



Triangle Sons & Daughters of Italy

Serving the North Carolina Triangle since 2004

2817

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IL GIORNALE DI TSDOI

Gennaio, 2024



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

- Jan 21 – Movie & Pizza
- Jan 29 – Conversational Italian
- Feb 4 - Opera (sold out)
- Feb 7 – Cape Fear Seafood Luncheon
- Feb 29 – Conversational Italian
- Mar 16 - Music Bingo & St. Joseph's Celebration
- Mar 26 - Conversational Italian
- Apr 27 – Italian Auto and Bike Concourse Event
- Apr 29 – Conversational Italian
- May 18 - Tia DeMaria Raleigh Regional Bocce Tournament (Tentative Date)
- May 20 – Conversational Italian
- June 15 – Durham Bulls (Tentative Date)
- Jun 2 – Picnic
- Jun 24 - Conversational Italian

January Birthdays

This month we celebrate the birthdays of those members celebrating in January: Bonnie Kunath (6), Diane Whitmore (9), Gary Whitmore (9), Kerri Passarella (10), Jason Damico (11), Alysia Matteucci (15), Susan Denman (18), Maria Wolf (13), Diane Damico (23), Karen Bledsoe (24), Sandra DePalma (24), John Vitale (29).



Letter From the President

Dear Members:

Happy New Year and I sincerely hope that you enjoyed the holiday season.

We have several big events around the corner, and I want to make sure that everyone has the information so that you can register. If you wait too long, you can end up on the waiting list.

Registration is now open for our three major events in January, February, and March. All three events promise fun to go along with good eats & treats!

1. Movie & Pizza Night (Sunday, January 21)
2. Luncheon at Cape Fear Seafood (Meat Options are available) (Wednesday, February 7)
3. Music Bingo with Dinner & Dessert Extravaganza (FREE EVENT FOR TSDOI MEMBERS) (Saturday, March 16)

All of the information about these events and the registration and payment links are on the Events Tab of our TSDOI website:

<https://www.trianglesonofitaly.org/events-2-2/>

I am excited to see you at our upcoming activities.

Don

Don Cimorelli

TSDOI 2817 President

Good & Welfare

Please keep Josephine Romano in your prayers as she undergoes a serious medical procedure.

**FEELICE Anno Nuovo
2024 - HEALTH AND
HAPPINESS TO ALL**



Music Bingo and Italian Dinner & Dessert Extravaganza!



Date & Time: Saturday, March 16, 2024, at 3:00 pm

Place: Keller Williams Realty

Address: 1483 Beaver Creek Commons Dr., Apex NC 27502

TSDOI Event Chairs: Billy Ward & Don Cimorelli

On Saturday, March 16th, we will be sponsoring one of our Top 5 TSDOI events of the year. In the Italian tradition, are you ready for one the largest dessert tables in the USA?

First the afternoon will begin with a TSDOI version of the game taking Pubs & Clubs by storm – **MUSIC BINGO**, hosted by our TSDOI Gameshow Master of Ceremonies, **BINGO BILLY!** Of course we have fun prizes!!!! After the game, get ready for your sweet tooth.

This is a **FREE EVENT** for members, with an Italian Sandwich & Snacks Included for dinner. Guests who are not TSDOI Members can register for \$10.

As your ticket to entry, each household is requested to bring a store bought or homemade dessert that serves 8-10 people. This is how we create our spectacular **St. Joseph's style Italian Dessert & Venetian Table.**

Below are the RSVP & payment links:

STEP 1: RSVP TO INDICATE TOTAL NUMBER IN YOUR PARTY (MEMBERS & GUESTS) WHO ARE ATTENDING

[Music Bingo with Dinner & Dessert Extravaganza! signupgenius.com](#)

STEP 2: PAYMENT LINK FOR ALL GUESTS IN YOUR PARTY WHO ARE NOT TSDOI MEMBERS (\$10 FOR EACH GUEST)

[Music Bingo & Dessert Extravaganza Guest Payment Link \(\\$10 Each for Non-TSDOI Members\) – Triangle Sons of Italy Lodge 2817, square.link](#)

The Tradition of the St. Joseph's Table

After the harvest, to show their gratitude, Italians prepared a table with special foods to honor St. Joseph and to share with the poor. After thanking and honoring the saint, they distributed the food to the less fortunate. This celebration became an



annual tradition. Today many Italian groups celebrate the feast by preparing a feast of desserts.

TSDOI Christmas Party

Almost 100 members and guests attended our annual Christmas Party. There was great food, prizes, camaraderie, and our tradition of singing Dominick the Donkey.



Triangle Disabilities and Autism Services Childrens Holiday Party



Family Promise Gifts for a Homeless Family

TSDOI's generous members bought 50 gifts and gave a family a very special Christmas just as they moved into permanent, safe, and affordable housing.



