

IAHCSCD Board of Directors

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

IAHCSCD FOUNDATION Board of Trustees

President	Maria Diaferia
Vice-President	Gary Moyle
Recording Secretary	Grace Plantamura
Corresponding Secretary	Lou Pastore
Treasurer	Tina Donofrio

Email: italiamia@iahcsd.com
Website: www.iahcsd.com

IAHCSCD November 2026 Newsletter
(Newsletter IAHCSCD di novembre 2026)

Message from the President (Messaggio da la Presidente)

Buongiorno Amici,

Hope you all are doing well. The holidays are approaching fast, but I am still in the summer mode. Time passes too quickly.

I'm happy to report on our October Fundraising Event at Mio Fratello with Dan Gaffney was a complete success. The food was excellent and the entertainment by Dan amazed us all with his mind-mentalist ability. We met many new people, since the event was open to the public and they quickly became new friends, some of them even joined our club. A great turnout for sure.

November 16th meeting details are now posted on our website www.iahcsd.com where you can purchase your tickets for an evening of good food and friends. Any questions or issues please reach out to us via email at italiamia@iahcsd.com and we will try to assist you.

And a reminder that our **Dine to Donate** is on Tuesday, November 3rd from 4pm – 9pm at **Bethany Blues at 18385 Coastal Hwy, Lewes**. All the information is below, and you can use the coupon below or coupons will be available at the restaurant. *Every little bit helps our foundation.*

"Wishing you and your family a wonderful Thanksgiving. Thank you for your continued support this year."

Molto Grazie
Maria

"Together Let Us Do Good"

IAHCSCD FOUNDATION Updates

Our Football 🏈 Mania fundraiser winners –

Week 4 – Cindy Baudoin-Guasto

Week 5 – Brenda Stames

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)

"5" new members this month.

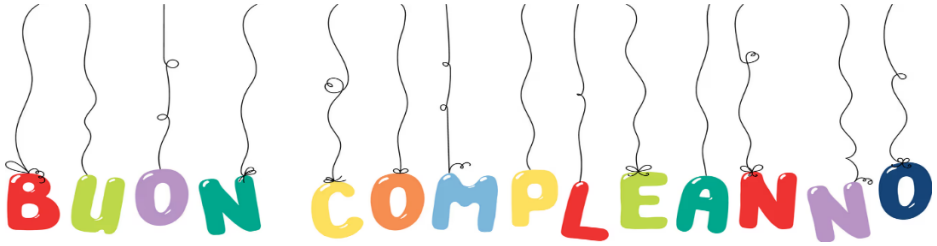
Total IAHCSCD MEMBERS …... 89

MEMBER BIRTHDAYS ~ BUON COMPLEANNO!

November Birthdays (Compleanni di novembre)

Buon compleanno! 🎂

Louis Pastore	Nov-6
Cindy Baudoin (Guasto)	Nov-12
Ralph Dippolito	Nov-23
John Ditoro	Nov-25
Debbie Distasio	Nov-30



Upcoming Meetings, Dine & Donate & Events
SAVE THE DATE!

November 3, Tuesday … DINE TO DONATE

- Bethany Blues 18385 Coastal Hwy, Lewes, DE
- 4pm – 9pm for Dine-In or Carry out
- 15% of your check will benefit the Italian American Heritage Club
- Please Present this coupon below to your server.



November 16, Monday … Regular Club Meeting, Election & Game Night at 5:00pm

- Potluck Dinner, Cake, water and Coffee provided. BYOB
- Bring single dollar bills to play Left-Right-Center Dice Game
- **50/50** Drawing
- Tickets on sale now on our website - https://iahcsd.com/
- Location – The Trails of Beaver Creek Clubhouse
  27378 Covered Bridge Trail Harbeson

December 10, Thursday … Festa Di Natale

- Hyatt Place Hotel, Dewey
- Entertainment by Vincent Varrassi
- 5:00pm – 9:00pm
- More information to come!

Community Reminder **– November 2nd thru November 20th**

- **10am – 2:30pm Monday – Friday Only**
- **37510 Oyster House Rd. Rehoboth Beach**



For your conversations (Per le tue conversazioni)
Italian with Maria …..



Italian History and Culture (Storia e cultura Italiane)



Italian American Veterans have a long, decorated legacy of service in the United States Armed Forces, stretching from the Civil War to modern conflicts.

Major Conflicts & Contributions

- **Civil War & World War I:** Figures like Colonel Luigi Palma di Cesnola served as a Union cavalry officer and earned the Medal of Honor. In World War I, soldiers like Michael Valente earned the Medal of Honor for capturing machine-gun nests, while others served in the 332nd Infantry Regiment on the Italian Front.
- **World War II:** Between 500,000 and 1.5 million Italian Americans served in the U.S. military, making up one of the largest ethnic groups in uniform. Many young men—whose parents were sometimes monitored as enemy aliens—proved their loyalty to the U.S. by fighting in Europe, North Africa, and the Pacific. Some even deployed back to the Italian front, fighting in regions like Sicily where their families had originated.

Organizations and Community Support

- **Italian American War Veterans of the United States (ITAMVETS / ITAM):** Founded in 1932 and granted a federal congressional charter under Title 36 in 1981, this IRS 501(c)(19) organization supports veterans, preserves military heritage, and runs local posts and auxiliaries across states like New York, Ohio, Massachusetts, Connecticut, and Rhode Island.
- **Italian American Veterans Museum:** Located in Illinois, the museum preserves the history, oral accounts, uniforms, and artifacts of Italian Americans who served in U.S. conflicts.

