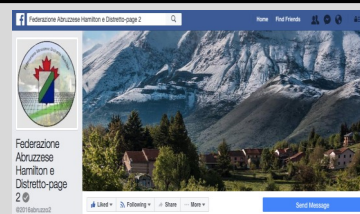




# Bollettino della Federazione Abruzzese Di Hamilton e Distretto

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



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Cari Corregionali ed Amici:

After such a long and challenging period, we are hopefully getting closer to the point where we can once again enjoy our wonderful events. In the meantime it is important that we continue getting vaccinated to protect ourselves and our community. If you have not yet been vaccinated I encourage you to visit [ontario.ca/bookvaccine](http://ontario.ca/bookvaccine) or call 1-888-999-6488.

June is Italian Heritage Month in Canada. It is a time to celebrate our beautiful culture and the many contributions of Italian Canadians. Congratulations to each of you for the mark you have made in our community. At the same time we are commemorating the Italian men and women who were interned during World War II.

The Festivalia September Festival will once again be a virtual event and thus we will not be holding a regional dinner.

Il Coro e' in cerca di voci nuove che desiderano partecipare in preparazione alle prossime esibizioni che si terranno quando sara' possibile. Se avete una bella voce e volete partecipare per favore contatte Tony Di Gregorio al 905-561-9733 oppure Rita Ventresca al 905-578-2720.

The Federazione Board which has been meeting via Zoom has begun discussing the post pandemic events. We are eager to launch them and are closely watching the public health guidelines for direction.

Ringraziamo Remo Presutti and ed il suo comitato per un' eccellente Bollettino.

Vi ringrazio sinceramente per il vostro continuo sopporto.

Distinti saluti,

Ersilia DiNardo

## FEDERAZIONE ABRUZZESE EXECUTIVE COMMITTEE 2020-2022

Ciotti Silvano	Councillor
De Rubeis, Joanne	Councillor
Di Battista Carmen	Councillor
Di Ianni Angelo	Councillor
Di Nardo Ersilia	President
Di Nello Livio	Councillor
Faiella Elda	1 <sup>st</sup> Vice President
La Civita Franca	Corresponding Secretary
Liberale Lena	Councillor
Marchionda Lina	Councillor
Marchionda Lucia	Councillor
Marini Franca	Recording Secretary
Mastracci Tony	Treasurer
Mauro Mary	Councillor
Mugheddu Lucy	Councillor
Presutti Remo	Past-President
Ricci Roberto	2 <sup>nd</sup> Vice President
Sciullo Vanda	Councillor

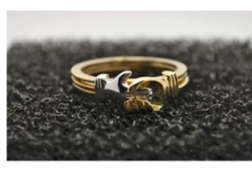
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## GIOIELLI D'ABRUZZO

Anello "manine" o "manucce", tipica fede nuziale abruzzese che ricorda quelle romane.



Anello composto da tre parti mobili, con appunto due mani che si stringono su un cuore centrale. Gioiello molto significativo che ebbe ampia diffusione dal XVI secolo in poi. La storia ci racconta che dopo il fidanzamento l'anello veniva donato alla propria amata ma poi veniva subito separato, un pezzo veniva conservato dalla futura sposa, il secondo dal futuro sposo, ed il terzo dal testimone di nozze. Solo dopo il matrimonio l'anello veniva finalmente riunito ed usato come fede nuziale. Creazioni orafe abruzzese.

Giuseppe Di Fabio



**FORZA ITALIA!**



### La “PRESENTOSA”: Il capolavoro dell’arte orafa ABRUZZESE

Simbologia e storia del gioiello abruzzese reso famoso da D’Annunzio. Gioiello di origine settecentesca, vero capolavoro di arte orafa abruzzese, diviene famoso per la descrizione che ne fa Gabriele D’Annunzio nel “Trionfo della morte”:

“Portava agli orecchi due gravi cerchi d’oro e sul petto la Presentosa: una grande stella di filigrana con in mezzo due cuori”

Così nel 1894, viene battezzato da D’Annunzio uno dei più singolari gioielli abruzzesi, sottolineandone la prorompente sensualità di un’avvenente bellezza abruzzese.

Il ciondolo si offriva in dono, era un “presente” (da cui il nome) che nella sua valenza sacra proteggeva gli affetti più cari, dava fortuna a chi l’indossava con la promessa di felicità e amore, la sicurezza di una prospera vita comune. Oltre ai due cuori centrali, troviamo il nastro, simbolo del legame, riprodotto a forma di piccola mezzaluna che lega insieme i due cuori. Un simbolo questo molto antico, con valenze pagane: è la mezzaluna sacra a Diana, l’origine della vita, la rappresentazione della fertilità femminile e della verginità, attribuito che, unito alla castità, diviene immagine cristiana della Vergine Immacolata.

