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IAHCSCD JULY 2025 Newsletter (IAHCSCD bollettino mensile di agosto e luglio 2025)

Message from the President (Messaggio da la Presidente)

Cari Amici,

As we are now ending the month of June, the Italian American Club will be taking a break during the summer. This means no events on our calendar. However, the BOARD will still be working diligently continuing to find appropriate venues to hold meetings and fund raisers for the upcoming months.

We hope you all have enjoyed our past events and please feel free to let us know your concerns if any. Keep an eye on our website www.iahcsd.com for all information.

Wishing you a safe and happy summer.

And as always thank you for your support in our cause.

Sincerely,
Maria Diaferia
Together Let Us Do Good!

July Birthdays (compleanni di luglio)

Buon compleanno! 🎉

Joanne Cimini July 8
John Distasio July 16
Pat Pastore July 18
Barbara Capuano July 19

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.

A generous donation of **\$1000** was presented to **Richard Garrett** of the **Children's Beach House**, a non-profit organization that improves 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. Richard gave us some background and shared information about the past and present efforts of CBH. If you would like to learn more about the CBH, who they are and what they do, go to www.cbhinc.org . You can also take their virtual tour at <https://www.cbhinc.org/child-development-center/#>

Another extraordinary non-profit in the Sussex County community!



NOTE TO MEMBERS: If you volunteer or donate at a non-profit in Sussex County, please send information (name, contact, background, how the organization supports Sussex County communities & your involvement) to www.iahcsd.com and the Foundation will consider adding to our growing list of non-profits to support.

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

June Event

Happy Hours at the Children's Beach House in Lewes

To complete the first half of this year's enjoyable events, before taking a summer hiatus, IAHC members enjoyed a social event spotlighting music, Italian hors d'oeuvres and a cocktail (or two), which combined well with the amicable conversation and friendly laughter.

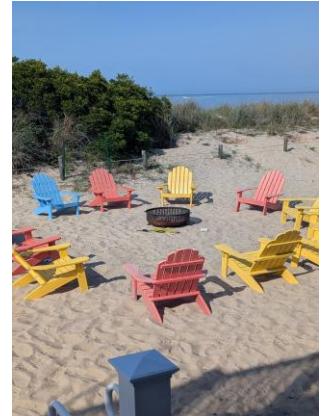
The view of the beach was wonderful, but, unfortunately, the 90-degree weather kept us indoors. ☀️

Tony & Lisa Vernola entertained everyone with a variety of vocals, which included several Italian lyrics sung by their daughter, Luciana, who stopped by the event.

Looking forward to September when IAHC gets together again! See upcoming events following this article. Have an awesome summer! Stay cool!



Entertainment by the Vernolas



IAHC members enjoying the evening

Outdoor view from Children's Beach House

Upcoming Meetings & Event

SAVE THE DATE!

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	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)

It's 5 O'Clock Somewhere, So Let's Have Fun! A Guide to Italian Summer Beverages

Summer is just around the corner, and it seems to be everyone's favorite season especially if we can spend it in Italy! It is the ideal time for sun, sand, sea, and gelato! Not to be outdone by any of these beautiful aspects of summer are the refreshing cocktails and spirits found all over Italy. Consider this your guide to a few Italian summer beverages!

APERITIVI

Drinks typically enjoyed before dinner as they "open" your appetite. They prepare you for the meal you're about to enjoy. They are an appetite stimulant, in a way, best enjoyed before eating a meal.

Aperol Spritz is an alcoholic aperitif prepared with Prosecco, Aperol and club soda or sparkling water. Serve your Aperol spritzes with Italian or general Mediterranean-flavored appetizers. Keep in mind that Aperol is on the bitter side. Salty, creamy/fatty, and sweet foods take the edge off bitter flavors.

- Add ice to a wine glass until it is nearly full. Pour in the Aperol (until you have filled about one-third of the glass).
- Pour in an equal amount of Prosecco. Top your drink off with a splash of club soda and add a slice of orange. Enjoy!

