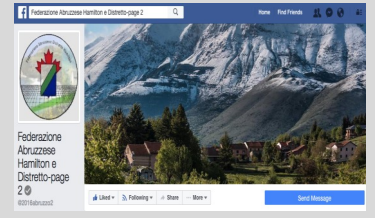




# Bollettino della Federazione Abruzzese Di Hamilton e Distretto

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



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Cari Corregionali e Simpatizzanti,

Hello, I would like to start by introducing myself. My name is Roberto Ricci and was elected as president of the Federazione Abruzzese di Hamilton e Distretto. I have served as a Councillor and Vice President on the executive in the past and now look forward to serving as your president.

I bring you greetings from the Federazione Executive Committee, which exists of a combination of seasoned and new faces. We meet and discuss how to improve what we do and explore new ideas. As a Team we will do our best as we serve on the executive and continue to make the Federazione Abruzzese di Hamilton e Distretto succeed.

I look forward to meeting you at our next event which is our Festitalia Abruzzese Regional Dinner on September 20th, 2023 at Carmen's Banquet Centre. Additional details are provided on page 2 of the newsletter.

On a very sad note, on behalf of the Executive of the Federazione Abruzzese Hamilton and District, I would like to offer condolences to the family of Luisa Buzzelli for their loss. Luisa served admirably on the Executive for many years as the Recording Secretary in addition to adding her beautiful alto voice to the Federazione Abruzzese Choir. May she rest in peace.

In closing, again thank you to the executive for trusting in me to lead the Federazione and look forward to serving as your president.

Distinti saluti,  
Roberto Ricci

## 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

## Sommario

President's Message .....	1
Festitalia Abruzzese Regional Food Night.....	2
Mayor Andrea Horwath Visits Abruzzo .....	3
Federazione Scholarship Awards Update .....	3
Voices of Abruzzo Students .....	4
Pizzonte Abruzzesi for Kenya.....	4
Pizzonte Abruzzesi Ricette .....	5
Associazione Brittolesi Announcement .....	6
Gagliano Aterno Social Club Announcement.....	6



## Abruzzo Towns Twinned with Hamilton







FEDERAZIONE ABRUZZESE OF HAMILTON

*Let's celebrate again!*

**Festitalia**  
HAMILTON

# *Abruzzo Food Night*

**Join us for abruzzese food,  
music and special presentations!**

## *Menu*



*Bread, butter, white rosemary focaccia*

*Rich Antipasto, Arancini*

*Pasta alla Chitarra with fresh tomato and basil*

*Pasta alla Chitarra with rapini and sausages*

*Slow Braised Beef Short Rib*

*Fried Red, Yellow Peppers*

*Garlic Mashed Potatoes, Charred Broccoli*

*Mixed Green Salad*

*Cannoli with Cream and Abruzzese Ciambelle*

*Coffee, tea, espresso, Cash Bar*



*Doors open at 5:30pm, Dinner will be served at 6:30pm.*

**Wednesday, September 20, 2023**

**Carmen's Banquet Hall**

**1520 Stone Church Rd E. Hamilton**

**\$60 per person**

**For Tickets, Contact:**

**Ersilia Di Nardo 905-578-9504**

**Elda Faiella 905-561-9126**

**Franca LaCivita 289-925-5593**

**TICKETS  
NOW ON  
SALE**





## Mayor Andrea Horwath Visits Abruzzo



Mayor Andrea Horwath led a mission to Italy from July 3 to 14 to further foster relationships with Italy and Italian dignitaries. She engaged in a number of meetings with Italian government officials and toured key Italian cultural areas. The mission included a visit to Abruzzo where Hamilton is twinned with Introdacqua, Pratola Peligna, Sulmona, Gagliano Aterno, Pettorano sul Gizio, Castiglione a Casauria, Pacentro and Villetta Barrea. On July 11 Mayor Horwath met with the administrators of seven of the twinned municipalities in the Council Chamber of Pratola Peligna. The meeting was promoted by CRAM (Consiglio Regionale Abruzzesi nel Mondo – Regional Council of Abruzzo in the World) and organized by Robert Santangelo, vice president of Abruzzo’s Regional Council. Larry Di Ianni, former mayor of Hamilton and CRAM representative and Angelo Di Ianni, President of the Confederazione Abruzzese-Canada were present.

