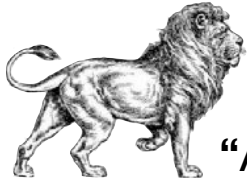


THE LION'S ROAR



AMERICA LODGE #2245

"AMERICA LODGE, WHERE FRIENDS BECOME FAMILY"



VFW Hall
68 Lincoln Road
Franklin Square, NY 11010

LIBERTY EQUALITY **FRATERNITY**

Volume 55
Issue 3
March 2026

MARZO

AMERICA LODGE # 2245

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AMERICA LODGE #2245

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*deceased



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THE LION'S ROAR NEWSLETTER

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America Lodge's mission is to celebrate our Italian culture and heritage by honoring our ancestors' visions of promoting, educating, supporting our members, and giving back to our communities. Joining together we create excitement, strengthen our bonds and advance the image of Italians everywhere.

President's Message



On behalf of America Lodge's Officers, we want to wish everyone a very Happy Saint Patrick and Saint Joseph's Day. As we transition into the "green" of March, hopefully the weather gives us a break, and we will be done with snow for this year!

At our February meeting our Recording Secretary cast a vote to formally accept the proposed slate of officers. It is, once again, an honor for me to be your President. First, I want to thank my family, my wife Lillian and daughter Nicole for their continued support. Next, I want to thank my current council and those outgoing officers who are not returning, for the outstanding job that they did. It was a pleasure to work with each and every one of them. We could not have accomplished what we did without their strong vision and ideas. Together we have implemented many new initiatives, and the best part is that we have many more in the workings. I want to welcome those members who are joining the officer ranks for the first time. I am looking forward to our **Officer Installation** on March 18, 2026, at our General

Meeting when we will acknowledge the esteemed group of dignitaries and our fellow Lodge Brothers and Sisters who will help encourage and support us during these next two years. It's going to be a full house and an exciting time for America Lodge. Please mark your calendars and join us for this wonderful event.

Last month we were reminded and surrounded by love. Our Carnevale celebration was a huge success. I want to once again thank our **Vice President Karen Mollish**, **Chef Rob Tinelli**, **Magician Anthony Spano** and many others who made Carnevale something that we all look forward to every year. Our **Movie Night** was beautifully heartwarming as Mary Sperrazza and members of the *Il Dolce Libro* book club welcomed us to an early Valentine's showing of "Solo Mio." What a great night and wonderful time we all had.

Also, at our February meeting we started a "**Share the Wealth**" board that will support our scholarship fund. Starting in March we will be selling **America Lodge Raffle** tickets. Although we have done this in the past, this year we are doing it with a twist. The tickets will be \$10.00 each or 3 for \$25.00. The proceeds will be split three ways with 50% to be shared by three winners, 25% will go to the **Marty Lyons Foundation**, and 25% will go to America Lodge to continue our charitable endeavors. The winning tickets will be drawn at our June meeting.

There is so much to look forward to in March! It's a good thing we get to **spring ahead** on March 8th. We are going to need that extra hour of daylight. And the Opera, on March 23rd, isn't the only thing that we have to sing about. You've got to get the St. Joseph's table ready, worry about March 15th and shop for fish! Our wonderful newsletter editor Donna Giorandino Johnson has worked extra long and hard to bring you all of the information needed to celebrate our amazing Italian culture and heritage. Please make sure you read every page.

I look forward to seeing you at our next event, celebration or occasion. It's no wonder America Lodge is the place where... "**Friends Become Family.**"

Fraternally,

Joe



Welcome to March

Ciao friends,

Welcome to your March Newsletter!

March, in its green and yellow hues, invites us to celebrate and to prepare for what is about to bloom. SPRING! Yes, on March 8th we can't wait to SPRING AHEAD with our clocks, and on March 20th we can officially welcome Spring at 10:46 am!



We are well into our Lenten Journey and we wanted to help answer the age-old question: "Why do we abstain from meat" during Lent?" Well, we answer that question on page 8 and I bet after you read it, you will think differently every Friday.

