



Triangle Sons & Daughters of Italy

Serving the North Carolina Triangle since 2004

2817

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IL GIORNALE DI TSDIA

Decembre, 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 TSDIA

Editor Nick Verna

Send comments or suggested materials to
nickverna14@gmail.com

TSDIA Calendar of Events

- Dec 7 – Community Service Opportunity with Triangle Disabilities & Autism Services
- Dec 8 – Christmas Dinner Mama Mia
- Dec 11 – Holiday Cookie Express & Exchange
- Dec 14 – Donation opportunity with USO
- Dec 15 – Christmas Dinner Cape Fear Seafood
- Dec 18 – Christmas Dinner Farina Neighborhood Italian
- Feb 2 – Mother Cabrini Movie & Presentation
- Mar 2 – Italian-American Food Presentation, Amari, and Antipasto Potluck
- Mar 8 – Italian Coffee House & St. Joseph's Dessert Extravaganza
- June 8 – Family Picnic and Scholarship Awards
- Sep 20 – Festa Italiana
- Oct 11 – Italian American Heritage Celebration

December Birthdays

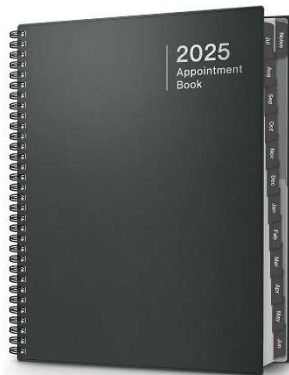
This month we celebrate the birthdays of those members celebrating in December: Monica Inzaina (2), Rosemary Amato (3), Jeannine Koytek (3), Suzanne



Caso (4), Janice Lumbrazo (6), Donna Munier (6), Deborah Corpora (8), Diana Frum (9), Raymond Mantovani (9), Frank Damico (10), Emma Dehne (10), Anthony Dimico (10), Jim Musilek (10), Victoria Pirozzi (12), Richard Rickenbrode (14), Dennis Ryan (14), Rose Lynn Wild (14), Mike McDermott (16), Rece Willingham (16), Cameron Elliott (18), Lee Kilbrith (20), Johnny Bisi (21), Mark Spano (23), Patrick Passarella (23), Albert Amato (24), Mark Ascolese (24), Amy Howard (24), Michael Carlucci (26), Caroline Horner (26), Tori Horner (28), Lisa McBride (31).

Good & Welfare

Great news – Julia Bledsoe is finally home. She has a long road ahead to recovery but at least now she is back at home.



Letter From the President

Dear Members:

We are already actively planning our 2025 Events Calendar. There are four events in 2025 which are our largest events, and we must begin to commit Lodge funds at this time so that we have the capacity to accommodate these activities for our growing membership. More importantly, I consider these 4 events to be the most important and rewarding to celebrate our Italian Heritage.

Please put a hold on your calendar now so that you do not have conflicts to interfere with registering for these events. Here you go:

Saturday, March 8th is our Italian Coffee House & St. Joseph's Dessert Extravaganza. We have booked a superb Italian American singer, and you will experience the largest dessert table you have ever seen.

Sunday, June 8th Family Picnic and Scholarship Awards. Great food, great people, great games, and so much more. We will also honor our TSDIA Scholarship winners. Bring your children and grandchildren too!

Saturday, September 20th Festa Italiana North Carolina. This sought after Italian Street Festival attracts about 15,000 attendees. Aside from the fun that you will have while celebrating your heritage, this is the event where we will need TSDIA Members volunteering for a few hours throughout FESTA and in the TSDIA FESTA Booth too.

Saturday, October 11th Italian American Heritage Celebration. This is our famous big-time annual Lodge event that is the best way to celebrate our Italian American Heritage Month. I always say that if a member could only attend one event, this is the premier event to attend as a member of the Triangle Sons and Daughters of Italy.

Within a few weeks, we will begin to announce First Quarter 2025 events that you can begin registering for. We are already finalizing details for January - March activities such as SCOPA, Conversational Italian, Movie Night, Italian American Cuisine Discussion, etc. Getting excited for 2025!

Don Cimorelli, TSDIA 2817 President

Nick Verna Receives Award from Family Promise

Nick Verna received the Denton Award for outstanding service to the homeless family community at the Flamenco Concert.



