



La Bandiera



*The Banner
Newsletter of
The Italian Heritage Lodge of Fairfax #2517
Order Sons and Daughters of Italy in America*

**MARZO 2023
MESSAGGIO DELLA PRESIDENTESSA**

Welcome,

After an unusually mild Winter, Spring is right around the corner. The time changes in less than two weeks and many of us enjoy the longer daylight. The next few months will be busy, we have a lot of fun times planned.

On March 11th, Bishop Emeritus Paul Loverde will be our special guest. Bishop Loverde was Bishop of the Archdiocese of Arlington from 1999-2016. He will come and speak to our lodge and afterwards we will hold our Installation of new officers. We look forward to everyone coming and meeting the Bishop and enjoying this special night. More information is located further down in the newsletter. Please read the newsletter to see what are the upcoming events.

On a personal note, my family and I want to express our sincerest thanks to all that reached out to us during the past few months. The loss of my dear husband Francesco has been excruciatingly painful. Many of you knew him and he left his mark. The love and support that I've received from many of you has been so heartfelt and kind and I'll never forget it. Thank you!

*See you on the 11th.
Dawn*

Benvenuti !

*IHL welcomed two new members to our lodge.
Nancy and Khal Maiwand joined the lodge at our February
meeting. We also enjoyed their company at "Happy Hour"
this past week. Thank you to Maureen and Charlie Romano
for introducing Nancy and Khal to IHL.*

**ORDER SONS & DAUGHTERS OF ITALY IN AMERICA
ITALIAN HERITAGE LODGE #2517
2022-2023 OFFICERS**

President: Dawn Falsinotti
703-362-1724 falsinotti@yahoo.com
Vice-President: Charles Romano
631-974-5040 crretired22@gmail.com
Imm. Past-President: Coletta Sciscilo
703-795-2231 colette.sciscilo@gmail.com
Orator: Joseph Scafetta, Jr.
703-533-8064 joseph.scafetta.jr@gmail.com
Recording Secy.: Marianne Hallahan
703-968-8330 rumbarunt@aol.com
Financial Secy.: Eleanor Lillo
703-354-2454 delillo1@verizon.net
Treasurer: Dennis Lillo
703-354-2454 delillo1@verizon.net

Lodge Trustees:
Carol Cassella
Loretta D'Amico
John Dovel
Nancy Perrelli
Vacant

Master of Ceremonies: Roy Schender
Mistress of Ceremonies: Sandy Schender

Guard: **Vacant**

Education Chair: Elisabetta Lazarte
Elisabettalazarte@gmail.com

Membership Chair: Sharon Peruzzi Strauchs
sharon@tlc-nv.com

Webmaster: Joe La Marca
Joe.lamarca@italianheritagelodge.org

Publicity Chair: **Vacant**

Lodge Members Serving on the Grand Council of Virginia:
Joseph Scafetta, Jr., Former State President
Marianne Hallahan, Trustee
John Asiello, Arbitration Committee

IL CALENDARIO

March 1	Executive Council Meeting	6:00 p.m.	The Esposito's
March 11	Installation of Officers* Ceremony and Dinner with Guest of Honor, <i>Bishop Emeritus Paul S. Loverde</i>	5:00 p.m.	Knights of Columbus Hall
March 8	Lunch Bunch*	Noon	Mamma Lucia 9650 Main Street, Fairfax
March 23	Happy Hour	5:00 p.m.	Señor Tequila's 9959 Main Street, Fairfax
March 25	IHL Italian Language** <i>Cena e conversazione</i>	6:00 p.m.	TBD
April 15	Guest Speaker* Daniel A. Piazza "Stamps of Vatican City"	5:00 p.m.	Knights of Columbus Hall
April 28-29	GLVA 38 th Biennial Convention		Roma Lodge Virginia Beach, VA

On March 1st President Dawn sent out a lengthy email announcing the March 11th program for a visit from Bishop Loverde as well as the Installation ceremony and dinner. Please refer to her email for all information and contact her or any of the Executive Council members if you have any questions.

*** RSVP to Dawn Falsinotti (falsinotti@yahoo.com)**

**** RSVP to Dennis Ferrara (dennisferrara@hey.com)**

February's Monthly Meeting was a full and busy one. Members elected by acclamation the new slate of officers and trustees for the term 2023-2024. We also nominated delegates to attend the GLVA convention in late April. Our good-sized group enjoyed dinner before welcoming comedian Pat Talarico!