Breaking Bread with Italians on Thanksgiving



To say, "Happy Thanksgiving" in Italian, you can say "Buon Ringraziamento" or **"Buona Festa del Ringraziamento"**.

Thanksgiving in Italy? Sorry, folks, ***mi dispiace.*** Italy does not have a Thanksgiving holiday.

But they do commemorate ***La Festa del Ringraziamento,*** "The Feast of Thanks" — a way to offer thanks to a patron Saint for a bountiful fall harvest.

Besides there are no birds, like our American turkey, lurking around the hills and dales of Italy's beautiful landscape. Nor will you find the unique Thanksgiving food items in an Italian food store. And, certainly, there is no such thing as a Plymouth Rock along the craggy coastlines of Italy, to add ambiance to the occasion.

The Italian American Thanksgiving Meal Structure

- **Antipasto (Starter):** The meal often begins with Italian finger foods and starters like cured meats, cheeses, olives, stuffed mushrooms, or fried sage leaves.
- **Primo (First Course):** Before the turkey is served, families frequently serve a pasta or soup course—most commonly baked lasagna, baked ziti, ravioli, or escarole/pumpkin soup.
- **Secondo (Main Course):** The roasted turkey (*tacchino*) or a stuffed turkey breast takes center stage, accompanied by gravy (sometimes called *sugo*). In Italy proper, whole large turkeys are rare and require weeks of pre-ordering from specialized butchers due to small local kitchen ovens.
- **Sides:** Traditional American sides like purè di patate (mashed potatoes), rosemary-roasted potatoes, or Brussels sprouts sit alongside Italian additions like Italian sausage-and-sage stuffing. **Dolce (Dessert):** Alongside or in place of pumpkin pie, tables feature Italian sweets like tiramisu, cannoli, panettone, or chestnut cake.
- **Digestivo:** The very long meal concludes with an amaro, grappa, or espresso to help digest.

From the Italian Kitchen (Dalla cucina italiana)



LASAGNA SOUP

CALORIES: 455 KCAL | PROTEIN: 27G | CARBS: 43G | FAT: 21G
SERVING SIZE: 1½ CUPS (RECIPE MAKES 6 SERVINGS)

Ingredients

- 1 LB GROUND BEEF
- 1 MEDIUM ONION, DICED
- 3 CLOVES GARLIC, MINCED
- 1 CAN CRUSHED TOMATOES
- 1 CAN DICED TOMATOES
- 4 CUPS BEEF BROTH
- 2 TBSP TOMATO PASTE
- 8 LASAGNA NOODLES, BROKEN INTO PIECES
- 1 TSP ITALIAN SEASONING
- ½ TSP SALT
- ½ TSP BLACK PEPPER
- 1 CUP RICOTTA CHEESE
- 1 CUP SHREDDED MOZZARELLA
- ½ CUP GRATED PARMESAN
- 2 TBSP FRESH PARSLEY, CHOPPED

Directions

1. **BROWN GROUND BEEF** IN A LARGE POT OVER MEDIUM-HIGH HEAT FOR 6–8 MINUTES.
2. **ADD DICED** ONION AND COOK FOR 4–5 MINUTES.
3. **ADD GARLIC** AND TOMATO PASTE AND COOK FOR 1 MINUTE.
4. **ADD CRUSHED TOMATOES**, DICED TOMATOES, BEEF BROTH, ITALIAN SEASONING, SALT, AND BLACK PEPPER.
5. **BRING THE SOUP** TO A BOIL, THEN REDUCE HEAT AND SIMMER FOR 15 MINUTES.
6. **ADD BROKEN** LASAGNA NOODLES AND COOK FOR 10–12 MINUTES, UNTIL TENDER.
7. **STIR TOGETHER** RICOTTA CHEESE, MOZZARELLA, AND PARMESAN.
8. **SPOON THE CHEESE** MIXTURE OVER EACH SERVING OF HOT LASAGNA SOUP.
9. **GARNISH WITH** CHOPPED PARSLEY AND SERVE IMMEDIATELY.

Please share your Italian recipes with other IAHCSCD members.
Email your favorite recipes to Cindy at italiamia@iahcsd.com
And in the Subject Line of the email use "RECIPES"



Italian Proverb of the Month of November

"Giorno bello o giorno Brutto, a novembre cade tutto"
which translates to
"Whether the day is fair or foul, in November everything falls".

Popular November Proverbs in Italy

- **"A novembre i grani seminati e i raccolti rincasati"**
  - *Meaning:* In November, the grains are sown and the harvested crops are safely stored away.
- **"Caldarroste e nuovo vino tieni pronti a S. Martino"**
  - *Meaning:* Have roasted chestnuts and new wine ready for St. Martin's Day on November 11th.
- **"A novembre con le foglie, cadon giù capelli e voglie"**
  - *Meaning:* In November, together with the falling leaves, hair and desires drop.
- **"Novembre senza nebbie, estate senza febbre"**
  - *Meaning:* A fogless November promises a healthy and vibrant summer ahead.

QUESTIONS, SUGGESTIONS OR COMMENTS?
Please contact Cindy Baudoin, Newsletter Editor

italiamia@iahcsd.com