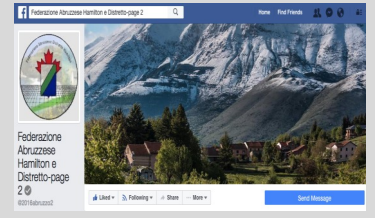




# Bollettino della Federazione Abruzzese Di Hamilton e Distretto

[www.abruzzohamilton.org](http://www.abruzzohamilton.org)



642 Barton Street E, Hamilton, Ontario L8L 3A2; Tel: 905-527-3400; Fax: 1-866-271-7523; email: [fedabruzzo14@gmail.com](mailto:fedabruzzo14@gmail.com)



Cari Corregionali e Simpatizzanti,

February marks the completion of my term as President of the Federazione. At the February 13th Council of Delegates meeting elections were held for the next two-year board term and I am happy to announce that Roberto Ricci is the new President. I will continue with the Board as Past President. It has been an honor to serve as President of our wonderful Federazione which continues to shine a bright light on our Abruzzese heritage and culture. A warm thank you to the board members for their commitment and hard work. I greatly appreciate the support they have given me throughout my time as President. I would like to acknowledge departing board members, Joanne De Rubeis, Lina Marchionda and Lucia Marchionda, for their contributions to the Federazione.

La fine del mio mandato come Presidente è arrivato. Vi ringrazio sinceramente per il vostro sostegno. Un ringraziamento ai membri dell'esecutivo per il loro impegno ed il loro lavoro. Auguri a Roberto Ricci, il nostro nuovo Presidente.

This past September we held a very successful Festitalia Regional Dinner with 500 guests. Five impressive young people received scholarships which were made possible by our generous sponsors. In November we held our AGM where delegates were elected for a two-year term. Memberships continue to be \$15.00 per person and if you have not yet renewed your 2023 membership, I encourage you to do so. Il costo del rinnovo tessera o nuova tessera non è cambiato; è sempre solo \$15.00 a persona e può ottenersi da qualsiasi membro del Comitato Esecutivo.

Vi ringrazio sinceramente per il vostro appoggio. A warm thank you to all our members for your ongoing support of the Federazione. Thank you to Remo Presutti and his committee for this informative Bollettino!

Distinti saluti,  
Ersilia DiNardo

## **FEDERAZIONE ABRUZZESE EXECUTIVE COMMITTEE 2022-2024**

Ricci Roberto	President
Faiella Elda	1 <sup>st</sup> Vice President
Mugheddu Lucy	2nd Vice-President
Mastracci Tony	Treasurer
Marini Franca	Recording Secretary
La Civita Franca	Corresponding Secretary
Di Nardo Ersilia	Past-President
Cerminaria Marcel	Councillor
Ciotti Silvano	Councillor
De Luca Rita	Councillor
De Santis Sabrina	Councillor
Di Battista Carmen	Councillor
Di Ianni Angelo	Councillor
Di Nello Livio	Councillor
Liberale Lena	Councillor
Mancuso Anna	Councillor
Mauro Mary	Councillor
Presutti Remo Jr	Councillor
Presutti Remo	Councillor

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**Scholarship winners  
September 2022**

## The Cammino d'Abruzzo



The Cammino d'Abruzzo touches 71 Abruzzo municipalities and extends for about 660 km in the regional territory and is conceived and edited by the "Abruzzo a Piede Libero" Social Promotion Association. It's a ring circuit, to be traveled counterclockwise, where breathtaking landscapes frame the whole history of the Abruzzese people. It crosses hilly, mountain and coastal paths passing through villages, hamlets, municipalities and involves the 4 capital cities: L'Aquila, Chieti, Teramo and Pescara. Subsequently the intent is to involve all the municipalities of Abruzzo by creating a diversion that, in a capillary way, reaches other villages of the territory.

