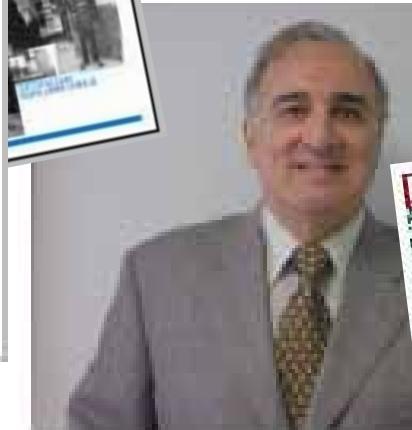
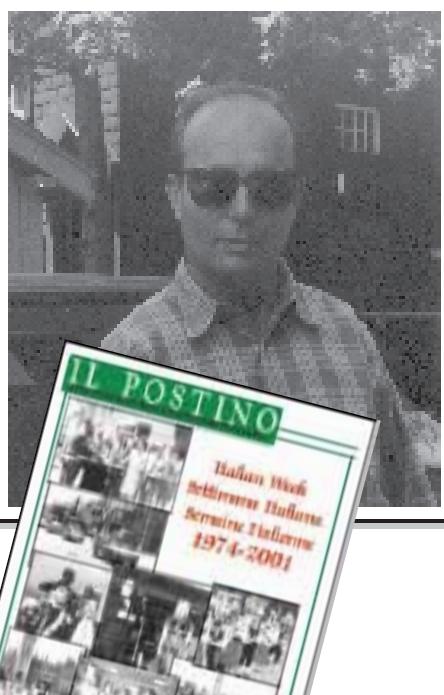
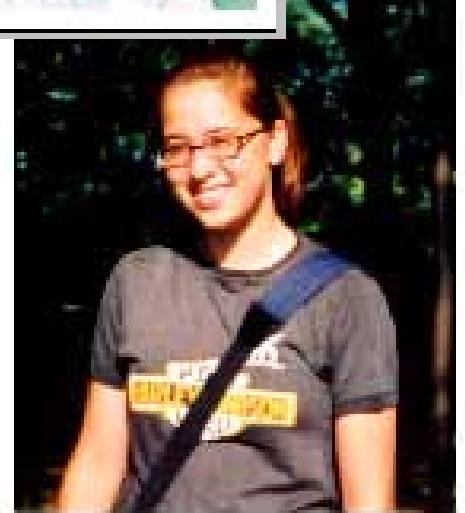
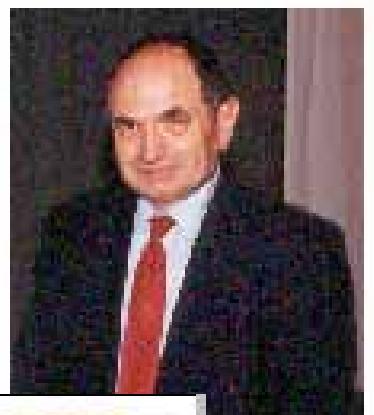


IL POSTINO

VOLUME 2, NUMBER 1 ~ OCTOBER 2001



I Anniversario
Anniversaire
Anniversary
Ad Multos Annos



CUSTOMER NUMBER: 04564405
PUBLICATION AGREEMENT NUMBER: 1835041

PublisherPreston Street Community Foundation
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Francesco Loriggio and Italo Tiezzi

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.

Next Deadline

October 24, 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 ratesIn Canada \$20.00 (includes GST) per year.
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Editor's Note

Wow! It has been a year already. I would like to thank all the volunteers who made the first year possible with their tireless work and energy. I thank the subscribers and advertisers who supported us. I hope the next twelve months are as easy as the first. I also ask you our readers to continue to support our only Italian Canadian community news paper published in three languages in the nation's capital by writing about our community, expressing your opinions and telling us a story. On behalf of our staff I thank you and hope you will continue to share your ideas with us.

Nota del Direttore

Non si direbbe, ma sono già passati dodici mesi. Vorrei ringraziare tutte le persone che con il loro impegno e la loro energia hanno reso possibile questo primo anno del *Postino*. Un grazie particolare agli abbonati e agli inserzionisti: il loro sostegno è stato indispensabile. Spero che il prossimo anno le cose potranno andare altrettanto bene. A voi lettori chiedo che continuate a seguire l'unico giornale italo-canadese della capitale che appare in tre lingue, che vi offre notizie sulla vostra comunità, raccoglie le vostre opinioni e racconta le vostre storie in italiano, in inglese e, spesso, in francese. A nome dei redattori e del personale del giornale un sentito "grazie" anche a voi. E non dimenticate di inviarci i vostri commenti e di condividere con noi le vostre idee.

Note du rédacteur

Incroyable! Un an déjà... J'aimerais remercier tous les bénévoles, dont l'énergie et le travail inlassable nous ont soutenus au cours de cette première année. Je remercie également de tout coeur nos abonnés et nos annonceurs. J'espère que les douze prochains mois seront aussi faciles que les douze premiers. À vous, chers lecteurs, je demande de continuer d'appuyer le seul journal trilingue destiné à la collectivité italo-canadienne de la capitale nationale. Je vous invite aussi à nous raconter vos expériences, à exprimer vos opinions, bref, à écrire notre communauté. Au nom de l'équipe, je vous remercie et j'espère que vous continuerez à partager vos idées avec nous.

Il Postino is ONE YEAR old!

