



# THE ABRUZZO AND MOLISE HERITAGE SOCIETY

of the Washington, DC Area

Celebrating Italian Culture & Community since 2000

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

## **AMHS NOTIZIARIO**

**May 2018**



**Top:** Guest speaker Diane Welland.

**Bottom (from left):** AMHS President Ray LaVerghetta with Diane Welland, Nancy DeSanti, 1<sup>st</sup> VP-Programs, and Lucio D'Andrea, President Emeritus. (photos courtesy of Joe Novello and Maria D'Andrea-Yothers).

**NEXT SOCIETY EVENT:** AMHS General Society Meeting, **Sunday, June 10, 2018** at 1:00pm at Casa Italiana. Professor Thomas Guglielmo will talk about Italian immigration. *See inside for details.*



## A MESSAGE FROM THE PRESIDENT

*Dear members and friends:*



By the time that you read this message, we will (hopefully) no longer be waiting for spring to spring. Winter this year has seemed to drag its feet (so to speak) and hang around longer than usual. It seems that we too waited a little longer than usual for the

second AMHS program in 2018. It did take place however on April 15<sup>th</sup> at Carmine's restaurant, where noted nutritionist and writer Diane Welland joined us for an extremely interesting talk on the history of pasta. She explained that pasta is actually good for us and that there are many tips on its use as well as many enticing recipes for preparing it – we just need to know where to look. See Nancy DeSanti's article for more details on Ms. Welland's entertaining talk.

The Scholarship Committee was hard at work over the month of April. The Committee received more than twice as many applications as last year, and the uniformly excellent credentials of the applicants required careful scrutiny and much deliberation on the part of the Committee. Learn who the winners are and a little about them in the next issue of the *Notiziario*.

Speaking of the Scholarship Committee, two members – Peter Bell and I – visited NIAF in early April to deliver the Society's \$4,000 scholarship check. NIAF matches that amount and the two organizations jointly fund the two scholarships that are awarded each year to two very deserving students. See the article in this *Notiziario* for further details regarding our visit.

The Society's next meeting is scheduled for June 10<sup>th</sup> at Casa Italiana. It will feature a talk on immigration by Professor Thomas Guglielmo of George Washington University. Given the prominence of this issue in today's news, the presentation should be both timely and instructive. Further information and a flyer for the meeting are in this *Notiziario*.

Finally, and perhaps most importantly, there is a membership renewal form in this edition of the *Notiziario*. If you are unsure whether your membership is current or expired, check your email queue (or the stack of regular mail on your desk at home) to see whether you have received a notice from our Membership Chair, Lynn Sorbara, regarding the need to renew your membership. If you have, you can use the form included in the *Notiziario* to keep your membership current. Simply fill it out and send it along with your dues to Lynn's address, which appears at the bottom of the form. In this way you will stay in the loop on what is happening in the Society and also help to keep our membership strong, which is key to maintaining our healthy financial footing.

I hope you enjoy the rest of the *Notiziario* and the wonderful season of spring too!

Ray LaVerghetta

## UPCOMING SOCIETY EVENTS AND ACTIVITIES

### GWU PROFESSOR THOMAS GUGLIELMO TO TALK ABOUT ITALIAN IMMIGRATION

*By Nancy DeSanti, 1<sup>st</sup> Vice President - Programs*



The interesting and timely topic of immigration, specifically Italian immigration to America, will be the topic of our third program for this year. The luncheon meeting will be held at Casa Italiana on June 10, 2018, at 1:00 p.m., and we are honored to have as our speaker George Washington University Professor Thomas A. Guglielmo, an author and expert in the field of history of immigration.

Dr. Guglielmo traces his Italian roots to two small towns in southern Italy--Ferrandina in Basilicata and Apice in Campania. He received his undergraduate degree from Tufts University and his Ph.D. in history from the University of Michigan in 2000.

He taught at the University of Notre Dame before joining the faculty at GWU. Dr. Guglielmo has won awards for his work from the Society of American Historians and the Organization of American Historians. His talk to us will focus on the history of race and of Italian immigration to America and the continuing relevance of this history in our current age.

The talk will be preceded by a lunch catered by Osteria da Nino with a delicious menu of insalata verde, risotto con funghi e crema di parmigiano, cavolini di Bruxelles croccanti, pollo con funghi e Florio marsala, orecchiette con ragù di agnello, homemade focaccia bread, and tiramisu for dessert.

Paid reservations are due by June 6, so please ask your family members and friends to make their reservations early. We will also have some wonderful raffle prizes. We hope to see you in June!!

### ITALIAN COMMUNITY CELEBRATION OF FESTA DELLA REPUBBLICA JUNE 9, 2018

*By Maria D'Andrea-Yothers, Immediate Past President*

The Abruzzo and Molise Heritage Society, in association with the Italian Heritage & Cultural Society, Church of the Nativity; the Italian Heritage Society, St. Mary of Sorrows; the National Italian American Foundation; and the Order Sons and Daughters of Italy in America: GW Lodge and Italian

Heritage Lodge of Fairfax, are sponsoring Festa della Repubblica celebration on Saturday, June 9, 2018, from 6:00 p.m.–9:00 p.m. at the Church of the Nativity, 6398 Nativity Lane, Burke, VA. These organizations are motivated by a desire to establish an event that reflects a sense of solidarity of the Italian American community in the area.

It promises to be a fun event, with several distinguished guests. AMHS scholarship winner Gianluca Nigro will be the evening's "MC". An Italian meal, with wine, will be catered by Piero's Corner Ristorante Italiano. The cost: \$25 for adults; and \$12 for high school students. Reservation and payment deadline is June 1, 2018. Final details regarding where to RSVP and how to make payment are still being worked out. Once such details are finalized, we will promote this event via our website and by email. In the interim, if you have any questions, please contact Maria D'Andrea-Yothers at [uva051985@comcast.net](mailto:uva051985@comcast.net). We hope you will consider joining us for this festive celebration.

### Background

The Festa della Repubblica is the Italian national holiday celebrated on the second day of June. It commemorates the institutional referendum of 1946 when (by universal suffrage) the Italian population was called to decide what form of government (monarchy or republic) the country would have following World War II and the fall of Fascism. After 85 years of monarchy, with 12,717,923 votes for and 10,719,284 votes against, Italy became a Republic, and the monarchs of the House of Savoy were deposed and exiled. This is one of the most important Italian national holidays which, like July 4 in the United States and July 14 in France, celebrates the birth of the nation.



## RECENT SOCIETY EVENTS AND ACTIVITIES

### THOMAS JEFFERSON AND THE HISTORY OF PASTA IN AMERICA DISCUSSED

*By Nancy DeSanti*

Despite all the naysayers, pasta really is good for us, and we found out why from Diane Welland, a leading nutritionist and

food writer. Diane was the featured speaker at our program on April 15, 2018, held at Carmine's Restaurant.

Here's why Diane says you should eat more pasta "in moderation." It's because new research shows that people who regularly eat pasta - the fundamental component of Italian Mediterranean cuisine - may have better diet quality, greater intake of vitamin and minerals and can better manage blood sugar levels, compared to those who do not eat pasta. She noted that pasta is a very versatile food—it can be dressed up with truffles, or it can be a good way to get kids to eat their vegetables.

Diane, who is of Sicilian and Portuguese heritage, is well-qualified to tell us about this fascinating subject. She is a registered dietitian and freelance writer and consultant specializing in consumer, custom and trade publications related to food, nutrition, food service, health and fitness. A New Jersey native, she worked in both New York City and New Jersey before moving to Northern Virginia to become Manager of Nutrition Services/Media Spokesperson for the National Restaurant Association in Washington, D.C. Three years later, she left that position to pursue her first love--writing.

Currently, Diane follows culinary, nutrition and lifestyle trends and often translates scientific information into layman's terms, interviewing chefs and food service operators as well as talking to leading scientists. During a very interesting career, she has also worked for the International Caterers Association, for leading newsletters in the field such as the Environmental Nutrition Newsletters. She also teaches nutrition at Northern Virginia Community College and does recipe development and testing. Diane graduated from Rutgers University and has a Masters' of Science in Nutrition Science from New York University.