The route that connects all the municipalities involved ... starts from Pescara (airport) to go up the coast and then the Teramo hinterland, and then re-enter through a wooded path of extraordinary beautiful villages of the Vestina area. Cross the high hills of Forca di Penne to immerse yourself in the vast territory of L'Aquila and throughout the suggestive Subequana Valley and then, through paths and sheep tracks, to conclude the journey on the Chieti territory and take travelers on the suggestive trabocchi coast. The journey will end at Pescara closing the circle. The division into stages, however, allows us to start and end the walk from where we want.

The Cammino d'Abruzzo also touches the parks of the regional territory: the Abruzzo National Park, the Gran Sasso and Monti della Laga National Park, the Majella National Park, the Regional park Velino-Sirente and crosses numerous oases and nature reserves: Calanchi di Atri Nature Reserve, Torre del Cerrano marine protected area in Pineto, Borsacchio reserve in Roseto, Nature reserve and oasis WWF Lake Penne, Voltigno and Valle d'Angri Regional Reserve, Gole del Sagittario Regional Reserve in Antwerp, Lake San Domenico and Lake Pio Regional Reserve in Villalago, Brown Bear Wildlife Area a Palena, Acquevive River Park in Taranta Peligna, Serranella Reserve and Oasis, Nature Reserve D'Annunzio pine forest in Pescara.

United in an ideal "round trip", the citizens of Abruzzo prepare to welcome the travelers who have the desire to discover a territory unique in the world where the sea and the mountains look at each other. Subdivided in 33/36 stages, it can be covered on foot or by mountain bike and on some sections the Cammino d'Abruzzo, even by those who have motor disabilities with the help of joilette.

The intent is to promote the historical, artistic, cultural and landscape heritage of the territory through the means of slow tourism, stimulating the careful and responsible visit of the traveler and sensitizing the resident communities towards a more complete activation of local resources.

The Cammino d'Abruzzo, as a tool for the promotion of the Abruzzo territory, is also a means to increase the economy of the small businesses present with the hope of bringing vitality to numerous villages and municipalities crossed; the many villages and municipalities that are, unfortunately, undergoing the phenomenon of depopulation. Abruzzo is a region of significant environmental value and the Cammino d'Abruzzo represents an indispensable driving force for the economy and territorial employment.

### Proverbi Meteorologici

**"se frebbale nen frebbalaje, marze male pense"**

**"se febbraio non fa il suo dovere, marzo lo sostituisce comportandosi male"**

Quando febbraio non tiene fede alla sua cattiva fama, portando cattivo tempo e malattie, il popolo lo ha in sospetto. Vuol significare che marzo, con improvvise gelate, causerà danni alla campagna, specialmente agli alberi primaticci per la fioritura.

**"A natal n'ghe lu sol, a pasque n'ghe lu tizzon"**

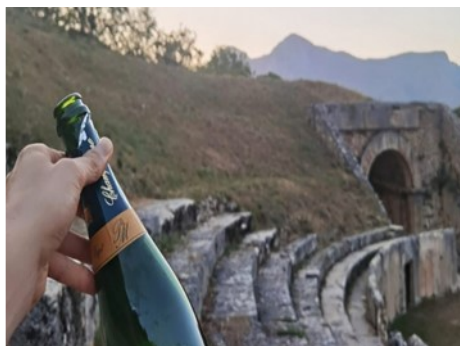
**"Se a natale fa caldo, allora a pasqua sicuramente farà freddo"**

**"lu ddu la cannlor se c' nengue e se c' piov, se ce fer nu sularell sem a mezz vernarell se ce fer nu bel sol dall'invern sem for"**

**"marz è pazzarell isch ng lu sol ardindr c lu mbrell"**

## American magazine Wine Enthusiast crowns Abruzzo as wine region of the year

by Tamara Marinetti January 30, 2023



L'Aquila. "It is a great honor for our land to receive this recognition. Since the launch of the 'Abruzzo model', an epochal turning point has been recorded in the regional wine-growing system which has laid the foundations for an exponential growth of the supply chain". This was the statement of the vice president of the Region with responsibility for Agriculture, Emanuele Imprudente, on the eve of the award ceremony of the Wine Star Awards, which took place January 30, 2023, in the Palace of Fine Arts in San Francisco.