DON'T FORGET TO RENEW YOUR SUBSCRIPTION

As a non-profit organization, Il Postino survives on subscription and ad revenues.**Help support Ottawa's Italian-Canadian newspaper.**

Message from St. Anthony's Church Messaggio della chiesa di Sant' Antonio

La Corale Dei Fanciulli Di Sant'Antonio

Nuovi membri sono benvenuti (8 a 14 anni). La corale dei fanciulli di Sant'Antonio inizierà le pratiche sabato 6 ottobre dalle ore 10:00 alle 11:00am. Si prega di chiamare l'ufficio parrocchiale (236-2304) per dare il vostro numero di telefono, il nome e l'età del nuovo membro.

San Pellegrino, Patrono dei Malati di Cancro

A partire dal 28 Settembre 2001 verrà celebrata ogni venerdì novena e preghiere in onore di San Pellegrino (5:00 alle 6:00pm).

Ocotoberfest dei Cavalieri di Colombo

I Cavalieri di Colombo stanno organizzando una festa (Ocotoberfest) per raccogliere fondi per la parrocchia, che avrà luogo nella sala parrocchiale sabato 20 ottobre prossimo dalle ore 4:00pm all'1:00am. Venite e Portate I vostri.

Il Consiglio Parrocchiale

Stiamo reclutando nuovi membri (uomini e donne) per il consiglio Parrocchiale. Le persone disposte a prendere una parte attiva in seno alla parrocchia sono pregate di dare il loro nome ad un padre oppure chiamare l'ufficio parrocchiale al 236-2304.

Discover Tuscany - May 2002

This enjoyable tour through the Tuscan countryside of Italy includes visits to Pisa, Florence, Siena, Assisi, Rome and more. An information meeting will be held on Monday, November 19 at Notre Dame Cathedral at 7:00pm (56 Guigues entrance). If interested call Father Daryl Kennedy at 562-3298.

Children's Choir

New members are welcome to join from ages 8-14. Practice begins on Saturday, Oct. 6, From 10:00-11:00am Call Church Office (236-2304) and leave your child's name, age and telephone number.

La corale dei Fanciulli di Sant'Antonio

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For more information about the activities at St. Anthony's Church call 236-2304

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Il Postino is looking for writers...

U write about your community, memories, opinions or tell us a story

U write in English, Italian or French

U send your articles and ideas to

ilpostinocanada@hotmail.com

Community / Comunità

La banda dei pompieri di Ottawa sfila a Pieve di Soligo Paolo Casagrande è ricevuto in Regione

di Riccardo Maini (INFORM)

Treviso è Bardati alla grande, con elmetti luccicanti e sgargianti giubbotti rosse, i componenti della *Ottawa Firefighters' Band* (Banda dei pompieri di Ottawa) hanno sfilato per le vie di Pieve di Soligo dando fiato agli strumenti in ottone, scortati da bandiere e tanti vessilli della Trevisani nel Mondo, tra scrosci di battimani e volti segnati dall'emozione.

Adrigere il complesso era Paolo Casagrande, con nel petto le aritmie di tante fibrillazioni emotive. Perché questo avvenimento sembrava affiorare da una favola, ed in un certo senso lo era: ma vestita di sogno.

Era il grande sogno di Paolo Casagrande, che incarnava l'aspirazione di papà Augusto, pievino di una famiglia di 12 fratelli e partito da queste amate terre nel 1928 per emigrare in Canada: quello che un giorno la banda diretta dal figlio potesse sfilare nella sua città di origine.

E così è stato, dando fondo ad un fatto di grande impatto emotivo, ma anche di profondo significato, per la fieraza di una incancellabile memoria del padre, ora trasferita nel figlio, con l'esemplare continuazione generazionale che ne consegue.

Tutto ciò ha anche un canovaccio con dieci riferimenti che è doveroso citare. In primis quello del vittoriano Luciano Pradal presidente della ATM e giornalista a Ottawa che prende a cuore il caso e telefona alla sede centrale della Trevisani nel Mondo ed avanza la proposta. Viene ascoltato attentamente e gli viene risposto con tre parole: si deve fare!

Cominciano i contatti, perché da soli non si fa niente. Viene mandata una lettera al sindaco Giustino Moro, ci sono degli incontri, entra in gioco anche l'assessore Pierangelo Gobbato e si concretizza subito quel "si deve fare".

Loro, gli amministratori comunali, emigranti non sono stati, ma, siccome buon sangue non mente, hanno assimilato il *phatos* dei padri: dell'uno, Giovanni, di notevole umanità ed esperienza emigratoria, dell'altro, l'indimenticato Lino Teofilo Gobbato, impareggiabile *pasionario* e cantore del fenomeno migratorio.

L'accoglienza è avvenuta negli spazi esterni della Biblioteca Civica, alla presenza di molti sindaci tra cui Giancarlo Gentilini per il capoluogo

provinciale, l'assessore Paolo Speranzon in rappresentanza della Giunta della Provincia, molti presidenti sezionali e alcuni dirigenti centrali della ATM.

Afare gli onori di casa è stato subito il sindaco Moro che ha messo in evidenza la filosofia del promuovere e conservare la propria identità culturale con l'attaccamento alla radice inteso come aspetto umanissimo e inscindibile dell'indole umana. Impossibile da recidere, anche nel susseguirsi delle generazioni.

Intima soddisfazione è stata quindi espressa dal "conterraneo" Casagrande, stupendamente "malato" di memoria e che ha voluto fare omaggio musicale della sua banda, emblematica e anche pittoresca, in quella che fu la città di partenza del padre: "chissà quante ne avrà combinate in questo giardino", ha detto, rammaricandosi poi di essere venuto a Pieve anni fa con troppa fretta.

"Sono stato uno sciocco, mi ero fermato solo tre ore, tra cui in chiesa, dove ho sentito la congiunzione con mio padre, ma questa gente, questa città meritava ben altro". Ha quindi distribuito ricordi e doni a piene mani, ma con senso mirato e dimostrando di conoscere i destinatari della sua riconoscenza.