TSDIA Sponsored Flamenco Concert for Family Promise a Great Success

The TSDIA sponsored concert to help raise money for homeless families was a great success. Thank you, Barbara White, for help making this happen



Sip & Stroll and Limoncello Making



Meet & Greet



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 **Noelle Marino** who has followed us on Facebook and knows members Joe and Janne LoFaro and George Scalco. She is originally from Philadelphia, Pennsylvania, grew up in Lynchburg, Virginia and in 1994 settled in North Carolina after graduating Wake Forest University. Her heritage is from Naples, Abruzzi and Montella. Noelle is the Business Manager and very involved at Saint Andrew the Apostle Catholic Church in Apex. She lives in Holly Springs and enjoys cooking, reading and having a good time with friends over wine and at the beach. She has signed up for our New Members Meet and Greet event on November 14th. We look forward to meeting her. Welcome Noelle nmarinonc@gmail.com.

Please welcome **Alison Green** who heard about us at the Italian festival in Apex. Alison was born and raised in Raleigh and is joining as a Social Member. She lived in Italy for 18 months (1991-1992) learning the language and serving as a Missionary with the Church of Jesus Christ of Latter-day Saints. She lived in Torino, Milano, Brescia and Geneva. She is retired from a career in Interior Design and Education. Her interests/hobbies are speaking Italian, travel, reading, history, interior design, teaching and serving for various organizations. She has attended our Conversational Italian classes and has signed up for our New Members Meet and Greet event on November 14th. We look forward to meeting her. Welcome Alison queengreen93@gmail.com.

Please welcome **Betsy Rosenlund** who heard about us from member Carmella Alvaro when attending her class at Melina's Pasta Shop. Thank you, Carmella. Betsy is originally from San Francisco, California and lives in Durham. Her heritage is from Val Chiavenna, Lombardy. She is in Real Estate Sales and enjoys traveling, cooking, baking, reading and live music. She will be attending our New Members Meet and Greet event on November 14th. We look forward to meeting her. Welcome Betsy betsy.rosenlund@gmail.com.

Please welcome **Alison Loffler** who is the daughter of members Robert and Brenda Pulverenti who joined in September 2021. Alison is originally from Syracuse, New York and relocated to Knightdale to be near family. Her heritage is from Catania, Sicily and she is a Caregiver. Alison enjoys travel, concerts and festivals. She will be at our Christmas dinner, and we look forward to meeting her. Welcome Alison alison61386@gmail.com.

Please welcome **Frank Rao and Karen Fox** who heard about us through our Facebook page. Frank is originally from the Bronx, NY and Karen is from Queens, NY. They live in Chapel Hill. Frank's heritage is from Calabria, and he is a retired medical doctor, ENT surgeon. He enjoys exercising and meditating. Karen is a retired medical doctor; Psychiatrist and she enjoys reading. They have signed up for our Meet and Greet event on November 14th. We look forward to meeting them. Please welcome Frank frank@foxrao.us and Karen drkarenfox@gmail.com.

Please welcome **Katrina DiTomasso and her son Noah** who were part of the clean-up committee at this year's Italian festival in Apex and have decided to join. Her eight old daughter Natalie also helped with the clean-up. Katrina is originally from Ronkonkoma, Long Island and her heritage is from Calabria. She is a Compliance Consultant and enjoys whatever her children are doing and connecting with other families and their children. She lives in Apex and is looking forward to attending our Meet and Greet event on Thursday November 14th. Please also welcome Noah DiTomasso who is joining as a Youth Member. He is ten years old and attends Sterling Montessori Academy and Charter School in Morrisville. He enjoys running, soccer and playing chess. We need to teach him Scopa! Welcome Katrina trina0402@gmail.com.

Please welcome **Joseph (Joe) Gugliotti** who heard about us from a friend and through our web site. Joe is originally from Watertown, Connecticut and moved to Cary as a result of job relocation. His heritage is from Naples, and he is a retired Project Manager at the Duke Clinical Research Institute. His interests are reading, exercising, playing tennis and playing pool. Welcome Joe: joegug@bellsouth.net.

