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City of Ottawa gains a 1.5 million dollar Asset **The Ottawa Firefighters Memorial Park** built by Volunteers for the fallen protected the Citizens of Ottawa and died in the line of duty

Always Remembered, Never Forgotten
City of Ottawa Firefighters who died in the line of duty

FRANCIS GRAHAM	died July 25, 1877
JOHN LOWRY	died August 12, 1896
OVILA LACHANCE	died August 16, 1898
BERNARD THOMAS	died September 14, 1914
ALBERT PICOTTE	died January 31, 1919
NELSON POIRIER	died January 29, 1921
EUGENE LECOMPTE	died April 10, 1930
ROBERT PRATT	died May 19, 1930
WILLIAM J. WILLETTE	died May 19, 1930
WILLIAM MCDIARMID	died May 25, 1931
WILFRED MORIN	died January 20, 1941
ALBERT EDWARD SEGUSS	died December 20, 1951
DESMOND L. DUBROY	died April 1, 1959
ALBIN WISTAFF	died May 12, 1961
ALLAN SNIDER	died March 6, 1968
JOHN HARRISON	died March 6, 1969
RAYMOND DUNNING	died June 1, 1977
MAURICE GRENON	died September 13, 1982
ANDY RAWLINGS	died March 2, 1988
KEVIN STENFERT	died June 28, 1996
KENNETH CURRIE	died February 1, 2000
ROBERT MCVEITY	died June 26, 2002
KEVIN KAVANAGH	died September 23, 2002
CLAUDE ALBERT LEVESQUE	died February 26, 2005
MARK JOHNSTON	died April 7, 2006
PATRICK G. THIBODEAU	died April 26, 2006
KENNETH CHARLEBOIS	died May 3, 2007
RICHARD GEITZ	died December 29, 2007



The Ottawa Firefighters Memorial Park stands proud in our Nations Capital with the War Memorial built by the Government of Canada.

Thank you to all those who volunteered to establish this great reminder of our local heroes who always give to our community and protect us from tragedy.

865 Gladstone Avenue, Suite 101 • Ottawa, Ontario K1R 7T4
 (613) 567-4532 • information@ilpostinocanada.com
www.ilpostinocanada.com

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Angelo Filoso

Managing Editor

Marcus Filoso

Associate Editor

Alison Bernal, Luciano Pradal

Layout & Design

dabdev.com

Web Site Design & Hosting

dabdev.com

613.852.4135 | info@dabdev.com

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Rina Filoso, Angelo Filoso, Angela Ierullo

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Submissions

We welcome submissions, letters, articles, story ideas and photos. All materials for editorial consideration must be double spaced, include a word count, and your full name, address and phone number. The editorial staff reserves the right to edit all submissions for length, clarity and style.

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Letters to the Editor



Bruce Hyer

Member of Parliament
 Thunder Bay - Superior North

Communiqué

FOR IMMEDIATE RELEASE
DATE: 21 January, 2010

Hyer Calls for Italian-Canadian Apology & Redress

Opposition united in support of MP Massimo Pacetti's Private Members' Bill C-302

OTTAWA – The federal government continues to resist opposition calls for an official apology in Parliament for the internment of Canadians of Italian origin during the Second World War. Thunder Bay – Superior North MP Bruce Hyer called on the ruling Conservatives to stop stalling an official apology and support a Private Members' Bill that obliges the government to issue one in Parliament.

"Because of Harper shut Parliament down, work isn't continuing on this or any other Bill," said Hyer "But because Private Members' Bills are not killed by prorogation, it will come up when the House of Commons resumes in March. I hope that the government will reconsider its position at that time."

Hyer supported Bill C-302 on its first vote, called the *Italian-Canadian Recognition and Restitution Act*, which was moved by Montreal-area Liberal MP Massimo Pacetti (Saint-Léonard—Saint-Michel), and committed to supporting it until it became law. The Bill was being considered in the House Standing Committee on Canadian Heritage before prorogation, and deliberations on the bill will resume when the House returns in the spring. It is expected to be returned to the House for a final vote sometime in the spring session.

"With the support of all the opposition parties, Bill C-302 should have already been adopted", stated Mr. Pacetti. "Between the Conservatives holding the bill up in committee with a senseless filibuster and Harper shutting down Parliament, this bill has been needlessly delayed."

"Italian-Canadians were selectively rounded up, arrested, and made to work in camps under an 'enemy aliens' policy that also interred Canadians of Japanese, Ukrainian and German descent during the two world wars," said Mr. Hyer. "During World War II, the Office of the Custodian of Alien Property was authorized to confiscate their property. Cultural activities such as teaching Italian or meetings of Italian cultural societies were declared illegal. We have been waiting for years for an official apology in the House of Commons for this government discrimination."

"What I'm asking for is an apology from Canadians to Canadians", added Mr. Pacetti. "Many internees where not even of Italian origin, they were simply rounded up because their name ended in a vowel. Of all the men and women that were interned not one was ever formally charged. I want this bill to benefit all Canadians in order that we may learn about the errors of our past so as to not repeat them in the future."

Hyer pointed out that egregious government discrimination and internment of this sort for Canadians of Japanese and Chinese descent resulted in official apologies in Parliament and restitution in 1988 and 2006, respectively. "There is no reason that the same cannot be done for Italian Canadians, who were subject to unjustified suspicion and discrimination, despite their long history of working to build Canada."

