

IL POSTINO

VOLUME 2, NUMBER 3 ~ DECEMBER 2001



MERRY CHRISTMAS
BUON NATALE
JOYEUX NOËL

CUSTOMER NUMBER: 04564405
PUBLICATION AGREEMENT NUMBER: 1835041

IL POSTINO • OTTAWA, ONTARIO, CANADA

IL POSTINO

VOLUME 2, NUMBER 3

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

Publisher

Preston Street Community Foundation
Italian Canadian Community Centre
of the National Capital Region Inc.

Executive Editor

Angelo Filoso

Managing Editor

Laura D'Amelio

Associate Editors

Olivia Mingarelli and Fiona Story

Advertising Director

Lillian Franovic

Graphic Designer

Vlado Franovic

Layout & Design

Laura D'Amelio

Web site Manager

Amit Patel

Contributors for this issue

(in alphabetical order)

Franco Caminiti, Domenico Cellucci, Assunta DiFederico, Colin Donelle,
Olivia Mingarelli, Emilie Moniez, Luciano Pradal, Fiona Story, the
parents and children of St. Rita's School

Special thanks to

Francesco Loriggio and Italo Tiezzi

Submissions

We welcome submissions, letters, articles, story ideas and
photos. All materials for editorial consideration must be double
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phone number. The editorial staff reserves the right to edit all
submissions for length, clarity and style.

Next Deadline

December 26, 2001

Il Postino is publication supported by its advertisers and sale of
the issues. It is published monthly. The opinions and ideas
expressed in the articles are not necessarily those held by *Il*
Postino.

Subscription rates

In Canada \$20.00 (includes GST) per year.
Foreign \$38 per year.

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I L P O S T I N O

December 2001

Letters

Congratulations on the November Memorial Issue.

Do you know the pride, joy, emotions and memories this
issue generated for the vets, their widows, families, friends and
the community. I know it will be kept by many as a souvenir
issue. It is, indeed, a "Village Reunion" in print for the whole
community to enjoy.

Thanks to you and your staff for a job well done.
Eleanor Romani-Wildman

Thank you...

You have made me feel like a great celebrity. Il Postino is a
giant among great newspaper publications.

I wish you much luck for the future
Giuseppe Nasso

*Il Postino would like to thank all of the veterans and their fami-
lies for participating in last month's issue.*

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Buon Natale e tanta felicità e benessere per il
Nuovo Millenio

Presidente: Gino Buffone

IL POSTINO



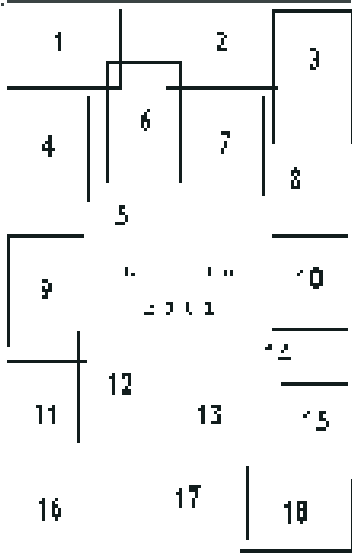
La Befana - the good witch of Christmas and an Italian tradition, learn more about La Befana
and her story on page 4.

Image from <http://library.thinkquest.org/50001/December.htm>

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Corrections to November's Issue

On the back cover, photo #14 was identified as Camillo
Delli Pizzi. The photo was, in fact, of Angelo Delli Pizzi. Il
Postino apologizes for this error.

The interview and article written about Joe Nasso was
produced by Fiona Story. Her name was accidently omitted
from the story. Il Postino regrets the error.

CHRISTMAS IN FRANCE

NOËL EN FRANCE

by Emilie Moniez

Emilie is a co-op student from France. She was willing to share the traditions of her heritage.

Christmas is originally a religious feast, indeed, December 25 celebrates the Christ day of birth. But in modern times, Christmas is principally a family holiday.

It is a holiday who requires a long preparation because one needs to decorate the houses, buy the presents and prepare the dishes that will compose the meals.

A calendar of the month of December, in chocolate, is also offered to the children to help them be patient.

The Christmas magic starts on the December 24, it is the Christmas Eve. This evening is very homelike and warm because it is just between parents and children.

It start with a substantial meal composed of foie gras, oysters, turkey with chestnuts, Yule-log and thirteen deserts - dried fruits, almond paste, nougat, prunes, dates, curl paper - Because since 1920, the tradition wants there are thirteen deserts

symbolizing the "Cène".

After this meal, the family sings Christmas songs and the children, before going to bed, deposit their shoes under the Christmas fir which they have decorated with balls and garlands.

Certain families also go to church to assist to the midnight mass.

A crib must also be placed under the fir. It represents a miniature village life, in the moments that preceded and follow the Christ birth and it is composed of small figurines called "santons".

They are made in clay and represent the ancient professions, animals and biblical persons.

When it is midnight, Father Christmas, with his long white beard, his red coat and his surprises, distributes the presents in all the homes. Then it is Christmas day, children discover their presents and are very happy.

Now, it is December 25. For lunch there is another meal, the same as the 24 but with the whole family, that is to say grandparents, uncles, aunts, cousins.

If the homes are very beautiful during this period, the towns are also decorated, illuminated and we can enter in the magic spectacle of Christmas. This is how Christmas occurs in France with its traditions.

Noël est à l'origine une fête religieuse, en effet, le 25 Décembre célèbre le jour de la naissance du Christ.

Mais de nos jours, Noël est principalement une fête de recueillement en famille.

C'est une fête qui nécessite une longue préparation car elle implique la décoration des maisons, l'achat des cadeaux et des mets qui composeront les repas. Un calendrier du mois de Décembre est même offert aux enfants pour les faire patienter.

La magie de Noël commence le 24 Décembre, c'est la "veille de Noël". Cette soirée est très intime et chaleureuse car elle est dédiée aux enfants et aux parents.

Elle commence par un copieux repas, composé de foie gras, d'huîtres, dinde aux marrons, bûche de Noël et des "treize desserts" (fruits secs, pâte d'amande, nougat, pruneaux, dattes, papillottes). Car depuis 1920, la tradition veut qu'il y ait 13 desserts symbolisant la Cène.

