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IAHCSD April, 2025 Newsletter

(IAHCSD bollettino mensile di agosto e aprile 2025)

Message from the President (Messaggio da la Presidente)

Buongiorno Amici,
Benvenuto Aprile! (welcome April)

As always, I'm glad to report that our club is growing and we are discovering many new and interesting nonprofits in our area. We recently donated to Marc Stirone representative of the Southern Delaware Education Foundation at our March Mingo and Pizza Meeting.

April 27th is our next event and we will be introducing Jo Allegra-Smith, Executive Director of the Equine Therapeutic Riding Center and donating to her wonderful cause. We've also been in contact with the Director of The Children's Beach House in Lewes. We are making plans with them also for an event there in June, which will be our last until September.

And finally, of course, we will be choosing 2 lucky Cape Henlopen Senior Students from the Italian language class who will receive our scholarships of \$1000.00 each.

All in all, I think we are moving forward in the right direction. As always thank you for your continued support and for keeping our Italian Heritage Alive!

Keep an eye out for our posted events and other information on our website, IAHCSd.com

Grazie Mille,
Maria Diaferia, President
TOGETHER LET US DO GOOD!

Congratulations & thank you!

To **Grace Plantamura** for volunteering her time and talents to the IAH FOUNDATION as a **Director-At-Large**.

March Event

Mingo & Pizza, what a fun event! Throw in a bottle of good Italian wine, good Italian people & good Italian pizza and you have the making of an awesome evening! **DJ, Pat Brown** led the Mingo game with some great tunes from the 60s, 70s, Country, TV shows and other popular genres. **Marc Sterone** from **Southern Delaware Education Foundation** received a generous \$500 donation.

Looking forward to another fun event in April! (See **EVENTS** below)



IAHCSCD FOUNDATION Updates

On behalf of the board of the Italian-American Foundation, our deepest gratitude. We truly appreciate your continued support and your commitment to making a difference in your community.

A generous donation of **\$500** was presented to Mark Sterone of the **Southern Delaware Education Foundation**, a non-profit organization that assists the students of the Southern Delaware Education Foundation advance their careers to a higher level to improve their lives and the lives of their families.



Thank you for making this donation possible and for your endless generosity!

April Birthdays (compleanni di aprile)

Buon compleanno! 🎂

Perry Ciraulo April 2
Carlo Mignani April 3
Enrico Attanasio April 11
Gary Cimini April 15
Valerie Walters April 19
Michael Tasevoli April 21
Gary Moyle April 24
Nancy Haley April 25

Upcoming Meetings & Events:

SAVE THE DATE!

April 27, Sunday ... Nonna's Sunday Afternoon **Spaghetti & Meatball Dinner**

- Beaver Creek Clubhouse, 27378 Covered Bridge Trail, Harbeson
- Guest, Jo Allegro-Smith, Southern Delaware Therapeutic Riding
- A **traditional Nonna meal** – Spaghetti & meatballs w/tomato sauce, salad, bread & dessert
- Game event - **Right, Left, Center** – bring \$10 in 1's to participate
- Event starts **2pm**
- **\$20** per person
- BYOB
- 50-50
- To register, go to <https://iahcsd.com>

May 19, Monday ... **Lasagna Cook-Off**

- Beaver Creek Clubhouse, 27378 Covered Bridge Trail, Harbeson
- **Sign-ups by Thursday, 5/1** (send sign-up request to italiamia@iahcsd.com)
- **Non-participants** bring a covered dish of appetizers or salads
- Event starts **5pm**
- more information to come!

June 23, Monday ... more info to come

September 14, Sunday ... **IAHC Annual Picnic**

- Holts Landing Park, 27046 Holts Landing Road Dagsboro
- Event starts **11am**
- more information to come!

October 13, Monday ... Annual Fundraising Event, more info to come!

November 17, Monday ... more info to come!

December 11, Thursday ... Buon Natale, Cripple Creek, Dagsboro, more information to come!

For your conversations (Per le tue conversazioni)

Italian with Maria

ENGLISH	ITALIAN	Pronunciation
Street	strada	STRAH-dah
Path	sentiero	sen-TYEH-roh
Trail	percorso	per-KOR-soh
Shoes	scarpe	SCAR-peh
Boots	stivali	STEE-vah-lee
Slow	lento	LEN-toh
Fast	veloce	veh-LOH-cheh
Tired	stanco	STAHN-koh
To walk	camminare	kahm-mee-NAH-reh
To stroll	passaggiare	pahs-seh-JAHR-eh
To run	correre	KOR-reh-reh
To go up	salire	sah-LEE-reh
To go down	scendere	shen-DEH-reh

Italian History and Culture (Storia e cultura Italiane)

La “Passeggiata”... the Soothing Italian Habit You Need to Weave into Your Day

La passeggiata is the Italian ritual of enjoying an evening stroll with loved ones to instill a sense of connection with your community and surroundings. It provides an opportunity to people-watch and observe the daily goings-on of the neighborhood. In Italy, locals use the passeggiata to meet up with friends, savor a gelato or espresso, flaunt their impeccable style, or simply delight in the beauty of city monuments and squares.

