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IAHCSD April 2026 Newsletter **(IAHCSD bollettino mensile di aprile 2025)**

Message from the President (Messaggio da la Presidente)

Amici,

Hope everyone had a blessed and joyful Easter.

During the month of March, we had two fund raising events. Our first one was DOMORE24, which was open to the public and to our members. It's where donations are made in a 24 hour period on a specific day of the month to different nonprofits. Our total income was \$737.40. Not exactly the amount we were reaching for, but every little bit helps.

Our other fundraiser was DINE TO DONATE at Mio Fratello Restaurant and they agreed to give us 20% of the profits. We have not received an amount at this time, but we had a very positive turnout with the help of Lou Pastore who did an outstanding job co ordinating the event. As soon as we get an amount, we will be sharing that with you.

Our next event on April 19th will be at the TWIN BRANCH WINERY. All information can be found in this newsletter and on our website www.iahcsd.com.

Hope to see you all soon and thank you for supporting our club and foundation. Please remember we always welcome any ideas or suggestions you may have to help us make our club more interesting. You can contact us at our email italiamia@iahcsd.com.

Grazie Maria
"TOGETHER LET US DO GOOD"

IAHCSCD FOUNDATION Updates

Do More 24 Update

In March, the **Italian American Heritage Foundation** took part in Do More 24 Delaware. This is Delaware's largest giving Day and we have received our final report. The Foundations total proceeds raised was **\$737.40**. This amount included total donations of \$680 plus applicable event prizes and stretch pool.

As always, **thank you so much** for your generous support. An event like Do More 24 is an awesome moment to appreciate just how many people care about giving our community what it needs to thrive! THANK YOU!

Mia Fratello Dine & Donate Event

On March 31, IAHC hosted a Dine & Donate Event at MIA Fratello in Selbyville. The event was super successful! Many IAHC members filled the restaurant. The food was fantastic! Fun time was enjoyed by all! Report on the proceeds will follow next month. Thank you to our IAHC member, **Lou Pastore**, for making this happen!

*The Foundation is considering donations currently. **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!

No new members this month.

Total IAHC MEMBERS ... 81

April Birthdays (compleanni di aprile)

Buon compleanno! 🎂

Carlo Mignani April 3
Enrico Attanasio April 11
Michael Tasevoli April 21
Gary Moyle April 24

Upcoming Meetings, Dine & Donate & Events

SAVE THE DATE!

April 19, Sunday ... IAHC Wine Tasting

- Twin Branch Winery, 14756 Twin Branch Road, Milton
- 1:00-6:00pm
- Performance by Matt Lafferty
- Food can be purchased from the Smashmouth food truck, or you can bring your own.
- Twin Branch offers tasty charcuterie boards and snack bags to pair with your wine.
- Bring chairs if you like sitting in a picturesque setting among friends.
- \$15 per person
- Sign up for event on IAHC website..... www.iahcsd.com

May (date tentative) ... Kentucky Derby Themed Game Night

- Fun night!
- Information to come! Keep your eyes & ears opened!

June (date tentative) ... USA 250-Year Celebration

- Maria's backyard
- Information to come! Keep your eyes & ears opened!

For your conversations (Per le tue conversazioni)

Italian with Maria

LA FAMILIA

| | | | |
|-------------------|--------------------------------------------|---------------------|----------------------------------------------|
| brother | <i>un fratello</i> | sister | <i>una sorella</i> |
| father | <i>un padre</i> | mother | <i>una madre</i> |
| son | <i>un figlio</i> | daughter | <i>una figlia</i> |
| husband | <i>un marito</i> | wife spouse | <i>una moglie</i> |
| uncle | <i>uno zio</i> | aunt | <i>una zia</i> |
| nephew | <i>un nipote</i> | niece | <i>una nipote</i> |
| cousin – male | <i>un cugino</i> | cousin – female | <i>una cugina</i> |
| grandfather | <i>un nonno</i> | grandmother | <i>una nonna</i> |
| great grandfather | <i>un bisnonno</i> | great grandmother | <i>una bisnonna</i> |
| grandson | <i>un nipote</i> | granddaughter | <i>una nipote</i> |
| great grandson | <i>un bisnipote</i> <i>un pronipote</i> | great granddaughter | <i>una bisnipote</i> <i>una pronipote</i> |

Italian History and Culture (Storia e cultura Italiane)

The Pasquetta picnic (Il picnic di Pasquetta)

Among the cherished Easter traditions in Italy, there's **Pasquetta**. Translating to *little Easter*, it marks Easter Monday in Italy. Traditionally, it's a day for **gite fuori porta** (*day trips away from the city*) and an opportunity to enjoy the outdoors with family and friends amidst the blossoming spring. Whether it's lounging on sandy beaches, exploring scenic countryside, or strolling through charming parks, nature is the backdrop for this special day.

