



Email: italiamia@iahcsd.com

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IAHCSD October 2026 Newsletter (IAHCSD Bollettino mensile di ottobre 2026)

Message from the President (Messaggio da la Presidente)

Cari Amici

Hope you all are doing well.

We've had some crazy weather lately, but hopefully sunnier days are ahead.

October is Italian Heritage Month and it's a very important time for our club. October, we have our biggest fund-raising event of the year. This year's event will be at Mio Fratello Restaurant in Selbyville, and our entertainment will be the amazing Dan Gaffney Mind Mysteries live show of mind-reading magic, his show is mind-boggling. You may also know Dan from his live morning radio show on Delaware 105.9.

I do realize that Selbyville is out of our usual area of events, however Mio Fratello was willing to work with us to give us a great deal. It's easy to drive to and the Italian food is amazing! Not many places around the Lewes/Rehobeth area are willing to work with us, which surprises me.

The event is on Monday, October 12 and is open to members and to the public so you can invite your family and friends to join you for a good time and a great cause. Tickets are available on our website www.iahcsd.com get yours today, seating is limited.

Fund Raisers are what gives our Foundation the ability to give back to the community, which is part of our organization's mission.

Hope to see you all there!

Grazie, Maria

"TOGETHER LET US DO GOOD"



IAHCSCD FOUNDATION Updates

Our Football 🏈 Mania fundraiser was a big success. We were able to raise \$1,803 of our goal of \$3,000 goal. This will help our Foundation to give scholarships to Sussex County students next year. Thank you all that contributed!

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.iahcscd.com and the Foundation will consider adding to our growing list of non-profits to support.

New IAHCSCD Members (Nuovi Membri IAHCSCD)

No new member this month.

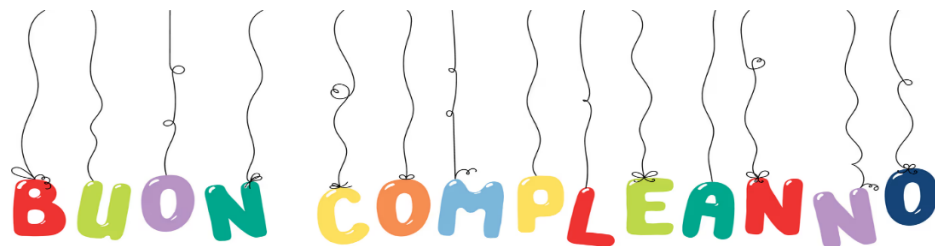
Total IAHCSCD MEMBERS 84

MEMBER BIRTHDAYS ~ BUON COMPLEANNO!

October Birthdays (Compleanni di ottobre)

Buon compleanno! 🎂

Paul Esposito	Oct-5
Camile Pesce	Oct-7
Linda Komorowski	Oct-19
Robert Dutch	Oct-21
Betty Esposito	Oct-21
Yvonne Ditoro	Oct-22
Jeanne Palmieri	Oct-27



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



ITALIAN AMERICAN HERITAGE CLUB OF SUSSEX COUNTY
PRESENTS
AN ITALIAN EVENING OF MYSTERY
LA NOTTE DI SEGRETI
(A Night of Secrets)

Join us at **Mio Fratello Restaurant** for a fun, interactive live show of mind-reading magic starring renowned **Dan Gaffney Mind Mysteries** - where your thoughts are the props!

No Appetite and No Show Policy

OCTOBER 12, 2026
5:00 PM - 9:00 PM
Mio Fratello Restaurant
38016 Fenwick Shoals Blvd SE, Selbyville, DE 19975
(800) 654-6676

TICKETS: \$70 PER PERSON

MENU

Tomato Basil Bruschetta	Roast Beef Potatoes
Chicken Francese	House Salad
Sausage & Peppers	Italian Cookies
Penne alla Vodka	Coffee, Tea & Soft Drinks
Green Beans Almondine	Cash Bar Available

Signature Drink at the Bar: the "Booze Bar" Cocktail!
Plus: Baskets of Cheese & 60/60 Raffle

All proceeds benefit High School Scholarships in Sussex County

For Reservations & Tickets Scan Here >>>
Contact: italiamia@iahcsd.com

DON'T MISS THE FUN! Scan me!

October 12, Monday ... Dinner and Show FUND RAISER

- Mio Fratello Restaurant 38016 Fenwick Shoals Blvd Selbyville, DE
- Entertainment by Dan Gaffney ~ Mind Mysteries
- More Information and Tickets are now available on the website - <https://iahcsd.com/events/>

Note: This event is open to the public, so you can invite your family and friends. Get your tickets today!

November 3, Tuesday ... DINE TO DONATE

- Bethany Blues 18385 Coastal Hwy, Lewes, DE
- More Information to come!

November 16, Monday ... Regular Club Meeting

- Beaver Creek Club House
- Potluck & Card Games
- More Information to come!

December 10, Thursday ... Festa Di Natale

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

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



Italian History and Culture (Storia e cultura Italiane)

October is Italian-American Heritage Month

Italian American Heritage Month, celebrated every October, honors the rich history and contributions of Italian Americans to the United States. First proclaimed in 1989, this month-long event recognizes the role of Italian Americans in shaping the nation. From arts and sciences to politics and cuisine, their influence is undeniable. So, why do we celebrate this month? Let's dive into the history and significance of Italian American Heritage Month.

