



Bollettino della Federazione Abruzzese Di Hamilton e Distretto

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Cari amici,

Hello, I bring you greetings from myself and the executive members of the Federazione Abruzzese di Hamilton e Distretto. I hope you and your families had a wonderful Christmas and Happy New Year.

Buongiorno, vi porto i miei saluti e quelli dei membri esecutivi della Federazione Abruzzese di Hamilton e Distretto. Spero che voi e le vostre famiglie abbiate trascorso un meraviglioso Natale e un felice anno nuovo.

In December we had our Christmas Concert at St. Catherine of Siena Parish. Thank you to Pastor Fr. Mark Gatto and to our performers: the Annunciation of Our Lord Gryphon Vocal Ensemble, the Sons and Daughters of Italy Choir and the Southern Ontario Lyric Opera (SOLO) Ensemble led by Sabatino Vacca featuring Tenor Joel Ricci. What an evening of music enjoyed by all.

As an Executive, we will schedule a brainstorming session in the coming months to review our events and continue working toward making them more appealing and engaging for our younger generations. Our goal is to ensure the Federazione remains vibrant and welcoming for members of all ages. I kindly ask you to encourage your family members: children and grandchildren alike to join the Federazione. We are doing great things and hosting wonderful events, and our members are always our top priority.

Il comitato esecutivo programmerà una riunione nei prossimi mesi per rivedere i nostri eventi e continuerà a lavorare per renderli più accattivanti e coinvolgenti per le generazioni più giovani. Il nostro obiettivo è di garantire che la Federazione rimanga vivace e accogliente per i soci di tutte le età. Vi chiedo gentilmente di incoraggiare i vostri familiari, figli e nipoti, ad aderire alla Federazione. Stiamo facendo grandi cose e organizzando eventi meravigliosi, e i nostri soci sono sempre la nostra massima priorità.

I look forward to seeing you at our annual Abruzzo in Festa, taking place on Saturday, April 18th at LIUNA Station in Hamilton. As always, it promises to be a memorable and enjoyable evening.

I wish everyone all the best and sincerely thank you for being part of the Federazione Abruzzese di Hamilton e Distretto.

Roberto Ricci
President

FEDERAZIONE ABRUZZESE **EXECUTIVE COMMITTEE 2025-2027**

Ricci Roberto	President
De Santis Sabrina	1 st Vice President
Cerminaria Marcel	2 nd Vice President
Mastracci Tony	Treasurer
Daniela Di Gennaro	Recording Secretary
La Civita Franca	Corresponding Secretary
Di Ianni Angelo	Past President
Di Ianni Larry	CRAM Representative
De Luca Rita	Councillor
Di Battista Carmen	Councillor
Di Gennaro Carmen	Councillor
Di Nello Livio	Councillor
Faiella Elda	Councillor
Giuliani Fabrizio	Councillor
Liberale Lena	Councillor
Mugheddu Lucy	Councillor
Olivieri Paola	Councillor
Presutti Remo Jr	Councillor

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Club Events

April 18 - Abruzzo in Festa. LIUNA Station
September 16 - Festitalia Abruzzo Dinner, LIUNA Station
November 7 - Gagliano Club San Martino Dinner Dance



FEDERAZIONE ABRUZZESE OF HAMILTON

invites you to

Abruzzo in festa

Honouring the

Abruzzese Pioneers of Hamilton's Home Builders

PREMIO ABRUZZO AWARD

A DeSANTIS DEVELOPMENTS
TONY DeSANTIS

MULTI AREA
ALDO DeSANTIS

BUCCI HOMES
RAY BUCCI

SILVESTRI INVESTMENTS
PAUL SILVESTRI

CHIARAVALLE CONSTRUCTION
DOMENIC CHIARAVALLE

SONOMA HOMES
CARMEN CHIARAVALLE

FIFTY ROAD INC.
PETER DeSANTIS

VALERY HOMES
TED VALERI

Dinner Menu

Assorted Rolls and Butter | Antipasto Classico
Seafood Salad | Cavatelli Served al Sugo
Prime Rib of Beef | Rapini, Roasted Potatoes
Grilled Shrimp | Tossed Garden Salad
Tartufo | Coffee | Tea | Decaf | Espresso