Diane traced for us the history of pasta throughout the world. She said we don't really know who is responsible for inventing pasta, but it likely happened long ago in many cultures. Egyptian tombs show the pasta making process of the ancient times, and Asian countries have had noodles for a long time.

Diane said historians credit Thomas Jefferson for introducing pasta to America. Jefferson had traveled to Europe, especially Paris, and was aware there were "macaroni machines" because he drew an early version of one and wrote some notes about it. In the early days of pasta here, the durum wheat had to be imported from Italy because it was not grown here until World War I when imports from Europe were banned and farmers were forced to grow durum wheat here.

The earliest pasta manufacturer in America dates back to 1848 in Brooklyn, and the company was A. Zerega's & Sons, Inc. In America, pasta making was a family affair and centered mostly in Brooklyn. There were Neapolitan street vendors selling pasta as early as 1913. Then 5 million Italian immigrants started coming to America in the late 19<sup>th</sup> and early 20<sup>th</sup> century. The waves of immigrants from 1880-1924

came from different regions, especially Southern Italy, and they lacked the ingredients they used at home. Pasta was sold loose in bins, weighed and sold, or delivered in horse-drawn carriages. Pasta was made in small batches until the 1930s.

Eventually, Italian-American dishes were created here, such as spaghetti and meatballs, that would never be found in Italy, but which seemed to non-Italians to be Italian dishes. Pasta was still considered ethnic food, and it began to be sold in boxes in 1939.

The popularity of pasta increased during and after the World War II years. Pasta began to break away from its Italian roots and it became popular as an easy way to feed soldiers because it was cheap and filling. “Spaghetti houses” began to crop up in the South before even the fast-food joints.

Over time, though, the small, family owned companies who were a very close-knit community in Brooklyn, sold out or moved away. In the 1980s, there was a consolidation of the industry from family owned companies to corporate ownership. By the 1990s, the small factories had mostly closed or merged with factories making pasta for multiple brands. Nowadays, artisanal pasta companies have become popular and there is even a dictionary of pasta shapes. Also, a lot of athletes eat pasta before running marathons.

You don’t have to be Italian to love pasta, Diane says. It’s one of the most popular foods in America. We learned from Diane that the National Pasta Association has a website (<https://pastafits.org>) where you can find pasta tips, tricks and information about using pasta in healthy meals as well as dozens of mouth-watering pasta recipes.

As to why pasta is good for us, Diane explained that pasta is a low-sodium and cholesterol-free food with a low glycemic index — foods that keep blood sugar levels in control. She cited a study showing that “pasta eaters have better quality diets than those who don’t eat pasta,” according to Diane. The findings showed that pasta eaters had a greater intake of nutrients and minerals that most people lack in their diets such as folate — that helps the body form red blood cells and reduces the risk of defects during fetal growth; iron — used to carry oxygen in the blood and aids in reducing anemia; magnesium — a mineral used in building bones and releasing energy from muscles; and dietary fiber — which helps reduce blood cholesterol levels and lower risk of heart disease, obesity and Type 2 diabetes. In addition, eating pasta also led to less intake of saturated fat — which can help lower the level of cholesterol in your blood to decrease the risk of heart disease and stroke — and less added sugar — such as sucrose and high fructose corn syrup that contain a whole bunch of calories with no essential nutrients.

“Pasta can be an effective building block for good nutrition, as it serves as a perfect delivery system for fruits, vegetables, lean meats, fish and legumes,” she added.

Diane showed us her favorite slide in her presentation, which was pictures of Elvis Presley and Sophia Loren, labeled “The King and Queen.” First it shows Elvis’ recipe for macaroni salad and then it shows Sophia with a forkful of spaghetti and quoted her as saying “Everything you see I owe to spaghetti” and the caption notes that she was the Spaghetti Week Queen in 1955. (See page 18 for a photo of the slide)

Our successful program had 62 attendees, and we had \$231 in raffle sales for the \$100 gift certificate from Carmine’s. Judging by the favorable comments afterwards, the program was a big success!!

## AMHS SCHOLARSHIP PROGRAM

*By Ray LaVerghetta, Chair, AMHS Scholarship Committee*

On April 2, two members of the AMHS Scholarship Committee visited the National Italian American Foundation (NIAF) to deliver this year’s \$4000 matching check. Peter Bell, who also serves as the Society’s Treasurer and Chairman of the Finance Committee, and Ray LaVerghetta, Chairman of the Scholarship Committee, handed over the check to NIAF’s Julia Streisfeld, who manages NIAF’s scholarship programs.



The AMHS awards two \$4000 scholarships each year, one to each of two highly qualified students. Our Society provides the funds for one of the scholarships, \$4000, a sum matched by NIAF. The winning applicants must meet the joint criteria of both the NIAF and the AMHS. NIAF staff do the initial screening of the applicants, ensuring that only those applicants who fulfill NIAF criteria and whose documentation supports their application make it through the first pass. Qualified applications are then forwarded to the AMHS Scholarship Committee, which evaluates the applicants on the basis of the Society’s criteria, which complement those of NIAF.

The entire process began in December with the start of the application period for the 2017-2018 academic year, which



closed on March 1. NIAF does its review in March and forwards the results to the AMHS Scholarship Committee, which, in turn, over the course of April, evaluates the applicants who made it through the initial NIAF screening. The Scholarship Committee typically concludes its work at the end of April and sends its results back to NIAF, which announces the results in early May. Readers of the *Notiziario* should be able to find out the winners of the two scholarships in the next edition.

Members of the AMHS Scholarship include Peter Bell, Lucio D'Andrea, Ray LaVerghetta, Romeo Sabatini and Lourdes Tinajero.

## AMHS MEMBERSHIP

by Lynn Sorbara, 2<sup>nd</sup> Vice President – Membership

I am pleased to report that there are 289 members of AMHS, including *ten* new members. Thank you for your support of the Society's programs and activities.

I would like to remind everyone that, currently, there are several outstanding and/or expired memberships. *Please renew your membership as soon as possible.* We count on your presence at our events and your membership dues so that we can continue to offer high-quality activities. Please take note of the automated email reminders that are sent directly to you from our new system. *For your convenience, a membership form is included in this edition of the newsletter.* If you have any questions regarding the renewal process, feel free to contact me at (301) 926-7792 or via email at [drlynnrose@yahoo.com](mailto:drlynnrose@yahoo.com).

### New Members

A warm welcome is extended to our newest members: Benjamin Abeles, Roland Costanzo, Victor Ferrante & Sharon Moran, Maria-Stella Gatzoulis, Pietro Masci, Eileen Maturi, Gianluca Nigro, Alessia Thiebaud, and Jacob Yaniero.

### Compleanni a Maggio

Darlene Palumbo Barnsby, May 3; Joanne Fusco, May 5; Nancy Coviello, May 7; Samuel Amatucci, and Joseph Scafetta, Jr., May 10; Kathryn C. DiGiacomo, May 13; Thomas Monaco, May 14; Amy Antonelli, May 15; Victor Ferrante, Kathlyn Nudi, May 16; Robert Woolley, May 19; Peter Bell, May 20; Rocco Del Monaco, Giulia Michonski, May 21; Cristina Scalzitti, May 25; Agnes Sabatini DeMauro, and Benjamin Abeles, May 26; Jacob Yaniero, May 28; Ennio DiTullio, and Renato Orcino, May 30.

### Compleanni a Giugno

Judy D'Ambrosi, June 2; Beniamino Caniglia, June 4; Lucille Fuscillo, Janet Marmura, June 6; Naomi DiSylvester, June 7; Joseph Lupo, June 9; Alberto L. Paolantonio, June 10; Liliana Ceresini, June 14; Christine DiSabatino Koerner, June 22; Margaret Uglow, and Cristina Scalzitti, June 25; Omero Sabatini, and Alessia Thiebaud, June 26; Rita Orcino, June 28; and Helen Antonelli Free and Laura Gentile, June 30.