Après ce repas, la famille chante des cantiques de Noël et les enfants, avant d'aller se coucher, déposent leurs souliers sous le sapin de Noël qu'ils ont décoré de boules et de guirlandes. Certaines familles vont aussi à l'église pour assister à la messe de minuit.

Une crèche doit aussi être placée sous le sapin. Elle représente la vie d'un petit village en miniature, dans les moments qui précèdent et suivent la naissance de Jésus Christ, et se compose de petites figurines appelées "santons". Ces santons sont faits d'argile et représentent les professions qui existaient autrefois, des animaux et des personnages bibliques.

Une fois les douze coups de minuit ayant retentis, le Père Noël, avec sa longue barbe blanche, son grand manteau rouge et sa hôte remplie de surprises, fait la distribution des cadeaux dans chaque foyer.

Ainsi, le jour de Noël, les enfants découvrent avec joie leurs cadeaux et ne cessent de les admirer. Nous sommes à présent le 25 Décembre.

Le midi, il y a un autre grand repas mais celui-ci se fait avec la famille au grand complet; grandparents, oncles, tantes, cousins, cousines. Il se compose des mêmes plats que celui de la veille et se termine généralement en fin d'après-midi.

Si les maisons sont magnifiques à cette période de l'année, les villes le sont aussi. Tout est illuminé et décoré, les rues, les magasins brillent de tous leurs feux et laissent nous plonger dans la féerie des fêtes de Noël. Voilà comment se passe Noël en France, avec ses coutumes et ses traditions.

Il primo natale del terzo millenio

di Luciano Pradal

Il Natale del 2000, contavo di passarlo in maniera diversa dell'anno prima, quando tutto il nostro pianeta si preparava o con frenetica gioia o con grande paura al nuovo millennio. Allora le priorità erano altre, lontane dal vero significato del Santo Natale.

Pensavo di passare alcuni giorni in campagna dai nostri cognati Angelo, Lupe e famigliari. Arrivammo alla casa di campagna il 22 dicembre, di venerdì. Per entrare in casa c'era solo uno stretto passaggio nella neve alta, spinta dal vento che l'aveva accumulata attorno alla casa. Faceva freddo ma tutto era calmo, la notte chiara.

Inutile dire che la notte fu breve. L'indomani mattina ci alzammo presto per vivere insieme le festività di Natale. In un angolo del grande soggiorno, c'erano due lunghe tavole, poste ad L, coperte di tovaglie con i colori natalizi. Sulle tovaglie, un'albero di Natale, tutto decorato.

Poco a poco venne definito un programma per i giorni successivi ed ognuno di noi si apprestò a fare quello che doveva fare. Io e Sofia, mia figlia, decidemmo di restare alla fattoria e divertire Beatrice, la mia nipotina di poco più di tre anni, andando a passeggio trainandola sulla slitta. E così fu, prima sulla strada gelata e poi attraverso i grandi prati dai dolci pendii che circondavano la fattoria. Sebbene il vento soffiasse la superficie era coperta da una crosta di ghiaccio che si rompeva facilmente sotto i nostri passi lasciando intravedere uno strato di neve granulosa che proteggeva e conservava l'erba ancora verde, morbida, piena di vita. Pensai allora al detto "Sotto la neve pane, sotto la pioggia fame".

Tutti e tre ci divertimmo molto. Trainai la slitta per un paio d'ore. Si sopportava bene il freddo, Beatrice era seduta nella slitta bene avvolta, riparata dal freddo, e Sofia seguiva. Fu questa "la grande avventura" della giornata.

L'indomani, la vigilia di Natale, Beatrice chiese di primo mattino di ripetere quell'avventura. Natale è soprattutto per i bambini, e allora mi misi subito a disposizione.

Qualcosa era però accaduto durante la notte! I caprioli, numerosi nella zona, con istinto naturale avevano seguito le nostre tracce del giorno prima ed, essendo la crosta di ghiaccio rotta e l'erba esposta, avevano saziarsi facilmente. C'erano molte tracce. Pensai allora di stimolare un po' la fantasia della piccola Beatrice. "Sono le tracce delle renne che tirano la slitta di Babbo Natale... Vedete vanno di là

verso il bosco oltre il quale c'è la fattoria dei Vachon, ove abita il piccolo Jasmijn. Sono poi ritornati e sono andati verso la nostra casa per vedere se c'è qualche bravo bambino o bambina. Sicuramente diranno poi a Babbo Natale di fermarsi e lasciare qualche dono anche a Beatrice perché anche lei è una brava bambina....."

Sofia capì e si fece subito complice. Dopo qualche minuto Beatrice cominciò con la lunga lista dei regali, trasformando in realtà, come sarebbe successo con ogni l'altro bambino, la fantasia, in questo caso la storia del Babbo Natale che porta doni ai bambini meritevoli. Beatrice continuava durante la giornata con i suoi perché. Durante la cena a rispondere ai perché rispondevano anche Lupe ed Angelo, altri nostri complici.

Quella sera per Beatrice l'ora d'andare a letto arrivò presto. Ma questo non le impedì di porre sotto l'albero di Natale una tazza di latte e qualche dolce per permettere così a Babbo Natale di rifornirsi prima di riprendere il viaggio nella fredda notte.

I nostri lettori immagineranno facilmente che, una volta Beatrice a letto ed addormentata, ci affrettammo tutti a sistemare i doni sulle lunghe tavole vicino all'albero di Natale. Avevamo buon gioco! Ci restava solo di aspettare che Beatrice si alzasse dopo una notte di buon riposo.

Il mattino, appena sveglia, ancora in pigiama, eccola scendere, fermarsi a metà scala, e sedersi su uno scalino. Da lì poteva vedere che nel grande salotto qualcosa ha cambiato. Scese lentamente e, con aria incredula, ammirò le tavole coperte di pacchi dai vari colori. Noi cercavamo di capire cosa stesse succedendo nella sua piccola mente. Quasi disinteressata dei regali, Beatrice si avvicinò all'albero di Natale e si accorse che la tazza ed il piattino erano vuoti.

Subito chiese perché Babbo Natale aveva lasciato qualche briciola nel piatto e qualche goccia di latte nella tazza, confermando a tutti noi che anche lei credeva nell'esistenza di Babbo Natale.

