

# IL POSTINO

V O L . 9 NO. 10

JULY 2009 :: LUGLIO 2009

\$2.00



## Nello Bortolotti Onorato per i suoi sessanta anni de contributi per la comunità Italo Canadese



## Nello Bortolotti Honoured for his 60 Years of Contribution to the Italian-Canadian Community

IL POSTINO • OTTAWA, ONTARIO, CANADA

[www.ilpostinocanada.com](http://www.ilpostinocanada.com)

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

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

**Executive Editor**  
 Angelo Filoso

**Managing Editor**  
 Marcus Filoso

**Associate Editor**  
 Alison Bernal, Luciano Pradal

**Layout & Design**  
[dabdev.com](http://dabdev.com)

**Web Site Design & Hosting**  
[dabdev.com](http://dabdev.com)  
 613.852.4135 | [info@dabdev.com](mailto:info@dabdev.com)

**Printing**  
 Winchester Print & Stationary

**Contributors for this issue**  
 Goffredo Palmerini, Renato Rizzuti, Maria Rizzuti

**Photographers for this issue**  
 Angelo Filoso, Rina Filoso, Marcus Filoso, Alison Bernal

**CHIN OTTAWA | FM97.9**

**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**  
**July 22nd, 2009**

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.

A Reminder to all advertisers. It is your responsibility to notify us if there are any mistakes in your ad. Please let us know ASAP. Otherwise, we will assume that all information is correct.

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

©Copyright 2009 Il Postino.

All rights reserved. Any reproduction of the contents is strictly prohibited without written permission from Il Postino.

CUSTOMER NUMBER: 04564405  
 PUBLICATION AGREEMENT NUMBER: 40045533

## Letters to the Editor



Gentile direttore,

credo sia interesse dei lettori e delle tantissime generose persone ed associazioni che dovunque nel mondo si sono adoperate in aiuti verso L'Aquila e l'Abruzzo, a favore delle popolazioni colpite dal terremoto, avere notizie certe sulla destinazione dei loro gesti di solidarietà. L'operazione trasparenza, promossa dal giornale on line abruzzese IL CAPOLUOGO e che partirà domani 10 giugno, rientra nell'opera di documentazione, informazione e controllo degli aiuti e della loro effettiva destinazione alla ricostruzione. L'Abruzzo è una regione sana, la sua gente seria e dignitosa. Anche quest'opera di

"prevenzione" vuole essere esempio d'onestà, trasparenza e rispetto verso tutti coloro che ci hanno aiutato in una circostanza dolorosa e drammatica, mettendo loro a disposizione, attraverso un agile strumento di consultazione come una testata on line, tutti i possibili elementi di conoscenza sull'entità e la destinazione delle risorse raccolte. Tanto premesso, giro la nota informativa del direttore responsabile del CAPOLUOGO, Maria Cattini, perchè se ne possa sintetizzare una notizia da pubblicare eventualmente sulla sua testata, con l'invito a singoli ed associazioni, in Italia ed all'estero, a collaborare nell'iniziativa di trasparenza.

Con viva gratitudine.

Goffredo Palmerini

## Detoxification and Weight Loss, The Right Way

Dr. Kevin Bernardo, BHsc (Hon.), ND

With the arrival of warmer weather, many people have started trading in their parkas and boots for shorts and sandals. However, for a lot of us, that summer clothing doesn't seem to fit as well as it used to. While losing weight is the obvious answer to this problem, how we should go about doing this can often be confusing.

Detoxification is an excellent way to kick-start a weight loss program. While many products are advertised for detoxification, it is important to understand that there is no magic pill! Proper detoxification consists of eliminating certain foods from the diet for a 2-3 week period of time. This gives our bodies a break from foods (which are often difficult to pinpoint) that make us feel sluggish and unwell. Some common symptoms that correlate with the build up of toxins in the body include: digestive problems (bloating, gas, diarrhea, constipation, acid reflux, etc.), fatigue, decreased mental clarity and "brain fog", muscle and joint pains, skin conditions (eczema, acne, various rashes, etc.), and catching colds easily and often.

Toxins are processed by the liver and eliminated through the bowels and the skin. While it is common to experience a worsening of symptoms during the first few days of detoxification, a person usually feels much more energetic and healthy shortly thereafter. Approximately 2-3 weeks later, foods are reintroduced, one-at-a-time, in order to discover which ones were the culprits.

In order to achieve healthy weight loss, you should aim to lose no more than one to two pounds per week. Usually, this can be done by decreasing your daily caloric intake by 500 calories (500 x 7=3500 calories=1 pound). Any more than that and you are actually starving your body of nutrients. This is important to keep in mind because this is the only way to keep the weight off. Be cautious of diets that are very low in calories (less than 1000 calories per day), low in fat, carbohydrate-free, or any other "fad diet." Many of these diets succeed in allowing someone to lose weight, but it cannot be kept off because it is impossible to eat that way over a lifetime.

Natural health products, used properly, can enhance any weight loss/detoxification program. However, it is important to consult a Naturopathic Doctor to see which are best for you. Even though they are natural, that doesn't mean that they will not cause side-effects or interact with other medications when used improperly.



To learn more about weight loss and detoxification contact Dr. Kevin Bernardo, ND at Renaissance Holistic Health (613-667-7777). His 6-week weight loss and detoxification program will allow you to rid your body of toxins and lose excess weight, the right way!

Renaissance Holistic Health | 235 King Edward Ave., Ottawa

<http://www.renaissanceholistic.com>

### SUBSCRIPTION / ABBONAMENTO

Yes, I want to subscribe to twelve issues of Il Postino  
 Sì, vorrei abbonarmi a Il Postino per 12 numeri  
 \$20.00 Subscription Canada / Abbonamento Canada  
 \$38.00 Subscription Overseas / Abbonamento Estero

I prefer to pay by: / Scelgo di pagare con:  
 cash / contanti cheque / assegno  
 money order / vaglia postale

Name and Surname: / Nome e cognome: \_\_\_\_\_  
 Street: / Via: \_\_\_\_\_ Postal Code: / Cp.: \_\_\_\_\_ City: / Città: \_\_\_\_\_ Province: / Provincia: \_\_\_\_\_  
 Tel.: \_\_\_\_\_ Fax: \_\_\_\_\_ Date: \_\_\_\_\_  
 E-mail: \_\_\_\_\_

to / intestato a: Preston Street Community Foundation Inc., Suite 101 Gladstone Avenue 865, Ottawa, Ontario K1R 7T4

# Local Announcements

## Villa Marconi Volunteer Builders 1989-1999



Lucio Appolloni and Luigi Mion present award to Vince Colizza



Lucio Appolloni and Luigi Mion present award to Des Powell



Lucio Appolloni and Luigi Mion present award to Rina Filoso



Lucio Appolloni and Luigi Mion present award to Angelo Filoso



Lucio Appolloni and Luigi Mion present award to Tony Filoso



Lucio Appolloni and Luigi Mion present award to Tony Varriano

# Local Stories

## Centro Abruzzese Raises Over \$30,000 during the Abruzzo Earth Quake Relief Fund Dinner

The Centro Abruzzese Canadese di Ottawa raised over \$32,000 during its Fun raising Dinner for the Abruzzo Earth Quake Relief Fund.