The delegation, led by Imprudente himself and by the president of the Consortium for the protection of Abruzzo wines, Alessandro Nicodemi, had already arrived in the United States. "The goal", explained Imprudente, "is to achieve an international dimension of our wine and the Abruzzo brand, preserving and enhancing the strong identity and cultural matrix of our product and promoting cohesion between the productive realities of the region. This is why we are particularly enthusiastic about this recognition which certifies the quality of the work

carried out by the wineries of the region, by the protection consortium and by the regional institution in terms of promotion, enhancement and protection of winemaking excellence".

The most widely read magazine specialized in the wine sector in the States, 'Wine Enthusiast' elected Abruzzo as the wine region of the year because it is "rich in tradition and steeped in innovation". Each year, on the occasion of the Wine Star Awards, it nominates and rewards the most influential individuals in the Wine and Spirits industry according to different categories. In the "Wine Region of the Year 2022" contest, Abruzzo got the better of Marlborough, New Zealand, Southern Oregon/Rogue Valley, Oregon, Uco Valley, Argentina and Slo Coast, California.

Nel segno della tutela delle eccellenze abruzzesi, anche il senso delle parole del presidente del Consorzio di tutela dei vini abruzzesi, Alessandro Nicodemi. "Dal piccolo viticoltore alla cooperativa fino alle piccole e medie imprese, è necessario investire sulla qualità affinché tutta la filiera possa crescere e raggiungere risultati sempre più ambiziosi".

"Il prossimo riconoscimento della Denominazione di Origine Controllata e Garantita Casauria, la terza in Abruzzo dopo la Docg Colline di Teramo e Tullum, è la prova evidente che il ruolo di stimolo e spinta verso una sempre maggiore coesione svolto dall'istituzione regionale, sta dando ottimi risultati: naturalmente, grazie al centrale, ampio e proficuo lavoro delle cantine, abbiamo raggiunto un altro grande traguardo e un'altra grande soddisfazione di un settore vitale per la nostra economia". Così il vicepresidente del consiglio regionale con delega alla agricoltura, Emanuele Imprudente, a margine dell'udienza pubblica sul riconoscimento della Docg a Casauria, sollecitata dall'Associazione delle cantine operanti nei 18 Comuni del Casauriense, tenutasi al teatro Alanno con centinaia di partecipanti, a testimonianza della coesione e comune sentire della realtà locale La zona di produzione comprende l'intero territorio dei comuni di Bolognano, Castiglione a Casauria, Cugnoli, Pietranico, Scafa, San Valentino in Abruzzo Citeriore, Torre dei Passeri e Turrivalignani e parte dei territori dei comuni di Alanno, Bussi sul Tirino, Brittolli, Corvara, Lettomanoppello, Manoppello, Pescosansonesco, Popoli, Serramonacesca e Tocco da Casauria.

"La crescita qualitativa e quantitativa del mondo enologico abruzzese è ormai costante e continua", ha sottolineato ancora Imprudente, "come confermano i prestigiosi riconoscimenti internazionali conferiti alla nostra terra; uno sviluppo, comunque, sempre coerente con le caratteristiche peculiari della regione, all'insegna della sostenibilità e dell'esaltazione della straordinaria biodiversità che contraddistingue l'Abruzzo. Si tratta di un risultato straordinario", ha proseguito il vicepresidente della Regione, "ottenuto grazie all'impegno di tutti gli attori coinvolti, alla grande partecipazione delle imprese manifatturiere e al ruolo sempre più determinante dell'istituzione regionale capace di promuovere unità e coesione raggiungere obiettivi sempre più ambiziosi. Finora è stato un percorso lungo e complesso", ha concluso Imprudente, "che ha finalmente dato i frutti sperati grazie anche alla sinergia che si è creata con le strutture tecniche del Ministero delle Politiche Agricole, che ringrazio per la capacità di ascolto e disponibilità con cui hanno rilanciato il processo di riconoscimento, che dopo l'avvio nel 2017 sembrava essere in salita".

