



# *La Bandiera*

*The Banner*

*Newsletter of*

*The Italian Heritage Lodge of Fairfax #2517*

*Order Sons and Daughters of Italy in America*



**SETTEMBRE 2023**

**MESSAGGIO DELLA PRESIDENTESSA**

*Welcome,*

*As we enjoy these last few gasps of summer, let's get ready to enjoy pumpkin spice everything. Our Beach BBQ night/movie was a hit. Il Postino was a good selection on the movie and everyone had a good time. We're putting everything together for our annual Spaghetti Dinner on September 9th. Always a hit, please make plans to join us. We'll have some special guests. Further information is in the newsletter.*

*On a sad note, Italian pop singer Toto Cutugno passed away. A big star, he was known for the famous song, L'Italiano, as well as other popular songs. If you don't know him or his music, Google and take a listen. He's quite good.*

*I look forward to seeing you all.*

*Best,*

*Dawn*

In a letter dated August 10, 2023, Shawn P. Quinn, Manager, Stamp Development of the United States Postal Service, responded to Sonny's request for a Tony Bennett commemorative stamp to be issued by the Postal Service.

Mr. Quinn thanked Sonny for "expressing support for the issuance of a commemorative stamp honoring "Tony Bennett". He informed Sonny that the topic is under consideration as a possible future postage stamp by the Citizen's Stamp Advisory Committee and will remain under consideration until the Committee assigns it to a program year. This Committee is responsible for reviewing all stamp proposals and making subject recommendations to the Postmaster General. Committee recommendations are based on national interest, historic perspective, and other criteria.

**ORDER SONS & DAUGHTERS OF ITALY IN AMERICA  
ITALIAN HERITAGE LODGE #2517  
2023-2024 OFFICERS**

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Nancy Perrelli

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**Mistress of Ceremony:** Sandy Schender

**Guard:** Michael Gering

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**Membership Chair:** Sharon Peruzzi Strauchs  
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**Webmaster:** Joe La Marca  
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**Publicity Chair:** Joseph Scafetta, Jr.  
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**Lodge Members Serving on the Grand Council of Virginia:**

Joseph Scafetta, Jr., Former State President  
Coletta Sciscilo, Trustee  
Marianne Hallahan, Arbitration Committee  
Charles Romano, Arbitration Committee

## IL CALENDARIO

September 6	Executive Council Meeting	6:00 p.m.	The Esposito's
September 9	Meet & Greet Spaghetti Dinner* With Dr. Jennifer Primeggia	5:00 p.m.	K of C Hall
September 12	Lunch Bunch	Noon	Jaipur Royal Indian 9401 Lee Hwy #105 Fairfax
September 16	Cena e conversazione	6:00 p.m.	Nancy & Kal Maiwand Vienna, VA
September 17	GLVA Quarterly Meeting	10:30 a.m.	Giuseppe Verdi Lodge
September 20	Happy Hour	5:00 p.m.	Brio Italian Grille 11776 Fair Oaks Mall Fairfax
September 23	Wine Tasting Party**	4:00 – 6:00 p.m.	Diane & Bob Singleton Centreville, VA
October 9	National Columbus Day Ceremony	10:45 a.m.	Columbus Plaza, Union Station, Washington, DC
October 14	Autumn Harvest Stefano Scafetta, Guest Speaker	5:00 p.m.	K of C Hall
November 11	Ronald G. Capalaces Guest Speaker	5:00 p.m.	K of C Hall

*Our members, Diane and Bob Singleton, have graciously offered to host a wine and cheese party for IHL members. The date will be Saturday, September 23<sup>rd</sup> from 4:00 p.m. to 6:00 p.m. at their home in Centreville. The hosts suggested that those attending should bring a bottle of wine to share, and they will provide snacks and soft drinks.*

*Please contact Diane at 361-648-0007 or [dianeesingleton@gmail.com](mailto:dianeesingleton@gmail.com) to rsvp and to get the address and directions to the event.*



\* **RSVP to Eleanor Lillo** ([delillo1@verizon.net](mailto:delillo1@verizon.net))

\*\* **RSVP to Diane Singleton** ([dianeesingleton@gmail.com](mailto:dianeesingleton@gmail.com))

**Meet & Greet Spaghetti Dinner**  
**Saturday, September 9, 2023 @ 5:00 p.m.**  
**Knights of Columbus Hall, St. Leo Church**

Our annual "IHL Meet & Greet Spaghetti Dinner" will take place on Saturday, September 9 at 5:00 p.m. at the Knights Hall, behind St. Leo Church. This event has long been a way for members to meet the lodge's Officers, Trustees and council members as well as to introduce potential new members to our lodge.

