



La Bandiera



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

**NOVEMBRE 2022
MESSAGGIO DELLA PRESIDENTESSA**

Welcome November.....the unofficial beginning of the holiday season. A time to reflect on the year so far and gear up for all the festivities and traditions to come.

On October 10, Columbus Day, both Charlie Romano, Vice President, and I attended the Christopher Columbus Day celebration sponsored by the National Christopher Columbus Association (NCCA) at Union Station in Washington, D.C. I was honored to represent both OSDIA and NCCA at the ceremony, and OSDIA contributed a wreath to mark the occasion. It's so important to keep the memory and contributions of Christopher Columbus alive today.

On November 12th, we will welcome author John Michael Howard. Mr. Howard will discuss and give a short presentation on the book, "How To Live To Be 100". A special thank you to Orator Sonny Scafetta, who suggested and coordinated John's visit. A fabulous dinner is planned for the evening. Please come out, support our speaker and mingle with your fellow lodge members.

Please take a minute and read through this newsletter. A lot of effort goes into keeping you informed with all the Lodge happenings; the next three months will be very busy with numerous fun activities.

I'm looking forward to seeing you all soon !

Best regards, Dawn

Benvenuti !

How exciting for IHL to welcome two new members to our growing lodge!

Barbara Bifareti and Wendy Lazurus are our newest members. We cannot wait to meet them and introduce them to our big Italian lodge family.

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

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Vice-President: Charles Romano
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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

November 3	Executive Council Meeting	7:00 p.m.	The Esposito's
November 7	Happy Hour	5:00 p.m.	La Campesina 8442 Lee Highway, Fairfax
November 11	<i>Veterans Day</i>		
November 12	"Living To Be 100" Dinner & Guest Speaker*	5:00 p.m.	Knights of Columbus Hall
November 12	House of Mercy Food Pantry Drive		Knights of Columbus Hall
November 17	Lunch Bunch*	Noon	Cantina D'Italia 13015 Fair Lakes Shopping Center, Fairfax
November 24	<i>Thanksgiving Day – Felice Ringraziamento</i>		
December 10	<i>Festa di Natale</i>		Knights of Columbus Hall
December 25	<i>Christmas Day – Buon Natale</i>		

The November 12 meeting will feature guest speaker John Michael Howard who will discuss the book "Living To Be 100". This is a topic which should be of great interest to all of our members. Please see more information in this Newsletter about the guest speaker and his presentation. This event will take place in the Knights of Columbus Hall – behind St. Leo the Great Catholic Church, Fairfax.

The cost for dinner will be \$15.00 per person and will feature this delicious menu:

Chicken Tre Formaggio	Pesto Cream Pasta
Tre Colore Insalata	Roasted Vegetables
	Mozzarella Caprese

Also, on the agenda for our November meeting, will be the unveiling of our new Italian Heritage Lodge banner and the election of the Nominating Committee so that we can move forward with nominations and elections in the next few months.



* RSVP to Dawn (falsinotti@yahoo.com)



NOVEMBER BIRTHDAYS

Judith Palmiotto	November 6
Emelia Demeo	November 12
Ken Linder	November 18

NOVEMBER ANNIVERSARIES

Dawn & Francesco Falsinotti	November 5
Maureen & Charlie Romano	November 21
Eleanor & Dennis Lillo	November 26
Ann & Steve Lipton	November 30



Your lodge council at work.....

At our October Executive Council Meeting, the committee in charge of creating a new Italian Heritage Lodge banner presented the banner with new logos and updated information. Joseph, Sandy and Roy did an absolutely beautiful job, and we are excited for our members to see it as well as to display it at all of our events. We hope to make this endeavor a fundraiser to defray the cost of the new banner.

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The IHL “Nominating Committee” to be elected. Teresa Scafetta, Sharon Strauchs, David Strong, Laura Strong, and Joseph Scafetta, III have agreed to serve if elected. The Nominating Committee will solicit members who may be considering filling open council seats. The process begins in November and carries through February with installation of new officers and trustees in March (2023). Please start thinking about whether you would like to be considered, to use your talents, skills, creativity and contribute in other ways to the success of our lodge. The current open positions are: Trustee and Guard. The appointed position of Publicity Chairperson is also open.

IHL Annual Dues

This past January, IHL instituted the collection of lodge dues on a calendar year basis. In early December, each member will be receiving a “Dues Notice” by email from Eleanor Lillo, IHL Financial Secretary.

We encourage those who will be attending the *Festa di Natale* to bring your payment to this event on December 10th. Otherwise, please read Ellie’s instructions in her email for payment amount and remittance.

IHL FUNDRAISER – WALK-A-THON “WALK TO END ALZHEIMERS”

Our yearly “Walk-A-Thon” fundraiser for charity took place on Saturday, October 15th. In recent years we have been attending the “Walk To End Alzheimer’s” which is one of our charities. The donation form was sent to all members recently via an email attachment. After our walk, those who attended met for lunch at Bella Vita in Manassas. If you were unable to attend either event, PLEASE make whatever contribution you can on the form we provided. All contributions are appreciated. This fundraiser ends towards the end of December, 2022 so there is still time to make your donation. If you have any questions, please contact our IHL Treasurer, Dennis Lillo.

In the months of October and November (at our monthly meetings) we will be asking for food donations to assist the “House of Mercy” Food Pantry. Baskets were set out on October 8th so that donations can be collected for this local food pantry.

*We have done this in the past as we came close to the Thanksgiving season and our members have shown much generosity. Please bring any items that are packaged, canned, or boxed such as soups, rice, pasta, peanut butter & jelly, cereals, etc. No fresh foods, please! If you missed the opportunity in October, we will be collecting again on **November 12th**, just in time for “Thanks-giving.” As IHL resumes events, we are grateful for the opportunity to once again assist our community as a fraternal organization.*



Bentornato a tutti.....