Con la sincera ingenuità dei bambini, Beatrice si avvicinò alla grande porta-vetrata che dava sul retro della casa e sulla grande veranda ricoperta di neve, scorre numerose tracce di...renne. Sì, mentre Babbo Natale sistemava i doni, le renne aspettavano fuori e Babbo Natale aveva offerto loro un po' di latte e qualche dolce...Parola di Beatrice. Buon Natale

Buon Natale e

Felice Anno Nuovo

alla comunità Italiana



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The Witch of Christmas

One day, the three Magi left their country with special gifts of Gold, Incense and Myrrh for little Jesus Christ. They traveled through many different countries guided by a star and every town they passed, people ran to meet them and join them in their journey.

There was only one old woman who didn't want to join them. The day after, repented, she tried to reach the Magi but they were too far from her. Therefore the old woman didn't meet the Holy Child.

Since that time, in the night between the 5th and the 6th January, she flies on an old Broom with a big canvas sack on her shoulders and visits every house to give the good children all the gifts she didn't give to the Holy Child.

Since this day, this old woman became "The Befana". The name "Befana" indeed, is the Greek word "epifania" (Epiphany); religious feast of the 6th January and reminds us of the Magi's visit to the little Jesus Christ..

It is not known where and when this tradition started to be celebrated, but it can be asserted that since the XIII century it is one of the most popular Italian feasts.

In the past, when our grandparents were children, they used to wait for her with joy and anxiety, hanging a hand knitted stocking on the fireplace.

At that time children believed a lot in this tradition and they used to write long letters to the old woman where they expressed their wishes but they were often disappointed because there was a lot of poverty. Nevertheless, they were very happy because the Befana's presents were the only ones they received.

Some times they found in their stocking little puppets, hand-sawn dolls and if they had been nasty or bad the stocking was filled with onions, garlic and carrots. There were no traditional dishes to celebrate this day, but some people used to stay together eating chestnuts, nuts and fruit pancakes.

Nowadays, for the children, the Befana is an old woman who flies on an old Broom, she wears a black shawl on her head and her dress is dirty with soot because she goes into the houses through the chimney.

During the night of the January 5, when people sleep, she brings sweets, toys and books and as in the past, she brings onions, garlic and coal if children have been bad.

That's why children try to be more patient and good during

the week before Epiphany and after they have hung their stocking on the fireplace, they go to bed very early. They are very excited and curious to discover what the Befana left for them: some children will be very happy, others will feel disappointed.

Many children believe the Befana is Father Christmas' wife and that she lives on the South Pole whereas he lives on the North Pole. Some children believe also that the Befana does really exist, others assert it is only a fancy because they think that parents put the gifts in their stockings.

Nevertheless all of them wait for her with anxiety and trepidation



www.labefana.com

www.labefana.it

www.fabrisia.com/befana.htm

Un giorno, i Tre Magi partirono carichi di doni (oro, incenso e mirra) per Gesù Bambino. Attraversarono molti paesi guidati da una stella, e in ogni luogo in cui passavano, gli abitanti accorrevano per conoscerli e unirsi a loro.

Solamente una vecchietta rifiutava di seguirli. Il giorno dopo, pentita, cercò di raggiungere i Re Magi che erano già lontani. Per questo, la vecchietta non vide Gesù Bambino.

Da allora, nella notte fra il 5 e il 6 Gennaio, volando su una scoppa con un sacco sulle spalle, passa per le case a portare ai

bambini buoni e doni che non ha dato a Gesù.

Da questo giorno, questa vecchietta è diventata "la Befana". Il nome "Befana" in fatti, è la versione popolaresca del termine greco "epifania", festa religiosa che ricorre il sei Gennaio e ricorda la visita dei Re Magi a Gesù Bambino. Non si sa in quale città o regione italiana sia "nata" la Befana, ma di essa si è incominciato a parlare nel milleduecento.

Al tempo dei nonni, nelle case si aspettava la Befana appendendo al camino una calza di lanna fatta a mano con i ferri dalle mamme o dalle nonne. Essi, da piccoli, credevano molto alla Befana; le scrivevano una lettera esprimendo i loro desideri che, per lo più, non venivano esauditi perché c'era molta povertà.

Quando arrivavano i donni della Befana, tutti i bambini erano molto contenti perché era l'unica festa in cui ricevano dolciumi.

Nella calza, i bambini trovano poca roba: qualche mandarino, caramelle di orzo fatte in casa, castagne, noci e lupini; essi sapevano che dovevano essere buoni almeno due mesi prima della festività, altrimenti avrebbero ricevuto carbone, cenere, cipolla, aglio e carote. Non si preparavano piatti particolari in quel giorno, ma in alcune famiglie ci si riuniva per mangiare castagne, noci e frittelle.

Adesso, per i bambini, la Befana è una vecchietta che vola su una scopa; porta una scialle sulla testa e i suoi abiti scuri sono strappati perché per entrare nelle case si cala giù dal camino.

Questa vecchietta, la notte del 5 Gennaio, quando le persone dormono, porta ai bambini: bambole, macchinine, libri, giochi vari e dolciumi. E come nel tempo dei nonni, se qualcuno è disubbidiente, troverà carbone, cenere ed aglio.

Una settimana prima della festa, i bambini cercano di fare i "buoni" e la sera prima, preparano la calza appesa al camino e vanno a letto presto. Sono emozionati, curiosi di vedere il loro regalo, ansiosi per l'arrivo della Befana e talvolta un po' impauriti. Il giorno della festa sono allegri, contenti del regalo ricevuto o un po' delusi perché il carbone non manca mai nelle calze.

Molti bambini credono che la Befana sia la moglie di Babbo Natale e che abiti al Polo Sud, mentre il marito vive al Polo Nord. Qualche bambino pensa che la Befana esiste veramente, cerca di immaginarla e la aspetta con ansia; alcuni non ci credono e pensano che sia la mamma a mettere i regali nelle calze, però fanno finta di non saperlo...

Christmas Traditions

What do You Love at Christmas Time?

by Colin Donelle

Cultural deterioration is a problem all minorities groups are facing. As they become more and more Americanized how do they continue to express their own cultural diversity? Probably at no better time is this witnessed then at Christmas.