Please welcome **Rosemarie (Roe) Aguanno DeMattia** who is a sponsor of our Lodge and has decided to join. She has worked past years at the Italian festivals in Raleigh and Apex. She is originally from Queens, New York and lives in Cary. Her heritage is from Palermo, Sicily. Roe is the owner of Georgina's Restaurant and Pizzeria in Morrisville and has hosted many Lodge meetings and events. She enjoys walking, hiking, kayaking, Yoga, BUNCO and Game Night. Welcome Roe: info@georginascary.com.

Carbonara in a tin? Yes, according to Heinz

<https://lifeinitaly.com/carbonara-in-a-tin-heinz/>

I am Italian yet not necessarily invested in defending the purity of our recipes and their execution but ...carbonara in a tin? Yes, you read that right: Heinz is launching spaghetti carbonara in a tin and, as you may guess, this has ignited a firestorm of controversy in Italy.



The American food giant, known for its canned beans and ketchup, announced that the product would hit UK supermarket shelves in September 2024: priced at £2 (around 2,60 USD) this convenient meal option is aimed at busy consumers, particularly Generation Z, who are looking for quick and easy meal solutions.

The Italian reaction: outrage!

The reaction in Italy, particularly in Rome, where carbonara is almost sacred, has been nothing short of outrage. As reported by the long-running Rome-based online news portal, Wanted in Rome, Italian chefs and food enthusiasts have taken to social media and news outlets to express their dismay. Michelin-starred chef Alessandro Pipero didn't mince words, comparing the tinned carbonara to "cat food." And Italians, in general, appear to agree, with some declaring that they wouldn't even feed it to their pets.

Why Italians are so protective of the original recipe?

Traditional Roman carbonara is all about simplicity and precision. It is made with just five ingredients: pasta, guanciale (cured pork cheek), pecorino cheese, eggs, and black pepper; any deviation from this recipe is often met with fierce criticism. The idea of a mass-produced, canned version, especially one that includes cream and pancetta instead of guanciale has been perceived as a direct assault on Italian culinary identity.

Festa Italiano 2025 is Looking for You!!!

Dear TSDIA Members:

Our Lodge has members who perform many important roles for Festa Italiana North Carolina. These roles range from leadership positions, committee chairs, and all-around volunteers on the day of Festa.

While widespread recruiting of volunteers for Festa Italiana North Carolina will begin after the holidays, now is the time to find volunteers with skills in key areas to jumpstart planning and provide oversight of these areas for Festa Italian North Carolina to be held on September 20, 2025.

I am overly impressed with what I have learned about your past and current careers. This is a fantastic opportunity to get more engaged with Festa, put your skills to effective use, and experience an enthusiastic sense of reward.

Below are the areas where Festa Italiana needs a few leaders with critical skills to jumpstart planning and continue to provide oversight. One position will have a small stipend, and the others will be volunteers.

STIPEND LEADERSHIP SUPPORT POSITION:

- Festa Project/Event Manager

SKILLED VOLUNTEER ROLES:

- Festa Italiana Social Media/Website Support
- Chair for Festa Business Sponsors
- Festa Marketing & Publicity Leader
- Pre-Festa Events to Generate Enthusiasm for Festa NC 2025
- Operations & Infrastructure Planning for Festa

If you have expertise in any of these areas, please do not be shy to find out more. Please send me an email with your area of

interest and I will connect you with the right person in Festa to discuss further to see if these opportunities align with your aspirations and abilities.

Festa is committed to providing a supportive environment for its leaders.

I encourage you to find out more!

Don Cimorelli

TSDIA 2817 President



Discover Sicily in 2025: A Heritage Journey

Ciao amici! Sicily, the vibrant island at the heart of the Mediterranean, is calling in 2025. With its mix of historic treasures, unique regional cuisine, and warm hospitality, Sicily offers the perfect destination for those looking to explore their Italian roots. Here's why Sicily should be your next stop!

Where to Go

1. **Palermo:** Sicily's bustling capital, Palermo, is a feast for the senses. Start with the Cathedral and Quattro Canti, then dive into the colorful Ballarò Market for a taste of Sicilian street food.
2. **Taormina:** Known for its ancient Greek theater overlooking Mount Etna, Taormina blends natural beauty with historical intrigue. Walk the charming streets, lined with boutiques and cafes, and enjoy breathtaking views.