Un pegno di fedeltà dell’uomo nei confronti dell’amata, poi divenuto simbolo di accettazione e accoglienza da parte della famiglia acquisita. Segno visibile di fedeltà sacralizzata e potente amuleto contro le avversità della vita, attirerà le forze del male per avvilupparle nelle spire filigranate del gioiello. Nessun malaugurio secondo la tradizione potrà mai vincere la forza della Presentosa. Le prime Presentose furono realizzate ad Agnone (che fino al 1811 era nel territorio abruzzese) e a Guardiagrele. Successivamente, questa particolare lavorazione si diffuse soprattutto in area frentana, peligna e nell’aquilano. Ancora oggi questo gioiello identifica la nostra terra con i suoi significati profondi e la sua innegabile raffinatezza.



#### ***Dear Friends and Colleagues,***

Hello, I am a former teacher with the Hamilton-Wentworth District School Board and I am writing this message to you to reach out and ask for your support. I have recently written my autobiography, **Lessons From Life - A Teacher’s Story**.

This is the story of a young boy’s struggles with Hydrocephalus, a debilitating illness that strikes children either at birth or later in life, and how he conquered it and became successful in his career as a teacher and in his personal life. Hydrocephalus is an abnormal buildup of fluid in the ventricles or cavities deep within the brain. This excess fluid causes the ventricles to widen, putting pressure on the brain’s tissues. It causes a variety of different health problems, including severe headaches, vision problems, vomiting, seizures, and damage to mental functioning, to name just a few. At the time that I was born, treatments for hydrocephalus were still experimental, and even then, doctors would often tell parents that their babies only had a few months or a year to live.

And yet, I’m still here.

In spite of my limitations, I have been able to live a full life and with the help and support of friends and family members, my life has been very satisfying and rewarding, but not without its share of challenges.

In this book, you’ll read seven short stories from different parts of my life with hydrocephalus. This book is about my life, but more importantly, it reaches out to parents of children who have hydrocephalus or any other childhood illnesses to not lose hope and to know that there is light at the end of this dark tunnel.

This book will be available online at Chapters/Indigo, and e-readers Kobo and Kindle as well as Barnes and Noble.

You can also purchase a book by contacting me directly (Roger DiBattista) at:

(905)388-5504 (Home)

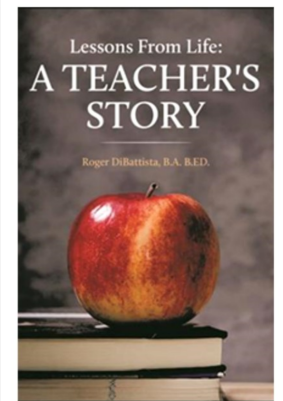
(905)512-9167 (Cell)

E-mail: roger53@rogers.com

**Some of the proceeds of the sale of this book will be going toward research for Hydrocephalus and also to the Hospital for Sick Children (Toronto) where I spent most of my childhood.**

Thank you in advance for your support!

*Sincerely, Roger DiBattista*



## Pallotte cacio e uova (Cheese and Egg Balls)

An iconic dish from the Abruzzo region in the *cucina povera* tradition, *pallotte cacio e uova*—**cheese and egg balls**—probably got its start as a way to use up leftover bits of cheese and stale bread. The mixture is then bound together with egg and formed into balls and, just like meatballs, fried and simmered in tomato sauce. As they simmer, the *pallotte* swell and absorb the flavor of the sauce. You'll be surprised how much they actually taste like 'real' meatballs. It's a perfect example of how the poor in Italy would take simple, humble ingredients that others might discard and turn them into something incredibly tasty.

Originally served as a vegetarian second course to replace costly meat, in these more prosperous times this dish is just as likely to show up as an antipasto.

*Serves 4-6 as an antipasto or vegetarian secondo*

**Prep Time:** 1 hour, 30 minutes

**Cook Time:** 30 minutes

**Total Time:** 2 hours

### Ingredients

- 400g (14 oz) of mixed grated cheeses (A typical mixture might include 200g of *pecorino abruzzese*, 100g of Parmesan or *grana*, and 100g of a sharper fully aged pecorino, like pecorino romano)
- 4 eggs
- 100g (4 oz) of best-quality white bread, crusts removed and soaked in water and squeezed dried
- 1-2 cloves of garlic, peeled and finely chopped
- A few sprigs of fresh parsley, finely chopped
- Salt and pepper
- One batch homemade tomato sauce (optionally, with sliced or diced red bell pepper added to the *soffritto*)

### Directions

- Mix all of the ingredients above together in a large mixing bowl. Let rest for an hour in the fridge to allow the mixture to firm up.
- While the mixture is resting, make your tomato sauce, made with a soffritto of garlic or garlic and onion. Many recipes call for adding chopped or thinly sliced red bell pepper, a typically Abruzzese addition.
- Take the bowl out of the fridge and form them into balls.
- Deep fry the cheese and egg balls, or shallow fry them in olive oil, until they are golden brown all over. Make sure the balls are well spaced out as they tend to stick together, especially when they first start cooking, as the cheese starts to melt and before the egg binding takes hold.
- Transfer the fried balls to the tomato sauce and let them simmer for 15-20 minutes. The balls will swell a bit as they cook and take on an almost spongy texture.

