



# La Bandiera

## *The Banner*

### *Newsletter of*

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



**AGOSTO 2023**

**MESSAGGIO DELLA PRESIDENTESSA**

*Welcome,*

*I hope everyone is staying cool in this oppressively hot weather. Those are the dog days of summer in DC.*

*We lost a giant last week, Mr. Tony Bennett. I met Tony about 20 years ago at a book signing of his then autobiography. While waiting for him to arrive I spent time reading magazines and one was HELLO, a British celebrity glossy. Inside was a long article featuring Tony and his Central Park apartment and highlighting his love of painting. He was quite impressed because he hadn't seen the article yet and spent 5 minutes talking to me about it. A sweet soul and a true gentleman. There will never be another like him.*

*I hope you will join us this Saturday for our summer movie night featuring Il Postino. We'll have some good food and frivolity.*

*Lots of fun and interesting events planned for the upcoming months into fall. Come and join us!*

*Best,  
Dawn*

### *"Under the Boardwalk" Summer Fun and Movie Night*

*This Saturday, August 5<sup>th</sup>, our summer fun event begins at 5:00 p.m. with grilled hamburgers, hot dogs, sausage and peppers, potato salad, corn on the cob, pistachio cake and s'mores! Now that's a summer feast to rival any others. Come and enjoy the meal along with the evening's featured movie, "Il Postino". Cost is \$10.00 – RSVP to [falsinotti@yahoo.com](mailto:falsinotti@yahoo.com)*



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

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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

August 2	Executive Council Meeting	6:00 p.m.	The Espositos
August 5	“Under the Boardwalk” Summer Fun & Movie*	5:00 p.m.	K of C Hall
August 15	<i>Ferragosto</i>		
August 15	Lunch Bunch*	Noon	Cantina D’Italia 13015 Fair Lakes Shopping Center, Fairfax
August 29	Happy Hour	5:00 p.m.	Honor Brewing 11250 James Swart Circle Fairfax
September 9	Meet & Greet Spaghetti Dinner* With Dr. Jennifer Primeggia	5:00 p.m.	K of C Hall
September 17	GLVA Quarterly Meeting	10:30 a.m.	Giuseppe Verdi Lodge
September 23	Wine Tasting Party**	4:00 – 6:00 p.m.	Diane & Bob Singleton Centreville, VA
October 14	Guest Speaker	5:00 p.m.	K of C Hall
November 11	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 [dianesingleton@gmail.com](mailto:dianesingleton@gmail.com) to rsvp and to get the address and directions to the event.*



\* **RSVP to Dawn Falsinotti** ([falsinotti@yahoo.com](mailto:falsinotti@yahoo.com))

\*\* **RSVP to Diane Singleton** ([dianesingleton@gmail.com](mailto:dianesingleton@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. More details will be provided in the September newsletter and through separate 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!***



## AUGUST BIRTHDAYS

Marianna Novielli	August 11
Tommaso Ammazalorso	August 13
Russ DeRose	August 20
Carol Cassella	August 25
Dennis Lillo	August 25
Gloria Moscatello	August 26
Joan Tortorelli	August 26
Joanne Cooke	August 28
Eleanor Lillo	August 28



## AUGUST ANNIVERSARIES

Flo & Carmine Primeggia	August 13
Betsy & Carlo Mignani	August 22



## ***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)*

# WHITE ELEPHANT

In July, IHL brothers and sisters met for a celebratory Independence Day brunch and our yearly lodge fundraiser – White Elephant Sale. This year, it turned out to be more of a “Christmas in July” event as our lodge treasury benefited from the generous donations made by the **Estate of Joe and Renee Signorelli**, members of IHL who have recently passed away. We sincerely thank Joe and Renee’s family for their support of IHL. We are also extremely grateful for the donations and purchases made by our members and for our auctioneers June La Marca, Roy Schender, and Mike Gering – who made the afternoon loads of fun!



*Sandy, Colette,  
Charlie and Dawn  
getting the brunch  
together.*



*Mangiamo.....*

*Members dig into  
a scrumptious  
brunch!*



*Wow – the ladies did a terrific job displaying a tremendous amount of merchandise for sale and made the tables appealing for our bidders.*



*Auctioneers Mike, June, and Roy get the bidding started.....*



*Sandy gets to work tallying the day's receipts.*

*(Photographs submitted by Ellie Lillo.)*

# Ferragosto

While today *ferragosto* does refer specifically to August 15, the origins of *ferragosto* go back to Ancient Rome to the time of Rome's first emperor, Octavian Augustus, who ruled from around 27 BCE to his death in 14 CE. In 18 BCE, Augustus imposed the *feriae Augusti* (Latin for "Augustus' rest").