Mayor Horwath was also invited to ceremonies in Sulmona, Pacentro, Castiglione a Casauria and Pettorano sul Gizio. As well, she attended the Canadian WWII cemetery in Ortona at Moro River where over 1300 Canadian soldiers are buried who were killed during the invasion of Italy by Allies to liberate Italy from fascism.

Hamilton is also twinned with Racalmuto, Sicily where Mayor Horwath took part in the festival honouring Maria SS del Monte and met with local dignitaries. She also visited Rome and Palermo.

The visits to Abruzzo, Racalmuto, Rome and Palermo celebrated the friendships with Italy and its cultural and economic significance to Hamilton. This mission continued a tradition of cultural exchanges and reciprocal mayoral visits between Hamilton and its’ twinned Italian municipalities. These exchanges further collaboration, trade and development.



## Federazione Abruzzese Scholarship Update

On behalf of the Scholarship committee, I’m pleased to report that the judging process is complete. This year the Federazione Abruzzese received a record number of 15 applications for the Scholarship Awards program. It was so encouraging to see the quality of the 15 applicants who shared their academic achievements along with their impressive summaries of extra-curricular activities and contributions to the community. All of the applicants are exceptional young people who demonstrated great confidence in presenting applications this year and offer the promise of a strong future for Canadian society. Unfortunately, the committee had to make some very difficult decision and could select only 6 Scholarship Award recipients. Congratulations to the 6 award recipients. To those applicants who were not selected, thank you for applying and we encourage you to continue your excellent work and if you are eligible, apply again next year. The Federazione Abruzzese needs young people such as the Scholarship applicants to continue the work of the Federazione and we hope that you will join us and take part in our events.

The Federazione Abruzzese extends a sincere thank you to the judges for their time, diligence, and collaboration, and their respect for the integrity of the judging process while reviewing all of the applications. We also thank the sponsors of the Scholarship Awards: David DeSantis: Multi-Area Developments Inc, Frank Ciancone: City Window and Glass, Anthony DeSantis Jr.: A. DeSantis Development Inc, Dominic Chiaravalle and Nick Ventresca: Tuscany Hills Homes, Joseph Trombetta and Gina Colalillo: Titan Mortgage Group and our newest sponsor, LiUNA Local 837.

We hope to see all of you at the Abruzzese Regional Food Night Dinner on September 20<sup>th</sup>.

## Voices of Abruzzo

This past April the Abruzzese Federation of Hamilton hosted a group of students from the city of Sulmona in Abruzzo. These high school students were in their graduating year at G. Vico Liceo and did research and wrote a book on Italian immigrants of Abruzzese background in Canada .

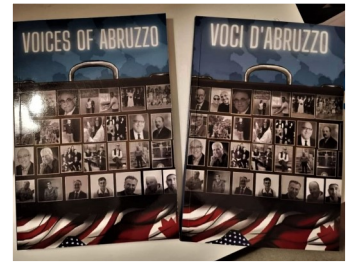
The purpose of the visit to Hamilton and Toronto was to present the book and the research to their Canadian counterparts.

While in Hamilton, the students stayed at the C Hotel and from there visited Hamilton and area sites. They were hosted by Cardinal Newman High School and presented to the student body and staff. The Canadian students welcomed their Italian peers with great enthusiasm thanks to the administrators, Mr. Macaluso, Principal and Mr. Pusztay, Vice Principal.

Of course the students also visited Niagara Falls to see one of the 8 wonders of the world and were duly impressed.

