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**SONS & DAUGHTERS  
OF ITALY**  
TRIESTE LODGE | HAMILTON

## President's Message

MARCH 2024



Dear Brothers and Sisters,

I trust you have all been keeping well, and are looking forward to another month with hopefully some spring weather that is here to stay! We will be holding our March General Meeting on **Tuesday March 12th**. In keeping with

our recent practice, I would ask that all those wishing to attend, to please give Br. Joe Mongiardi a call no later than **Friday March 8th**.

We will be resuming our annual Soppresata Dinner on Thursday April 25th! Tickets for this event are \$50 for dinner, cash bar. If you have started making your own Soppresata, this event is a great way to showcase your product! See Br. Lewis Merolli for dinner tickets. As always, this is our signature event, and we encourage all members to get their tickets while they last, and encourage their family and friends to partake on a wonderful event that celebrates the importance of maintaining a traditional southern Italian delicacy. If you do not make Soppresata, do not worry! We encourage all guests to bring their own charcuterie boards filled with homemade cured meats and cheeses to share with their table, as there will not be an antipasto as part of the meal. We look forward to seeing many familiar faces, and we look forward to meeting new friends that we hope will continue to join us at Trieste Lodge.

At this point, our evening with Frank Spadone is completely SOLD OUT!! We do have a waiting list, should anyone be interested. Please contact Br. Mirko Testa for further details. We are looking forward to a wonderful evening of laughs, great food and great company!

From May 24th to May 26th, Trieste Lodge will be hosting the Sons and Daughters of Italy in Canada Convention. In keeping with tradition, we will be opening nominations for delegates at our March meeting. This is a great opportunity for those members who are looking to learn more about the organization to attend a weekend event that provides a rich history of our Order, as well as any future goals we strive to accomplish as a national Order.

We have some stellar events that we are working on and look forward to sharing with you all in the coming months as we iron out the details. Please stay tuned for more updates!

I would just like to remind everyone that annual dues for 2024 will be due by March 31st. As discussed in previous meetings, we will only be accepting Cash or Cheque for membership dues this year as our online portal is down. We apologize for the inconvenience.

I am looking forward to yet another stellar turnout for our March meeting!

Fraternally Yours,  
Lucas Costanzo  
President, Trieste Lodge #4

### March General Meeting

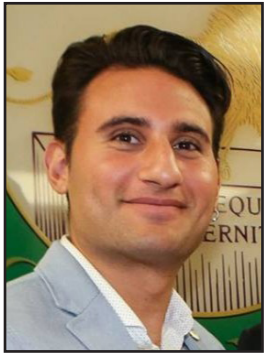
Reserve your attendance by  
**Friday, March 8th.**

Call Joe Mongiardi  
(289)-925-1557

**NEXT GENERAL MEETING: Tuesday, March 12th, 2024**



## MESSAGGIO DEL PRESIDENTE



Cari fratelli e sorelle,

Mi auguro che stiate tutti bene e non vedo l'ora che arrivi un altro mese con, si spera, un po' di tempo primaverile! Martedì 12 Marzo si terrà la nostra assemblea generale di Marzo. Come di consueto, chiedo a tutti coloro che desiderano partecipare, di dare a fr. Joe

Mongiardi una telefonata entro Venerdì 8 Marzo.

Riprenderemo la nostra annuale Cena a base di Soppresata Giovedì 25 Aprile! I biglietti per questo evento costano \$ 50 per la cena, cash. Se avete iniziato a preparare la vostra Soppresata, questo evento è un ottimo modo per mostrare il vostro prodotto! Vi preghiamo di contattare fr. Lewis Merolli per i biglietti per la cena. Come sempre, questo è un nostro evento esclusivo ed incoraggiamo tutti i membri ad acquistare numerosi biglietti ed incoraggiamo la loro famiglia e i loro amici a partecipare a questo evento meraviglioso che celebra una tradizionale prelibatezza culinaria Italiana. Se non fate la Soppresata non preoccupatevi! Incoraggiamo tutti gli ospiti a portare i propri taglieri con tanto di salumi e formaggi fatti in casa da condividere con il proprio tavolo, poiché non ci sarà un antipasto come parte del pasto. Non vediamo l'ora di rivedere molti volti familiari e non vediamo l'ora di incontrare nuovi amici che speriamo continuino ad unirsi alla nostra loggia.