Augustus proclaimed the 1st of August a day of rest to recover from the long harvest season. Workers would wish their patrons well, and in return would receive a tip from them. This became so ingrained that during the Renaissance, it became law under the Papal States. The *feriae Augusti* were celebrated across the Roman Empire. There were widespread feasts, games, and horse races. Beasts of burden were given a day of rest as well, and even adorned with flowers. Since around the 5th century, August 15 became one of the most important holidays on the Catholic calendar: the **Assumption of the Virgin Mary**. During the Renaissance, the Catholic Church wanted to make the secular August holiday fall on a religious feast day, so *ferragosto* was moved to August 15 to celebrate the Assumption of the Virgin Mary.

## HELP WANTED

*See VP Charlie Romano for more information.*

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**Instagram: sonsofitaly\_ihl2517**

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

# Pina Colada Cheesecake Mousse

This dessert is a creamy no-bake pineapple cheesecake, layered with toasted coconut crumble and topped with fresh whipped cream.

## Ingredients:

### Crumble:

9 graham crackers  
1 ½ cups sweetened shredded coconut  
2 teaspoons sugar  
6 tablespoons butter, melted

### Pineapple Cheesecake Mousse:

1 ¼ cups heavy cream  
1 cup powdered sugar, divided  
8 oz cream cheese (1 block)  
1 teaspoon vanilla extract, divided  
½ cup fresh pineapple, finely diced  
Fresh pineapple and cherries for garnish

## Instructions:

### Crumble:

Preheat oven to 350°  
Crush graham crackers in a large ziplock bag and then pour into a large bowl.  
Add sugar, melted butter and coconut and stir until evenly moistened.  
Spread the mixture onto a rimmed baking sheet and bake 8-10 minutes. Check at 5 minutes and stir as needed.  
Set aside to cool fully while the cheesecake mixture is prepared.

### Cheesecake Mousse:

In the bowl of an electric mixer, beat the heavy cream until it begins to thicken. While mixing, slowly add ½ cup powdered sugar and ½ teaspoon vanilla. Continue to beat until mixture is thickened and holds a stiff peak. Do not overbeat or it will become overly thick and clumpy.

Scoop whipped cream into a bowl and place in the frig. In the empty mixing bowl (no need to wash), add cream cheese and beat until smooth.

Continue mixing and add remaining ½ cup powdered sugar and ½ teaspoon vanilla.

Add pineapple, a little at a time, while slowly mixing. Stop mixing and gently fold in **HALF** of the prepared whipped cream. Fold/stir until just combined.

Assemble the desserts by adding a layer of the crumble to the bottom of each dessert dish. Add the cheesecake mousse, then top with reserved whipped cream (spoon onto the dessert, or add to a piping bag and pipe it on for an extra pretty presentation).

Garnish dessert with a fresh cheery or slice of pineapple and some additional crumble. Serve immediately, or refrigerate up to an hour before serving.



# Italy's Bronze Church Bells Echo Through the Centuries

*Every day, Italians are saved by the bell.*

By Philip Micali

Legend has it that a monk, living in the Middle East, heard the daily call to prayers from the mosques. Upon returning to Italy, he pitched the idea that Christians should have something similar, to call the congregations to mass. And thus, the idea of bell towers was born.



On a recent tour I led through the land of my ancestors, the nutshell-sized region of Molise, travelers got to roam far and away from the beaten track to visit a special place: the Campana\_Marinelli Foundry, which sits at the top of the Molise region, crowning the tiny town of Agnone.

It's a Pontifical Bell Factory that has been casting bronze bells for churches and places across the world for more than 800 years. It's a place lost in time, where a priest is an essential part of the craft process, called in to recite a prayer while molten bronze is poured into its clay-clad casing buried in a deep, cool tomb; only to reemerge fully intact and ready to sound out — in a perfect blend of physics, metallurgy, clay pottery art and mysticism.

The Marinelli clan has been casting bells in bronze as they always have since medieval times, with hot furnaces and deep cooling pits. Only during WWII did the Germans occupy the foundry, melting down the precious bronze to make ammunition.

The Marinelli Foundry is the oldest in Italy, and one of the oldest in the world. A note from the 800s reveals the “recipe” for bell making in regard to the dominant note: *“If the musical note is ‘increasing’ we must reduce the thickness of the bell, if the note is ‘decreasing’ it is the diameter the one that must be reduced.”*

Americans know well, from Philadelphia's cracked Liberty Bell, that calculation must be absolutely perfect. (Perhaps they should have turned to Marinelli instead of the British!)

The Liberty Bell — like most of the images etched into bells worldwide — takes its cue from the Bible, with its inscription, a reference to the Book of Leviticus:

***Proclaim LIBERTY Throughout all the Land unto all the Inhabitants Thereof***

***Lev. XXV. v X.***

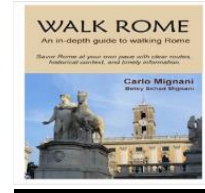
The Campana Marinelli Foundry is now listed as a UNESCO cultural heritage site and is one of the many unique places I pride myself in sharing our Italian heritage with our group members. Together, we can discover those traditions passed down for generations, even in a time when they seem to blur in our über-connected world. *(Italian Sons and Daughters of America; Image credit: LuckyLL, iStock)*

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