As we do every year, we celebrate **La Festa della Donna**, when mimosa blossoms are shared as symbols of strength and solidarity. Speaking of amazing women, as you read the story on **Santa Francesca Romana** on page 10, learn about how her quiet faith still resonates centuries later in Italy.

Beware the Ides of March! We've probably heard that term but do we know where it comes from? Check out the article on page 11 to learn about the historical fate of Julius Caesar.

On March 19th, we celebrate **St. Joseph's Day**, where devotion meets delight in golden, cream-filled **zeppole!** I can't wait for that treat! And there's always the choice: ricotta or custard?? Enjoy the article on page 12!

On March 25th, Italy honors **Dantedì**. Our article on page 13 celebrates the enduring brilliance of Dante and the Italian language itself.

Lastly, we thought it would be fitting to add in a meatless "green" recipe of **Italian Peas with Pasta!** We tried this recipe on page 16 a few weeks ago, and I can tell you it changes how you've made it in the past! Enjoy!

There's much more in this Newsletter, so happy Spring and we will see you soon!

Donna

Membership Corner



At our February General Meeting, we installed one new member. Please welcome **Joseph Montemarano** to our America Lodge family! Does that name sound familiar to you? Well, it should! Our newest member, Joseph, is the son of founding member and first America Lodge President, Joseph Montemarano (1971-1973). Thank you to grandson, **Marc Anthony Montemarano** for referring dad, Joseph. It's not only wonderful to see our Lodge continuing to grow, but to see Charter members' families returning to America Lodge!

As 2026 moves forward, let's keep the momentum going by spreading the word about America Lodge! Talk to your family, friends, neighbors, and co-workers about joining our Lodge family—new members are the heartbeat of a vibrant and thriving Lodge. If you know someone who may be interested, visit our website at www.americallodge2245.com/Membership.

And if you're feeling especially neighborly, we'd love for you to bring a friend to our next General meeting—we can't wait to welcome them into our "famiglia!"



Check out our [Website](#) and [Facebook](#) page! We post photos of our meetings and events, provide informative posts on our Italian Culture and Heritage and keep our members informed about Lodge and local events! Come log on and see what we're up to!



Find us on
Facebook
America Lodge #2245

www.americallodge2245.com

UPCOMING EVENTS

- March 3rd, 24th, & 31st America Lodge Mah Jongg 3:30-6:00 pm, Franklin Square Library.
- March 23rd, America Lodge Night at the Opera to see "Madama Butterfly."
- March 31, 2026 NYS Grand Lodge Scholarship due date! Visit: <https://nysosdia.org/scholarships/>
- April 15, America Lodge Scholarship deadline!
- April 18, America Lodge Italian Heritage trip. See ad on page 7 for reservations.
- April 25, America Lodge Casino trip. *SOLD OUT*
- July 25th, America Lodge Annual Fishing Trip! Contact Michael Avallone.
- October 4th, America Lodge Annual Memorial Mass, St. Catherine of Sienna, 9:45 am.
- October 18th, America Lodge Annual Anniversary Dinner Dance, Leonards Palazzo.

visit www.americallodge2245.com for Lodge events and details!

BUONA FESTA DELLA DONNA

MARCH 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 America Lodge Council Meeting America Lodge Mah Jongg 3:30-6:00 pm	4	5	6	7
8 DAYLIGHT SAVINGS TIME! <i>Buona Festa Della Donna</i> 	9	10	11	12	13	14
15	16	17  St. Patrick's Day	18 America Lodge General Meeting OFFICER INSTALLATION	19 Festa di San Giuseppe 	20 SPRING! 	21
22	23 America Lodge Night at the Opera	24 America Lodge Mah Jongg 3:30-6:00 pm	25	26	27	28
29	30	31 America Lodge Mah Jongg 3:30 - 6:00 pm				

Buona Festa di San Giuseppe

AMERICA LODGE EVENTS



Order Sons and Daughters of Italy in America®
America Lodge #2245
 Presents



Giacomo Puccini's
Madama Butterfly
 Monday, March 22nd, 2026 at 7:30 pm
 The Metropolitan Opera House, Lincoln Center

Tickets for the Opera and Bus are \$145.00
 The price for only an Opera ticket is \$100.00

Payment must be received by February 20, 2026

Contact Opera Chairperson Jo Falabella (516) 354-2989

Make checks payable to America Lodge #2245 and mail to:
 Jo Falabella, 51 Vassar Street, Garden City, NY 11530

The bus departs from the public parking lot behind Wendy's off Hempstead Turnpike in Franklin Square. Please be there at 2:30 pm as the bus will leave at 3:00 pm SHARP.