Non poteva mancare la messa, in lingua inglese e italiana, concelebrata dal parroco don Giuseppe Nadal, dal cugino Luigi Casagrande e dal fondatore della "Trevisani" don Canuto Toso.

Conclusione a Villa Bandolini, con cena collettiva di grande atmosfera, secondo i riti più genuini dell'amicizia e della fraternità mondiale.

Organizzato anche un meritatissimo "giorno dopo", con un approdo nella mitica Venezia. Qui sono stati accolti da Gino Bonacini, anche per conto del fratello Renato, costruttore della gondola "Ansoeta" trionfalmente insediata nel Museo di Ottawa, che li ha fatti incontrare con i commilitoni pompieri di Venezia ed esibire in un concerto a Campo S. Margherita.

O seguita quindi una visita allo Squero di San Trovaso dove si costruiscono le gondole. A cura del funzionario responsabile dott. Ubaldino Sampaoli, tutto il gruppo, con banda e accompagnatori al completo, è stato ricevuto e salutato nella sala della Giunta a Palazzo Balbi, con ospitalità alla mensa di Palazzo Sceriman.



PHOTO: ANGELO FILOSO

Paolo Casagrande e sindaco Giovanni Legnini a Roccamontepiano



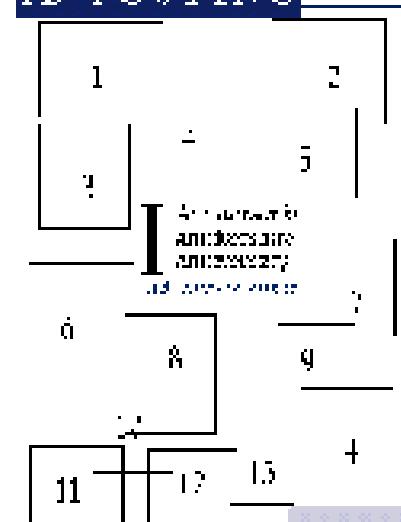
Ottawa Firefighter's Band

PHOTO: ANGELO FILOSO

For more photos from Italy, turn to our back cover....

From the cover...

IL POSTINO



Il Postino would like to thank everyone who has made this year possible.

1. Angelo Filoso, Executive Editor

2. Laura D'Amelio, Managing Editor

3. Francesco Loriggio

4. Liliana Franovic

5. Italo Tiezzi

6. Jennifer Filoso

7. Luciano Pradal

8. Oliviana Mingarelli

9. Zeljka Gaspar

10. Colin Donelle

11. Rena Filoso

12. Amit Patel

13. Dolores Cavallero

14. Fiona Story

Interview / Intervista

Cooking for the 21st Century: Mario Novati brings his philosophy about new Italian cuisine to Ottawa

by Oliviana Mingarelli

Recently returned to Ottawa, Mario Novati, in conjunction with the Italian Canadian Community Centre, will be offering classes in cuisine and wines of Italy. Starting in November, Chef Novati will be teaching his students about the delicious Italian regional gourmet cooking. Novati says that his courses will not be based on traditional Italian meals, "People don't like to spend hours in the kitchen. My classes will teach the new fast Italian cooking where you can make a full course meal within 2 hours."

Mario Novati was born in Venice but immigrated to Canada in 1948 at the age of 18 in order to escape the horrible effect of the World War 2 on Italy. "We lost everything", he says. Upon joining his eldest sister in Montreal, Novati found his first job at *Gattuso Olive Oil*, not cooking but rather cleaning floors and washing bathrooms.

Since coming to Canada, Novati's experience within the service industry has grown considerably. He has taught Italian gourmet regional cooking at the Istituto Italiano di Cultura under the General Italian Consulate, successfully owned his own sauce and pasta business (the first of its kind within Canada) called Les Pates Pastamore Inc until deciding to sell it twelve years later and has even had his own television cooking series in English and French on such channels as CHRO and CFCF. However, when asked his favorite place of employment, he smiles in remembrance and says "Expo '67". During his time of employment for the Hilton hotel chain he was nominated food & beverage manager and Maitre d'Hotel for the VIP's of the Canadian Pavilion. As such he was honored with serving such persons as Queen Elizabeth the Second, Senator Robert Kennedy and other such dignitaries.

Not only has Novati mastered the service and cooking industries but has also become a published author. He has published four cookbooks, the most recent of which, *Cuisine and Wines of Italy: Stylish Cooking* (Academy of Cooking Reg.,



Mario Novati, Italian chef, hopes to share his love of food with Ottawa

1996) can be found at Coles bookstores. However, unfortunately this cookbook is temporarily sold out.

With over 25 years of teaching experience within the culinary arts, Novati is a well of information. Not only does he teach Italian cuisine, but also French, Mexican and Japanese, Spanish and Vegetarian. However, for the purpose of the course he is presently offering, he will be concentrating of what he knows best: Italian cuisine.

Each lesson will focus on a different region of Italy. As previously stated, each region has a particular way of preparing and serving their food. Novati will, within two hours, show his students how to prepare a full course Italian meal. This means everything from the primo (pasta or risotto), a main course (lamb, chicken etc) and a dessert. Students will also be sampling a wine from that region and learning about the intricacies of what makes a good wine.

Novati's motivation behind giving these cooking classes lies in his belief that many people will frequent different Italian restaurants but not be able to tell the difference between a southern and northern Italian dish. He believes that people should know the city from which their food originated. Many Italians define themselves by their food. In doing so, it is crucial that a Sicilian not be mistaken for a Bolognese. He explains that risotto and tiramisu are from Venice.

