



# La Bandiera



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

**AGOSTO 2022**  
**MESSAGGIO DELLA PRESIDENTESSA**

*Welcome!*

*The dog days of Summer are upon us, welcome August. As we're all getting back to our normal lives, I hope many of you are enjoying much deserved vacations, BBQ's and the warmer weather. Our 4th of July Brunch was quite successful, and we had a big crowd. The Michelangelo's arrived in full force. Thank you to all who came out and supported the day.*

*This month we will host a Beach Party on August 20th. We will have lots of fun, games, and music as well as some great food. Feel free to bring the kids and friends. Let's celebrate what makes the beach so beloved by many.*

*In September we will host our annual Spaghetti Dinner on September 10. Always well attended, this year we will feature two distinguished speakers that will give short presentations. Please read further along in this newsletter for all the details of the event.*

*Our Happy Hour and Lunch Bunch events are very well attended. If you haven't been to one, please join us. We've recently had members join us that we haven't seen in a while, and it's been terrific to catch up with them.*

*Keep cool and see you all soon,*  
*Dawn*

*Benvenuta Christine Chambers.*

*Not a stranger to IHL events in the past, Christine ("Ria") joined IHL while attending our July 3<sup>rd</sup> Brunch celebration. Ria and husband Mike are pictured here. Ria is the daughter of Fred and Ros Michaelangelo.*



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

**President:** Dawn Falsinotti  
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**Vice-President:** Charles Romano  
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**Orator:** Joseph Scafetta, Jr.  
703-533-8064 joseph.scafetta.jr@gmail.com  
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**Treasurer:** Dennis Lillo  
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**Lodge Trustees:**  
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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

August 10	Executive Council Meeting	7:00 p.m.	The Esposito's, Fairfax
August 12	Lunch Bunch	Noon	Luciano's 2946-G Chain Bridge Road
August 15	<i>Buon Ferragosto</i>		
August 20	Beach Blanket Bonanza*	5:00 p.m. – 9:00 p.m.	Knights of Columbus Hall
August 23	Happy Hour	5:00 p.m.	Brio Italian Grille 11776 Fair Oaks Mall
Sept. 10	Spaghetti Dinner & Guest Speaker	5:00 p.m. – 9:00 p.m.	Knights of Columbus Hall
Sept. 18	GLVA Quarterly meeting	11:00 a.m.	Giuseppe Verdi Lodge Mechanicsville, VA
October 8	TBD		
October 10	<i>Christopher Columbus Day</i>		
October 10	National Christopher Columbus Association Ceremony		Columbus Circle, WDC
October 15	"2022 Walk To End Alzheimer's"	10:00 a.m.	Harris Pavilion 9201 Center Street, Old Town Manassas
November 12	TBD		
December 10	<i>Festa di Natale</i>		Knights of Columbus Hall

\* RSVP to Dawn ([falsinotti@yahoo.com](mailto:falsinotti@yahoo.com)) to attend *Beach Blanket Bonanza*, featuring summer beach foods, drinks, and games (cornhole, lawn games, etc.). The menu will feature Italian Hoagies, Mozzarella Caprese Panini, Shrimp Salad Sandwiches, Hawaiian Chicken Skewers, Potato Salad, Fresh Fruit, and Cool Summer Desserts. Our featured drink is an "Ocean Breeze" Rum Punch for \$3.00/each. See the flyer included in this newsletter for details about this event.

It's never too early to plan for the holidays. Last year our Christmas Party was quite successful and held for adults only. We weren't able to secure a Santa for the kids, so we weren't able to have a party that included them. Some members have commented that they prefer having two separate parties: one for adults and one for kids.

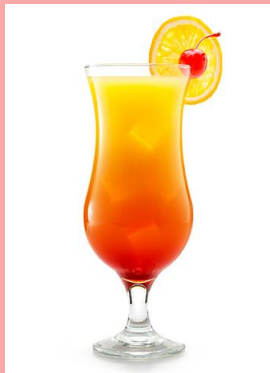
This year we propose a "*Breakfast with Santa*" with a program for the kids. We're starting early to secure a Santa and we would have the traditional activities as we have had in the past along with some new interactive activities.

We'd like some feedback from you, our members. We want to keep these events fun and joyful while preserving the sentiments of the season of Christmas. Please send me ([Falsinotti@yahoo.com](mailto:Falsinotti@yahoo.com)) your comments and ideas. We would love to hear what you think.

