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Festa di San Rocco
Agosto 2009 - Ottawa, Canada

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Submissions

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

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August 2009

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Dear Friend:

It is with great pleasure that we announce the official launch of the world's first Italian Walk of Fame on Monday, September 7, 2009. The celebrations include an unveiling ceremony on College Street in Toronto at 1:30 p.m., followed by a gala dinner at the Riviera Parque in Vaughan at 8:00 p.m.

Co-founded by Jimi Berucci and Martha Beacco Lang, the Italian Walk of Fame will recognize and honour individuals of Italian origin who, through hard work, intellect and talent have changed the face of the world and, in many cases, become legends in their own right.

Located in the heart of Toronto's famed tourist destination known as "Little Italy," the Walk of Fame aims to celebrate the extraordinary achievements Italians have had, regionally and globally, in all fields including art, film, theatre, literature, medicine, science, sports, business, etc.

As home to the largest community of Italians outside of Italy, Toronto is the perfect choice for the Italian Walk of Fame. Stars bearing the names of those people who have made their mark in a significant way, will be placed permanently and prominently in the sidewalk in "Little Italy". The Stars will be unveiled annually during a gala red carpet ceremony. In its inaugural year, a portion of the proceeds will be donated to the Abruzzo Earthquake relief effort.

Please join us on this momentous occasion! Details regarding the various corporate sponsorship opportunities, package features, advertising and additional event information can be found in the enclosed sponsorship package. Your response by August 21st would be greatly appreciated.

If you require further information, please do not hesitate to contact Sandra Serafini at 416-383-6093 or sandra.serafini@sympatico.ca.

Thank you for your support and we look forward to seeing you at this special and historical event.

Sincerely,



Domenic Scipioni
Co-Chair



Sam J. Cicconi
Co-Chair

Centro Abruzzese Canadese Inc.



Domenica 13 settembre 2009

*Invita tutta la Comunità alla
Festa di San Gabriele*

Programma

4:30 p.m. Rosario alla Chiesa di San Antonio
5:00 p.m. Santa Messa alla Chiesa di Sant' Antonio
5:45 p.m. Processione con la Banda Polizia di Ottawa
6:30 p.m. Cena al S. Antony Soccer Club

**Per informazioni rivolgersi
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\$40**

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Local Announcements

Villa Marconi Volunteer Builders 1989-1999



Lucio Appolloni and Luigi Mion present award to Severino Dal Cin



Lucio Appolloni and Luigi Mion present award to Eugenio Dal Cin



Lucio Appolloni and Luigi Mion present award to Gustavo Mion



Lucio Appolloni and Luigi Mion present award to John Mion and Rudy Mion



Lucio Appolloni and Luigi Mion present award to Clara Panarella



Lucio Appolloni and Luigi Mion present award to Walter Cibischino

Local City

"Walk for Abruzzo Italia" Sunday, September 20, 2009

Registration starts day of Walk at 9:00 am

Little Italy Ottawa | Preston and Louisa II Postino Parking Lot

Honourary Patron: Hon. Justice Frank Iacobucci (Ret.)

In cooperation with other organizations across Canada, the Abruzzo Earthquake Relief Fund intends to carry out meaningful projects that will support a return to normalcy for the thousands of paesani in L'Aquila and neighbouring towns have lost loved ones, their homes, their livelihoods and their historic buildings. The Canadian contributions will be based on the requirements expressed by the residents affected by the earthquakes; this may include community centres, seniors' or children's centres, or programs needed by the people whose lives have been so tragically affected.

Walk Information

- The walk will begin, rain or shine, in Little Italy II Postino parking Lot Area on Sunday September 20 at 10:00 a.m.
- The walk routes are 2 and 4 km in length – distances that are short enough to allow all walkers of all ages and capabilities to participate.
- The registration fee for the walk is \$ 50 for individuals and \$100 for families (up to four walkers) and will include a t-shirt or equivalent.

Major Sponsors:
Chin Ottawa | L'Ora Di Ottawa
Tele-30 | II Postino

Sponsor Forms

- We encourage all walkers to get sponsors.
- If a walker collects \$50 or more in pledges, their registration fee (\$50) will be waived. A family (up to four people) will have their registration fee (\$100) waived if \$100 or more in pledges is collected.
- Charitable receipts will be issued for all donations of \$20 or more.
- Cheques should be made payable to: "Abruzzo Earthquake Relief Fund".
- Please have your sponsors print their name, address and postal code in full to facilitate mailing of receipts.
- Please sign your pledge sheets
- . (A parent/guardian must sign for those under 18 years old.)

After the Walk

- Entertainment, food, surprises and fun for the whole family

All pledges are to be collected at the time the sponsor agrees to contribute. All pledges must be turned in along with the pledge sheet at the walk registration desk on Sunday, September 20th between 9:00a.m. and 10:00 a.m.

The "Walk for Abruzzo" respects your privacy. We do not rent, sell or trade our mailing lists. The information you provide will be used solely to recognize donations.



II Postino
Walk for Abruzzo - Abruzzo
Earthquake Relief Fund
C/O 865 Gladstone Ottawa, Ontario
K1R 7T1
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General Interest

CHEO Telethon Raises \$6.1M and Sets New Record !

Article / Photos Giovanni

This year the CHEO Telethon on CTV Ottawa raised \$6,175,843, the highest total ever recorded in the event's 26 year history. The broadcast, which originated from Lab 5 of Nortel's Carling campus ran from 7 pm on May 30th to 7 pm on May 31st on CTV Ottawa, Bell ExpressVu 196, and Star Choice 311. The final dollar total is an accumulation of money raised throughout the year via individual and corporate donations, special fundraising events, and funds collected by phone and on-line during the Telethon. Over the weekend, CHEO supporters phoned in more than \$675,000 worth of pledges which will help pay for research, new equipment purchases, staff training, a more child and youth friendly environment, and assistance for families in crisis. In total, the telethon has raised more than \$60 million since 1984.

Reflecting on this year's success, Fred Bartlett, President and CEO of the CHEO Foundation, declared, "It has been a very busy weekend in the region and it so nice that with so much going on, residents of Eastern Ontario and Western Quebec still took some time out of their weekend to watch the Telethon and call in their generous support for CHEO's kids. The Telethon helps us acknowledge the efforts of the service clubs, companies, and individuals who have worked so hard for CHEO's kids. I would like to thank everyone, including the over 2000 volunteers who helped make the Telethon happen. It means so much to the children and youth at CHEO."