The family traditions of many Italian- Canadians are becoming less Italian and more Canadian. The strong liturgical foundation is crumbling to our commercialistic society.

"It's difficult to maintain the religious element (of Christmas)," explains Carleton Professor Francesco Loriggio, "especially when the emphasis is now on presents and not Jesus' birth."

Although Loriggio was born in Vibo Valenti, Calabria and lived there until he was 12, he practices few of the aspects he was raised around. He can still recount the large meal they would have on Vigilia Di Natale (Christmas Eve) before midnight mass, and the nine days of prayer before Christmas day. He even remembers when gifts were opened on January 6th from La Befana - the witch who brought gifts to commemorate the arrival of the three wise men to Bethlehem. Yet he follows few of these traditions within his own family.

"Primarily the focus is now on family and reaffirming our family togetherness."

With this movement from a religious base to emphasis on family, he offers hope that his children will recover the ritualistic elements of Italian traditions that he has lost. Most importantly though he hopes his children will continue the focus on family and the sacramental element of the meal they share together,

which Loriggio views as more religious than simply fulfilling the human desires of hunger.

"Breaking bread with those you love... it's a communion with the family and with the community."

On the opposite end of the spectrum is Ottawa University Professor Franco Ricci. He still maintains many of the Italian traditions he was raised with, including the food they eat and a strong faith with the church. This includes the large feasts on Christmas Eve and Christmas Day, midnight mass, and the traditional Abruzzi dishes of cece ripiene and mostalcciolli (also known as Celucci). He believes he is still able to accomplish this as a result "of being an Italian professor, which strengthens the bonds with Italy."

Both professors have continued to visit Italy almost every year. Yet as they continue to spend more and more time in this country they will continue to diverge from the traditions of the generations before them. And maybe that's not important. Maybe at this time of the year it is only those we love and the traditions that we do fulfill, rather than those we don't.

For myself Christmas will always be the family together watching the old black and white version of Dicken's "A Christmas Carol," more than any liturgical or societal element. Does this mean that I am the victim of cultural deterioration, or that I've simply changed my focus?

I don't know, I guess you get to judge that, when you yourself are with those you miss, need and love.

What do You Love at Christmas Time?

Per il Nuovo Anno vi auguriamo

giorni pieni di pace,

amicizia e benevolenza

Buon Natale e

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Justice Frank Iacobucci

The Man Behind the Santa Suit

by Fiona Story

The ominous grey building down on Wellington Street known as the Supreme Court of Canada evokes images of judges in white wigs sitting on high, loudly banging a gavel wearing fierce scowls.

I quickly bound up the stairs, looking to escape the dry chill in the air because my only dress coat also happens to be paper-thin. An RCMP officer greets me at the door and kindly provides me with an escort to Supreme Court Justice Frank Iacobucci's office.

My police companion's name is Mike. He addresses my questions with a polite, "Yes, Miss" or "No, Miss" as we ride the elevator up to the second floor. As he walks down the hall to Justice Iacobucci's office, he asks how I came to pick such a good interview subject.

"Actually, Mike, I was assigned the story by the paper I write for," I say.

"Well, Miss, Justice Iacobucci is a very nice man. He's really down-to-earth," my escort kindly informs me.

Mike drops me off in front of Iacobucci's office. His assistant, Micheline greets me at the door and takes my coat.

"So young to be a journalist," she remarks with a friendly laugh. "Justice Iacobucci is on the phone, he'll be with you in a minute."

One minute later, the Supreme Court Justice emerges from his office with an enthusiastic smile and directs me into his office.

"My Italian is a little rusty though, even though I'm sure it was the first language I learnt."

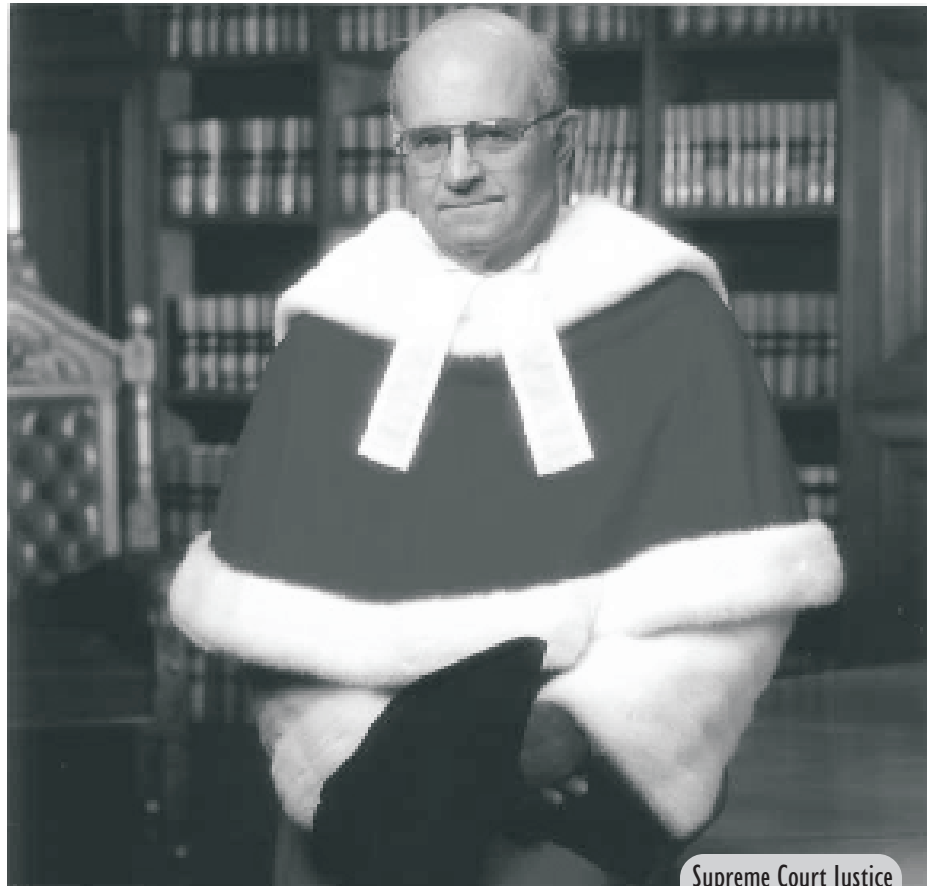
The first thing he asks me as we take a seat near the fireplace in his office is how my life is going and what I've been up to.