Doors Open at 6:00pm | \$120.00 per person | DJ. Bizz

Saturday, April 18, 2026

LIUNA Station

360 James Street North, Hamilton

For Tickets, please contact:

Sabrina DeSantis	Event Co-Chair	905-520-2331
Rita DeLuca	Event Co-Chair	905-928-2906
Marcel Cerminara	Committee Member	905-928-5512
Lucy Mugheddu	Committee Member	905-537-5619
Elda Faiella	Committee Member	905-561-9126
Franca LaCivita	Committee Member	289-925-5593
Carmen DiBattista	Committee Member	289-239-6937

Hamilton Welcomes Bishop Dabrowski as its 10th Bishop

February 2, 2026 - Hamilton, Ontario Cathedral Basilica of Christ the King was packed to capacity as faithful family, friends, clergy and dignitaries from near and far gathered to welcome their newest shepherd, Bishop Joseph Dabrowski, officially installed as the 10th Bishop of Hamilton.

Following a reading of the Apostolic Letter of Appointment by Msgr. Murray Kroetsch, the former Bishop of Charlottetown was led to the Bishop's chair and presented with the crozier of Hamilton's first bishop, Fr. John Farrell, by installing prelate Cardinal Frank Leo and Bishop Emeritus Douglas Crosby.

The joyful rite of transition was followed by various greetings from the faithful, with representatives of priests, deacons, religious women, families, youth and senior members throughout the diocese individually welcoming Bishop Dabrowski to Hamilton.

In a homily rich with gratitude to figures like Leo, Cardinal Thomas Collins, Apostolic Nuncio Ivan Jurkovič, his predecessor Crosby and many more, Bishop Dabrowski addressed the cathedral audience with his characteristic humility as his new chapter of service officially began.

"As I begin my ministry in Hamilton, I am deeply aware of the rich legacy of faith and service that has shaped this diocese, and the tremendous contribution of so many consecrated men and women of many religious congregations and communities, both contemplative and apostolic," he said.

"I also wish to thank God for Bishop Douglas Crosby for the 15 years of devoted and generous service that has been a blessing to the Diocese of Hamilton and to the entire Church in Canada. You have truly lived out your episcopal motto every day and have modeled for us a collaborative ministry that has borne much fruit, and so I thank you with all my heart for what you have done here."

The multitude of thanks continued in multiple languages, namely to the Poland native Bishop Dabrowski's attending family from across Europe, his Michaelite community, interfaith and civil leaders, religious community members from Latin America and past connections from his decades serving parishes and dioceses across Ontario and in Charlottetown.



The Federazione Abruzzese of Hamilton welcomes Bishop Dabrowski and offers him best wishes in his Pastoral ministry in the Diocese of Hamilton.

MILANO-CORTINA OLYMPICS: HOCKEY CHAMPION LAURA FORTINO-BIRKHOFF HAS ABRUZZO ROOTS.

Local hockey champion Laura Fortino-Birkhoff competed on Italy's women's hockey team at the 2026 Milan-Cortina Olympics. They played five games and reached the quarter final playoffs, losing to Team USA which went on to win the gold medal.

Laura was born in Hamilton but she has roots in Abruzzo. Her maternal grandmother, Irma Bonitatibus, was born in Pettorano sul Gizio and emigrated to Hamilton, Canada. Laura's maternal grandfather was Antonio Di Simoni, born in Ascoli Piceno, Le Marche. Her paternal grandparents, Giuseppe Fortino and Lauretta Filice, emigrated from Donnici, Cosenza, Calabria. Laura's parents are Ivana and Ignazio Fortino.

The last time Laura Fortino set foot on the Olympic ice, she was helping to write Canadian ice hockey history. Her pass set up Marie-Philip Poulin's golden goal in Sochi 2014, and wrote another memorable page in the team's success story.



Canadian athlete and her present as an Italian player "a positive relationship."

Her resume reflects those realized dreams. Two Olympic medals, six World Championship podium finishes, and years spent competing under the weight of expectations in a nation where hockey is more than a sport. Now, Fortino-Birkhoff is using that experience to guide a new group of athletes toward their Olympic moment. "I know the pressures, the distractions, what the Olympic Games really mean," she explained. "If I can help these girls understand what lies ahead, I will."