SOLD OUT!



AMERICA LODGE #2245
PRESENTS A TRIP TO

WINDCREK CASINO
APRIL 25, 2026
COUPON \$60.00 WITH \$30.00 BACK
 Leaves at 8:00 am promptly from behind Citibank on
 Hempstead Turnpike, Franklin Square, NY
BAGELS & WATER SERVED ON THE BUS
RSVP WITH NAME, PHONE # AND NUMBER OF PEOPLE TO:
 Ellen Andrasick
 245 Cleveland St.
 Franklin Square, NY 11010
 (516) 317-0686

AMERICA LODGE #2245

ITALIAN HERITAGE DAY
 Saturday, April 18*

Join us for a full day celebrating Italian culture, food, music, and history!
 We will meet the bus and our guide at **Christopher Morley Park** early in the morning (exact time to be announced). This is an all-day trip, returning approximately 6:30 PM.

- Our Exciting Itinerary Includes:**
- A visit to an Italian bread factory in the Bronx for a tour and delicious samples.
 - A stop at a pasta factory for tastings.
 - A visit to a famous Catholic Church in the Bronx.
 - A private opening of the first Italian Heritage Museum in the country, located in Manhattan!
 - A stop at **Eataly** Italian Market for shopping and exploring.
 - Enjoy live entertainment on the bus by a Broadway/Opera singer!
 - Lunch is on your own.

Cost: \$145 per person. All taxes and gratuities are included.

Seats are limited — when the bus is full, the trip is **SOLD OUT!** First come, first served.

Reserve your seat early for this unforgettable celebration of Italian heritage!

ITALIAN HERITAGE DAY – REGISTRATION FORM *Saturday, April 18*

Name(s): _____
 Address: _____
 City/State/Zip: _____
 Phone: _____ Email: _____
 Number of Seats: _____
 Total Enclosed (\$145 per person): \$ _____

Make checks payable to: America Lodge #2245 and mail to: POB 337, Franklin Square, NY 11010.

Contact Phyllis-Ann O'Connell (516) 603-7832
paoc2552@gmail.com with questions.

America Lodge #2245 presents our annual



2026 FISHING TRIP

SAVE THE DATE - 7/25/2026

Contact Annual Fishing trip Chairperson Michael Avallone (917) 299-7251

Join us for our annual fishing event aboard the **Captn. Eddie B III**

SAVE THE DATE!! July 25, 2026

details to follow..



www.americ lodge2245.com



LENT - WHY DO WE ABSTAIN FROM MEAT

A quick Google search finds that during Lent, Catholics are not the only Christians who abstain from eating meat on Friday's. Eastern Orthodox, Anglican, Methodist, some Lutheran, and Evangelical churches also observe the fasting tradition of no meat on Fridays. However, the practice of refraining from eating meat on Friday's is still primarily observed among Catholics.

Lent, as we know, are the 40 days in which Catholics pray, fast, contemplate, and engage in acts of spiritual self-discipline.

But why can't we eat meat for ten days during Lent? First let's examine which days we are talking about-and it's not just Fridays. There are six Fridays in Lent when we abstain from meat, plus we also abstain from eating meat on Ash Wednesday, Holy Thursday, Good Friday and Holy Saturday.

Next, let's look at the calendar. For Catholics, Friday is not just another day. Friday is the day Jesus died on the cross. A day marked by suffering, silence and sacrifice. In the earliest days of Christianity, Fridays were always set apart as a day of remembrance and not for celebration or indulgences.