"In fact Venetians eat more risotto than pasta!" he says. While other dishes such as real Italian gelato and almost any dish with eggplant are from Sicily. The Bolognese pride themselves on being the first to invent tortellini and are known for making the richest of Italian foods.

For the interest of anyone who may not be able to take one of Novati's classes but is still interested in seeing him in action, he will be giving a food and wine demonstration October 30th at the LCBO on Rideau St.

Starting Tuesday, November 6th from 6:30pm until 8:30pm and for 5 consecutive Tuesdays, Mario Novati will be offering cooking classes on ITALIAN REGIONAL COOKING with all new recipes, methods of presentation and new wines. The classes will be taught in English and are open to people of all ages.

The total cost for five consecutive Tuesdays, food and wine tasting, recipes and tourist information will be: \$200.00 (or \$ 50.00 per lesson). For more information e-mail to: novatimar@ncf.ca

Advance Reservation: 613-567-4532.

Community / Comunità

Consigliere Mario Cospito and family leave for Rome

On Friday, September 14 members of the community saluted Consigliere Mario Cospito and his family for a job well done. Consigliere Cospito was responsible for Community and Social Services.

Cospito has been promoted to a diplomatic position for "il ministero dell'attività produttive" and will be stationed in Rome. Some of the members in attendance at the salutation gathering in the photo are: Dominic Ricci, executive director of Villa Marconi, Angelo Filoso executive editor of Il Postino, Mr. and Mrs. Luciano Gervasi, director of Villa Marconi, Delio D'Angelo, past president of Centro Abruzzese Canadese Inc, Gino Buffone, president of the Italian Cultural Centre and his wife Lena Buffone, Lorenzo Micucci, president of the Associazione Rapinese, Walter Cibischino, director of Villa Marconi and George Flumian, director of Villa Marconi. Also, embassy staff were on hand to bid a fond farewell to Cospito.



PHOTO: ANGELO FILOSO



PHOTO: ANGELO FILOSO

Opinions /Opinione

L'undici settembre

di Carletto Caccia

La sicurezza nazionale

Nei giorni scorsi la bandiera canadese ha sventolato a mess'asta sulla otre del Parlamento. Simboleggia il lutto della nazione canadese di fronte ai tragici avvenimenti dell'undici settembre negli Stati Uniti. Gli attentati terroristici al World Trade Centre e al Pentagono hanno cercato di colpire al cuore i simboli americani della prosperit' economica e del potere militare causando la morte di migliaia di cittadini ignari. L'impatto personale, emotivo, politico, economico e finanziario di questo attacco ¾ terribile e sar' quantificato nel tempo in tutto il suo orrore. In Parlamento pertanto si parla di terrorismo che mira ad intimidire e minacciare la vita democratica di ogni paese, il rispetto che va portato alle leggi, la coesione che ci permette di funzionare in maniera civile. Ma come combatterlo? Con la Guerra? La lezione di quest'ultimo decennio insegna che i rapporti tra il mondo industrializzato dell'occidente e il resto del mondo lasciano a desiderare. Dobbiamo chiederci se il problema posto dall'odio, la vendetta, il fanatismo possa essere risolto da una Guerra. < chiaro che i terroristi devono essere portati davanti alla giustizia. Ma poi comincia un difficile lavoro. < un lavoro di stretta collaborazione fra tutte le nazioni del mondo, inclusa la Russia e la Cina, inteso a sradicare quanto mantiene e d' vita al terrorismo, cioè l'odio, la vendetta, il razzismo.

Non per niente abbiamo le Nazioni Unite. < tramite le Nazioni Unite che cobbiamo

operare anche se sar' un progresso lento, ma che dar' risultati a lungo scadenza, grazie all'appoggio di tutte le nazioni. Sar' un'operazione intesa a sostituire la povert' e l'ignoranza con la sicurezza e la dignit' umana, per rimpiazzare l'odio con la comprensione e il rispetto. Le differenze di opinione ci saranno, ma dovranno essere risolte tramite il dialogo, non la violenza, come osserviamo dal conflitto fra Israele e la Palestina che dimostra come la violenza produca violenza, odio e rancori. Pensavamo che facendo Guerra a Saddam Hussein avremmo risolto il problema, invece l'abbiamo reso più acuto e dato ancor più vento alle vele dei terroristi.

Riportando lo sguardo a casa nostra, dobbiamo assolutamente tener presente che viviamo in un paese multiculturale e che di conseguenza abbiamo il dover di rispettare tutte le minoranze, se vogliamo noi pure essere rispettati. In questi giorni le minoranze mussulmane sono sotto pressione; tanta brava gente che vuole integrarsi e vivere in pace in questo grande paese. Per cui è molto importante insistere sul fatto che il terrorismo non ha niente a che fare con la religione islamica praticata da milioni di fedeli in tutto il mondo. < bene pertanto facilitare le relazioni di buon vicinato e amicizia sia per strada che nelle scuole che sul lavoro. In Canada quello che vogliamo è un'atmosfera che permetta di mantenere e rafforzare un profondo senso di rispetto e solidariet' civile.

Come in tutto il mondo, anche al Parlamento d'Ottawa la reazione alla tragedia dell'undici settembre è stata intensa e prolungata.

Un dibattito di dodici ore, che ha incluso una sessantina di interventi, ha dato voce ad un ampio spettro di opinioni e consigli offerti dai parlamentari al governo, sia sulla prevenzione del terrorismo che sulle misure da prendersi nei confronti di terroristi.