## Anniversari a Maggio

Joseph & Amy Profit D'Amico, May 1; Francesco & Anna Isgro, May 19; Michael & Naomi DiSylvester, May 22; Mario & Carmen Ciccone, May 27. Ordination: Rev. John V. DiBacco Jr., May 13

## Anniversari a Giugno

Beniamino & Delores Caniglia, June 2; Luigi & Silvana DeLuca, June 3; Michael & Theda Corrado, Massimo & Rosa Mazziotti, Joseph and Betsy Ruzzi, June 4; Omero & Belinda Sabatini, June 6; Lucio & Maria Marchegiani, June 9; Frank & Joyce Del Borrello, June 10; Mauro & Elizabeth Chiaverini, June 11; Tom & Cindy Savage, June 13; Tony & Judy D'Ambrosi, June 22; Anthony & Elodia D'Onofrio, June 25; and Lucio & Edvige D'Andrea, June 27.

## SIAMO UNA FAMIGLIA

### ZOOMING IN ON ZEPPOLE: CREATING A CLOSE UP ON AN ITALIAN CREAM PUFF

By Kirsten Keppel, AMHS member



Kirsten Keppel

When I set out last summer to make the film *Ringraziamenti: The Saint Joseph's Day Table Tradition*, I never dreamed how present St. Joseph would be to the making of the picture! The "silent saint," who never utters a word in Scripture, filled my film and life with sound as I gave voice to his celebration in Italian America. His lessons of character, patience, fortitude, and faith taught me much about artistry.

Here are some lessons learned from my exhilarating, exhausting and incredible four-month journey of making a close-up on a cream puff.

#### • Always Apply...Say Yes If You Win!

Last March 15, I applied for a \$7500 grant (in 2018, the amount has been increased to \$8000) in the Russo Brothers Italian American Film Forum. I completed the application questions in under an hour. I had reflected upon them for a lifetime! My great aunts made *zeppole* every March 19 in upstate New York. I wanted to know more about this cream puff that flavored an otherwise austere time during Lent. Why had my great aunts always instructed me to thank Saint Joseph for my home and family?

From videography for AMHS in 2010 and 2015, and from formal study of ethnography and memoir reading in graduate school, I knew that Italian America was *not* a tell-all culture. The reality is that our stories contain rupture and the trauma of uprooting, emigrating, starting over in a foreign land, preserving language or losing it to outside pressures, and coming together in community. I knew to be mindful of this past when seeking potential on-camera storytellers.

Thanks to a conversation with AMHS founder Gloria Sabatini in 2010, I knew that my roots in the Italian boot meant that I could hear stories with my heart, yet other roots and life experiences meant that I had developed the distance needed to listen with a journalist's eye and storyteller's ear. St. Joseph offered a model of saying *yes* to what presented itself, and then *being present* to what unfolded. Instead of inserting my ego into what I thought should be said, my heart could listen more deeply for what *wanted* to be told.

### • Start Close to Home...and Stay There

Not overreaching was and is the most difficult lesson to integrate. My initial vision of capturing five to six Little Italy communities onscreen proved unrealistic and unwieldy. Right here at home, however, I noticed that Saint Joseph seemed to be appearing naturally!

Last May 15, two weeks after learning about the grant, I attended an AMHS luncheon with Domenica Marchetti, author of *Preserving Italy*. My friend and I sat down at Carmine's Restaurant across from two friendly women attending their first AMHS event. When I shared with them that I had just won a film grant, one said, "Oh, my family is in its 99<sup>th</sup> year of celebrating Saint Joseph's Day," and whipped out pictures on her iPhone to show me! Talk about divine! Two months later, I filmed Karen Kiesner and her father Julian Schimmenti in Woodbridge, Virginia. Julian is the first face to appear in the film. Audiences find his obvious zest for *baccalà* endearing.

Another synchronicity occurred when I had given up on finding a way to include New Orleans in the film. One Friday evening last July, I said a prayer to let go of worry. Then I ran into my neighbor in the lobby. When he said he was going home for the rest of the summer, I asked, "Where's home?" I about fell over when he replied, "New Orleans." I asked, "So you know about the St. Joseph's Day tradition?" He replied, "Know it? I live it! Every year I get my fava bean!" That Sunday at 8:00 a.m., I knocked on his door with a release form. A half hour later, he was on his way to the airport, while I was transcribing his interview.

### • It Takes What It Takes...and Retakes

From June through August, I went to Baltimore six different times to film four different sets of interviews, a tricolor fire hydrant, bocce ball courts, the exterior of St. Leo the Great Catholic Church, and Italian street signs.



*St. Leo the Great, Little Italy, Baltimore, MD*



*St. Joseph table at NIAF event on March 19*

The first time I went to Baltimore on June 11, the Saint Anthony Festival had drawn up to 10,000 people. Legend has it that in the Great Baltimore Fire of 1904, the parishioners of St. Leo's ran outside, imploring Saint Anthony's intercession. According to legend, the wind changed direction, and Little Italy was spared devastation. Every year since, residents have thanked the saint with a big party on his feast.

When I met Antonio Villaronga, the film's editor and muse, as well as musician, I could not help but think back to that first trip to Baltimore! When Jackie Steven of Arlington Independent Media connected me to Antonio, I knew I had met the person to whom I could entrust the film's heart. It soon became clear that the film's emotional heart lay in Baltimore.

I did not know anyone in Baltimore when I began the project. After applying, I had gone exploring at the Cleveland Park Library, where I found Suzanna Rosa Molino's book *Baltimore's Little Italy: Heritage and History of the Neighborhood* (Baltimore: The History Press, 2015). Suzanna, who runs the Little Italy Promotion Center, had left her e-mail in the book. When I wrote to her, she offered to connect me to Joseph Tusa, who brought the tradition to St. Leo's from New Orleans.

After our first interview, Joe said he would try to "find a few volunteers" willing to speak. On a hot Saturday morning, with St. Leo's church bells pealing, each of the gorgeous ladies you see walked into the church basement, carrying books, prayer cards, memorabilia, stories, and dedication. I found their beauty of spirit and their trust moving. I wanted to tell the film's story in the same humble and loving spirit. It was hard not to cry or laugh when each was sharing! I felt instantly at home with these ladies. And so have film audiences.

### • Do the Groundwork...Leave Room for Grace

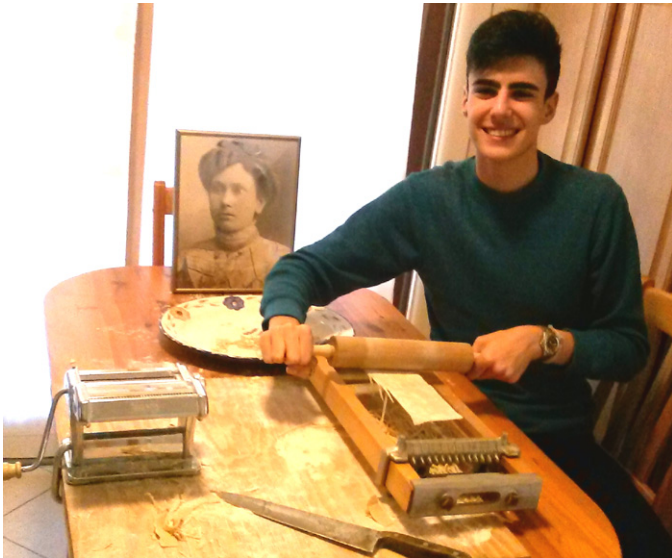
Film reality is less glamorous than the final product! Professional liability insurance, volunteer accident insurance, and a good relationship with an insurance broker are the parts the public never sees! City film offices, filming fees, and archdiocesan permissions come with the whole process. It was a steep learning curve.



In October, I learned that *Ringraziamenti* had won one of the three finalist slots! What an honor for us all! To be graced with the opportunity to create community through language and art elicits the highest form of gratitude I can possibly express.