So why do we focus on meat? In the ancient world meat was considered a luxury. It was associated with feasting, celebration, wealth and abundance. Historically fish was considered simple, common food and did not signal celebration. According to the Code of Canon Law, all Catholics who are able, should fast and abstain on Fridays throughout the year to commemorate Christ's passion, except when a solemnity falls on that day (No. 1249-53).

The rules however changed slightly in the United States around the time of Vatican II. In 1966, the U.S. Conference of Catholic Bishops released a pastoral statement advising that U.S. Catholics were allowed to seek alternate forms of penance on Fridays, partly because meat had become a commonplace food in the American culture.

During Lent, abstinence from meat is meant to gently disrupt our comfort and redirect our attention towards God. Abstaining from meat on Fridays is a small, repeated reminder that Christ suffered for us. Love requires sacrifice. Sacrifice shapes the heart, and remembrances shape faith. Therefore, every Friday in Lent we are gently asked, will you remember Me today? Will you choose sacrifice over comfort. Because sometimes the smallest sacrifices open the biggest doors.

We pray: *Lord Jesus on the cross, you gave everything for us. Teach us to give you our hearts, not just in words, but in daily choices. May our small sacrifices draw us closer to you and make us more loving towards others. Amen.*

Source:

Why Catholics Don't Eat Meat on Fridays During Lent | Meaning & Tradition Explained

Why Do Catholics Fast From Meat? | The Catholic Company®

It's time for Catholics to go back to no meat on every Friday (not just during Lent) - America Magazine



La Festa della Donna



ITALY'S CELEBRATION OF WOMEN

On **March 8**, Italy celebrates **La Festa della Donna**, the country's observance of International Women's Day — a day dedicated to honoring women and their contributions to society, culture, family, and public life.

Across Italy, the most recognizable symbol of the day is the bright yellow mimosa flower. This tradition began in 1946, when members of the *Unione Donne Italiane* chose the mimosa as the official emblem of the celebration. The flower was selected not only because it blooms in early March, but because it was affordable and widely available — making it accessible to women of all social backgrounds. Its vibrant yellow color came to symbolize strength, resilience, and solidarity.

On March 8, streets, cafés, offices, and schools fill with the delicate scent of mimosa. Women receive small bouquets from partners, friends, colleagues, and even strangers. A simple flower, yet one that carries a powerful message:

"A flower can speak volumes about respect, gratitude, and admiration."

But La Festa della Donna is more than a gesture. It is also a day of reflection and recognition. Throughout cities such as Rome and Florence, cultural institutions host lectures, exhibitions, and panel discussions highlighting the lives of historical female figures, saints, artists, scientists, and modern leaders. Museums often organize special programming focused on women in art and history, while universities hold conferences examining progress and ongoing challenges in gender equality.

In smaller towns and villages, the celebration takes on a more intimate tone. Local markets feature women artisans and entrepreneurs, theaters stage performances centered on women's stories, and community centers organize gatherings that bring generations together — grandmothers, mothers, daughters — to share experiences and traditions.

Restaurants may offer special menus, and groups of women often gather for dinners out — a joyful expression of friendship and independence. Yet alongside the celebration, there is also space for awareness. Public events frequently address issues such as equal opportunity, workplace rights, and protection against violence, reminding everyone that the day is both festive and meaningful.

La Festa della Donna reflects something deeply Italian: the blending of beauty, symbolism, history, and community. It is not only about honoring women of the past, but recognizing the women shaping Italy today — in business, art, science, politics, and everyday family life.

In Italy, celebration is rarely loud without being heartfelt. And on March 8, the country pauses, if only for a moment, to offer a bright yellow flower and say, in the simplest way possible:

We see you. We appreciate you. We honor you.



Santa Francesca Romana



On **March 9**, Rome celebrates a saint who proves that holiness doesn't always live in monasteries or grand cathedrals. **Santa Francesca Romana** was a noblewoman, mother, and visionary who devoted her life to **helping the poor, caring for pilgrims, and living with deep faith** — all while navigating the bustle of Renaissance Rome. Her feast day may be quiet compared to national holidays, but it's a chance to honor a woman whose everyday acts of charity left a legacy that still inspires the Eternal City centuries later.