Jean Chretien, il primo a prendere la parola, ha innanzi tutto espresso il cordoglio del popolo canadese per le vittime. Poi ha posto l'accento sul fatto che i terroristi vanno arrestati e portati davanti alla giustizia. Ha infine esortato il governo americano affinché prenda decisioni per il beneficio, piuttosto che decisioni che diano soddisfazione solo per il presnete.

Un avviso questo rivolto a coloro che parlano di una terza guerra mondiale come se fosse un fatto inevitabile. Chretien ha anche parlato del Canada e ribadito il fatto che il nostro multiculturalismo esige sia il rispetto sia la protezione delle minoranze, ed in particolare delle minoranze mussulmane.

Queste, ha dichiarato Jean Chretien, fanno parte integrante del mosaico canadese e vanno

protette da ogni forma d'intolleranza e violenza. In altre parole, la cultura e la religione musulmana vanno rispettate come tutte le altre.

Veniamo ora al governo. Per proteggere la popolazione, il governo procederà su quattro fronti: il rafforzamento dei controlli di frontiera, l'ampliamento della struttura della gendarmeria nazionale, l'umento delle reti di controspionaggio e l'introduzione di misure intese ad identificare, controllare e bloccare i conti bancari di coloro che sono sospettati d'attività terroristiche.

Spetta al governo e al Parlamento modernizzare le leggi in questi quattro settori tenendo presnete il continuo progresso della tecnologia elettronica e delle comunicazioni. Pertanto si prevede nelle settimane e nei mesi a venire un'intensa attività parlamentare per approvare diversi progetti di legge anti-terroristiche.

Infine, si parla anche della possibilità di formare un servizio canadese di spionaggio internazionale, e della nomian di un nuovo ministro al quale verrebbe affidata la responsabilità di proteggere la sicurezza nazionale, il funzionamento delle forze di polizia e del spionaggio.

Meet St. Rita's Family



Every Saturday St. Rita's Catholic School at 1Inverness Avenue is showered with the laughing and playing of children and the instructional voices of teachers, all in Italian.

This school brings together many different groups of people for different reasons. Some children want to learn Italian to be able to talk to their grandparents, others just to be able to keep up the culture of their family.

Teachers give their time to help maintain the Italian traditions and to fulfill their interests in working with children.

Altogether, St. Rita's provides a positive and educational atmosphere from which everyone benefits. Il Postino is proud to present a monthly column allowing the public to meet the family of St. Rita's School



Livia Ianiro

Sono ormai oltre vent'anni che insegnano l'italiano alla scuola del sabato. Questo non deve averle lasciato molti fini di settimana liberi. Perché farlo dunque?

Beh, prima di tutto devo dire che mi piace lavorare con i bambini. È uno svago, un passatempo, qualcosa che faccio volentieri.

A che livello insegna?

La scuola materna

He cosa spera che gli alunni possano imparare a quell'età?

La mia speranza è che possano imparare l'italiano sufficientemente bene, in modo da mantenere ancora viva la lingua dei loro genitori.

Secondo la sua esperienza quando gli alunni giungono all'ottavo anno di scuola e, finiscono le elementari, che cosa hanno appreso?

A quel punto hanno appreso abbastanza per poter parlare italiano senza troppi problemi e per poter comunicare in italiano con gli altri membri della famiglia.

Che impatto crede che l'esistenza di scuole in cui si insegna la lingua e la cultura italiana può avere sulla comunità in generale?

L'effetto è molto positivo per la comunità. Permette ai bambini di coinvolgersi nelle attività della comunità e di contribuire al futuro della comunità quando poi diventano adulti. Inoltre queste scuole aiutano a preservare la cultura italiana.

Camelia LaRiccia

Quanti anni hai?

Otto.

Quale scuola frequenti durante la settimana? E a quale livello?

Frequento la scuola Pope John Paul the 23rd. Sono in terza. Il sabato vai alla scuola Saint Rita per imparare l'italiano. Ti piace farlo?

Sì, molto. Mi piace imparare cose nuove, specialmente come si dicono i mesi dell'anno, i numeri.

Alla scuola Saint Rita che classe frequenti quest'anno?

La seconda

Perché vuoi imparare l'italiano?

Per poterlo insegnare agli altri quando sarò grande.

For more Information about

St. Rita's School call:

224-0509

Annual golf tournament raises funds for VM WINNERS!



Center photo: Tournament winners: John Varga, Angelo Fiore, Manual Leal and John Medioros.
Left and right photos: more participants of the tournament

PHOTOS: ANGELO FILOSO

Community / Comunità

La Vendemmia:

by Colin Donelle

Between September 21 and 23 La Vendemmia, the 5th annual Grape Harvest Festival, took place in Ottawa's "Little Italy." The weekend showcased the hugely successful grape-stomping competition, a tour of some local winemakers and various opportunities to indulge in harvest food and wines.

On September 21 participants in the festival were given the opportunity to witness the winemaking process at Preston Hardware Grape Warehouse. During their harvest times the winemaking consumes over 20,000 crates of the finest California's grapes.

The following day a tour of "Little Italy" Gardens, grapevines and winemaking facilities took place. The participants were given a history of St. Anthony's Church, including its importance to the Italian community. The tour continued to the backyard of the Pietrantonio's, where Joe had transformed his garage in his private winemaking facility. Guests were allowed to view the machinery used, taste this year's grapes, and sample a little wine produced from last year's crop.

"This is my second year as part of the tour," Pietrantonio explained. "My neighbour (Peter Harris, the tour organizer) asked and so I allow people the opportunity to witness this part of our culture." As well Pietrantonio also gave a live production of the winemaking process on Sept. 23.