MARCH BIRTHDAYS

Carol Goldstone	March 5
Maureen Romano	March 7
Gilbar Misantoni	March 7
Rosalie Alligood	March 13
Sharon Strauchs	March 14
Kevin Donaleski	March 25

Your lodge council at work.....

Amended Bylaws

Recent amendments to the IHL bylaws have been signed and approved by the Grand Lodge of Virginia council. They have been posted to our website for all members to read.

Elections

At the membership meeting on Saturday, February 11, the President called for any additional nominations for the Executive Council from the floor. There were none, therefore the slate of nominees announced by the Nominating Committee in December and printed in the January and February issues of *La Bandiera* were elected by acclamation. The installation of Officers and Trustees for the term 2023-2024 will be held on Saturday, March 11, 2023, at the St. Leo Knights of Columbus Hall. Congratulations to the incoming members who will serve as Officers and Trustees of IHL.

IHL Annual Dues

In January 2022, IHL instituted the collection of lodge dues on a calendar year basis. In early December of 2022, each member should have received a "Dues Notice" by email from Eleanor Lillo, IHL Financial Secretary, with subsequent follow-up emails. Thank you to all our members who renewed their memberships and to Ellie for her work in assisting our members navigate through this change. Please contact Ellie if you have any membership renewal questions at delillo1@verizon.net or (703) 354-2454.

IHL La Bandiera Advertisement Page

The beginning of 2023 also brings the renewal of our *La Bandiera* Ad page (the last page of each month's newsletter). There are currently two ad spaces available. The yearly ad price is \$25/members and \$35/non-members and your ad will run twelve times per year (once a month). If you would like to renew or place a new ad in *La Bandiera*, please contact Joe La Marca (joe.lamarca@italianheritagelodge.org) who will assist you with preparing your ad. Please send your ad fee to Ellie Lillo (contact information is listed above).

IHL Language & Dinner Group

The February IHL Language Group assembled this past Saturday at hosts Carol Ann and Ken Linder's home for an evening of dinner, language study and conversation in "*la bella lingua Italiana*". Much thanks go to Carol Ann and Ken for hosting this month's group in their home, to all attendees contributing delicious food, and to new member Tony Andreoli for providing the Italian "*lezione*". The lesson consisted of introductions by *gli amici italiani*, *conversazione in italiano* of where you grew up or your hometown, passages in Italian to read and translate, and tackling some Italian vocabulary.

Gli amici italiani!



It is good to see that Tommaso
joined the group!



Stay tuned for location of next month's language group dinner and meeting, which will be held on Saturday, March 25. You can email Dennis Ferrara at dennisferrara@hey.com if you have questions or are interested in joining.

“Eat Italian Food and Drink Italian Wine While You Learn”

This is the way Director Sharon Peruzzi Strauchs describes the in-person Italian Language classes at Cortona Academy in Herndon, VA. “Every class is an Italian feast!”

Classes will start again for 10 more sessions the first Thursday in March, from 5:30 p.m. to 7:30 p.m. These classes are for people who need to brush up on their Italian language. A fantastic teacher will guide adults in two-hour classes. From 4:00 p.m. to 5:30 p.m., free classes are offered for children in grades 6 through 12.

For the coolest Italian language class Sharon has ever had, please contact her:

**Cortona Academy
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GRAND LODGE OF VIRGINIA ORDER SONS & DAUGHTERS OF ITALY IN AMERICA 38TH BIENNIAL CONVENTION – APRIL 28-29, 2023 CELEBRATION OF 100TH ANNIVERSARY OF GLVA

The Grand Lodge of Virginia (GLVA) will hold its 38th Biennial Convention at the Roma Lodge, Virginia Beach, VA on the weekend of April 28-29, 2023. The convention will also be a celebration of Grand Lodge of Virginia's 100th Anniversary.

Italian Heritage Lodge is entitled to nine delegates, not including our President, Dawn Falsinotti, and Trustee, Marianne Hallahan, as she is currently an IHL member serving on the grand council of GLVA. At our February meeting, delegates will be nominated to attend the convention. Delegates must be regular members for at least one year and cannot be social members. Election of delegates will be held at our March meeting. Non-delegates are welcomed to attend and separate forms will be attached for those members. Non-delegates are not charged a registration fee but will be charged for meals.