-30-

For more information, please contact:
 Andy Blair (for Bruce Hyer, MP): tel: 613-996-4792

Jim Watson, MPP
 Ottawa West-Nepean



2249 Carling Avenue, Suite 201
 Ottawa, ON K2B 7E9
 Tel: (613) 721-8075
www.jimwatson.onmpp.ca

Yasir Naqvi, MPP
 Ottawa Centre



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Community Office:
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 T: 613-722-6414 | F: 613-722-6703
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Villa Marconi Historical Event

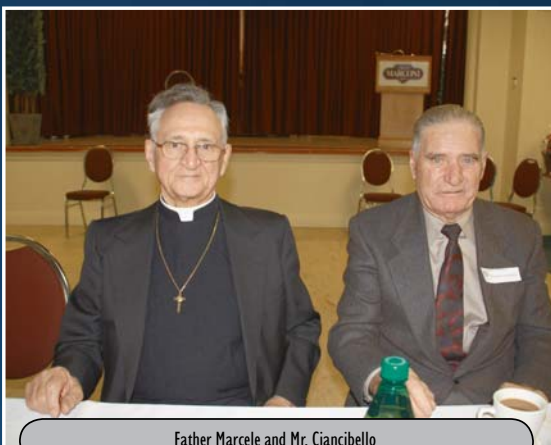


Central Precast Group, Luigi Mion, and the Italian Canadian Community Centre, Angelo Filoso, present two \$100,000 cheques to Villa Marconi in 1998.

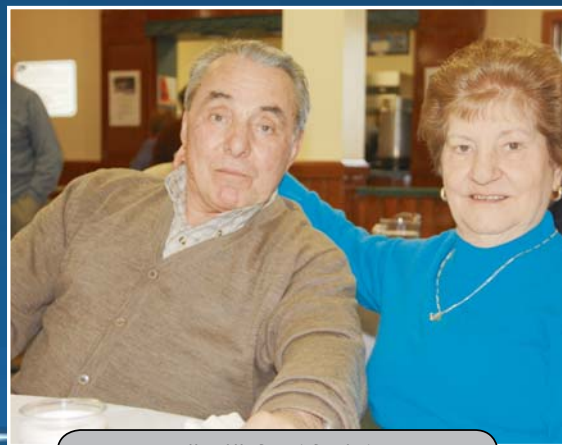
Villa Marconi Celebrates Seniors Birthdays Feb.2010



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International

Bringing me back to my roots

By Manuela Notarandrea

Born and raised in Ottawa, Canada, by my parents who immigrated to Canada in 1959. My mom and dad were both born and raised in Pretoro Chieti. Canada offered a bright future and that was enough for our parents to want to settle here.

In 1974, we took a 2 month long vacation to Italy. I was only 8 years old. Our grandparents still lived there at the time and for my parents it was an opportunity to visit family and friends and stay connected to their roots, but for me and my 3 siblings, it was just a vacation. I was very young, and although I was excited to be in another country, I was too young to recognize the ancestral meaning of the trip. As years passed, I wondered more and more about our family ways and the more I aged, the more important it became for me to discover my roots. It became a dream of mine to one day go back to Italy and see for myself what made us who we are today. Years pass and priority change and never realizing my life time dream to go back and visit Pretoro, Chieti. I am convinced there is something there that would define me. I felt this need to discover my culture / heritage that would give me a true perception of my Italian history but even more important, experience a bit of my own families history. The more years that pass, the more important it becomes for me to take my trip to Italy. I know that one day I will eventually get there.

This Summer 2009, I finally got there, My parents were involved in a terrible car accident while vacationing in Pretoro Chieti. That is a story within itself that one day I hope I will have the courage to write and about and share as it is truly is a remarkable one. This tragic accident brought me and my siblings to my parents side in the very place that I longed to be. For now, I want to share my travel experience to Pretoro Chieti. This beautiful village has captured my heart forever. While not under pleasant circumstances, I was finally able to realize my dream of re-visiting the town that my parents grew up in. Leaving our families in despair, the four us departed Ottawa, all on different flights and managed to arrive within hours of each other. My emotional journey begins, Upon arriving in Pretoro, I was captured by the beauty of it all. I immediately felt that I was in my element and my "curiosity" of my cultural heritage and parents upbringing was almost immediately satisfied. We arrived in the evening, and the drive up to the village was just as I remembered it in 1974. The twisty / cliff side roads driving into the mountains that everyone always remembers about their travels to Europe. Pretoro was beautifully lit up, soft yellow lighting, with medieval type latterns throughout. As soon as I arrived I was compelled to take a walk throughout the village, immediately feeling very familiar with my surroundings, admiring the cobble stone pathways, the narrow staircases and serene street alleys, the prominent churches and the old buildings, the homes of many family and friends. I was stunned by the beauty and the tranquility of this village. We were invited to stay at the B & B called Casa Mila, which is owned and operated by a very dear friends of our family, and which I had only met when I was a small child back in 1974. The B & B, Casa Mila is situated in the historical center of Pretoro a few kilometers from the ski hills of Passolanciano Majelletta and only 20 km from the sea. It is owned and operated by Patrizia Perseo with the help of her sister and Partner Angela Perseo.

This beautiful building has been restored by the owners, it is said to have the actual stones of the Majella Mountain, the wrought iron produced from the local craftsmen and the wooden doors and frames are custom made to blend in with the authenticity of the building.