3. **Agrigento's Valley of the Temples:** A UNESCO World Heritage site, these ancient Greek ruins are a must-see, showcasing Sicily's diverse cultural history.
4. **Ancestral Villages:** Many Italian-American families trace their roots to Sicilian villages. From Corleone to Caltanissetta, consider a personalized ancestry tour to walk the same streets your ancestors once did.

Unique Experiences

- **Ancestry Tours:** Many companies specialize in helping visitors trace family roots, arrange village visits, and even connect with relatives.



- **Cooking Classes in Family Farms:** Sicilian farms offer hands-on cooking classes, where you'll learn to make dishes like pasta alla Norma and caponata from scratch.
- **Exploring Mt. Etna:** Europe's highest and most active volcano offers guided hikes and vineyard tours along its slopes.

Essential Tips

- **Book Early:** Sicily has become a popular destination, so consider booking accommodation, especially in small towns, well in advance.
- **Language:** While Italian is widely spoken, many Sicilians understand basic English in tourist areas.



Learning a few Italian phrases can go a long way in rural areas. For our members, Sicily offers more than just scenic beauty; it's a journey into history, family, and culture. Make 2025 the year you visit Sicily and discover why this island holds a special place in the hearts of Italian-Americans. And if you're looking for help booking or planning your trip, reach out to me, Rocky Dimico, owner of Flights and Fables. rocky@flightsandfables.com Buon viaggio e buona fortuna!

A 17,000-year-old discovery sheds light on Italy's genetic heritage

<https://lifeinitaly.com/skeleton-genome-italys-genetic-heritage/>

The unearthing of a 17,000-year-old child's skeleton in Grotta delle Mura, near Monopoli in Puglia, opened a new chapter in understanding Italy's genetic heritage. This remarkable find offers unprecedented insights into the lives and migrations of early human populations in southern Italy during the Upper Paleolithic era.

An exceptional find in Grotta delle Mura

Discovered in 1998 within a karst cave rich in archaeological significance, the child's remains were astonishingly well-preserved. The cave's stable conditions safeguarded the skeleton for millennia, allowing researchers to recover approximately 75% of the child's genome—the oldest ever sequenced in Italy. The body was found lying on its back, partially covered by stones, without any grave goods or signs of ceremonial burial practices typical of later periods.

Revealing the genetic history of early Italians

Genomic analysis identified the child as part of the Western Hunter-Gatherer population, a group that once inhabited much of Europe.

Intriguingly, genetic markers suggest the child had dark skin, dark curly hair, and blue eyes—a combination not commonly associated with modern Europeans.

According to researchers, the genetic diversity found in the child's DNA is the result of extensive migration and interbreeding among different hunter-gatherer groups during the Paleolithic period.

A crossroads of ancient migrations

The child's genetic profile showed affinities with populations from regions around the Black Sea and the Balkans, which supports the theory that southern Italy was a significant crossroads for human migrations, facilitating gene flow across Europe. While there was notable movement of peoples, local populations also began developing distinct genetic identities, influenced by geographical and environmental barriers.

Health struggles in a harsh world

Further genomic insights revealed that the child suffered from hypertrophic cardiomyopathy, a congenital heart condition that likely led to a premature death at just 16 months old. Evidence suggests this condition was inherited from closely related parents, possibly first cousins—a reflection of the endogamous practices within small, isolated hunter-gatherer communities. The child's teeth also showed signs of physiological stress before and after birth, indicating challenges such as malnutrition or illness in a demanding environment.

Implications for understanding Prehistoric populations

This discovery sheds light not only on individual health but also on social structures of the time. The prevalence of genetic disorders like hypertrophic cardiomyopathy highlights the potential consequences of limited gene pools in isolated groups. Moreover, isotope analysis suggests the child's mother had limited mobility during pregnancy, implying that the community may have been sedentary for extended periods due to environmental factors or cultural practices.

A continuum of genetic diversity

The findings highlight the dynamic nature of Italy's genetic heritage, rooted in millennia of migration, adaptation, and cultural exchange. From the Paleolithic inhabitants to the Etruscans and Romans, each era introduced new genetic threads

into the history of the Italian population. The Roman Empire, in particular, was a melting pot that brought together peoples from Europe, North Africa, and the Near East. This genetic diversity continued through the Middle Ages and remains evident in the modern Italian population, one of the most genetically varied in Europe.