**Ringraziamenti:** *The Saint Joseph's Day Table Tradition* was a semi-finalist in the 2017 Russo Brothers Italian American Film Fest. See the film online at <http://www.niaf.org/programs/russo-brothers-italian-american-film-forum-grant/film-forum-grant-selections-for-2017/> and <https://www.orderisda.org/resources/film-forum/>

## MAKING PASTA AT HOME: A FAMILY AFFAIR



*Emanuele Di Prima making Pasta alla Chitarra*

The presentation by Diane Welland on the history of pasta in America spurred me to have a pasta-making session with my grandson Emanuele, so that he may familiarize himself with this old family tradition. He helped me make pasta before with the newer machine also shown in the photo above, but never using the *chitarra* tool. The photo above shows Emanuele manning the *chitarra*, while his great-grandmother, from whom I inherited the instrument, looks on. Our AMHS cookbook *Traditional Cuisine of Abruzzo and Molise* contains a basic recipe for homemade pasta. (Submitted by Romeo Sabatini, AMHS member)

## MAKING PASTA FOR THE FOLKS: ABRUZZO FAMILY PASTA FACTORIES

*By Romeo Sabatini, AMHS member*

Today's word-famous large pasta factories began from family-owned and managed small factories, such as the *PASTIFICIO FANTINI* in Villa Santa Maria in the province of Chieti, Abruzzo, owned by distant relatives on my mother's side. The *pastificio* is no longer and no one could tell me what happened to it, but here's a photo below, of the grounds of the *PASTIFICIO FANTINI* in the 1890s, obtained from an aunt. One can see in the center sacks of flour being weighed, and on the right, pasta drying in the sun.



*Pastificio Fantini, Villa Santa Maria (Chieti)*

## MAKING PASTA FOR THE POPE: ABRUZZO'S MASTRI PASTAI

*From an article in Italy Magazine, May 2012 by Barry Lillie*

It was first thought that Marco Polo brought pasta back from China in the thirteenth century; however, although it's now widely acknowledged that the Chinese were the first to use similar dough to perfect the art of noodle making, evidence shows that pasta is indeed of solely Italian origin. Frescoes on Etruscan tombs show people mixing water and flour into a paste, and Arab geographer, Idrisi recorded in the 12th century that he had witnessed Sicilian semolina and water made into strands; there are also references to macaroni dating back to the 13th century.

## The Pasta from Fara San Martino

Situated on the outskirts of the Majella National Park, in Abruzzo, is the town of Fara San Martino. The town is known as 'La casa della Pasta' (The Home of Pasta). Despite its produce attaining worldwide fame, the region, east of Rome, remains largely undiscovered. Abruzzo's Adriatic coast attracts visitors to its seaside resorts; however, venture further inland and it can feel like stepping back in time. Shepherds still herd their flocks along ancient sheep tracks and many of the regions farming inhabitants have yet to venture over the Apennine Mountains to visit the country's capital. In fact, so pastoral are some parts that the sight of tourists can still cause a stir in some of the smaller villages.

Fara San Martino is situated at the opening of the Santo Spirito valley, next to the river Verde. Here you find a major separation of two cliffs. Legend tells of Saint Martin opening up the rock with his bare hands. The town is surrounded by caves and the handful of beautiful grottos is a delight for the hikers that venture there.

Ask anyone what makes the pasta made in Fara San Martino so special and they'll tell it's because it's made with crisp, clean water from the mountain springs. Water from the Verde River, which feeds the springs, has excellent organoleptic characteristics, this coupled with the ventilated climate, ideal

for pasta drying: make the two ingredients no other pasta manufacturer can purchase. It is these naturally provided ingredients that many believe makes Fara San Martino's pasta unique.

Prior to Italy's unification Don Nicola De Cecco was producing flour, just as it has been produced for generations at his small stone mill in the town. His son Filippo inherited this knowledge and, in 1886, began making pasta with the flour he milled. As pasta is always best when sun dried, Filippo designed a low temperature drying device enabling the pasta to be dried regardless of weather conditions. One Hundred and twenty-six years later, still using traditional methods of production with high-gluten semolina, the De Cecco trademark is internationally recognized as high quality pasta.

Next to the factory is a picnic area beside a waterfall, De Cecco has built barbecues in the space allowing visitors to the area to cook and eat al fresco. The town welcomes an influx of visitors to these barbecues, particularly during Ferragosto on the 15th of August, when the Italian people gather to celebrate the assumption of the Virgin Mary.

### **Del Verde Factory**

Hot on the De Cecco heels is the Delverde brand. Founded in 1970, the company that has also only used water from a local spring, last year exported over 10,000 tons of pasta. Despite the current economic climate, Delverde has been involved in continued expansion each year. Primarily a pasta producer, the company now sell an extensive line in Italian foodstuffs, from extra virgin olive oil to gnocchi. Despite being a 'new kid on the block' in comparison to the De Cecco giant, the Delverde brand is holding its own in the marketplace and the façade of its imposing factory is testimony to the popularity of Abruzzese produced pasta.

Abruzzo's large factories produce vast quantities of delicious pasta that is low priced and readily available. However, if you are looking for something special, try one of the smaller artisan producers. In my opinion, one of the best of the artisanal manufacturers is the Giuseppe Cocco factory. Cocco have been making pasta the same way now for over 50 years and many of the bronze dies used to add texture to the pasta are original ones.

Back in 1916, Domenico Cocco, aged 14 started work in a pasta factory; his passion for the job soon led to him being referred to as Master Domenico. Domenico was known for fiercely guarding the secrets handed to him by the old Mastri Pastai (pasta masters), finally handing them down to his son, Giuseppe. The old Mastri Pastai maintained that the essential four ingredients for good pasta are: mountain grown wheat, spring water, clean air and technique. Building much of the pasta making machinery himself, Giuseppe developed a unique way of making this staple of the Italian diet much more than your simple penne or linguine, they even make one flavored with saffron.

Cocco's pasta has wheaty flavor and requires a slightly longer cooking time than other brands. The texture is designed to tenaciously hang on to a sauce. So unique is this pasta that it became one of the few to be supplied to the Pope in Rome.

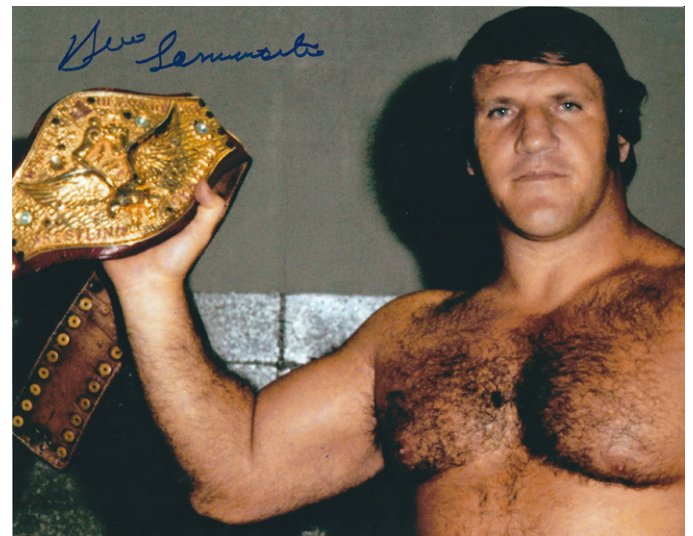
## **BRUNO SAMMARTINO, WWE HALL OF FAMER DIES**

*Taken from the website World Wrestling Entertainment*

WWE is saddened to learn that WWE Hall of Famer Bruno Leopardo Francesco Sammartino passed away at age 82.

The story of Bruno Sammartino is the story of the American dream.

During his childhood in the small Italian mountain town of Pizzoferrato in the **Abruzzo** region of Italy, Bruno Sammartino heard stories about how the streets in the United States were paved with gold. Though he believed it literally at the time, Sammartino would experience fortune and fame first-hand as the longest-reigning WWE Champion and the most beloved competitor in the history of the squared circle.