The evening brought in \$17, 915.00 Net with the following presentations:

Pat Valente and Fratelli Restaurants	\$5,000
Association Roccamontepiano	\$2,000
Pratola Peligna Association	\$4,000
Association Carpineto Romano	\$1,000
<b>Total</b>	<b>\$12,500</b>

Evening Dinner brought in \$17,915

Donors of the evening \$12,500

**For Total \$30,415**



Danillo Cavalucci, Rocco Petrella, Guido Piccone, Nello Sciponi, Ermindo Buffone, Frank D'Onofrio, Mario D'Angelo, Larry Bertuzzi, Lorenzo Micucci  
Supporters of the Earth Quake Fundraising Dinner



Francesco DiCandia, Trina Powell, Delio D'Angelo, Counselor Diane Homes, Giovanni Maiorini, Angelo Filoso, Lorenzo Micucci, Ermindo Buffone, Giuseppe Pasian, Vito Brizzi, Nello Scipioni, Tony Ieluzzi - Supporters of the Dante Piazza Fundraising Dinner



Danillo Cavalucci, Assunta DiFederico, Luigi Ricottilli



Bruno and family

# General Interest

## L'AQUILA RICONQUISTATA DAI SUOI CITTADINI L'orgoglioso ritorno degli Aquilani nella loro città, violata la zona rossa di Goffredo Palmerini

L'AQUILA – C'era orgoglio, coraggio e dignità civica sui volti degli Aquilani giunti dalle tendopoli, dai borghi e dagli alberghi della costa abruzzese dove hanno precario alloggio per manifestare nella loro città la ferma intenzione di voler rientrare subito nelle loro case, di far rivivere l'incomparabile centro storico dell'Aquila, di tornare presto alle abitudini quotidiane nel cuore stesso della città. Una manifestazione composta, densa di pathos. Più di mille persone hanno sfidato il divieto d'accesso nella "zona rossa", raccogliendosi attorno ai gonfaloni del Comune capoluogo, della Provincia e degli altri 48 Comuni del cratere del sisma. L'appuntamento nel parco delle Rimembranze, antistante l'Emiciclo, dove ha sede la più alta istituzione regionale, il **Consiglio Regionale d'Abruzzo**. Il 3 giugno, a quasi due mesi dal tragico terremoto che ha duramente colpito L'Aquila ed una parte dei borghi che quasi otto secoli fa contribuirono alla sua fondazione, gli Aquilani hanno riconquistato la loro agorà guardati con vigile e discreta e comprensione dalle forze dell'ordine che, inflessibili, dal 7 aprile presidiano tutti gli accessi della città antica raccolta dentro la cinta muraria. C'erano moltissimi Sindaci, con la fascia tricolore, sul piedistallo di fortuna allestito presso l'altare della Patria aquilano. Erano stretti l'un l'altro, non solo per l'angustia del palco, quanto per la condivisione della pesante responsabilità di governo che li grava nei confronti delle popolazioni che rappresentano, in un momento drammatico della storia delle loro comunità. Ma anche erano fieramente consapevoli d'interpretare delle loro comunità l'aspirazione, la voglia, le ansie e la volontà, fuse nella determinazione forte di far rinascere la città e i borghi, nelle forme architettoniche splendide e con le preziosità artistiche esistenti prima del sisma. Per tutto questo occorrono norme chiare, risorse finanziarie certe, poteri e competenze ben definiti che coinvolgano le istituzioni locali nel difficile processo di ricostruzione. Mentre un po' meno si ha necessità di promesse, di pacche sulle spalle, di rassicurazioni sulla parola, piuttosto che certezze *per tabulas*, ben scritte su una legge.

Ecco la ragione della manifestazione, dove tutti si sono sentiti pari, legati da un tacito patto di solidarietà, dove le istituzioni locali, provinciali e regionali, pur se variamente rappresentate sul piano politico, attraverso i loro rappresentanti hanno solennemente dichiarato d'aver ciascuna deponendo, all'indomani del tragico 6 aprile, le rispettive casacche d'appartenenza per dedicarsi in piena concordia all'unico obiettivo, quello di far risorgere la città e i suoi borghi. Dunque una grande prova d'unità, non scalfita da qualche defezione, nell'esigere dal Governo e dal Parlamento - tra qualche giorno impegnato nella conversione in legge del decreto, in discussione alla Camera - un trattamento adeguato all'entità della catastrofe, per assicurare alle popolazioni terremotate una completa ricostruzione, così come annunciato. Né di più di altri, ma neanche un centesimo di meno, ha affermato il Sindaco dell'Aquila, **Massimo Cialente**, intervenuto dopo la Presidente della Provincia, **Stefania Pezzopane** che ha rigorosamente fatto il punto della situazione. Ha infatti richiamato i positivi risultati finora raggiunti, ma anche quelli che ancora si attendono dal **Parlamento**, con decisioni e stanziamenti certi da calare nella legge di conversione per poter riparare le case danneggiate, ricostruire per intero i centri storici, recuperare l'immenso patrimonio artistico e monumentale, riattivare presto le attività di formazione - scuole, accademie, università e conservatorio - essenziali per una città degli studi come L'Aquila, per ripristinare le infrastrutture a servizio del Capoluogo della regione.

Infine, per l'economia d'un territorio così duramente colpito, s'attende dal Governo e dall'Unione europea la dichiarazione per L'Aquila di "zona franca", con le conseguenti misure di sgravio fiscale, le sole capaci di far ripartire il sistema industriale, commerciale e terziario della città e far affluire nuove iniziative produttive. Lo ha detto con chiarezza **Giorgio De Matteis**, vice Presidente del **Consiglio Regionale d'Abruzzo** nel suo intervento, argomento poi ripreso da **Americo Di Benedetto**, Sindaco di **Acciano**, piccolo borgo della Valle Subequana, che ha parlato a nome dei Sindaci dei piccoli centri del cratere. Diversi parlamentari presenti, molti i consiglieri regionali, amministratori provinciali e comunali, senza distinzione d'appartenenza. Il deputato aquilano **Giovanni Lolli**, auspicando compattezza dei parlamentari abruzzesi, ha osservato come non occorrono parole per descrivere la gravità della situazione. E' sufficiente che la Commissione Ambiente della Camera, di cui è componente, faccia un sopralluogo all'Aquila. Ha quindi confermato il suo impegno, anche con la presentazione d'un emendamento con misure a favore dei Vigili del Fuoco, eroici nell'opera di soccorso, ma traditi da promesse del Governo poi non mantenute. Ci si augura che lo sforzo delle istituzioni, sostenuto anche da decine di comitati di cittadini, in sede di discussione alla Camera possa portare le necessarie modifiche al decreto del Governo per garantire al meglio la ricostruzione.

Già, perché non tutti sembra siano consapevoli dell'enorme gravità di quanto accaduto all'Aquila due mesi fa. Lo sottolineava con rara efficacia **Errico Centofanti**, uno degli uomini di punta della cultura aquilana, in una nota scritta ad un mese esatto dal sisma, pubblicata su diverse testate in Italia ed all'estero. Questo l'incipit: *"Lunedì 6 Aprile 2009 alle 3.32, un terremoto di inaudita violenza ha devastato la città dell'Aquila e decine di borghi della fascia pedemontana meridionale del Gran Sasso d'Italia, ha ucciso 300 persone, ne ha ferito 1.500 e per oltre 65.000 ha reso necessario il ricorso a alloggi di fortuna. Il Terremoto dell'Aquila, che fin dal 13 Dicembre è stato preceduto da centinaia di scosse minori, ha causato la più vasta e radicale distruzione di un'importante città antica dopo quella del Terremoto di Lisbona risalente al 1755. Sono questi i termini in cui la notizia avrebbe dovuto fare correttamente il giro del mondo, affinché la tragedia verificatasi potesse trovare un'opportuna rappresentazione nonché il presupposto per un suo adeguato risarcimento materiale. (...) La prima catastrofe, sotto l'apparenza di una stupida sottigliezza, scaturisce da un dirimpente sovvertimento della realtà. "Terremoto dell'Abruzzo" si è messo a credere, invece di "Terremoto dell'Aquila": un flusso di disinformazione miope e irresponsabile che, mirando ai vantaggi riciclabili da una futura gestione clientelare a pioggia dei fondi per la ricostruzione, ha minimizzato la portata degli atroci danni subiti dall'Aquila e ha duramente danneggiato le migliaia di imprenditori e lavoratori di quell'industria turistica che costituisce la spina dorsale dell'intera economia abruzzese (...)"*.