Connecting past and present

The Grotta delle Mura child provides a tangible connection to Italy's distant past, enriching our understanding of early human history in the region. The genetic data retrieved from the study of his skeleton not only sheds light on the physical characteristics and health of one young individual but also offers valuable perspectives on broader patterns of human migration and interaction. This discovery reaffirms that Italy's story is one of continuous movement and mingling of peoples—a legacy that continues to shape the nation's cultural and genetic landscape today.



Declining birth rates in Italy: -34% over 15 years

<https://lifeinitaly.com/declining-birth-rates-in-italy/>

Italy is facing a critical situation marked by a continuous decline in birth rates. Despite being monitored for years, there has been no significant change in this trend, raising serious concerns about the future of the healthcare system and generational replacement. This is referred to as a true generational challenge, but it proves difficult to tackle. In the first six months of 2024, the decline compared to the same period in 2023 amounts to 4,600 children.



A negative trend for nearly two decades

The -34% decline in births in 2023 compared to 2008 translates to approximately 197,000 fewer children born. Beyond the dramatic decrease over 15 years, there is also a worrying year-on-year decline. Compared to 2022, the drop was 3.6%, or about 14,000 births. Since 2008, the phenomenon of declining birth rates has been relentless: in 2008, there were 577,000 births—a number that seems to belong to a different era.

The year 2023 marked the eleventh consecutive historic low in births, with only 379,000 children born. To provide a clearer picture, it's useful to consider the birth rate relative to the population. In 2022, the rate was 6.7 births per 1,000 inhabitants, which dropped to 6.4 in 2023.

In this critical context, however, a glimmer of hope emerges. While the total population continues to decrease due to lower birth rates, youth migration, and the economic crisis, the rate of decline is

slowing. As of January 1, 2024, the resident population was 58,990,000, a decrease of 7,000 people compared to 2023 (approximately -0.1 per 1,000 inhabitants). Between 2014 and 2021, the average decline was more significant, with a reduction of -2.8 per 1,000 inhabitants.

Italy is among the European countries with the lowest birth rate

In 2022, only 3.88 million new citizens were born in Europe. The average fertility rate among member countries was 1.46 children per woman, a far cry from Italy's current figures. The downward trend is common across all member states, except Bulgaria, which has seen an increase to 1.69 from 1.58 in 2019. Italy ranks at the bottom of the list, with a rate of 1.24 births per woman, alongside Spain (1.16) and Malta (1.08).

Via Montenapoleone is officially the most expensive Luxury Street in the world

<https://lifeinitaly.com/via-montenapoleone-most-expensive-luxury-street/>



In Italy, rental costs are reaching ever higher levels, making searching for a home or commercial space challenging, especially in major cities. A striking example of this phenomenon is Via Montenapoleone in Milan, which has achieved a global milestone: for the first time, an Italian address has been recognized as the most expensive street on the planet overtaking iconic streets such as Fifth Avenue in New York and New Bond Street in London. This report analyzes the world's main commercial streets, with a specific focus on spaces tied to the luxury sector.

Exploring the History and Flavors of Italian Sausage Recipes

Italian cuisine is renowned for its robust flavors, fresh ingredients, and diverse regional dishes. One staple that has captured the hearts and palates of people worldwide is Italian sausage. This versatile and mouthwatering ingredient not only adds depth and richness to dishes but also carries with it a long and fascinating history. In this article, we will take a culinary journey through time and explore the origins of Italian sausage, as well as share some delicious recipes to bring a taste of Italy to your dinner table.

A Brief History of Italian Sausage

The history of sausage-making in Italy dates back to the Roman Empire, where the art of preserving meats was essential for survival. The Romans were masters of sausage-making, utilizing various herbs, spices, and techniques to create sausages with distinct flavors that were enjoyed by all social classes. Over time, regional variations emerged, leading to the diverse range of Italian sausages that we know and love today.

Types of Italian Sausage

While there are many types of Italian sausages, two of the most popular are sweet Italian sausage and hot Italian sausage. Sweet Italian sausage is made with pork, fennel seeds, and other seasonings, resulting in a mildly sweet and aromatic flavor. On the other hand, hot Italian sausage is prepared with the same base ingredients but with the addition of red pepper flakes or chili pepper, giving it a spicy kick. Now that we have a grasp on the history and types of Italian sausages, let's dive into some scrumptious recipes featuring this mouthwatering ingredient.