A questo punto la nostra serata con Frank Spadone è completamente SOLD OUT!! Abbiamo una lista d'attesa, se qualcuno fosse interessato. Si prega di contattare fr. Mirko Testa per ulteriori dettagli. Vi aspettiamo per una splendida serata di risate, ottimo cibo e ottima compagnia!

Dal 24 al 26 Maggio, la nostra loggia ospiterà il Convegno Figli e Figlie d'Italia in Canada. Come

di consueto, apriremo le candidature per i delegati durante il nostro incontro di Marzo. Questa è una grande opportunità per quei membri che desiderano saperne di più sull'organizzazione e venire a conoscenza di eventuali obiettivi futuri che ci sforziamo di raggiungere come Ordine nazionale.

Inoltre, stiamo lavorando ad alcuni eventi straordinari e non vediamo l'ora di dividerli con tutti voi nei prossimi mesi mentre definiamo i dettagli. Restate sintonizzati per ulteriori aggiornamenti!

Vorrei solo ricordare a tutti che la quota annuale per il 2024 dovrà essere pagata entro il 31 Marzo. Come discusso negli incontri precedenti, quest'anno accetteremo solo contanti o assegni per le quote associative poiché il nostro portale online non è disponibile. Ci scusiamo per il disagio.

Non vedo l'ora di vedere un'altra affluenza stellare per il nostro incontro di Marzo!

Fraternamente Vostro,  
Lucas Costanzo  
Presidente

## Mark your Calendar

A Night with Frank Spadone <b>SOLD OUT</b>	Saturday, April 6th, 2024
April General Meeting	Tues, April 9th, 2024
2024 National Convention Hosted by Trieste Lodge	Saturday, May 25 & Sunday, May 26 2024

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## THREE FARMS ISLAND - NOTO, SICILY

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Brothers and Sisters,

This past September on my trip to Sicily, I had the pleasure to visit the city of Noto and the surrounding area in the Syracuse region. During my travels I had a fantastic opportunity to visit a very unique place called Three Farms Island. It was one of the highlights and most memorable experiences in all of my trips to Italy!

Three Farms Island is a set of small family-run organic farms in the South East of Sicily near the town of Noto. The owners of the farm, Fabio and Annarella farm organic certified produce applying Regenerative and Agroecological principles alongside historic and traditional farming methods. I was so impressed by the work they are doing, their hospitality, and the amazing dinner that was prepared for our group during my stay.

Fabio and Annarella are truly passionate about creating good, healthy food, as well as long term sustainable practices, and are eager to share their passion of food and Sicilian culture with visitors and guests from all around the world.

Three Farms offers a variety of fantastic programs and experiences:

- Adopt an Olive Tree (and receive organic extra virgin olive oil from your tree yearly)
- Online cooking classes specializing in Sicilian cuisine
- In-Person Tours and Experiences for visitors to Sicily
- Online recipes that you can share with your friends and family
- “Capperi e Pomodoro”, a three day workshop on food, the traditional Sicilian Way (Jun 28-30 at the farm)
- And much more!

You can learn more about Three Farms Island by visiting their website at <https://www.threefarmsisland.com/> or through their social media platforms as follows:  
<https://www.facebook.com/threefarmsisland>  
<https://www.instagram.com/threefarmsisland/>

I would highly encourage you to support Three Farms, learn more about their offerings, and even plan a visit on your next trip to Sicily. It is a fantastic experience that you will not be disappointed with!

Br. Anthony Chiarelli





### Three Farms in a Island

The ancient Greeks called Sicily Trinacria, meaning "Three pointed", from Akra, "end, point or headland" and Treis, "Three". Deriving the name of the largest island in the Mediterranean from its shape...today we know it as Sicily.

It is here in the South East of Sicily, nearby the town of [Noto](#), that we operate our 3 small family-run organic farms. Although the farms have been in our family (only) since the 70's some of our wild trees and roots date back way longer and we estimate that some were planted more than 400 years ago.

We farm our organic certificated produce applying Regenerative and Agroecological practices alongside historic and traditional farming methods and crops. Our passion is to farm great food for people who really care about it.

### Sharing Food Knowledge

Sicily and Italy have very old traditions in Food. What better way to know more about it cooking together?

There are no better way to **prepare food to know more about it.**

Following old rules, we give you an opportunity to submerge yourself in an authentic **Traditional food culture experience** with a step-by-step cooking class.

A Farm approach to the kitchen based on the history of Southern Italian gastronomy where the Mediterranean Diet came from.