Once again, I was taken aback by the beauty of this 18th century building that has been completely restored while still maintaining its heritage. Not knowing what to expect of a B & B nestled away in the middle of mountain, I was happily surprised that it had all the commodities of a 5 star hotel and more. We were offered to sleep in any one of the six comfortable rooms, each characterized with various names and all equipped with private bathroom facilities, and all furnished with impeccable taste. I truly felt that I had gone back in time..... this master piece surely does take you back to the "old days". I awoke to a beautiful panoramic view. This was breath taking to say the least. This was a most overwhelming experience. Again I had this feeling of being brought back into time and I felt I was among my ancestors. I stood at the balcony, I took a few deep breaths and literally took it all in. The view is somewhat

simple but spectacular, a glimpse of the Adriatic Sea, the Majella Mountain which appears to be just at arms length, the green forests, the farm lands, the olive trees, the winding roads that leads to the other villages and to the major cities, the roof tops of the houses close by, just below me is the very house that my mother and her family grew up in. The church bells chiming, the light sounds of morning chatter and for the grand finale the aroma of fresh brewed espresso coffee. I truly felt like I was in my element. I felt right at home, and a sense of truly belonging.

The most remarkable feeling for me is when I was taken to the Inn (Locanda Mila) of the B & B. This is situated in the old wine cellar of the building and I learned that it was completely dug by hand by our ancestors. Here it is where it happened for me where I felt that I truly connected to my roots. The emotion that came over me was something I had never experienced before.

The B & B boasts this amazing kitchen with state of the art equipment but always maintaining the genuine simplicity and authenticity of the "local cuisine" The menu and the exquisite plates are all prepared by the owner's Mother, Maria who is an expert in the culinary traditions and cultural meals.

I can't help but mention the National Park of the Majella. The Majella is a natural wonder that also boasts a cultural heritage that gives us a wide perspective to the entire Italian history. Casa Mila will arrange for excursions and make all necessary arrangements so that any visitor can take full advantage of this natural beauty.

The residents of this village are all so friendly, happy and hospitable. Although I did not get much of an opportunity to tour the surrounding areas, I learned that the beaches are within 20 minutes and most tourist attractions are all in close vicinity. This village accommodates all your needs from grocery store, pharmacy, deli, Café's Bars, restaurants and pizzeria's. There is even the benefit of a vendor who drives into the piazza with fresh fruit, eggs and vegetables on a regular basis.

My trip was a short one and my parents are back at home with us safely now, although I did not get to realize my dream of vacationing in Italy, it was enough for me to satisfy my curiosity of my heritage roots. It has defined me and has changed me forever. It also confirmed for me that although my parents left behind a part of their history, a piece will always remain with us. It also confirmed for me that it is a necessary trip for my children. It is truly an extraordinary experience to feel that nostalgia that connects you to the past, connecting you to your ancestors. I plan to visit again, and I plan to take my children. Our parents left their country and immigrated to Canada to give us all a better future. Fortunately for us, they brought with them a way of Italian life and accompanying beliefs and values that was laid down by their ancestors and passed on to us and making us who we are today.

I am very grateful to the entire Pretorese community. From Ottawa to Pretoro the support and prayers for our parents was overwhelming. It was integral in their successful return to Ottawa. I am especially grateful to Patrizia Perseo who made our stay at her B & B, Casa Mila, feel like we were in our own home. Patrizia and her family have worked very hard in preserving the ways of the old times, not only in the structure but in the ambience and the excellent service. Any visitor will no doubt feel that they have gone back in time. I am so grateful to them for creating this establishment with forgotten flavours of the past. A true gem that must be seen by all. I continue to visit the Casa Mila Web site to keep those memories alive with me forever and I look so forward to my next stay there.

More information on B & B can be found at <http://www.bebmila.it/>
 More information on Mediterranean PAN Park. <http://www.parcomajella.it/home.asp>
 More information on Pretoro Chieti can be found at <http://www.comune.pretoro.ch.it/>



Dosi's Corner

Italian parents and sleep patterns

By Dosi Cotroneo

Who needs an alarm clock when you have retired Italian parents is what I say? According to medical research, the sleeping patterns of human beings change many times during the course of a lifetime, and as we get older, we tend to wake up earlier. Take my parents for instance. Since they can now check off the age box 75-85, the sisters and I have conducted our own research and are noticing that there is a distinct change in their waking and sleeping patterns, hence the early morning wake-up calls, and the abrupt hang-up should we dare call past 9:00 p.m.

According to my Disney alarm clock, one of my eyes has noticed that they are waking up between the hours of 4:00 and 6:00 a.m. respectively, although often closer to 4:00 a.m. No small wonder that by the time 8:00 a.m. rolls around, the bulk of their daily chores have been completed, and to them, the day feels as though it is noon, hence time to check in on this reporter and her agenda for the day.

Never one to rise and shine without the aid of a crane, alarm clock, the threat of missed school buses, or being offered a pink slip, this new sleep and wake pattern is causing something of a hindrance to my "must sleep until 8:50 a.m. sleep pattern." It seems as though my sleep pattern is mimicking that of the average North American teenager, and by the weekend, my body requires anywhere from 10 to 12 hours of sleep. I ask you, is it a crime to admit that sleeping in until noon on a Saturday or Sunday sounds perfectly reasonable, and at the very least, wonderful, provided I am not awoken to provide car service to any of the demanding, unilingual, unlicensed people in

my life, or missing some wonderful garage or shoe sale? Yes, if the shutters remain sealed shut, not man nor beast, nor the chirping of the robins can stir my blissful slumber - that is unless I forgot to turn the ringer off and Ma is calling to check in by 8:00 a.m. sharp. This pre-dawn ritual involves a short conversation about what I'm doing, what the weather is like in Manotick versus Nepean, and once again, my daily reminder that it is indeed, close to noon, and high time a wife and mother begin her long day of household chores.