The tour also allowed for Harris, the tour organizer, to showcase his own garden, as well as Mac MacDonald - a wine guru who teaches a winemaking course at Algonquin College - to talk briefly about his expertise. Many of the guests had or were planning to establish their own vineyards and he was able to answer their many questions about this process.

"These people came because they were interested in this group culture, and I'm just trying to educate them on this and its relation to wine." MacDonald also added that most the people were older and very focused in their questioning, after all "educated people seek education" he asserted.

The highlight of La Vendemmia was the grape-stomping competition at Trattoria Caffe Italia. Groups, mostly composed of local businesses, were given 90 seconds to produce as much juice as they could from the allotted boxes of grapes. In the background played Italian dance music, which MC Jim Watson referred to as "similar to Wierd Al Yankovic."

At its peak the competition drew close to one hundred people, many of them simply coming off the streets to find out what the commotion

was about.

One such viewer, Tony Turner, came for the "promotion of Italian wine and culture" and remarked about the relaxed atmosphere and the friendly environment of the people.

La Vendemmia ended on Sept. 23 with its finale at Sala San Marco Banquet Hall with a huge feast celebrating the Italian culture, the harvest foods, and all various wines.

The success of this celebration has been in its ability to attract not only the Italian community but also those from outside Corso Italia.

"That's what we have always strived for," remarked Harris, "the ability to be able to draw in more people to continue the growth of everyone's culture."

It was not only remarkable the number of non-Italians taking part in the festival, but also the huge support of local businesses. Still Harris would like to see an increase in numbers as the years go on, and hopes to achieve this through even greater support from the community, and by possibly adding chef demonstrations and workshops.

"We have the basic model to work with, but we must always strive for more in order to better educate and better celebrate this culture."

a celebration of Italian winemaking

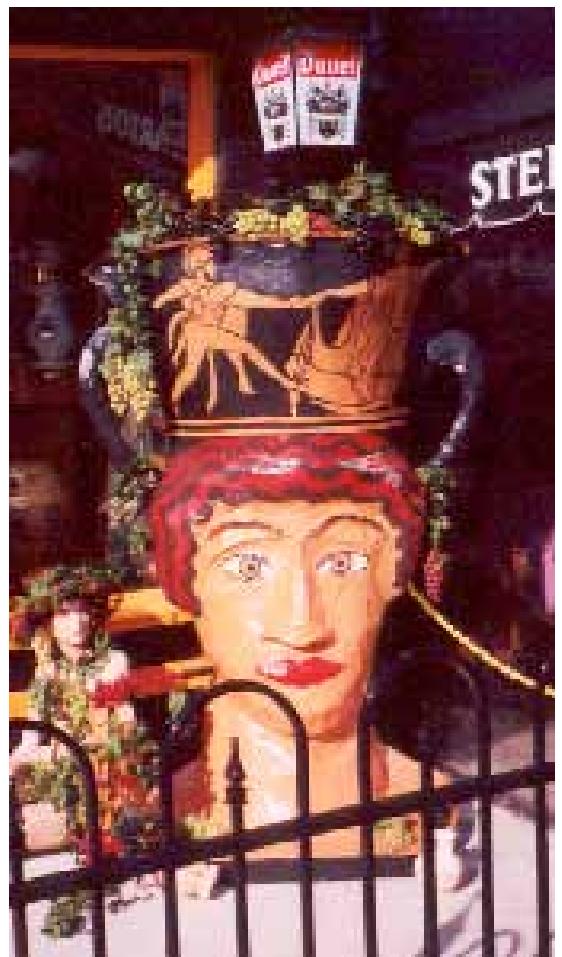


PHOTO: JOE COTRONEO

The grape-stomping competition brought in quite an audience from the street to see the commotion



Displays and sampling at Sala San Marco and Pub Italia brought in family and friends



PHOTOS: JOE COTRONEO

Community / Comunità

Grand Opening Villa Marconi's new wing



Mayor Bob Chiarelli shares a few words at the opening of Villa Marconi's new wing



PHOTOS: AMIT PATEL



The executive of Villa Marconi and guests cut the ribbon and enjoyed a feast to celebrate the new addition



PHOTOS: AMIT PATEL

Health / Salute

First Walk to D'Feet ALS - a true success

Un vero successo la prima marcia per combattere ALS

adapted by Pierangela Pica and Luciano Pradal
information from the ALS Society of Canada

On September 30, the ALS Society of Ontario, Champlain Region, founded in September 2000 organized a walkathon in Britannia Park to raise funds and awareness for ALS. The first walkathon was attended by 500 people — some walked in memory of a loved one who lost their life to ALS, others came out to provide emotional support. The event raised over \$40,000. Volunteers, participants and organizers were all thrilled at the results which added to the already emotional day.

Everyone was invited and the event was fully accessible to wheelchairs and strollers. The New RO's Kurt Stoodley was Master of Ceremony; Patricia Van Loan, who has ALS, Nigel Van Loan co-chaired the event and presented prizes and awards.

During the day, Pierangela Pica, her brother Claudio Peloso and sisters, Antonietta Beraldin and Marisa Radulescu, and their choir of children performed their successful trilingual song of hope and harmony launched in 1997 - We Are One. They dedicated their song to their dear father Pierino Peloso who passed away in March 2000 after a determined but brief battle with bulbar ALS. The concert also featured Arcobaleno-St. Anthony's Youth Choir, Marietta D'Alessio, tenor Ian Whipple — who were all accompanied by pianist Aldo Petosa—and the Sharps and Flats.

What is ALS?

ALS, sometimes called Lou Gehrig's disease (famous baseball player who dies of ALS in 1941) or motor neuron disease, is a rapidly progressive fatal neuro-muscular disease. It is characterized by degeneration of a select group of nerve cells and pathways in the brain and spinal cord, which leads to progressive paralysis of the muscles. It was discovered in 1869 by French neurologist Charcot. To this day, a cure does not exist.