<https://marsicalive.it/la-rivista-americana-wine-enthusiast-incorona-labruzzo-come-regione-vinicola-dellanno/>

feed\_id=3461&\_unique\_id=63d78eb7c1bdb&fbclid=IwAR3gtrDWJiQ8VMe-EOZwvze\_WDaL1TQXYGGVD8V-Be-h6S7cQfMiaNQFg

## Lucia Marchionda earns Ontario Medal for Young Volunteers

Back in 2018, Lucia Marchionda was finishing up her last year of high school, balancing academics, a busy volunteer schedule and filling out applications for scholarships and awards, including the Ontario Medal for Young Volunteers. This award is the highest honour a young person 15 to 24 can receive for their contributions to the province.

After racking up more than 3,000 community service hours, Marchionda received numerous honours, including Junior Citizen of the Year from the Stoney Creek Chamber of Commerce, the Hamilton Spectator Youth Volunteer of the Year from the Hamilton Chamber of Commerce, and others. According to the government of Ontario, the Ontario Medal for Young Volunteers is the highest honour a young person 15 to 24 can receive for their contributions to the province.

Today, Marchionda continues to balance a busy volunteer schedule while studying towards two degrees in the concurrent education program at Brock University. She continues to volunteer, even in the early days of COVID-19, when many activities went virtual. Now at 21, Marchionda has completed a four-year undergraduate program and plans to begin teachers college this fall.

In February of this year, Marchionda received a call from the Lieutenant Governor's office, notifying her that she has been selected as the recipient of the Ontario Medal for Young Volunteers. After all, it had been years since she had applied for the provincial award.

On April 28, 2022, Marchionda's community service was recognized with the Ontario Medal for Young Volunteers recognizing award recipients for 2019 and 2020 at a virtual ceremony officiated by Lieutenant Governor of Ontario, Her Honour Elizabeth Dowdeswell.

<https://www.thespec.com/local-stoney-creek/news/2022/05/11/stoney-creek-s-lucia-marchionda-earns-ontario-medal-for-young-volunteers.html>



**The Federazione Abruzzese of Hamilton proudly congratulates Lucia Marchionda on receiving the Ontario Medal for Young Volunteers! For many years, Lucia was on our executive board as a youth member, contributing photographic and technical expertise recording our events and creating/maintaining our website. Thank you Lucia for your dedication and great work!**

## 100 anni del #ParcoNazionaleAbruzzoLazioeMolise celebrati da una nuova moneta d'argento da **5 euro!**

Nel 2023 il centenario dell'istituzione della più antica area protetta italiana sarà celebrato con una 5 euro. Sul dritto, lato principale della moneta, ci saranno una composizione grafica di flora e fauna di pregio. Sul retro, o verso, il logo del [#PNALM](#) decorato con il faggio.

La decisione, è stata emessa con Decreto 13 dicembre 2022 del Ministero dell'Economia e delle Finanze, e pubblicata in Gazzetta Ufficiale della Repubblica Italiana del 21/12/2022.

La moneta in argento (925 millesimi), di 32 millimetri di diametro, per 18 grammi di peso, sarà emessa a corso legale con elementi a colori, a finitura fior di conio e su modelli dell'artista Antonio Vecchio.

Si legge sul decreto la descrizione delle due facce della moneta:

"dritto: composizione di fauna e flora rappresentativi del Parco nazionale d'Abruzzo, Lazio e Molise: la Scarpetta di Venere, della famiglia delle orchidee a rischio di estinzione, il camoscio appenninico, l'aquila reale e l'orso bruno marsicano; sullo sfondo un particolare del monte Meta, una delle maggiori vette dei Monti Marsicani, nell'appennino abruzzese. In alto, nel giro, la scritta « REPUBBLICA ITALIANA » in esergo, la firma dell'autore « AVECCHIO ».