~ IHL ~  
**BEACH BLANKET  
BONANZA**



**SATURDAY, AUGUST 20 AT 5:00 PM**  
**KNIGHTS OF COLUMBUS HALL**



**Fun, Food,  
Music,  
Games...**

**Dinner Cost: \$12.00**

**"Ocean Breeze"  
Rum Punch \$3.00 each**

**RSVP TO DAWN**  
**[falsinotti@yahoo.com](mailto:falsinotti@yahoo.com)**



## **IHL SPAGHETTI DINNER "MEET & GREET"**



*You Are Invited To  
Join Your IHL Officers For  
Our Annual Spaghetti Dinner*

*Distinguished Guest Speaker Will Be  
Chad Sarchio*



**SATURDAY, SEPTEMBER 10 AT 5:00 P.M.  
ST. LEO'S KNIGHTS OF COLUMBUS HALL  
3700 OLD LEE HIGHWAY, FAIRFAX**

**Menu  
&  
Cost**

**SPAGHETTI WITH MARINARA OR MEAT SAUCE  
INSALATA ~ PANE ~ DOLCE  
(Beverages are not included in dinner cost)  
\$10.00 PER PERSON**



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

## IHL SPAGHETTI DINNER GUEST SPEAKER

Saturday, September 10, 2022

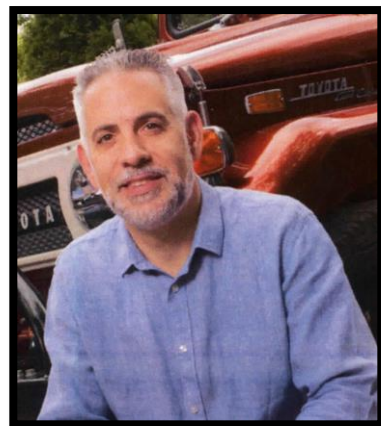
Our distinguished guest speaker for our annual Spaghetti Dinner will be Chad T. Sarchio who served as the 50<sup>th</sup> president of the D.C. Bar from July 1, 2021 to June 30, 2022. He was the third Italian-American lawyer to serve in that post since the D.C. Bar was established in 1972, and only the second government lawyer to do so.

Chad grew up in New Jersey, about a half hour northeast of New York City. During elementary and high school, he was a member of the Boy Scouts and rose to the highest rank of Eagle Scout. After graduating from high school, he received a scholarship from the National Italian-American Foundation (NIAF) and entered the Public Policy Program at Duke University in North Carolina. He also received a U.S. Army Reserve Officers Training Corps (ROTC) scholarship. After earning his undergraduate degree and receiving his commission as a second lieutenant, he went to law school at George Washington University in Washington, D.C.

After obtaining his law degree, he served on active duty in the Judge Advocate General (JAG) Corps for four years and stayed in the U.S. Army Reserves for 20 more years. His first assignment was at Fort Bragg, N.C., working in legal assistance and claims positions. Then, in the Fall of 1997, he began a six-month deployment to Bosnia and Herzegovina as a senior foreign claims commissioner. He completed his active service as military counsel to the Army's Auditor General. During his service, he married another lawyer, the former Christina Guerola, with whom he has two children.

After leaving active duty, he served as a federal prosecutor in the U.S. Attorney's Office in D.C. for more than six years, prosecuting a wide range of violent and white-collar crimes. In the Fall of 2005, he worked on a Senate Select Committee investigation into the response to Hurricane Katrina, which had hit the Gulf Coast. As a reservist, he later taught at the U.S. Army JAG Corps School. In the Spring of 2016, he became a military judge. He retired from the U.S. Army and its trial bench as a lieutenant colonel in 2019.

He has worked as an associate chief counsel for the U.S. Drug Enforcement Administration (DEA) since 2006, and has lectured in trial and appellate advocacy at George Washington University for more than 20 years. During his spare time, he repairs and maintains classic cars.





## AUGUST BIRTHDAYS

Angela Antonelli	August 4
Marianna Novielli	August 11
Tommaso Ammazalorso	August 13
Russell DeRose	August 20
Carol Cassella	August 25
Dennis Lillo	August 25
Gloria Moscatello	August 26
Joanne Cooke	August 28
Eleanor Lillo	August 28
Joan Tortarelli	August 28



## AUGUST ANNIVERSARIES

Flo & Carmine Primeggia	August 13
Suzanne & Curtis Mitchell	August 16
Betsy & Carlo Mignani	August 22



Here is an update on Sharon Strauch's grandson, Hunter:

Eight-year-old Hunter, grandson of Sharon Strauchs (Membership Chair), has had to undergo eight operations in four weeks to include skin grafts. He is beginning to slowly walk again through the assistance of physical therapy which was necessary due to his weak ankles and stiff feet. Please continue to keep Hunter in your thoughts and prayers as he continues to struggle with the trauma he has suffered. Sharon is grateful for the specialists and professionals assisting in Hunter's health care.



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.