Tante altre argomentazioni aggiungeva Centofanti, con un ragionamento che non fa una piega. Perché a molti davvero è sfuggita la dimensione del dramma che ha sconvolto L'Aquila, come non accadeva da secoli ad una città importante, capoluogo di regione, paralizzandone le molteplici funzioni istituzionali e civili. E ancora non accadeva ad una grande città d'arte, straordinaria per la singolarità della sua fondazione, della sua storia plurisecolare e della sua struttura urbana,

dove è andato distrutto o seriamente danneggiato un centro storico di quasi quattro chilometri quadrati, ricco d'architetture uniche - chiese, palazzi, fontane, torri, porte urbane, opere di fortificazione e castelli - ciascuna scrigno d'innomerevoli opere d'arte, tanto raffinate quanto sovente poco conosciute. Insomma, un gioiello urbano, incanto ed ammirazione d'ogni visitatore che della città, inaspettata nel suo diffuso splendore, faceva scoperta innamorandosene per sempre, come per un colpo di fulmine. Una città che per oltre tre secoli dalla sua nascita, nel 1254, recitò un ruolo rilevante in Italia, grazie alla sapienza dei suoi amministratori, alle personalità spirituali (papa **Celestino V**, **San Bernardino** da Siena, **San Giovanni** da Capistrano), per le libertà ed il prestigio che seppe ritagliarsi come città di confine, con gli **Angioini** prima e poi con gli **Aragonesi**. Crocevia di fatti politici di portata universale tra papato e impero, di conflitti e guerre tra regni e dinastie, ricca di commerci europei attraverso comunità straniere stabilmente insediate in città (tedeschi, francesi, spagnoli, albanesi, ma anche lombardi, veneziani, fiorentini ed altri), seconda città del regno dopo **Napoli**, godeva di privilegi fiscali, moneta propria ed autonomia nel governo civico secondo i suoi statuti. Questa, in pillole, L'Aquila attraverso otto secoli.

Ogni pietra, fino a quel 6 aprile, raccontava un pezzo di storia, recitava la sua origine e la sua foggia lavorata, dal **Duecento** al **Novecento**, declinandosi negli stili modellati da provetti maestri artigiani, dal **Medioevo** al **Rinascimento**, dal **Barocco** al **Neoclassico** e al **Liberty**. Migliaia le preziosità architettoniche censite come beni monumentali, costituenti l'enorme patrimonio d'arte. Oltre 1900 i vincoli apposti del **Ministero per i Beni Culturali** su chiese, case e palazzi dove ciascun cespite immobiliare riservava formidabili sorprese d'arte: facciate, absidi, altari, mausolei, portali, chiostri, bifore, cortili, pozzi, colonnati, logge, camini, stemmi lapidei di casati. E poi affreschi, paramenti lignei, dipinti, intarsi, arredi, ornamenti murari e cassettoni, ciascuno un pezzo unico o raro d'arte. Centinaia di palazzi nell'ordito urbano citano nomi di famiglie illustri che hanno fatto nei secoli la storia della città, nei commerci dei tessuti aquilani e dello zafferano, nelle professioni, nelle attività armentarie e nella produzione laniera, nella cultura e nelle scienze, negli incarichi civili e nella vita religiosa. L'Aquila è (era) una città prodiga di particolari, dove mai si finisce di scoprirne. Dove il turista curioso che s'avventurava nelle sue arterie ortogonali, ma anche nelle stradine, nelle coste e nei vicoli più reconditi dei quartieri, aveva miniere di dettagli su cui soffermarsi, persino sulla toponomastica singolare (sdrucchiolo dei Poeti, via della Cutrettola, sdrucchiolo dei Ciuchi, via dei Drappieri, via delle Tre Spighe, via degli Scardassieri). Il centro storico vivo in ogni palmo che, negli ultimi tre giorni della settimana, esplodeva intensamente e tirava a lungo le sue notti grazie ad una moltitudine festosa di giovani, decine di migliaia, che ne animavano ogni angolo, ambiente e locale. Era amata, L'Aquila, dai giovani. A cominciare dai trentamila studenti della sua **Università**, delle sue **Accademie**, del **Conservatorio** di musica, delle sue scuole d'alta formazione e dei centri di ricerca scientifica, come i **Laboratori Nazionali del Gran Sasso**. Ma anche dai giovani in armi, gli alpini del 9° Reggimento "L'Aquila", gli specialisti della Brigata "Acqui", gli allievi della Scuola Sottufficiali e Ispettori della Guardia di Finanza.

Ebbene, per la ricostruzione d'un centro storico come quello dell'Aquila occorrono risorse ingenti ed adeguate, non giaculatorie di maniera. Ben oltre i dieci miliardi di euro, che garantiscano la copertura finanziaria alla ricostruzione. Stanziamenti certi, non il ricorso aleatorio alle entrate del "Gratta e vinci", come taluno ha supposto. Hanno ragioni da vendere i Sindaci, la Presidente della Provincia dell'Aquila, il Presidente della Regione, **Gianni Chiodi**. Anche il popolo italiano sarebbe ben disponibile nell'accettare il ricorso ad una tassa di scopo per finanziare la ricostruzione dell'Aquila, specie se gli si assicura la restituzione del versato tra qualche anno. Questa è la sfida che l'Italia non può perdere. E' una sfida che l'intero sistema Paese deve vincere di fronte all'Europa ed al mondo. Tra qualche settimana **L'Aquila** sarà ancora al centro dell'interesse mondiale, nei tre giorni in cui vi si terranno i lavori del **G8**. I capi dei Paesi più sviluppati del mondo potranno vedere direttamente lo stato della città e magari impegnarsi ciascuno per ricostruire e restaurare uno dei tanti monumenti insigni dell'Aquila, dalla basilica di Collemaggio a San Bernardino, dal Forte Spagnolo a Santa Maria Paganica, da Sant'Agostino a Santa Maria del Suffragio, dai monumenti nel contado alla ricostruzione dei borghi distrutti, come farà la **Germania** con **Onna**. L'Aquila, nella sua precedente straordinaria bellezza e nella sua attuale sciagura è sotto gli occhi del mondo. Venia per l'infuato riferimento, per paradosso c'è voluto un terremoto devastante per far conoscere al mondo una città così straordinaria. Non c'è, sebbene attraverso immagini dolorose e disastrose, chi delle bellezze artistiche dell'Aquila non abbia scoperto l'impareggiabile unicità, per quanto brutalmente ferite dal sisma. Giornali e televisioni di tutto il mondo, per giorni e giorni, queste immagini hanno rilanciato in ogni angolo del pianeta, determinando un moto di solidarietà al pari d'una consapevolezza del valore inestimabile dell'Aquila e dei suoi borghi come beni dell'intera umanità. Anche per questo debbono poter tornare nella disponibilità mondiale, al più presto, nello splendore il più rispettoso della loro storia. E insieme ad essi deve rinascere l'intero centro storico, costituendo un irripetibile unicum urbano.

E' augurabile che presto il cuore dell'Aquila, messo doverosamente in sicurezza e sgombrato delle sue rovine, veda sorgere tanti cantieri della ricostruzione, anzi del suo **"rinascimento"**. E che la città, pur ancora ferita, possa comunque esercitare una compatibile accoglienza, con le botteghe che potranno riaprire e con alcune attività che vi si potranno svolgere. Appena possibile. Un'accoglienza anche verso chi voglia visitarla, come si fa visita ad un amico ferito in un incidente, al quale si vuole bene. Venite a visitare l'Abruzzo, venite a visitare la sua città capoluogo. L'Aquila è bella, pur se sofferente, anche se gli oltraggi disastrosi del sisma dovranno ancora essere risarciti per restituirla alla primitiva meraviglia. Eppure l'affetto e l'attenzione che gli amanti delle città d'arte vorranno dedicarle nei prossimi mesi e nei prossimi anni, in corso di cura delle sue ferite, saranno un segno d'amicizia forte e d'apprezzamento del suo incomparabile valore architettonico. Un tributo d'amore alla sua storia straordinaria, un omaggio alla dignità ed alla compostezza dei suoi cittadini, un impegno a condividerne l'avvenire, seguendone la rinascita e riservandosi la gioia di poterla rivivere tutta, in ogni angolo, appena completamente guarita. Per essere, poi, testimoni nel mondo della sua straordinarietà.

[gopalmer@hotmail.com](mailto:gopalmer@hotmail.com)

# General Interest

## Gino Buffone Retires after 45 Years in Business

Published April.2006 by Luciano Pradal

Qualche giorno fa' "A Chanel", la nota rete della televisione locale, ha fatto una ricerca sui migliori ed i piu' popolari sarti nella Regione di Ottawa, ebbene il primo ed il terzo erano di origine Italiana! Al primo posto si e' qualificato Gino Buffone proprietario di International Tailor.

Gino Buffone esercita la sua professione in Centro Citta' da piu' di 40 anni, un centro città che sta' diventando sempre piu' popolato a causa dei numerosi palazzi che si stanno costruendo.