For those who cherish folklore and tradition, villages across Italy come alive with unique celebrations. From the exhilarating **Ruzzolone** cheese wheel race in the Umbrian town of Panicale to the delectable **Sagra della Pié Fritta** in Fontanelice, near Bologna, and the irresistible **Sagra del Torrone** in Tonara, Sardinia, there's something for everyone.

Food for **Pasquetta** usually means a picnic with leftovers from the Easter lunch, plus an array of cold dishes ranging from succulent **panini** (*sandwiches*) stuffed with cured meats and cheeses to the unmissable **insalata di riso** (*rice salads*) or **pasta fredda** (*pasta salad*). Of course, remnants of chocolate eggs and **colomba** cakes round off the meal. Others opt for barbecues with grilled meat and veggies in their friends' gardens. And if the weather is inclement, a lunch in an **agriturismo** (working Italian farm that offers tourist accommodations, such as rooms, apartments, or campsites, often combined with meals featuring locally produced food) is always a popular backup choice, where they usually serve fixed lunch menu of local specialties.

From the Italian Kitchen (Dalla cucina italiana)

April Italian cuisine centers on fresh, seasonal ingredients like artichokes, asparagus, peas, and fava beans, alongside traditional Easter dishes. Key, light, and vibrant dishes like classic **Italian Risotto in Bianco**. You can add peas or asparagus to this recipe to make it special!

Classic Italian Risotto in Bianco

Ingredients:

2 tablespoons butter
1 medium onion, minced
1 large clove garlic, minced
7 cups Arborio rice
7 cups chicken broth, homemade is best
1/3 cup dry white wine
Freshly cracked sea salt and black pepper to taste
2/3 cup heavy cream
2 Tbsp butter
2 cups freshly grated Parmigiano-Regiano cheese
Garnish: minced Italian parsley, chives or rosemary

Instructions:

- In a large frying pan on medium heat, melt butter.
- Add the onions and saute' for 6 -8 minutes. Do not brown them.
- Add minced garlic and saute' for another 2 minutes on medium heat so that the garlic doesn't burn.
- With a long wooden spoon, stir the rice into the onions and garlic mixture.
- Heat for about 3 - 4 minutes on medium heat.
- Add and stir in the white wine until it is completely absorbed into the rice.
- Begin to add the chicken broth to the rice mixture ONE CUP AT A TIME. After each cup of broth is added, stir continuously until the liquid is absorbed.
- Add the next cup of broth and repeat the process. Added liquid must be absorbed before the next cup is added. Finish this process for all 7 cups of chicken broth and absorption into the rice.
- When this is finished, add the heavy cream and 2 tablespoons of butter. The risotto should have a slight firmness to the tooth, not hard and not soft.
- Again, stir continuously until completely absorbed.
- Add all of the grated cheese and stir to incorporate; the cheese will also melt while on a medium heat stove.
- At this time, taste again for any necessary addition of freshly cracked salt and pepper and for any additional cheese necessary.
- Allow the risotto to rest for 2 minutes in order to swell up while absorbing all of the flavors.
- Use heated plates and serve the risotto immediately.
- Garnish with minced Italian parsley, chives, or rosemary.
- Pass freshly grated Parmigiano-Regiano cheese to guests.

IMPORTANT: RISOTTO is finished cooking when the rice has a little firm bite (al dente) -- IT IS NEVER MUSHY or to be overcooked. If you prefer a creamier risotto, add more cream, but NEVER serve risotto either soupy/runny or dry. Like creamy pasta, risotto has a flowing movement on the plate and yet still be able to stand in a mound on a spoon.

*****Please share your Italian recipes with other IAHCSD members.
***Email your favorite recipes to www.iahcsd.com & title the email "RECIPES"**

Proverb of the Month

"D'APRILE NON TI SCOPRIRE"

"Don't shed clothes in April"

Literally: "In April, don't uncover yourself; in May, don't trust (the weather); in June, do as you please."

Meaning: A traditional rhyme advising caution in changing seasons – spring weather can still surprise you, so dress wisely until summer truly arrives.

This is the Italian Easter Bunny... when they asked him where he hid the eggs, he said 'I don't know nothin.'



QUESTIONS, SUGGESTIONS OR COMMENTS?

Please contact Tina Donofrio, Newsletter Editor

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