The final night in Hamilton saw a full house attend a banquet in honour of the students who presented and receive gifts and souvenirs.

Everyone enjoyed the visit by these talented students.



## Pizzonte abruzzesi for Kenya



Questa mattina, a Raukani in Kenya, i bambini della scuola locale hanno preparato e mangiato delle pizzonte abruzzesi.

In mezzo a loro, sorridente, c'è una meravigliosa ragazza di Pescara, Luna Lamona. Ho conosciuto Luna a Pescara qualche mese fa, mi parlava di questo progetto, dell'Africa, e io le dicevo "Scine, scine, scrivimi tutte cose".

Luna, lo scorso novembre, ha fondato una piccola associazione no profit: [For Kenya](#). Ma qui, più che la mia parola, potrà la sua:

Luna: "Caro compare, la nostra associazione realizza piccoli progetti solidali a sostegno di realtà locali quali scuole e villaggi, coinvolgendole attivamente nella loro crescita e dandogli i mezzi per migliorarsi e diventare indipendenti. Siamo ospiti in questa terra e tali resteremo. In tutto ciò che facciamo, il rispetto dell'ambiente è una delle nostre priorità, e allora costruiamo parco giochi con le gomme delle jeep e gli scarti del legno, integriamo bottiglie di vetro nelle pareti della scuola e facciamo tende con file di tappi di bottiglia". Pescara: "Frechete commà, ma dimmi un poco la tua storia..." Luna: "Sono venuta in Kenya la prima volta nel 2015 per i miei 30 anni. Già da subito ho sentito che in questa terra ero chiamata a fare qualcosa di più. Ho iniziato facendo piccole lotterie a Pasqua e Natale con cui portavo avanti progetti semplici come l'acquisto di attrezzi nuovi per donne spaccapietre o ripari per neonati durante il lavoro delle mamme. Interrotto tutto per il COVID, l'anno scorso ho fatto un periodo di volontariato in un ospedale nell'interno del Kenya e ho ricordato tutto l'amore per questa terra. A novembre ho fondato For Kenya." Pescara: "Bello bello, mo mettiamoci un poco d'Abruzzo per devozione". Luna: "Nel direttivo siamo tutti abruzzesi, oltre me c'è una ragazza dell'Aquila e un'altra di Pescara. L'azienda che è venuta la settimana scorsa e che ha finanziato interamente la costruzione delle due classi nuove e del parco giochi è anche di Pescara, si chiama Nakpack. Fanno imballaggi brevettati per bottiglie. Sono venuti il proprietario e la sua responsabile marketing." Pescara: "Per me stapposte, commà." Luna: "Aspetta qualche giorno se vuoi pubblicare un post che vorremmo farti una sorpresa". La sorpresa sono le pizzonte, tiè.



## Pizzonte abruzzesi (pizzette fritte)

### Ingredienti:

500 grammi farina 00	10 grammi sale	150 grammi latte
3 cucchiaini olio evo	1 pizzico zucchero	q.b. olio di semi per la frittura
1/2 lievito di birra fresco in panetto	150 grammi acqua	