Max Keeping, who has been championing this worthy cause for years, was joined by CTV's Carol Anne Meehan, J.J. Clarke, and the ever charismatic Wayne Rostad, and his wife Leanne Cusack all of whom helped to gel the emotional broadcast of featured entertainment, and stories about courageous children, families, and CHEO staff.

This year viewers also had the distinct honour of meeting 10 year-old Tyler Huneault, a young Ottawa boy who suffers from a rare genetic disease, Sialidosis.

For one, the rarity of Tyler 's disease makes him the only known case in the world.

Max Keeping said "We as a society need to create caring, safe and healthy communities for families; in this community that starts with having world class health care at CHEO. We have shown again we're willing to share the burden of that cost - we've shown again that the health care of our children is the priority for this community." Of 170 children's hospital telethons across North America this weekend, donors here give more per capita than any other! That's an astounding achievement... a collective endorsement for the wonderful people who look after our children's health... and the most visible symbol of why this community is the best in the world in which to live."

Before the telethon, Carol Anne Meehan, in this her 20th Telethon, proclaimed; "The CHEO Telethon is my most inspirational weekend of the year." She described how both of her children have received treatment at CHEO. "What I enjoy most about the telethon is meeting the families and children whose lives have been changed by CHEO." She summed up the important event, "My job is to interview the CHEO co-hosts, and those who work at the hospital, and it's very enlightening to see how dedicated they are. To them CHEO is not a job, it's a love." In regards to having her own children join her for a portion of the Telethon, she added, "I think it's important for folks to see I am a mother, and it's good for Evan and Elena to understand the huge community effort that's underway to assist their hospital."

Norma Lamont, VP of Community Development, best summed up the spirit of the CHEO Telethon before the big event, "This is always such a wonderful time of year because as the Telethon approaches, it is heartwarming to watch and feel our communities coming together for CHEO's kids. Each year, when we announce our Telethon total on Sunday night, we are amazed and incredibly thankful that the residents of Eastern Ontario, Western Quebec , and beyond choose to make the health of our children and youth a top priority. By taking care of them, we are taking care of the future of our community, and what an amazing community it is."

Contact GioVanni at giovannipublicist@yahoo.ca for up coming Events!

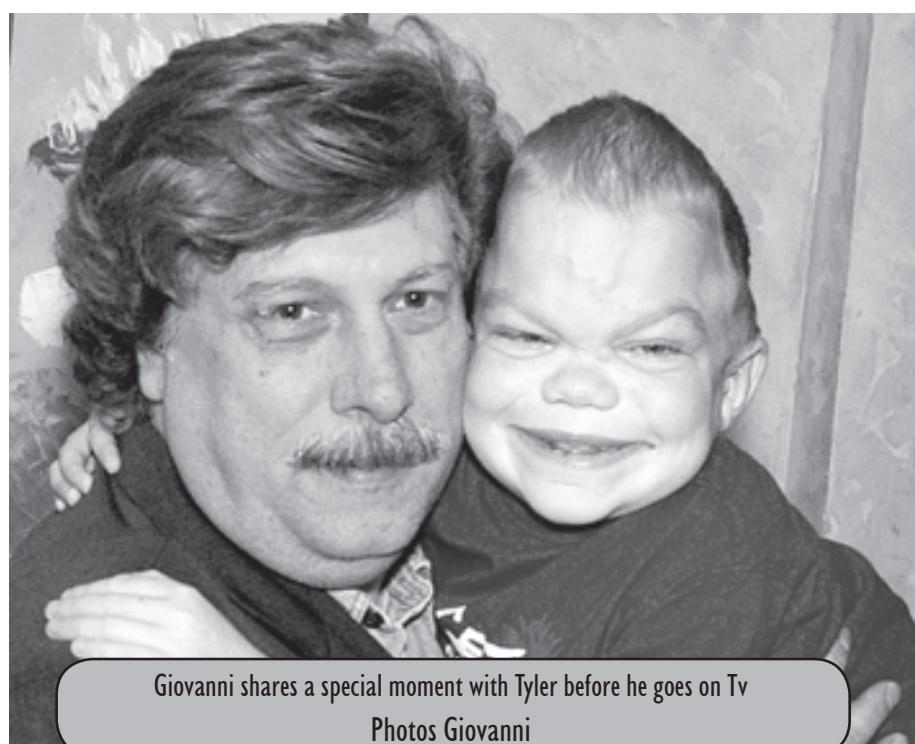


Perry with son Tyler, and Max Keeping getting ready for the Cheo Telethon.

Photos Giovanni



Stephan Egan, Wendy Daniels (virgin radio anouncer) with daughter Ava, and Kimothy Walker (CTV Weekend News Producer/Anchor) Photos Giovanni



Giovanni shares a special moment with Tyler before he goes on Tv
Photos Giovanni

General Interest

Flour goes on sale and I go into traction

By Dosi Cotroneo

I never knew what a herniated disk was until flour went on special recently at an undisclosed grocery store. Thanks to an early morning tip from my friend the baker, I immediately rang Ma to share the great news. Insisting only on home-baking in the tradition of her Italian ancestors, not even carpal tunnel syndrome can deter her from kneading her dough by hand and shaping her loaves week after week. Trying to live up to reputation as "the good daughter" I offered to deliver 10 bags to her front door that afternoon.

"If it's only 10lbs, why bother with a shopping cart?" I asked myself as I entered the grocery store. After all, how hard can it be to lug 10 or so 10lb bags of flour at a time? Cardio and weight bearing activity- the ideal cross training workout, therefore, I decided to skip the gym that afternoon. What I hadn't considered was the 4 inch heels I was wearing coupled with the fact that the aisles at this point appeared to be 10 km. long. Funny, the store didn't seem this big when I shopped in flats. Why I was out of breath before I even reached the baking aisle.

