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IAHCSCD May 2026 Newsletter **(IAHCSCD bollettino mensile di maggio 2026)**

Message from the President (Messaggio da la Presidente)

Cari Amici,

It's clear to me that Mother Nature is off her meds. We can't seem to catch a break on the weather when we have an event. I'm sorry we had to cancel our wine tasting at the Twin Branch Winery last Sunday but hopefully we can reschedule as soon as possible.

June will be our big event USA celebrates 250 years. This will be at my home and we will be having a BBQ. More information will be forthcoming. All dates can be found in our monthly newsletter.

During the month of May, two students with Italian heritage from Cape Henlopen HS will be given scholarships, \$2000.00 each. This is from our Foundation. Cape Henlopen HS is always very appreciative to the Italian American Heritage Club/Foundation for their continued support. I'm proud that we are able to do this with continued support from all of you.

Wishing all the Mamas in the group a very HAPPY MOTHER'S DAY! Auguri and Tanti baci ♥

Grazie Sempre,
Maria

"TOGETHER LET US DO GOOD"

IAHCSCD FOUNDATION Updates

NOTE TO MEMBERS: The IAHCSCD Foundation always considers non-profit donations. 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 ... 82

May Birthdays (compleanni di maggio)

Buon compleanno! 🎂

Elaine Miano May 3
Lisa Antonelli Fusco ... May 6
Mary Dana Barber May 17
Joe Sidlowski May 19
Dolly Sidlowski May 20
Joanne Bernardo May 31

Upcoming Meetings, Dine & Donate & Events

SAVE THE DATE!

June 18, Thursday ... USA 250th Birthday BBQ

- Maria's backyard, 27409 Covered Bridge Trail, Harbeson
- 2:00pm
- \$20.00 per person
- BYOB
- More information to come!

August 7, Friday ... Rock the Boat on Lewes Ferry

- Tickets are purchased through Lewes Ferry at member's expense
- Must be at terminal by 3:45pm, 4:45pm departure
- Email will be sent with more information

September 13, Sunday ... Annual IAHC Picnic

- Holts Landing State Park, 27046 Holts Landing Rd, Dagsboro
- More information to come!

For your conversations (Per le tue conversazioni)

Italian with Maria

27 ITALIAN NOUNS YOU NEED TO KNOW:

CASA	HOUSE OR HOME
PAESE	COUNTRY OR TOWN
MONDO	WORLD
CITTÀ	CITY
STRADA	ROAD
POSTO	PLACE
GIORNO	DAY
NOTTE	NIGHT
IERI	YESTERDAY
OGGI	TODAY
DOMANI	TOMORROW
UOMO	MAN
DONNA	WOMAN
PERSONA	PERSON
AMICO/A	FRIEND
FAMIGLIA	FAMILY
ACQUA	WATER
SOLE	SUN
FUOCO	FIRE
VITA	LIFE
NOME	NAME
AMORE	LOVE
FAME	HUNGER
SETE	THIRST
AIUTO	HELP
DOMANDA	QUESTION
RISPOSTA	ANSWER

Italian History and Culture (Storia e cultura Italiane)

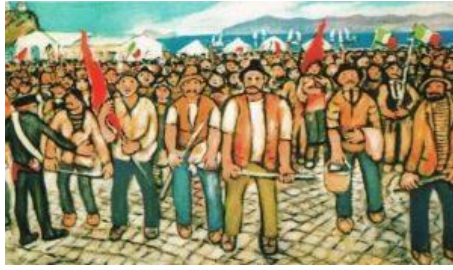
Labor Day in May?

May 1st: Celebrating Festa del Lavoro

Many European countries, including Italy, celebrate International Workers Day on May 1. Schools, government offices, and most businesses are closed. And just as Americans celebrate Labor Day every September, Italians typically celebrate Festa dei Lavoratori (also known as Primo Maggio) with concerts, parades, picnics, and family time. Here are some interesting facts about the holiday:

Much like labor holidays or May Day events around the world, Festa dei Lavoratori celebrates the economic and social gains that Italian workers have achieved, such as eight-hour workdays, safe working conditions, and the right to vacation time. It also promotes updating and adding more protections and privileges, so workers are treated fairly.

Festa dei Lavoratori was preceded many years ago by “Il Calendimaggio,” an agricultural celebration marking the start of the growing season. Many regions in Italy still celebrate Il Calendimaggio – “calendi” means day, and “maggio is May – May Day. In Assisi, residents plan all year for the celebration, which lasts several days.



