

IL POSTINO

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H.E. Gianlorenzo Cornado, Ambassador of Italy, hosts the Ferrari Festival



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Letters to the Editor Letters to the Editor



FOR IMMEDIATE RELEASE
 WEDNESDAY, July 31, 2013

Grape Fest Ottawa/Vendemmia is back for another year of celebrating the food and wine of Preston Street and Meet the Merchants!

Saturday, September 21st, 2013, 10:00 am to 10:00 pm

Brought to the public by the Preston Street BIA, the hope of GrapeFest 2013 is to make it bigger and better than last year. All sorts of entertainment, food samples, vendors, and activities will be available for the public to experience and participate in such as grape stomping, horse-drawn wagons, free food, fireworks, live entertainment and music, a tomato fight for charity, and more. Please check out our web page for a schedule of events at www.grapefest.ca

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

-write in English, Italian or French

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Rona Shaffran reading Il Postino

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

Baird Presents Queen's Diamond Jubilee Awards to Angelo Filoso, Maria Ricci and James Sordi



LOCAL



Grape Fest

Little Italy Corso Italia
TOMATO FIGHT!
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FIREWORKS!

Food Tasting - Car Show - Grape Stomp
Kids Zone - Music - Meet the Merchants

Saturday
September 21, 2013
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Queen Elizabeth II Diamond Jubilee Medal



Diamond Jubilee Medal Created in 2012 to mark the 60th anniversary of Her Majesty Queen Elizabeth II's accession to the Throne as Queen of Canada, the Queen Elizabeth II Diamond Jubilee Medal was a tangible way for Canada to honour Her Majesty for her service to this country. At the same time, this commemorative medal served to honour significant contributions and achievements by Canadians. During the year of celebrations, 60 000 deserving Canadians were recognized.

To ensure that a variety of fields of activity were recognized, partner organizations were invited by the Government of Canada to nominate candidates from their community or organization for this national honour.

Medal Description

The obverse depicts a crowned image of the Sovereign, in whose name the medal is bestowed. The reverse marks the sixtieth, or diamond, anniversary of the accession to the Throne of Her Majesty Queen Elizabeth II. The anniversary is expressed by the central diamond shape, by the background composed of a pattern of diamonds, and by the two dates. The Royal Cypher consists of the Royal Crown above the letters EIIR (i.e., Elizabeth II Regina, the latter word meaning Queen in Latin). The maple leaves refer to Canada, while the motto VIVAT REGINA means "Long live The Queen!"

The ribbon uses a new arrangement of the blue, red and white colours found in the 1953 Coronation Medal, the 1977 Silver Jubilee Medal, and the 2002 Golden Jubilee Medal.

The design of the medal was developed by the Canadian Heraldic Authority. The medal was manufactured by the Royal Canadian Mint at their Ottawa facility.

St. Anthony's Church 100th Anniversary

Celebration

November 3, 2013

Sala San Marco



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after the 11 a.m. Mass

Tickets \$100.00

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michéal CASTALDO (The amazing adventure continues) by Tony Marotta

It is said, "Good things come to those who wait" and that "One's arrival pales in comparison to the road taken". Keeping in mind these enduring adages and the fact that "Rome wasn't built in a day"; it seems perfectly logical that michéal CASTALDO's journey to the 28th Edition of the 2013 Greater Youngstown Italian Festival was one that would not be rushed nor taken for granted. The weekend of August 3rd and 4th could not have been planned any better. After several attempts to align their calendars, the festival chairman John Rossetti and his entertainment committee along with michéal were able to coordinate their schedules and the result was the proverbial "perfect alignment of the stars". Though I was unable to attend the Saturday evening performance, I was under good and trustworthy advisement that the show that night was an unqualified success as repeated standing ovations rewarded the enchanted interpretations of this talented and dynamic performer. Although the Sunday show would feature a completely different selection of songs, surely I would not be disappointed. After graciously agreeing to an informal and brief interview in his dressing room, I met and spoke with michéal's charming wife Bozena. As "Showtime" quickly approached, I nestled into my seats along with my wife Concetta and what followed next was an absolutely delightful experience of genuine musical and lyrical splendor. Not even an early interruption of audio feedback would deter michéal from his destiny as he proceeded to deliver heartfelt renditions of his repertoire accompanied by a local and talented string orchestra. Opening with the majestic "Con te partirò", michéal continued with various selections from his entire library of recordings, including "Il tuo mondo", "Va pensiero", "I te vurria vasa", "Hallelujah", "Pray'r", "Il mondo", "Ave Maria" and "Notte di luce". He also interweaved among these classics, songs from his newly released recording "Bergamot", featuring the pulsating and rhythmic pieces "Na Muri", "Spetu pe tia" and "Senza amuri". He concluded his triumphant and memorable evening with "L'arcobaleno". Each song was greeted with resounding applause, acknowledgement of a job well done. Yes, michéal had been brought in to deliver the joyous message of timeless and enduring Italian, Neapolitan and now, Calabrian masterpieces much to the delight of all who were privileged to attend; and he did so with resplendent grace, unbridled enthusiasm and contagious charm. Viva michéal! (August 30, 2013)