Moneta con elementi colorati; rovescio: il logo ufficiale del Parco nazionale d'Abruzzo, Lazio e Molise in evidenza su una decorazione con foglie di faggio che caratterizzano le vaste foreste che rivestono i monti e le alte praterie rupestri. A sinistra, il valore « 5 EURO »; in alto, a destra, « 2023 », anno di emissione della moneta; in basso, a destra, « R », identificativo della Zecca di Stato; bordo: godronatura spessa continua".





### Dal Vice Consolato Onorario di Hamilton

Carissimi Amici della Federazione Abruzzese di Hamilton, colgo l'occasione per augurarvi un felice anno nuovo pieno di salute, amore e prosperità! Sono lieta di farvi sapere che l'ufficio del Vice Consolato Onorario è aperto per l'erogazione di servizi consolari, ma **solo su appuntamento** di martedì e di giovedì.



Per contattarmi, è preferito l'uso della comunicazione email per poter inviare tutte le informazioni richieste ed averle alla vostra disposizione per riferimento in ogni momento.

Email: [viceconsulhamilton@gmail.com](mailto:viceconsulhamilton@gmail.com)

Tel: 905-527-4350

Condivido con voi le ultime notizie dal Consolato Generale:

Dal 14 giugno 2021 è entrato in funzione il portale **Prenot@mi**, per la prenotazione di appuntamenti presso il Consolato Generale d'Italia a Toronto, per passaporti, visti e cittadinanza.

[https://constoronto.esteri.it/consolato\\_toronto/it/in\\_linea\\_con\\_utente/prenota\\_appuntamento/](https://constoronto.esteri.it/consolato_toronto/it/in_linea_con_utente/prenota_appuntamento/)

Lo scorso 7 novembre, il Consolato Generale di Toronto ha avviato, in forma sperimentale, un servizio di prenotazione telefonica degli appuntamenti per il rilascio del passaporto destinato alle persone a partire dai 70anni di età che sono iscritti in AIRE (Anagrafe degli Italiani Residenti all'Estero). L'iniziativa "70 Plus" ha riscosso notevole successo e ha consentito di soddisfare la richiesta di passaporto di numerosi connazionali mettendo in luce l'opportunità di rivedere il limite di età del servizio.

Linea Telefonica 70 PLUS: **1- 437-522-2402, ogni lunedì dalle 11.00 alle 12.00**

L'operatore consolare verificherà che il connazionale possa usufruire del servizio e fornirà **un appuntamento per il venerdì della stessa settimana.**

#### Cos'è l'A. I. R. E. (ANAGRAFE ITALIANI RESIDENTI ALL'ESTERO)

L'Anagrafe degli Italiani Residenti all'Estero (A.I.R.E.) è stata istituita nel 1988 e contiene i dati dei cittadini italiani che risiedono all'estero per un periodo superiore ai dodici mesi. Essa è gestita dai Comuni in Italia sulla base dei dati e delle informazioni provenienti dalle Rappresentanze consolari all'estero. L'iscrizione all'A.I.R.E. è un diritto-dovere del cittadino e costituisce il presupposto per usufruire di una serie di servizi forniti dalle Rappresentanze consolari all'estero, come il rilascio di documenti di viaggio e di identità (passaporti e carte d'identità), nonché per l'esercizio di importanti diritti, come il diritto di voto in occasione di elezioni politiche e consultazioni referendarie.

Per più dettagli: [https://constoronto.esteri.it/consolato\\_toronto/it/i\\_servizi/per\\_i\\_cittadini/anagrafe/anagrafe.html](https://constoronto.esteri.it/consolato_toronto/it/i_servizi/per_i_cittadini/anagrafe/anagrafe.html)

Auspucando di incontrarci presto, porgo un caloroso saluto,

Susanna Fortino-Bozzo

## THE FEAST OF SAINT ANTONIO ABATE



The legend and cult of Sant'Antonio Abate are among the oldest and most deeply rooted in popular religiosity and are based on the Life written by Sant'Atanasio di Alexandria who had been his disciple. Anthony born in Coma (today's Qumans) in Egypt in 251, also known as Saint Anthony the Great, but also Saint Anthony of the Fire, of the Desert and the Anchorite, lived first in a desert region of the Thebaid in Egypt and then on the shores of the Red Sea, where he led an anchorite life for more than 80 years. He died over a hundred years old on January 17, 356 in a Thebaid convent.