What the parents are failing to understand in both the Italian and English language is that by the time they are reclining themselves on their respective his and hers Lazy-boy chairs at 1:00 p.m. sharp, for an afternoon of Italian-dubbed Brazilian soap operas, game shows and the Italian national newscast, my day is far from over. Do they have any idea that I am running around the rural communities with a camera strapped around my neck, at the mercy of deadlines and teenagers waiting for my return so that they can consume all of the fuel in my vehicle, and change in my wallet? Do they have any idea of the pressure I am under, trying to fit in my daily tasks - coffee, girlfriends, the laundry situation, driving, cooking, cleaning, driving, groceries, career, driving, and trying to maintain a girlish figure?

According to my self-help books, valuable lessons are to be learned from all of these "teachers" that I somehow invited into my life. Translation: I must be a saint.



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Now available at Shirley Leishman Books at Westgate Shopping Centre, Chapters South Keys, Indigo Barrhaven, or delivered right to your door if you order online at ItalianGirlPress.com

Dear Reader,

If you have picked up this book accidentally, or just because the delicious bubble-gum-pink stiletto on the front cover captured your eye, then may I warn you, this book is not for the faint of heart.

If you are a fan of mystery, intrigue, and international espionage, please put this book down immediately and walk three aisles over to the Mystery, Intrigue and International Espionage section.

If you find yourself trapped in the roles of career woman and traditional wife and mother all at the same time, then please, do read on.

If you find yourself trapped in the conflicting role of mother to your mother, or if your daughter is acting like she is your mother, or if your husband is acting like a wife, or if your son is acting like your daughter, then by all means, do not hesitate a second longer. This book will help you regain your sanity.

If you have a penchant for fashion - the pencil skirt, the tapered blouse, the form-fitting T-shirt, the waist-cinching skinny belt, the classic stiletto pump, the essential clutch purse, and fine Italian leathers - I urge you to, please, read on.

Or if you are just a poor, lost soul, roaming forlornly through your day in search of a lift, a smile, a chuckle, or at the very least, a giggle, then please, do not waste one more second. This book is for you!

Yours in fashion, Dosolina Sophia Lucia Cotroneo (Dosi)



Dosi Cotroneo

General Interests

ASSOCIAZIONE NAZIONALE ALPINI SEZIONE DI OTTAWA MEDAGLIA D'ORO TEN. COL. ITALO LUNELLI



Assemblea Generale 2010

Il 17 Gennaio u.s. durante l'Assemblea Generale e' stato votato il nuovo Esecutivo della Sezione per il prossimo Biennio 2010-2011. Sono stati rieletti : il Segretario Ben Battistella, il Tesoriere Vigilio Righi piu' quattro dei sette Consiglieri : Secondo Barozzi, Dante Bonapace, Eugenio Dal Cin e Severino Dal Cin. Per questo Biennio e' stato deciso che il numero dei Consiglieri scendesse da sette a cinque e quindi ai quattro rieletti se ne aggiunge uno soltanto ed e' nella persona dell'Ex Presidente Giorgio Bortot che fu' molto attivo nell'organizzazione della costruzione del Monumento degli Alpini sulla piazzetta di fronte alla Chiesa S. Antonio nel 2006 e nell'organizzazione dei festeggiamenti del 35° Anniversario della Sezione, nel 2007.

Alla Vice-Presidenza e' stato votato il Consigliere Severino Buffone gia' Presidente nei due Bienni dal 2002 al 2005 ed emerito organizzatore dei festeggiamenti del 30° Anniversario della Sezione, 1972-2002. Con approvazione di tutti i presenti e' stato eletto alla Presidenza della Sezione il Vice-Presidente Luciano Boselli e le ovazioni erano in parte dovute verso l'eccellente lavoro da Lui svolto in sostituzione del Presidente dimessosi alcuni mesi prima.

Riconfermati i Revisori dei conti: Renato Bonello e Albino Pescatore; Albino e' pure riconfermato nella sua seconda carica di Addetto alle Pubbliche Relazioni. E, DULCIS in FUNDO, continuano ad onorare la Sezione : l'amatissimo Padre Domenico Fiore come Cappellano e le due gentilissime Signore : Luisa Bertorelli come Madrina e Delia Dal Grande come Capogruppo Donne Alpine.

Alla fine dell'Assemblea tutti i presenti Hanno trascorso un po' di tempo in... "SOCIEVOLE ALPINITA' "...ormai conosciutissima, con giochi di carte, qualche bocconcino di panettone ed un bicchier di vino. BRAVI TUTTI.. ALPINI e ALPINE... ed un grande augurio di BUONA CONTINUAZIONE per il PROSSIMO BIENNIO.

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Associazione Alpini di Ottawa Torneo delle carte



Comitato delle signore dell'associazione di Alpini





\$200,000 raised at the 7th Annual 65 Roses Gala !

Article / Photos: Giovanni

Recently, the Canadian Cystic Fibrosis Foundation Ottawa Chapter hosted their 7th Annual 65 Roses Gala at the Hampton Inn & Conference Centre in the Nation's Capital, raising \$200,000 for local Cystic Fibrosis research. Cystic Fibrosis, the most common fatal genetic disease in North America, affects more children and young adults than any other genetic illness. Known to attack the lungs and digestive system, causing severe respiratory and nutritional problems, there is unfortunately still no cure and all afflicted still succumb to lung disease.

The event was co-emceed by CTV Ottawa's Max Keeping and Catherine Lathem, and along with Celebrity Chairs Shean and Teresa Donovan, the evening was then started off with blues Canadian upstarts, the JW Blues Band. The evening included a four-course gourmet dinner, video tributes and exclusive live and silent auctions. Celebs on hand for the event included many Ottawa Senators hockey players, including: Shean Donovan, Chris Neil, Chris Phillips, Jonathan Cheechoo, Nick Foligno, Alexandre Picard, Jason Spezza, and Chris Campoli, (and their respective partners), all who came out to lend their support to those living with Cystic Fibrosis. Throughout the evening, they could be witnessed graciously signing autographs and posing for photographs with fans, and along with past Celebrity Chair Wade Redden, of the New York Rangers, generously donated many sports memorabilia items to this great cause.