More folks are embracing a more slower-paced, laid-back, Italian-inspired lifestyle to help regulate a daily routine. As a result, you can **feel a little less stressed and way more human**. When leaving the house, laptops and phones stay at home. You're no longer beholden to notifications of all varieties. For the most part, the pings can wait.

- You can anticipate the fresh air and neighbor encounters.
- You can soak up the various seasons and shifts in weather.
- You can be brought back down to earth and feel more centered.

If you're struggling to detach from your task at hand and crave connection to the world around you, la passeggiata could be a simple adjustment that makes all the difference. **Give it a try!**

*****Please share your Italian recipes with other IAHSCSD members.
Send your favorite recipes to Tina @ bdonofrio2010@yahoo.com**

From the Italian Kitchen of Tina Donofrio

(dalla cucina italiana di Tina Donofrio)

Indulge in the delicate flavors of this **Italian Almond Ricotta Cake** – light, fluffy, and perfectly sweet! 🍰💕

Ingredients:

1 cup ricotta cheese
1/2 cup almond flour
3/4 cup sugar
3 large eggs
1 teaspoon vanilla extract
1/4 teaspoon almond extract
1/2 teaspoon baking powder
1/4 teaspoon salt
1/2 cup all-purpose flour
Powdered sugar for dusting

Directions:

Preheat your oven to 350°F (175°C) and grease an 8-inch round cake pan.

In a mixing bowl, whisk together ricotta cheese, almond flour, sugar, eggs, vanilla, and almond extracts until smooth.

Sift together all-purpose flour, baking powder, and salt in a separate bowl. Gradually fold the dry mix into the wet ingredients until just combined.

Pour the batter into the prepared pan and smooth the top.

Bake for 30–35 minutes or until a toothpick inserted in the center comes out clean.

Let the cake cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.

Dust with powdered sugar before serving.

Details:

Prep Time: 10 minutes

Cook Time: 35 minutes

Total Time: 45 minutes

Servings: 8 slices

Calories: 320 per slice



Out and About

Michelangelo in Virginia?

To see Michelangelo's Sistine Chapel ceiling, a trip to Vatican City is in order. But a new exhibition is bringing the iconic frescos to the **Muscarelle Museum of Art in Williamsburg, Virginia** — well, at least sketches of them.

From **March 6** (the Italian artist's 550th birthday) **through May 28**, the "Michelangelo: The Genesis of the Sistine" exhibit will feature **25 rarely seen sketches Michelangelo created** to map out the Sistine Chapel's design. Although the Renaissance master made hundreds or perhaps even thousands of sketches during the planning process, fewer than 50 exist today, as he destroyed many of them, *Smithsonian Magazine* reports.

Some of the exhibit highlights include his plans for "The Last Judgment" and figures that didn't end up in the final design, as well as large, **highly detailed re-creations of scenes from the Sistine Chapel**. "That's where it's really going to become powerful for viewers," museum director David Brashear told Artnet. "Like, 'this is the head of one of the figures in the Sistine Chapel ceiling frescoes' and 'this is what it looks like in the final form, as Michelangelo put it up on the ceiling.'" Scroll through some of the sketches <https://click.convertkit-mail.com/qduo5n7edwc7h44z8lxs7a8304kkkc4/6qhehoulvwz5eu9/aHR0cHM6Ly93d3cuc21pdGhzb25pYW5tYWcuY29tL3NtYXJ0LW5ld3MvbWljaGVsYW5nZWxvcy1zaXN0aW5lLWNoYXBibC1za2V0Y2hlcY1hcmUtY29taW5nLXRvLWFTZXJpY2E0tMTgwOTg2MDg3Lw==>

Met Opera Live in HD: 2024-25 Season

The award-winning **Met Opera Live** in HD series is back for the **2024-25 season**. This exciting cinema lineup features a record-breaking seven new productions—including three Met premieres—and three favorite revivals, all transmitted live from the Met stage. With exclusive behind-the-scenes content, including backstage interviews hosted by your favorite Met stars, the Live in HD series creates a unique and immersive opera experience that you won't want to miss.

All live events take place on **Saturdays**, with encore presentations of select screenings the following **Wednesday**. Most live events begin at **12:55pm**. Call (410) 520-0040 or check online www.ocshowtimes.com for tickets, start times and more information.

La Nozze di Figaro - April 26 & 30
Salome - May 17 & 21
Il Barbiere di Siviglia - May 31 & June 4

Gold Coast Theaters
11301 Coastal Hwy, Ocean City, MD 21842
Located in Gold Coast Mall

QUESTIONS, SUGGESTIONS OR COMMENTS?

Please contact Tina Donofrio, Newsletter Editor

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