THE GREAT ARRIVAL: ITALIAN IMMIGRATION TO THE U.S.



Between 1880 and 1924, more than 4 million Italians immigrated to the U.S., most entering through Ellis Island. This wave of immigration is known as “The Great Arrival.” Italians left behind economic hardship, natural disasters, and political unrest. They sought better opportunities, hoping for a new life in America.

Upon arrival, many faced challenges like discrimination and poverty. However, they built close-knit communities, preserved their traditions, and contributed to America’s growth. These communities formed the foundation of Italian American culture, which we celebrate today.

WHY OCTOBER?

October was chosen to celebrate **Italian American Heritage Month** due to its connection with Columbus Day. The holiday, observed on the second Monday of October, honors Christopher Columbus's voyage to the Americas in 1492. While Columbus Day is controversial today, Italian American Heritage Month shifts the focus to celebrating the broader contributions of Italian Americans.

October also marks the harvest season in Italy, a time of celebration and festivals. Italian American communities across the U.S. honor this connection through parades, food festivals, and cultural events.

CONTRIBUTIONS

Italian Americans have made lasting contributions across various fields. In the arts, legends like Frank Sinatra, Martin Scorsese, and Sophia Loren left an indelible mark on music and film. In politics, Geraldine Ferraro became the first female vice-presidential candidate, and Nancy Pelosi made history as the first female Speaker of the U.S. House of Representatives.

Italian American cuisine is also a cultural staple. Dishes like pizza, pasta, and gelato have become beloved American favorites. While spaghetti and meatballs aren't traditional in Italy, they represent the fusion of Italian and American flavors.

FACTS ABOUT ITALIAN AMERICAN HERITAGE MONTH

- **Established in 1989:** **President George H.W. Bush** proclaimed Italian American Heritage Month, officially recognizing the contributions of Italian Americans.
- **Tied to Columbus Day:** The holiday aligns with Columbus Day, historically celebrated by Italian Americans as a source of pride.
- **Italian Americans Today:** Italian Americans make up about 5.5% of the U.S. population, representing one of the largest ethnic groups in the country.
- **Celebrations Across the U.S.:** Major cities like New York, San Francisco, and Chicago hold Italian American festivals in October.
- **Contributions to U.S. History:** From labor movements to military service, Italian Americans have played key roles in shaping the country.

From the Italian Kitchen (Dalla cucina italiana)



🍷 Lasagna Bianca with Spinach & Ricotta

Creamy, cheesy, and full of Italian comfort! This white lasagna is layered with tender pasta, spinach, ricotta, béchamel, mozzarella, and Parmesan, then baked until golden and bubbling. 🇮🇹❤️

Ingredients:

12 lasagna sheets, 2 cups ricotta cheese, 3 cups fresh spinach, 2 cups béchamel sauce, 2 cups shredded mozzarella, 1 cup grated Parmesan, 1 egg, 2 cloves garlic minced, 1 tbsp olive oil, 1/4 tsp nutmeg, salt and black pepper to taste.

Instructions:

Heat olive oil in a pan and sauté the garlic briefly. Add spinach and cook until wilted. Let cool, then mix with ricotta, egg, a little Parmesan, nutmeg, salt, and pepper.

Spread a thin layer of béchamel in a baking dish. Add lasagna sheets, spinach-ricotta filling, béchamel, mozzarella, and Parmesan. Repeat the layers until all ingredients are used. Finish with béchamel, mozzarella, and Parmesan on top.

Bake at 375°F (190°C) for 35–40 minutes, until golden and bubbling. Let it rest for about 10 minutes before slicing.

Creamy layers of Italian love. Buon appetito! ❤️

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 October

**"Ottobre è bello, ma tieni pronto l'ombrello",
which translates to
"October is nice but keep the umbrella ready".**

October in Italy and Italian culture represents a magical transitional period known as a "second summer" (*la seconda estate*) and the peak of the autumn harvest.

Meaning and Seasonal Significance

- **The Second Summer:** Romans often refer to a wonderful October (*che splendida ottobre*)—a time of bright, sunny days and mild evenings following the intense heat of summer.
- **The Harvest Season:** Known as the time of the *vendemmia* (grape harvest) and agricultural gathering, marking the shift from summer abundance to the quiet of winter.

Traditional Celebrations and Festivities

- **Le Ottobrate Romane:** Historically, Romans celebrated the end of the grape harvest with a *scampagnata*—a festive day trip or feast in the countryside outside the city walls.
- **Sagre (Food Festivals):** Towns across Italy host lively regional festivals celebrating seasonal delicacies like *castagne* (roasted chestnuts), *funghi* (mushrooms), and *vino nuovo* (new wine).
- **La Notte delle Lumere:** In parts of Tuscany, locals traditionally carve pumpkins and gourds into lanterns with candles inside on October 31st to guide the souls of the dead, mirroring ancient folk roots.

QUESTIONS, SUGGESTIONS OR COMMENTS?

Please contact Cindy Baudoin, Newsletter Editor

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