Tony Marotta is a DJ Personality from Cleveland, OH. His radio show "Italian Sounds" can be heard Saturday's 5:30PM to 7:30PM (EST) on WRUW 95.1FM or streaming live on www.WRUW.org.

Tony Marotta & his Zeppies



LOCAL

THE BEST FOOD CHOICES TO FUEL OUR ATHLETES AT HOME

Written by Chef Michael Smith

At the upcoming Canada Summer Games in Sherbrooke, I'm privileged to be part of a presentation on the best food choices to fuel competitive athletes. I've always loved cooking for athletes. There's something so pure about feeding a frenzied group of faces in between activities or before their next ritual of get-up-and-go. I like to think of food as an athlete's equipment (glove, bat, stick). Good diet and nutrition enhances energy and supports good sporting performance. Food and facilities management company, Sodexo Canada is cooking for the athletes at this year's Canada Summer Games and has put together a menu short on junk food and long on nutrition and taste. Sodexo Canada requested my participation in the Canada Games activities (anyone who knows me, knows that I am an advocate of healthy eating).

On top of cooking meals for the athletes on August 8, I will spend time with Sodexo advising parents on how to cook the best meals for their little champions at home.

There are two important things to remember about healthy cooking for your family. First, it's not optional, processed food is a short term fix with severe long term implications. Second: healthy cooking is easy! Too often we confuse the unknown with difficult and that's simply not the case. You can do it!

Nutrition is not crucial just for high-performance athletes; it's a must for athletes of all sizes. I like nothing more than seeing a bunch of dog-tired kids come into the house like ravenous zombies looking for food.

With youth on their side, teenagers often have no interest in the food they eat. But even if they get away with it now, poor food habits will end up having negative effects down the road and will limit their progress as athletes. That's why it's so important to help parents prepare simple, tasty meals that provide natural fuel for their athletes.

Even though young athletes are more concerned than average teenagers on the importance of healthy eating, it is often their parents who end up with the daunting task of cooking meals that will best prepare their kids for a strong sport performance.

The key is to feed them something wholesome and tasty. In the end, a healthy meal will make junk food look pale in comparison to the colorful and tasty options that you can provide from your kitchen. I've included two recipes that we will be serving athletes at the Canada Games and I hope you will enjoy them at home with your own team.

The Canada Summer Games - Sherbrooke 2013, being held in August are the first Games in Canadian history to ban junk food from their premises.

Penne with Rotisserie Chicken, Baby Spinach & Pesto © Chef Michael Smith

This rustic dish shows off one of my favourite flavour combos ever: roast chicken and bright green pesto with chewy pasta, and dark green spinach tossed in for good measure. These are true comfort flavours to me. It's nice to roast your own chicken but just as nice to save time with a store-bought rotisserie bird.

Serves 4 to 6

1 store-bought rotisserie chicken
1 pound (450 g) of penne
1 cup (250 ml) or so of pesto, hopefully homemade
1 bag (10 ounces/284 g) of baby spinach
lots of freshly ground pepper

Use your fingers and a fork to shred as much meat from the chicken as you can. As the cook you get first dibs on the tender roasted wings. Snack if you like! (Reserve the carcass for making stock for another meal.)

Meanwhile, prepare a large pot of freshly cooked steaming penne. Drain the pasta in a colander, returning 1 cup (250 mL) of the starchy cooking water to the pot. Don't rinse the pasta.