With no 10lb bags on sale in sight, I power walked to Customer Service and they directed me to a skid at the other end of the store. I could have sworn my friend said it was 10 lb bags that were on sale. A sign in the distance read "Flour 10kg on sale". Not having practiced metric conversion since grade 5, I asked myself how much heavier can 10 kg be than 10 lbs? A diehard bargain hunter, I decided I would get 12 bags instead of 10. With no limit per customer sign in sight, I followed in tradition of my ancestors, and began to hoard, afterall, deals like this don't come by every day.

With no sales person or forklift in sight, I decided to scale the skid and maneuver a bag, first onto my head, then onto my shoulders and eventually onto my now burning thighs and stiff knees. Suddenly, I wished I had taken a shopping cart. Ten kilograms weighs a heck of a lot more than 10 pounds is what I say!

By the time I got to the check out, I was dragging the bag behind me. Now I had to explain to the cashier that I needed 9 more bags and a sensible pair of shoes. She suggested I start a pile by the Customer Service desk and



they would ring me through. Was it a bad dream or were they really out of shopping carts and those young men that stock the shelves? Now I would have to lug the bags one by one up and down those 10km long aisles. By my fifth trip, nausea had set in. By my tenth trip, I was experiencing what some call, "the runner's high".

As the cashier began scanning, I noticed that the flour was labelled whole wheat. At this point, I had to stop everything as I remembered my mother only bakes her Italian bread with white flour. A commotion started to break out as a long line of now impatient shoppers was beginning to form a queue behind me. The cashier allowed me one phone call to Ma which only resulted in a brief "no like" followed by an abrupt click and dialtone.

A voice in the background said, "Ma'am, if you're not taking that flour, you're going to have to return it to the skids, and I'm sorry, we don't have any shopping carts available right now." Back to the trenches and forty five minutes later, I was back in my car only my feet didn't feel like the same pair I walked into the store with. They somehow seemed to have taken on a life of their own, as they appeared somewhat larger than my usual slender, delicate size 7, and my toes were spilling over the front and back of my open-toe slingbacks, and I was now certain I had what podiatrists call - bunions.

I came home with not even one pound of flour, but a condition the orthopedist called sciatica, one bunion in the making and a terrible case of hammer toes (this is where the baby toe loses its natural shape due to the continuous friction caused by yet another pair of insensible shoes), plus a water blister that covered three toes, and pain in my chest that only hurts when I breathe, and of course, one raincheck for white flour, for Ma. She's already called to book me for that date next week.

Get Dosi's New Book

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

Dear Reader,

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

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

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

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

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

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

Yours in fashion, Dosolina Sophia Lucia Cotroneo (Dosi)

*The
Secret
Diary
of an
Italian
Girl*

Dosi Cotroneo

Local City

Congratulations Hopes and Dreams Bridal!

What began as a HOPE in opening a bridal salon for owner Linda Buffone-Backer has become a DREAM come true! Hopes and Dreams Bridal is celebrating its 2nd year anniversary!

During the last 2 years, Linda at Hopes and Dreams Bridal has expanded her unique bridal gowns to over 15 designers. Brides now have a wide array of famous designers to choose from such as; Venus, Ella Rosa, Demetrios, Moonlight, Jasmine, Jordan, Casablanca, and Private Label-Destiny collection. This fall they are excited to also present new lines Cosmobella, Oresposa, Allure, and Joli. Bridesmaids and Mothers won't take a back seat with beautiful designs featuring Glamor, Avanti, Cameron Blake, Jordan, Jasmine, Venus, Alyce and Moonlight. Hopes and Dreams has over 100 dresses in stock. There is a wide variety of styles, prices and sizes. Surely something for everyone!

In truly making this a one stop shop for the time conscience bride, they carry shoes, veils, headpieces, jewelry and also offer on site tailoring services.



Hopes and Dreams knows that only the best is good enough, Linda believes in personal yet professional services....

"Your wedding day is one of the most important occasions in your life. What you wear on this special day will create memories for years to come through photographs and through the hearts and minds of all the guests that spend that special day with you. At Hopes and Dreams Bridal, we are honored to be part of your celebration."

Stop by and visit Linda at Hopes & Dreams at 1-115 Terrence Matthews Crescent in Kanata (613) 591-5951 or check out the website at

www.hopesanddreamsbridal.com

- you won't be disappointed!

Appointments are not necessary.

Linda will be at the 2009 Ottawa Wedding Show -Sept 12, and 13 at Lansdowne Park. Don't forget to visit the booth they are handing out 10% off coupons!

Naturopathic Treatment of Back Pain

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

If you suffer from chronic back pain, you are not alone. According to Stats Canada, back problems are the most common chronic condition in the country. Four out of five adults will experience at least one episode of back pain in their lives, most commonly between the ages of 30 and 50. While conventional medicine provides treatment such as anti-inflammatory and muscle relaxing drugs, a naturopathic approach focuses on providing acute relief along with treatment that focuses on preventing future recurrences. Some of the therapies that I use in my practice include the following:

Acupuncture: The World Health Organization has recognized acupuncture as an effective treatment for low back pain. Acupuncture involves the insertion of very small, thin needles in various locations on the body. Generally speaking, most people feel little to no pain with acupuncture. This therapy allows for muscle relaxation, as well as stimulation of nerves to provide a pain-reducing effect. Used in conjunction with an electro-stimulation device, this is a very effective therapy for providing acute relief of back and neck pain.

Hydrotherapy and Massage: These two therapies promote increased blood flow and muscle relaxation. Administered before and after acupuncture treatment, hydrotherapy and massage are an excellent complement to treatment.

Manipulation: All of our muscles are attached to different bones in the body. When these muscles tighten up, or contract, they pull on the bones

to create movement. If the muscles of our back are constantly in contraction, they are going to prevent the bones of our spine (vertebrae) from staying in their proper position. This leads to nerve and blood vessel impingement which causes pain. By applying a slight force to the area, we are re-aligning the vertebrae and eliminating the impingement on the nerves/blood vessels. With acupuncture providing the muscle relaxing effects, manipulation relieves the pressure on nerve roots and blood vessels caused by misaligned vertebrae.