“Charity is the soul of holiness.”

— *Santa Francesca Romana*

Santa Francesca Romana (1384–1440), also known as **Frances of Rome**, was a noblewoman, wife, and mother who became famous for her **piety, charity, and mystical devotion**. She lived in Rome during the late Middle Ages and dedicated her life to helping the poor, the sick, and pilgrims — all while balancing her family responsibilities.

She founded the **Olive Sisters (Oblates of the Benedictine Order)**, a group devoted to prayer and service, a revolutionary idea in her time, combining religious devotion with active charity. She was known for her deep spirituality and reportedly had mystical visions, which added to her reputation as a holy woman.

Santa Francesca was canonized in **1608** by Pope Paul V. While her feast day isn't a national holiday, Rome marks it with **Masses, prayers, and local processions**, highlighting her enduring influence on both religious communities and the city's culture. Her story reminds us that **faith and service can thrive in the midst of daily life**, shaping history in ways that monuments alone cannot.

Santa Francesca Romana represents a **blend of family life, faith, and social service**. She's a saint who shows that holiness isn't only about monastic life — it can be lived in the midst of daily responsibilities. She's also deeply tied to Rome itself, with her church located near some of the city's most historic sites, including the Forum and the Capitoline Hill.

More than a saint, **Santa Francesca Romana is a symbol of Rome itself** — a city where faith, family, and community intertwine across centuries. Her life reminds us that the Eternal City's history isn't just in its ruins or monuments, but in the stories of those who shaped its spirit through devotion, service, and everyday acts of kindness. Visiting her church near the Roman Forum or following her feast day traditions is a chance to walk through history, connect with local culture, and feel the heart of Rome beating through its people.



“BEWARE THE IDES OF MARCH”

This famous warning from a Shakespearian play reminds us to be cautious of the impending dangers on **March 15th**. Historically it seems, this date has coincided with various misfortunes, including political betrayals, battles, and severe weather.

In ancient Rome, "*Ides*" was simply an expression used to mark the middle of the month. The word "Ides" is derived from Latin, meaning "to divide." In March and other months with 31 days, the Ides always falls on the 15th; it falls on the 13th in months with 30 days. Since the Roman calendar was based on lunar cycles, a full moon usually fell between the 13th and 15th. Traditionally, the Ides were cause for celebration, although it might have been Julius Caesar's bloody assassination on March 15th in 44 BCE which changed the date forever.

Caesar, a Roman general and statesman turned the Roman Republic into a powerful and mighty Empire. He expanded its geographic reach while reducing debt. Caesar reformed the Senate by increasing its size so that it better represented all Romans. He altered the Roman calendar and reorganized local government. His increasing power, however, was met with envy, concern, and angst. A number of politicians saw Caesar as an aspiring king. Wikipedia notes that following a 10-year dictatorship, Julius Caesar was declared "*dictator perpetuo*" (dictator for life) by the Roman Senate, marking the collapse of the Roman Republic thus giving him absolute power. This move triggered fear of another monarchy. A group of Roman senators led by Brutus and Cassius, stabbed Caesar 23 times during a Senate meeting at the Curia of Pompey, resulting in his assassination.

History.com asks, did the death of Caesar curse the day or was it Shakespeare's mastery of language that forever darkened an otherwise normal date on the calendar? It's hard to say. Although it's likely that many people who use the phrase today don't know its true origin.

The expression, "*Beware the Ides of March,*" reminds us to be cautious of impending danger and don't ignore clear warnings. It's a reminder for us to wear our seat belt, watch for inclement weather, and to keep your **Cornicello** or **Mano Cornuto** nearby... just in case.

TAVOLA DI SAN GIUSEPPE - LE ZEPPOLE



Sicily has many wonderful and delicious customs. Its history, language, and food are a rich blend of Greek, Arab, Norman, Spanish, and Italian influences. These cultures helped contribute to the vibrant traditions, unique cuisine, deeply centered family ties, and an identity where Sicilians often identify as Sicilian first.