"My wife Teresa and I are honoured to be a part of this event and cause. It's always an unbelievable success due in part to the support of the community", said 65 Roses Celebrity Chair, Shean Donovan.

A touching tribute to former Cystic Fibrosis ambassador, Emilie Joinette, preceded the announcement of a special education bursary in her name. The aim of the award is to benefit young persons living with Cystic Fibrosis, and as a result, future recipients of the Emilie Joinette Inspiration Award will receive funds in support of their educational pursuits.



CF Champion Jessica Forsyth , and Jason Spezza (# 19)



Chris Neil (# 25) , and his wife Caitlin



Co-Emceed by CTV Ottawa's, Catherine Lathem, and Max Keeping



Erin, with husband ,Chris Phillips (#4)



Giovanni, and Chris Campoli (#14)



Janelle with her partner Nick Foligno (#71)

Renato's Zone

The Adventures of Italman

By Renato Rizzuti

The Legion of Superheroes just became much stronger since Italman joined the organization. Italman is an Italian superhero with amazing super Italian super powers and this is his story.

Italman became a superhero purely by accident. You see, Italman's other day to day identity is Guido Mangalia who is a food scientist who worked at The National Research Center in New Lark City. Guido was in the food lab one day working on his invention, The Food Flavour Enhancer. It was a small walk in chamber with a table in it. Guido was experimenting with Italian food that day. Guido was loading up the food chamber table with various Italian foods when he walked Bobo the monkey. Bobo was from the lab next door where the other scientist was studying animal behaviour. Bobo could see Guido in the chamber through the glass door. Bobo wandered up to the control panel of The Enhancer and pushed various buttons as he was used to doing in the lab he lived in. All of a sudden, the door locked and The Enhancer was turned on!

Guido was never the same again. He had developed Italian food related superpowers. The food chemistry combined with his own body chemistry to form a superhuman chemistry.

By eating any Italian food product, Guido would transform from being an ordinary food scientist to being a superhero. Guido decided he would use his special powers to fight crime and evil. He even designed himself a superhero costume for this super identity of his. The costume consisted of a green cape, a white top and red tights with red boots. When Italman ran by at super speed, you could see the flying colours of the Italian flag!

Guido had installed a police scanner in his lab so that he could listen to police calls and spring into action when a crime was being committed. Guido was working away in his lab when he heard an urgent call over the police scanner, "We got a 10-72 in progress at the Central Bank on Bank Street, all units respond immediately!" Guido knew that a 10-72 meant an armed robbery was in progress so he donned his Italman costume and ate a piece of provolone cheese and pow! He went from being Guido to being Italman!

Italman got into his modified Ferrari and sped through the New Lark City streets. The Ferrari was modified so that it ran on extra virgin olive oil which gave it super speed and also was environmentally friendly because the oil gave off natural olive fumes as it burned. As Italman drove by people would wonder, "Is someone frying something in olive oil?" Then somebody else would respond, "No, that's Italman cruising by in his special Ferrari!"

Italman got there before any police had arrived. He entered the bank and could see that the bank robbers had taken hostages and were heavily armed. Italman had to think of the innocent bystanders' safety first. As Italman came in the entrance, a robber pointed a machine gun at him. Italman had developed a sort of narrow tube down the side of his right arm and right hand which acted as a chute for his Super Italian Food to come out of. As the robber took aim at Italman, Italman pointed his right hand at the robber. With lightning speed out shot strands of Super Spaghetti from his chute. The strands wrapped around the robber's arm and hand and then hardened into a steel like hardness thus stopping the robber from shooting at Italman!

As Italman proceeded into the bank there was another robber ready to do in Italman. Italman aimed his right hand at the robber and out came Super Minced Garlic in

a great white cloud that surrounded the robber's head. The garlic odour was so overwhelming that the robber passed out from the garlic fumes! Italman then used the Super Spaghetti to tie up the robber. Another one down!

All of a sudden, Italman was confronted by two robbers that were both ready to shoot him with high powered rifles. Italman had to move fast! Italman aimed his right hand at the robbers and out came some Super Gnocchi which entered the barrels of the rifles and caused the bullets to jam up! The Super Italian Food was working! Only problem was that Italman was getting a very strong craving for Italian food!

How many robbers were there? It seemed like the robbers were from the Bank Robbers or Us Gang which was known to send in multiple members of the gang to pull off a bank job. Lo and behold, three more robbers were running toward Italman so that they could shoot him at close range. Italman aimed his right hand at the robbers and out came some Super Tomato Sauce which covered the floor in front of the robbers. Of course, the robbers could not run on top of the tomato sauce so they slipped and fell and knocked each other out as their heads banged together. Three more down! How many more to go?

This time, the robber confronting Italman was standing between a little old lady and a young woman with a baby in her arms. Italman had to disable the robber without endangering them. The robber raised his gun to aim at Italman. Just then, Italman quickly aimed his right hand at the robber and out came a flood of Super Polenta. The Super Polenta piled up around the robber until his head was the only thing not covered. The Super Polenta then dried into a rock hard mass thereby completely trapping the robber.

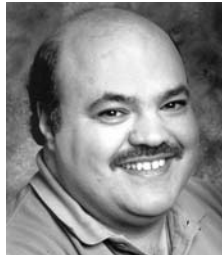
The little old lady and the young woman with the baby exclaimed, "Great work Italman!"