Lifestyle Consultation: For many people, the cause of their back pain stems from being overweight. The more weight we carry around our abdomen, the more likely we are to suffer from low back pain. We will discuss your current dietary habits and make suggestions on where you can improve your diet (don't worry; you can still indulge in your favourite snacks from time to time, just not at every meal!). Also, certain foods tend to promote inflammation in people suffering from arthritis. Surprisingly, foods such as peppers, tomatoes and potatoes affect arthritis sufferers much more than the general population.

Please keep in mind that these are just some of the therapies that can be used in the naturopathic treatment of back pain. It is important to discuss any new treatments with your health care practitioner to see if it is right for you!

For more information, please contact Dr. Kevin Bernardo, BHsc (Hon.), ND at Renaissance Holistic Health (613-667-7777).

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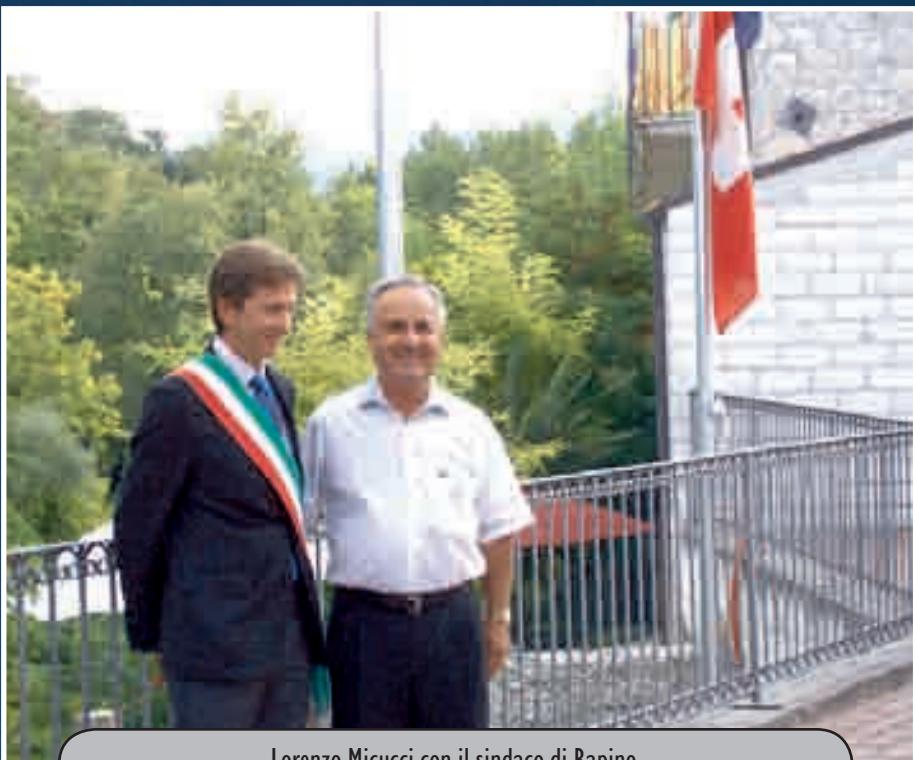
Tony Ieluzzi goes to Rapino and Roccamontepiano, Italy



Bina e Lena a Pretoro



gente a Roccamontepiano per lo spettacolo di Tony



Lorenzo Micucci con il sindaco di Rapino



Tony con Gino, il vice sindaco e sindaco di Rocca e Lorenzo



Tony e Bina al cimitero ai caduti Canadesi in Ortona



Tony ad Ascoli Piceno con degli amici Bruno e Paola, e Danilo e Silvana

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Roy Mlakar's Birthday Celebration with Candlelighters September 1.2009



Roy Mlakar, Max Keeping with Italian Canadian Friends



Brian Kilrea, Rick Locatelli, Nello Bortolotti, Angelo Fiore, Paul Casagrande



Ottawa Senators Star Jason Spezza with Italian Canadian Friends



Chris Philips, Jocelyn Lamont, Roy Mlakar, Erin Philips



Angelo Filoso, Minister John Baird, Rina Filoso, and Chris Day



Ottawa Senators Star Chris Philips with Italian Canadian Friends

General Interests

Italian Style Wacky Definitions and Mock Books

By Renato Rizzuti

There are two forms of literary humour that I find quite amusing. One is "wacky word definitions" and the other is "mock books." By adding some Italian flavour to these, something interesting occurs. The "wacky word definitions" are definitions of words that develop as a sort of unique language that is evolved by a certain cultural or ethnic group. For example, "The Bomb" in rap music culture does not mean anything to do with explosives. The expression "She's The Bomb" is a compliment meaning she is a great looking lady. Being Calabrese myself, I have noticed how certain "interesting words" have developed in the Calabrese culture.

These words are sort of hybrid terms mixing English, standard Italian and Calabrese. Perhaps this short list will help you understand these words when you hear them.

"Carru" - a car. Can also be used when dictating the opening of a letter to a friend such as "Carru Pasquale."

"Biasicolu" - a bicycle. Not to be confused with "popasicolu" which means popsicle.

"Moo" - now. As in I am coming over now which would be "Moo stiau veninu." Not to be confused with the sound a cow makes.

"Bootsi" - boots. During Ottawa winters, Calabrese mothers ask their kids the same question, "Ta cachiate I bootsi?" Which means, "Did you take off your boots?"

"Parccu" - park. This is a rather tricky word. It can be used as either a verb or a noun depending on which context it is used. The verb form would be as in "Viau parccu u carru" which means "I am going to 'park the car.'" The noun form would be as in "Yiamo a lu parccu per na caminata." Which means "we are going to the park for a walk."

Pretty "interesting" words to remember.

Amaze your Calabrese friends with these words!

English Canadians enjoy the humour of "mock books." A "mock book" is a fictitious title and author designed for the purpose of humour. A classic example is the "mock book", "Rusty Bed Springs by I.P Nightly."