In questa societa' del "pret a porter" o del "usa e getta" della vita frenetica, della burocrazia, dei computers del shopping e del fast food ad un certo momento tutto si ferma! La gente ha bisogno dei servizi... di un sarto... ce ne sono pochi, pochissimi! Ed ecco che corrono d' urgenza da Gino! Chi e' che non conosce ed apprezza le sue molteplici capacita' e qualita'?

Ah come e' bello saper contare su Gino che e' la', ogni giorno, nel suo negozio/laboratorio da 40 anni, al servizio della sua fedele clientela!



Gino Buffone e' nato a Roccamontepiano (Chieti), ancora giovanissimo e' andato ad imparare l' arte del sarto nella bottega del "Mastro" Mauro Mancini, "non ero il solo apprendista" mi spiega Gino, ce n' erano altri, c'erano anche i figli del "Mastro" che poi sono andati a Roma ad esercitare la professione, ora sono dei grandi sarti e sono proprietari della famosa sartoria Cadence.

Gino arriva in Canada nel giugno '60 e' stato suo fratello Ermindo a fare l' atto di richiamo; per qualche tempo Gino lavora per altri sarti qui in Ottawa e, nel 1966, fece il grande passo, quello di praticare l' artigianato per conto proprio e lo fa' con molto coraggio, successo e soddisfazione personale e dei suoi clienti. Oltre ad essere un artigiano molto apprezzato Gino e' anche molto attivo per il progresso della comunita' Italiana di Ottawa; la diaspora della famiglia Buffone si estende tra il Canada, 4 fratelli ed una sorella, in Brasile 1 fratello ed una sorella ed una sorella in Italia. Siamo sicuri che tutta la famiglia Buffone sparsa nel mondo e fiera promotrice dei valori e degli ideali Italiani.

## The Trials and Tribulations of the Highly Emotional High School Commencement Exercises

By Dosi Cotroneo

They call it commencement, perhaps deriving from the French word commencement, meaning "at the beginning". As I and millions of other parents around the globe prepare to face their son or daughter's high school commencement exercises this week, and a new beginning in their young lives, area drugstores and supermarkets are on high alert that tissue sales will be going through the roof.

It is a day of mixed emotions for a parent, as they must sit in a crowd, lump in throat, tissue in hand, and watch their child walk across the stage and receive their high school graduation diploma. The churning of one's stomach, the sweaty palms, the racing heart, all very much resemble the symptoms a parent felt when sending off this young child, as though only yesterday, to their first day of kindergarten. If only eighteen years ago, some wise, Italian and perhaps even English-speaking tribe elder could have forewarned me that what seemed to be a long and arduous journey from kindergarten to high school, would pass as quickly as a summer long-weekend, perhaps then, I would have listened.

I'd give anything to be heading off in a fury, just one more morning, to make that Daytona 500-style drive down Mitch Owens Drive, beating the clock to get this young woman to St. Mark High School on time. Please, just one more note to write, about perhaps, her fiftieth eye doctor's appointment this year, knowing full well, a young woman needs extra sleep during these growing years, and is it so terrible for an over-protective, over-nurturing Italian mother to allow her child this privilege.

Gone are the days of meet the teacher, sharing report cards, and choosing two socks that match, and onward now to meet the employer, sharing car insurance quotes, and choosing electives for university. The days of my young daughter delighting in Barney the purple dinosaur, a pink bike with training wheels and Barbie and Ken, have blindly rolled into a young woman delighting in yoga gear from Lululemon, saving the world from the ravages of global warming, and which series Mazda vehicle will get her more bang for her buck by the litre.



Yes, the road to both man and womanhood is a perilous one, lined with potholes and bumps, and those unexpected twists and turns. This is the day when a parent realizes, they must hand over, not only the car keys, but the steering wheel too, and let their son or daughter take control, all in the hopes that the years of warnings, lectures, lessons, chases from wooden spoons and piffs to the back of the head, somehow sunk in.

Independence, trust, and a push out of the nest to get out and experience the world are exactly what my Italian immigrant parents never dreamed of imposing on their daughters. Instead, possessiveness, over-protectiveness, and fear and worry was more their style of parenting. Independence was a learned behaviour that suddenly happened just after the young bride muttered, "I do".

Perhaps all this talk of independence and letting go is simply a modern North American concept, and the entire community knows I wasn't raised that way. Why mom and pop are still very much enmeshed in my life - I can't leave the safe confines of Ottawa without their permission, and still fear a good old fashioned Italian scolding, although I'm fast approaching 40! Maybe reverting back to the "Italy 1959" style of parenting that I was raised in could provide the answers to lessen my anxieties, while at the same time increase my daughter's anxieties that the world is an enormously huge and dangerous place, and she must remain in desperate need of her "Ma" right by her side. Perhaps even until long after she is married, a mother, and retired for that matter. Good grief! Am I suddenly becoming a parent just like my own Italian parents were, or even more disturbing - still are?

Independence versus co-dependence - I wonder what Dr. Phil would think.

# Your Local City

## Sgt. Lamothe Honoured by the Governor General of Canada for 32 Years of Policing and Community Building

Ruth Perley Fortin

Sgt. Jean Lamothe began his career with the Ottawa Police Force on the 7th of November, 1977.

He began his career on the beats - and his likely finishing his shift - on the beat !

**Post-nominal: M.O.M.** ( Jean can put these initial after his name, since he is a " Member of the Order of Merit )

**Recognizes:** exceptional service or performance of duty over an extended period, usually at the local or regional/provincial level

### Background

The Order of Merit of the Police Forces honours a career of exceptional service or distinctive merit displayed by the men and women of the Canadian Police Services, and recognizes their commitment to this country. The primary focus is on exceptional merit, contributions to policing and community development.

### Police Exemplary Service Medal

The Police Exemplary Service Medal, created on August 12, 1983, recognizes police officers who have served in an exemplary manner,

characterized by good conduct, industry and efficiency. Recipients must have completed 20 years of full-time service with one or more recognized Canadian police forces.

Jean was awarded his medal March 18, 1988 and then received his 10 year silver bar ( it goes across the medal mid-way, with a maple leaf affixed to it ) on paper June 18, 2008. Officially he did not receive the silver bar until April 28 of this year. ( He hasn't yet attached his bar to the medal when the photo was taken )

Every year the Canadian Banks' Law Enforcement Award recognizes outstanding police performance in fighting crime against Canadian banks. Recipients of this prestigious award have gone above and beyond the call of duty while preventing and investigating crimes against Canada's financial institutions.

Since 1972, the Canadian Bankers Association has honoured 212 Canadian police officers. The Award is presented annually at a formal ceremony at the annual conference of the Canadian Association of Chiefs of Police.

Jean was awarded his medal for apprehending a bank robbery suspect, August 28, 1984



Sgt.Lamothe with Governor General



Cst. Stephen Carroll, Cst.Marc Denis, Inspector Murdock MacLeod, Sgt. Jean Lamothe, Cst. Steven Lewis and Cst. Dave Zackrias