Life wasn't always so glorious for The Italian Superman. Bruno's brother and sister both passed away at young ages, and Adolf Hitler's Nazi forces seized their town, but Bruno persevered. He and his mother hid in a mountain called Valla Rocca during the German occupation and eventually joined his immigrant father in Pittsburgh in 1950.

Sammartino began lifting weights as a young man and grew to become one of the strongest men on the planet. After setting a world record in 1959 by bench-pressing 565 pounds, Sammartino caught the eye of Vincent J. McMahon, the founder of the WWE, and became a sports-entertainer.

Bruno became an overnight sensation, connecting with not only fellow Italians, but also the Latino, Greek and Jewish communities, successfully bridging the gap in America's melting pot of wrestling fans. His legend continued to grow on May 17, 1963, when Sammartino defeated Buddy Rogers in



just 48 seconds to become the second-ever WWE Champion in front of nearly 20,000 fans at the old Madison Square Garden.

Bruno held the WWE Championship for nearly eight years — by far the longest reign of all time, and a record for all professional wrestling champions, no matter the organization. A household name all over the country, the beloved hero defended his title in legendary rivalries against WWE Hall of Famers Killer Kowalski, Gorilla Monsoon, and George “The Animal” Steele.

In early 1968, Sammartino headlined the first wrestling event at the brand-new Madison Square Garden, just eight days after it opened. The Garden truly was the house that Bruno built, as he sold it out an astounding 187 times. When he lost the title to Ivan Koloff 1971, grown men were seen weeping, but on December 10, 1973, Sammartino became the first two-time WWE Champion and held the title for an additional 3 ½ years.

On August 9, 1980, Sammartino defeated his former protégé, Larry Zbyszko, inside a steel cage at New York’s Shea Stadium, in front of more than 35,000 people. The heated grudge match broke box-office records for wrestling events, and Bruno retired from the ring the following year.

Bruno returned to WWE in the mid-80s as a broadcaster alongside Mr. McMahon and as a mentor for his son David, who was just beginning his grappling career. Now known as The Living Legend, Bruno also engaged in several rivalries with a generation of WWE’s greatest villains, including Rowdy Roddy Piper, Macho Man Randy Savage, and The Honky Tonk Man.

The star power and influence of Sammartino was exemplified by the fact that he was inducted into the WWE Hall of Fame in 2013 by none other than [Arnold Schwarzenegger](#). It was the 188th and final time that Sammartino headlined and sold out Madison Square Garden.

## FROM THE REGIONAL CORNER

### TORTORETO, PROVINCE OF TERAMO, REGION OF ABRUZZO

By Nancy DeSanti

The beautiful hill town of Tortoreto in the province of Teramo has two distinct parts. The old town of Tortoreto Alto is on a hill not far from the Adriatic Sea, and the newer part, usually referred to as Tortoreto Lido, is seaside. The town is located 45 kilometers north of Pescara and has approximately 11,500 inhabitants, known as Tortoretani.



The name of the town is due to the large presence of turtle doves (*tortore*) during the Middle Ages. At first the town created on top of the hills after the barbarian invasions started to be called Turturitus or Turturetum, and eventually the current name Tortoreto came into common use.

During summer season the main economic activity is tourism, with Tortoreto Lido having developed into a lively seaside resort. Its geographic position, climate, facilities and environmental projects have all contributed to encouraging tourism. Fishing was a common activity in Tortoreto before tourism and it continues until today on a smaller scale. Another common activity was farming in the area, which produced substantial amounts of olive oil and wheat.

Tortoreto Alto still partly maintains its medieval structure with high walls, narrow alleys, the clock tower and the adjoining bridge which led into the fortress, now called Terravecchia, while a more recent part, called Terranova, is characterized by the “Torrione” and the two churches of Madonna della Misericordia and San Nicola.

Tortoreto Lido has a 4-kilometer-long beach, extending south to the mouth of the Salinello river. The sea is clean, and the bottom gets deeper very slowly, so it is a safe place for children too, and can offer a quiet holiday with the golden sand, the green hills and blue sea.

One of the most interesting features of Tortoreto is the deep cult of the Virgin Mary (*Madonna della Neve* or *Our Lady of Snows*). One of the oldest church dedicated to Christ’s mother is Santa Maria Maggiore in Rome. According to legend, on the night between the 4th and 5th of August 352 A.D., Pope Liberius dreamt of the Blessed Virgin Mary, who bid him to build a church in her honor on the spot where snow would fall on that day. The dream came true and gave rise to the cult of Our Lady of the Snows in Tortoreto and throughout Italy.

As to the local cuisine, the area around Tortoreto is famous for arrosticini (“rustelle” or “arrustelle” in the local dialects) and chitarra e pallottini.

Arrosticini are made from small pieces of skewered castrated sheep’s meat (mutton). It is cooked on a rectangular charcoal grill, called “canala” because its shape is similar to a canal or channel. Arrosticini, a similar kebob, may be made from any mixture of meats.

Traditionally, chitarra is a hand-cut pasta made by rolling the pasta flat and thin and then using a device that resembles a guitar, hence the name, to cut the pasta. The noodles are much like flat spaghetti. The “chitarra con le pallottine” is chitarra served with a tomato sauce with very small meatballs.

Tortoreto is also known for the nearby Acquapark Onda Blu, a waterpark which opens to the public in the summer season beginning in June. It is situated in an ideal location with a beautiful view of the hills, town and beach.

The waterpark is located just outside the town and boasts a good number of facilities for the whole family to enjoy. It has facilities for all ages, including a general swimming pool and a slide for babies and younger children. The older ones and the braver swimmers can meanwhile go on the 'Kamikaze' or 'Crazy Kamikaze' water slides, which offer greater height and a greater speed to whizz down into the water, while the 'Boa' and the 'Twist' water slides make their way down the tunnels to the pool below. And there is a wave pool with water aerobics and dancing too.

### **What to See**

- Medieval tower with clock tower built in 1886
- La Sirena statue on the south end of Tortoreto Lido
- Acquapark Onda Blu

### **Important Dates**

- December 6: Feast of San Nicola di Bari
- August 5: Feast of the Madonna della Neve

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## **TORTORETO, PROVINCIA DI TERAMO, REGIONE ABRUZZO**

*Translated by Maddalena Borea, AMHS Member*

La caratteristica cittadina di collina, Tortoreto, è divisa in due parti: la parte vecchia, Tortoreto Alta, su una collina, non distante dal mare Adriatico, e Tortoreto Lido, sul mare. A 45 chilometri da Pescara, conta circa 11.500 abitanti, chiamati Tortoretani.

L'origine del nome sarebbe dovuta a una larga presenza di tortore, colombe, durante il Medio Evo. Inizialmente chiamata Torturitus o Torturetum, dopo varie invasioni barbariche, oggi è Tortoreto.

Durante l'estate la sua principale risorsa è il turismo che confluisce sulle magnifiche spiagge di Tortoreto lido. La sua posizione geografica, il clima, i conforti moderni, hanno contribuito a incoraggiarlo e a svilupparlo. Prima dell'esplosione turistica la pesca era attività importante, e continua ad esserlo ancora oggi. Importante anche l'agricoltura, la produzione delle olive e dell'olio.

La città vecchia conserva ancora caratteristiche medievali con le sue mura alte, i suoi stretti vicoli, il campanile, il ponte che conduce verso la fortezza, chiamata ora Terravecchia. Terravecchia ha una parte più nuova, chiamata Terranova, con un torrione e due chiese: della Madonna della Misericordia e di San Nicola.

Tortoreto Lido ha una spiaggia lunga 4 chilometri, che giunge fino alla foce del fiume Salinello. Una delle più importanti caratteristiche di Tortoreto è il culto della Vergine.

La chiesa più antica dedicata alla Madonna sarebbe quella di Santa Maria Maggiore a Roma, ma pare che il culto della Vergine a Tortoreto sia molto più antico. Secondo una leggenda, Papa Liberio avrebbe sognato la Vergine tra il 4 e il 5 agosto del 326 Anno Domini. Nel corso del sogno la Vergine gli avrebbe chiesto di costruirci una chiesa nel punto in cui avrebbe nevicato quello stesso giorno. Il desiderio fu esaudito e dall'ora in poi crebbe il culto della Madonna.