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International

LETTERA APERTA ALLA SIGNORA ELIZABETH L. DIBBLE Incaricato d'Affari ad interim dell'Ambasciata degli Stati Uniti d'America presso la Repubblica Italiana

di Goffredo Palmerini

L'onore che Ella, con l'esprimere dopo il G8 la Sua gratitudine e quella dell'Ambasciata degli Stati Uniti d'America a Roma, ha voluto fare agli abitanti dell'Aquila, mi ha toccato, ed ancora mi emoziona, quantunque sia l'ultimo cittadino della mia amata "città ferita". Una città - la sesta monumentale in Italia - che si è ritrovata idealmente intorno al Sig. Presidente Barack Obama, quando si è soffermato a guardare le rovine di piazza del Duomo, il "cuore antico" pulsante di ogni cittadino, dicendosi poi "aquilano" tra gli aquilani. E' in quella piazza che si dipanarono nei secoli, a partire dalla metà del Duecento, gli avvenimenti, anche rivoluzionari che riguardarono sempre la povera gente ed i diseredati. Sarà un caso - o forse no! - che il sig. Presidente Obama sia oggi alla testa dei difensori dell'umanità e con caparbietà dei meno abbienti del grande Paese che guida. Sono certo che su quella piazza abbia "ascoltato l'eco lontana" della "rivoluzione sociale" - alla Gandhi - attuata alla fine del Duecento, dal mite, ma deciso monaco Pietro del Morrone, che da Papa Celestino V concesse al mondo le indulgenze plenarie a tutti i fedeli, in precedenza appannaggio solo dei ricchi che le potevano pagare. Fu il primo e più profondo dono fatto all'umanità dolente del tempo, che ancora oggi riceve ogni 28 agosto con solennità, perché non vi siano gli "ultimi". Come sembra sostenere con fermezza il sig. Presidente Obama, quando si batte perché il Congresso Americano accolga il suo piano per la concessione dell'assistenza sanitaria a 46 milioni di cittadini degli Usa che ne sono privi.

Anche per questo - è mia sensazione - il sig. Presidente deve aver "percepito", in quella medesima piazza, la lontana decisione di un grandissimo francescano: San Giovanni da Capestrano, sodale di San Bernardino da Siena (due città della costa USA del Pacifico recano i loro nomi), che decise di aprire, nella metà del Quattrocento, con la concezione attuale - con medici e infermieri in servizio anche di notte - l'ospedale "San Salvatore" (semidistrutto dal terremoto nella moderna collocazione), in cui assistere i poveri al pari dei ricchi. Per quanto ne sappiamo, assistere i poveri è obiettivo irrinunciabile del sig. Presidente Obama. Se questi avvenimenti possono apparire lontani, certo non lo è nel tempo il grande entusiasmo con cui gli aquilani (quindicimila, dicono le cronache) accolsero, nel giugno del 1944, i "liberatori americani" ed in particolare il capitano Giliberti dell'Armata Americana, che, nominato responsabile dell'amministrazione civica, sempre in piazza Duomo, diede l'avvio alla rinascita sociale e culturale della città dell'Aquila. Il primo suo pensiero fu per i ragazzi ed i giovani ai quali andava con urgenza assicurata, come avvenne, una nuova istruzione nell'ambito dell'antica e moderna cultura democratica. Fu facile rivificare la secolare cultura della città, concretizzatasi negli anni successivi e ancor oggi nelle varie manifestazioni dello scibile umano. Si pensi agli immensi laboratori di ricerca nucleare costruiti sotto il Gran Sasso. Ed ancora: L'Aquila ha contato fino al 6 aprile scorso quasi un concerto sinfonico al giorno. Senza tener conto dell'attività dei teatri, delle accademie di belle arti, cinematografica etc.

Del resto la città alla fine dell'Ottocento era riconosciuta enclave

mitteleuropea, tanto che il filosofo tedesco Friedrich Nietzsche - come scrive in *Ecce Homo* - la scelse come sua "città ideale", che però non fece in tempo ad abitare perché la morte lo carpì prima. Forse di qui deve essere scaturito il "pensiero per i giovani" del sig. Presidente Obama, quando si è riferito alla rinascita dell'università dell'Aquila, come Ella sottolinea nel "grazie agli aquilani". Quel che conta della solidarietà data all'Aquila dal Sig. Presidente Obama, e dunque da tutti i cittadini degli Usa, non sarà mai possibile contarlo. Rimarrà però nel sentire futuro di una città che certamente risorgerà per vivere le nuove sfide senza mai dimenticare il passato. Ed allora, grazie si deve al sig. Presidente Obama ed a Lei che si è resa tanto efficacemente interprete della solidarietà espressa da ogni cittadino degli Stati Uniti d'America. Occorreranno anni perché la città dell'Aquila torni ai suoi splendori passati per vivere quelli del futuro. Di certo molti cittadini, "ormai nell'alto del pomeriggio della loro vita" (fra cui chi scrive), non vedranno l'avvertito miracolo della "rinascita" della città, ma porteranno in sé, la pienezza della solidarietà espressa dal sig. Presidente Obama. Men che modeste le riflessioni sopra fatte. La prego però di ritenerle profondamente sentite da tutti i cittadini dell'Aquila. M'abbia Suo estimatore.

Con ossequio
Amedeo Esposito

Montesilvano, 9 agosto 2009

* **Amedeo ESPOSITO**, aquilano, classe 1932, è decano dei giornalisti abruzzesi. Professionista impegnato da 55 anni sulle più importanti testate, è ricercatore e storico. Capo servizio della sede regionale dell'Ansa fino a luglio 1992, conoscitore dell'emigrazione abruzzese nel mondo, è stato per sette anni anche redattore del mensile *Bell'Italia della Mondadori*. Da anni collabora con testate nazionali, con Rai-Educational e Rai-International, per la storia della 2^a Guerra mondiale. È componente della Commissione di Stato per l'idoneità all'esercizio della professione giornalistica. Assunto dal *Messaggero*, con Gaetano Bafile suo maestro, ha diretto la redazione dell'Aquila dal 1962 al 1968 ed è stato redattore in quella di Roma nei due anni successivi. Ha collaborato con i quotidiani *Roma*, *Avvenire* e *Il Mattino*. Premiato con medaglia d'oro nel 1998 dal Presidente del Senato per i 40 anni dell'UCSI (Unione cattolica stampa italiana), quale socio fondatore. Vincitore nel 1991 del XV Premio Internazionale Emigrazione per il giornalismo, con medaglia d'oro del Ministero degli Esteri, nel 2002 ha vinto il Premio Giornalistico "Guido Polidoro" alla sua prima edizione. Ricercatore e storico, dal 1980 è socio della Deputazione Abruzzese di Storia Patria e dal 2008 componente del Comitato direttivo dell'Istituto abruzzese per la storia della Resistenza e dell'Italia contemporanea. Studioso degli avvenimenti della 2^a Guerra mondiale, da oltre quarant'anni ricerca documenti e approfondisce i fatti che hanno riguardato la prigionia di Mussolini, la fuga del re da Ortona, e in particolare il coinvolgimento del Cardinale Carlo Confalonieri, all'epoca arcivescovo dell'Aquila, nella Resistenza e nell'opera di salvaguardia degli ebrei, secondo le direttive ricevute da Pio XII. Per tali ricerche ha collaborato con Sergio Zavoli, Alberto La Volpe, Antonio Spinosi ed altri studiosi. Svolge attività didattica sulla storia del giornalismo nelle Università dell'Aquila e di Teramo e, sulla storia locale, nelle scuole secondarie. Ha pubblicato 8 libri sulla storia abruzzese, con diverse case editrici, un altro sulla storia della Banca d'Italia in Abruzzo è in via di pubblicazione. Il terremoto del 6 aprile, con la distruzione della ricca biblioteca e dell'imponente raccolta di documenti, ha interrotto la stesura d'un volume sulla fuga da Ortona del re d'Italia e sul rapimento di Mussolini a Campo Imperatore, ad opera dei tedeschi.

