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Order Sons of Italy
Pikes Peak Lodge

Ciao!

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Our last Sunday Fun Day was held at the VFW. All in attendance had a blast eating, drinking and gambling!! Those little lotto tickets they sell are very addicting!! Not much money was won, but

great conversation and fun made up for it!! Our next fun day will be on a Friday. Keep an eye out for the email!



Bunco was held on July 23 with 36 players attending! Great treats were shared by all and after payouts of \$60 in prize funds, \$120 was

raised for our organization! Thanks to all for attending and our next Bunco will be October 15th at 2pm! Come on out and enjoy the fun and camaraderie!

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Cultural notes by Maura Fontanini Rodriquez

UMBRIA: Il Cuore Verde dell' Italia (Part I)

Umbria lies squarely in the center of Italy, sharing its northwestern border with its famous neighbor Tuscany. The only landlocked region in the country, Umbria is often referred to as the “green heart of Italy” -- a description you'll find appropriate as you gaze at its verdant hillsides, lush valleys and



densely wooded forests. Like many regions in Italy, Umbria has a rich culture strongly linked with the past that centers around food, art, music and wine.



Ancient History

Umbria is named for its first known inhabitants, the Umbri tribe. These early Umbrians settled in the area around 1,000 BC, living in the still-existing eastern hilltop towns of Spoleto, Gubbio and Assisi. Shortly thereafter, the Etruscans settled in the western part of Umbria, living in the modern-day Perugia, Orvieto and Città della Pieve. In time, the Etruscans encroached upon Umbrian territory and dominated the Umbri completely, establishing an advanced social and political system among a network of cities in the region. Etruscan control was brought to an end when the entire Umbrian region fell to Roman invaders in 295 BC. Rome ruled Umbria for several centuries until it, too, fell in the 5th century AD. Today, there is ample archaeological evidence of both Etruscan and Roman society scattered throughout Umbria or on display in museums such as the National Archaeological Museum of Umbria (in Perugia) or the Archaeological Museum of Folgolino.



Art

Umbrians have a deep appreciation of art, and throughout history the region has produced its share of talented artists. In the 15th and 16th centuries, Umbria was home to a well-respected art school (known as the “Umbrian school”) that taught venerated artists such as Raphael, della Francesca and Perugino. Amazing old paintings and frescos can be found all over Umbria, not just in famous museums (such as the National Gallery of Umbria in Perugia) but on the walls of tiny churches in quiet hilltop towns. Visitors who prefer contemporary art will be pleased to find a thriving modern art scene in Umbria, with contemporary art museums in



Cultural notes con't

Cuisine

Umbrian cuisine tends to consist of simply-prepared dishes that rely on fresh, high-quality ingredients. As in other parts of Italy, vegetables, pasta and meats feature prominently on the menu. Truffles, both black and white, are a particular specialty of the region and are often served shaved over tagliolini, a type of hair-thin pasta. However, the classic Umbrian specialty is pork. The most renowned Umbrian pork comes from the black pigs of Norcia, an ancient town in southeast Umbria. Norcia has been the center of sausage-making and other pork dishes for so many centuries that pork butcher shops in Umbria are called “Norcineria.” Traditional Umbrian pork dishes include salame mazzafegati (a pork liver sausage made with orange peel, pine nuts and raisins), and porchetta, an herb-stuffed pork roast sandwich.



Wine



Umbria has been a wine-producing region since Etruscan times, but its vineyards have always fallen in the shadow of those in Tuscany. These days, Umbrian wines have become increasingly respected in the world's wine scene. The crisp white wines of Orvieto are perhaps the most well-known Umbrian wines. However Umbrian reds, such as Torgiano Rosso Riserva and Sagrantino di Montefalco have gained substantial attention as well. Visitors interested in Umbrian wines may want to visit the Wine Museum in Torgiano,

which tells the story of Italian winemaking since ancient times.