Sgt.Lamothe with fellow Police Officers Volunteering during St.Anthony's Feast



Cst.Steve Lewis with Nicola

# IL POSTINO

V O L . 9 NO.10

JULY 2009 :: LUGLIO 2009

\$2.00



## Italian Week Festivities! - June.2009



Angelo Filoso, Tony Ieluzzi, Nelo, Rina, and Margo Bortolotti



Francois Glacer and family



President of Wilma Bianco



Italo Tiezzi modeling



Italian Embassy and Association Rapinesi Teams

# IL POSTINO

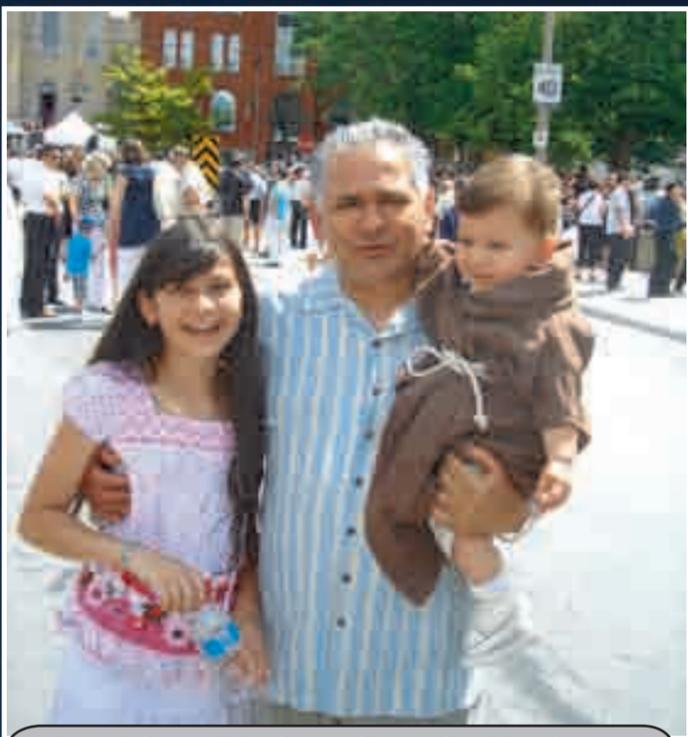
V O L . 9 NO.10

JULY 2009 :: LUGLIO 2009

\$2.00



## St. Anthony's Church and Italian Week Festivities - June.2009



Pasquale Carozza, Polsia Carozza, Giuseppe Gianni Peter Carozza



Father Paul and Arch Bishop Prendergast



Cipba Golf Tournament raised over \$14,000  
\$10,000 EarthquakeFund and \$4,000 scholarships  
Rick Campagna, Gilda Ciamprone, Robert, Rick Lapointe,  
Gino Milito, Joe Montuoro



Anthony, Giorgia and Claudia Casagrande



Volunteers offer spaghetti Dinner at St. Anthony's



Tony Ieluzzi and Marcus Filoso

# General Interests

## The Emotional Lives of Italians

By Renato Rizzuti

Luigi Pirandello the Italian writer who wrote "Six Characters in Search of an Author" or "Sei Personaggi in Cerca d'autore" once said that Italians have a natural theatricality about them. Being a dramatist himself, Pirandello would notice the theatrical quality of the way that Italians express themselves. I do not think Pirandello meant that Italians are overly emotional. There does exist the stereotype of the Italian who is always emotionally over the top and has an overly exaggerated way of expressing himself. An examination of the emotional lives of Italians is in order here.

Love is undoubtedly a very strong emotion. The two greatest lovers in literature were Romeo and Juliet. Romeo and Juliet's story is set in Italy by William Shakespeare. This makes it an Italian love story. The play ends tragically when Romeo, thinking that Juliet is dead, takes his own life. Juliet awakens from her drug induced death like sleep and kills herself with Romeo's dagger. Supposedly, their Italian emotions got the better of them and thus they are portrayed as overly emotional.

When dealing with intense romantic love, emotions naturally run very high for most people. Being intensely in love has been compared to a form of temporary insanity.

Ambrose Bierce the American writer defines love as, "A temporary insanity curable by marriage or by removal of the patient from the influences under which he incurred the disorder." This offers an explanation for Romeo and Juliet's behaviour. If they were "temporary insane," then one can understand the heightened emotional display. When it comes to romantic love, Italians can get just as "crazy" as one else. This "love craziness"

runs across all cultural borders and is not displayed only by Italians.

Parental love or the love that a parent has for their children is also a very strong emotion. There exists the stereotype of the overly protective Italian mother. In Dr. Randy Wysong's article, "Mother Love" he states, "Scientific studies conclude something mothers everywhere have always intuitively known – that the unique love they have for their offspring is vitally important to their development. A mother's love and nurturing even directly impacts the biological development of the child's brain and central nervous system. In effect, mother and child are "hard-wired" for mutual love. The brain is like a template designed to await molding by its early environment. One researcher even wrote that hugs and kisses during the early critical periods assist in making neurons grow and connect properly with other neurons."

Given the importance of a mother's love as stated by Dr. Wysong, it definitely is to be considered a vital part of a child's development. All normal mothers should be naturally affectionate and nurturing towards their children. Italian mothers get a bad rap from ungrateful children who consider them overly protective and meddling. They forget that the mother is always looking out for the best interests of the child whether the child is three years old or forty years old. It is downright cruel and disrespectful to consider your Italian mother "over the top" when it comes to "mother love." Italian mothers deserve a big cheer for what they do for their children!

Jealousy is another very strong emotion. Again, there exists the stereotype Italian man who is overly jealous and acts out inappropriately when the emotion overcomes him. Again, William Shakespeare sets another popular play of his in Italy, namely "Othello." In this play, Othello kills his wife Desdemona in a fit of jealousy and then kills himself once he learns that Desdemona was actually not guilty of having an affair. The play shows us the dangerously destructive power of the emotion of jealousy. The emotion is very often portrayed as a negative emotion. There is a quotation by psychology author Astrid Alauda which states, "I've spent most of my life walking under that hovering cloud, jealousy, whose acid raindrops blurred my vision and burned holes in my heart. Once I learned to use the umbrella of confidence, the skies cleared up for me and the sunshine called joy became my faithful companion."



The website "Healthline" has this to state, "Jealous delusions are unjustified and irrational beliefs that an individual's spouse or significant other has been unfaithful." Jealousy can cloud a person's vision and judgment. All men can fall under the spell of jealousy. It is not an exclusive emotion that only Italian men can have. It takes emotional maturity to remain level headed and not let jealousy overcome you. That "green eyed monster" can strike any man at any time!

Anger can be an extremely volatile emotion. Again, there exists the stereotype Italian male who flies into fits of uncontrollable anger. The "Italian hothead" as the cliché goes. "Wikipedia," the internet encyclopedia defines anger as, "An emotional state that may range from minor irritation to intense rage." All of us have experienced "minor irritation" on a frequent basis. There is always some minor thing in our lives that is going to cause irritation. That is perfectly normal.

The abnormal aspect of anger comes with the "intense rage." Marcus Aurelius the Roman Emperor stated, "How much more grievous are the consequences of anger than the causes of it." That is certainly true when a minor cause of anger results in a major thunderstorm of anger. An article on anger in "Wikipedia" states, "While most of those who experience anger explain its arousal as a result of "what has happened to them," psychologists point out that an angry person can be very well mistaken because anger causes a loss in self-monitoring capacity and objective observability. Modern psychologists view anger as a primary, natural, and mature emotion experienced by all humans at times, and as something that has functional value for survival. Anger can mobilize psychological resources for corrective action. Uncontrolled anger can however negatively affect personal or social well being. While many philosophers and writers have warned against the spontaneous and uncontrolled fits of anger."

Again we are dealing with a negative emotion when it escalates to an extreme level. Saint Basil viewed anger as a "reprehensible temporary madness." It seems that this extreme form of anger can affect men of many diverse cultural backgrounds. Italian men do not have exclusive ownership of this "madness" type of anger. When describing men who do get violently angry you are describing individual personalities and temperments. It is certainly wrong to label one ethnic group as having the monopoly on violent anger. So while the Italian stereotype may exist, there is no reason to get angry about it!

You may ask where these Italian stereotypes come from. Hollywood movies have contributed to the formation of these stereotypes. The movie "Moonstruck" was a blockbuster hit. That is partly because the Italians in that movie were over the top caricatures. Cher's character tells Nicholas Cages' character to "Snap out of it" with a slap to the face it is in response to him telling her that he is in love with her.

That particular scene is very popular with audiences. It is repeated over and over again when you see any kind of movie program and the topic is "Moonstruck."

The "Godfather" movies, to some extent, perpetrated Italian stereotypes. In those movies you have a range of character types that are quite "over the top." There is Sonny Corleone who is the hot headed type who has trouble controlling his anger. There is Mrs. Corleone who is the nurturing and loving Italian mother. There is the murderous anger displayed by Michael Corleone. Jack Woltz, the character that ends up with a horse's head in his bed, displays jealous rage toward Johnny Fontaine. The movie in general deals with heightened and extreme emotions.

While those types of movies may contribute to the stereotypes, it is important to note that they are works of fiction designed to lure people into the movie theatres. If normal Italians were depicted in those movies, they simply would not have been as popular. Italians may seem more emotional because we experience life to the fullest and therefore have a fullness in our emotional lives. There is certainly nothing wrong with being more alive! To life and love!

# Food!

## Shrimp with Linguini alla Rizzuti

By Maria Rizzuti

The water on this tremendous terrestrial sphere we inhabit occupies 70% of our planet, leaving land to occupy 30%. With that much water on earth it is only natural and feasible to harvest the food that the seas, oceans and rivers have to give us.