In Sicily, devotion to St. Joseph runs deep. Catholic tradition recognizes Joseph as the earthly father of Jesus and a symbol of protection. Many families turn to him for guidance, especially during difficult times. So, during the catastrophic medieval drought, believed to be from 1302-1304, which caused severe agricultural failure, city fires, and widespread famine,

Sicilians began to pray to St. Joseph. They promised a feast in his honor if he brought rain. When the rains arrived, the spring crops were saved and the Tavola di San Giuseppe or Table of St. Joseph's feast was celebrated in his honor. It was Pope Pius V who dedicated St. Joseph's feast day to March 19 and by 1479 it was extended to the entire Roman Rite by Apostolic Constitution.

Generally, a statue of *St. Joseph* is placed at the head of the table and is surrounded by gifts of various foods, citrus fruits, and of course, breads. Fava beans, one of the spared crops, which represent good luck and abundance are often included. But for some, it's the Zeppole which holds a special place.

The connection between Zeppole and St. Joseph's Day likely stems from both legend and tradition. Some stories suggest Joseph worked as a frittellaro, or fritter-maker, after fleeing to Egypt. Frying dough in oil may honor him. Others believe Zeppole symbolizes the arrival of spring and the generosity associated with the holiday. Tying into that theory, the original word for zeppole is *zeppola*, and comes from the word *zeppa*, which is a wood wedge used for adjusting the heights of furniture. And, since St. Joseph was a carpenter, this proves that zeppoles are tied to St. Joseph!

Zeppole are deep-fried pastries made from sweet dough, typically filled with custard, ricotta, or chocolate and topped with powdered sugar and a cherry. While the classic recipe remains popular, countless variations and flavors of zeppole are enjoyed today.

Because St. Joseph is the patron saint of fathers, workers, and the needy, it's also Father's Day in Italy, Spain, Portugal, Honduras, Bolivia, Andorra, Angola, Belgium, Croatia, Liechtenstein, and Mozambique. What better way to celebrate dad, than by enjoying a special pastry like "zeppole di San Giuseppe".

Buon appetito!

Source:

[Feast of St. Joseph a Celebration of Fathers and Faith | Italian Sons and Daughters of America](#)

[America](#)

[Why Do Italians Eat Zeppole di San Giuseppe on March 19?](#)

[St. Joseph Table – Year of St. Joseph](#)



Dantedì - Italy's Love Letter to It's Greatest Poet

On **March 25**, Italy doesn't just honor a writer — it celebrates a shared cultural soul. **Dantedì** is a day dedicated to **Dante Alighieri**, the poet who gave Italy its language, its literary backbone, and some of its most unforgettable lines. It's a nationwide nod to poetry, history, and identity, marking the moment Dante's epic journey through *The Divine Comedy* is believed to begin, and reminding Italians why his words still matter centuries later.

Every year on March 25, Italy celebrates Dantedì, a national day dedicated to Dante Alighieri, the poet behind *La Divina Commedia* (*The Divine Comedy*) and one of the founding figures of the Italian language.

Established in 2020, Dantedì is a relatively new addition to the Italian calendar, but it honors a literary legacy that has shaped Italy's culture for more than 700 years. Why March 25?

Rather than marking Dante's birth or death, March 25 is believed by scholars to be the day on which Dante's journey through the afterlife begins in *The Divine Comedy*. It's a symbolic choice, and a fitting one for a work that blends poetry, philosophy, and imagination.

Dantedì is not a public holiday, so schools, offices, and shops remain open. However, it is widely recognized as an important cultural observance, especially in academic and artistic circles.

Across Italy, the day is marked with public readings of Dante's poetry, often starting with the famous opening lines of *Inferno*; Cultural events, lectures, and exhibitions in museums and libraries; School and university programs focused on Dante's life and work; and Television, radio, and social media features celebrating Italian language and literature.

