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## **IAHCSCD JUNE 2025 Newsletter**

### **(IAHCSCD bollettino mensile di agosto e giugno 2025)**

## **Message from the President**

### **(Messaggio da la Presidente)**

Cari Amici,

As we are already in the month of June, I'm pleased to report that we've been doing a great job in both club events and foundation donations.

Our monthly events have been both fun and entertaining. We've come to know a few non-profits in our area and hope to continue our association with them. Scholarships have been presented to two students from Cape Henlopen High School from the Italian language class. I think we've done good!

As always, I thank each and everyone of you for your continued support to our club and foundation.

If anyone would like to help at future events, please let us know. Stop and talk to me or let us know through email at [www.iahcsd.com](http://www.iahcsd.com).

Hope to see you soon at our June 23rd event. This will be our last event until September.

Mille Grazie,

Maria Diaferia  
President  
TOGETHER LET US DO GOOD!

## New IAHCSCD Members (Nuovi membri IAHCSCD)

**Benvenuto!** 

Marcia & Tony Esposito

Linda Komorowski & Larry Sparr

Camille Pesce

## June Birthdays (compleanni di maggio)

**Buon compleanno!** 

Michael Valone ..... June 1

Barbara Dutch ..... June 11

Lisa Vernola ..... June 11

Robert Adams ..... June 17

Francesca Carbone ..... June 23

## IAHCSCD FOUNDATION Updates (Aggiornamenti della FONDAZIONE IAHCSCD)

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

### **SCHOLARSHIP AWARDS**

On May 29<sup>th</sup>, IAHCSCD Foundation had the opportunity and privilege to support the youth of our community by attending and presenting awards at the Cape Henlopen High School Senior Awards Ceremony. The Foundation has been committed to supporting our youth of Italian descent ... our leaders of tomorrow!

The following extraordinary students received \$1000 each in scholarship awards. In addition to other specific requirements, they drafted an essay sharing their families' origins & how their culture & traditions are kept alive in their families.

#### **Stephen Hart**

- Specifically, he wrote in his essay that his family's Sunday dinners are his favorite & he plans to carry on this tradition through his life.
- Some of his extracurricular activities included student government, DECA (a business club led by students), LEO Club, National Honor Society, sports, and community service with Shepards Office & De State Seashore Park, among others.
- Plans to pursue an economic degree, pairing it with an MBA or corporate law degree. He will be attending the University of Florida in the fall.



### Rylee Tipton

- Emphasized in her essay that her strong Italian family values ... respect for family, a strong work ethic & a commitment to helping others ... have been passed down through generations in her family.
- Some of her extracurricular activities included JROTC as a battalion commander of which many awards were presented for her service, studying crime science with the Rehoboth Police Station, Beebe Hospital, Pairadice Equestrian, National Honor Society, Delaware Governor 's School of Excellence & Cape Henlopen JV Softball, among others.
- Plans to become a special FBI agent by receiving a master's degree in criminology & a bachelor's degree in business or leadership. Her future endeavors after college are to enter the Delaware State Police force to prepare her for a role with the FBI. Her college choice is the University of Pennsylvania.



Thank you to the **IAHC Foundation's Scholarship Committee** for their recommendations and support, to include **Peter Bosco, Pat Stamidis, and Lou Pastore**.

Thank you to **Peter Bosco** and **Tina Donofrio** for attending the Cape Henlopen awards ceremony and presenting the scholarships to these exceptional students.

**And thank you to our members for making all IAHC Foundation's donations possible by your endless generosity!**

## May Event

### Lasagna Cook-Off!

#### WE HAVE A WINNER!

IAHC has such extraordinary & creative chefs, especially those who prepared a choice of 7 different lasagnes, 2 being gluten-free. Our IAHC members voted Grace Plantamura as our reining lasagna cook-off queen! **Congratulations Grace!**

Our special guest was **Doug Russo from Russo by the Sea**, 36508 Seaside Outlet Drive, Rehoboth. Doug indicated an early June opening. Featuring imported market items from Italy, as well as, gelato, Italian sandwiches, classic pizza Romano and much more. Stop by and see Doug!

- Being a native of the Philadelphia area & a resident of Delaware, Doug is bringing the **traditional Philly cheesesteak** to Rehoboth.... To die for!
- And, for the New York IAHC members, **New York deli-style sandwiches**. Also, to die for!



Congratulations Grace!



Fantastic job serving, Lisa!



Satisfied, happy IAHC members ..... Pat & Louie Pastore & Celeste Florek

To answer last month's question .... Yes! it does get better.

We are looking forward to another fun June event .... In the dunes at the Children's Beach House in Lewes!  
(See "Meetings & Events" below)

## Upcoming Meetings & Events

### SAVE THE DATE!

#### 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 .....**

<b>ENGLISH</b>	<b>ITALIAN</b>	<b>Pronunciation</b>
House	casa	KAH-zah
Room	stanza	STAHN-tsah
Kitchen	cucina	koo-CHEE-nah
Room	camera	KAH-meh-rah
Bathroom	bagno	BAH-nyoh
Living room	soggiorno	soh-JOR-noh
Window	finestra	fee-NEH-strah
Door	porta	POR-tah
Table	tavolo	TAH-voh-loh
Chair	sedia	SEH-dyah

### **Italian History and Culture (Storia e cultura Italiane)**

**Condemned by the Catholic Church, the first forks were used for spaghetti.**

By Lou Thomas, Italian American Herald



Did you know the fork was not invented by an Italian, but was popularized by Italians eating spaghetti?

The origin of the word “fork” comes from the Latin word “furca” which is defined as pitchfork.