Two to three Canadians a day die of ALS. In Canada, the number of people who die of ALS is higher than those who die of AIDS. As well, the number of deaths attributed to ALS is higher than those due to cystic fibrosis and multiple sclerosis combined.

Who gets ALS?

ALS can strike anyone. ALS is not contagious, does not discriminate, and can strike at any age. The usual age of onset is between 55 and 65, but people under 20 have been diagnosed. ALS is usually fatal within three to five years of diagnosis. In the majority of cases the cause is unknown. In about 10% of cases there is a hereditary pattern. The type Bulbar ALS strikes the throat, swallowing and breathing muscles; an individual may live approx one month to a year with this type of ALS.

What are the early symptoms?

ALS usually becomes apparent either in the legs, the arms, the throat, or the upper chest area. Some people begin to trip and fall, some lose the use of their hands and arms, some find it hard to swallow and some slur their speech.

What are the effects of ALS?

Because ALS frequently takes its toll before being positively diagnosed, many patients are debilitated before learning they have contracted ALS. The disease does not usually affect the sense - taste, touch, sight, smell and hearing - or the mind. People remain able thinkers.

ALS wreaks a devastating effect on patients as well as their families. As they cope with the prospect of advancing disability and death, it consumes their financial and emotional reserves. It is a costly disease in its later stages, demanding both extensive nursing care and expensive equipment. A person with ALS will require an average of \$137,000 in equipment; nursing care can exceed ten times that amount.

Is there hope for people with ALS?

At the present time, there is no treatment that significantly prolongs life. Research is investigating ways to reverse the disease, and there may eventually be a cure for ALS.



Pierino Peloso family ready to begin the walkathon
Famiglia Pierino Peloso pronta per iniziare la marcia

PHOTOS: PIERANGELA PICA



Some participants in the walkathon
Alcuni partecipanti nella marcia



Claudio and Valérie Peloso sell Christmas ornaments at the event to raise money for ALS
Claudio e Valérie vendono oggetti di natale durante la marcia per raccogliere fondi per ALS

causati dall'ALS e' il doppio del numero di decessi causati dalla cistofibrosi e dalla sclerosi multipla combinati. Il mese di giugno è stato dichiarato mese dell'ALS.

Chi è colpito dall'ALS?

Tutti lo possono essere. L'ALS non è contagiosa e non discrimina: puo' colpire a tutte le età ma più facilmente dai 55 ai 65 anni, però si sono avuti casi anche a 20 anni. Normalmente l'ALS è mortale entro 3-5 anni dall'essere stato diagnosticato. Non se ne conoscono le cause e nel 10% dei casi è ereditaria. Il tipo Bulbar ALS colpisce la gola ed il petto e il tempo di vita dopo essere stato diagnosticato è di una mese ad un anno.

Quali sono gli effetti?

Spesso il paziente diventa disabile prima che l'ALS sia positivamente diagnosticato. La malattia non ha nessun effetto sulla mente, i malati mantengono intatte le capacità di intendere e di volere. Non ha effetto neppure sui sensi come l'udito, l'odorato, il gusto ed il tatto. Gli effetti della malattia si notano inizialmente nelle gambe, le braccia, la gola, o il petto. L'ALS puo' essere un'esperienza devastante per il paziente e per la sua famiglia. Richiede circa \$137,000 in;

Esiste una cura per gli ammalati di ALS?

Al momento non c'è nessuna cura per prolungare la vita degli ammalati di ALS. Si stanno svolgendo ricerche per rallentare la malattia e per trovare un'eventuale cura.

For additional information or to make a donation, please contact Marion Williams, Regional Coordinator, ALS Society, Champlain Regional Office at 613-820-2267.

Per ulteriori informazioni o per fare una donazione, si prega di comunicare con Marion Williams, Regional Coordinator, ALS Society of Ontario, Champlain Region, al 613-820-2267.

Why a long term investment strategy makes sense

by Franco Caminiti

There's a saying in the investment business that goes: "It's time in the market, not timing the market that counts." Financial professionals know that a long-term investment strategy usually produces better returns than trying to jump in and out of financial markets.

It's a lesson that's been learned over and over again throughout history. It's also one that many investors have forgotten in recent years. In the hopes of cashing in on the latest investment craze, they allowed the skyrocketing share prices to persuade them to abandon their disciplined long-term investment plan. The folly of that strategy became apparent when high-flying share prices in technology and other sectors recently came crashing down to earth.

In reality, time is one of the major determinants of investment returns. Investors who devise a long-term strategy and stick to it are likely to be well rewarded. Ups and downs in equity markets will simply be bumps along the road.

On the other hand, trying to "time" the market by buying securities when prices are low and selling when prices are high is fraught with

difficulty. Even professional investors find it impossible to know when markets have reached their peak or found their bottom. Consequently, investors who experiment with market timing often end up buying when prices are too high and selling when prices are near their lows. They then miss out on the returns from the financial market rebound that inevitably follows a slump.

With a steady, long-term investment strategy you won't face those pitfalls. If you have a diversified portfolio and leave your investments alone, you ride out the highs and lows and benefit from the overall long-term rise in financial markets.

Along-term strategy can also ease the emotional turmoil associated with market fluctuations. If you stick to your plan, you won't be as concerned with volatility. And over the long term, the risk of losing your original investment is greatly reduced with proper diversification.