The cities most closely associated with Dante, Florence, his birthplace, and Ravenna, where he is buried, often host special events and commemorations.

Dante is often called "il Sommo Poeta" ("the Supreme Poet"). By writing in the Tuscan vernacular instead of Latin, he played a key role in shaping what would become modern Italian. *The Divine Comedy* remains a cornerstone of world literature and a shared cultural reference point for Italians today.

For visitors and locals alike, Dantedì offers a chance to slow down and engage with Italy's literary soul—whether by attending an event, visiting a museum, or simply rereading a few unforgettable lines. Even centuries later, Dante's words continue to guide readers through questions of identity, morality, and what it means to be human—making Dantedì not just a celebration of the past, but a living part of Italian culture.

"Nel mezzo del cammin di nostra vita..." "Midway upon the journey of our life..."

— *Inferno*, Canto I

These opening words are among the most famous lines in Italian literature, instantly recognizable to generations of Italians. On Dantedì, they're often the first verses read aloud, a reminder that Dante's journey is meant to belong to all of us.

More than a tribute to a single poet, Dantedì is a celebration of Italy itself — its language, imagination, and enduring love for the written word. Whether marked by public readings, classroom discussions, or a quiet moment with a well-worn book, the day invites Italians (and admirers everywhere) to reconnect with a cultural inheritance that still speaks powerfully today. Seven centuries on, Dante's voice remains unmistakable — guiding, questioning, and reminding us that words can shape a nation.

CREDIT:
danteinlinea.com/blog
[Wikipedia](https://en.wikipedia.org/wiki/Dantedì)
<https://dreamofitaly.com/>

Good and Welfare

Buon Compleanno to our Marzo Birthday Celebrants

Rosa Angiuli, Josephine Carbone, John Carlino, Rita Fabrizi, Franca Fratarcangeli, Cecilia Hoffman, Steve Izzo, Deborah LaRosa, Christine LoBello, Michael Marino, Diane Muscarella, Brielle Oshinsky, Steve Perna, Thomas Roberts, Camille Rode, Anthony Spano, Josephine Tamburello.

Get Well Soon!

Past President Gloria Maffettone, Lauren Kobler, Mariana Marando, Carolyn Gallo.

Our Deepest Sympathies

Lisa and Anthony Spano, and family on the loss of mother Geraldine Apmann.

Congratulations!

America Lodge member, **Brielle Oshinsky**, granddaughter of Past President Herb Capitolo and Phyllis Capitolo, daughter of member Christine Capitolo, was married to Charles Manfredi at the Brooklyn Winery! It was a wonderful celebration! Congratulations to all!

Congratulations!

America Lodge member, **Rosanna Weitekamp**, on becoming **Author of the Month** as part of the **Celebrated Authors of NYSOSDIA!**

THANK YOU!

letters to the editor...

"Donna,

I just finished reading the February Lion's Roar. Bravo! I enjoyed reading each and every article. I've actually been to Mount Rushmore twice, but I learned a lot more about it through your article.

I did notice that under the committees, the Italian Heritage Committee is not listed. I am the first chairperson. I would appreciate it if we could be listed from now on. Thank you."

~Phyllis-Ann O'Connell

"Fantastic as usual, Donna"

~Jo Maggio

"Love the photo of you guys with the famous sailor kiss!"

~Lisa Teitz



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America Lodge #2245

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the Installation of



*President Joseph Armocida
and his
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Wednesday, March 18th, 2026
7:00 pm
VFW Hall
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A hot buffet will immediately precede the ceremony. In order assure appropriate preparations for the collation, please rsvp with the number and names of the guests who will accompany you.
RSVP Carolyn Reres Call or text (516) 376-3056 Email:osiacarolyn@aol.com

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Italian Peas with Pasta



INGREDIENTS:

1 LB DITALINI PASTA
1 LB FROZEN PEAS
1 YELLOW ONION, FINELY CHOPPED
1.5 CUPS PECORINO ROMANO, GRATED
4 CUPS WATER (PLUS MORE IF NEEDED)
OLIVE OIL
SALT & PEPPER