For thousands of years, anglers who have cast their fishing lines and hooks over water by means of the rod and reel have started and contributed to the creation of the seafood lover's revolution. Communication between seafood consumers and the seafood industry - the fishermen that garner it, the producers who farm it, the processors, the retailers and the chefs who prepare these edible aquatic freshwater and ocean creatures have spawned bona fide seafood lovers out there.

A great deal of the seafood obtainable is eaten uncooked, either raw, dried, smoked, salted, pickled, or fermented. Or else it is cooked whole or cut into steaks, filets, or chunks. It is often used in stews or soups. The roe, or eggs, of some species are eaten as the delicacy caviar. Seafood is eaten not only for the taste of it but also the health benefits.

The idea of eating seafood with pasta is not as foreign a concept as it may seem. On Christmas Eve dinner at my husband Renato's parents' place we would start with a dish of baccala in a tomato sauce served with spaghetti. Baccala is popular seafood among Italians. Dried salted cod is soaked in cold water for a couple of days with frequent changing of the water so as to remove all of the salt. One suggestion is to use deboned baccala if you serve it with pasta. You would not want your dinner guests to choke on a baccala bone!

The Bubba Blue character in the movie "Forrest Gump" said, "Shrimp is the fruit of the sea, you can barbeque it, boil it, broil it, bake it, sauté it. There's, um shrimp kebabs, shrimp creole, shrimp gumbo, pan fried, deep fried, stir fried. There's pineapple shrimp and lemon shrimp, coconut shrimp, pepper shrimp, shrimp soup, shrimp stew, shrimp salad, shrimp and potatoes, shrimp burger, shrimp sandwich... That's, that's about it."

Well, that's not about it, there is also shrimp and linguine which is today's recipe! There are many health benefits to eating seafood. Fish can make your brain function like Albert Einstein's! Your learning power and memory can be much improved. Most white fish like cod and haddock are an excellent source of zinc. Zinc has been known to improve memory, brain function and boost your immune system. Eating three to five fish meals per week should provide a useful amount of omega-3. Everybody nowadays is aware of the health benefits of omega-3 for your heart. Eating fish is a more desirable way to get your omega-3. It is a much more tasty way than just taking supplements!

Shrimp terminology is interesting in itself. In biological terms, shrimps and prawns belong to different suborders of Decapoda, they are quite similar in appearance. "Shrimp" and "prawns" are often used interchangeably in commercial farming and fisheries. Recent aquaculture literature uses the term "prawn" more frequently for the fresh water forms of palaemonids and "shrimp" for the marine penaeids. You say prawn and I say shrimp, whatever you call them they taste very good!

Shrimp is the star ingredient in today's recipe. Shrimp is high in protein, iodine and calcium. Eating shrimp is healthy for the circulatory system because of the lack of significant levels of saturated fat. This means that the high cholesterol content in shrimp dramatically improves the ratio of LDL to HDL cholesterol and actually lowers triglycerides. So shrimp taste great and are good for you too!

Give my recipe for Shrimp and Linguine alla Rizzuti a try and you will be quite satisfied with this delicious and healthy dish!

### Ingredients:

- 1 pound linguini
- 4 tablespoons butter
- 4 tablespoons extra virgin olive oil, plus more for drizzling
- 4 to 5 cloves garlic, sliced
- ½ tsp red pepper flakes (optional)
- 20 large shrimp, about 1 pound, peeled and deveined, tail on
- salt and freshly ground black pepper
- 1/2 cup dry white wine
- zest of 1 lemon
- 1 lemon, juiced
- 1/4 cup finely chopped parsley leaves

### Cooking Directions:

For the pasta, follow directions on the package, however when pasta is not quite done, drain the pasta reserving 1 cup of water. You will be adding the cooked pasta to the skillet later so as to cook the pasta with the other ingredients.

Meanwhile, in a large skillet, melt 2 tablespoons butter in 2 tablespoons olive oil over medium-high heat. Sauté the garlic, and red pepper flakes (if using) about 3 to 4 minutes. Season the shrimp with salt and pepper; add them to the pan and cook until they have turned pink, about 2 to 3 minutes. Remove the shrimp from the pan; set aside and keep warm. Add wine and lemon juice and lemon zest bring to a boil. Add 2 tablespoons butter and 2 tablespoons oil. When the butter has melted, return the shrimp to the pan along with the parsley and cooked pasta and reserved pasta water. Toss really well and season with salt and pepper. Drizzle over a bit more olive oil and serve immediately.

Enjoy!



**Yasir Naqvi, MPP**  
Ottawa Centre



**Community Office:**  
 411 Roosevelt Avenue, Suite 204  
 Ottawa ON K2P 3X9  
 Tel: 613-722-6414  
 Email: [ynaqvi.mpp.co@liberal.ola.org](mailto:ynaqvi.mpp.co@liberal.ola.org)



**Paul Dewar, MP/Député Ottawa Centre**  
**Working for you!**  
**Au travail pour vous!**

I am pleased to:

- provide assistance with federal agencies
- arrange letters of greetings for special occasions
- answer questions about federal legislation
- listen to your feedback

Je suis heureux de:

- vous aider à traiter avec les organismes fédéraux
- vous écrire des lettres de félicitations pour des occasions spéciales
- répondre à vos questions sur les lois fédérales
- vous écouter

304-1306 rue Wellington St.  
 613.946.8682 / [dewarp@parl.gc.ca](mailto:dewarp@parl.gc.ca)  
[www.pauldewar.ca](http://www.pauldewar.ca)

# In Remembrance of Camillo Micucci

## Eulogy by Gino Urbisci

Voglio ingraziare tutti per avere venuti oggi per il mio nonno Camillo Micucci.

Il mio nonno Camillo Micucci...stop and think, when I say the name, Camillo Micucci, what do you think of?...I think of immense power and immeasurable strength, I think of a man who fought for his country, who fought for his rights and for equality...and conquered those battles! At the same time, I think of a man as gentle as a butterfly, a man full of compassion, love, romance and poetry. I think of a true family man, a big brother, a role model, a provider who's work ethic had no boundaries! I think of a man with a fountain of knowledge, full of experience, traditions, culture and good values. Another thing that I think of, is that he was a man with a tremendous GIARDINO, bigger and better than any other giardino ever!

As kids my nonno's tremendous yard and giardino was like another world to us. I would scatter though the tall fava bean plants to hide when nonno was angry and looking for me. I will NEVER EVER forget the feeling of fear I had when nonno started chasing me around the outside of the house with a sandal in his right hand, raised above his head...So far, to this day, I have by no means experience a sense of panic like I did that day.

I remember playing with nonno, he would exhibit his power to us by doing push-ups with my very small younger sister Rosamaria on his back.... then of course, we didn't let him stop there, we wanted to see if can do the same with us and he managed to do so, never letting us down. We have always looked up to him as such a strong, powerful man. Plus he loved to watch the old school WWF wrestling...as kids what more can we ask for out of our nonno!!

At intimate family gatherings my nonno would always like get out his portable video camera to capture the precious times we had together as a family. I remember him doing so even this past Christmas....which was our last Christmas with nonno.

Even though the battery for his portable video camera wouldn't last for more than 2 min without it needing to be plugged into the wall because it was soo old, he constantly insisted on getting the moments on his video camera...Now, today, without nonno anymore, im very happy he was so persistent and that we have those everlasting moments on tape!

If any of you ever have had the privilege to receive a greeting's card from my nonno, you would automatically come to see the abundance amount of compassion and love my nonno had to give.

I have prepared a few words for today, that I would like to say to my nonno Camillo because we know that he is here now with all of us.

Grazie nonno, thank you for being the grandfather you were. Growing up, you taught us so much about culture, tradition, values... about discipline, respect, loyalty, dedication and hard work and im certain that you will continue to teach us and lead us though our lives ahead.

Your famous words, handwritten in every card you ever gave us, whether it was Easter, Christmas or our birthday was a message that will stick with us for the rest of our lives; "noi nonni ti vogliamo bene e iddio ti benedica"

Growing up, we always looked up to you as one of the strongest men in world. As an indestructible man with great power, knowledge and experience...a man of war, a man who conquered profound hardship and fulfilled great achievements, all while being calm, patient, understanding, considerate & compassionate.