Next was a line up of four robbers all aiming to shot Italman. How was Italman going to stop all four of them? Italman quickly took aim and produced Super Flying Pizzas out of his food chute. The pizzas flew into the line of robbers and because of their Super Hard Crust, knocked out all four of them! How many robbers were left? Italman looked around and counted ten remaining robbers who were all very agitated and ready to put an end to Italman's heroics!

It was time to use the heavy artillery, thought Italman. Again, careful not to hit any of the innocent bystanders, Italman took aim at one of the robbers. His food chute became a Super Meatball Machine Gun! Rat-a-tat-tat went the Meatball Machine Gun and by the time Italman was finished, all the robbers were Meatball Machine Gunned out of commission! Another day and Italman had saved the day!

Then the police arrived and hauled all of the robbers into a large prisoner bus. All the civilians in the bank started chanting, "Italman, is our hero, Italman is our hero!" Then the Mayor of New Lark City arrived and thanked Italman for his heroics. The Mayor then suggested that they go out for dinner to discuss a crime prevention plan for the city. The Mayor asked Italman, "What kind of food are you in the mood for?" Italman excitedly replied, "Italian food of course!" They both laughed heartily!

This has been the adventures of Italman. Who knows when or where Italman's next adventure will be?



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Maria's Goodness

Pasta Makes Perfect!

By Maria Rizzuti

As the saying goes, "practice makes perfect," I say "pasta makes perfect!" Pasta is great for any meal and is comfort food for most families and especially children. What child or adult for that matter would refuse a hot from the oven homemade bubbly really cheesy macaroni and cheese? Or would you prefer a plate of spaghetti with really saucy and spicy meatballs? Yes, that would be my choice! In one form or another, pasta is a staple in family meals around the world. Whenever pasta is on sale at my local grocery store, I make sure I stock up my pantry with a variety of pastas as it's the perfect base for healthy, nutritious and satisfying meals.

Pasta's origin is subject to much speculation. While many different cultures of the world ate some sort of noodle which was composed mostly of grain, the key characteristics of pasta are durum wheat semolina, with a high gluten content. Pasta is made with a technique that allows the resultant dough to be highly malleable, thus resulting in the many different shapes such as ziti, lasagne, spaghetti and ravioli to name a few that characterize "pasta." Well whoever has claimed to have invented pasta and has pronounced pasta postulation, I am sure many are glad they did! Modern food science has revealed that pasta is high in minerals such as iron, phosphorus, and essential B vitamins (Thiamine, Niacin and Riboflavin) and now it is fortified with folic acid.

Of course, Italy is synonymous with food, and nothing says Italian food like pasta. The famous Italian actress Sophia Loren has stated that "Everything you see I owe to spaghetti." Whenever Italians have immigrated from, northern, central or southern Italy they have brought their pasta recipes along with them and it is basically a fundamental part of their Mediterranean Diet.

Italian pasta names often end in the masculine plural suffixes like -ini, -elli, -illi, -etti like linguini, flattened spaghetti meaning little tongues or bucatini which is hollow spaghetti or spaghettini thin spaghetti or little twines. Have you tried spaghetti alla chitarra? Chitarra means guitar in Italian, it's similar to spaghetti, except it is square rather than round and made of egg in addition to flour named after the device used to cut the pasta, which has a wooden frame strung with metal wires. Sheets of pasta are pressed down on the device, and then the wires are "strummed" so that the slivers of pasta fall through. While you are making the pasta, you can sing a song of "Mambo Italiano" and entertain your guests and do the mambo like a crazy Calabrese and then make some pasta e fazzul!

Or you have the feminine plurals -ine, -elle ect. all conveying the sense of "little" like campanelle, little bell shaped pasta or rotelle, wagon wheel shaped pasta. Or plurals with -oni, meaning "large" like pennoni a wider version of penne and zitoni a wider version of ziti. Then you have other suffixes like -otti "largish" like manicotti which are large stuffable ridged tubes which can be stuffed with meat and or ricotta or a combination of both.

Then you have your minute pasta, what's that you ask? This class of pasta is generally used in soups, or as an alternative for rice and similar accompaniments.

Some examples of minute pasta are anici di pepe, which is a bead like pasta or the translation would be peppercorns. A common minute pasta is orzo, it is rice shaped pasta. Stelline are little star shaped pasta and farfalline are small bow tie shaped pasta. I really like using these types of pastina for my homemade chicken soup. If I happen to run out of minute pasta for my soup, my trick is to take cappelini or spaghettini hold a bunch of strands of the pasta and break off one inch pieces and use the cut up pasta for my noodles in my soup. I also use this trick for my pasta e fagioli or pasta and beans recipe. If I run out of ditali or small sea shell pasta I use the cut up pasta. Just make sure that to allow for the fact that different pastas cook at different cooking times.

Okay, so we have established that there are literally hundreds of different shapes of pasta. Pasta is usually categorized in two basic styles: dried and fresh.

Dried pasta made without eggs can be stored for up to two years under ideal conditions, while fresh pasta will keep for a couple of days in the refrigerator.

Pasta is generally served with some type of sauce: the sauce and the type of pasta are usually matched based on consistency, ease of eating etc. Common pastas sauces in Northern Italy include pesto which is a combination of basil, crushed garlic, parsley, grated hard cheese like parmigiano-reggiano, or pecorino and pine nuts with olive oil. Historically, pesto is prepared in a marble mortar with a wooden pestle... well my ancestors may have done pesto this way but now many stores carry ready made pesto in jars, I am all for quick and easy pasta meal solutions. Or ragu alla bolognese, the traditional recipe, registered in 1982 by the Bolognese delegation of Accademia Italiana della Cucina, confines the ingredients to beef, pancetta, onions,

carrots, celery, tomato paste, meat broth, white wine and milk or cream.