USO Cake Walk



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 **Nancy Doyle** who heard about us through our Facebook page and is a friend of Caroline Sewell who recently joined. Nancy is originally from the Boston area and in 1991 she moved to North Carolina because of job relocation. Her maternal grandparents were from the town of Roccafluvione in the region of Ascoli Piceno. Nancy is retired from an IT career with UNC Healthcare. She lives in Cary and enjoys reading, traveling, cooking, and gardening. Welcome Nancy ncwild1@yahoo.com.

Please welcome **Peter (Pete) Paldino and his two sons Joey and Jake** who heard about us through our Facebook page. Pete is a native of North Carolina and his heritage is from Calabria and Palermo. He is a Product Manager for Lenovo and lives in Cary. His interests are sports, cooking, music, and hiking. Joey is 14 years old, and Jake is 12 and both attend Sterling Montessori Charter school in Morrisville. Their interests are sports, music, art, and cooking. We welcome them as part of our Youth Membership. Welcome Pete ppaldino@gmail.com.

Please welcome **Andrey De Biaggi** who heard about us from Mike D'Amore. Thank you, Mike. Andrey was born in Conegliano Veneto, in the province of Treviso. He left Italy at four years old when his father who was an accountant with General Motors Corp relocated to Venezuela. After 23 years he relocated to Miami and then to Cary in 2017. He is a Real Estate Agent and enjoys soccer and scuba diving. He is a member of the Italian American Chamber of Commerce for the southeast region of the United States. Welcome Andrey andrey@mareblue.com.

Please welcome **Lisa McCall** who heard about us through our Facebook page. Lisa is originally from Yonkers, NY and moved to Cary to be close to family. Her heritage is from Abruzzo. She works for a local firm in Client Service/Investments. Lisa enjoys photography, live music, entertaining, travel and time with friends and family. She looks forward to our Conversational Italian

gatherings and upcoming events. Welcome Lisa LLM528@aol.com.

Please welcome **Ethan Biamonte** who heard about us from Don Cimorelli at Capri Flavors. Thank you, Don. Ethan is originally from Edmonton, Alberta and after graduating from UNC Chapel Hill, he decided to remain in North Carolina. His heritage is from Lecco (Lombardia) and Gimigliano (Calabria). He is a CPA, Assistant Corporate Controller at Get Spiffy, Inc. Ethan lives in Durham and enjoys cooking, learning Italian, fitness and nutrition, golf, hiking, and skiing. He looks forward to attending our Conversational Italian gatherings and cooking events. Welcome Ethan ethanbiamonte@gmail.com.

Please welcome **Mike Frieda** who heard about us through his son who is a friend of our member Billy Ward. Thank you, Billy. Mike is originally from St. Louis, Missouri and relocated to Fuquay Varina to be near his son. His heritage is from Prata di Principata Ultra, a comune of Avellino in the Campania region. Mike is retired from a career in Insurance Sales and Management. His interests are learning the Italian language and genealogy. Welcome Mike hfrieda2006@gmail.com.

Please welcome Donna Munier who is a returning member. Donna was born in Germany where her parents were stationed in the military. Her heritage is from Terrasini, a comune of Palermo, Sicily. She graduated UNC, Chapel Hill and lives in Cary. Donna is an Occupational Therapist and has a multitude of skill sets related to combat sports, fitness and emotional well-being. Her interests and hobbies are martial arts, music, weightlifting, reading and socializing. She is applying for dual citizenship and looks forward to meeting those who have received both. Welcome Donna donnemunier@gmail.com.

A Local's Guide to Italy's Amalfi Coast

Wall Street Journal, Dec. 1, 2023



Buying an authentic ceramic in Vietri sul Mare, a town between Amalfi Coast and Salerno, beats the mass-produced souvenirs in the more common touristic areas.

Italy's Amalfi Coast has been a favorite respite among well-heeled and celebrity tourists—[Jennifer Lopez](#) has professed her love for the region. But to others, like Mario Staiano, the scenic stretch of glittering coastline has always been home.

"I may be a local, but I never stop appreciating what a magical place the Amalfi Coast is and all the gems that are here," says Staiano, the co-founder of the Naples- and Capri-based travel company Privilege Italia. Along with his cousin and business partner Francesco Staiano, he has fashioned his career on sharing his love for the Amalfi Coast with visitors to the area. Given its popularity, Staiano says that travelers run the risk of following the masses by sticking to mainstay attractions, but there's far more to see and do beyond what travel guides say.

