



Email: italiamia@iahcsd.com

Website: www.iahcsd.com

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

IAH FOUNDATION Board of Trustees	
President	Maria Diaferia
Vice-President	Gary Moyle
Recording Secretary	Grace Plantamura
Corresponding Secretary	Lou Pastore
Treasurer	Tina Donofrio

IAHCSCD February 2026 Newsletter **(IAHCSCD bollettino mensile di febbraio 2025)**

Message from the President (Messaggio da la Presidente)

Ciao Amici,

January has come and gone and boy was it a doozy. As you know our January event, Pizza and Mingo, was cancelled due to the weather and everyone who registered was refunded their money. If you have any problems or did not receive your refund, please let us know.

Our next event, CARNEVALE, will be on Thursday, February 12, at the Trails of Beaver Creek Clubhouse. Entertainment by Vincent Varrassi will take us back to the Old Country with his famous Italian tunes. Carnevale di Venezia, an annual festival held in Venice, Italy, is famous for its elaborate costumes and masks. So, wouldn't it be great if we could bring a piece of Venezia to our Carnevale festival. All information can be found on our website www.iahcsd.com.

Also, for those of you who haven't renewed your membership, please refer to our email dated 1/29/26 or see the information below in this newsletter (**IAHCSCD Updates, 2026 Membership Renewal**).

Again, thank you for your continued support of the ITALIAN AMERICAN CLUB and FOUNDATION of SUSSEX COUNTY DELAWARE

Grazie,
Maria

"TOGETHER LET US DO GOOD"

Congratulations & Thank You!

Lou Pastore and Grace Plantamura have graciously accepted the positions of Corresponding Secretary and Recording Secretary, respectively, on the Foundation's Board of Trustees.

IAHCSCD recognizes that taking on a role on the Foundation's Board of Trustees requires a significant commitment of time and expertise. On behalf of the entire organization, thank you Lou and Grace. Your commitment and willingness to be a part of the IAH Foundation is genuinely appreciated.

IAHCSCD Updates

2026 Membership Renewal

An email has been sent out to all members for the renewal of IAHC memberships. 2026 membership dues remain the same as last year. Renewal dues payment has been extended to February 25, 2025.

\$30.00 for individual membership (one person).

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

- Individual online payment: <https://buy.stripe.com/6oE5m550DbvLfl28wx>
- Couple online payment: <https://buy.stripe.com/5kA3dX78L6br42k7ss>
- Or by check to: IAHCSCD, PO Box 491, Nassau, DE 19969-0491.

IAHCSCD FOUNDATION Updates

Do More 24

The **Italian American Heritage Foundation** is taking part in Do More 24 Delaware, Delaware's largest giving day. This is a big event that goes **from 6 p.m. on March 5th to 6 p.m. on March 6th** across our state.

We really need your help during these 24 hours. Our goal is to reach **\$3000** and we believe we can do it with your help!

Every member of the club has always been an amazing supporter, so we're hoping you will be a special brand ambassador for **Italian American Heritage Foundation** on that day. What that means is sharing the emails concerning Do More 24 that are sent to you. You can also write your own posts or add comments. If you want, you can tell your family and friends about the event and ask them to support the IAH Foundation. We want more people to know about how we make Sussex County awesome to live in.

As we get closer to the event, we will be sharing all the exciting things we're doing. Keep an eye out for our emails!

The IAHCSCD FOUNDATION TRUSTEES met on January 21, 2026. The following donations were approved for 2026 distribution:

- Two (\$2k each) scholarships for eligible Sussex County high school students furthering their education
- \$500.00 for Southern DE Education

The Foundation is considering other donations. **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.

New IAHCSCD Members (Nuovi membri IAHCSCD)

Benvenuto!

Anna & Harry Borchers

February Birthdays (compleanni di febbraio)

Buon compleanno! 🎂

Barbara Cilento February 1
Janice Meyer February 3
Peter Bosco February 4
Elsa Budd February 10
Joanne Bull February 10
Tony Diaferia February 10
Joseph Schiavo February 11
Donna Attanasio February 12
Elvira Caruso February 16
Rich Zbyszynski February 18
Dorothy Boyle February 24
Pete Donofrio February 25
Louis Trani February 25
Tina Donofrio February 28

Upcoming Meetings, Dine & Donate & Events

SAVE THE DATE!