Stir the pesto into the water, add the chicken, toss in the spinach, and top with the steaming pasta. Stir the works together until everything is combined and evenly coated. Serve and share with lots of freshly ground pepper.

Speed it up

On the top ten list of time-saving kitchen shortcuts is the ubiquitous store-bought rotisserie chicken. Just about every supermarket offers this tasty time saver. You can slice or shred its goodness into a menu of food choices. Be sure to simmer its leftovers into a tasty broth, and you'll save time for another meal.

Sweet Potato Vegetarian Chili with Cinnamon Sour Cream

© Chef Michael Smith

Few things are as comforting as a warm, steaming bowl of chili. This

vegetarian version is packed with so much flavour you won't notice the missing meat. You will notice the familiar rustic flavours, the earthy sweetness of the sweet potatoes, and the colourful nutrition they bring to your table.

Serves 4 to 6

2 tablespoons (30 mL) of vegetable oil
1 large onion, chopped
1 green bell pepper, seeded and chopped
8 garlic cloves, thinly sliced
1 tablespoon (15 mL) of cumin seeds
1 tablespoon (15 mL) of chili powder
1 tablespoon (15 mL) of dried oregano
2 cups (500 mL) of fresh or frozen corn

1 can (14 ounces/398 mL) of black beans, rinsed and drained

1 can (14 ounces/398 mL) of kidney beans, rinsed and drained

1 can (28 ounces/796 mL) of whole tomatoes

1 sweet potato, peeled and finely diced

1 tablespoon (15 mL) of chopped canned chipotle chilies in adobo sauce

1/2 cup (125 mL) of sour cream

1 teaspoon (5 mL) of cinnamon

A sprinkle or two of salt

1 cup (250 mL) of tender cilantro sprigs

2 green onions, thinly sliced

Heat the oil in your favourite soup pot over medium-high heat.

Toss in the onions and green pepper and sauté, stirring frequently, until the vegetables

begin to brown, 6 or 8 minutes. Stir in the garlic, cumin seeds, chili

powder, and oregano. Reduce the heat to medium and cook, stirring, until the

spices are very fragrant, another 2 minutes or so.

Stir in the corn, black beans, and kidney beans. Add the juice from the canned tomatoes, then coarsely chop the tomatoes and add them as well. Add the sweet potatoes and chipotle chilies. Bring to a boil, then reduce the heat so the liquid is just barely simmering. Simmer, stirring frequently, until the sweet potatoes are tender and the chili begins to thicken, 20 to 25 minutes.

Meanwhile, stir together the sour cream and cinnamon. Just before serving,

season the chili to your taste with salt. Ladle into serving bowls and top

with the sour cream and a tangle of cilantro and green onions. Serve and

share!

Kitchen Tip

Most of us easily meet our protein needs by eating meat. Vegetarians do so

by enjoying grains and legumes. Both grains and legumes contain essential

protein building blocks, but neither contains all of them. Together, though, they complement each other (like the corn and beans in this soup), providing all the life-giving protein nutrients a vegetarian needs.

Nutritional Guidelines for athletes

Contributed by: Chef Michael Smith and nutritionist Christiane Azzi, Dt.P, Sodexo Canada

Unprocessed carbohydrates and/or whole grains are the healthy options because they are nutrient dense and lead to a slower increase in blood sugar. Fruits and vegetables contribute important carbohydrate foundation for an athletes' diet providing vitamins and minerals that are lost through exercise and need to be replenished. Athletes have a hectic schedule and are more at risk of getting sick from the stress they place on their bodies. Exercise also causes oxidative stress which can lead to fatigue and muscle damage. Fruits and vegetables provide important nutrients like vitamin A, C and E, magnesium and multiple anti-oxidants which play a role in maintaining the integrity of the immune system and protect against oxidative stress. Vitamin C will also improve the absorption of iron, which plays an essential role in the delivery of oxygen in the body.

Fruits and vegetables improve healing, aid in recovery, and reduce risks of cancer, high blood pressure, and constipation. Dark colored vegetables usually have more nutritional value than pale colored ones. A general rule is the darker the color the more nutrient dense it is. Like all foods, it is very important to have a variety. To get the most nutritional value out of fruits and vegetables it is important to eat them as close to their natural, unprocessed form as possible with no other nutrient (sugar) added. Meeting daily protein requirements from foods such as chicken, fish, meat, eggs, legumes, nuts and dairy is intended to supply the building blocks to rebuild and repair body tissue. Focus on lean protein and remember that protein is also found in whole grains, fruits and vegetables. Staying hydrated is important for everyone, but athletes have an even greater need to maintain proper hydration. Performance can start to decline even with only 2% dehydration.