1. Per la preparazione delle pizzonte potete lavorare a mano o con un'impastatrice. Io, da buon marito nel panico, ho usato il robot! Versiamo tutti gli ingredienti nella ciotola mettendo la farina sulla base, il resto sopra. Se lavorate a mano fate la classica fontana con la farina. In entrambi i casi amalgamiamo e lavoriamo il composto fino a quando non sarà omogeneo.
2. Copriamo con un canovaccio il recipiente e lasciamo lievitare circa due ore (d'estate i tempi sono ridotti visto il caldo).
3. Tiriamo fuori l'impasto e lavoriamo su una spianatoia. Iniziamo a formare le "pizzelle" prelevando un pò dell'impasto e formiamo delle palline che schiacteremo con le mani. Posizioniamole su un vassoio infarinato o con un foglio di carta forno.
4. Copriamo ancora con il canovaccio e lasciamo lievitare ancora, dai 10 minuti alla mezz'ora (anche più se volete). Abbiate cura di disporre le pizzonte non troppo attaccate.
5. Mettiamo a scaldare una pentola con olio (in Abruzzo le donne di cucina utilizzano olio evo, ma io vi consiglio di usare normale olio di semi, ad esempio di arachide o girasole).
6. Stendiamo ora le pizzette allargandole delicatamente con un matterello o, più semplicemente, con le mani e friggiamole. La dimensione potete deciderla al momento: se volete le pizzonte la dimensione dovrà essere piccola e spessa e, aiutandoci con un cucchiaino, dovremo schiacciarla al centro così da creare la **cavità centrale** necessaria per contenere il condimento scelto. Se desideriamo la classica frittella, l'impasto va steso sottile e largo.
7. Lasciamo che le pizzonte si dorino, scoliamole e lasciamole asciugare su carta assorbente o carta per fritti.
8. Guarniamo a piacere e serviamo ancora calde.



## Pizzonte from Abruzzo (fried pizza dough)

### Ingredients:

500 grams of 00 flour	10 grams salt	150 grams of milk
3 tablespoons extra virgin olive oil	1 pinch sugar	seed oil for frying
1/2 fresh brewer's yeast in block	150 grams of water	

1. For the preparation of pizzonte you can work by hand or with a mixer. Pour all the ingredients into the bowl putting the flour on the base, the rest on top. If you work by hand, make the classic fountain with flour. In both cases, mix and work the mixture until it is homogeneous.
2. Cover the container with a cloth and let it rise for about two hours (during the summer, times are shorter due to the heat).
3. We take out the dough and work it on a pastry board. Form the "pizzelle" by taking some of the dough and forming balls and then flatten them with your hands. Place them on a floured tray or with a sheet of parchment paper.
4. Cover with the cloth and let it rise again, from 10 minutes to half an hour (even more if you like). Take care to arrange the pizzonte not too attached.
5. Heat a pot with oil (in Abruzzo the kitchen women use extra virgin olive oil, it's advisable to use normal seed oil, for example peanut or sunflower).
6. Roll out the pizzas by gently spreading them with a rolling pin or, more simply, with your hands and fry them. You can decide the size at this moment: if you want the pizzonte, the size must be small and thick and, with the help of a spoon, you can crush it in the center so as to create the central cavity necessary to contain the chosen sauce. If you want the classic pancake, the dough should be rolled out thin and wide.
7. Let the pizzonte brown, drain them and let them dry on absorbent paper.
8. Garnish as desired and serve while still hot.



<https://www.ogginamirco.it/pizzonte-abruzzesi-farcite/>



## Associazione: Brittolesi in Canada

After three years, we are happy to once again be able to gather and celebrate our families, friendships, heritage and community! Everyone is invited to join us on August 27th for our annual Brittolese Picnic which will take place at the McCoy Pavilion of Christie Conservation Area.

The festivities begin at 12:00 p.m. with porchetta and buns. The porchetta will be free for members (memberships will be sold at the picnic for \$25 per household and is good for the rest of 2023 and all of 2024), while non-members may purchase porchetta for \$5.00 per bun. This will be followed by a bocce tournament and games for children.

We ask all who would like to sign up for the bocce tournament to do so by noon to ensure a spot. We also encourage all who are playing to bring their own bocce balls.



## Gagliano Aterno Social Club Announcement



The Community of Gagliano Aterno Social Club announces its Annual San Martino Dinner-Dance, Saturday, November 11, 2023 at Michelangelo Banquet Centre, 1555 Upper Ottawa St., Hamilton, ON. Tickets are priced at \$65.00 each.



To order tickets, contact Carman Palombella, 905-549-3622.



**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, Ersilia Di Nardo.*