



Email: italiamia@iahcsd.com

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IAHCSCD Board of Directors	
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Vice-President	Peter Bosco
Secretary	Pat Stamidis
Treasurer	Gary Moyle
Directors-at-Large	Cindy Baudoin Tina Donofrio Grace Plantamura

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IAHCSCD January 2026 Newsletter (IAHCSCD bollettino mensile di gennaio 2025)

Message from the President (Messaggio da la Presidente)

Happy New Year!

Here we are at the start of another New Year and we already have a list of upcoming events.

Our first event of the year will be on Monday January 26th at the Trails of Beaver Creek Clubhouse.... MINGO & PIZZA. For those of you who are not familiar with Mingo, it's Music Bingo and there will be prizes for each winner. All information regarding this event can be found in our newsletter or on our website www.iahcsd.com.

HOPE TO SEE YOU ALL SOON!

Grazie,
Maria, President

“TOGETHER LET US DO GOOD”

Congratulations & Thank You!

Cindy Baudoin has graciously accepted to be a Director-at-Large on the IAHCS Board of Directors. Cindy was voted in at the November, 2025, elections.

IAHCSCD recognizes that taking on a board role requires a significant commitment of time and expertise. On behalf of the entire organization, thank you Cindy. Your commitment and willingness to be on the IAHCSCD Board is genuinely appreciated.

IAHCSCD Updates

2026 Membership Renewal

An email will be sent out to all members for renewal of IAHC memberships. 2026 membership dues remain the same as last year. Renewal dues are payable by January 31, 2025.

\$30.00 for individual membership (one person).

\$40.00 for couples' membership (two people).

An email will be sent soon to give you online access or a check may be mailed to:

IAHC
PO Box 491
Nassau, DE 19969-0491

IAHCSCD FOUNDATION Updates

2025 DONATION EVENTS:

Who we have donated to in 2025

- Southern Delaware Education Foundation - \$500
- Southern Delaware Therapeutic Riding - \$1000
- Cape Henlopen High School Scholarship Recipients, Rylee C. Tipton & Stephen L. Hart - \$1000 each
- Children's Beach House - \$1000

Thank you to our members for making all IAHC Foundation's donations possible by your endless generosity through donations, annual Fundraiser, Do More 24 Event, Dine & Donate events & 50/50's. IAHCSCD Foundation looks forward to another generous year!

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.



Received from the Children's Beach House. Thank you for making this possible!

New IAHCSCD Members (Nuovi membri IAHCSCD)

Benvenuto!

Elizabeth (Liz) Quartararo

January Birthdays (compleanni di gennaio)

Buon compleanno! 🎉

Toni LaSorte January 1
Tony Esposito January 6
Marcia Esposito January 11
John AmicaTerra January 14
Teresa Cirino January 14
Laurie Hammond January 15
Nick Varrato January 18
Pat Stamidis January 19
Maria Diaferia January 21
Roe Mardarello January 21
Pat Moyle January 23
Jim Palmieri January 26
Josephine AmicaTerra January 30

Upcoming Meetings, Dine & Donate & Events

SAVE THE DATE!

January 26, Monday ... Pizza & Mingo

- Musical bingo! Prizes for the winners!
- \$20 per person
- 5pm
- Trails Beaver Creek Clubhouse, 27378 Covered Bridge Trail, Harbeson
- DJ Pat Brown, Ice Productions
- BYOB

February 12, Thursday ... Carnevale

- Trails Beaver Creek Clubhouse, 27378 Covered Bridge Trail, Harbeson
- Music & Entertainment by Vince Varassi
- Optional fancy Carnevale attire!
- BYOB
- More info to come!

March 23, Monday ... St. Joseph's Celebration

- Appetizer & Dessert Party!
- Trails Beaver Creek Clubhouse, 27378 Covered Bridge Trail, Harbeson
- More info to come!

April 26, Sunday ... 2nd Annual Sunday Dinner at Nonnas

For your conversations (Per le tue conversazioni)

Italian with Maria

Months of the year:

Gennaio – January

Febbraio – February

Marzo – March

Aprile – April

Maggio – May

Giugno – June

Luglio – July

Agosto – August

Settembre – September

Ottobre – October

Novembre – November

Dicembre – December

Did you know? Months aren't capitalized in Italian.

Just like in English, there is a little ditty in Italian to help you remember how many days in a month! Give it a try!