Stay - There are so many fantastic hotels on the Amalfi Coast, and most are still run by the same families who opened them. My favorites are Hotel Santa Caterina, which is built on the side of a cliff in the town of Amalfi. The staff takes care of guests in an incomparable way and with such warmth that's difficult to find anywhere else. Then there's Borgo Santandrea, the new gem of the Amalfi Coast. It's a game changer with its private beach and amazing design. I also love the glorious Villa Tre Ville in Positano, where the opera director Franco Zeffirelli lived for more than 30 years. The produce gardens are incredible and guarantee delicious meals.

Explore Lesser-Known Towns - Everyone goes to Ravello, the town of Amalfi, and Positano, but there are so many other little cities and villages. An example is Tramonti, with its wineries—you'll find whites, reds, and roses. Also, the fisherman's village Cetara where you have to try the local anchovies that are brined in olive oil. And few people are aware that the Amalfi Coast is full of little fjords that are fun to kayak through all year long. Examples include Puolo and the Bay of Leranto.

Eat - In Amalfi, don't miss the best pastry and ice cream shop Pansa. The other place to try ice cream is Sal De Riso in Minori, which is especially famous for its Delizia al Limone [or Lemon Delight cake].

For restaurants, my favorites are Lido Azzurro located in Amalfi. Whatever seafood you order, you can't go wrong—I always get spaghetti with clams. Other spots for fresh fish include Acquapazza in Cetara, Ristorante La Tonnarella in Conca dei Marini, and Lo Scoglio for lunch. You get there by boat and should plan to stay for at least two hours, though most diners stay for half a day eating and drinking through the afternoon.

For a Michelin-starred experience, Glicine at Hotel Santa Caterina is the way to go.



Sightseers to the Amalfi Coast should check out the Paestum and Velia archeological park, well-preserved ruins of a Greek city.

Off-Season Charms - The Amalfi Coast and surrounding areas are perfect as off-season destinations. And in many ways, they are much more pleasant to visit because you don't have the crowds and hot weather that are common in the height of summer.

Starting in October, you can visit all the wineries during harvest and see them in full action and also visit olive oil farms during harvest. There's also the chance to enjoy some of the most gorgeous seaside hikes without the weather being so hot.

Other options include seeing the ancient Greek city of Paestum, visiting artisans in their workshops to learn about local crafts, and making your own mozzarella cheese at one of the small dairy farms.

Tourist Traps to Avoid - A full-day tour that companies try to sell is Pompeii, Sorrento, and Capri all together. See them, but each deserves its own time and shouldn't be rushed. If you're in the area for only a few days, pick one and do it well. Also, skip the main beach in Positano, which gets way overcrowded.

Don't Miss - Make sure to have a day at sea on a boat seeing the destination from a different perspective. Buying a ceramic in Vietri sul Mare, a town between Amalfi Coast and Salerno. The souvenir shops in Positano and Amalfi are full of ceramics, but they're not the real deal. Go for the authentic, handmade pieces that you'll find in Vietri instead.

'The White Lotus' Set Sicily Abuzz, but Its Allure Transcends Time

Wall Street Journal Dec. 15, 2023



The celebrated Sicilian chef Ciccio Sultano wants travelers to unearth the charm and endless attractions of the island where he grew up and continues to live. Raised in Sicily's southeastern town of Vittoria, he now resides in the nearby ancient city of Ragusa, also home to his two-Michelin-starred restaurant Duomo.

"Sicily is a destination that's nested between the past and the future," he says. "It is a center of Mediterranean heritage, and there is a certain energy to everything here including the people, restaurants, scenery, and historical sights."

Sicily is special because... many dominations have been passing through this island for centuries, including Phoenicians, Greeks, Arabs, Normans, and Spaniards. We are basically an international continent and custodians of a rich heritage. Rooted in this incredible history, we grow and look to the future. It's a gift and a responsibility.

My dream holiday in Sicily involves... rising early in the morning when there are not many tourists around, accompanied by the marine breeze or the fresh countryside air, and going on a long walk. Staying in a nice house or a little hotel with a sea view—no big chains. Long lunches and dinners with family or friends.

My favorite places in Sicily are... Palermo with its churches, especially that artistic jewel that is the Palatine Chapel and then the archaeological sites of Agrigento, Selinunte, and Segesta. Any church here is a temple of art and history.

A must see is an excursion to Mount Etna for the views, the coolness and its wines, and there is the fascinating and hypnotic Scala dei Turchi [Stair of the Turks, near Realmonte].

Also, Ragusa should be explored on foot—walking is the best way to absorb the Baroque center. I also love visiting the many family-run wine, oil, and cheese producers in the province of Ragusa.



The best Sicilian gastronomic discoveries include... lamb, fish, extra-virgin olive oil, and Trapani sea salt. I also enjoy exploring the citrus notes of many ingredients in Sicily: We generally link the zest and a certain acidity only to lemon and orange, typical of this island, but citrusy notes can be found in other elements here: herbs such as Moroccan mint and rose, sea lettuce, meats such as pigeon and veal, and spices like coriander seeds and anise.