Serve immediately.

<https://memoriediangelina.com/>



## La Trans-Siberiana becomes Ferrovia Dei Parchi

The historic trains on the Sulmona-Carpinone-Isernia railway are back for a summer dedicated to slow tourism in the mountains, woods, valleys and small towns: a fairy tale that becomes a travel experience.

An original way to taste the wonders of inner Abruzzo aboard a true travelling museum that will take you back on the tracks of time surrounded by the extraordinary landscapes of the [Parco Nazionale della Maiella](#) and the [Parco Nazionale d'Abruzzo Lazio e Molise](#). A territory of inestimable naturalistic as well as historical

and cultural value, which will be at the centre of the new tourist offer to be experienced slowly and respecting the places, with great space for outdoor activities, study and excursions on foot or by bike (with free transport service on the train), along the vast network of paths, dirt roads and sheep tracks around the railway.

**PRENOTAZIONI APERTE VENERDì 14 MAGGIO sul nuovo sito [www.ferroviadeiparchi.it](http://www.ferroviadeiparchi.it)**





May 27, 2021

Ottawa, Ontario

<https://pm.gc.ca/en/news/news-releases/2021/05/27/prime-minister-delivers-apology-internment-italian-canadians-during>

Prime Minister Justin Trudeau today delivered a formal apology in the House of Commons for the internment of Italian Canadians during the Second World War. Following Italy's declaration of war against Canada on June 10, 1940, the Government of Canada interned more than 600 people of Italian heritage. Around 31,000 Italian Canadians across the country were declared "enemy aliens", and many experienced discrimination, lost their jobs, or saw their businesses boycotted or vandalized. The government's actions violated the values that our country was fighting to secure during the Second World War, including freedom, equality, and justice, and had serious impacts on families and the Italian Canadian community. The Prime Minister apologized to those who were interned, their families, and the Italian Canadian community for the pain and hardship they endured because of this historical injustice. He recognized Italian Canadians' many contributions, including in business, arts and culture, science and technology, politics, and skilled professions, that have helped build our country, from coast to coast to coast. He also reaffirmed the government's commitment to a strong, diverse, and more inclusive Canada.

*"Canadians of Italian heritage have helped shape Canada, and they continue to be an invaluable part of the diversity that makes us strong. Today, as we acknowledge and address historical wrongs against the Italian Canadian community, we also show our respect for their great contributions to our country."*

*The Rt. Hon. Justin Trudeau, Prime Minister of Canada*

### Quick Facts

- In 1940, after Italy joined the Second World War as an ally to Germany, over 600 Italians were interned in camps under the authority of the *War Measures Act* and the *Defence of Canada Regulations*. Approximately 31,000 Italian Canadians were declared "enemy aliens", and had to report to local registrars once per month. Registrars were appointed by the Minister of Justice, and were provincial or municipal police officers, including Royal Canadian Mounted Police (RCMP) officers, or postal clerks.
- In 1990, at a gathering of Italian Canadian organizations, the Right Honourable Brian Mulroney offered an apology for the treatment of the Italian Canadian community during the Second World War.
- In September 2018, RCMP Commissioner Brenda Lucki delivered an official expression of regret in a ceremony attended by family members of Italian internees, members of the Italian community, and RCMP employees.
- Through the Community Historical Recognition Program, the Government of Canada made \$5 million available in grants and contributions from 2008 to 2013 for eligible projects to commemorate and recognize the experiences of the Italian Canadian community in relation to the Second World War internment in Canada.

Today, Canada is home to approximately 1.6 million Italian Canadians – one of the largest Italian diasporas in the world.

***La Federazione Abruzzese di Hamilton e Distretto, porge le piu' sincere condoglianze a tutti i nostri soci a cui recentemente gli e' venuto a mancare un familiare. Inoltre, augura una pronta guarigione ai nostri soci che stanno attraversando un periodo non troppo buono per ragioni di salute.***



**Be sure to visit our website, our Facebook page, and our videos on YouTube!**

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

<https://www.youtube.com/channel/UCfP-EH6npE575Qhy9B4c0ng>

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

**Please inform Joanne DeRubeis of the Federazione of any milestone birthdays, anniversaries, and cards of condolences. Tel: 905 643-2402, email: [a.g.derubeis@gmail.com](mailto:a.g.derubeis@gmail.com)**



*Comitato per il Bollettino: Remo Pre-sutti, Livio Di Nello, Joanne DeRubeis, Franca La Civita, Roberto Ricci, Lena Liberale, Paula Mucci, e con la collaborazione di Tony DiGregorio.*