* Nota biografica a cura di Goffredo Palmerini

Local City



www.abruzzoearthquakerelieffund.ca

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August 28, 2009

Dear Mr. Filoso:

Almost five months have passed since the April 6 earthquake. We now know the extent of damage and needs for restoration.

Over the summer, many of us have visited our relatives, friends and paesani to assess the personal and collective damages and, more importantly, what we could do to help. I participated in the G8 Summit in L'Aquila and both encouraged and witnessed our Prime Minister, Stephen Harper, announce a \$5 M pledge towards a youth centre at the University of L'Aquila. The Province of Ontario is now considering our request for their contribution.

I wrote to you and other organizations involved in earthquake relief in June about our wish to cooperate and coordinate Canadian efforts in the rebuilding of Abruzzo. Given the tremendous needs, it would most benefit Abruzzo if all groups work towards support of a common project or projects to make a bigger difference "dal Canada con amore". Towards this end, we are inviting you to a meeting on Sunday, September 13 at 10:30 a.m. at Columbus Centre, 901 Lawrence Avenue West, Toronto. The purpose of the meeting is to share our Abruzzo experiences and observations and consider a common project or projects.

Please send a representative or two to join us and discuss the best ways we can help Abruzzo.

We expect the meeting to last until about 1:00 and will offer lunch afterwards.

I look forward to meeting with you on September 13.

Sincerely,

Consiglio Di Nino
Chair

Please RSVP to Virginia Ariemma at 416-789-7011 Ext. 270

Earthquake Relief Fund

OFFICE LOCATIONS: 901 Lawrence Avenue West • Toronto • Ontario • N6A 1C9 • 1-866-473-4744 • 1-866-789-2011 • 1-866-789-2012
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• Italian Chamber of Commerce of Toronto • Associazione Culturale Amicizia Canadese (Order Sons of Italy of Canada)
• Italian Canadian Society and Friendship • Other members and visitors from the Italian community and "Friends of Abruzzo"

Congratulations!

Nicola and Anna Frate - Congratulations to Nicola and Anna Frate on their 50th Wedding Anniversary, 19th September 2009. With love and best wishes from your children, grandchildren and all your family. May you continue to enjoy life, love, and happiness together. Cento anni!!!

Nicola e Anna Frate - congratulazioni a Nicola e Anna Frate sul loro cinquantesimo anniversario di cerimonia nuziale, 19 settembre 2009. Con amore e gli auguri dai vostri bambini, dai nipoti e da tutta la famiglia. Speriamo che continuate a godere insieme della vita, dell'amore e della felicità. Cento anni!!!



La terra mé Meditazioni d'un terremotato dell'Aquila

di Sandro Cordeschi – "Sasso"

...Invece qui, sulle pendici di questo monte arido e brullo, dalla cui cima lo sguardo si allarga verso le quattro direzioni dello spazio e, per chi è preparato, anche dell'anima, nulla pare cambiato. Ogni cosa è al suo posto, a Monte Calvo, montagna "facile", alla quale la nebbia, il ghiaccio, l'arsura, il vento, i repentini e inspiegabili mutamenti dell'atmosfera conferiscono quella dose di rischio che basta a far desiderare la fatica. E l'avventura.

Sulla ripida costa nord, in un giorno che mimava silenzi artici, ho visto scivolare a valle mio fratello e gli ho tesa la mano e il resto del corpo, per rotolare con lui verso un ignoto rivelatosi infine benevolo. Dalla parte opposta risalivano un giorno i pellegrini, seguendo l'illusione di una bandiera della pace ("summit for peace"), nella mente una preghiera, "ciascuno nel nome del suo Dio".

Tra loro, mio padre, con la sua migliore faccia



da montagna, e una ragazza che quasi non conoscevo e che qualche tempo dopo ci avrebbe dato un figlio. La fata, il castello, il verde lago, i sogni dei pastori sono ancora lì, la favola permane, basta crederla vera.

Oggi si allatta un vitellino ai seni generosi della Madre, il passaggio dell'uomo invisibile ne rallenta i sogni per il tempo di un soffio. Dalla base della croce sommitale si solleva, in volo d'augurio, una poiana, in forma d'aquila, come nei nostri intenti. Vola a comprendere, in un abbraccio solo, monti valli città, dov'è la storia nostra ed il futuro, incognito, dei figli.

Non credetemi uno sciocco colonizzatore, o un vacuo conquistatore dell'inutile, ma questa terra, sotto questo cielo, per quanto tremi, questa è la "terra mé" (cioè la NOSTRA, del Popolo dei Sassi, che non crolla).

Sandro Cordeschi – "Sasso"

scordeschi@yahoo.it

Local City

POLE FOR THE SOLE - JOIN US!

The sport of urban poling is a fun and easy activity for all ages. Urban poling known also as Nordic walking combines an upper body technique similar to cross country skiing with the lower body technique of urban walking.