The earlier you get started, the better off you'll be. As an example, consider the investments in your Registered Retirement Savings Plan, which grow on a tax-deferred basis. This makes a head start even more critical. If you

invest \$3,000 at the end of every year for 10 years, earning an average annual return of 8 per cent, you'll have \$43,460. But if you invest \$3,000 each year over 30 years, you'll end up with \$339,850.

Investing consistently is also key to long-term success. A strategy of contributing fixed amounts at regular intervals builds up your investment wealth and eliminates the temptation to place your bets according to a short-term view of the market.

Dollar-cost averaging is a strategy of investing at regular intervals—regardless of market conditions. It can sometimes lower the average cost of investments and contribute to higher long-term returns.

Your financial advisor can show you other factors that contribute to successful long-term investing. An advisor can also help you identify your needs and financial goals, and recommend suitable investments for meeting those objectives.

This column is provided by Franco Caminiti 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 may be contacted at 742-8018 or by email: franco.caminiti@investorsgroup.com. You may also visit his web site at: www.investorsgroup.com/consult/franco.caminiti

This is a personal message to all the readers of Il Postino. People around the world have been shocked and saddened by the tragic events in the United States. For those of us who have family in the United States and especially in New York City and Washington, this event will certainly provide us with some thoughts as we go through the days ahead. While it may be some time before a resolution of the event comes forward, my personal thoughts are with the friends and families of those affected especially to the firefighters, police officers and the emergency medical teams. -FC

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Italiano-Canadese della Capitale Nazionale:

865 Gladstone Avenue, Suite 101

567- 4532 • (fax) 236- 6545

Italian Cultural Centre of Eastern Ontario Inc.

Centro Culturale Italiano dell'Ontario dell'Est:

865 Gladstone Avenue, Suite 101

567-4532

OC Transpo: 741- 4390

Postal Code Information: 1 900 565- 2633

Villa Marconi Long Term Care Centre:

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www.italyincanada.com

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www.ilpostinocanada.com

Villa Marconi

www.villamarconi.com

National Congress of Italian-Canadians

www.canadese.org

The Preston Street BIA

www.prestonstreet.com

CALENDAR OF EVENTS

October 24, Wednesday

Fundraising Lunch

To benefit African mission

Father Luigi Casagrande

Mass 11:30am - Lunch 12:30 pm

St. Anthony's Church

Tickets \$20.00

For information call 567-4532

November 4, Sunday

Remembrance Day Celebration

St. Anthony's Church

for info call 234-2304

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\$10.00, and get 2 lines
for 2 months. Call 567-
4532 for details.

Next Month's Issue...

To recognize the month of November and Remembrance Day, Il Postino is putting together an issue dedicated to Italian soldiers. We are looking for pictures and stories of Italian soldiers from any time. If you have something to contribute or know of someone who would be willing to participate, please call 567-4532

November 3, Saturday

Trevisani nel Mondo Dinner

Villa Marconi

For information call 727-6201

If you have a listing call:

567-4532

Are you interested?

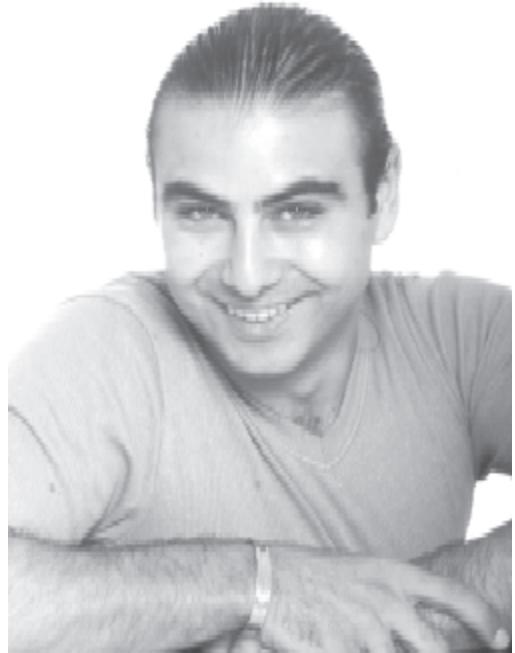
Young people - 16-35 yrs old.

We would like to start a youth group...would you like to help or would you like to be a part of this group?

call St. Anthony's Office
236-2304 fax: 236-2342
Father Paul or Sister Mary Laurence

**Be part of
World Youth Day
July 2002**

Joe Avati Live
October 26, 2001
Adult High School - 300 Rochester St.



Tickets on sale through
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HOLY TRINITY C.H.S.
180 Katimavik Road, Kanata

**3RD ANNUAL
CRAFT FAIR**
Saturday, November 3rd
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CRAFTERS WANTED!

Rent a table for \$25. Enjoy the assistance of high school students willing to help you set up, bring you a free coffee and muffin, cover your table for rest and lunch breaks. We doubled in size last year to 65 tables. Our Craft Fair includes a Bake Table, a Raffle Table, a Tea Room and a Children's Play Centre. For further information please contact Patti Koeslag at 592-8728 evgs. Proceeds go to Third World projects and support of student education in global awareness.

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salome Richard Strauss

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OPERA LYRA OTTAWA

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Order of Italo-Canadians/Ordine Italo-Canadese
BIENNEAL MEETING

October 27, 28, 2001 - Ottawa, Ontario

NOTICE

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At Carleton University: Financial Aid And Awards, Room 202 Robertson Hall (520-3600) / At Ottawa University: The Undergraduate Awards Office, 85 University, Room 123 (562-5734 or 562-5810)

General Information can be obtained at the N.C.I.C. (National Capital District) Internet site:

<http://www.ncf.ca/italcongress/index.html>

Established by National Congress of Italian Canadians Foundation Eastern Ontario and Outaouais District and N.C.I.C (National Capital District).
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Italia 2001