The hidden places in Sicily that tourists tend to miss are... the underground cathedral of Salt in Realmonte; Rabbit Island; Donnafugata Castle in Ragusa; the Villa Romana del Casale in Piazza Armerina and the romantic Circumetnea railway that goes around Mount Etna.

If I had to buy souvenirs from a Sicilian holiday, they would be... a salt crystal, a symbol of purity and good fortune that, together with wheat and oil, have driven the economy and civilization of this island. Also, a small piece of lava from Etna.

When I go on holiday in Sicily, I go... everywhere from the big city of Palermo to small seaside villages and countryside towns, staying in little, family-run hotels as much as I can.

If I could stay at any hotel in Sicily, it would be... I have several. Villa Igea in Palermo; A.D. 1768 [Boutique Hotel] in Ragusa Ibla, a short walk from Duomo; and the newly opened Adler Spa in Siciliana.

The restaurants in Sicily (besides mine) that visitors should not miss are... My personal list includes Mec in Palermo, Shalai in Linguaglossa, Sapio in Catania, La Capinera pizzeria in Ibla, and Martina Caruso at the Signum hotel in Salina.

The popularity of the show *The White Lotus*... has attracted a lot of people, especially from America. And we actually need more of *The White Lotus* to give a greater platform to all of the enchanting scenery we are immersed in. The island, every corner, is an extraordinary set, natural and architectural.

Tiramisu Cheesecake

SERVINGS:12



Ingredients:

- 1 1/2 cups graham cracker crumbs
- 1/4 cup unsalted butter, melted
- 1/4 cup granulated sugar
- 2 cups mascarpone cheese, room temperature
- 1 cup full-fat Greek yogurt
- 3/4 cup powdered sugar
- 1 teaspoon vanilla extract
- 3 large eggs, room temperature
- 1/2 C strong brewed espresso or coffee, cooled
- 2 tablespoons coffee liqueur (optional)
- 1 TBS unsweetened cocoa powder, for dusting
- Chocolate curls or shavings, for garnish

Instructions:

1. Preheat your oven to 325°F (163°C). Lightly grease a 9-inch springform pan.
2. Mix graham cracker crumbs, melted butter, and granulated sugar in a bowl. Press into the bottom of the pan to form the crust. Bake for 10 minutes, then cool.
3. In a large bowl, beat mascarpone cheese until smooth. Add Greek yogurt, powdered sugar, and vanilla extract, beating until creamy. Beat in eggs one at a time, just until incorporated. Avoid overmixing to prevent the cheesecake from becoming too dense. Pour half of the cheesecake mixture over the crust. Drizzle with half of the espresso or coffee (mixed with coffee liqueur if using). Top with the remaining mixture.
4. Bake for 45-55 minutes, until the edges are set, and the center slightly wobbles. Turn off the oven, open the door slightly, and let the cheesecake cool inside for 1 hour.
5. Refrigerate the cheesecake for at least 4 hours, or overnight. Dust with cocoa powder and garnish with chocolate curls before serving.

Slice with a warm, clean knife, wiping the blade between cuts.

Chicken Picatta with Artichokes

From the **TSDOI Cookbook V2**

Servings: 6

By Christie Anderson

This is a family favorite and great to make for when company comes over or for parties because it holds up well in a chaffing dish!



Ingredients:

For the chicken

- 3 Boneless Chicken Breasts
- ~ 1 C Flour to dredge
- 1 tsp Lemon Pepper
- 1 tsp Garlic Pepper
- Salt to taste
- Oil to pan fry chicken

For the sauce

- 1 tbs Minced Garlic
- Olive Oil
- Juice of 1/2 Lemon
- 1/4 C Chicken Stock
- 1/4 C Dry White Wine
- 3-5 Springs Fresh Parsley (chopped)
- 6 oz. jar Artichoke Hearts (not marinated) (drained and rinsed)
- 2-4 TBS Nonpareil Capers
- Lemon Wedges (for serving)

Directions

Pound chicken breasts thin and cut diagonally into about 1-inch strips. Mix the flour with the lemon pepper, garlic pepper, and salt in a bowl. Dredge chicken strips in the seasoned flour. Pan fry until browned. Set it aside.

In a saucepan, sauté olive oil and garlic. Squeeze in lemon juice. Add in the chicken stock and white wine and simmer for a few minutes. Add chopped parsley, continue to simmer on low heat. Add artichokes and capers, continue simmering on low heat for a few minutes.

Meanwhile, finish cooking chicken in the oven at 350 until cooked through. This doesn't take long.

To serve, place chicken on platter and pour sauce on top. Add some sliced lemon wedges. If wanted, top with extra parsley.

Serve with spaghetti and a baguette.