### CELEBRATIONS IN HIS HONOR



In the province of Chieti in Fara Filiorum Petri, a historic center of Lombard origins which still preserves many ancient buildings intact, the traditional festival of the farchie is celebrated on the occasion of the anniversary of Sant'Antonio Abate, on 17 January. The inhabitants of the town celebrate by setting fire to the farchie: huge bundles of reeds with a circumference of over a meter and a height that sometimes even exceeds ten. They owe their name to the word of Arabic origin *afaca*, i.e. torch. The use of fire as a symbolic element in the rites linked to the cult of Sant'Antonio Abate is common throughout the Mediterranean, but the farchie of Fara are distinguished by the grandeur of the structures, by the large number of people who flock to witness the event and for their number which corresponds to that of the twelve districts into which the town is divided.

## GREAT START OF GIRO D'ITALIA 2023 FROM THE VIA VERDE COSTA DEI TRABOCCHI SATURDAY 6 MAY 2023



"Abruzzo and the Province of Chieti will once again be protagonists of the Giro d'Italia with the Great Start from the Via Verde Costa dei Trabocchi for the time trial on Saturday 6 May 2023, which will kick off the 106th edition. Therefore, the forerunners to the most important and followed Italian sporting event in the world will be the breathtaking views and the cliffs overlooking the sea of our wonderful Province".

This was announced by the President of the Province of Chieti, Francesco Menna, at the end of the presentation held this morning in L'Aquila and in which the Provincial Councilor responsible for Via Verde, Davide Caporale, took part.

"It will be a Giro d'Italia that will see the spotlight on the national and international press also on Vasto and San Salvo, where a start and an arrival are planned, as well as on Teramo and Campo Imperatore, thanks to the commitment of the Region and the trustee RCS Maurizio Formichetti.

<https://www.videocitta.news/2022/09/28/grande-partenza-giro-ditalia-2023-dalla-via-verde-costa-dei-trabocchi-sabato-6-maggio/?fbclid=IwAR0Vjw25G-j6tJ9kgt75x9zvBRQhuiBrJKFtjhWwpyYlmb3Fckml5bbRISg>



## Carnevale in Abruzzo

The most **colorful time** of the year has come, and with it, the cobblestones of the Italian squares are covered with multicolored confetti. Carnival, from the historical point of view, is considered a period of **celebration and renewal** so much that until the Middle Ages it was called "the feast of madness". According to the Catholic tradition, however, the Carnival period precedes the beginning of Lent, in preparation for Easter. The name alone makes reference to the tradition of consuming large quantities of food, including meat (*carne*), on the evening of Ash Wednesday.



The **Carnival of Francavilla al Mare** (Chieti province), also known as the "Carnival of Abruzzo", is the most long-lived in the region and has been celebrated since 1948. This year's dates are from **February 16-25, 2020**. The **allegorical floats** that parade through the streets of the town are skillfully constructed and decorated by *paper mâché* masters who unleash their imagination by referring to political, cultural or historical events. The festive parade would not complete without **Patanello**— the **mask that symbolizes the Carnival of Abruzzo**. "Zi Patanè" was an Abruzzese cobbler and sacristan who lived between the end of the nineteenth century and the beginning of the twentieth century. Lover of good wine and taverns, Patanello was famous for his **playful jokes**.

Thanks to his personality and his cheerful character, he did not go unnoticed by a Neapolitan painter who was on holiday on the coast of Abruzzo. He decided to paint a carnival mask inspired by Patanello.



