

IL POSTINO

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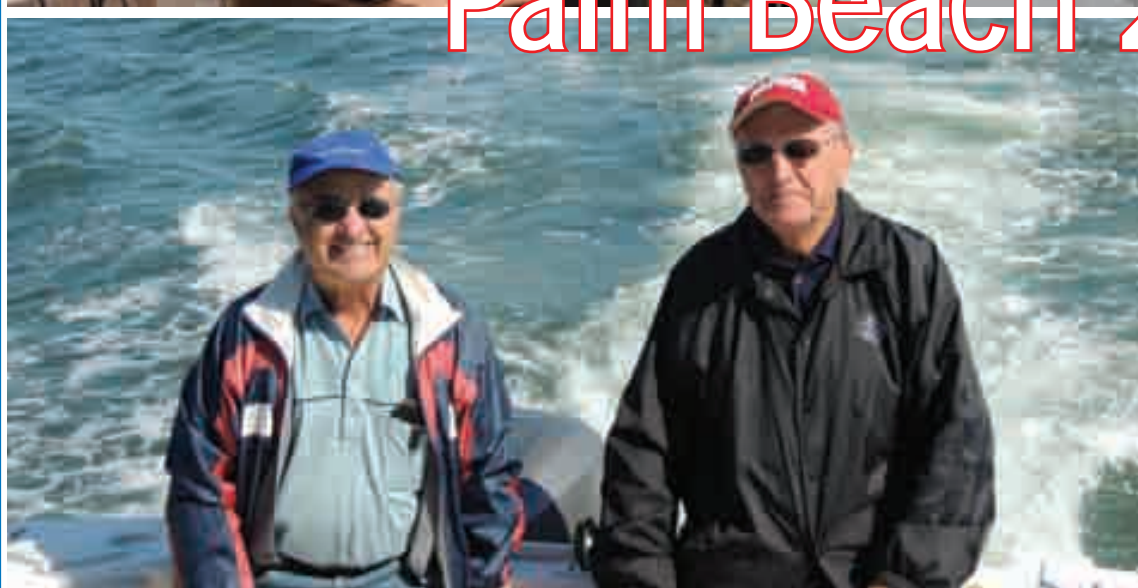
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Submissions

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

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Letters to the Editor Letters to the Editor

Cari Editori,

desidero farvi conoscere, con preghiera di informare la nostra comunità, che oggi è arrivato in sede l'Ambasciatore Gian Lorenzo Cornado accompagnato dalla moglie Martine. L'Ambasciatore Cornado assume la direzione dell'Ambasciata dopo aver già prestato servizio in Canada quale Primo Segretario ad Ottawa (1987-1992) e quale Console Generale a Montreal e Rappresentante Permanente presso l'ICAO (2000-2004).

Per vostra utilità, vi allego anche una sua fotografia.

Per ogni altra informazione relativa al suo curriculum vitae, potete visitare il sito dell'Ambasciata www.ambottawa.esteri.it.

Ringraziandovi per la collaborazione, vi invito cordiali saluti.

Alessandro Giuliani
Assistente Amministrativo
Ambasciata d'Italia, Ottawa



Dear Postino Canada,

I really like your website! I work at a TV production company and have a great short video that we hope you can feature on your site – you can embed it from Youtube if you wish.

A Lessons in Cooking Wild Boar Stew in Florence with Museum Secrets TV: <http://youtu.be/YpKJFeZ5bII>
<http://museumsecrets.tv/dossier.php?o=194&pmo=203>

In this video, we learn how the tasty dish is cooked in Italy. Viewers can watch and then try it at home!

Discover this highly-recommended recipe from the chef at l'Osteria del Cinghiale Bianco (White Boar restaurant) in Florence.

Our film production team traveled to Italy and ate dinner at the White Boar restaurant. We were very pleased with our meal and we recommend this spot to travelers in Florence, for a really authentic Italian kitchen experience!

Coming up on HISTORY (CANADA), Museum Secrets: Inside the Uffizi Gallery, Florence has its world premiere broadcast on Thurs. April 4th at 9 PM ET/PT.

Watch this episode trailer: http://youtu.be/c85TL8i0_iE

All international audiences can watch short videos on our site at <http://www.museumsecrets.tv/episode.php?ep=18>

In the USA, the Smithsonian Channel is currently broadcasting Season 2 of our show, "Museum Secrets Revealed".

I hope you can post our video with a mention of our website on your site.

Please let me know if I can provide anything else to assist in coverage.

Thanks!

Amanda Connon-Unda

Il Postino is looking for writers...



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Pina looking at an issue of Il Postino

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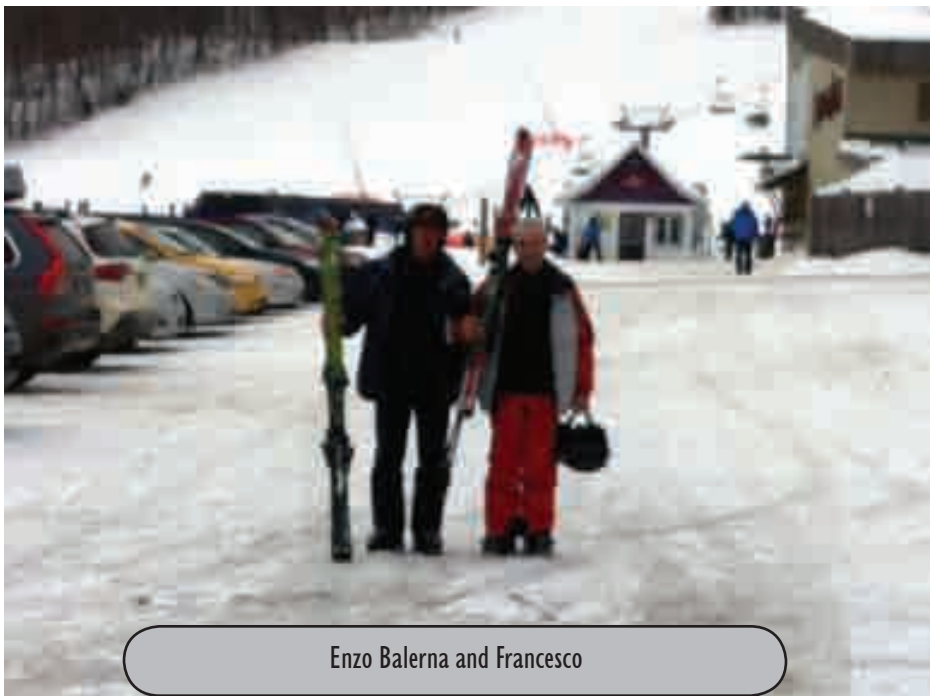
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to / *intestato a:* Preston Street Community Foundation Inc., Suite 101 Gladstone Avenue 865, Ottawa, Ontario K1R 7T4

Pretorese Ski Club at Mont Tremblant



Enzo Balerna and Francesco



pasta e fagioli , sausage with red peppers and meatballs and panini with cheese, many home made desserts by the ladies



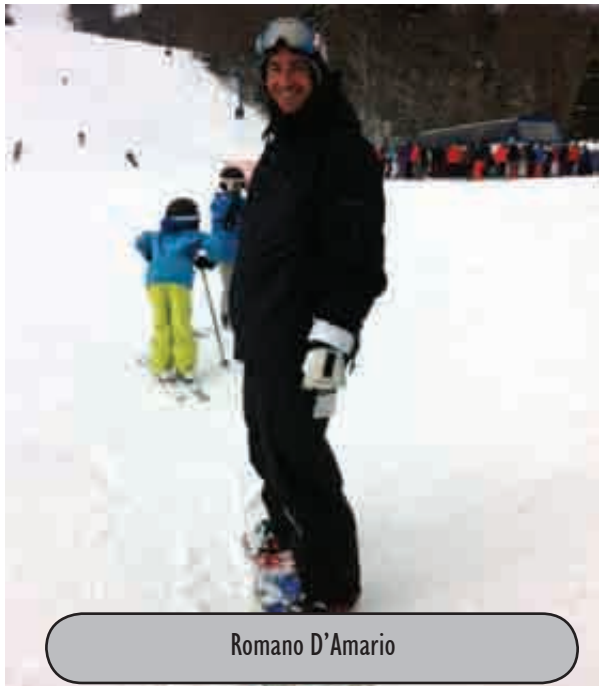
Gianna D'Amario & Valeria Falsetto



kids enjoying the day Anthony, Nicolas, Michele & Carmine



Mario D'Angelo & Maria Madonna



Romano D'Amario

ITALIAN NEWS

Un Bicchiere di Vino con Il Postino.... Umbria

Domenico Cellucci

My last articles have touched upon the renaissance which is taking place in winemaking in Southern Italy. This week we head north to central Italy, and the stunning region of Umbria, called the “green heart of Italy”. This region is often overshadowed by its more famous winegrowing neighbour: Tuscany. Umbria only produces 1/3 of the wine that Tuscany produces. But in the last 10 years, Umbria and its wines are making a presence in export markets and producing crisp whites and complex reds.