In 2023, Fortino-Birkhoff moved to Italy and began a new chapter in her club career, first joining the Bolzano Eagles in South Tyrol, then the Egna-Neumarkt Lakers, and finally Real Torino, where she still plays. "Here, now, in Italy, helping young generations of Italian girls dream of becoming professional hockey players and representing Italy at the Olympics is something I'm very honored and proud of," she said.

The Federazione Abruzzese of Hamilton is very proud of Laura Fortino-Birkhoff and the honour she has brought to Canada. We wish Laura every success and happiness!

Eight years after her last Olympic appearance at PyeongChang 2018, the 34-year-old returned to the Olympic stage, swapping the familiar red and white of Canada for the blue of Italy. Fortino-Birkhoff represented the country of her family's roots at the 2026 Milan-Cortina Winter Olympics. "I was very honored and fortunate to represent Canada and achieved everything I wanted as a child, dreaming of the Olympics and winning a gold medal," Fortino told Olympics.com in an exclusive interview in Montreal. Today, she calls her past as a





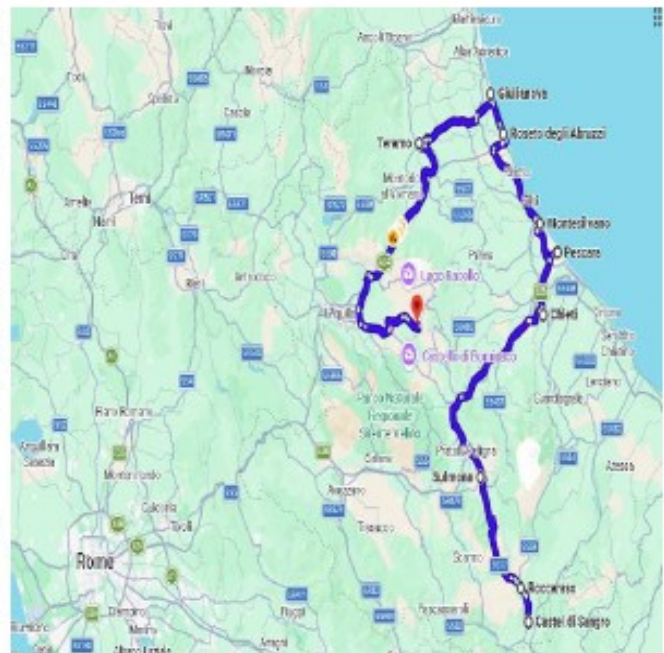
THE OLYMPIC FLAME IN ABRUZZO



January 2, 2026 - The Milan Cortina 2026 Olympic Flame arrived in Castel di Sangro and Roccaraso, crossing the Gran Sasso, Maiella, and Monti della Laga mountains, great for winter sports. It then passed through the confetti town, Sulmona, before reaching Pescara, overlooking the Adriatic, and Chieti.

January 3, 2026 - The flame was carried through Montesilvano, Silvi, and Roseto degli Abruzzi, Giulianova, Teramo, and finally arrived in L'Aquila, the capital city which has been reborn with extraordinary strength after the earthquake.

January 4, 2026 - The flame bid farewell to the region, passing through Rocca Calascio and the Gran Sasso National Park. Abruzzo's citizens were united in the name of Olympic values, Excellence, Friendship and Respect!



L'Angolo dell'Autore: Mauro Cianti



Mauro Cianti è un imprenditore dirigente, originario di Sulmona noto per la sua attività nel settore della moda e per il suo impegno nell'innovazione sostenibile in diversi settori. Laureato in Scienze economiche e bancarie, e in Scienze

dell'amministrazione e governo aziendale presso l'Università degli Studi a Siena, nonostante una lunga carriera svolta fuori dal territorio peligno resta molto legato alla sua terra, alle sue tradizioni, al suo vernacolo.

Questo volume è la prima raccolta trilingue (Sulmonese-Italiano-Inglese) che documenta il vernacolo della Valle Peligna, con un focus sulla città di Sulmona.