DIRECTIONS:

1. IN A LARGE POT, SAUTÉ THE CHOPPED ONION IN OLIVE OIL UNTIL SOFT.
2. ADD THE FROZEN PEAS, SALT, PEPPER, AND WATER. SIMMER FOR 5 MINUTES.
3. REMOVE HALF OF THE PEAS AND BLEND UNTIL SMOOTH. POUR IT BACK IN!
(THIS IS THE SECRET TO HOW TO COOK PEAS SO THEY BECOME A RICH SAUCE.)
4. ADD YOUR DITALINI AND COOK FOR 10 MINUTES, STIRRING FREQUENTLY.
ADD A SPLASH OF WATER IF IT GETS TOO DRY.
5. TURN OFF THE HEAT. STIR IN THE PECORINO ROMANO UNTIL IT CREATES A THICK, CHEESY SAUCE.

CREDIT: <https://www.youtube.com/watch?v=8NFqnhWHxNY>

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AMERICA LODGE FEBRUARY GENERAL MEETING



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https://issuu.com/richnercomm/docs/franklin_square_elmont_herald_02-05-2026

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Learning about your rights
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Elmont's top academics
Page 3

VOL. 28 NO. 6

FEBRUARY 5 - 11, 2026

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Jason Thomas/Herald photos

Honoring Italian heritage

Carnavale is Italy's traditional festival season held in the weeks leading up to Lent and marked by parades, costumes, masks and rich foods. Members of America Lodge 2245, the Franklin Square chapter of the Order of Sons and Daughters of Italy, gathered Sunday afternoon at Ascension Lutheran Hall for an afternoon of Italian cuisine and festivities. About 90 guests attended, enjoying a menu that included pasta dishes and chicken. At right, Joe Armocida, president, gives thanks to the crowd for coming. Above, guests are posing with Armocida. Story, more photos, Page 10.



One kidney, hope for Elias

A living kidney donation can be life-changing for this teenage boy

By HAILEY FULMER

hfulmer@liherald.com

On the outside, he's a typical eighth-grade boy — riding bikes with his friends, playing video games, a stellar student at H. Frank Carey High School — but on the inside, Elias Manolis is living with rapid kidney failure.

Elias and his family have been searching for a living kidney donor since November. The Franklin Square community has offered its support, with several other nonprofits involved including Howie's Heart, whose focus is on spreading charitable actions.

Jennifer Camacho, of Franklin Square, a founder of Howie's Heart, knows what it's like to undergo the kidney donation process. Her brother, Camacho explained, donated a kidney to her husband three years ago. She acknowledged that it was a

dark period for her, as a wife and mother.

"I really emphasize with what the family must be going through," Camacho said of the Manolises. "Knowing what they're up against, and you know how they're currently feeling, we just really wanted to help."

Knowing what they're up against, and you know how they're currently feeling, we just really wanted to help.

JENNIFER CAMACHO
Founder,
Howie's Heart

That desire has prompted Camacho and Howie's Heart to plan a fundraiser on March 12 to raise money for Elias's medical expenses.

Although kidney donation is less traumatic than many people think, Camacho explained, it comes with hefty medical expenses, and she wants to raise awareness of the costs that are often not covered by insurance. The fundraiser is intended to raise as much money as possible for Elias's family, at an event that will include a dinner, raffles, entertainment and, most important, messages of hope.

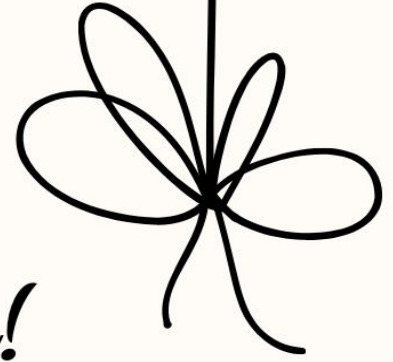
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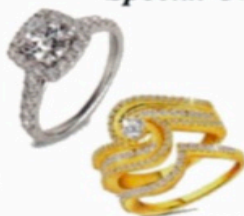
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