Molto rinomata la cucina locale, e famosi i suoi arrostitini, consistenti di carne di pecora o di altri animali, cucinati allo spiedo, un po' simili ai cobob. Questi arrostitini vengono cotti su una griglia, chiamata canala. Famosi anche la chitarra e i pallottini. La pasta "Chitarra" è fatta a mano ed è tagliata su uno strumento simile a una chitarra. Questa pasta viene servita con salsa di pomodoro e "Pallottini", che sono delle polpettine minuscole.

Famoso anche il suo Acquaparc Onda Blu, che apre all'inizio dell'estate. Questo parco offre una magnifica vista delle colline circostanti, della cittadina e delle spiagge intorno. Il suddetto parco offre anche divertimenti acquatici di ogni genere, a grandi ed a piccini, con le sue piscine, i suoi scivoli per grandi e piccoli e le sue danze acquatiche.

### **Attrazioni del luogo**

- La torre medievale con il campanile costruito nel 1886
- La statua della Sirena di Tortoreto Lido
- L'Acquaparc Onda Blu.

### **Date da ricordare**

- 6 Dicembre: Festa di San Nicola di Bari
- 5 Agosto: Festa della Madonna della Neve

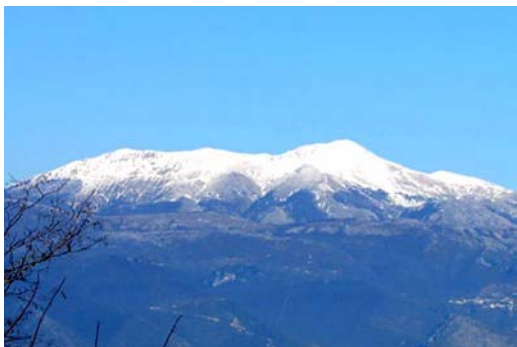
## **SAN MASSIMO, PROVINCE OF CAMPOBASSO, REGION OF MOLISE**

*By Nancy DeSanti*

The picturesque town of San Massimo is located about 25 kilometers southwest of Campobasso and has approximately 754 inhabitants, known as Sammassimesi

It is located in the heart of the Matese mountains, just below the summit of Monte Miletto, the highest mountain in the region, and the plateau of Campitello, which is one of the southernmost skiing resorts in Italy. The area of San Massimo rises all around a massive fortress and it also includes substantial amounts of lowland woods, consisting of chestnut and conifer groves, and agricultural land.





**Monte Miletto**

The name, first recorded in a document of 1113, most probably comes from an ancient church dedicated to San Massimo, the first bishop of Nola in the 3rd century AD, whose followers fled to the region near San Massimo during the Decian Persecution of Roman Christians in 251. Among the many feudal lords who ruled over the settlement there were the Gaetani, De Gennaro and Morra. The two terrible earthquakes in 1456 and 1805 completely destroyed the little town.

From about 500 B.C. until the Roman era, the territory of modern-day San Massimo was controlled by the Samnites, an ethnic group composed of a fusion of indigenous people and iron-age era migrants from Greece and other parts of Europe. Eventually the area was conquered by the Lombards and the Normans, and became part of the Kingdom of the Two Sicilies.

Many residents of San Massimo fought and died for Italy in World War I, as commemorated in the city center by the "Monument to the Fallen of the Great War," opened in 1920.

Throughout the 19th and 20th century, a significant portion of the population emigrated overseas, especially to Canada, as well as to urban centers within Italy.

The municipality of San Massimo contains the *frazione* (subdivision) of Campitello Matese, located at 1,450 meters (4,760 feet) above sea level, and shares its name with its ski resort, one of the foremost in Central and Southern Italy.

Molise is known as the home of some notable ski resorts, with the biggest being Campitello Matese. The 40 kilometers of trails are open to both advanced and beginner skiers, with three schools available in which beginners can be taught by a selection of experienced ski instructors. Snowboarding lessons are available as well. There are quite a few slopes including two blue ones for beginners and eight red ones for the more advanced.

There are also three hotels on the slopes, with amenities such as hot pools and a wellness/beauty spa for those wanting a bit of pampering after a day on the slopes. And there is plenty to do in the evenings, with pubs, bars and restaurants nearby.

### **What to See**

- Ruins of the Benedictine Abbey of San Nicola del Monte Matese
- Parish church of San Salvatore, rebuilt in 1805
- Church of San Rocco (16th century)
- Church of Santa Maria delle Fratte (14th century)
- Church of San Michele Arcangelo, dated 1656, rebuilt in 1745 and 1805

### **Important Dates**

- 3<sup>rd</sup> Saturday of October: Sagra della castagna

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[https://en.m.wikipedia.org/wiki/San\\_Massimo](https://en.m.wikipedia.org/wiki/San_Massimo)  
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### **SAN MASSIMO, PROVINCIA DI CAMPOBASSO, REGIONE MOLISE**

*Translated by Maddalena Borea, AMHS Member*

La bella cittadina di San Massimo si trova a venticinque chilometri da Campobasso, e conta circa ottocento abitanti, conosciuti come Sammassimesi.

Situata nel cuore delle montagne Matese, nelle vicinanze di Monte Miletto, la vetta più alta della regione, è un importante centro di sci e di altri sport invernali. Sorge nei pressi di una fortezza ed è circondata da boschi di castagni, di conifere e da distese agricole.

Il suo nome, documentato intorno all'anno 1113, verrebbe dal nome di una chiesa dedicata a San Massimo, il primo vescovo di Nola, nel terzo secolo dopo Cristo, i cui seguaci fuggirono dalla regione durante le persecuzioni contro i Cristiani, intorno al 251. Diversi Signori furono al governo della cittadina, tra i quali ricordiamo i Gaetani, i De Gennaro e i Morra. I terremoti del 1456 e del 1805 rasero al suolo la cittadina.

Dal 500 prima di Cristo all'era romana, San Massimo fu sotto i Sanniti, un gruppo etnico composto da popoli indigeni e genti provenienti dalla Grecia e da altre parti d'Europa. Fu più tardi dei Lombardi e dei Normanni e poi fu parte del Regno delle due Sicilie.

Molti residenti di San Massimo morirono per l'Italia durante la prima guerra mondiale, come viene ricordato, nel centro della città, da un monumento ai caduti della Grande Guerra, eretto nel 1920.

Duranti gli ultimi due secoli molti Sammassimesi sono emigrati all'estero o ad altre parti d'Italia.

Il comune di San Massimo comprende anche la frazione di Campitello Matese, a 1.500 metri dal livello del mare, considerata una delle migliori stazioni di sport invernali del centro e sud Italia. Il Molise è noto per i suoi campi di sci, e Campitello è uno dei più importanti centri. Le sue piste sono

sempre aperte ai grandi sciatori e ai principianti, con maestri e con esperti di sport invernali.

I tre alberghi vicini offrono centri di salute e piscine calde. Alla sera pubs, bar e ristoranti offrono divertimenti serali.

### **Le attrazioni del luogo**

- Rovine dell'Abbazia benedettina di San Nicola del Monte Matese
- La Chiesa parrocchiale di San Salvatore, ricostruita nel 1805
- La Chiesa di San Rocco del 16mo secolo
- La Chiesa di Santa Maria delle Fratte del 14mo secolo
- La Chiesa di San Michele Arcangelo del 1656, ricostruita nel 1745 e rifatta ancora nel 1805

## **ALONG THE SHEPHERD'S TRACKS: TRATTURI AND TRANSUMANZA**

*By Lucio D'Andrea, AMHS President Emeritus*

*[Note: Italy is seeking to have transhumance, the traditional herding of livestock along centuries-old migration routes, added to the United Nations Educational, Scientific, and Cultural Organization's (UNESCO) list of intangible cultural heritage. Italy submitted the bid with the backing of Greece and Austria, the Italian Ministry of Agriculture announced recently. UNESCO's decision is expected in November 2019. Source: THE LOCAL it, March 27, 2018].*

People who have had the pleasure of visiting Abruzzo and Molise, traveling on state or rural roads connecting villages and towns, have noticed something new – occasional markers placed on the shoulder of these roads reminding travelers that they are approaching a “tratturo”, or tracks not easily discernible, that, over time, formed paths in the seasonal migration of sheep and other animals, referred to as the “transumanza”. The term derives from the Latin words “trans” (across) and “humus” (ground). Each marker provides a graphic description and history of a particular “tratturo”.