Attached to the email with the February issue of *La Bandiera* were the corresponding forms for delegate and non-delegate registration, convention materials, meal selections, and T-shirt orders. The registration deadline is **March 31, 2023**. Your registration fee of \$140 includes a Thursday evening hospitality event, Friday evening dinner, Saturday morning and afternoon snacks and lunch, Saturday evening Banquet, convention materials, Program, 100th Anniversary Celebration Book, and gift bag. Holiday Inn: Virginia Beach – Norfolk is holding a block of rooms for GLVA. Information about room reservations will be sent out upon request. Ads can also be placed in the Convention program. The Ad reservation form for the Convention Program Book is attached by email with the March issue of *La Bandiera*. If you are a business or you would like to place a congratulatory or memorial ad, please consider this feature offered by GLVA.

LENT 2023 ~~ Order Sons and Daughters of Italy in America

Sisters and Brothers, The Lenten Season is upon us with its call to prayer, almsgiving and fasting. As you know this time is not simply one of fasting from chocolate, beer or other pleasures. It is about facing down our demons by fasting from our bad habits, negative attitudes, inappropriate behaviors or wrong choices, and feasting on the grace of God. Last year I offered a reflection on what we might wish to fast from, and in turn feast on during Lent. I have merged those “fast and feast” reflections for our use this year. Offered in homily form to our members who participated in our 2023 February Plenary Session Eucharist this past weekend, I offer it here for all our sisters and brothers.

Let's try to FAST from judging others, emphasizing differences, apparent darknesses and FEAST on Christ dwelling in others, the unity of life and the reality of light.

Let us FAST from thoughts of illness, from words that pollute, pessimism and FEAST on the healing power of God, phrases that purify and gratitude.

This Lent let us try to FAST from anger, pessimism, worry and FEAST on optimism, patience and providence. In these next few sacred weeks let us FAST from complaining, negative attitudes, unrelenting pressures and FEAST on appreciation, affirmation and unceasing prayer.

Let us FAST from hostility, bitterness, self-concern and FEAST on non-resistance, forgiveness and compassion for others.

Try to FAST from personal anxiety, discouragement, facts that depress and FEAST on eternal truth, hope and verities that uplift.

Let us FAST from lethargy, suspicion, thoughts that weaken and FEAST on enthusiasm, truth and promises that inspire. Lastly, during Lent let us try to FAST from sorrow, gossip, problems that overwhelm and FEAST on the sunlight of serenity, purposeful silence and prayer that sustains.

Fraternal best,

Rev. R. Adam Forno
National Chaplain – OSDIA
NY State Chaplain Emeritus – OSDIA





Festa di San Giuseppe 19 marzo



St Joseph's Day is celebrated on March 19 and always falls during Lent. According to legend, there was a drought and famine in Sicily many centuries ago. The villagers prayed to St. Joseph and asked his intercession before God. Their prayers were answered. With the ending of the dreadful famine, a special feast of thanksgiving was held in his honor. In many Italian homes, churches, and community centers, it is tradition to set a special table to San Giuseppe, to honor him and to provide food for the homeless and hungry. The doors of Italian homes were opened to family and friends as well and favorite foods were served, including sweets such as Zeppole and beautiful loaves of braided breads in the shape of a staff or a cross. Italians also served pasta with breadcrumbs – “Carpenter's Pasta” – to symbolize the sawdust from St. Joseph's workshop, and Fava beans, which survived the famine and saved the Sicilian people from starvation.

The heart of this tradition can be found in these three aspects:

Veneration—special recognition of St. Joseph at the “table”.

The Table—both a kind of “altar of reverence”, and a communal celebration.

The Poor—The intention of all the gifts is to help those in need.



*St. Joseph's Table
Prepared by the students
of
#growingupItalian*

La Bandiera Editor: Coletta Sciscilo (703) 795-2231 / Colette.sciscilo@gmail.com

Website: www.ItalianHeritageLodge.org Facebook: OSDIA Fairfax

Instagram: sonsofitaly_ihl2517

DEADLINE for articles, pictures and other information is one week prior to the first day of each month.

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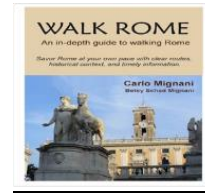
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CARLO AND BETSY MIGNANI have written a valuable guide to assist tourists who want to explore the Eternal City on their own with historical context and timely information. Available on Amazon, search “Walk Rome Mignani.”

www.walk-rome.com



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