We know u are in a better place now, with grandenonno, grandenonna, with Rosamaria, your daughter you never had a chance to know and with all the other family and friends that have passed along the way. Pass on your endless and immense strength and will power to your wife Maria, my nonna.. as well as to the rest of us to move forward. You will be greatly missed and never forgotten.

Io ti voglio bene, noi ti vogliamo bene, e iddio ti benedica

## Camillo Micucci Remembered

### Eulogy by Brent Francis

On a cold day in January 1931, in a small town on the side of the Maella mountain in Central Italy, was born the first of four sons to Carmine Micucci and Guisippina Antolini.

Proudly named after his grandfather, Camillo grew up in a simpler time.

Rapino was a small town where the streets were cobblestone or mud and where everyone knew who you were. They spoke their own Italian dialect and even the people of the next town had difficulty understanding what was being said. Most people made a living in the fields and making pottery.

Being the eldest son, Camillo spent a lot of time caring for his younger brothers, Antonio, Mario and Lorenzo - keeping them out of trouble or getting them out of trouble (for those of you who know his brothers this was no easy task).

Camillo's teenage years, were at the height of the Second World War. Rapino was located, on the German side of Sangua River during the battle of Ortona. One man from every family was forced to dig ditches and foxholes for the German army. Camillo, at 13 was this man for the Micucci family.

After the war, Camillo returned to the fields as a hired hand for the many farmers in the region.

At the age of 18 he reported for duty with the Italian army. He joined the Alpini (mountain soldiers) and was based in Northern Italy. He was a machine gun operator and an excellent shot. While performing his duty, he learned a lot, and made many lifelong friends.

These first 20 years did a lot to shape the man Camillo was - a fiercely strong man, both in body and spirit. His love and sacrifice for family and friends was beyond measure. He marched with head up, and without complaint throughout his life and to his last breath.

After finishing his term in the army, Camillo returned home to work in Rapino. His father and the late Zio Rocco Micucci introduced him to a man by the name of Pasquale Dinardo. Mr. Dinardo, as it turned out, had a daughter who was available. This handsome young man, Camillo, was just what the Doctor ordered.

Life was not to be without its challenges however, because this daughter Maria, had left to join her sister, Ada, in far off Canada. Camillo took up the challenge, and started writing Maria, in Canada.

After writing for some time and sending each other their pictures, Camillo decided to go to Canada and meet Maria.

So with few dollars in its pockets, and a small keg of Vino Cotto, under his arm, off to Canada Camillo went.

Camillo crossed the Mediterranean Sea and the north Atlantic landing in Halifax. The Customs officer in Halifax was quite intrigued by his keg of wine. Somehow he managed to convince the customs officer to let him keep it, only to leave the keg

and his jacket on the wrong side of customs. Fortunately, he was able to convince the officer to allow him to retrieve the items and he was off to Ottawa by Train.

Maria and Camillo met and as it turned out it was truly a match made in Heaven. Within a month they were married here at St. Anthony's Church and soon had their own apartment on Preston Street. Their first daughter, Giuseppina, was born the following year. The noise of Giuseppina learning to walk pushing a chair across the floors and a cranky neighbour in the apartment below them forced them to find a new home on Stevenson Avenue.

Camillo was a man of great patience and compassion as the doors of his home on 17 Stevenson Avenue were always open to family and friends both for reminiscing and a temporary home for those coming to Canada including his 3 brothers and parents.

Somehow in this active household, Camillo and Maria were blessed with their 2nd daughter, my wife Lucia.

Camillo was able to learn the trade of cement mason becoming an expert in concrete and terrazzo floors. Camillo's integrity and compassion for others was seen by his co-workers and was often chosen to represent them at the Laborer's Union of Ottawa even after his retirement.

Camillo was involved in the forming of the Rapinese Association to help keep the traditions and the social network of Rapino alive in Ottawa as well as providing support and a place to turn.

His time as an Alpini soldier and his many Alpini friends were always close to his heart. He attended all the functions and at one point served on the executive of the Ottawa section. He often traveled to the Alpini functions throughout North America and back to Italy to reunite with many friends of his youth.

By the time of his retirement in February 1996, Camillo had moved his family to Palsen Street in Nepean.

At this point, his daughter Giuseppina was married to Bruno Urbisci and they had 3 children, Adamo, Gino and Rosamaria. His daughter Lucia was still looking for the right man to come along and that's where I came into the picture, along with Ben, Alex and Graham.

Before meeting Camillo for the first time, I was briefed on the many do's and don't's of the Micucci family. Frankly, I was scared of death of meeting 'the man'. As it turned out, following Lucia's instructions to the letter, I discovered, under his tough exterior, a man that was gentle, compassionate and loving. Having spent his life in the Union world and I having spent my life on the other side of the fence in the business world, made for many interesting kitchen table discussions on current events. While we both had widely different points of view, we quickly came to understand and appreciate the other's perspective. He initially thought Lucia was crazy for having anything to do with me and I don't blame him. With time and many bottles of homemade vino, we discovered we had a lot in common.

I have many fond memories of my father-in-law Camillo. Our many trips Italy, walking through the streets of Milan, Pisa, the Cote D'azzur in France, walking to 'SOSH' for a spina, and hiking in the mountains of the Maella. The most memorable

# In Remembrance of Camillo Micucci

hike was the day he wanted to take a 'short' walk to see a piece of his land in 'Bocca di Valle'. Two and a half hours later, we are still walking, uphill, on treacherous mountain road. Like the true Alpini he was, he marched up the mountain re-living his youth in every step and I was panting with exhaustion half a kilometer behind him. He returned home to Canada happy to his land again and I returned home in a wheelchair with torn ligaments from that supposedly 'short' walk we took. Camillo was strong man full of life and vigor and it was hard to keep up with him.

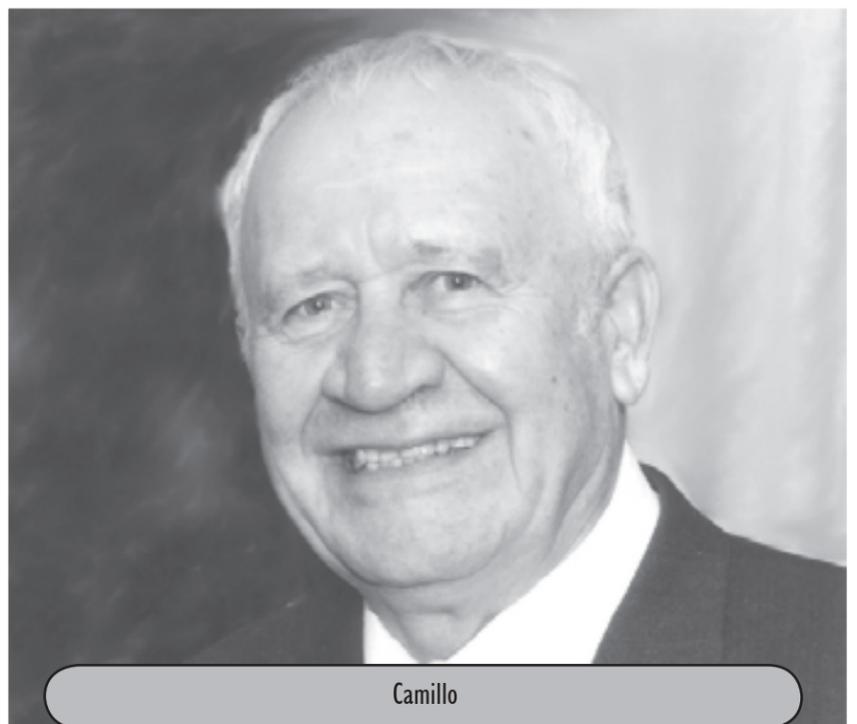
Camillo was always there for me providing consol and shoulder to lean on whenever I needed it. With his gentle smile and calm grace, he would immediately make you feel like you were someone special

On a cool spring night in June 2009, with his garden just planted and surrounded by his family, Camillo was called to Heaven by God to return and be with his parents Carmine and Giuseppina again.