This is my first encounter with Iacobucci and yet his enquiry is quite sincere. So I tell him.

In return, he tells me a bit about himself starting with two plaques on the wall above us.

One plaque declares him an honorary citizen of an Italian town called Mongone and the other, of a region called Abruzzo. These are the hometowns of his mother and father and Iacobucci upholds them as the greatest honours he has received throughout his extensive career.

Iacobucci is quite proud of his Italian heritage. He is past-president of the National Congress of Italian-Canadians in Toronto, is frequently involved with the Italian community here in Ot-



Supreme Court Justice Frank Iacobucci

tawa and even has a tiny Italian flag sitting on his office desk.

"My Italian is a little rusty though, even though I'm sure it was the first language I learnt," he says, remembering his childhood in Vancouver.

Growing up during the war, Iacobucci's parents encouraged him to learn and practise English.

"It wasn't very fashionable to speak Italian in those times and my parents knew that in order to make a life here in Canada, you needed English."

However, being Italian was always very important to his parents. When his older brother Danny jokingly suggested they change their last name to Sullivan because it was easier to spell and didn't stand out as much, Gabriel Iacobucci promptly reprimanded his children for making such a suggestion.

In his youth, Iacobucci didn't think much about law. He started off wanting to be a doctor.

"That quickly fell short because I can't stand blood," he laughs as he nestles into an armchair.

It was his elementary school principal who set the wheels turning in Iacobucci's head when he compared the talkative grade six student to a lawyer.

Since that point, Iacobucci has built a distinguished career in law. He studied at the University of British Columbia, St. John's College at Cambridge University, and the University of Toronto.

He would eventually teach at the University of Toronto, be involved with numerous associations and committees as well as receive a number of awards before being appointed to the Supreme Court in 1991.

But it was at a law firm in New York City where he met his wife, Nancy. The pair were married in 1964.

"I would have liked to have been the manager of a major league baseball team. Baseball's always been one of my first loves."

Iacobucci credits a lot of his success to the continuous support of his wife, a Harvard law school graduate, who in his opinion, is smarter than he is.

Family is the most important thing in Justice Iacobucci's life. He fondly speaks of his wife and his eyes light up as he informs me he's just become a grandfather.

"I've been very lucky in all aspects of my life," he says.

There are a few things Iacobucci admits he would like to have done in his lifetime which he never had the chance to accomplish.

"I would have liked to have been the manager of a major league baseball team. Baseball's always been one of my first loves," he smiles, no doubt envisioning himself in a team jacket drumming up strategies for his all-star players.

When he eventually decides to lay aside his career, Iacobucci plans to undertake reading and cooking. He has an unbridled passion for food shopping and cooking. Spending time with his grandchildren is also high on his list of priorities.

I spend about 20 minutes after my interview chatting with Iacobucci about life and my future. He took as keen an interest in what I planned to do with my life as I had in what he'd done with his.

I tell him about how the ambitions I have, no matter how far-flung they might be and he shares with me his own personal credo, borrowed from Robert Browning.

"A man's reach should exceed his grasp, else what's a heaven for?" recites Iacobucci. "Beautiful isn't it?"

After almost an hour, I gather my notes, having taken up enough of the Justice's time.

"Oh, I have to give you a gift," he says, scurrying over to his desk. He yanks open a couple of drawers before he pulls out a Supreme Court pin which he promptly hands to me.

"It's beautiful," I say, speaking more of the gesture.

"Well, no not really," Iacobucci says as he looks at the pin. "It's actually kind of ugly but still, a souvenir."

His assistant retrieves my coat for me and Iacobucci chats with me for a few minutes longer. As I head out the door to join Mike, who is patiently waiting in the hallway, Iacobucci wishes me all the best in future endeavours with a happy wave.

Mike escorts me back down in the elevator to the entrance.

"Yes, he's an extremely nice man, Miss," he says to me as we approach the main desk. "Very smart, very grounded."

Waving goodbye to my friendly escort, I push through the heavy revolving doors and quickly hop down the steps of the courthouse, thinking how cozy it is inside.



Left: Iacobucci at a recent Supreme Court function
Right: Iacobucci chats with MP Charles Caccia and the Italian ambassador's son



PHOTOS: ANGELO FILOSO

Community/Comunità

Supporting world solidarity and unity

by Angelo Filoso

The National Congress of Italian Canadians (Local District), the NCIC Foundation, Canadian Italian Business and Professional Association, the Preston Street Business Improvement Association and the following Associations which donated over five hundred dollars: Associazione Nazionale Marineri D'Italia, Centro Italiano di Ottawa, Italian Canadian Youth Formation, Italian Cultural Centre of Eastern Ontario/Italian Canadian Community Centre, National Congress of Italian Canadians (Ontario Region), Ordine Italo Canadese, Club Carpineto Romano, National Congress of Italian Canadians (National) together with corporate donors and individual donors paid their respect to the American ambassador Paul Cellucci for the loss of human life on September 11, 2001.

This gathering was hosted by the Honorable Frank Iacobucci, Justice of the Supreme Court of Canada in the presence of Marco Colombo, ambassador of Italy and Giuliano Zaccardelli, Commissioner of the Royal Canadian Mounted Police at the Supreme Court of Canada on November 7.

Even though funds in the amount of \$25,000 were raised to give to the New York Police and Firefighters Widow's and Children's Benefit fund, the evening was organized to show respect and honour to the many women and men who gave their lives to rescue the thousands of people who worked at the World Trade Centre on September 11, 2001.

This evening made us reflect on the freedom we had enjoyed and took for granted before September 11, a date on which the world united to protect freedom and democratic rights of humanity.



Top left: American ambassador Cellucci
Bottom left: the evening's organizing committee



PHOTOS: ANGELO FILOSO



National Congress Representatives

Heart Institute fundraiser

On October 23, 2000 Cesare Di Federico lost his battle with heart disease. His wife, Loreta, lost her cherished husband; his children, Sue and Nick, were left without their Dad; his grandchildren no longer had their beloved "Nonno." Cesare Di Federico was only 62 years old.