In Central Italy, there are simple sauces such as tomato sauce which is primarily made from tomatoes, but almost at all times starting with onions and garlic which are sautéed or sweated in olive oil, then adding the tomatoes and seeds optionally removed. Other seasonings typically added are basil, oregano parsley and spicy red pepper chili flakes if you are Calabrese like me and of course salt and black pepper to taste and simmer 10 to 20 minutes or until cooked.

Its really ironic that as I am writing about tomato sauce, I am also cooking a BIG batch

Pasta with Garlic and Oil (Pasta Aglio e Olio)

Ingredients:

- 1 pound spaghetti, or linguine or your favourite pasta
- 3 cloves garlic, minced
- 1/2 cup extra-virgin olive oil
- 1 tablespoon of crushed red pepper chili flakes
- 2 tablespoons chopped Italian flat-leaf parsley
- Freshly grated Parmigiano-Reggiano or Romano

Directions:

Cook the pasta in boiling, salted water as per package directions until al dente. In the meantime heat the olive oil in a saucepan over medium heat. Add the garlic, red pepper flakes and cook until garlic is lightly browned. Remove from the heat. Drain the pasta while reserving a ½ cup of the pasta cooking liquid. Place the drained pasta in a bowl and add the olive oil mixture and chopped parsley and toss. Add some of the reserved cooking liquid if the mixture seems too dry. Serve topped with the grated cheese of your choice. This recipe yields four to six servings.

"Pasta makes perfect" and if you practise making pasta dishes you will end up with a perfect pasta meal!



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General Interest

Ecco la Chevrolet Camaro per le nuove generazioni



Ecco la *Chevrolet Camaro* per le nuove generazioni

di **Lino Manocchia**

DETROIT, 23 febbraio '10 – Combinando in sé in progetto innovativo e prestazioni emozionanti, il prototipo della *Chevrolet Camaro* riconquista lo spirito di una delle più popolari coupé sportive di tutti i tempi e

ripropone la Camaro a una nuova generazione di fan. Il prototipo della Camaro incarna le prestazioni e la passione che hanno fatto sì che la prima generazione della Camaro diventasse una delle più ricercate dai collezionisti di auto, aggiornando la formula con una trasmissione che trae il meglio dal carburante, adottando un telaio sofisticato e applicando un progetto contemporaneo. Lo scopo è quello di rendere la coupé sportiva interessante anche per i più giovani, conservando tuttavia quell'interesse che aveva richiamato i fan dell'epoca.

La griglia pronunciata il lungo cofano, la coda corta e l'ampia carreggiata del prototipo della Camaro non fanno altro che confermare che si tratta di un'auto con prestazioni davvero serie. Queste prestazioni vengono alimentate da un piccolo blocco motore in alluminio V-8 che sviluppa 400 hp e un sofisticato telaio con sospensioni indipendenti sulle 4 ruote.

Proprio come i suoi predecessori, la *Concept Camaro* sarà abbastanza pratica per essere guidata tutti i giorni. Prevede alcune caratteristiche per il risparmio del carburante tra la tecnologia di disattivazione del cilindro Active Fuel Management™ che porta a un consumo su percorso autostradale di 12,72 km/l o inferiore. Le sue dimensioni globali sono adatte sia per le strade urbane sia per le aree di parcheggio suburbane e il suo sedile posteriore è in grado, occasionalmente, di ospitare due adulti.

Design inclinato e vigoroso

La Camaro del 1969, considerata dai più come il miglior progetto della prima generazione, è stata un'ispirazione significativa. Ma, a mano a mano che il team di progettazione della GM a Warren, Mich., lavorava sulle alternative per il prototipo della Camaro, l'attenzione era centrata alla ricerca di un design che comprendesse lo spirito che aveva fatto grande la Camaro del 1969 ma che, allo stesso tempo, interpretasse anche tale spirito in un modo fresco e accattivante.



Il profilo



L'abitacolo

Le ruote ed i pneumatici larghi, i freni a vista ad alte prestazioni e le forme dei parafranghi prominenti indicano che il prototipo della Camaro ha tutte le carte in regola per essere controllata e per garantire una corretta frenata che sia consona al motore che la alimenta.

L'abitacolo della Camaro è annidato fra le forme definite dei parafranghi con aspetti progettuali che si sono ispirati agli aerei da combattimento e alla nuova Corvette. E, proprio come per tutte le altre auto ad alte prestazioni, il design intenzionalmente pulito è parte integrante dell'estetica generale. Il prototipo della Camaro non è solo una forma elegante. Il design incorpora tutto ciò di cui l'auto ha bisogno per comportarsi come le compete.

Prestazioni adattate al mondo reale

Il prototipo della Camaro propone l'ultima generazione del leggendario piccolo blocco motore V-8 di GM. Il motore da 6,2 l LS2 è un blocco motore e testata di alluminio leggero al quale si associa la tecnologia Active Fuel Management™ che chiude quattro cilindri per risparmiare carburante quando il motore è eccessivamente caricato. Questa versione prototipo di LS2 sviluppa 400 hp e, tuttavia, è in grado di garantire una percorrenza su autostrada con un consumo di 12,72 km/l. La trasmissione a 6 rapporti del prototipo della Camaro garantisce un'ampia gamma di rapporti che consentono un'accelerazione aggressiva, sorpassi in sicurezza e una velocità di crociera in autostrada tranquilla ed efficiente.

Per migliorare sia le prestazioni sia l'aspetto del prototipo della Camaro, sono stati adottati cerchi in lega a cinque razze da 21" per quelli anteriori e da 22" per quelli posteriori.