Since ancient times, the story of Abruzzo and Molise and its people, going as far back as the Samnites and the Romans, has been shaped in large measure by the harsh mountainous character of their territory. Abruzzo has two of the highest

peaks in the Apennine mountain range - the Gran Sasso, at an altitude exceeding 9,000 feet, and La Majella, to the south, over 6,000 feet. In Molise, there is the Matese mountains, with elevations of over 4,000 feet. For some 3,000 years, the territory of these two regions and its people has been continuously conditioned by the traditions and life-style of sheep-rearing communities. The high altitude, valleys, rocky slopes and bleak, barren mountainous plains have been an ideal environment for sheep grazing.



For centuries, sheep-rearing provided a livelihood for more than half of the population of Abruzzo and Molise, and from pre-Roman times, it constituted the basis of their economy, social fabric and culture. Sheep-rearing also provided the regions with characteristics and the earliest routes for travel and communication. An important part of this form of social development was the exploitation of the terrain for grazing – high altitude, green pastures prevalent in the regions (not suitable for grazing in the winter - too cold), were lush green with grass in the summer. In contrast, the low-lying grasslands south of these regions, in Puglia and to a lesser extent Campania and Lazio, provided excellent conditions in the winter months. These ideal conditions gave rise to *transumanza*, the seasonal migration of people and animals during different seasons of the year (spring and summer in the highlands of Abruzzo and Molise, and in the fall and winter in the regions to the south). These annual migrations occurred along a regulated system of wide grassy tracks, known as “tratturi”. Historical research that continues to this day has identified five main *tratturi* in the regions: L'Aquila-Foggia; Centaurelle-Montesecco; Celano-Foggia; Pescasseroli-Candela; and Ateleta-Biferno.

These “tratturi” were about 350 to 400 feet wide and extended for distances of 250 to 300 kilometers, connected to inland areas of Abruzzo and Molise. The “tratturi” followed well-developed routes, established over centuries of regular use. From the Roman Period onward, and, in particular, during the reign of the Aragonese, these routes were rigidly determined and legally protected by edicts issued by governors of the regions.

The phenomena of the *transumanza* were not unique to Italy. They developed and were practiced in many parts of Europe. Although there were cultural and technical differences, the underlying practice of taking advantage of remote seasonal pastures was similar. My wife Edvige and I observed this



form of seasonal migration, on a smaller scale, hiking the Swiss Alps, while living in Geneva, Switzerland. In Switzerland, this form of migration was and still is prevalent with the rearing and grazing of cattle, which are taken during the spring and summer to pastures in higher elevations of the Alps (8,000 to 10,000 feet), and to the lower valleys in the winter. A unique experience during those hikes was to hear in the distance the sound of cow bells. The cows were left to graze for days, and the bell served as a sort of GPS, to locate the cows for the daily milking. Growing up in my native village of Roccamandolfi, located in the foothills of the Matese range, a rather wealthy family owned thousands of sheep that grazed in the high-altitude plateaus and valleys of the Matese. With the approach of winter, the sheep were herded through our village on their way to Puglia. The stench left behind by the sheep as they moved through the village was awful!

Turning to Abruzzo and Molise, the stability for the seasonal movement of flocks between the two regions and Puglia was provided by the institution of laws, the "*Agraria Epigraphis*" (Agrarian laws) instituted by the Romans, designed to regulate the use of public grazing lands and routes for the movement of livestock through "*calles*", later known in Italian as "*tratturi*". During the Middle Ages, seasonal migration came practically to a halt, due to political destabilization and feudal conflicts, making the "*tratturi*" unsafe. "*Transumanza*" surfaced again under the Normans in the 1,000 to 1,100 centuries and in particular under the influence of the Benedictine monks. In Abruzzo, it was the Benedictines who had the greatest impact on the social, economic and cultural development of the region. The Benedictines contributed greatly to the promotion of raising sheep, making the region Europe's leading producer of wool. The intrusion of government regulation on such successful enterprises surfaced under the rule of the Spanish King, Alfonso I of Aragon, who established in Foggia a "*dogana*", or custom house, used for the collection of taxes and duties from the use of the "*tratturi*" and grazing rights for sheep. Regulations were also established as to the time of the year the livestock was permitted to migrate. In early May, all forms of livestock migrated to the Apennine pasture, whereas the migration to the south, toward Puglia, was more diversified: sheep and goats migrated to Puglia in mid-September and cattle in mid-December. For a sense of the incredible numbers of sheep that grazed in Abruzzo in years past, research suggests that as many as 3 million sheep were grazing in the pastures of Abruzzo.

In the beginning of the 15<sup>th</sup> to 16<sup>th</sup> century, sheep-rearing began to decline, accelerated by a shift in land use from grazing to farming, as laws were enacted to encourage the growing of crops. The economic transformation began to destroy the traditional interdependent system of agriculture and sheep-rearing on which the economies of the two regions had been based for centuries. Many villages that once were mainly devoted to the raising of sheep, wool, cheese, etc., began to be de-populated and in some cases were abandoned all together.

The main economic activity of Abruzzo and Molise, which for centuries shaped the regions' lifestyle and culture, has left its

mark on the territory. A concerted public appreciation and awareness of the "*tratturi*" has given an impetus to restore their historical significance to the regions' rich cultural heritages. They offer unique tourist attractions for trekking and horseback riding that has become very common in recent years. Interesting enough, it was a German tourist who took an interest, learning more about "*tratturi*" and "*transumanza*" and encouraged the two regions to rediscover this heritage.

Let me offer some brief observations on the shepherds, these sturdy, dedicated men who cared for the animals. During the seasonal migration, shepherds would walk hundreds of kilometers in the company of their livestock, a walk that would average three weeks or more to reach the grazing pastures. The shepherds were obliged to share their living conditions with their flocks; a rugged life, lived in isolation, in the open, physically bound to the caring of their flocks for 10 to 11 months out of the year, and conditioned by the grazing needs of their flocks and available pastures. The diet of the shepherds was very simple and austere. Bread (not the kind we enjoy today) was essential to sustain them, complemented by herbs and vegetables, such as *cicoria*, *rugola*, onions, and plenty of salt and cheese. Besides a meager wage, shepherds were given a kilo of bread daily, some of which they could exchange for 50 kilos of grain, a kilo of salt and a liter of oil. In one of our frequent visits to Roccamandolfi, we went on a hike to Campitello del Matese and ran into a shepherd caring for a flock of sheep. We stopped and initiated a conversation. We learned that he had emigrated from Macedonia. We were told by village elders that Macedonians make the best shepherds: they are reliable, and they do not mind the harsh life and isolation. A faithful companion of these shepherds is the sheep dog or mastiff, which Abruzzo claims is the best breed in the world. These dogs have a natural instinct to protect sheep and other animals against predators. These dogs are easily trained to control the movement of sheep.

The famous Abruzzese poet, Gabriele D'Annunzio, wrote "[I Pastori](#)", a short poem about the *transumanza* included in the collection *Alcyone - Sogni di terre lontane* (composed between 1903 and 1907).

### **I Pastori**

Settembre, andiamo. È tempo di migrare.  
Ora in terra d'Abruzzi i miei pastori  
lascian gli stazzi e vanno verso il mare:  
scendono all'Adriatico selvaggio  
che verde è come i pascoli dei monti.

Han bevuto profondamente ai fonti  
alpestri, che sapor d'acqua natia  
rimanga né cuori esuli a conforto,  
che lungo illuda la lor sete in via.  
Rinnovato hanno verga d'avellano.