Umbria brings back memories for me of a pilgrimage with my nonna in 1979, to the town of Assisi, and the basilica of Saint Francis. I still remember after all these years the beauty of those medieval villages, the hills and wonderful landscapes. Umbria is named after the Umbri tribe, which along with the Etruscans, inhabited this part of Italy in the 9th-4th century B.C.. Along with Tuscany, it is surrounded by the Marche to the east and Lazio to the south. As you can see on the map, it is landlocked. Like most of Italy, it is hilly with the Apennine mountains running through it. In terms of the soil, you will find mostly a mix of sandy soil and calcareous clay. Like Burgundy in France and the Mosel region in Germany, the Benedictine Monks, played a role in the history of winemaking in Umbria planting the first vines. The wines were sweet and used primarily for sacramental wines.

Umbria is known above all for its production of white wine. Over 60% of wine production in Umbria is white. One of the first white wines I tried as a young man was from Umbria: Orvieto. It is one of Italy’s most recognized white wines and has been exported for decades. This white wine (named after the town of Orvieto) is made with Procanico (up to 65%) with smaller amounts of Malvasia, Grechetto, Verdello and Canaiolo Bianco grapes added in. Historically, it was produced as a sweet wine and became so appreciated by different Popes in medieval times that it became known as the “Pope’s Wine”. While still available in a semi-sweet style, today Orvieto is produced primarily in a dry and light-bodied fashion. It is pale straw in colour and the primary fruit aromas are citrus and green apple with secondary floral aromas. It offers a crisp and polished finish on the palate. Perfect with antipasti or soft cheeses. When shopping for Orvieto wine, choose one with the Orvieto Classico DOC designation. It will have a higher proportion of the Grechetto grape which offers more body, fruitiness and complexity in the wine. The Ruffino Orvieto Classico is available in



Ontario and Quebec. International white varieties are also produced in Umbria. Chardonnay is often blended with Grechetto and barrel fermented. If you are ever in Assisi, many single varietal Grechetto wines are produced in the hills surrounding this town.

While Umbria produces primarily white wines, I would argue that its future lies with its complex reds. Umbria’s only DOCG wines are in fact 2 red wines: Sagrantino di Montefalco and Torgiano Riserva. Sagrantino must be aged at least 29 months before it can be released. It is produced near the medieval village of Montefalco, 50 km south of Perugia. There are 25 producers on only 250 acres of land. Given the limited production, the wines are not well known outside of Italy. The grape (also called Sagrantino) is black in colour. It produces a very dark and dense wine. On the nose you have cherries, plums and violet notes. If one word can sum up the effect on the palate it is tannins. It is highly tannic and for me is a wonderful accompaniment to rich dishes. Given the high tannins, you should tuck this bottle away for 3-5 years to soften them. It is a full-bodied wine with medium acidity. Because of the complexity and structure of this wine, you should match it with dishes that can stand up to it, like rich stews, grilled meats and aged cheeses. A respected maker of Sagrantino is Lungarotti. The Lungarotti Sagrantino di Montefalco is available at the LCBO.

Umbria’s other red DOCG wine, Torgiano Riserva is named after the town of Torgiano, located 10km south of Perugia. The wine is made mostly with Sangiovese and Canaiolo with the addition of no more than 10% of Trebbiano, Cilieggiolo and Montepulciano grapes. Tonnage per hectare is restricted to 10 tons and alcohol levels must be at least 12.5%. The wine must be aged at least 36 months prior to release. Visually it has a brilliant ruby-red colour.

On the nose the aromatics are quite complex: blackberries/cherries combined with coffee/cocoa. It is a dry, full-bodied wine with medium/high tannins. Again this works well with aged cheeses and roasted meats. These wines are difficult to fine. At the moment, only the SAQ in Quebec carries a quality example: the Lungarotti Rubesco Riserva Vigna Monticchio 2006.

Salute!
If you have any questions or suggestions for future columns, please contact me at vinumbonumest@yahoo.com.

Domenico Cellucci is a wine consultant and educator and is a graduate of Algonquin College’s Sommelier Program. He puts on food and wine matching events in the national capital area. He has visited wineries and vineyards in Italy, France, British Columbia, Ontario and the United States.

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LOCAL

Elementary Teachers' Federation of Ontario's Work to Rule campaign on the Ottawa International Children's Festival

By: Madeleine Boyes-Manseau

Regardless of how rich and relevant the programming is for this year's Ottawa International Children's Festival (OICF) or how well the event is organized and publicized, the festival may find itself in a bind. That's because the majority of its usual audience cannot attend this year's event due to the Work to Rule campaign of the Elementary Teachers' Federation of Ontario.

The campaign, which began at the end of last year, is in response to new legislation that enables the Government of Ontario to impose contracts on teachers if local negotiations fall through. The federation has requested its members withdraw from extracurricular duties, including the coordination of outings

to activities such as the OICF during classroom hours. Following the unsuccessful negotiations between the Federation's leaders and the provincial government at the end of February, festival organizers are increasingly concerned for the viability of this year's event.

The OICF has an explosive lineup of award-winning, internationally celebrated performing arts from around the world. From May 28th to June 2nd, Ottawa's young people and their families, will have the opportunity to enjoy performances that include the enthrallingly whimsical and critically acclaimed production of *Countries Shaped Like Stars* by Ottawa's own Mi Casa Theatre; the Dora nominated theatrical adaptation of Maurice Sendak's beloved story of *Where the Wild Things Are* by Vancouver's Presentation House Theatre; as well as numerous other wildly imaginative and unique performances, hands on workshops and interactive activities.

"The children's festivals across Canada exist for one purpose only," explains Catherine O'Grady, the festival's Executive Producer. "That is to celebrate the richness and diversity of artists working in this milieu and design creative interchanges between children and the artistic experience."

Even though the Ontario Secondary School Teachers' Federation's vote to resume extracurricular activities has given the festival some hope of attracting school groups, individual teachers are still reluctant to bring their students to the festival.

The OICF is not the only cultural organization in Ottawa to experience the unintended effects of the campaign. Andrew Soobrian, Marketing and Education Manager

for the Great Canadian Theatre Company, expressed that the company has been feeling the effects of the campaign through a dramatic drop in attendance to their student matinee performances with school groups cancelling bookings originally made over the summer. Though the festival understands and respects both fed-

erations' convictions, it cannot ignore the difficulty of making up for the significant anticipated drop in attendance. As much as the festival is crossing its fingers in hopes of an agreement between the Federations and the Government of Ontario before the end of May, organizers have begun reaching out to

families, other school boards and community groups in hopes of developing a new core audience for the festival.

This disagreement cannot help but highlight the diminished value of the performing arts in our societal institutions. Excluding outings to cultural events and activities from the curriculum and labeling them as extracurricular, undermines their inherent importance in a child's development. Reliance on multimedia as a readily available and affordable substitute cannot be expected to replace the embodied experience of participation in a live cultural event. As creativity and empathy are so seamlessly transmitted through art, it is a shame that schools are not encouraging their students to actively engage with all art forms.

"We forget the importance of providing our young people with the opportunity to experience wonder," says Emily Pearlman, Co-Artistic Director of Mi Casa Theatre. "The Ottawa International Children's Festival is one of those incredible opportunities that allow audiences of ages to see work that lets children feel like they are being privy to something adult and adults feel like children."

Everyone has the right to be inspired and have their imaginations fed, and the OICF considers it part of their duty to advocate for these rights. Festival organizers are proud and excited by the line-up they have planned, and are hopeful of a large and vibrant audience to share in the enjoyment. Tickets for the event are affordably priced at \$12.50 per person or \$10 per person for large groups. For a full festival schedule and more information please visit www.ottawachildrensfestival.ca.



Upcoming exhibition features wood as a form of art

NORMAN PIROLLO
Go Figure!