In 1988 Tom Rutlin, the developer and owner of Exerstrider Inc. and the designer of the poles, pioneered the idea of walking with fitness poles, and developed the Tom Rutlin Exerstrider method of Nordic walking. It was later introduced in Finland as "pole walking". It was used as a summer training method for the Finnish cross-country and biathlon teams. It is popular in the Scandinavian countries, Switzerland and Germany and it is spreading throughout Europe and North America.

So, POLE FOR THE SOLE was launched this year, run by Kendra Pammett and Silvana Di Gaetano, both certified instructors accredited by Can-Fit Pro, BCRPA, AFLCA, SPRA and OKA. A sport that is gaining momentum because it is easy, fun, low impact and a convenient way to increase the health benefits of walking. It is recommended by Fitness Canada to walk briskly 3 to 5 times per week for 20 to 30 minutes.

But why walk with poles? The poles improve balance and confidence during walking. It improves posture, strengthens the abdominals, spinal erectors and lats and increases lateral stability of the spine. It eases hill climbing and provides more

stability when going downhill. Pole walking promotes a normal gait pattern in terms of heel-toe stride and is more weight bearing versus using a cane. Nordic walking lessens stress to the hips, knees and ankles; the weight is shifted to the upper body and Nordic walking uses 90% of the body muscles including the core muscles.

Both Kendra and Silvana teach classes using the Tom Rutlin method of urban poling. They have formed the Italian team...a group of Italians and lovers of Italian food and culture. The team is training to walk the ½ marathon Army Run in September. The ages of the team members range from 25 to 75. Yes, Livia Donofrio, 75 years young is training for the ½ marathon. She is going the distance. But most importantly this team will be participating in the RUN FOR THE CURE on October 4th. The team wants to recruit more team members for RUN FOR THE CURE.

The distance is 5 kilometers. We are appealing to the ITALIAN community to make a presence on October 4th. This is a cause that has touched us all, either you, a family member or friend. Walk or Run...and if you want to try pole walking, classes start soon.

But as ITALIANS let's unite and SUPPORT THE CAUSE..Let's us help create a future without Breast Cancer!

JOIN US

POLE FOR THE SOLE Kendra 613 228-3187 | Silvana 613 225-1229



from left Stephanie, Kendra (instructor) Janet, Silvana(instructor), Carol, Franca, Luisa, Livia, Mariella, missing Lisa, Rosa and Jo-Anne



Silvana & Kendra teaching a lesson



Lisa & Stephanie resting after practice



Getting ready to set out



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IL POSTINO

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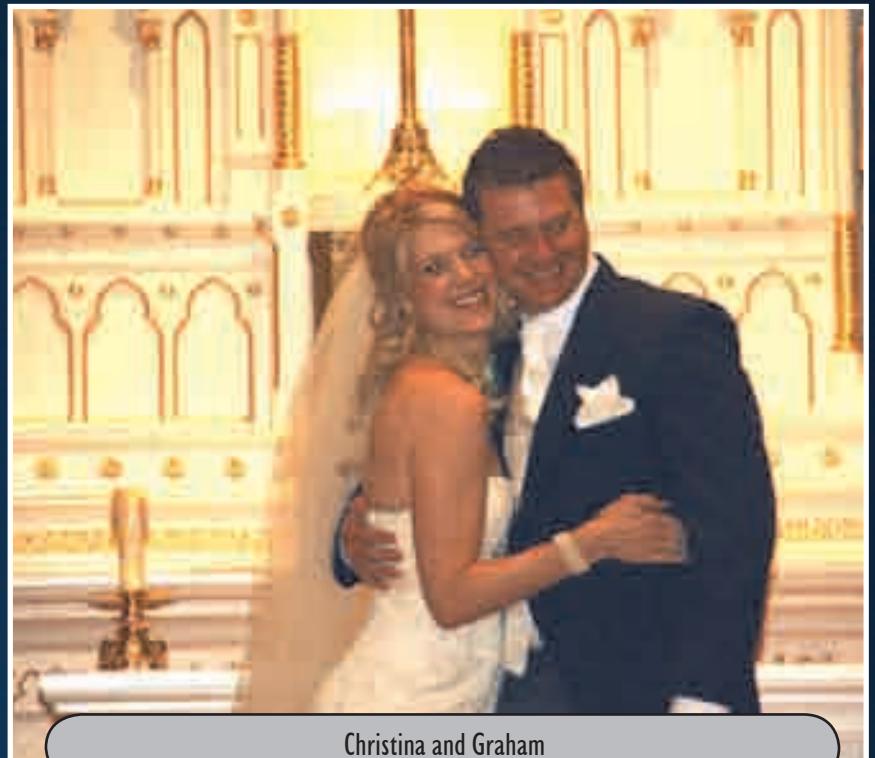
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Congratulations to Christina Latreille and Graham Mockridge
on your Wedding - August.29.2009