**In the town of Brittolli**, the Carnival tradition was to make ravioli with sausage in the tomato sauce. The men used to wear a mask and visit homes in the area where they were given food gifts and wine.

The sweet treats were Fritti di patate (gli frit ch le patate) or (Cicerchiata).

It was a feast before Lent. The forty days of Lent included fasting one day a week, usually on Friday.

<https://magazine.dooid.it/en/interests-en/events/carnival-abruzzo-francavilla-al-mare/>



Pagina da colorare per bambini

# BUONA PASQUA!

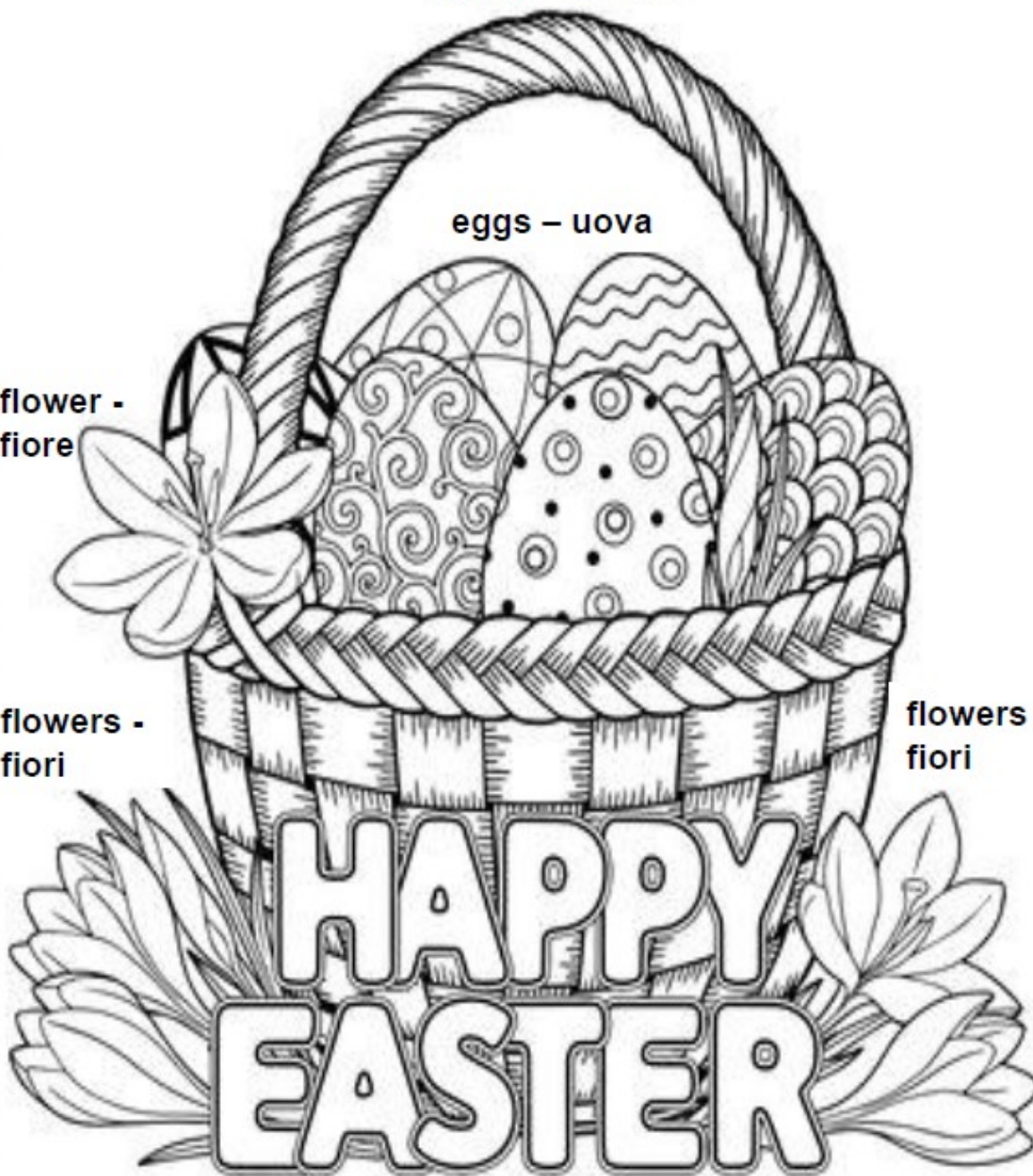
basket - cestino

eggs - uova

flower -  
fiore

flowers -  
fiori

flowers -  
fiori



## ZUPPA IMPERIALE ABRUZZESE



The Abruzzo Imperial soup (Royal Pasta in broth) is a soup prepared with meat broth and, instead of pasta, the cubes of a soft omelette, also called marzipan. Imperial soup is a traditional dish of many regions. This is how we do it in Abruzzo.

PREPARATION 10 mins

COOKING 10 mins

TOTAL TIME 20 mins

PORTIONS 4 people

### INGREDIENTS

4 eggs  
4 level tablespoons of 00 flour  
8 tablespoons grated parmiggiano  
nutmeg  
parsley  
salt  
meat broth (alternatively you can use vegetable or stock cube)

### DIRECTIONS

Prepare the broth first (as mentioned, it should be made with meat). For a last minute recipe you can also use vegetable broth or broth made with stock cubes. Divide the yolks from the white and beat the yolks in a bowl with the Parmesan, flour, salt and nutmeg. In a separate bowl, whip the egg whites. Gently combine the two compounds by adding the finely chopped parsley. Mix well and for a long time so as not to leave lumps. If you want to cook in a pan: choose a pan based on the amount of batter you have. The omelette must be quite thick (5/10mm). Lightly grease the pan with oil, helping us with absorbent