



# La Bandiera



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

LUGLIO 2022  
MESSAGGIO DELLA PRESIDENTESSA

*Welcome!*

*The heat is on. No turning back for a while. After two years of confinement, we're now all out and about and enjoying our lives again. Life is busy.*

*Two weeks ago, after being rescheduled, we held our Bocce Picnic at the Lillo's. The weather was glorious, rare for mid-June. Seems we have some good Bocce players in our ranks. A good time was had by all. Many thanks to Eleanor and Dennis for graciously opening their home and Bocce Court for the lodge.*

*We're looking for members that are tech-savvy. The Grand Lodge of VA and our lodge could both use some technological expertise. If you have these skills and a few hours to spare, please contact me.*

*As the 4th is only a few days away, I personally reflect on what it means to be an American. A student of history I'm amazed at the vision our forefathers had for this incredible country. While times are tough right now, we have a lot to be thankful for. The concept of America is still that beacon on the hill. I hope we never forget that.*

*This July 4th let's thank God for America. Remember those who gave their all to make our country free, honor our beloved flag, and remember the golden rule as we celebrate America's 246th birthday.*

*This Sunday we are having our 4th of July Brunch. Lots of good food and fun. Please join us. Check the calendar dates for the upcoming Lunch Bunch and Happy Hour. I hope to see you all.*

*Patriotically,  
Dawn*



***True patriotism springs from a  
belief in the dignity, and  
equality not only for America  
but for all people on earth.***

Eleanor Roosevelt

***Freedom is one of the deepest and  
noblest aspirations of the human spirit.***

Ronald Reagan

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

**President:** Dawn Falsinotti  
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Carol Cassella  
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**Master of Ceremonies:** Roy Schender  
**Mistress of Ceremonies:** Sandy Schender

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**Education Chair:** Elisabetta Lazarte  
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**Membership Chair:** Sharon Peruzzi Strauchs  
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**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

*No other date on the calendar more potently symbolizes all that  
our nation stands for than the Fourth of July.*

Mac Thornberry

## IL CALENDARIO

July 3	Independence Day Brunch*	11:00 a.m. – 2:00 p.m.	Knights of Columbus Hall
July 11	Happy Hour	5:00 p.m.	Kilroy's 5250a Port Royal Road Springfield
July 13	Executive Council Meeting	7:00 p.m.	The Espositos Restaurant 9917 Fairfax Blvd., Fairfax
July 21	Lunch Bunch	Noon	Cantina D'Italia 13015 Fair Lakes Shopping Center, Fairfax
August 20	<i>Beach Blanket Bonanza</i>	5:00 p.m. – 9:00 p.m.	Knights of Columbus Hall
Sept. TBD	Spaghetti Dinner with 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

### 2023:

April 28-29, GLVA Biennial Convention

Roma Lodge  
Virginia Beach, VA

\* RSVP to Dawn ([falsinotti@yahoo.com](mailto:falsinotti@yahoo.com)) to attend our second annual brunch celebrating the Fourth Of July and America's independence. See the flyer in this newsletter for details about this event.

We are looking forward to our August meeting and *Beach Blanket Bonanza*, featuring summer beach foods, drinks, and games (cornhole, lawn games, etc.). More details will follow, but for now please mark your calendars for Saturday, August 20<sup>th</sup>.



### JULY BIRTHDAYS

Armando Lazarte	July 12
Ann Lipton	July 25
Carol Ann Linder	July 27

### JULY ANNIVERSARIES

Teresa & Joseph Scafetta, Jr.	July 4
Tess & Jeff Sciscilo	July 6
Rosalie & Paul Alligood	July 12
Kerri & John Farrell	July 28



# Join IHL As We Celebrate Our Nation's Independence



Sunday, July 3<sup>rd</sup>

11:00 a.m. to 2:00 p.m.

Knights of Columbus Hall at  
St. Leo's Catholic Church, Fairfax



## Sunday Brunch Menu

**Breakfast Casserole, Quiches, Lox's and Bagels,  
Ambrosia Salad, Italian Pasta Salad,  
Coffee Cake, Limoncello Tiramisu**

**~ \$10.00 per person ~**



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



## IHL Bocce and Picnic – 2022

Wow, what a fun day for all, with beautiful weather and delicious food, rousing and competitive games of Bocce and just the delight in being together again to enjoy this annual event!

A sincere *grazie* to Dennis and Eleanor Lillo for opening their home and Bocce court to our members, families, and friends. A special thank you to Ellie for the back-breaking work of digging up her garden and repotting varieties of plants to sell for our IHL fundraiser. These photographs by Joe La Marca and Ellie Lillo tell the story of “*una bellissima giornata*”.



Celebrating  
our  
grandfathers,  
fathers, and  
sons.



# 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)



# Orecchiette Pasta At Its Lightest

Pasta is evergreen, though, of course, several of preparations for the timeless starch are not. As the mercury starts to rise, the idea of a light pasta dish grows ever more appealing. This recipe capitalizes on some of the season's finest bounty, cooking the vegetable into an aromatic oil before mixing with the orecchiette and finishing it all with some diced fresh tuna. The recipe does call for 30 minutes of resting time, which might not make this light pasta dish ideal for a weeknight, but it's especially perfect for weekend lunch.

## Ingredients for 6

1 lb./500 g. fresh orecchiette  
1½ lb./600 g. baby zucchini  
10 oz./300 g. fresh tuna, diced  
7 oz./200 g cherry tomatoes  
3½ Tbsp./50 g pine nuts  
10 basil leaves  
3-4 sprigs of marjoram  
2 Tbsp. salted capers  
1 clove of garlic, crushed  
extra-virgin olive oil  
salt and pepper

Desalt the capers.

Combine the crushed garlic, marjoram, and pine nuts, and heat with ¾ cup/150 g. of extra-virgin olive oil in a sauté pan.

Clean the cherry tomatoes and then cut them all into 4 wedges each. Next, cut the zucchini into rings and then combine the tomatoes and zucchini into a large bowl with the basil and the desalted capers.

Pour the hot oil over the vegetables, season with salt and pepper to taste, and then let rest for 30 minutes.

In the meantime, cut the tuna into cubes and sauté them quickly in a hot pan greased with a drizzle of oil for 2 minutes.

Let the tuna cool down.

Boil the orecchiette, drain and pour them into the bowl with the vegetables.

Mix so that the pasta is seasoned and complete with the diced tuna.



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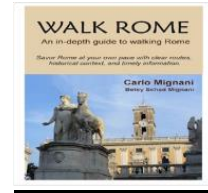
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