MARCH 22 TO APRIL 22, 2013
DU 22 MARS AU 22 AVRIL 2013

Explores wood as a vibrant, colourful form of art. A series composed of unusual, atypical woods with intense figure and chatoyance. The artist portrays a unique image or vision in each art piece.

Explore le bois comme une oeuvre d'art vibrante et colorée. Une série qui est composée de bois figurés et atypiques avec un éclat intense et chatoyant. L'artiste peint une image ou une vision unique dans chacune de ses oeuvres.

Ottawa www.normanpirollo.com

Harvey Chartrand
<http://www.ottawalife.com/>

Local artist Norman Pirollo's *Go Figure!* exhibition explores wood as a vibrant, colourful form of art. The series is composed of unusual, atypical woods with intense figure and chatoyance (or shimmer). The artist portrays a unique image or vision in each art piece. "It's quite unusual and at the same time colorful!" Pirollo says.

Go Figure! is a play on words and also highlights the focus of the exhibition, which is wood figure as a form of art. "I enhance this figure by infusing colors into the wood to create an image and I then finish and polish the surface of the wood to create depth," Pirollo tells Ottawa Life. "Through this exhibition, I hope to create more awareness of the natural beauty we have in the trees which surround us."

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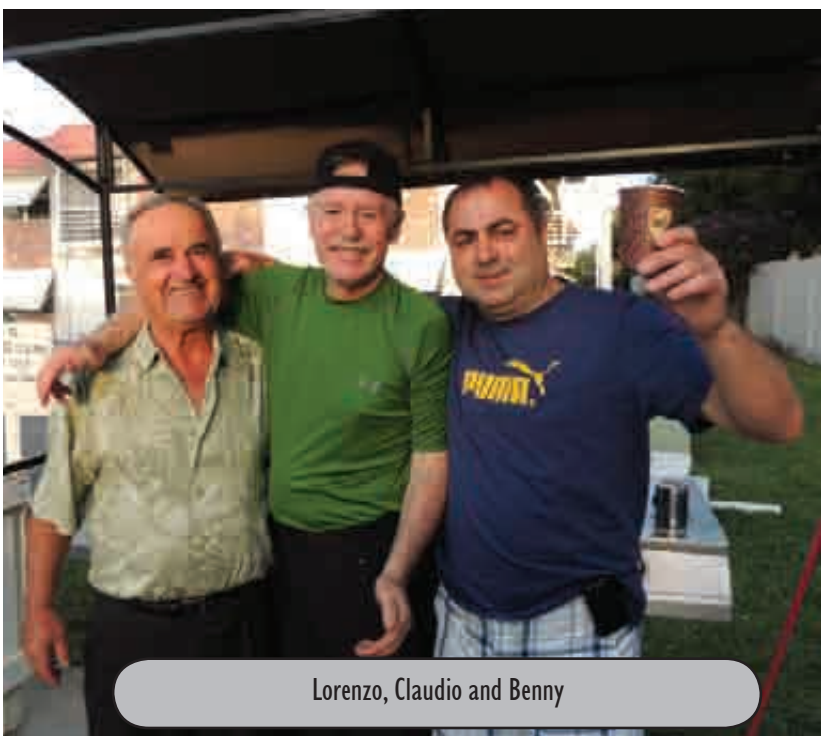
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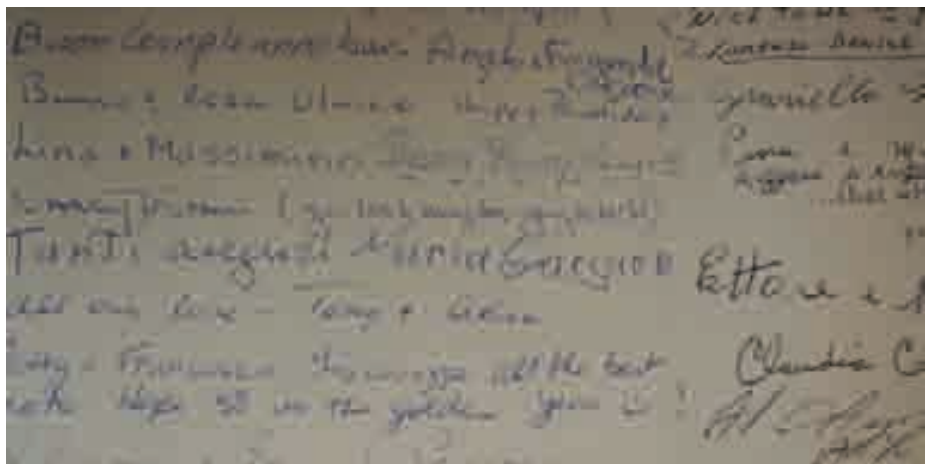
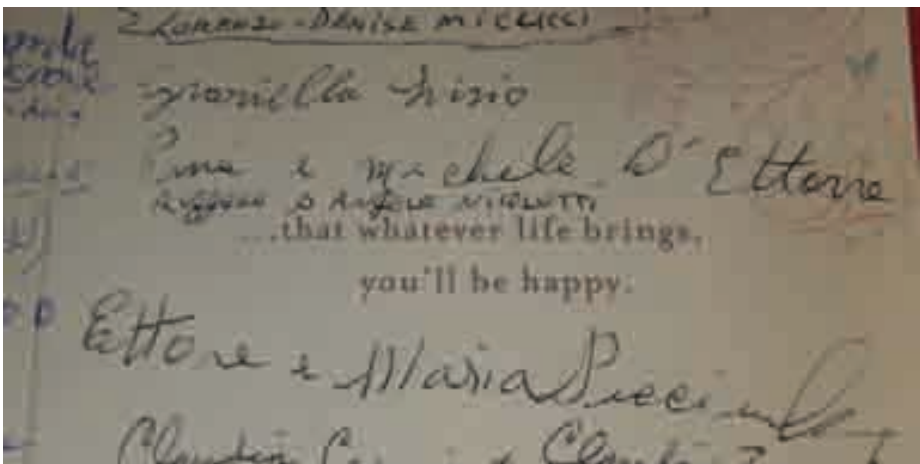
Happy 50th Birthday Olympia Colasante!



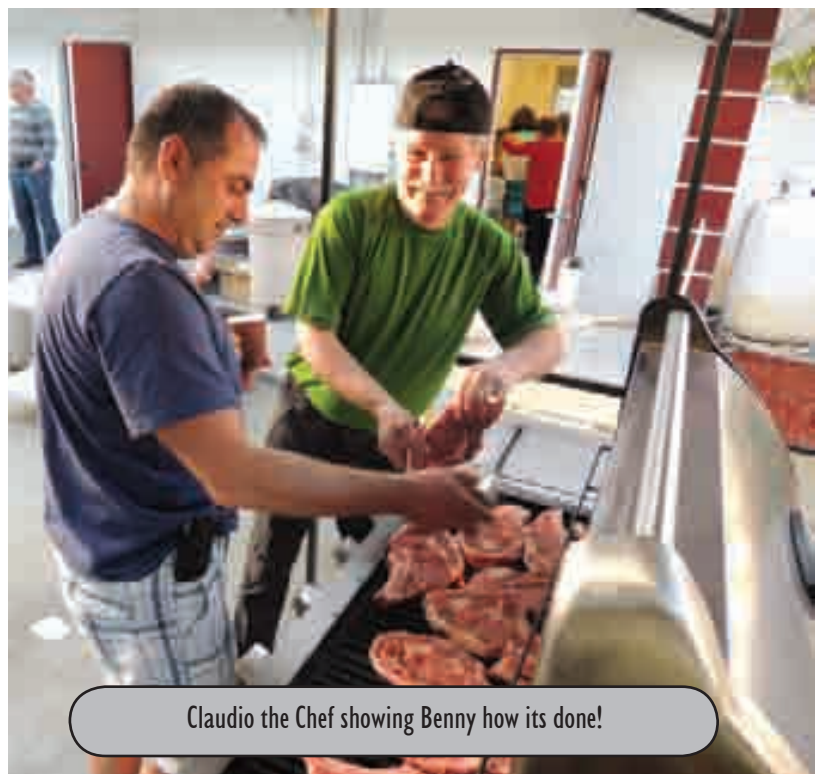
Olympia Colasante and Gerhard Kurz



Lorenzo, Claudio and Benny



Cristina and David with son Damiano



Claudio the Chef showing Benny how its done!