Bellini is a classic drink combining white peach puree and sparkling wine. It's pure deliciousness in a glass. Sweet, fizzy, summery, surprisingly refreshing and the best alternative to the bitters above.

- Make the peach puree using 1.5lbs ripe peaches. Puree peaches in a blender until smooth.
- Make each cocktail. Pour 2 ounces ($\frac{1}{4}$ cup) peach puree into a champagne flute and top with 4oz prosecco. Stir gently to combine. Garnish with a peach slice and a sprig of fresh mint.

Mimosa is a fresh and sparkling drink made with orange juice and prosecco and perfect for an aperitif. It is a variant of the Bellini cocktail, made with orange fruit pulp. A light cocktail typically served in a flute and decorated with a slice of orange, the *mimosa* is the perfect drink for earlier in the day.

- Pour sparkling wine into the Champagne flutes, filling each glass about half full. Pour the orange juice on top to fill each glass and serve.

DIGESTIVI

If you want something to aid your digestion, reach for a digestive instead, particularly after a large Italian meal. Drink the below if you've overdone it or want to end the dinner as the locals do in Italy!

Lemoncello is a digestive drink hailing from the island of Capri, which is not too surprising, seeing the area is well known worldwide for its lemons and is one of Italy's most famous drinks. While favored year-round, consumption increases during the summer as it's delicious chilled.

Amaretto is sweet, while still a little bit bitter. Amaretto is almondly in flavor and delicious with a few cookies on the side. This post-dinner drink is delicious and served simply over ice. *Amaretto Disaronno* is by far the most widely used brand in Italy, and all easily recognize its distinctive square bottle.

Frangelico is characterized by its unmistakable bottle, which is in shape resembling a monk with joined hands. A delicious Piedmontese hazelnut liqueur, it is moderately alcoholic and extremely versatile. *Frangelico* is delicious and served straight up, over ice, or better yet, over a bowl of hazelnut gelato.

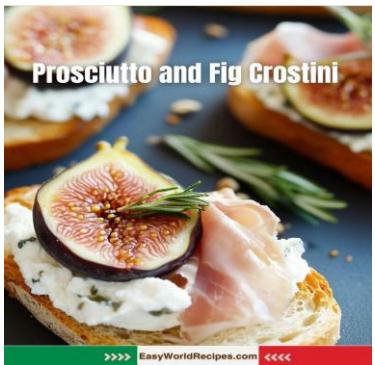
Espresso Martini is a cold cocktail made with vodka, coffee liqueur, sugar syrup, and espresso coffee. It is ideal as an after-dinner drink and often goes with chocolate or intensely flavored desserts. The *espresso Martini* should typically be served in the classic frozen Martini glass.

- 1oz vodka, 1oz black coffee liqueur, 1oz espresso, 1/2oz simple syrup (optional)
- Garnish with 3 coffee beans or orange zest shavings

Pick up a glass, relax and enjoy the drink of your choice!

From the Italian Kitchen (Dalla cucina italiana)

IT Prosciutto and Fig Crostini



Sweet figs and salty prosciutto atop creamy ricotta on toast.

Ingredients:

1 baguette, sliced into 20 pieces and toasted

10 fresh figs, halved

200 g (approx 1 cup) ricotta cheese

100 g (approx 20) prosciutto slices

Fresh rosemary (optional)

Honey for drizzling

Instructions:

- 1** Toast baguette slices until crisp.
- 2** Spread ricotta on each slice.
- 3** Top with fig halves and a fold of prosciutto.
- 4** Drizzle with honey and garnish with rosemary.
- 5** Serve fresh as appetizer.

Please share your Italian recipes with other IAHCSCD members

Send your favorite recipes to Tina @ bdonofrio2010@yahoo.com

QUESTIONS, SUGGESTIONS OR COMMENTS?

Please contact Tina Donofrio, Newsletter Editor

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