**Trenta giorni ha novembre,
con aprile, giugno e settembre,
di ventotto ce n'è uno,
tutti gli altri ne han trentuno.**

*Thirty days has November,
with April, June and September,
there's just one with twenty-eight,
all the rest have thirty-one.*

Italian History and Culture (Storia e cultura Italiane)

La Befana

Who She Is: A grandmotherly, sometimes ragged, figure who travels on a broom, similar to Santa Claus but with distinct Italian origins.

When She Comes: The night of January 5th, leading into the Feast of the Epiphany (January 6th).

What She Brings: Treats, candies, and small toys for good children, and black candy (sweet coal) for naughty ones.

Traditions: Children hang stockings; families leave food/wine for her; big bonfires and festivals occur in some towns.

Symbolism: Represents the old year fading, nature's cycle, and hope for the new year, with her tattered look symbolizing past sorrows being shed.

Origins: Blends ancient Roman goddess traditions (like Strenia) with Christian folklore, evolving into the figure known today, with her name likely from "Epifania" (Epiphany).

Celebrations & Locations: Celebrated across Italy, with strong traditions in central regions like Tuscany, Umbria, and Lazio (Rome). Key events in Rome (Piazza Navona) and Urbania (known as the official home of Befana).



From the Italian Kitchen (Dalla cucina italiana)

Pasta e fagioli

Pasta e fagioli means “pasta and beans” in Italian—this recipe is much more than that! This hearty vegetarian stew is full of irresistible fresh flavor. It’s vegan, too, as long as you don’t top it with cheese. Perfect for these chilly evenings! Recipe yields 6 bowls or 8 cups of soup.

Ingredients

4 tablespoons extra-virgin olive oil
1 medium-to-large yellow onion, finely chopped
2 carrots, finely chopped
2 ribs celery, finely chopped
 $\frac{3}{4}$ teaspoon fine sea salt
Freshly ground black pepper, to taste
4 cloves garlic, pressed or minced
1 can (15 ounces) crushed tomatoes
4 cups vegetable broth
3 cups water
2 bay leaves
1 teaspoon dried oregano
 $\frac{1}{4}$ teaspoon red pepper flakes, omit if sensitive to spice
2 cans (15 ounces each) cannellini beans, Great Northern beans, or chickpeas, rinsed and drained
1 cup (about 4 ounces) cavatelli, ditalini, elbow or small shell pasta of choice
2 cups chopped Tuscan kale (tough ribs removed first), chard, collard greens, or spinach
 $\frac{1}{4}$ cup finely chopped Italian parsley
1 tablespoon fresh lemon juice (about $\frac{1}{2}$ medium lemon)
Optional garnishes: Additional chopped parsley, black pepper, grated Parmesan cheese, or light drizzle of olive oil

Instructions

1. In a large Dutch oven or soup pot over medium heat, warm 3 tablespoons of the olive oil until shimmering. Add the chopped onion, carrot, celery, $\frac{1}{2}$ teaspoon of the salt, and black pepper. Cook, stirring often, until the vegetables have softened and the onions are turning translucent, about 6 to 10 minutes.
2. Add the garlic and cook, stirring constantly, until fragrant, about 30 seconds. Add the tomatoes, stir, and cook until the tomatoes are bubbling. Add the broth, water, bay leaves, oregano, and red pepper flakes.
3. Raise the heat to medium-high and bring the mixture to a simmer. Cook for 10 minutes, stirring occasionally, and reducing the heat as necessary to maintain a gentle simmer.
4. Use a heat-safe measuring cup to transfer about $1\frac{1}{2}$ cups of the soup (avoiding the bay leaves) to a blender. Add about $\frac{1}{4}$ cup of the drained beans. Securely fasten the lid and blend until completely smooth, being careful to avoid hot steam escaping from the lid. Pour the blended mixture back into the soup.
5. Add the remaining beans, pasta, greens, and parsley to the simmering soup. Continue cooking, stirring often to prevent the pasta from sticking to the bottom of the pot, for about 20 minutes, or until the pasta and greens are pleasantly tender.
6. Remove the pot from the heat, then remove and discard the bay leaves. Stir in the lemon juice, the remaining tablespoon of olive oil, and remaining $\frac{1}{4}$ teaspoon salt. Taste and season with more salt and pepper until the flavors really sing. Garnish bowls of soup as desired, and serve.

Leftovers taste even better the next day. Allow leftover soup to cool to room temperature, then cover and refrigerate for up to 5 days. Or, freeze leftover soup in individual portions and defrost, as necessary.

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

***Email your favorite recipes to www.iahcsd.com & title the email “RECIPES”



QUESTIONS, SUGGESTIONS OR COMMENTS?

Please contact Tina Donofrio, Newsletter Editor

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