The fork was first used by the Byzantines in 400 A.D. However, the first instance of the fork in Italy was used by the Byzantine Princess Maria Argyropoulaina of Constantinople who in the 10th Century married Giovanni Orseolo, son of the Doge of Venezia, Pietro II. Before the fork was invented most people used their hands to push or pick up food.

Imagine the following scene. Shortly after the princess sat down at the table she opened up an “astuccio,” a small case. Inside this “astuccio” was a golden utensil with two tines. The guests were shocked at the sight of an instrument with two tines which resembled the devil’s tool. The pitchfork was a symbol that represented the devil and all things satanic. At this time there was a conflict between the Roman Catholic Church of Rome and the Byzantine Orthodox Church of Constantinople with the sovereignty of the Pope. The Roman Catholic Church believed that any invention that originated in the Byzantine Empire was satanic. Finally, this conflict between Western and Eastern Catholicism ended with the Schism of the Catholic Church in 1054\*.

In Italy, many centuries passed until it became more ordinary to use the fork. This was primarily due to the influence and condemnation of the Roman Catholic Church. In 1500 the use of the fingers for shoveling food became a behavior rendered to the less educated. Thus Italian nobility began to use the fork at the dinner table to distinguish themselves from the lower class. However, at the same time the Catholic Church still banned the use of the fork to appear at the dinner table in monasteries and convents throughout Italy.

Over time those in formal society changed their opinion and felt that using one’s hand to shovel food was uncouth. At long last in 1700 the modern fork as we know it today with four tines became more commonplace. Nowadays some people often say that the introduction of the four-tine fork was due to the daily habit of Italians eating spaghetti.

\* The Great Schism of 1054 broke the communion of Eastern and Western Christians, who had until that point maintained that they both formed part of the universal Catholic church. After this schism, Western Christians referred to themselves as Catholics while Eastern Christians called themselves Orthodox.

## From the Italian Kitchen (Dalla cucina italiana)

### Balsamic-Glazed Cranberry & Goat Cheese Stuffed Mushrooms with Spinach



#### Ingredients:

- 16 large button or cremini mushrooms, stems removed
- 4 oz goat cheese, softened
- 1/4 cup dried cranberries, chopped
- 1 cup fresh spinach, chopped
- 2 tbsp walnuts or pecans, chopped (optional for crunch)
- 2 tbsp balsamic glaze (store-bought or homemade)
- 1 clove garlic, minced
- 1 tbsp olive oil
- Salt and black pepper, to taste
- Fresh parsley, chopped (for garnish)

#### Directions:

Prepare the Mushrooms: Preheat your oven to 375°F (190°C). Lightly grease a baking sheet or line with parchment paper. Clean mushrooms, remove the stems, and hollow them out slightly if needed.

Cook the Spinach: In a small skillet, heat olive oil over medium heat. Add garlic and spinach, cooking for 1-2 minutes until the spinach is wilted. Season with a pinch of salt and pepper, then remove from heat.

Make the Filling: In a medium bowl, combine softened goat cheese, chopped cranberries, cooked spinach, and chopped nuts (if using). Mix until well combined.

Stuff the Mushrooms: Spoon the goat cheese mixture into each mushroom cap, mounding slightly on top. Place the stuffed mushrooms on the prepared baking sheet.

Bake: Bake for 15-18 minutes, or until the mushrooms are tender and the filling is warm and lightly golden.

Drizzle with Balsamic Glaze: Remove mushrooms from the oven and let cool slightly. Drizzle with balsamic glaze and garnish with fresh parsley.

Serve: Serve warm as a savory-sweet appetizer or side dish!

Prep Time: 10 mins | Cook Time: 15-18 mins

Servings: 8-10 stuffed mushrooms | Kcal: ~70 per mushroom

Tangy, creamy goat cheese pairs perfectly with sweet cranberries and a balsamic finish—these stuffed mushrooms are a holiday delight! 

\*\*\*Please share your Italian recipes with other IAHCSCD members\*\*\*[Send your favorite recipes to Tina @ bdonofrio2010@yahoo.com](mailto:Tina@bdonofrio2010@yahoo.com)

## Out and About .....

### **Cooking with the Calamari Sisters**

“Cooking with the Calamari Sisters” makes its Delaware debut during a limited engagement at the Delaware Theatre Company in Wilmington from May 29 to June 22.

Two over-the-top, larger-than-life Italian sisters from Brooklyn take audiences on a tour-de-force of show tunes, dancing, saucy humor and of course cooking as they star in their very own fictional cable television show, “Mangia Italiano”.

A live performance like any other, this show features a hefty serving of failed dishes and sibling rivalry, as show hosts, Delphine and Carmela Calamari try to make it through their final broadcast in one piece. Botched Italian cooking, food fights, off-color jokes and ad lib banter with the audience are just a few of the ingredients that keep the laughter going until curtain call.

Performances are on Thursdays at 2pm & 7pm, Fridays at 7pm, Saturdays at 2pm & 7:30pm and Sundays at 2pm. The **DELAWARE THEATRE COMPANY** is located at **200 Water Street, Wilmington**. There is lots of free parking and the Riverwalk Boardwalk has lots of restaurants that are steps away from the theater.

Tickets range from \$45 to \$75. Call (302)594-1100 or visit [www.playhouseinfo.com](http://www.playhouseinfo.com) or [www.delawaretheatre.org](http://www.delawaretheatre.org)

## **Saint Anthony's Italian Festival, June 8-14**



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

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

## **SERAFIN SUMMER MUSIC, June 10-27**

### **Serafin Welcomes Opera Sensation Gina Perregrino**

7 p.m. Wednesdays at Lewes Public Library, 11 Adams Ave., Lewes, Delaware

**Tickets:** Most individual performances \$20. Ticket packages and live streams are available.  
Learn more at [www.serafinensemble.org](http://www.serafinensemble.org)

## **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.

### **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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