Di Federico had been in the care of Dr. Wilbert Keon at the University of Ottawa Heart Institute. To honour her late father, and to commemorate the first anniversary of his passing, his daughter, Sue, organized a gala fundraiser in the hope of raising enough money to purchase a piece of much-needed equipment for use at the Heart Institute.

We were delighted that Marlene Murray from CJOH could join us and serve as our Master of Ceremonies, and were absolutely delighted to have Dr. Thierry Mesana, the new chief of

Cardiac Surgery and his wife Marie-Christine join us that evening. Dr. Mesana spoke to everyone for several minutes and let us see what a warm and caring individual he is.

The Friends of the Heart Gala Fundraiser was held on October 27 and thanks to you and many other thoughtful individuals and companies, it was an overwhelming success. Your gracious contribution of [a gift for the silent auction, an item for the raffle, the purchase of tickets and/or commemorative hearts, free publicity, a sponsorship, printing, graphic design services, writing services, music, your time and dedicated effort, your attendance at the fundraiser] was added to that of others, and together we raised over \$14,000.

From among the many items that the Heart Institute needs to further its work, the Friends of the Heart chose to purchase

a pace maker analyzer, a patient monitor and a patient bed in memory of the late Cesare Di Federico.

As a result of your generosity and because you cared, the future of many University of Ottawa Heart Institute patients will be brighter and their chance of survival will be enhanced. Our heartfelt thanks go out to you.

We are already looking forward to April 2002 when we begin to work on next October's 2nd annual Friends of the Heart Gala Evening.

-AF

Special note for everyone who attended the gala fundraiser: If you visit [http://community.webshots.com/user/friends of the heart](http://community.webshots.com/user/friends%20of%20the%20heart), you can download copies of the pictures that were taken during the evening, courtesy of Friends of the Heart.



The organizing committee for the fundraiser



Guests enjoyed good food and company to raise money for the Heart Institute



PHOTOS: COURTESY OF FRIENDS OF THE HEART

Community/Comunità

Un po' di cultura alla trevisana

di Luciano Pradal

Si, come accade già da parecchi anni, l'Associazione Trevisani nel Mondo, Sezione di Ottawa ha organizzato con successo l'annuale "Autunno trevisano".

L'evento si celebra dappertutto nel mondo dove esistono comunità trevisane. Qui in Ottawa, l'edizione 2001 si è tenuta a Villa Marconi ed è stata onorata dalla presenza di Maria Antonietta Flumian, presidente di Villa Marconi, di Lina Pavan Farnworth, di rappresentanti del Centro Culturale Italiano e del Centro Comunitario Italo Canadese e di molti altri amici dei trevisani. Tra questi ultimi merita un cenno particolare il folto gruppo di membri della banda dei vigili del fuoco della nostra città. Infatti, insieme al loro maestro-direttore Paolo Casagrande, anche lui alla festa, la banda l'estate scorsa ha compiuto una tournée in Italia, con tappe non solo in Abruzzo e a Venezia ma anche a Pieve di Soligo. .

Dopo la Santa Messa, durante la benedizione del cibo che ha preceduto la serata sociale, Padre Fiore ha ricordato quelli che non potevano e che avrebbero voluto essere presenti alla serata.

Poi si è proceduto, come per consuetudine, al concorso di radicchio. La giuria, composta dall'architetto Tino Tolot, da Paolo Casagrande e da Lina Pavan, tutti e tre figli della nostra terra, ha assegnato il primo premio ad Elio Pagotto e il secondo premio a Mario Vettore. Franco Zanette ha ricevuto un riconoscimento per l'assidua partecipazione, nel corso degli anni, alla simpatica gara. Da parte sua Franco ha offerto il radicchio per l'insalata che accompagnava l'eccellente pranzo servito dal personale di Villa Marconi. .

È stata una piacevolissima serata passata in buona compagnia con amici che speriamo di rivedere l'anno prossimo quando l'Associazione celebrerà il decimo anniversario della fondazione.



I vincitori con Paolo Casagrande e Lee Pavan Farnworth



I vincitori della serata



PHOTOS: ANGELO FILOSO

Onore ai Caduti

di Angelo Filoso

Domenica 4 novembre circa 800 persone si sono raccolte nella chiesa di Sant'Antonio per ascoltare le parole di Monsignore Renato Volante sui caduti di guerra. Insieme ai rappresentanti dell'associazione dei combattenti, e di varie società locali, hanno assistito alla messa rappresentanti delle varie armi-marina, carabinieri, bersaglieri, alpini e rappresentanti del governo federale, oltre che del governo italiano.

L'importanza della cerimonia è stata sottolineata dalla partecipazione del ministro Mario Boffo e il colonello Roberto Lamanna che era accompagnato dalla sua famiglia. Il coro di Sant'Antonio ha contribuito all'atmosfera del tutto con magnifiche esecuzioni canore. Ha chiuso l'evento un ricevimento offerto dalla comunità e organizzato dalla St. Anthony's Ladies Aid.



Guests above enjoying the reception hosted by Colonello Lamanna at the Aviation Museum



PHOTOS: ANGELO FILOSO



PHOTOS: ANGELO FILOSO

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Community/Comunità

Plant Pool progress for redevelopment



Attendees enjoy dinner and support the redeveloping the Plant Pool



Above: Mayor Bob Chiarelli and Councillor Elisabeth Arnold



PHOTOS: ANGELO FILOSO

by Angelo Filoso

City Council approved one million dollars to hire the Architects to complete the detailed design work for the redevelopment of the Plant Pool. The Architect Firm of Griffiths Rankin and Cook began their work with the Community Advisory Group to prepare the final design for the facility.

In addition to the six lane swimming pool the facility will include an accessible leisure pool, fitness centre, meeting and activity rooms plus community space. The Community Design Advisory Group which includes the Preston Street BIA has been meeting monthly with the architects to get the design finalized, so that, the next stage of this redevelopment may be implemented

On October 29th, the Community organized a fund raising dinner together with a public auction at St. Anthony's soccer Club to demonstrate to City Council the community's commitment to this project.