Olympia, Rocco, Maria, Benny and Luca

LOCAL

The multi-generation household - not only in Italy is what I say

By Dosi Cotroneo

Three generations of one Italian family are residing under one roof at the moment, and I must confess, there are days where one can very well feel as though one is becoming unhinged. It certainly has the makings of a reality t.v. show and in case you're wondering, it is our roof that the husband and I are sharing with one young brood of three, plus one girlfriend of one of the young brood of three, plus, the family matriarch, Nonna, my best-friend, aka. mother-in-law. Now many may cringe at the thought of sharing one's home with family ranging in ages from 16 to 82, but somehow, this Italian family manages to laugh their way through most days.

The front door should really be replaced by a revolving door as persons are entering and exiting at all hours. The kitchen should have a neon sign hanging in the window to announce when it is OPEN and CLOSED. At the moment, it is more of a 24-hour diner and I have yet to encounter one single tip from this hungry, thirsty, and rather hostile, impatient crowd. Thankfully, Nonna rules over the kitchen with an iron fist, and the young brood learned very quickly to not mess with her space. On that note, we have been going through wooden spoons over here like free shooters at the local club.

On top of the fact that there are seven adults residing at my address, I may have omitted to mention that there are a couple of furry felines to add to the mix. Vacuuming has become a part of daily life, as has a trip to the grocers down the street. Can you imagine how much food is required to sustain an Italian family of seven, let alone two, or three fat Italian cats?

Did I forget to mention that part of the main floor and the basement are under renovation and have been for well over a year now? The noise of drills, hammers

and saws must compete with the volume of the Italian cable channels - RAI, Telelantino, and Cento Vitrine. Ear plugs have become my new earrings, and husband and I have decided that booking appointments to see one another is the only way we can schedule those desperately needed date-nights out. Neighbors pass by and ask how we are coping. Passers-by hear the loud noises, the shouting, the loud Italian game shows, and wonder if they should call the authorities, the Police, or immigration officials.

Until recently, Nonna had her own set of wheels, and if it wasn't for that lead foot, which she blames on a large bunion, she would still be on the road as we speak. The lawyer said it just wasn't worth fighting it out in court. As a result, Nonna and I can be spotted on the roadways on any given day, with me behind the wheel and Nonna behind the store special flyers, knocking off our run of olive oil sales, toilet paper sales, cat food sales, and the weekly beer

store order.

From a distance, we seem like a completely "normal" family, but from up close, particularly within earshot, our daily life unfolds more like a Seinfeld episode. Dr. Phil, Dr. Drew, I'm sure they would all be fascinated with the human interaction that takes place over here. Old world Italy meets 21st century youth meets "I love the '80's" somewhere in between.

Sharing is certainly the key word at our house. Sharing bedrooms, sharing the kitchen, sharing vehicles, sharing the laundry room, and most importantly, sharing tranquilizers. It is a strange mix indeed, but like the tastiest of cocktails, at the end of the day, it all goes down great.

On that note, from our house to yours, Buona Pasqua!!!



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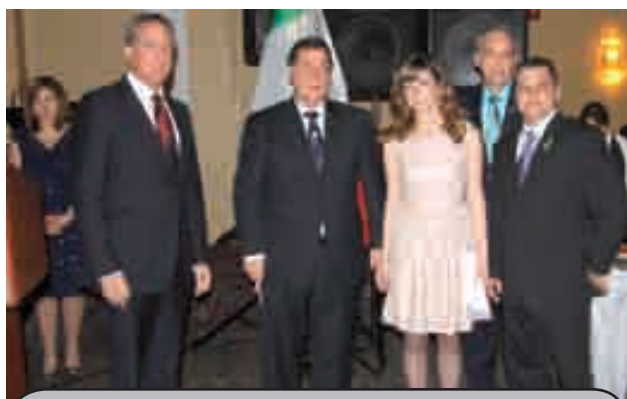


Serata Italiana for the Kidney Foundation of Canada

Article / photos GioVanni



Dr. Kevin Burns, Mario Frangione, Co-Chairman Romeo Bellai, Chairman Claudio Versolato, and Chet Holterman



MC Nadia Lappa, Dr. Kevin Burns, Mario Frangione, Naomi Read, Co-Chairman Romeo Bellai, and Chairman Claudio Versolato



Lucia, with husband Claudio Pagani, Davie, Anthony



Laurino Pagliarello

Ottawa (Canada) - Chairman, Claudio Versolato, and Co-Chairman, Romeo Bellai, celebrated at the 29th Serata Italiana for the Kidney Foundation of Canada (Eastern Ontario Chapter) at Sala San Marco.

This special occasion saw the participation of this year's Gala committee members included Anna Monteduro, Giuseppe Pasian, Carla Lappa, Wilma Bianco, Richard Bosman, Mario Frangione, Bruce Hill, Enzo Bertorelli, Patrizia Tancorre, and Rocco Petrella were all in attendance who did an amazing job. Over 430 Guests attended the sold-out event where they were entertained by Duo OZ, and also Nonna Maria the Italian Internet sensation who's taking the world by storm with her funny anecdotes and her constant nagging towards her grandson Dave, and Anthony (creator and puppeteer of Nonna Maria) came in from Montreal, who made a special preformance appearance. By the end of this evening, close to \$50,000 had been raised, which goes directly to the Kidney Research Center that stays in the Ottawa area.

"I would like to thank everyone who came that evening, and also thank the sponsors especially the committee members. We will continue this special night until there is a cure for this disease. I personally have had Kidney failure and a transplant 3 years ago and I am blessed that I had a living donor to donate the kidney and I am blessed that the research was there to make it happen." said Chairman, Claudio Versolato.

Contact Giovanni for up coming events at giovannipublicist@gmail.com



MC Nadia Lappa, Davie, Nonna Maria, and Anthony



Davie, Domenico with wife Teresa Iannelli, Nonna Maria, and Anthony (creator and puppeteer of Nonna Maria)



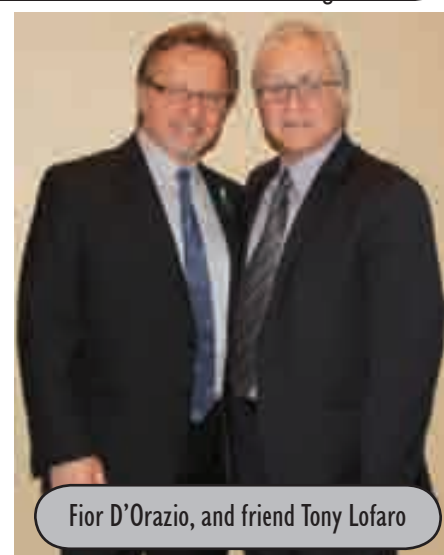
Ivana Frangione, Davie, Mario Giannetti, Anthony, Nonna Maria, Sam Giannetti, with wife Cecilia, and Cecilia with husband Mario Frangione



Wilma, and husband Tom Bianco



Linda Ranieri, Davie, Paula Rizzuti, Nonna Maria, Lidia Petrella, Anthony, and Rocco Petrella



Fior D'Orazio, and friend Tony Lofaro



Italian Night with Singer Tony Ieluzzi in West Palm Florida



Ernesto Di Nardo, Gino Buffone, Mario Danieli (vice console in Rochester N.Y.), Tony Ieluzzi, Lorenzo Micucci



Angelo, Gino, Lorenzo and Tony



Rina, Bina and Elvira



Tony Ieluzzi, Gino Buffone, Lena Buffone, Rina Filoso and Guests



Tony Ferrante and Gustavo Mion



Lorenzo & Denise Micucci

Fishing In the Atlantic



Lorenzo, Gene and Gino



ITALIAN POLITICS

LA RIFORMA ELETTORALE E' LA MIGLIORE MEDICINA CONTRO L'ANTIPOLITICA

di Laura Garavini (PD) su 'L'Unità' di giovedì

L'antipolitica è veramente una questione di soldi? L'esperienza degli ultimi cinque anni dice di no. Come deputati ci siamo ridotti due volte lo stipendio e abbiamo abolito il vitalizio. Non mi sembra che questo abbia contribuito a diminuire l'atteggiamento negativo verso la classe politica. Anzi, semmai il risultato dei grillini dimostra che l'antipolitica è cresciuta. Certo, si può sempre chiedere che gli stipendi vengano tagliati ulteriormente.