February 12, Thursday ... Carnevale

- 5pm @ Trails Beaver Creek Clubhouse, 27378 Covered Bridge Trail, Harbeson
- Catering from Bella Capri, dinner fare to include sausage/peppers/potatoes, stuffed shells, chicken Francis, gluten-free ravioli, broccoli rabe w/pasta, salad, bread/butter, cake, cookies, espresso/coffee.
- Music & Entertainment by Vince Varassi
- Optional fancy Carnevale attire!
- BYOB
- \$25 per person

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

- Trails of Beaver Creek Clubhouse, 27378 Covered Bridge Trail, Harbeson
- Bring a covered dish or appetizer
- Dessert & coffee provided
- Mingo with Pat Brown, Ice Productions
- BYOB
- 50/50
- \$15 per person

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

- More info to come!

For your conversations (Per le tue conversazioni)

Italian with Maria



Italian History and Culture (Storia e cultura Italiana)

Why the History of Italian Carnevale Matters

The history of **Italian Carnevale** is more than just a tale of parties and costumes—it is a reflection of Italy's cultural identity and artistic spirit. Carnival continues to bring communities together, providing a platform for creativity, celebration, and tradition.

From the masterfully crafted floats of the *Carnevale di Foiano* to the joyful children's festivities in Siena, Italian Carnevale embodies the unique charm and history of Italian culture. And let's not forget the irresistible treats (see below), which remind us to savor life's pleasures before the solemn days of Lent.



From the Italian Kitchen (Dalla cucina italiana)

Italian Cenci

Carnevale is starting soon in Italy and those little delicious morsels called **cenci** (fried pieces of dough, dusted in powdered sugar) are a traditional treat during that time. There are many different recipes for them and different names. Here's one with the fresh taste of orange zest and a little rum. Mmmmmmm!

1½ cups flour
1 teaspoon baking soda
¼ teaspoon salt
4 Tablespoons confectioner's sugar
2 eggs
2 Tablespoons butter, room temperature
zest of 1 orange
2 Tablespoons Vin Santo (an Italian dessert wine) or Rum
Canola oil for frying

For the topping:

Additional confectioners sugar
Honey (optional)

1. Combine flour, baking soda, salt and the confectioner's sugar in a bowl and combine thoroughly. Place mixture on the counter in a pile and make a well in the middle (like you do to make fresh pasta).
2. Break eggs into the well. With a fork, beat the eggs and then add the other ingredients to the eggs and whisk in. Start pulling the flour mixture into the egg mixture and combine. Knead until a nice dough forms, adding a little more flour if needed. A pastry scraper helps with this process. Dust the dough ball with flour and wrap in plastic and let rest for 30 minutes.
3. Cut the dough into four pieces. Roll each piece out until it is fairly thin (or a pasta machine on setting #4). With a pastry wheel slice half-inch strips out of the sheets. Cut these strips into 4-inch lengths. You can either leave the strips like this to be fried or tie them into bows. Place your unfried dough strips or bows onto a floured sheet pan (you will probably need two) until they are all done.
4. Heat the canola oil for frying until it is between 325° and 350°F. If you don't have a fryer, just use a medium saucepan. Pour enough oil so there is about 3 inches of oil. You can test the temperature with a candy thermometer, if you have one. If you don't, you can throw in a little scrap of dough when you think the oil is hot enough and see if it turns golden.
5. When the oil is ready, place a few of the dough bows onto a spider and lower into the hot oil. Be sure to shake off the excess flour from the dough strips before frying them - too much flour will burn in your oil and make it unusable much sooner. Fry the dough until it is golden - this will be a matter of seconds. With the spider, roll them around in the oil, so all the sides turn golden. Remove with the spider and place on paper towels to drain and cool. Repeat with remaining dough.
6. When the dough has all been fried, dust generously with powdered sugar. You can also add a little honey if you like. They last for several days at room temperature.



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

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

QUESTIONS, SUGGESTIONS OR COMMENTS?
Please contact Tina Donofrio, Newsletter Editor

italiamia@iahcsd.com

