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## **IAHCSCD MAY, 2025 Newsletter (IAHCSCD bollettino mensile di agosto e maggio 2025)**

### **Message from the President (Messaggio da la Presidente)**

Cari Amici,

LA FAMIGLIA, the Family, is a very important part of our Italian heritage and culture. Most of our traditions, if not all, were passed to us from our grandparents, then to our parents and then to us.

Food, especially Sunday dinners, were a very important part of Italian life. Going to Nonna's house along with our aunts, uncles and cousins to share a meal and talk about everyday things was a day we looked forward to every single week. I don't know about you, but I miss those days very much.

I, along with the Board, decided to have an event that could bring back those days again. Being with family and friends sharing food and good company and even a good glass of wine. On Sunday, April 27th we did just that. An afternoon at Nonna's did indeed capture those days gone by. We ate, laughed, and even played some games just like we did not so long ago. It truly was one of our most memorable events.

Our Foundation also gave a donation of \$1000 to Jo Allegro-Smith from Southern Delaware Therapeutic Riding. You can read below about SDTR'S mission or view her "thank you" on our web site [www.iahcsd.com](http://www.iahcsd.com)

Thank you all for your continued support to our club and foundation. Hope to see you all at our next event.

**HAPPY MOTHER'S DAY!**

Grazie Molto,  
Maria Diaferia, President  
TOGETHER LET US DO GOOD

## April Event

### Nonna's Sunday Afternoon Spaghetti & Meatball Dinner!

MAMMA MIA! It felt like we were all back in time at Nonna's house enjoying her Italian specialty dish, meatballs & spaghetti with plenty of sauce, cheese, bread & salad, being deliciously savored by family & friends with all the cousins (albeit a little older) being noisy and having a rambunctious time!

We played L-R-C and you can see some of the results below. A few members went home with a little extra in their wallets!

Our special guest was Jo Allegro Smith from Southern Delaware Therapeutic Riding receiving a \$1000 Foundation donation to the non-profit which services to our Sussex communities.

Another month, another enjoyable event! Can it get any better?

Yes! We are looking forward to another fun event in May! (See **EVENTS** below)



Our happy dedicated servers!



Gary, calm down!



Way to go, Barbara!



What a smile on Tony!

### IAHCSCD FOUNDATION Updates

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

A generous donation of **\$1000** was presented to **Jo Allegro Smith** of the **Southern Delaware Therapeutic Riding**, a non-profit organization that improves the physical & emotional well-being of children & adults living with disabilities through equine assisted services. An extraordinary non-profit!



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

## May Birthdays (compleanni di maggio)

Buon compleanno! 🎉

Lynn Lombardo ..... May 2  
Elaine Miano ..... May 3  
Camille Fiorella Rafferty ..... May 4  
Frank McAleese ..... May 13  
Mary Dana Barber ..... May 17  
Marlene Evans ..... May 19  
Joe Sidlowski ..... May 19  
Dolly Sidlowski ..... May 20  
Bob Cilento ..... May 21  
Kathy Herring ..... May 21  
Don Riccio ..... May 26  
Joanne Bernardo ..... May 31

## Upcoming Meetings & Events:

SAVE THE DATE!

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

**Don't hesitate! Sign up now and win the annual coveted Cook-Off Award!**

- **Participants may sign-up** by sending a request to [italiamia@iahcsd.com](mailto:italiamia@iahcsd.com))
- **Non-participants** bring a covered dish of appetizers or salads
- Beaver Creek Clubhouse, 27378 Covered Bridge Trail, Harbeson
- Event starts **5pm**
- **\$ 10** per person
- BYOB
- 50-50
- To register for event, go to <https://iahcsd.com>

### June 23, Monday ... Children's Beach House

- **What is the CBH?** ... The mission of Children's Beach House is to improve the lives of children, youth, families, and communities by helping them to identify, understand, and utilize their own strengths, talents, and resources while providing a remarkable environment for them to learn. [www.cbhinc.org](http://www.cbhinc.org)
- Come and enjoy the beautiful setting of the dunes at the beach on their outside veranda while enjoying music, laughter, and a cocktail (or two) (cash bar) with us. You will be impressed!
- 1800 Bay Avenue, Lewes (setting on Lewes beach)
- Various antipasto-type Italian Hors D'oeuvres & cash bar
- **Guest** – Richard Garrett of CBH. IAHF will present \$1000 donation **thanks to our generous members!**
- **Music & Entertainment** by Tony Vernola
- Event starts at **5pm**
- **\$25** per person

### 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	percors	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	passeggiare	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)

## Ideas from Italy for celebrating the "Festa della Mamma"

### Is there American influence?

The difference about **Mother's Day in Italy** is that it is not the big commercial production to be found in the US. You may find cards in some shops in the larger cities, but you will not find the kinds of massive displays of gifts everywhere.

Instead, Mother's Day in Italy is what it was always designed to be: a day for mothers to be both celebrated and pampered. That is not to say it isn't a big occasion though - it certainly is one of the most loved days in the Italian year, coming after only Christmas and Easter in importance.

But the trappings do not matter. What matters is that it is a day when families come together from wherever they are to celebrate and look after their mothers. And everyone in the family, no matter where they live or what else they are doing, is expected to be there.