È fuori dubbio che ci sia ancora spazio per altri tagli, dal momento che i nostri stipendi da parlamentari sono buoni. Tagliare si può sempre. Ma siamo sinceri e ammettiamo che è un'illusione il fatto che i soldi possano essere la via maestra per combattere l'antipolitica. L'esperienza degli ultimi cinque anni ci insegna che non basta.

Allora che fare? Bisogna mettere la questione della rappresentanza al centro della discussione. Un elettore che non può scegliere il suo parlamentare non capirà mai perché lo deve pagare. C'è bisogno di instaurare un rapporto tramite l'elezione diretta che dia all'entità diffusa e amorfa della classe politica una faccia, una voce, un nome e un cognome. È una medicina valida contro l'antipolitica che, in fondo, nasce da un senso di impotenza di fronte ad una politica che sembra sempre più lontana.

Con l'elezione diretta la politica torna alla propria porta di casa. Nel bene e nel male. Può darsi che a volte l'elezione diretta non garantisca l'elezione dei migliori.



Anche Razzi nella circoscrizione estero è stato eletto cinque anni fa con l'elezione diretta, con le preferenze ad essere precisi. Ma una cosa è certa: con l'elezione diretta, uno così viene eletto una volta sola e poi mai più.

È proprio questo il motivo per cui, questa volta, Berlusconi ha nascosto Razzi su una lista bloccata in Italia. Se c'è rappresentanza vera, la gente in modo autonomo e diretto può premiare la buona politica e punire una politica che si comporta da casta. Il senso di impotenza rispetto alla politica, che è alla base di tutta l'antipolitica, sparisce.

Per questo la rappresentanza è la medicina più efficace contro l'antipolitica. Perché è un modo per riportare la politica nella vita vera, quella stessa politica che oggi si svolge solamente nei media. Chi può guardare la politica in faccia, nella piazza sotto casa, sa valutare chi è finto e chi vale veramente.

Internet rimane importante, ma la base è il contatto vero. Se riteniamo che l'antipolitica sia un problema pressante, e io penso che lo sia, la riforma del sistema elettorale sarà una delle riforme più importanti da fare.

Una proposta di riforma che metterà «Grillusconi» in difficoltà. Perché è una riforma che di fatto è anche un attacco frontale al modello del partito del capo. Non sarà più il capo, ma la gente, che manda in Parlamento una deputata o un deputato. Il parlamentare non risponderà più al capo ma di nuovo al popolo. Il leader deve convincere e non può dare ordini. Anche per questo la riforma del sistema elettorale sarebbe una gran bella boccata

di rinnovamento. Un rinnovamento che non può aspettare.

Articolo di Laura Garavini (PD) su 'L'Unità' di giovedì 21 marzo 2013

ECONOMIA ITALIANA- DALL'ISTAT: A MARZO 2013 AUMENTA FIDUCIA IMPRESE ITALIANE E SALE DA 77,6 A 78: MIGLIORANO ATTESE PRODUZIONE E PEGGIORANO GIUDIZI SU ORDINI

A marzo, l'indice composito del clima di fiducia delle imprese italiane (Iesi, Istat economic sentiment indicator) espresso in base 2005=100, sale leggermente a 78,0 da 77,6 di febbraio. Il recupero dell'indice complessivo è dovuto al miglioramento della fiducia delle imprese manifatturiere, a fronte della diminuzione registrata nel settore delle costruzioni e del commercio al dettaglio e del leggero calo dell'indicatore nelle imprese dei servizi di mercato.

L'indice del clima di fiducia delle imprese manifatturiere aumenta, passando da 88,6 di febbraio a 88,9. Migliorano le attese di produzione (da -4 a -3 il saldo), mentre peggiorano i giudizi sugli ordini (da -42 a -43); passa da 1 a 0 il saldo relativo ai giudizi sulle scorte di magazzino.

L'analisi del clima di fiducia per raggruppamenti principali di industrie (Rpi) indica un miglioramento delle attese di produzione nei beni di consumo (da -4 a -2 il saldo) e nei beni strumentali (da -3 a -1), mentre indica stabilità nei beni intermedi (-5).

L'indice del clima di fiducia delle imprese di costruzione diminuisce da 81,5 di febbraio a 80,0. I giudizi sugli ordini e/o piani di costruzione peggiorano (il saldo scende da -51 a -53), mentre le attese sull'occupazione rimangono stabili (-13).

L'indice del clima di fiducia delle imprese dei servizi di mercato resta sostanzialmente costante (da 73,8 di febbraio a 73,7). Migliorano i giudizi (da -26 a -23) e le attese sugli ordini (da -13 a -11), ma peggiorano le attese sull'andamento dell'economia in generale (da -49 a -53).

Nel commercio al dettaglio, l'indice del clima di fiducia diminuisce, passando da 75,8 a 75,4. Recuperano i giudizi sulle vendite correnti (da -58 a -55), ma peggiorano le attese su quelle future (da -20 a -23); il livello delle scorte è giudicato in lieve aumento (da 3 a 4). (28/03/2013-ITL/ITNET)

LA BARZELLETTA DI INTRAGE

Marco Pironzio deve prendere il treno. Arrivato alla stazione, vede una bilancia parlante, su cui c'è scritto: - VI DIRO' CHI SIETE E CHE DOVETE FARE. Che balle! Esclama, è impossibile, ma ora la metto alla prova. Infila la moneta dentro alla bilancia e si mette sopra. La bilancia parla: - Tu sei MarcoPironzio e devi prendere il treno delle 7:40. Azzecato! Marco Pironzio è sbigottito, e pensa fra sé e sé: adesso ti aggiusto io. Se ne va nei servizi igienici, apre la valigia, si traveste, rendendosi irriconoscibile, e alla bilancia, di nuovo infila la moneta, e la bilancia pronta: - Tu sei Marco Pironzio e devi prendere il treno delle 7:40. Arrabbiato del suo insuccesso, va nuovamente nei servizi igienici, apre la valigia, si cambia nuovamente, prende la scatola del lucido delle scarpe, si fa tutta la faccia di nero, come anche le mani, ritorna alla bilancia, introduce la moneta e subito la bilancia esclama: - Tu sei Marco Pironzio e sei un fesso, perché il treno delle 7:40 lo hai perso'

St. Anthony's Church 100th Anniversary Dinner



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FLORIDA

St. Patricks Day in Florida



Jane and Pat smiling for the camera!



Richard and Al with guests



Sally with friend looking a bit green!



Mary Waller

Pool and Polenta Party in Pompano Beach



Nicola always stirring the polenta pot!



Concetta Lubretti, Elvira, Rina and Tony Lubretti



Zia Olga checking out what Il Postino has to offer



The Volunteer Ladies Committee

LOCAL

Saint Joseph and the saintly snack called Zeppole

by Laura D’Amelio
www.anitaliancanadianlife.ca

“Naples invented zeppole and all Italians licked their fingers.” Buon Festa del Papà! It’s Saint Joseph’s Day (San Giuseppe)!

If you live or work anywhere near an Italian community, you may be acutely aware of a wave of cream-filled pastries lining bakery shelves today. This is all in celebration of St. Joseph. In the Catholic religion most saints and holy people have specially designated feast days. Italians are never ones to shy away from a feast – any reason to celebrate with food really – and Saint Joseph/San Giuseppe is a special one because it celebrates the father of Jesus. As such, this day is typically also known as father’s day in Italy (Buon Festa del Papà!). Also, in Italy you typically celebrate the day dedicated to the saint you were named after as well as your birthday. Finally, there’s this crazy delicious pastry assigned to March 19 – fried, cream added and a cherry on top. So, if you are religious, have a father, are named Joseph or just plain like Italian desserts – today’s the day to celebrate!

The snack of choice today is zeppole. That’s zeppoli if you are from the south of Italy and zeppola for the singular form. Today’s zeppole (as that word is applied to a few different types and shapes of fried dough) is a light dough or choux pastry formed in either a circle or a dough-nut shape, cut in half and stuffed with cream or decorated on top with cream and bits of candied cherry. Zeppole are also known



(Photo by Kyle Bruggeman, Nebraska News21)

by other names, including Bignè di S. Giuseppe and sfinge.

So how do you get from celebrating a Saint to eating fried dough?

Well, it’s been a long tradition. The snack dates at least to the early 19th century and most likely several hundred years before that. It was the Neapolitan pastry chef Pasquale Pintauro, however, that made them madly popular by being the first to fry his zeppole on the sidewalk outside of his shop to celebrate Saint Joseph. He created what one commentator, Don Giulio Genonino, in 1834, called the “zeppole de pasticcere a delluvio” or “the flood of zeppole” which describes the streets in Naples on the Day of St. Joseph to this day. (Pintauro was also the inventor of the sfogliatelle – creative guy, that one.)