# SOMD ITALIAN HERITAGE FESTIVAL







## SATURDAY

AUGUST 6TH  
10-8  
ST MARY'S FAIRGROUNDS

NO THYME TO COOK  
PRESENTS  
COOKING DEMOS:  
PANZANELLA SALAD,  
ARANCINI

HEAD CHEF "SAMURAI" SAL  
IRIZARRY PRESENTS:  
PROPER TECHNIQUE TO SLICE  
AND DICE

- Bocce Ball Tournament
- Interactive Cannoli Bar
- Raffles
- Games
- Inflatable bounce fun
- Face paintings
- Music
- Food
- Shopping



Local and  
Italian Wines

Italy's own Peroni lager on tap

Bud Light

Michelob ultra

Admission

Adults \$10 (12+)

Kids \$5 (5-11 yrs old)

children under 5 free

Proceeds will be donated to  
Furever Safe animal rescue

PRESENTED BY:



ITALIAN SONS  
AND  
DAUGHTERS  
OF AMERICA

SOMD LODGE  
#500

***Member Kerri Farrell scoped out this Italian Heritage Festival sponsored by OSDIA, Southern Maryland Lodge #300 on August 6<sup>th</sup> at St. Mary's Fairgrounds.***

***Their Facebook post says that it "is a family festival with national entertainment, authentic food, festival rides, games, wine and cooking demonstrations, great shopping, and lots more. The importance of the Festival has been dedicated to the importance of family and community as we celebrate Italian heritage and culture."***

***Let us know if anyone has the chance to visit with our OSDIA brothers and sisters in Maryland.***



## IHL July 3<sup>rd</sup> Brunch & Celebration

IHL came together in considerable numbers to celebrate America's Independence on Sunday, July 3<sup>rd</sup>. So many hands worked hard to put on this event. The brunch food and cocktails were well received by all attendees with many compliments to Dawn, our chef, and for our holiday decorations and music. It was a wonderful day for Italian Americans to come together and honor our country!

*God  
Bless  
America !*



*Happy  
Birthday,  
America !*



# Grand Lodge of Virginia 38<sup>th</sup> Biennial Convention And 100<sup>th</sup> Anniversary Celebration

The Grand Lodge of Virginia Order Sons and Daughters of Italy in America will hold their 38<sup>th</sup> Biennial Convention on the weekend on April 28-29, 2023. The convention and all related celebrations will be held at the Roma Lodge #254 in Virginia Beach, VA.

Marie Siebeking (Roma Lodge), Amanda Hertzog (Italo American Citizens Lodge) and Beverly Amante (Peninsula Italian American Lodge) are coordinating the convention. Jim DeLucia (Peninsula Italian American Lodge) is working on gathering information for the 100<sup>th</sup> Anniversary celebration.

In conjunction with the convention, we will be celebrating the 100<sup>th</sup> Anniversary of the Grand Lodge of Virginia. At present, 100<sup>th</sup> Anniversary festivities will be held at both evening dinners with the majority of the celebration being held on Saturday evening.

All current and former members of lodges in Virginia are encouraged to join us if they can.

Since we are still in the planning stages, more information will be coming out at a later date. This information will include: hotel information, meal costs, plans for the convention and plans for the 100<sup>th</sup> Anniversary celebration.

If you have any questions about the convention, please contact Marie Siebeking at [kp59pe@cox.net](mailto:kp59pe@cox.net), Amanda Hertzog at [Amanda.pelt@hotmail.com](mailto:Amanda.pelt@hotmail.com), or Beverly Amante at [beverlyamante@gmail.com](mailto:beverlyamante@gmail.com)

If you have something you think might be of interest for the 100<sup>th</sup> anniversary, please contact Jim DeLucia at [JimDeLucia@aol.com](mailto:JimDeLucia@aol.com)

## The Edible (and Incredible) Italian Garden

*Let's talk Mediterranean.*



*As we all know: the Italian-based diet, especially the vegetables that are popular in Italian cuisine, are easy on the palate and easy to grow.*

*Yes, it's safe to say Mediterranean vegetables are among the healthiest around. Here are a few facts you may not have known:*

### Spinach

*You can grow the spinach indoors, that is the easiest way. This superfood is packed with fiber, iron, calcium, vitamin K, folate, and other nutrients. It's loaded with antioxidants, anti-inflammatory compounds, and even antihistamines.*

*But most importantly, spinach is delicious. It's delicious raw, and it's delicious steamed.*

### Arugula

*Arugula, a favorite salad green in many parts of the world, is the leafy part of the arugula family. This herb has been cultivated in Italy since the 1300s and was used to make salads in the late-19th century.*

### Zucchini

*Zucchini, which is also known as courgette, is a large summer squash from the Cucurbitaceae family. This popular veggie is easy to grow and has many nutritional benefits. It's a good source of Vitamin C, dietary fiber, antioxidants, and potassium.*

*Additionally, the vegetable contains very low levels of sodium and calories. Zucchini is great for those who enjoy a low-carb diet.*

### Bonus: Tomatoes

*Tomatoes are embedded in the Italian cuisine, without them, more than half of the Italian dishes wouldn't make sense. And to think, it's almost time to crush all our summer tomatoes and jar that coveted red sauce for the fall and winter months to come.*

Article by Tony Manhart, *Gardening Dream*  
Italian Sons and Daughters of America, *Italian Living*  
Image by Patrick Capuozzo



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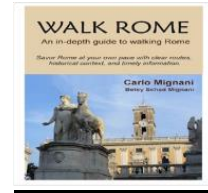
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