Nato da un atto d'amore e dal desiderio di lasciare un'eredità linguistica ai posteri, questo dizionario è ben più di un mero elenco di termini. È un viaggio emozionale nel cuore dell'identità abruzzese e di Sulmona.

L'autore, ha scelto di registrare le parole vive del volgo, quel vernacolo popolare di borgata o contadino e dunque non filtrato, spesso considerato "rozzo" e quindi a grande rischio di oblio. Grazie alla collaborazione inestimabile di amici, parenti e delle comunità abruzzesi di emigranti in tutto il mondo — veri e propri "forzieri del dialetto" che hanno preservato la lingua da influenze esterne — il progetto ha raccolto e tradotto quasi 3000 termini.



Dedicato a chiunque voglia riscoprire le proprie radici o semplicemente divertirsi a curiosare nella memoria lontana antica della lingua dei nonni; questo dizionario è un tesoro di ricordi che, come afferma l'autore: "è un viaggio nel tempo, dettato dall'amore e dal ricordo,

confermando che "non siamo quello che abbiamo, ma quello che ricordiamo." Il libro è disponibile su amazon.ca:

https://www.amazon.ca/dp/B0GCG6WLX5?ref=ppx_pop_mob_ap_share

The Centuries-Old Christian Legend Behind the Pretzel

Few people realize that one of the world's most beloved baked snacks may have originated in a quiet Italian monastery more than 1,400 years ago.

According to Christian tradition, around 610 AD, a monastery monk in northern Italy, likely near the Aosta Valley, created a simple bread made from just flour, water, and salt during the Lenten fast. Because it contained no dairy, eggs, or rich ingredients, it complied with strict fasting rules observed during Lent.

But this was more than just practical food. The monk shaped the dough to resemble arms folded across the chest in prayer — a common posture of devotion in early Christianity. He reportedly gave these small baked breads to children as rewards for memorizing Scripture or learning their prayers.

Some historians believe the name may derive from a Latin word such as "bracellae" (little arms), eventually evolving into what we now call the pretzel.

From humble beginnings in monastic life, the twisted bread spread across Christian Europe, particularly in Germany and Austria, where it became deeply rooted in local culinary traditions. Over centuries, the recipe evolved, eventually giving rise to the soft and crunchy pretzels enjoyed around the world today.

Whether entirely legend or a blend of history and folklore, the story reflects how even the simplest foods can carry layers of faith, symbolism, and tradition. Sometimes, meaning is baked into the smallest things.



L'AQUILA CAPITALE DELLA CULTURA CERIMONIA DI APERTURA UFFICIALE



L'AQUILA – 17 gennaio, 2026 – L'apertura musicale con il Canto della Terra ha subito immerso il pubblico in una dimensione emotiva intensa, seguita dalla voce narrante di Giorgio Pasotti. La musica di Amara, con "Che sia benedetta", ha accompagnato l'ingresso del Presidente della Repubblica Sergio Mattarella, salutato da un auditorium raccolto e partecipe.

C'erano benvenuti e discorsi emozionanti dal sindaco Pierluigi Biondi, dal Presidente della Regione Abruzzo Marco Marsilio e dal Ministro della Cultura Alessandro Giuli. Gianluca Ginoble nativo di Roseto degli Abruzzi (Te) ha cantato "Amara terra mia", del grande autore Domenico Modugno, omaggio potente a un Abruzzo "forte e gentile".

In seguito, c'è stato lo sguardo alla comunità e all'accoglienza, con l'energia giovane di Nicole Tuzii, nativa di Sulmona (Aq) la più giovane sul palco. Le vittime della tragedia di Rigopiano sono state ricordate in un omaggio nella canzone scritta e composta da Fabrizio Mancinelli "When Time Begins... Again".

La folla in Piazza Duomo è rimasta incantata da uno straordinario spettacolo di droni che proiettava immagini dei famosi monumenti dell'Aquila e una mappa dell'Italia con l'Abruzzo in primo piano. Intrattenimento e musica dal vivo hanno riempito la piazza, creando un'atmosfera festosa all'inizio dell'anno speciale dell'Aquila come capitale culturale.