Sausage and Broccoli Rabe Orecchiette

Hailing from the Puglia region in southern Italy, orecchiette is a unique pasta shape that resembles small ears, making it the perfect vessel for capturing the flavors of the sauce. In this dish, we combine the hearty, savory taste of Italian sausage with the earthy, slightly bitter notes of broccoli rabe for a satisfying and well-rounded meal. The garlic

and red pepper flakes (if using) add a punch of flavor that marries the other ingredients, creating a harmony of tastes and textures that is both comforting and elevated.



Ingredients:

- 1 lb orecchiette pasta
- 1 lb sweet or hot Italian sausage, casings removed
- 1 bunch broccoli rabe, chopped
- 3 cloves garlic, minced
- 1/4 cup olive oil
- 1/2 tsp red pepper flakes (optional)
- Salt and pepper, to taste
- Grated Parmesan cheese, for serving

Instructions:

Cook the orecchiette pasta according to package instructions. Drain, reserving 1 cup of pasta water, and set aside.

In a large skillet, heat the olive oil over medium heat. Add the sausage, breaking it up with a wooden spoon, and cook until browned and cooked through, about 8-10 minutes.

Add the garlic and red pepper flakes (if using) to the skillet with the sausage and cook for an additional 1-2 minutes, until fragrant.

Meanwhile, bring a pot of salted water to a boil. Blanch the broccoli rabe for 1-2 minutes, then drain and rinse with cold water to stop the cooking process. Add the blanched broccoli rabe to the skillet with the sausage mixture and cook for an additional 3-4 minutes. Add the cooked pasta to the skillet, tossing to combine with the sausage and broccoli rabe mixture. If needed, add a bit of reserved pasta water to help coat the pasta evenly.

Season with salt and pepper to taste and serve with a generous sprinkle of grated Parmesan cheese.

Pandolce Genovese (Traditional Italian Christmas Genovese Cake)

Pandolce Genovese is a classic Italian sweet bread cake that is traditionally served at Christmas time. Also known as Pandolce Basso, this sweet no-rise bread is a perfect treat for the holiday season.



Ingredients

- 2 cups all-purpose flour (270 grams)
- ½ cup granulated sugar
- 2 ½ teaspoons baking powder
- ½ cup butter, softened and cubed
- 1 large egg, beaten
- 1 tablespoon honey
- 1 tablespoon orange zest
- ½ cup raisins
- ⅓ cup pine nuts
- ⅓ cup candied fruit

Instructions

Preheat oven to 350 degrees and position baking rack in the top third of the oven. Line a baking sheet with parchment paper; set aside.

In a large bowl, whisk together the flour, sugar, and baking powder. Add in the cubed butter, egg, honey, and orange zest. Use a spoon to mix together as much as possible, then switch to using your hands to combine the ingredients.

Pour the dough out onto a lightly floured surface and continue kneading until all of the ingredients come together and smooth dough forms. Press the dough into a flat circle and add on the raisins, pine nuts, and candied fruit. Use your hands to knead the dough and work in the fruits and nuts.

Shape the pandolce into a 6-inch round loaf. Place the dough onto the prepared baking sheet. Bake in preheated oven for about 35-40 minutes or until the bread is golden brown and toothpick inserted in the middle of the cake comes out clean.

Let the Pandolce cool on a wire cooling rack completely before slicing into wedges and serving.

Notes

Every dough will be different. If your dough is too dry, add a bit of water. If it's too wet, add a bit more flour. You want a smooth, slightly tacky dough for pandolce.

You can use whatever candied fruit you'd like or omit it altogether. Pine nuts are traditional in this recipe, but you can use whatever chopped nuts you'd like.

The traditional Pandolce recipe uses orange blossom water, which can be difficult to find. I find that fresh orange zest is a good substitute.

Other pandolce recipes call for fennel seeds. Feel free to add ¼ teaspoon of fennel seeds to the dough if you'd like.

Leftover pandolce can be stored at room temperature in an airtight container for up to three days. Refrigerate in an airtight container for up to a week or freeze for up to a month.