This evening will feature a delicious Spaghetti and Meatball dinner with insalata, pane e dolce. A flyer is included in this newsletter and information will be provided through reminder emails.

Read further into this newsletter for information about our guest speaker, **Dr. Jennifer Primeggia.**

Mark your calendars, invite a friend, and keep an eye out for details updating you on menu and cost.

***Buon Appetito!***



## SEPTEMBER BIRTHDAYS

Barbara Bifareti	September 6
Joe La Marca	September 6
Loretta D'Amico	September 17
LeAnn Strang	September 19
John Innello	September 20
Marilyn Miyasato	September 20
Vivian Mott	September 22
Jeff Sciscilo	September 22
Sloan Tandet	September 28



## SEPTEMBER ANNIVERSARY

Elizabeth & Angelo Saladini  
September 6



## ***Introducing Dr. Jennifer Primeggia***

**Our speaker for the IHL event on September 9 will be Dr. Jennifer Primeggia. Dr. Primeggia is an Infectious Disease Specialist whose practice is in Arlington. She also is the daughter of IHL members Carmine and Flo Primeggia.**

**Dr. Primeggia's impressive resume reads as follows:**

**In 2002 Dr. Primeggia graduated from the College of William and Mary with a BS in Biology and Spanish. After graduating from Eastern Virginia Medical School, she did a residency in Internal Medicine at Georgetown University Hospital. She was Chief Resident in the Department of Internal Medicine there from 2009 to 2010, followed by a 2-year fellowship in Infectious Disease. She has since worked as a Hospitalist and a Medical Director of Infection Prevention in Northern Virginia. Currently she is a member of a physicians' group employed by Virginia Hospital Center and is Chief of Infectious Disease there. She also is a Fellow of the Infectious Disease Society of America.**

**According to Dr. Primeggia's parents, she apparently knew from about the age of three that she wanted to be a doctor. Dr. Primeggia believes it may have been her pediatrician who was her role model. And the reason she gravitated toward the field of Infectious Disease likely was an interest in viruses as early as elementary school.**

**Part of her presentation to IHL in September will be a discussion on inflammation. Dr. Primeggia, the mother of two, says she began to be interested in this topic after her first child was born and she suddenly realized that she was going to be responsible for the health and care of this tiny new human being. Subsequently, she began getting questions from patients who had infections, bowel issues, etc. and needed guidance.**

**How does the immune system function? What's the effect of an inflammatory response? According to Dr. Primeggia, the what, the how and the effect is important to each of us, whether we are 20 years old or 80 years old. Inflammation can play a role in diverse diseases, including asthma, arthritis, high blood pressure, cancer, and even depression. Dr. Primeggia wants to give all of us tips on how to deal with today's demanding lifestyles. Her presentation will be a discussion regarding nutrition and the immune system, with a focus on inflammation and the benefits of a Mediterranean diet.**

**In her spare time, Dr. Primeggia's interests include ballet, gardening, and cooking, often an Italian dish, from either Northern or Southern Italy, depending on the season of the year. Interestingly, she currently is working towards a certificate in Culinary Coaching from the Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital, Harvard Medical School.**

**We look forward to welcoming Dr. Primeggia on September 9 as she informs our members on this important topic. This a presentation you won't want to miss!**