L'AQUILA CULTURE CAPITAL OFFICIAL OPENING CEREMONY



L'AQUILA – January 17, 2026 – The opening musical performance, Il Canto della Terra, immediately immersed the audience in an intense emotional dimension, followed by the narration of Giorgio Pasotti. Amara's music, "Che sia benedetta," accompanied the entrance of the President of the Republic Sergio Mattarella, greeted by a small and enthusiastic audience.

There were welcomes and emotional speeches from Mayor Pierluigi Biondi, the President of the Abruzzo Region Marco Marsilio, and the Minister of Culture Alessandro Giuli. Gianluca Ginoble, a native of Roseto degli Abruzzi (Te), sang "Amara Terra Mia" by the great composer Domenico Modugno, a powerful tribute to a "strong and gentle" Abruzzo.

There was a focus on community and hospitality, with the youthful energy of Nicole Tuzii, a native of Sulmona (Aq). The victims of the Rigopiano tragedy were remembered in a tribute in the song written and composed by Fabrizio Mancinelli, "When Time Begins... Again."

The crowds in Piazza Duomo were mesmerized by a stunning drone show projecting images of L'Aquila's famous monuments and a map of Italy highlighting Abruzzo. Entertainment, live music filled the square and created a celebratory atmosphere at the start of L'Aquila's special year as culture capital.

Ciambella di San Biagio – St. Blaise Donut



In the past, it was blessed in church to ask for protection against sore throats. This ring-shaped cake, large or small, is common throughout Abruzzo and is prepared for the feast of Saint Blaise, February 3rd. Tradition holds that this saint helps protect against throat ailments, as well as being the protector of wool workers. During his imprisonment by the Romans because he refused to renounce his Christian faith, he miraculously saved a young man who had a fishbone stuck in his throat. He was tortured, beheaded on February 3rd, 313 AD. Ring-shaped cakes, therefore, commemorate the miracle performed by Saint Blaise and are baked on February 2nd, blessed in church, and then eaten on February 3rd, to ward off throat ailments, which were once very dangerous, especially for children. In the city of L'Aquila, the anniversary, and therefore the dessert, has an added significance: on February 2, 1703, an earthquake destroyed the city. Since then, the donut has also become a sign of thanksgiving to Saint Blaise from all the citizens of L'Aquila who were saved. The original recipe, a common bread flavored with anise seeds, has been gradually enriched with sugar and other ingredients, until it became the homemade dessert enjoyed today. A common feature of all the variations remains the aniseed scent and the characteristic donut shape, whose hole symbolically recalls the throat. It is prepared in large sizes but also in smaller ones like taralli, which are also blessed in church and then distributed to relatives and friends to receive the saint's protection.

Ingredients for the doughnut

550g flour
220g granulated sugar
110g butter
50g milk
30g anise liqueur
16g baking powder
3 eggs, 1 lemon, 1 vanilla pod

For the Topping

12 candied cherries
Egg yolk
honey
milk
granulated sugar

Directions

1. For the San Biagio donut recipe, cream the butter and sugar, then add one egg at a time and the milk, stirring constantly. Add the liqueur, grated lemon zest, vanilla seeds, and a pinch of salt.
2. Separately, mix the baking powder with the sifted flour, then add it to the mixture and mix until the dough becomes fairly firm. Transfer it to a floured surface and shape it into a salami, trim the ends to ensure a smooth seal, then close it into a donut.
3. You can place it directly on a baking sheet lined with parchment paper or place it in an oiled mold so that it rises during baking without collapsing.
4. Mix the egg yolk with 1 tablespoon honey and 1 tablespoon milk and brush the surface of the cake with this mixture. Garnish with granulated sugar and candied cherries.
5. Bake the cake at 170°C (340°F) for 45-50 minutes. Check for doneness by inserting a toothpick into the center; it should come out clean. Serve with a latte, and accompany with jams if desired.

<https://www.lacucinaitaliana.it/ricetta/ciambella-di-san-biagio/>



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

To learn about all things Abruzzo: www.lifeinabruzzo.com

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



Comitato per il Bollettino:

Franca La Civita, Lena Liberale,
Paula Mucci, Remo Presutti