For many years, IHL has sponsored an Italian Language Group, meeting on the fourth Saturday of each month for dinner and Italian language conversation. Our members are excited to return to this practical, but social, gathering.

Our next group meeting will be Saturday, January 28th at 6:00 pm. (the location will be forthcoming). Please stay tuned for more information. In the meantime, please contact Dennis Ferrara at dennisferrara@hey.com if you are interested in joining this very fun group.

*Ti piace
la musica
classica?*

*Che
cosa
studi?*

***Monday, October 10, 2022
Christopher Columbus National Holiday***



*Italian Heritage Lodge of Fairfax
President, Dawn Falsinotti, and
Vice President, Charles Romano,
presented a wreath on behalf of IHL
and as a member of the National
Christopher Columbus Association.*

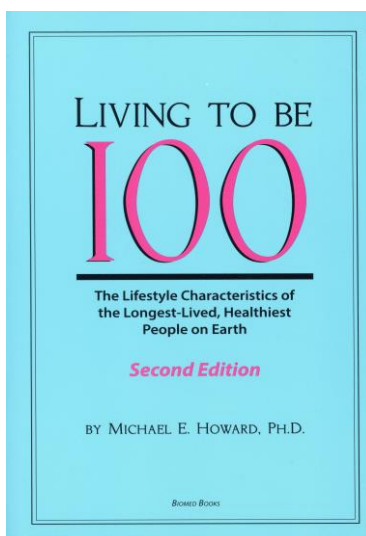
*Columbus Circle at Union Station,
Washington, D.C., is adorned with the
many wreaths presented by Embassies,
Fraternal, Civic, Service, and Patriotic
Societies. This event was sponsored by
the National Christopher Columbus
Association.*



Living to be 100, or 104 like Joe Rollino did

Our guest speaker for Saturday, November 12, will be John Michael Howard, a native of Texas. His father is Michael Howard. His paternal grandmother was Susan Tarantino. John earned a Bachelor of Arts degree in psychology from the University of Dallas in 2016 and a Master of Arts degree in clinical counseling from Marymount University in Arlington, Virginia, in 2021. He currently works as a counselor in Arlington and resides in Northeast Washington, D.C.

He will speak to us first about Joe Rollino, a strong man and a vegetarian, who lived to be 104. He will then talk to us about the book, “Living to be 100”, published by Biomed Books in Concord, California, in 2018, and written by Dr. Michael E. Howard who teaches psychology at Texas State University in San Marcos, Texas.

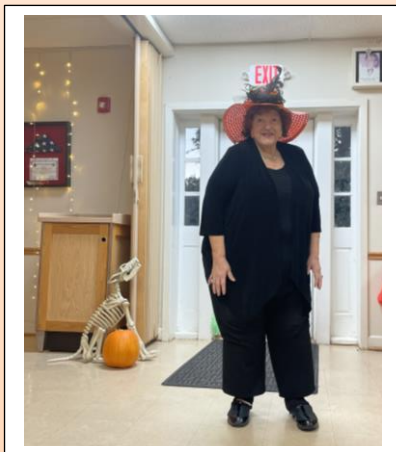


In regard to the book, he will first define ten terms used in the health science field. He will then make five points about aging. He will follow up by briefly discussing the five zones where there is a very high occurrence of centenarians. Next, he will identify 16 lifestyle characteristics of centenarians. Lastly, he will conclude by informing you how to purchase the book for which he receives no commission.

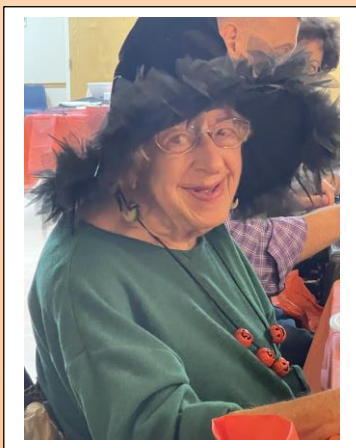


The total length of John Howard's talk will be 20 to 25 minutes, followed by a question-and-answer period.

IHL OCTOBER EVENTS



*Happy
Halloween*



**Photos by
Sandy Schender**

Parliamo Italiano!

Meeting and Greeting

Words and phrases:

Good morning.
Good evening.
Good night.
Hello. (formal)
Hello. (informal)
Pleasure (to meet you)!
Goodbye. (all)
How are you?
I'm fine, thanks!
Thank you.
Thanks a million.
You're welcome.

Parole e frase:

Buongiorno.
Buonasera.
Buonanotte.
Salve.
Ciao.
Piacere.
Arrivederci.
Come stai?
Sto bene, grazie!
Grazie.
Grazie mille.
Prego.



Family Members

Words and phrases:

Mother
Father
Brother
Sister
Grandmother
Grandfather
Aunt
Uncle
Cousin
My family

Parole e frase:

la madre; la mamma
il padre; il papa
il fratello
la sorella
la Nonna
il Nonno
la zia
lo zio
la cugina/il cugino
la mia famiglia



Conversazione

Buongiorno, Nonna.
Buongiorno, Lucia.
Ciao, Mamma.
Ciao, Lucia. Come stai?
Sto bene, grazie.

Can you translate this Italian conversation?

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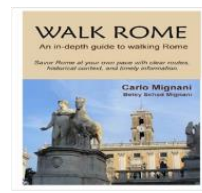
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CARLO AND BETSY MIGNANI have written a valuable guide to assist tourists who want to explore the Eternal City on their own with historical context and timely information. Available on Amazon, search “Walk Rome Mignani.”

www.walk-rome.com



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