Some of the traditional recipes from this part of the world are just very popular. Today, with a really simple and authentic approach you will learn how to make some of them.

A cooking class to enjoy and try to understand more about the roots of this very **successful food combinations.**



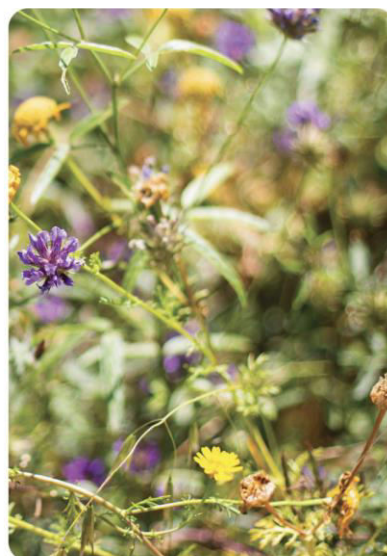
### Our Farm

Like Farmers we grow food, like people, we eat food, like people who want to eat well, with the right pleasure and respect, we have to grow food in the best and most responsible way.



### Recipes

Traditional, Sicilian, Mediterranean, Italian, a collection of special, famous and less famous recipes collected years by years at our Farm.



### Word of mouth

Re Think Agriculture is a process that involve different aspects. A Blog with old questions and new solutions and old solutions for new questions.



### Adopt an Olive Tree

Adopt an Olive Tree in Sicily to receive its Extravirgin Olive at home with our Program. A way to make something special, helping small farmers, environment and traditional farming in Sicily.



### On Line Cooking Classes

A way to cook together learning some more about the Southern Italy traditional dishes. From our Farm in Sicily, the biggest Island of Mediterranean, where a lot of cult of Italian Gastronomy came from, we will cook with you explaining every passage step by step. An original way to stay connected or to have a Taste of Sicily in your kitchen.



### Visit us

Are you in Sicily? Are you planning a trip for? Here our one-day tour to have a real authentic taste of Sicily in our Farm with seasonal menu and little walking in the fields. The closest approach to the ingredients, in a rural context. You are welcome!





## Olive Tree Adoption

Why adopt an olive tree at our Farm in Sicily

We are firmly convinced that the creation of a direct bridge between farmers and customers can truly help the planet, and we hope to inspire and make a small impact with this program.

## Our Thoughts On Defending Real Food

To defend and respect the quality of a product, it is essential first to know it. One of the best ways to know real food and to know extra virgin olive oil, in this case, is to buy directly from Farmers.

Helping a farmer to take care of an olive tree means a lot of things. After respect and responsibility, love and knowledge is also a beautiful way to defend a **kind of agriculture**. Agriculture made by humans with the mission of deeply nourishing other humans must be more centered around quality, not quantity.

The program "adopt an olive tree" doesn't intend to be an original way to sell "a product", rather a practical means to better understand the real value of a product.

Our production is not so big so the trees are limited.

## The program is simple:



We select one of our olive tree,



Carefully label the tree with your name or the name of your choice,



We take care of your tree the old way, just like our ancestors have taught us for hundreds of years sending updates about the life of it.



You will receive Organic Extra Virgin Olive Oil from your tree and its grove every year (from 3 to 4 litres depending on annual yield in comfortable little 0.5 lt tins)

## CHOIR UPDATE

The Sons and Daughters of Italy Choir is looking forward to starting the 2024 season rehearsals at the New location at 420 Crerar Dr. For now the location will be known as The Hamilton Italian Community Centre. Rehearsals will start on Wednesday March 20, 2024, 7:15pm and will take place in the Music room, 2nd floor.

The Sons and Daughters of Italy Choir is always looking for New members. We strongly encourage you to join us. Do not worry if you don't know music. Your only requirement is your love for singing.

For more information please contact Angelo Venditti 905-388-0872 or Email: a.m.venditti46@gmail.com

Our Congratulations to Robert Skaljin, Lucas Costanza, the Executives and all the different boards that turned this dream into a reality. We would like to wish all the success to the New "Hamilton Italian Community Centre".



## Soppresata DINNER

**THURSDAY, APRIL 25, 2024**

\$50 CASH BAR  
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DINNER AT 7 PM  
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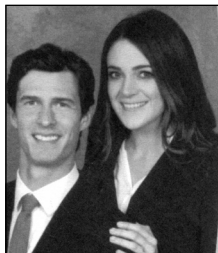
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