Festa dei Lavoratori honors the common worker. It dates back to the late 1880s when labor unions started emerging around the world. Festa was suspended in 1925 when the fascist regime controlled Italy. The holiday was restored by the Italian government in 1945 after World War II.



One of the largest Festa dei Lavoratori celebrations in Italy is the Concerto a San Giovanni in Rome, sponsored by Italy's largest labor unions. The massive free event is held in the piazza in front of the Basilica di San Giovanni in Laterano. Besides Italian artists, the concert also features international stars and supports emerging and independent artists. In 2011, the Concerto a San Giovanni in Rome was held on the same day as the beatification of Pope John Paul II. More than 1.5 million pilgrims traveled to Rome for the religious event, as well as thousands more who attended the concert.



Foods for Primo Maggio often include “fava e pecorino,” featuring fava beans (broad beans) which are in season. Their nutty flavor pairs well with Italian pecorino cheese made from sheep's milk. Add a loaf of Italian bread, dried sausage or ham, and some wine, and it is a perfect Italian picnic.

From the Italian Kitchen (Dalla cucina italiana)

Here's a **pasta salad** that features all the **flavors of an Italian spring** including fresh asparagus, baby zucchini, arugula, artichoke hearts, colorful cherry tomatoes, peas and fresh herbs. It's light, healthy and simply perfect for spring! You can enjoy this spring pasta salad as a main dish by adding some grilled shrimp to it or as a side dish for any party you might be having. Mother's Day is right around the corner and this would be a nice choice for a salad.

Spring Pasta Salad, Italian Style



Ingredients:

- 8 oz. of cooked farfalloni pasta, (or farfalle pasta better known as bow ties) being careful not to overcook it, once cooked cool it off with cold water then place onto a rimmed cookie sheet so that you can dab any excess water that might fall into the pasta "wings" with a paper towel.
- ½ jar of marinated artichoke hearts, drained.
- ¼ bag of defrosted peas.
- 2 cups of sliced multicolored cherry tomatoes prepped for ten minutes in a good drizzle of olive oil, salt, pepper and chopped basil so that the tomato juices and olive oil get sexy.
- 1 bunch of asparagus, (preferably medium tipped, not the pencil thin ones) sliced in thirds and pre roasted or blanched for just a few minutes, cooked al'dente with still a bite to it
- Zucchini ribbons done with a vegetable peeler, turning it while peeling it being careful not to reach the seeds. (use small zucchini)
- 1 or 2 handfuls of arugula, depending on your liking
- Fresh basil and parsley

DRESSING:

- 1-part white balsamic vinegar to 3 parts olive oil with a touch of dijon mustard to thicken it up, just whisk everything together adding salt and pepper to taste.

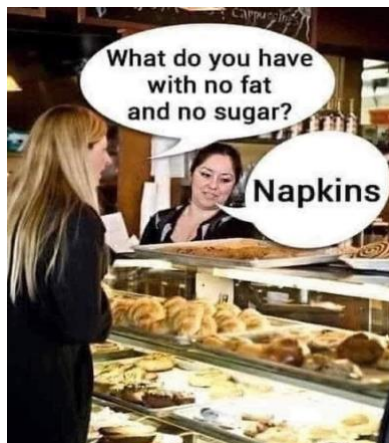
Instructions:

- Take a big bowl and place all your ingredients into it, spooning the dressing in little by little and adding salt and pepper to taste and being nice and gentle to it while tossing.
- Then place it all onto a pretty platter adding more zucchini ribbons, peas, artichoke hearts or whatever else to make it look balanced with the veggies.
- Spoon more dressing if needed.

Important: The key to a good pasta salad is to make sure your pasta isn't overcooked, you don't want it to be soft and mushy, it has to have a nice bite to it so it can hold up to all the veggies that you're adding. Try testing it two minutes before the suggested cooking time, you'll be the best judge by giving it a taste test.

Please share your Italian recipes with other IAHCSCD members.

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



Proverb of the Month

“Se maggio è scuro, pane sicuro”

“If May is dark (gloomy/rainy), bread is sure”

Meaning: This folk saying implies that a rainy May ensures a prosperous, high-yield harvest, promising plenty of bread for the year.

Context: It reflects traditional agricultural wisdom where weather patterns directly impacted food security.

QUESTIONS, SUGGESTIONS OR COMMENTS?

Please contact Tina Donofrio, Newsletter Editor

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