*(Article contributed by Nancy Perrelli)*



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

*“Meet and Greet”*

*Spaghetti Dinner*

*Saturday, September 9, 2023*

*5:00 p.m. – 9:00 p.m.*

*Knights of Columbus Hall*

*(behind)*

*St. Leo Church, 3700 Old Lee Highway, Fairfax*

***Meet** the Officers and Members of our Lodge  
while enjoying a traditional Spaghetti Dinner*

*&*

***Greet** Dr. Jennifer Primeggia, a prominent physician and currently  
Chief of Infectious Disease at the Virginia Hospital Center*

*Cost \$10.00*

***RSVP to: Eleanor Lillo***

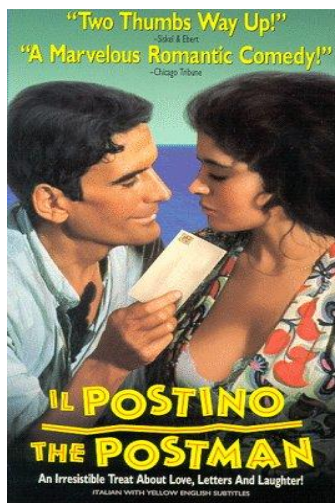
***delillo1@verizon.net / 703- 354-2454***

*Buon Appetito e Mangia Bene!*





# SUMMER BEACH PARTY AND MOVIE



*(Photographs submitted by Charlie Romano)*

# National Columbus Day Ceremony

Monday, October 9, 2023

*Musical prelude begins at 10:45 a.m.*

*Ceremony begins at 11 a.m.*



**Featuring**

- Patriotic Music Selections
- United States Armed Forces Honor Guard
- Knights of Columbus Color Corps with Historical Flags of the United States
- Columbus Day Proclamation
- Remarks from Diplomatic Representatives
- Presentation of National Youth Essay Contest Winner\*
- Wreath Presentations by Embassies, Fraternal, Civic, Service, and Patriotic Societies

\*The Christopher Columbus Essay Contest is cosponsored by the National Christopher Columbus Association and the National Italian American Foundation; open to all students grades 9 – 12.

Columbus Plaza, Union Station, Washington, DC

[www.christophercolumbus.org](http://www.christophercolumbus.org)

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Join Today!

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**Instagram: [sonsofitaly\\_ihl2517](https://www.instagram.com/sonsofitaly_ihl2517)**

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



## *Family Recipe: Zucchini Fritters*

*Submitted by Antonella of the Bonesse Family in Connecticut*

Antonella Bonesse was raised going back and forth between Calabria, Italy and Connecticut. Her cookbook, *Cucina Per Te*, celebrates her favorite family recipes from Calabria—be they sauces, antipasti, primi or dolci. Below is Antonella's family recipe for Fritelle di Zucchini...

*“Like you’ll read in my cookbook, I was taught to make everything I know by the amazing ladies in my life. They have all passed down to me what they make so effortlessly. That’s the best gift I’ve ever received!”*



### *Ingredients:*

- 2 medium zucchinis (grated)
- 1 tsp salt
- 1 tbsp freshly grated lemon zest
- 1 medium garlic clove, finely chopped
- Pinch of parsley (can be omitted)
- 1/4 tsp freshly ground pepper
- 2 large eggs
- 1/2 cup flour
- 2-4 tbsp olive oil

### *Cooking Instructions:*

1. Grate zucchini into a medium bowl. Add the salt, lemon zest, chopped parsley, garlic and eggs. Mix well to combine. Slowly add the flour, stirring so no lumps form.
2. Heat 2 tablespoons olive oil in a large sauté pan over medium-high heat until the oil sizzles. Drop a small amount of batter into the pan and repeat, spacing the fritters a few inches apart.
3. Cook fritters until golden, 2-3 minutes on each side. Transfer to a plate with paper towel and pat them down to remove excess oil. Then serve.

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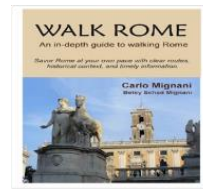
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**CARLO AND BETSY MIGNANI** have written a valuable guide to assist tourists who want to explore the Eternal City on their own with historical context and timely information. Available on Amazon, search “Walk Rome Mignani.”

[www.walk-rome.com](http://www.walk-rome.com)



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