Babbo, ti amo - tu sei vicino mio cuore sempre. Andare al Dio con pace



Camillo - 1931-2009



Camillo



Giuseppina Urbisci, Maria DiNardo-Micucci, Lucia Micucci Francis, Camillo, Nonna Giuseppina, Nonno Carmine



Lorenzo, Antonio, Camillo, Mario, Pappa Carmine, Mamma Giuseppina



Maria and Camillo Micucci, Giuseppina and Bruno Urbisci, Lucia Micucci, Nonna Giuseppina, Nonno Carmine



Maria, Camillo, e Giuseppina Micucci

# IL POSTINO

V O L . 9 NO.10

JULY 2009 :: LUGLIO 2009

\$2.00



## Congratulations To Sharon Buglione and Pierluigi BonCuore

June.6.2009 - Photos by Giovanni



Angelo, Rina with Mariani and Defranco Families

### Jessica Fiore

Graduated June 12, 2009

Carleton University

We are proud to announce that Jessica Fiore has graduated and achieved her Bachelor of Arts - Double Honours English & French. On her way to accomplish a Bachelor in Education in September, 2009 @ University of Ottawa. We wish her good luck and all the success she can handle. Love you Jessica, We are so proud of you!!! And we know that you will be an inspiring and exceptional teacher. Congratulations!! Tanti Auguri, Mom and Dad and Andrew



# Community Calendar & Businesses

Make plans now and **save**.  
Ask Michael how!

Call **Michael Robinson** for the latest information on funeral pre-arrangement - *without pressure or obligation*.

Planning ahead can save thousands!

Call today!  
**613-235-6712**  
[www.kellyfh.ca](http://www.kellyfh.ca)



**KELLY**  
FUNERAL HOME  
Somerset Chapel  
585 Somerset St. W., Ottawa



*Custom Planning through Personal Service*



Francesco DiCandia  
General Sales Manager  
613-244-0979

Something fresh worth listening to in the morning  
Chin Ottawa 97.9FM

RAI from Italy  
5am-6am - Monday to Friday

Need a Web Site?  
Print Advertising  
or Brochures?

**dabdev**

WEB . DESIGN . DEVELOPMENT

phone. 613.852.4135  
email. [info@dabdev.com](mailto:info@dabdev.com)  
web. [www.dabdev.com](http://www.dabdev.com)



**AIRMETRICS INC.**  
HEATING · COOLING · FIREPLACES  
COMMERCIAL / RESIDENTIAL

24 Hour Service  
Call for Holiday Specials!

Airmetrics has been providing Ottawa with heating, cooling and hot water solutions for over 25 years. You can be assured of great value, quality service and, most importantly, peace of mind when you purchase your Heating and Air Conditioning units and services through us.

Get your Air Conditioner Now and Save  
**Canada Day Special**



**\$100 off**

valid before July.30.2009  
Call 613.235.8732 or email  
[service@airmetrics.ca](mailto:service@airmetrics.ca) for details

**ITALIAN TELEPHONE DIRECTORY**  
**ELENCO TELEFONICO ITALIANO**  
Tel. 613-738-0003 Fax 613-738-0012



Corrado, Rosalba e Lina Nicastro  
Editorial staff - Editori

Advertise in the 2009-2010 Edition and promote your business within the Italian Community and throughout Ottawa and the surrounding area.

Se avete recentemente cambiato indirizzo o se desiderate essere elencati nella prossima Edizione (2009-2010), siete pregati di comunicarcelo al più presto.

posta elettronica (e-mail):  
[corradonicastro@rogers.com](mailto:corradonicastro@rogers.com)



**BARZELLETTA DELLA SETTIMANA**

In un caldo pomeriggio d'estate, la giornata volge al brutto tempo. Padre e figlio si trovano nella bottega stravaccati su un paio di sedie di paglia. Il padre raccoglie le forze e dice al figlio: "Pasqua'... vai fuori e vedi se piove?". Il bambino ancora più spossato del padre: "Papà... richiama dentro il cane e vedi se è bagnato"



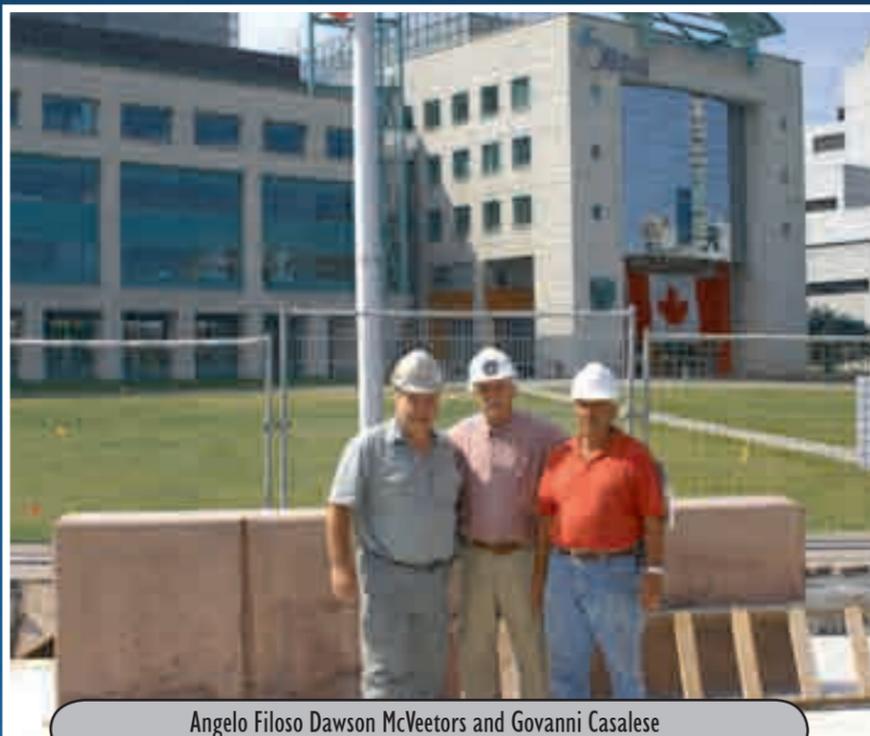
## Building A Monument To Heros Ottawa's Firefighters Monument at Ottawa City Hall



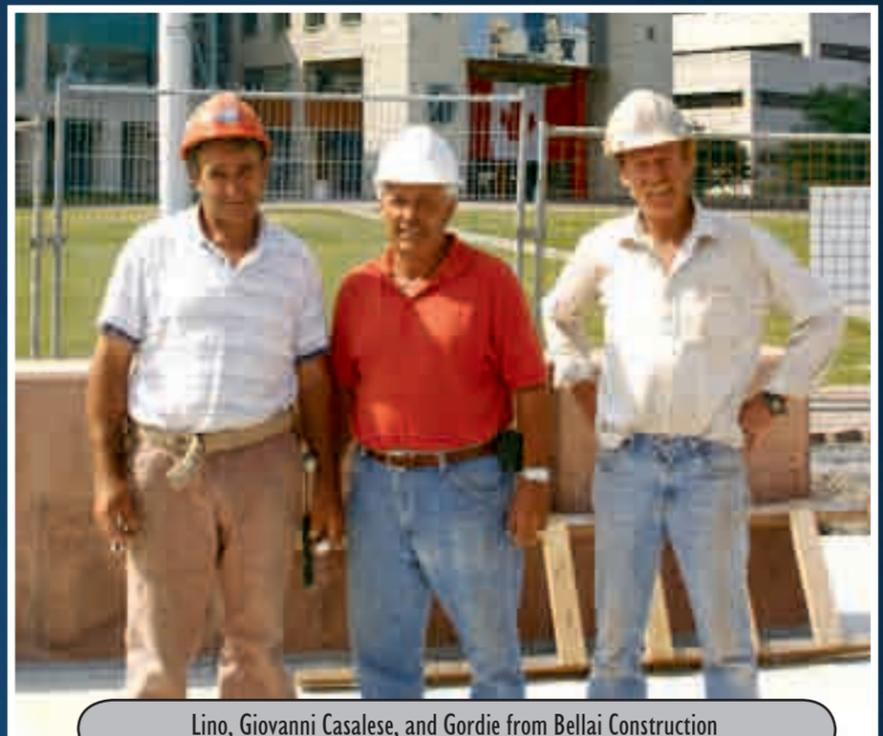
Fire Fighters stainless steel statues to sit in front of City Hall



June 2009 Progress Picture - Maltese Cross



Angelo Filoso Dawson McVeetors and Giovanni Casalese



Lino, Giovanni Casalese, and Gordie from Bellai Construction



Memorial Being Built in front of City Hall



Bellai Brothers doing the cement forms