Music

When it comes to music, Umbria seems to step away from its traditions and embrace the contemporary. Each July, the region hosts the Umbria Jazz Festival, one of the most renowned international music festivals in the world. Famed musicians such as Miles Davis, Wynton Marsalis and Dizzy Gillespie have played at the festival, and every year it attracts new talented artists. Another popular Umbrian music festival is the Festival dei Due Mondi (The Two Worlds Festival) in Spoleto, which features opera and classical music in addition to modern dance, theater and other visual arts. The Festival dei Due Mondi takes place annually in June and July.



DETTI E PROVERBI: by Maura Fontanini Rodriquez

A confessore, medico e avvocato non tener il ver celato.

To confessor, doctor, and lawyer do not hide the truth.

A mali estremi, estremi rimedi.

Desperate times call for desperate measures.

A nemico che fugge, ponti d'oro.

For the enemy who escapes, golden bridges.

A ogni uccello il suo nido è bello.

*To every bird, his own nest is beautiful.
Idiomatic meaning: There's no place like home.*

A rubar poco si va in galera, a rubar tanto si fa carriera.

Steal a little, go to jail; steal a lot, make a career of it.

A tutto c'è rimedio, fuorchè alla morte.

There is a cure for everything except death.

Acqua cheta rovina i ponti.

Silent waters run deep.

Acqua passata non macina più.

That's water under the bridge.

Aiutati che Dio t'aiuta.

*Help yourself and God will help you.
Idiomatic meaning: God helps those who help themselves.*

Al bisogno si conosce l'amico.

A friend in need is a friend indeed.

Al contadino non far sapere quanto è buono il formaggio con le pere.

Don't let the farmer know how good cheese is with pears.

Ama il prossimo tuo come te stesso.

Love thy neighbor as thyself.

Ambasciator non porta pena.

Don't shoot the messenger.

Amico di tutti e di nessuno è tutt'uno.

A friend to all and a friend to none is one and the same.

La Festa Italiana by Charlene Pardo

Festivals can happen any time in Italy with very little provocation. Most festivals center around the patron saint of a town, an historical event, or the harvest of a local product. The oldest Italian festival in the U.S. is probably the Feast of Our Lady of Mt. Carmel in Hammonton NJ, which just celebrated it's 139th anniversary. The biggest festival is in New York on the Feast of San Gennaro in September, attracting about one million people. The states with Italian Festivals after New York are NU, CA, PA, IL, MA, OH and WV. If you are traveling to any of these states, be sure to check out the OSIA.org website for times and dates, so that you can join in the fun with your Italian American compadres.

Most festivals start at the local church with a procession of the patron saint, but all contain music, crafts, and great Italian food. Some have special events such as a greased pole contest, an orange throwing fight, folkloric dancing, or the reenactment of an historic event. Locally, we have the Belmar Festival in September, which features a spectacular flag throwing show from Italy and a grape stomping activity for the kids as well as great food, wine tasting, and Bocce tournaments.

The Belmar Festival starts September 10-11 on Teller Street in Lakewood. Canon City also has it's festival September 10th, so you could have a fun-filled weekend ahead of you!

Denver also hosted Our Lady of Mt. Carmel festival in July, and will host the St Rocco Festival on August 19-21st at the Pontenza Lodge.

There are 361 festivals in 45 states listed on the website, so you should be able to find one at any destination! Get outside and enjoy your Italian American heritage by supporting these local festivals!!

A thank you note to our lodge

During our last general meeting, David Bustamento (one of our Scholarship recipients), sent a Thank You note to the lodge. I would like to share a segment from that letter with you:

“Our ancestors came to this country to give the next generation a better shot. With this scholarship, you are doing the work of our ancestors—investing in the next generation of Italian Americans. Today with the gift of this scholarship, - an investment in my future—you are all my Italian American family. As I spend my summer working, interning, and studying for the LSAT this fall, I never forgot that I am where I am today because of those who came before me. Trust me when I say, I will never forget to pay this forward to the next generation—just as our ancestors before.”