E vanno pel tratturo antico al piano,  
quasi per un erbal fiume silente,  
su le vestigia degli antichi padri.  
O voce di colui che primamente  
conosce il tremolar della marina!

Ora lung'hesso il litoral cammina  
La greggia. Senza mutamento è l'aria.  
Il sole imbionda sì la viva lana  
che quasi dalla sabbia non divaria.  
Ischiacquio, calpestio, dolci romori.

Ah perché non son io cò miei pastori?

### **The Shepherds**

*Translated by Omero Sabatini, AMHS Member*

September. Let's go. This is the season of migration  
Now in the land of Abruzzo my shepherds  
Leave behind the [sheep] pens and head for the sea  
They go down to the Adriatic [Sea]  
Which is as green as the pastures of the mountains.

They have drunk repeatedly from the springs  
at the high elevation, so the taste of the water of their native  
land

May remain in their exiled hearts  
And may long delude their thirst along the way  
Have carved a new staff from [a branch] of a filbert tree

And follow the ancient pathway toward the lowland  
As though [floating] on a silent river made of grass,  
In the tradition of their ancestors of old  
Oh the exclamation of the one who is the first  
To sight the rippling sea!

Now along the very littoral walks  
The flock. The air is absolutely still.  
The sun tinges the moving wool with such a blondish hue  
Almost the same as that of the sand.  
Lapping of water, pattering of hooves, sweet sounds.

Ah why am I not with my shepherds?

### **SHOW YOUR AMHS PRIDE!**

*By Sarah Scott, AMHS Board Member*

We are excited to announce that AMHS has new t-shirts available for our membership. These custom shirts were recently released for sale at the Italian Festival on September 11, 2016 and were a big hit. Additionally, we now have available the AMHS logo Tote Bag.

We will offer these and our other AMHS logo items (see order form at end of this issue) at our upcoming events or, if you would like to order one of these t-shirts (or the AMHS Tote bag) by mail, please send your check payable to AMHS with your name, address, shirt size, and gender to:

AMHS, c/o Sarah Scott, 5108 Donovan Drive, #105,  
Alexandria, VA 22304.



**AMHS Men's T-Shirt**

Material: 50% cotton/50% polyester. Sizes: S/M/L/XL  
Price: \$25 + \$4.50 postage and handling



**AMHS Women's T-Shirt**

Material: 60% cotton/40% polyester. Sizes: S/M/L/XL  
Price: \$25 + \$4.50 postage and handling



### **NEW! AMHS logo Tote Bag**

17" W x 6" D x 13 1/2" H; bottom 12" W; handle drop 9"  
Price: \$40 each + \$5.75 for shipping and handling







# THE ABRUZZO AND MOLISE HERITAGE SOCIETY

of the Washington, DC Area  
Celebrating Italian Culture & Community since 2000



## ✧ LUNCHEON MEETING ✧

***Professor Thomas Guglielmo  
Talks About Italian Immigration***

**When:** SUNDAY, JUNE 10, 2018

**Time:** 1:00 p.m.

**Location:** Casa Italiana  
595 Third Street, NW  
Washington, DC



**MENU:** Prepared by Osteria da Nino and menu includes insalata verde, risotto con funghi e crema di parmigiano, cavolini di Bruxelles croccanti, pollo con funghi e Florio marsala, orecchiette con ragù di agnello, homemade focaccia bread, and tirami su for dessert. Beverages are included.

**COST:** \$20.00 members; \$25.00 non-members.

Pay by check using form, below, or online (Visa or Mastercard) at [www.abruzzomoliseheritagesociety.org](http://www.abruzzomoliseheritagesociety.org)

**Paid reservations must be made by noon on June 7, 2018.  
Note that the online payment system will close at 11:45 p.m.  
on June 6.**

Please come and join us to hear a discussion of the very interesting and timely topic of immigration, specifically the Italian immigration to America. Our speaker is Dr. Thomas A. Guglielmo, a professor at George Washington University who previously taught at the University of Notre Dame. He has won awards for his work from American professional historical associations; we are pleased to have him as our distinguished guest who will talk to us about the subject of immigration which is dear to the hearts of many of us. Lunch will be catered by one of everybody's favorites, Osteria da Nino. We will also have a raffle, the proceeds of which support AMHS.

For information, please contact Nancy DeSanti (703) 967-2169.

✂----- *Return with Payment*

### PAID RESERVATIONS for AMHS General Society Meeting on Sunday, June 10, 2018

Please make check payable to AMHS.

Send to AMHS, c/o Peter Bell, 328 8<sup>th</sup> Street, N.E., Washington, DC 20002

NAME(S): \_\_\_\_\_ Phone: \_\_\_\_\_

GUEST(S): \_\_\_\_\_

Number Attending: \_\_\_\_\_ Check Amount: \_\_\_\_\_ Email: \_\_\_\_\_



## APRIL 15, 2018 GENERAL SOCIETY MEETING



**Top left:** AMHS members Edvige D'Andrea, Sarah Scott, and Michele LaVerghetta.

**Top right:** Good friends Maria-Stella Gatzoulis, Kirsten Keppel, Anna Fodero, Karen Kiesner, and Jana Monaco

**Middle left:** Two lovely AMHS members, Barbara Friedman and Helen Free.

**Middle right:** Guest speaker Diane Welland with AMHS members Michele & Ray LaVerghetta, Mark Lino, Lucio & Edvige D'Andrea, and Tricia Maltagliati.

**Bottom left:** AMHS President Ray LaVerghetta and his wife Michele.

**Bottom right:** AMHS members Nancy DeSanti, Sarah Scott, John & Eileen Verna, Alfred DelGrosso, and Tom and Cindy Savage.

*(photos courtesy of Maria D'Andrea-Yothers and Joe Novello).*



## APRIL 15, 2018 GENERAL SOCIETY MEETING



**Top left:** AMHS members Diana DelGrosso, Elisa DiClemente, Joann Novello, and Liz DiGregorio.

**Top right:** AMHS members Ray and Barbara Bernero, Mark Lino, Barbara Friedman & Peter Bell, and Carmine Spellane.

**Middle left, right and bottom left and right:** From Diane's presentation on the history of pasta, from 1915 to 1955, including pasta promotional materials; location of pasta machinery manufacturers and pasta makers in Brooklyn, NY; and a recipe for macaroni salad favored by Elvis Presley, and a quote by Sophia Loren "Everything you see I owe to spaghetti". (photos courtesy of Maria D'Andrea-Yothers and Joe Novello).



# THE ABRUZZO AND MOLISE HERITAGE SOCIETY

of the Washington, DC Area  
Celebrating Italian Culture & Community since 2000

## 2018 MEMBERSHIP APPLICATION

Name #1: \_\_\_\_\_

Name #2(couple membership only): \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

PHONE2: \_\_\_\_\_

Please name Village/Region/Province in which you or your Italian ancestors were born:

Heritage #1: \_\_\_\_\_

Heritage #2 (couple membership only): \_\_\_\_\_

WEDDING ANNIVERSARY (couple membership only): \_\_\_\_\_

MEMBER #1 BIRTHDAY: \_\_\_\_\_

MEMBER #2 BIRTHDAY (couple membership only): \_\_\_\_\_

E-MAIL #2: \_\_\_\_\_

Membership fees (please check all that apply):

☐

Individual Membership, \$30

☐

Couple Membership, \$55

☐

Student Membership, \$20

☐

Associate Membership, \$20 (for *each* member residing outside a 50-mile radius of Washington, DC)

AMOUNT ENCLOSED: \$\_\_\_\_\_

☐

Check the box if you would like to receive the **AMHS Notiziario** by electronic mail (email) only.

Please make your check payable to AMHS. Send to Lynn Sorbara, 2<sup>nd</sup> VP-Membership, 232 King Boulevard, Rockville, MD 20850.





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4669 Lawton Way, #104  
Alexandria, VA 22311



### **AMHS NOTIZIARIO**

Romeo Sabatini, Editor  
Maria D'Andrea, co-Editor  
Nancy DeSanti, Contributing Writer

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