### So, what happens in Italy on Mother's Day?

The answer is – keep it quite simple. It is simply a day for families to come together to enjoy each other's company and to thank the person who made it possible.

Everyone who can returns to their family home. Those who cannot make sure they send a card, a letter, or a poem and if you cannot get home, a phone call is necessary. In fact, Italian phone companies record their highest volume of calls around Mother's Day, as children, young and old, take the opportunity to express their appreciation to their **mamma**.

The day itself centers around activities bringing the family together. Mother is not allowed to do any housework or cooking on her special day.

Breakfast will be made for her - generally fresh pastries and coffee. Young children will give usually home-made gifts of cards and fresh flowers and it is a tradition for young children to write a poem in school, to be given to **mamma**. Lunch will be held either in the family home or at a local restaurant.

This day has become the most popular day of the year in Italy to dine out. The meal is always rounded off with a sweet cake, sometimes in the shape of a heart but increasingly these days - cupcakes.



"Happy Mother's Day! Thank you for being always at my side, with such love and such sweetness".

## And an idea from Italy for a special dessert on the "Festa della Mamma"

### Sicilian Lemon Pudding

Sicilian Lemon pudding is a perfect dessert for **Mothers Day** or a springtime dinner party. It's a delicate, citrusy dessert that's free of both dairy and gluten. It's easy to make and can be done ahead of time. Set in individual cups (making it so special!) and top with fresh berries.

PREP – 20MINUTES MINS  
COOK – 15MINUTES MINS  
CHILLING TIME 6HOURS HRS  
SERVES – 8

#### Ingredients:

3/4 cup granulated sugar  
1/8 teaspoon [kosher salt](#)  
1 tablespoon lemon zest (from 3 lemons)  
5 tablespoons cornstarch  
3 large eggs  
1 cup lemon juice (from 4 to 5 lemons)  
2 1/2 cups water  
1 teaspoon vanilla extract  
Fresh berries, to serve

#### Instructions:

**Get ready.** Place a fine-mesh sieve over a large bowl and set it next to the stove.

**Mix the dry ingredients.** In a large mixing bowl, combine the sugar, salt, and lemon zest. Use your fingers to rub the zest into the sugar until the sugar is pale yellow and the zest is evenly distributed throughout. Stir in the cornstarch.

**Beat in the eggs.** Add the eggs and beat on medium-high speed with a hand mixer until the mixture is pale and foamy, 2 to 3 minutes.

**Make the pudding.** Pour the egg mixture into a large saucepan. Whisk in the lemon juice and water. Set the pan over medium-low heat, stirring constantly, until it reaches a gentle simmer, 12 to 15 minutes. Then, cook for an additional minute.

**Strain the pudding.** Remove the pan from the heat and pour the pudding through the sieve and into the large bowl.

**Portion and chill.** Pour the pudding into glasses or small bowls, about 2/3 cup per portion for 6 servings or 1/2 cup per portion for 8 servings. Cover with plastic wrap directly on the surface of the pudding to prevent a skin from forming. Refrigerate for at least 6 hours until thickened and thoroughly chilled.

**Finish and serve.** Garnish with fresh berries & serve.

Here are a few **tips** for the smoothest lemon pudding:

- Bring the pudding to a simmer slowly over medium-low heat to prevent the eggs from curdling. If they curdle slightly, a sieve should catch most lumps, so you'll still end up with a smooth pudding.
- The pudding will begin to thicken before it comes to a simmer, but for cornstarch to activate properly, it needs to simmer and cook for about 1 minute. Otherwise, it may loosen or begin to weep later.
- You can portion the pudding into glasses or small bowls while it's warm or leave it in a large bowl to portion it after it sets. Either way, cover the pudding with plastic wrap directly on the surface to prevent a skin from forming.

**\*\*\*Please share your Italian recipes with other IAHCSCD members \*\*\***

**Send your favorite recipes to Tina @ [bdonofrio2010@yahoo.com](mailto:bdonofrio2010@yahoo.com)**

## Out and About .....



9<sup>th</sup> & DuPont Streets  
Wilmington, Delaware  
[www.sapde.org](http://www.sapde.org)

Sponsored by [St. Anthony of Padua Parish](#), one of the largest Italian-American cultural events in the nation, the Italian Festival is the primary fundraiser for [St. Anthony of Padua Grade School](#).

Be sure to join us in 2025 for another year of fun and memories!

Sunday, 6/8: 4-10:30PM

Monday-Friday, 6/9-6/13: 6-10:30PM

Saturday, 6/14: 4-10:30PM

Sunday, 6/15: 2-6PM

## 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/qduo5n7edwc7h44z8lx7a8304kkkc4/6qhehoulvwz5eu9/aHR0cHM6Ly93d3cuc21pdGhb25pYW5tYWcuY29tL3NtYXJ0LW5ld3MvbWljaGVsYW5nZWxvcy1zaXN0aW5lWNoYXBibC1za2V0Y2hlcy1hcmUtY29taW5nLXRvLWFtZXJpY2EtMTgwOTg2MDg3Lw==>

## 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](http://www.ocshowtimes.com) for tickets, start times and more information.

**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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