Meet our members— *Delia Spasiano*

Hi, my name is Delia Spasiano. I was born and raised in beautiful Napoli and had lived there till I was 35 years old. I speak Italian fluently. My father was from Naples too and my mother moved there from Buenos Aires when she was 7 years old. Napoli is a very beautiful and unique city. Rich in history and architecture and fabulous food. I am proud to be Napolitano.



Buy a lodge shirt!



All colors of the Italian flag!



- Polos \$20 including embroidery
- Hoodies \$40 pullover
\$45 Zippered
- Patch \$10 Large



You can also order a large patch for the back of your hoodie.

Call Tony Rodasta for order—719/260-8773

Upcoming Events:

August 20 - Anniversary Dinner 4—7 pm at The Warehouse. Dinner is a Texas style BBQ!

September 11—Lodge Picnic at Nancy Lewis Park

September 25—Spaghetti Dinner fundraiser at the Elks Lodge 309—3400 N. Nevada Avenue. 12—5 pm \$10 for adults \$5 children under 12.

Special Upcoming Events:

Lila Mori and The Penrose Room Trio

Sunday August 21st at the SALIDA STEAM PLANT EVENT CENTER 220 E Sackett Ave, Salida CO 81201 This is a free event brought to Salida by Friends of the Steam Plant and many local sponsors. It happens each Sunday, from 5-7pm, beginning July 17th and running through September 11th. Find out more about the friends [HERE](#). Come up for Jazz on the Plaza, Sundays in July through September, enjoy food and drink and excellent Jazz. Contact the SteamPlant, 719.530.0933, for more information.

Lila Mori, vocals and Wayne Wilkinson, Jazz Guitar

Friday, AUGUST 26, 4:00 pm Pauline Chapel 2 Park Ave, Colorado Springs, CO 80906

Fellow Lodge Events

Pueblo Lodge #2738

August 21st—Walking Stick Golf Tournament 8am shotgun start. For details, contact Kurt Madic

Royal Gorge Lodge #2866

Sept. 9-10 4th annual RGL Italian Festival on the Macon Plaza (Led by Sons of Italy) 9th 7 pm til 10 pm , 10th - 10 am til 10 pm

Funnies

A couple of riddles for you to solve! Send your answer to Jennifer (email on front) and she will post the correct answers next newsletter along with who answered correctly!!

1. What are the only two words in the English language with three consecutive double letters?
2. Here on earth, it is true that yesterday is always before today; but there is a place where yesterday always follows today...where is it?



Recipe of the Month— Maura Fontanini Rodriguez

Salsa alla Genovese: (Not to be confused with Pesto alla Genovese)

Submitted by Delia Spazziano

***Nota storica su questa ricetta (historical note on this recipe): This recipe is called Salsa alla Genovese, but was originally from Naples. It seems that at the Court of Ferdinanda di Borbone a cook from Genova invented this particular dish. The King was so impressed that he made it part of the Neapolitan gastronomy)

(per 4 persone)

Ingredients:

One medium eye round roast
 5 onions (medium) Yellow
 A celery stick
 One carrot
 Olive oil
 White wine
 Salt and pepper
 Pasta: Rigatoni o Penne
 Chop finely carrot, celery, onions



Directions:

Place olive oil (extra virgin preferably) in pot (about 1/3)

Brown the roast in the pot until golden

Add the “Odori” (carrot, celery, onions) to the pot and let it “sauté” at low heat without cover. Add salt and pepper to taste. Cook well until onions are transparent and stir often. At this point add a glass of white wine. Let it evaporate and lower the temperature and now at this point we can cover the pot. Cook at least for a couple of hours at low heat keeping stirring occasionally.

The roast needs to be tender. Set aside the roast in a platter and slice it finely. At this point blend the onion until creamed. Cook the pasta and add the vegetable sauce on top of it. Add a cup of Pecorino/and Parmesan. You can also add the sauce on the meat too. (This is a first and second course).

If you have any exciting news you would like to share or to contribute to a section, please send an email to one of the editors listed on the front and we will do our best to get it in the next publication. *A presto !!!*

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