Una leggenda americana

Come l'Impala, la Chevelle e la Sting Ray, la nuova Camaro era una testimone della forza della Chevrolet nell'offerta di auto eleganti e di alta qualità rivolte a un pubblico di acquirenti tradizionale. Le sue particolari proporzioni e le linee aggraziate richiamavano sia la Corvette sia le auto da gran turismo italiane dell'epoca. La linea di trasmissione, che ben presto avrebbe compreso anche il piccolo blocco motore Z-28 e il grande 396s e il 427s, ha dato alla Camaro prestazioni degne del suo aspetto.

Ma ciò che ha davvero fatto della Camaro una leggenda americana è stato il fatto che fosse accessibile a milioni di utenti. Chevrolet, nei primi tre anni di produzione, ha venduto più di 669.000 Camaro. Pertanto, per ogni Z-28 che aveva visto sventolare la bandiera a scacchi su un circuito di gara, vi erano migliaia di meno esotiche Camaro che percorrevano le strade, si fermavano nei drive-in, andavano a fare la spesa o portavano la famiglia in vacanza.

Lino Manocchia

BARZELLETTA DELLA SETTIMANA

Saldi. Dalla mattina presto molte persone sono in attesa di entrare nel negozio, cresce l'agitazione. A un certo punto arriva un vecchietto che, scavalcando gli ultimi arrivati, tenta di risalire la corrente. Scoppiano le proteste e sul vecchietto piombano schiaffi, pugni, pedate. Il vecchietto finisce in ospedale. "Non è stata una grande idea la sua!" - dice l'infermiera. "Già - risponde il vecchietto - visto che le cose stanno così, per oggi rinuncio ad aprire il negozio!" vista meteorologico, credo che domani avremo una bellissima giornata. Da un punto di vista teologico, mi fa capire che Dio è Infinita Potenza e che noi siamo solo una piccolissima e insignificante parte dell'Universo. Ma perché me lo chiedete? Cosa suggerisce a voi tutto questo?». Holmes rimane un attimo in silenzio e poi esclama: «Watson, siete un idiota! Qualcuno ci ha rubato la tenda!»

Local City

A Production of the Drama Guild at the University of Ottawa Theatre Department

Adultery, murder, incestuous love and revenge. These are the themes Eugene O'Neill explores in his trilogy of plays *Mourning Becomes Electra*. As an updated version of the Greek myth of Orestes, *Mourning Becomes Electra* tells the story of the Mannon family during the American Civil War. As the family is haunted by the ghosts of their pasts, their dark secrets are slowly revealed.

Director André Perrier has taken on the task to give life these tortured characters with the third part of the trilogy, *Mourning Becomes Electra - The Haunted*, produced by the Drama Guild at the University of Ottawa Theatre Department.

Perrier gave a few moments of his time to answer some questions about the production and his directing style for *The Haunted*.

You are currently the Artistic Director of Montreal's Théâtre Triangle Vital and you were also the Artistic Director of le Théâtre du Nouvel-Ontario in Sudbury. How did these experiences shape your current directing style? What are the elements in this play brings out this style?

When I first created Triangle Vital, I knew very little about directing. I wrote most of the texts we produced and it was an experimental tool that allowed me to push my own creative barriers. These plays were very experimental physically and visually, but I realize now how much I was influenced by other directing styles. I truly developed my own style in Sudbury's TNO, which has strong roots in the community and therefore has a responsibility to cater to it. My work became more personal and relaxed. Being the only French professional theatre in Northern Ontario, language became of great importance and I


discovered the tremendous power of words, especially in the poetic form which I continue to explore today. My passage in Sudbury was very influential and I developed a liking for the Baroque, mixing styles and periods in varying forms with the result of making every project unique.

The Baroque style is present in the different components of *The Haunted*: the acting style for the living characters has been worked in a restrained expressionistic style while the ghosts are inspired by certain camera effects seen in modern horror films, the use of period (1865) costumes, the set design is minimalistic and the contours of the Mannon house is suggested through the placement of realistic set pieces, and the sound track is based on classical music and is electronically transformed into something unique.


Why did you choose to direct *The Haunted*? What drew you to it?

The language is very strong, the character's motivations are extreme and the stakes are high. Initially, I wanted to add a collage of the dead characters from the rest of the trilogy and portray them as ghosts but I wasn't given the rights to change the text in that way. That concept is still there but I had to work it in differently. The audience should know that the integration of these characters is part of a new approach to the text. They become embodiments of the Mannon's dark secrets. They are embedded in the storyline and their lives are portrayed parallel to the main action. The ghost characters do not exist as such in *The Haunted*.

Mourning Becomes Electra - The Haunted runs from Tuesday, March 9th to Saturday, March 13th 2010.
Performances begin at 8pm in Academic Hall, 133 Séraphin Marion, University of Ottawa. Tickets are \$15 general admission, \$10 students/seniors. Call 613-562-5761 to reserve tickets.



Drama Guild
University of Ottawa Department of Theatre




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The Haunted

Written by
Eugene O'Neill

Directed by
André Perrier

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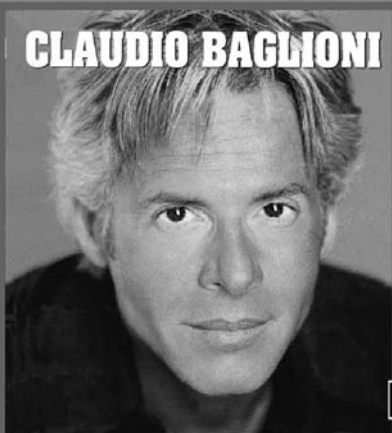
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