You’ll find a lot of Italians celebrating in churches, homes, bakeries and even online today (expect lots of photos of zeppole to show up on Twitter!). It’s worth the drive to your nearest Italian bakery to taste one of these treats and feel the buzz in the community. To experience Saint Joseph’s Day’s first hand, you’ll need to be ready to “lick your fingers.” Author Emanuele Rocco (Usi e Costumi di Napoli e contorni or Uses and Customs of Naples and Environs) in 1857 wrote down one of the first classic recipe for zeppole and noted that the inventor deserves a statue with the following plaque: “Naples invented zeppole and all Italians licked their fingers.”

Conchiglioni

by Jerry Buccilli



If you come from a big, crazy Italian family like ours I am sure you can relate on how hectic day to day life can become. So many things on the go. So many things to do. As much as you’d like to have more time it’s just not feasible. That’s why this recipe is perfect. Easy to make with not a lot of fuss and in the end you can make enough to have leftovers for two or three

days. (Nothing wrong with leftovers so long as you follow proper storing procedures).

This recipe for Conchiglioni literally means “sea shells” and its name is derived from the shape of the pasta you will use. There are many variations to this dish depending on what part of Italy you come from. The funny thing about Italy is how controversial the topic of food can be. One person’s recipe from the north can vary astronomically from the same dish made in the south.

This recipe is the one we use every day. Keep in mind that you can get pretty creative with it. In Sicily they add raisins and green olives to the mixture. In Abruzzo they add ground pork. Have fun with it. We tried to keep this recipe simple. Generally if you go to your local Italian eatery and ask for stuffed shells you’ll likely get this version.

Try out this recipe first and then build on it. It’s fun to experiment. Buon Appetito!

Conchiglioni – Spinach and Ricotta Stuffed Shells

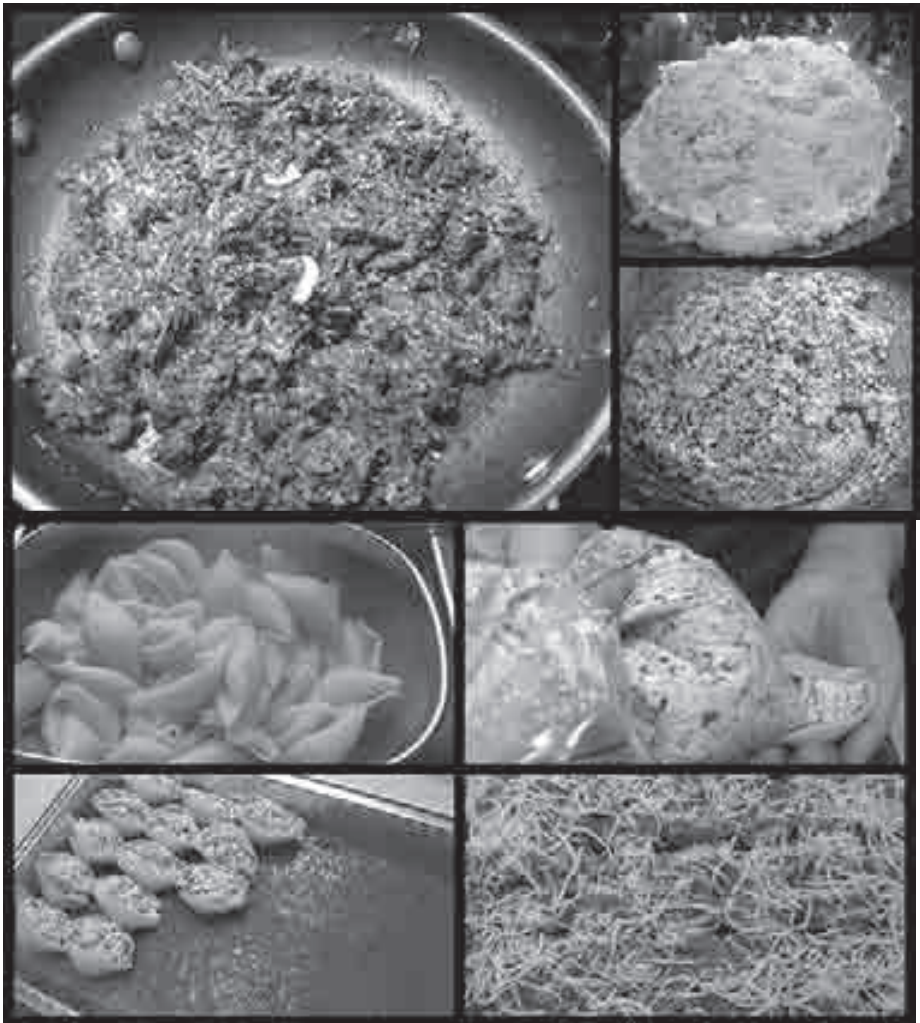
Serves up to 10 (serving size is 3 stuffed shells)

- 30 jumbo pasta shells
- 2 tablespoons extra virgin olive oil
- 3 cups of home-made marinara sauce
- 3 cloves of garlic
- 2 tablespoons of olive oil

filling:

- 2 cups spinach, sautéed, drained and chopped
- 2 cups ricotta
- 1 cup of Parmesan cheese, grated
- 2 eggs, lightly beaten
- salt and pepper taste

Preheat your oven to 350°F and bring a large pot of water to a boil. Once the water is ready, add the pasta, as well as a generous amount of salt, and stir. Cook the pasta until al dente, about 15 minutes. This is key! If you overcook the pasta it will



break up in your hands when you try to stuff them. Drain the pasta and set aside.

Sautee spinach with olive oil and garlic. Once sautéed, let rest, drain off excess oil and chop. Pour the marinara sauce into an 11”x 20” baking dish and move around to form an even coat. In a mixing bowl, combine the filling ingredients and stir together well. Season together with salt and just a pinch of pepper.

Using a spoon, scoop a small amount of the filling and stuff into a pasta shell. You can use a piping bag or even a Ziploc bag. My Mamma and Nonna used just a spoon and it works just as well. Nestle the stuffed shell into the baking sheet and repeat with the remaining shells until the baking dish is filled. Top the baking dish with mozzarella and some additional marinara.

Tightly cover the baking dish with aluminum foil and bake for 30 minutes. Remove the foil and continue to bake for an additional 10 minutes or until the mozzarella begins to bubble and lightly brown. Remove from the oven and rest for 5 minutes before serving.

Jerry Buccilli, is a 2nd generation Italian living in Niagara Falls, Ontario. He currently owns and operates Zeppoli’s – Italian Comfort Food, a catering company specializing in Italian regional cuisine.

Tax Tips from The Chartered Accountants of Ontario

8. When can you expect your refund?

The Canada Revenue Agency, which received over 25 million tax returns last year, has been streamlining and speeding up its processing with electronic tools—and it encourages tax filers to do the same. “The way you file your return is one of the most important considerations in determining how quickly you get your refund,” says Chartered Accountant Geoff Fisher, Partner, KPMG LLP in Sudbury.

Last year, more than 66 per cent of tax returns were submitted electronically. The CRA says that many Canadians who filed online, either by themselves or with the help of a professional, received their refund in as little as seven days. This year the CRA is encouraging all Canadians to submit their returns electronically by not mailing out tax packages unless they are specifically requested. Paper tax packages can also be picked up at your local post office or Service Canada office. However, if you have your taxes completed by a tax preparation service, they are required to file electronically.

“Tax software packages that accommodate electronic or NETFILE-ing do the calculations accurately and prompt you to check for deductions and tax credits you might miss otherwise,” Fisher explains. “The CRA doesn’t have to key-in information for us. Our returns have fewer errors and can be processed more quickly.”

Of course, more complicated returns may still need some finessing to prepare and they may also have to be reviewed manually by the CRA. But for individual returns especially, those are the exceptions, Fisher says.

“Take advantage of the My Account feature on the CRA website (www.cra-arc.gc.ca),” he suggests. “You’ll have access to your own up-to-date tax information; you can track your refund, view your benefit and credit payments, your own RRSP information, and be able set up automatic payments if you need to.”