At this social gathering of the community over 171 tickets were sold and over ten thousand dollars were raised.

It is vitally important that the community involves itself with the final budget approval in February of 2002 for the redevelopment completion of this recreation facility in 2003.

If you wish to be involved in the success of this project please call Councillor Elisabeth Arnold or Mayor Bob Chiarelli at 580-2424.

Food /Cibo

Christmas in an Italian kitchen

Compiled by Oliviana Mingarelli

This year we decided to include a few recipes for our readers to try out during the holiday season. All of the recipes listed below are courtesy of <http://italian.about.com/library/weekly>. This website has a wide variety of information on all different Italian traditions and of course, foods.

Buon Natale! Merry Christmas!

Broccoli Rapa Strascinati -- Stir-fried Broccoli Rabe

A recipe from Cavalcanti, a great Neapolitan gastronome, transcribed by Carola Francesconi. It's the traditional beginning of the Christmas Eve dinner.

To serve 6:

- 2 1/4 pounds cleaned broccoli rabe (wash well, trim roots, and coarsely chop leaves)
- 1/2 cup olive oil
- 2 cloves garlic, crushed
- Salt
- Hot pepper, if you like it
- 2 anchovies, boned and minced (optional)

Drain the broccoli well and cook them until half done in lightly salted boiling water (3-5 minutes from when the water resumes boiling after you add them to the pot). Drain them well, and squeeze them to force out the bitter juices.

Sauté the garlic in the oil, and when it is golden, add the broccoli. Cook over a brisk flame, stirring constantly, for about 10 minutes. Season with the hot pepper, if you are using it, half way through the cooking, and the anchovies, if you are using them, at the end. Before serving check seasoning.

They can be eaten by themselves, or in accompaniment to sausages, spare ribs, or came alla pizzaiola.



www.kitchenlink.com

Struffoli - Neapolitan Christmas Treats

Biscotti

These twice-baked (biscottare means to bake twice) biscuits are terrific dunked in Vin Santo, Tuscany's traditional sweet wine.

- 3 eggs
- 1 cup sugar
- 3/4 cup vegetable oil
- 2 teaspoons anise seed
- 3 cups flour
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 cup chopped almonds or walnuts



www.todarbros.com

Beat eggs until thick and lemon-colored. Gradually add sugar and beat. Add vegetable oil. Lightly crush anise seed with mortar and pestle. Add to egg mixture.

Sift together flour, baking soda and salt. Gradually add to egg mixture. Beat until smooth. Add almonds or walnuts.

Turn out onto lightly floured board and shape into flat loaves about 1/4-inch thick and 2 1/2 inches wide, the length of the baking sheet. Place on greased baking sheets, bake at 375 degrees for 20 minutes.

Remove from oven; cool 2 minutes and slice into 3/4-inch pieces. Lay pieces cut sides down on baking sheets. Bake again at 375 degrees for 10 minutes or just until golden brown. Remove to wire racks to cool.

MAKES 4 DOZEN

Struffoli -- Neapolitan Christmas treats

Struffoli are (they're always referred to in the plural) now an absolute requirement at the end of a Neapolitan Christmas day dinner. However, in introducing them in her *la Cucina Napoletana* Carola Francesconi says their inclusion is relatively recent -- Crisci mentions them several times in the book he wrote in 1634, but they don't appear on his Christmas menu.

The recipe is in any case quite old, as is indicated by the presence of variations throughout the Mediterranean Basin -- Ms. Francesconi mentions the Lukumates of the Greeks, and there are also the Precipizi Italian Jews make for Hanukkah.

To make a batch you will need:

For the dough:

- 4 cups (400 g) flour
- 4 eggs
- 1 teaspoon grain alcohol
- A chunk of butter the size of a small walnut
- 1 tablespoon sugar
- The zest of a half a lemon, grated
- The zest of half an orange, grated
- 1 pinch salt
- 1 pot full of olive oil for frying

For the seasoning (for want of a better term):

- 3/4 pound (300 g) honey
- 3/4 cup (150 g) sugar
- 1/3 cup water
- 2 ounces diavolilli (tiny, variously colored candied almonds)

- 4 candied cherries, halved
- 2 ounces (50 g) candied orange peel, half finely diced and half cut into fine strips
- 2 ounces (50 g) candied citron, half finely diced and half cut into fine strips
- 2 ounces (50 g) candied melon rind, half finely diced and half cut into fine strips

Combine the ingredients for the dough to make a workable dough, knead it well, and let it sit for at least an hour, covered. Pluck off piece and roll them out under your fingers to form snakes about as thin as your pinkie, and cut them into quarter-inch long pieces. Fry the pieces a few at a time in hot oil until brown, and drain them on absorbent paper. Should the oil start to froth after a bit, and the froth overflow the pot, change the oil.

Take a second, preferably round-bottomed pot and put the honey, sugar and water in it. Boil the mixture until the foam dies down and it begins to turn yellow. At this point reduce the heat as much as possible and add the struffoli and the diced candied fruit. Stir to distribute everything evenly through the honey and turn the mixture out onto a plate. Shape the mixture into a wreath with a hole in the middle, dipping your hands frequently into cold water lest you burn yourself.

Sprinkle the candied fruit strips and the diavolilli over the ring and arrange the cherry halves evenly. Struffoli will keep a week or more if covered, and improves with age.

Balance, discipline, diversity key to preserving wealth

by Franco Caminiti and Domenico Cellucci

Canadian investors have all felt the effects of the highly volatile market this past year, and many have experienced increased levels of anxiety and fear.

Most investors who got swept up in the technology wave and went too heavily (more than about 10 per cent of portfolio) into high-technology stocks during last year's bull market found themselves with significant losses a year later. Similarly the recent stock market slide has eroded at least some of the value in almost every investment portfolio. The downturn proves, once again, that chasing an investment craze most often results in financial disaster or, at the very least, financial disappointment.