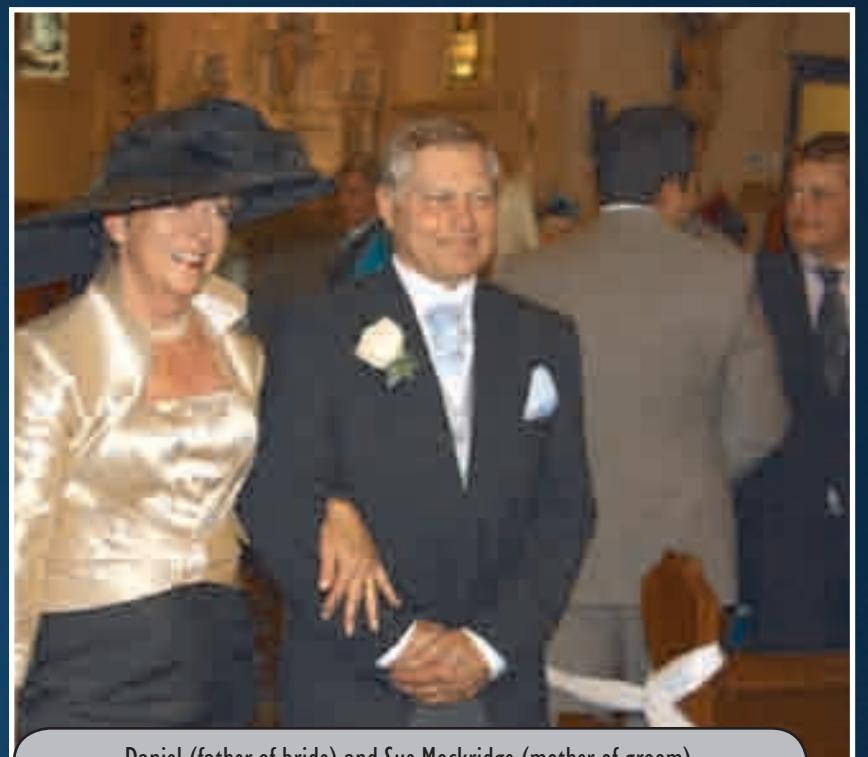
Christina and father Daniel Latreille



Christina and Graham



Joyce Latreille (mother of bride) and Peter Mockridge (father of groom)



Daniel (father of bride) and Sue Mockridge (mother of groom)

**Happy 1st
Birthday to
Christian Oliver
Bernal**

**Love from your
Family!**



Community Calendar & Businesses

The Order of Italo-Canadians

Is proud to announce the return of the
Order of Italo Canadians
Italian Golf Classic

Sunday September 20, 2009
Canadian Golf & Country Club

That's right -
OIC Italian Golf Classic is BACK!

The OIC Italian Golf Classic will be held at the Canadian Golf and Country Club located along HWY #7.

Tee off's begin at 12:00 Noon

The carts and golf clubs are available for rental and not included in the Registration Fee, everyone is welcome and you do not have to be a member to play.

The OIC Italian Golf Classic is about fun, family, friends and fraternity, so take the opportunity to enjoy the day.

Dinner & 18 Holes \$75.00 - Dinner only \$40.00

DINNER MENU: Roast Baron of Beef Buffet. Tossed Salad w. house dressing & 3 assorted salads. Roast Baron of Beef in au jus. Served with a creamy horse radish & mustard. Penne pasta with rose sauce. Roasted potatoes, fresh seasonal vegetables, baked rolls & dessert.

Please contact Wilma Bianco 613-226-2708 for more information, and to register your team.

Tele-30 Fundraiser
 Fashion-Fun-Food
 Sunday, October 4th, 2009
 2:00-5:00pm

St. Anthony's Italia Soccer Club
 523 St. Anthony Street
 \$25.00 per person
 Pat Adamo: 613-729-9518

BARZELLETTA DELLA SETTIMANA

Un professore di matematica invia un fax alla moglie, con il seguente messaggio: "Carissima, capirai che ora che hai 54 anni io ho alcune necessità che già non puoi più soddisfare. Sono felice con te come moglie e sinceramente spero che tu non ti senta ferita o offesa a sapere che quando riceverai questo fax io sarò al Big Dick Hotel con la mia segretaria che ha 18 anni. Tornerò a casa prima della mezzanotte". Quando il tipo arriva all'hotel trova un fax per lui. Diceva: "Caro marito, grazie per l'avviso. Approfitto dell'occasione per ricordarti che anche tu hai 54 anni. Nel contempo ti informo che quando riceverai questo messaggio, io sarò alloggiata al Hotel Happy Dust con il mio professore di tennis, anche lui di 18 anni. Siccome sei un matematico, potrai comprendere facilmente che in queste circostanze il 18 entra più volte nel 54 che non il 54 nel 18. Non mi aspettare, arriverò domani mattina. Un bacio. Tua moglie"

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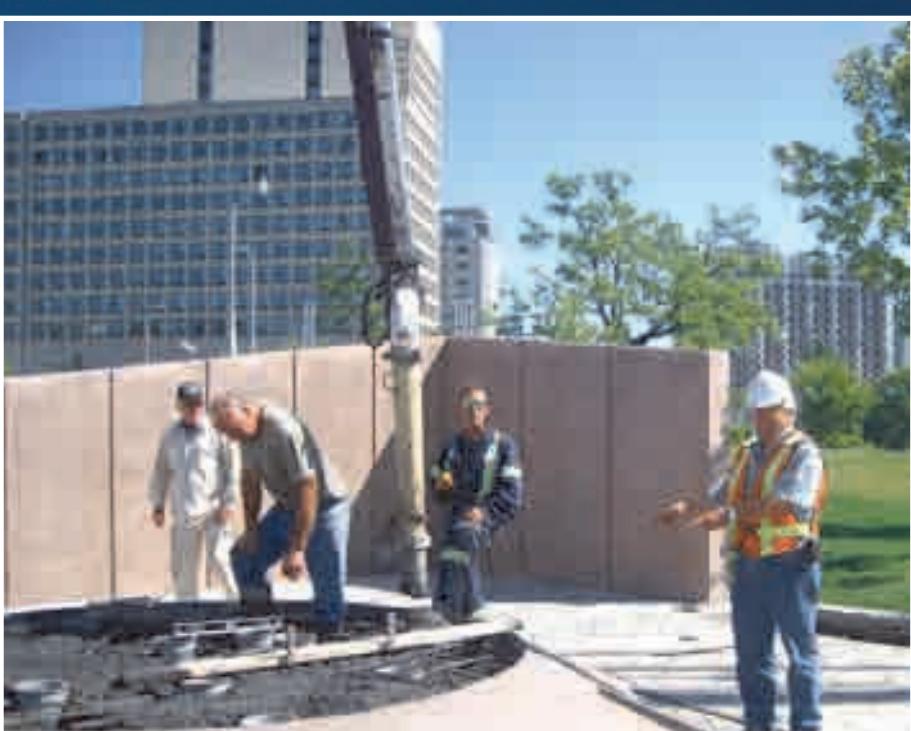
Be There for the Ribbon Cutting Ceremony
To Be Held At Ottawa City Hall Friday, September 11 2009 - 12pm
Ottawa Firefighters Memorial Park



La Farge North America and Bellai Concrete



McRae Landscaping Team Doing an Excellent Job Headed by Jim McRae



Giovanni from Bellai instructing crew how to lay the cement



La Farge and Bellai trucks at city hall



Bellai Team pouring cement for base



McRae landscaping crew installing statues before cement sets!