9. Don’t be late making your tax instalments

Doing the right things at the right time is critical to staying out of trouble with the Canada Revenue Agency. “People who are self-employed, retirees and others who don’t have income tax deducted automatically from their pay cheques may be required to pay taxes in instalments,” says Chartered Accountant Geoff Fisher, Partner, KPMG LLP in Sudbury. “Failing to make those instalments on time can result in significant interest and even penalties.”

In 2013, you have to pay income tax by instalments if your net tax owing is more than \$3,000 this year, and was more than \$3,000 in either 2012 or 2011.

“The CRA mails instalment reminders to those taxpayers it expects should have to pay them. This year, the due dates are March 15, June 17, September 16 and December 16,” Fisher continues. “If you don’t receive notification of your instalment amounts, you may not have to make the payments, even if your tax liability has exceeded that \$3,000 threshold in those years.” Remember that the CRA bases its request for instalments and the amounts you’re supposed to pay on your history from previous years. If you’re confident that this year’s earnings will be substantially less—or more—than previously, you may want to adjust your payment amounts accordingly.

10. Legal fees sometimes reduce your tax bill

It’s rare to go through life without ever needing the services of a lawyer. Buying or selling property; marriage, divorce or adoption; wills and estates are all common and complex transactions that call for expert legal advice or handling.

“With certain exceptions, if the fees you pay a lawyer relate to personal issues or matters, like a will or a divorce, they usually are not tax-deductible,” says Chartered Accountant Gary Katz of Logan Katz LLP in Ottawa. “But if, for instance, you qualify for a moving expense deduction because you’re relocating for work and you sold your old home, the legal fees you paid to buy the new one can often count as part of that deduction.” If you have legal bills that are really business expenses, or that you incurred to get help with an issue that has to do with earning income, it’s altogether different. “In that case, the fees usually are deductible,” Katz says, “even if they relate to advice or action your lawyer took to help you recover wages or pension that you’re owed.” Fees for handling criminal matters? No. But depending on the circumstances, you may be able to deduct legal fees related to determining alimony or child support, as well as legal fees paid to enforce the remittance of taxable support payments. Every situation is different, and context is critical in determining whether your legal fees are tax-deductible. Consult a Chartered Accountant in your community for advice that applies to you personally.

11. File a tax return, even if you don’t pay income taxes

Think it’s a waste of time and energy to file a tax return because you didn’t earn enough to pay taxes last year? Don’t you believe it! “Many credits, benefits and qualifiers depend on it. So most people of working age and those who have retired, too, should complete a tax return and file it with the Canada Revenue Agency each year,” says Chartered Accountant Geoff Fisher, Partner, KPMG LLP in Sudbury. “Things like the HST credit, Ontario tax credits, and the child tax benefit are just a few examples of things that can help put literally hundreds of dollars back in your pocket.”

Students may have other reasons to file their tax returns, even if they didn’t owe taxes in a particular year. “Tax credits for tuition fees, education amounts and textbooks are offered as non-refundable credits,” Fisher explains. “The amounts can be significant. Eligible tuition fees can create a combined federal and Ontario non-refundable tax credit of just over 20 per cent. Education and textbook amounts are calculated monthly and are eligible for a combined tax credit of more than 20 per cent, too. “If the student doesn’t use these tax credits in a year when their income is too low to be taxable, they may be able to transfer some of the amounts to their parents, or carry the unused amounts forward to future years when they will have enough taxable income to justify claiming them.”

Another reason for young people to file tax returns? “It’s never too early to start accumulating RRSP-contribution room,” says Fisher. “This may not seem compel-

ling when you’re still in school or just starting to work, but you’ll thank yourself later when you’re earning more and able to take better advantage of tax-deferred savings.”

1. Split pension income, save taxes

All’s fair in love...and taxes. At least, that’s the way the Canada Revenue Agency seems to see it when it comes to pension income. “Up to 50 per cent of eligible pension income can be transferred between tax returns for spouses or common-law partners,” says Joseph A. Truscott, CPA, CA, in Hamilton. “So the spouse with the higher income may want to transfer pension income to the lower-income spouse, which can often significantly lower the taxes they pay on pension income as a couple.” You can transfer the taxable part of life-annuity payments from a superannuation or pension fund or plan, RRSP annuity payments, and income from registered retirement income funds. “But you cannot not transfer portions of your Old Age Security, any foreign-source pension income, or income from a U.S. individual retirement account (IRA),” cautions Truscott.

You’re not permitted to transfer Canada Pension Plan payments, either. But spouses and common-law partners can elect to share the benefits at the source, which can yield tax savings, too. To set this up, you must file an Application for Pension Sharing of Retirement Pension(s) Canada Pension Plan, which can be found on the Service Canada website. “To set up a transfer, you both must complete and sign Form T1032, Joint Election to Split Income, and retain it if you’re filing your return electronically. If you’re filing a paper return, the form must be completed, signed and attached to both your and your spouse’s or common-law partner’s returns. Most professional accountancy firms and tax software packages will do this for you automatically, and will usually calculate the exact amount you should transfer for the maximum tax advantage.”

Consult a professional if you’re not sure about setting this up, because the recipient could face a clawback of their Old Age Security benefits if the amount transferred exceeds certain limits. “If you’re 65 or older at the end of the year, you may also be eligible for a \$2,000 pension income credit, and your spouse/partner may be able to claim it, too,” Truscott adds. “In some cases, the savings from splitting your pension income could be significant, so it a strategy that’s well worth investigating.”

2. To save on taxes, business owners need a plan

When it comes to reducing the income tax they have to pay, private business owners can have a real edge on the rest of us.

“If the business is incorporated, private owners usually have some discretion as to the amount of compensation they receive,” says Chartered Accountant Jason Safar, National Private Company Services Tax Leader of PwC in Toronto. “So instead of meeting with your accountant at the end of the year to fix what you’ve done over the last 12 months, go now and get on track for the year ahead.”

If you’ve been in business for a few years, you probably have a good idea of how it will perform, Safar says. “Don’t get bogged down trying to get every detail just right. Instead, think about the big things. Know what you can expect in a good, an average, or a less-than-average year. “Your accountant should know what the situation is in both your business and your personal life: your business losses, RRSP room, capital losses, medical expenses and whether you’re putting kids through university. So the question becomes, what’s the best way to fund everything? Salary? Dividends? Bonuses? Think about it before the year starts and plan the best way to manage everything.”

Tax rates vary widely, depending on who or what is paying them. “Taxes are just 15.5 per cent on the first \$500,000 of active business income earned in a private Canadian corporation, inside the corporation,” Safar explains. “So, is it better to take more salary and lower the company taxes, or take your compensation as dividends and pay the lower taxes on your personal income? Are there opportunities to income-split, by paying your spouse or children a salary? If you help your parents financially, would it be better if they had shares in your company to use for income instead of you writing them a personal cheque?”

Safar cautions that there’s no silver bullet, and that you need to put all those pieces together and look ahead to what’s likely to happen. But he’s resolute that you’ll get a much better result if you do. “The idea is not to lock you in, but to give you a framework for making it happen and a sense of control. It just puts you in a better place overall.”

3. Share your investments, cut your tax bill

It’s all in the family. At least, that’s the way the Government of Canada seems to see it when it comes to taxes on investment income. “If someone earning income from their non-RRSP investments is in a higher marginal tax bracket than their spouse or partner, they might consider transferring the underlying investments—or lending the funds to invest—to the other,” says Chartered Accountant Richard C. Weber, a tax and accounting specialist in Oakville. “This way, the couple will reduce their tax burden on that investment income by effectively accessing the lower marginal tax rates of the lower-income spouse.” But be careful. It’s important that the loan is structured in a particular way. “An equivalent-value promissory note must be exchanged that bears interest at the applicable rate prescribed by the Canada Revenue Agency,” Weber explains. There are other considerations and requirements that must be diligently met, such as ensuring that the interest is actually paid each year, or by January 30 of the following year.

