesan cheese
1 pound of fresh or thawed peeled and deveined shrimp
1 pound penne pasta
1 teaspoon of dried basil
1 teaspoon of dried oregano
Optional sprinkling of parsley as final topic on plated dish



Directions:

1. Start cooking pasta per box instructions
2. Slice sundried tomatoes into thin strips
3. Toss shrimp in salt & pepper
4. Heat oil in pan and cook shrimp for about 2 minutes. Transfer shrimp to plate. Dry wipe the pan to remove excessive oil.
5. Heat heavy cream in pan to make the sauce. Add sundried tomato paste to the heavy cream and mix until well blended. Add 7.5 ounces of ricotta to the heavy cream and mix until well blended
6. Add sundried tomato oil to the heavy cream and mix until well blended
7. Add basil and oregano to the sundried tomato cream sauce
8. Stir in the grated Italian cheese and mix until well blended
9. Stir in the sliced sundried tomatoes
10. Return the cooked shrimp to the sauce and mix well
11. Scoop the al dente pasta or desired tenderness from the pot to the sundried tomato sauce & shrimp and mix well, top with parsley

Options: A major shortcut for preparing the sauce is to purchase a small jar of sundried tomato pesto sauce in the pasta sauce section of the grocery store. Simply mix the jarred sundried tomato pesto sauce with the heavy cream, ricotta, and grated cheese, and add in the shrimp and the pasta. Also, scallops or chicken can be used in place of shrimp, or the sauce can be made with no seafood or meat. Rice can be substituted as a side rather than serving over pasta.

MEATLESS RICOTTA BALLS

By Rosemarie DeMattia, [Georgina's Pizza Restaurant](#), Morrisville NC

Ingredients

- 1 C Whole Milk Ricotta
- 1 Large Egg
- 2 TBS Flat Leaf Parsley
- 1 Garlic Clove (minced)
- ½ tsp Table Salt
- 1/3 tsp Black Pepper
- ¼ C Grated Parmesan Cheese
- ¾ C or less Plain Breadcrumbs (more if you need it)
- 2–4 cups Mama Roe's Marinara Sauce plus ¼ water for cooking balls



Instructions

To make the ricotta balls, place the ricotta cheese, egg, garlic, parsley, parmesan cheese, salt, and pepper in a large bowl, gently stir mixing all together.

Add breadcrumbs and gently mix everything until well combined. The mixture should be soft but not soggy. Try to shape a ball to test if the mixture is easy to work with, if not you may need a small amount more of breadcrumbs.

Wet your hands, and then form the mixture into small balls (about 1¼ inch balls) place on a large plate and set aside. You should get about 20 balls.

Bring your sauce to a slow simmer in a skillet, gently add the ricotta balls one at a time, stir slowly to cover them in sauce reduce heat to low, cover with a lid and cook for about 15 minutes. Stir frequently and gently and add a touch of water if sauce gets too thick.

Serve over risotto, or just with bread. Mangia!

Ricotta Cavatelli

By Laura Delgado, [Lauras Italian Kitchen](#), Wake Forest NC

1 C Semolina Flour
3/4 C All-Purpose Flour
1 C Galbani Whole Milk or Double Cream Ricotta
1 tsp Table Salt
Pinch of Nutmeg
1 Qt Tomato Sauce (heated)

Make a pile of each flour on the counter and then mix them together with your hands. Scrape it into a pile and make a well in the center.

Into the well of the flour, add the ricotta cheese, and then sprinkle the salt and nutmeg over the cheese.

With your fingers, begin working the flour into the cheese.

Using a bench scraper and your hands, begin squeezing the flour and cheese mixture into a cohesive ball. You can use that ball to continue to “wipe” up the flour on the counter.

Once it is all together, knead your dough for 10 minutes. Then, loosely wrap it in plastic wrap and leave it on the counter to rest for 30 minutes.

After 30 minutes, unwrap it and cut it using your bench scraper into 4 pieces.

Roll each piece into a rope about half an inch to an inch thick.

Cut the ropes into small pieces (less than an inch).

For each piece place it at the bottom of your gnocchi board and using two or three fingers press firmly and pull up to curl it onto itself. If you do not have a gnocchi board, use the back of a fork.

Toss your cavatelli in some semolina flour and either boil immediately, or place in a single layer on a floured cookie sheet and freeze. Once frozen you can transfer it to a freezer bag.

To cook, boil in heavily salted water for 20 minutes. (If frozen do not defrost first.)

Toss in your favorite sauce and enjoy!