The best way to survive the slowdown is by maintaining a well-balanced, diversified portfolio, a consistent focus on long-term objectives and an investment discipline rooted in basic investment values. Despite the roller coaster markets North America experienced during 2000, many prudent investors were able to outperform the market and achieve returns well above the growth rate of the Canadian mutual fund industry average of 2.5 per cent.*

Years of research have repeatedly shown that a consistent focus on long-range objectives, rather than short-term gains, is

the key to building and managing personal wealth. But that doesn't mean investors can't take advantage of market volatility.

Invest regularly When you invest a fixed amount at regular intervals, you can capitalize on periodic lows in prices. Your regular investments in mutual funds will buy more units in a bear market.

Diversify your assets Asset allocation plays a key role in protecting your investments during a bear market. Financial industry studies have repeatedly demonstrated that asset allocation and not the individual investments you choose is the single largest determinant of overall investment performance. With a portfolio that includes a variety of asset classes (equity, fixed-income securities and cash) you have a much better chance of weathering a bear market.

Your financial goals, which should be an integral part of a complete, written financial plan, combined with your time targets and risk tolerance, help determine the right asset mix for your portfolio.

No matter how tempting a market craze may look, the smart investor will take a long-term, disciplined and balanced approach to investing. When these principles are applied over

time, the result is the preservation and growth of individual wealth, regardless of market conditions.

If you're concerned that your portfolio performance isn't in keeping with your long-term financial goals, talk to your financial advisor about the best way for you to tackle current conditions and be prepared for the future.

* The 2.5 per cent figure represents the increase in assets under management in the Canadian mutual fund industry (as reported by IFIC) for the 12 months ended December 31, 2000. It includes capital growth, undistributed income and reinvested distributions, but excludes net sales.

This column is provided by Franco Caminiti and Domenico Cellucci of Investors Group, as a general source of information only and is not intended as a solicitation to buy or sell investments, nor is it intended to provide legal advice. For more information on this topic or on any other investment or financial matters, please contact your financial advisor. Franco and Domenico may be contacted at 742-8018 or by email: franco.caminiti@investorsgroup.com and domenico.cellucci@investorsgroup.com respectively.



New Years Eve Celebration
Veglione di Capodanno
December 31, 2001

ENTERTAINMENT BY
DUO "OZ"

PROGRAM

Cocktails at 6:00 p.m.

Dinner at 7:00 p.m.

Music and Dancing at 9:30 p.m.

Spumante at Midnight

Seafood Platter, Dessert, Coffee and Tea
at 12:15 a.m.

TICKETS

\$60.00 per person

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Joseph DeMaria owner of Royal DeMaria Wines (centre) with David Pecchioli of Toscan Vini Imports and Sergio La Verghetta, the Italian Trade Commissioner

The Ottawa Food & Wine Show (October 26 to 28) was another major success this year. Wine agencies, restaurants, and the full range of food and equipment companies, as well as International Trade Commissions graced the elaborate Ottawa Congress Centre for three days of frenetic activity.

Above is the booth of Royal DeMaria Wines, Canada's Icewine Specialists from Vineland, Niagara. Joseph DeMaria, the owner/producer is flanked on the left by his agent, David Pecchioli Salusbury of Toscan Vini Imports and Sergio La Verghetta, the Italian Trade Commissioner. Royal DeMaria's booth was a centre of activity for lovers of this top-class Canadian dessert wine. Visitors were able to taste a range of nine award-winning Icewines, from Riesling (which won the top award for Icewine at VinExpo in Bordeaux, France this year), to Rosé (Gamay) and Red (Merlot) Icewines. (For further information on private orders of these Icewines and a range of Italian and California wines, please Toscan Vini Imports at: 613 265 2658).



Ottawa-Carleton Catholic School Board

Ivana Baldelli, la direttrice amministrativa, e il corpo insegnante invitano la comunità italiana a partecipare alla cerimonia natalizia che avrà luogo nella palestra della Scuola Santa Rita il 15 dicembre con inizio alle ore 10:00 a.m. Seguirà l'arrivo di Babbo Natale e si concluderà con un rinfresco.

Gli stessi augurano agli studenti, le loro famiglie e la comunità italiana un Buon Natale e Felice Anno Nuovo.

Vi ricordiamo che i programmi didattici riprenderanno il 12 gennaio, 2002, alle 9:30 a.m. presso la Scuola Santa Rita, 1 Inverness Ave.

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Nel mese di dicembre 2001 daranno una serie di concerti a Toronto,
Buffalo (USA), Montreal.

Saranno a Ottawa...

venerdi sera il **14 Dicembre 7:30 p.m.** nel teatro del Glebe High School,
212 Glebe Ave. Ottawa. (Seguito da un Rinfresco dopo il concerto.)

Ingresso \$10 a persona

I biglietti saranno in vendita a
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(at Bronson)

Per informazione e biglietti,
Nello Scipioni: 733-9996
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Unitevi ai vostri amici e donatori e lasciate un tangibile ricordo della vostra contribuzione.

Join your friends and donors and leave a tangible remembrance of your contribution.

Rick Locatelli shows support by purchasing a brick on the Madonna wall.

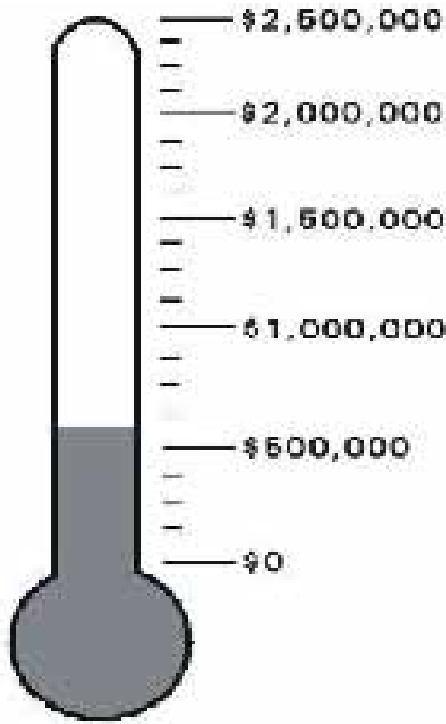
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Fundraising Campaign Goal: \$2,500,000



Total Raised \$515,000
(January 1st to November 15th)
Total Goal Required: \$1,985,000

For information and for request forms contact

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1026 Baseline Road " Ottawa " Ontario " K2C 0A6
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