“There are adverse tax attribution rules that don’t allow property to simply be transferred between spouses for income-splitting purposes. The one who receives the benefit must pay fair-market-value consideration,” Weber continues. “But you can lend your lower-income spouse the funds to invest, and charge them the same applicable interest rate that the CRA prescribes (currently 1 per cent annually) on the amount of the loan. If those investments should yield, for example, a 5 per cent

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The Pizelle Committee

Pizze Fritte Night in Pompano Florida



Benny, Claudio and Claudia



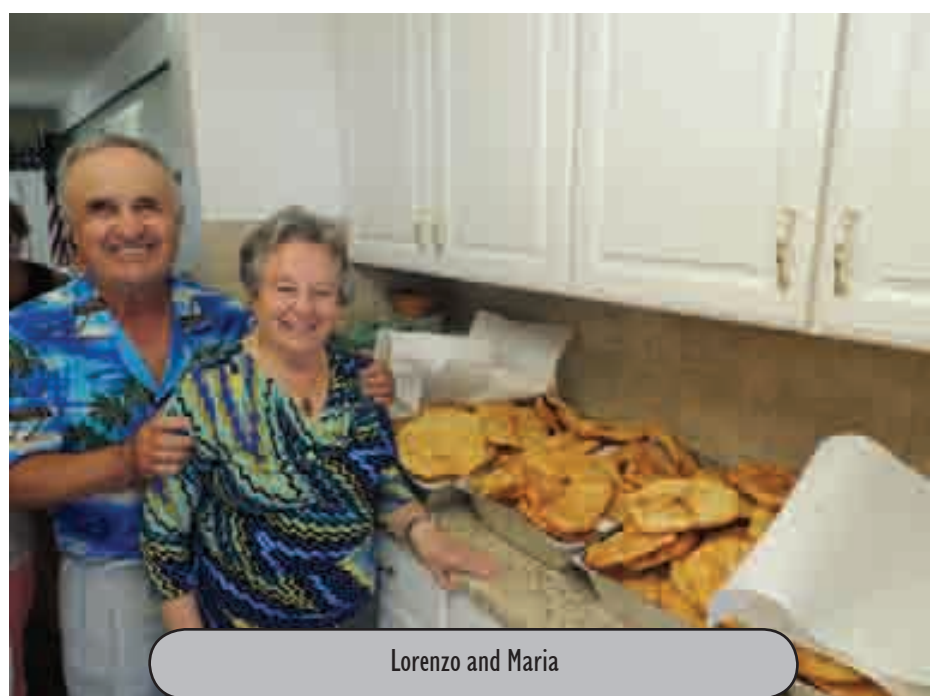
Nancy, Mary, Claudio, Brian, Lonni and Pietro



Denise, Lorenzo, Theresa, Fernanda, Claudio and Friends



Lorenzo and Theresa



Lorenzo and Maria



Mary, Claudio and Lonni

LOCAL

Locatelli Family Mandolin returns to Ottawa

Rick Locatelli , the grand child of Tullio has just recently recieved Tullio s mandolin from his cousin in California . Tullio was part of the first Italian Band in Ottawa called the Colony Band of St. Anthony s Church during the 1920s. Tullio used to play his mandolin in front of St. Anthony s Church during the St. Anthony s Feast day right after the outside Mass on St. Anthony s Day. The last time he played the Mandolin was at St. Patrick s Long Term care Centre when he turned 103 years young. Tullio always loved music and became a music teacher in the Colony Band. He learned his trade of shoe making from Teracina Italy. He lived in Little Italy Preston Street for most of his life when he arrived from Italy at the early age of twenty.



My grandfather Tullio Locatelli started playing mandolin seriously at about 85 years old. Prior to that he had played some guitar but his main instruments were alto horn which is like a small tuba and cornet which is similar to a trumpet.

He found it harder to play brass instruments as he got older and a little too loud for senior homes so he decided to take up the mandolin seriously.

Much to his surprise he found the two instruments were very different in terms of how they were played A double stroke worked best for mandolin rather than single for guitar and also the mandolin was tuned like a violin. That didn't deter him. As in life it was a challenge and made him mire determined. He was largely self taught and became very proficient, so accomplished that he often played with other musicians. He played with the band at his ninetieth birthday and really impressed the other musicians. Some still talk about that night that he sat in with the band and his talent and fine ear for music.

My father bought the mandolin for him when my grandfather was about 75 years old. His original fell apart and they happened to notice this one in a used instrument store in Florida where he was visiting my parents, Angelo and Gertrude Locatelli. He tried playing the mandolin and fell in love with the sound and workmanship of the instrument. It was hand made by a skilled craftsman and our research reveals it to be over 50 years old. Despite its age it is still in great condition and it plays perfectly in tune and has a great sound.

For many years Tullio entertained the residents and staff at the senior home on Gladstone and then St Patrick's home when he moved there. He played and practiced until he was 102 years old.

When he was 100 years old many people asked him what it took to live to that age. He told them that it was important to live life with passion every day. Some of his strongest passions were music and family and it allowed him to live to almost 103 years old.

Ottawa's grand old man celebrates 100th birthday

by Marjorie Gilles and Tony Lofaro

Ottawa Citizen September 15th, 1986

Ten years ago, at his 90th birthday party Tullio Locatelli stood up before a roomful of guests at the Tudor Hall restaurant and invited everyone to come to his 100th birthday,

On Thursday night, at the same place where he had made the earlier invitation, Locatelli kept his promise. He turned 100 and about 200 family and friends came out to honor him, "I'm stunned and surprised by all of this," said an emotional Locatelli dressed in a dark blue jacket, red tie and white pants. The St. Patrick's Home resident was visibly moved by the outpouring of affection and love from the guestsHe received congratulatory letters from Prime Minister Brian Mulroney, Queen Elizabeth. Governor General Jeanne Sauvé, former prime minister Pierre Trudeau and even U.S. President Ronald Reagan.

Sam Bortolotti told the story of when he met Locatelli at his shoe store on Preston Street. He said he entered the shop to get his shoes fixed and the pair struck up a friendly conversation They have remained "fighting friends: for more than 66 years, Bortolotti added. A Man of many talents developed to meet a lifetime of change, Locatelli said his choice of good friends has contributed to his longevity. "Fine friends, hard work and moderation, that's my secret," he added "a little work, a little drink, a little food, a little play. A moderate life" There was a time for fun, too Locatelli recalls the days he picked up his trumpet, guitar of mandolin after dinner to visit neighbours with his wife. "At each house we'd eat a little, drink a little, and then everyone would get up and go next door. Sometimes, we didn't get home until dawn." From Locatelli's first days in Ottawa, life also had a serious side for the penniless young man who was totally unfamiliar with the English language. In 1906, when he was 20, he life his Terracina village home. where he'd been an apprentice shoemaker wince the age of 12, to work in New York City. "I wanted to make more than 20 cents a day." he explained. "My best friend had gone to America and was making \$1 a day." After 28 days at sea, he landed in New York City, only to be handed a pick and a shovel and sent to work laying railroad track upstate, later finding winter employment in a shoe factory. He followed his friend to Montreal, in 1908, where he was again handed a pick and a shovel and put to work on a construction site. "I had difficulty learning English from my friends." he remember. 'I would ask "What is this" or "what is that" and my friend would say "Well-a, that's a pick," or "Well-a, that's a plate." But, says Locatelli, his eyes twinkling, there were no words spelled "wellapick" or "wellaplate" in my dictionary. "I had to find other people to question and then learn how to spell out the words by ear."

By 1912 he'd moved to Ottawa and earned enough money to open his own shoe repair shop and bring his parents and his brother and sister to live with him. in 1913, with five other Italians new to Canada, he began physically, to build St. Anthony's Church on Booth Street. Within two years, the wooden structure, which burned down in 1920, was completed. The six, working only in their spare time and for no pay, had dug through a layer of rock before the cement foundation was poured and the building erected. At 27, Locatelli went back to Terracina to find a wife, returning with Agatina, 13 years his junior and his wife for 47 years, until she died in 1960.



Salvatore Locatelli is in the back row 4th from the left with the moustache, the oldest member of the band. He was in the brass section playing the alto. Included in the picture is Tullio Locatelli Harold's father, he is between and behind the two trumpeters in front. Bill was the youngest member of the band second from the left front row. Fred Pantalone is seated in the front row wearing a sash, hands on his knees seated beside Father Prosperi the much loved parish priest who left Ottawa to become Provincial of the Servite Order in Florence. Tony Disipio (founder) of the Prescott Hotel is the man behind the base drum with, (as they said in those days) the Charlie Chaplin moustache

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SICULA



Ottawa St Anthony
Italia
Soccer Club



ASSOCIAZIONE
CARABINIERI
DI OTTAWA



photos Giovanni

Carnevale de Bambini 24 Febbraio 2013 alla St. Anthony Soccer Club



ALPINI
SEZIONE DI OTTAWA



ABRUZZO



FOGOLAR
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ASSOCIAZIONE
PRATOLA PELIGNA