paper and light the stove. When it is hot, pour the mixture as if you were making pancakes or an omelette. When bubbles form on the top turn to the other side and brown. Put the omelette on a plate, let it cool and then cut it into small cubes. If you want to cook in the oven: pour the mixture into a baking dish lined with parchment paper. The omelette must be quite thick (5/10mm). Bake at medium temperature (160/180°C) for about 10 minutes. When it browns, it's time to take it out of the oven: let it cool and cut into small cubes. Bring the broth to a boil and pour the royal soup. Let it boil for about 5 minutes and then serve. Sprinkle with plenty of Parmesan.

[https://www.oggiucuinamirco.it/zuppa-imperiale-abruzzese/?fbclid=IwAR0kf42JktgAv3IPDocxUk\\_r-Fq9HTC4qbPmUfQnchtABBvE2c92LR4zu6k](https://www.oggiucuinamirco.it/zuppa-imperiale-abruzzese/?fbclid=IwAR0kf42JktgAv3IPDocxUk_r-Fq9HTC4qbPmUfQnchtABBvE2c92LR4zu6k)

## Proverbi e Consigli Abruzzesi

*“A lavà la cocce all’asin ‘c sà ‘rmette tempe e sapone A lavare la testa all’asino ci si rimettono tempo e sapone”*

*“Coma ti fi Lu lett cusci’ t ciaddurm... Ti addormenti nel letto così come te lo sei rifatto. Nella vita, quello che ti costruisci ti ritrovi”*



Be sure to visit our:

Facebook page: <https://www.facebook.com/2016abruzzo2/>

Instagram account: <https://www.instagram.com/abruzzohamilton/>

Youtube channel: <https://www.youtube.com/channel/UCFP-EH6npE575Qhy984c0ng>

Website: [www.abruzzohamilton.org](http://www.abruzzohamilton.org)

To learn about all things Abruzzo: [www.lifeinabruzzo.com](http://www.lifeinabruzzo.com)

Please inform a member of the executive committee of any milestone birthdays, anniversaries, and cards of condolences.



Comitato per il Bollettino: Remo Presutti, Mary Mauro, Franca La Civita, Lena Liberale, Paula Mucci.