LOCAL

There comes a time in the life of every Italian mother when....

By Dosi Cotroneo

Recently I go to thinking, "is it possible to love your children just a little bit too much?" As an Italian mother, I fought long and hard to try to break from the over-protective, coddling, worrisome, over-nurturing Italian immigrant style parenting I was raised with. I suppose some battles just aren't meant to be won. I tried to rebel against my Italian immigrant parents old-fashioned ways, swearing up and down that I would never raise my children that way. I would be one of those modern parents -one who would not blink twice if their child wanted to attend university out of town, let alone out of the country, or if their child wanted to travel to see the world, with friends, or alone for that matter. I also pledged that I would not pass along the old Italian fears my parents raised us with, for example, "it's a big, scary dangerous world out there, and any of the above dreams of mine and my sisters could never come to fruition.

So today I find myself alone at home - nothing short of a miracle considering seven adults are residing here under one roof. I decided to embrace the day, enjoy the silence, and make a list of only the things I truly felt like doing. Somehow, I managed to stray from that list when I walked into 22 year old daughter's bedroom and saw signs of moving boxes, bubble wrap, a sharpie, and some labels. Yes, the time has come my friends for this Italian mother to nudge her robin to the edge of the nest, give her that last little push and watch her spread her own little wings and fly. It's not easy for an Italian ma like me. I know I said over and over again that I would allow my children to "let go and let grow", constantly preaching the joys of independence, seeing the world, and chasing their dreams. As my middle child prepares to venture off to the big city of Toronto for graduate studies, I am bursting with pride. I am also bursting with emotion, but I certainly don't want to project that onto the independent young woman I raised. I decided it best to face the music, grab some boxes and get some packing done.

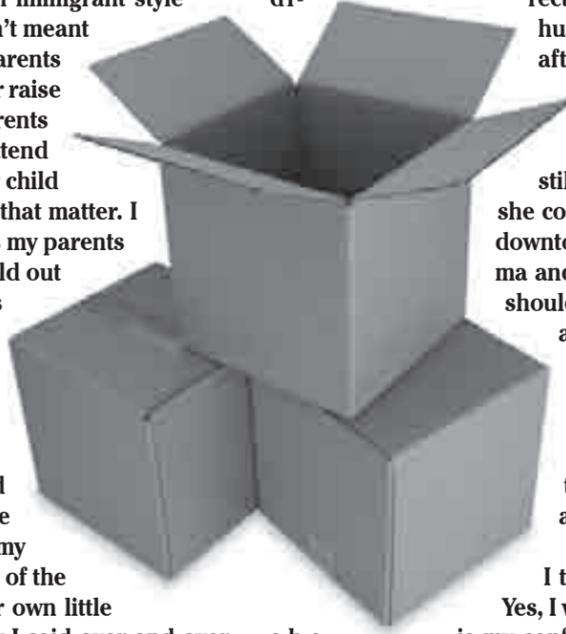
It is a sad day indeed when a parent must prepare not only their child, but themselves, for the day they leave that cozy cocoon of a nest called home. But in my heart, I know, as difficult as it may be for me to think about my little girl on her own in downtown Toronto, I am at the same time inspired. Inspired to pursue

goals I never had the opportunity to. Being the child of Italian immigrants is quite unique. For my siblings, my cousins, and many of my girlfriends, we were

di-rected along the same path - go to school, get a job, find a husband, get married, have a family, and live happily ever after. I too went from my "father's house to my husband's house" as the girlfriends and I would call our rite of passage, coming of age - actually, marriage. With much happiness and no regrets about my choices, I still feel that twinge of a young 20-year old girl wishing she could travel on her own, have an apartment somewhere downtown on her own, or study abroad on her own. Alas, ma and pop would never hear of it. Even today I must be a shoulder for my 80-something year old parents as they fret and fear for this young granddaughter of theirs who is blazing a trail to the University of Toronto. It's a strange reversal of roles actually. At a time when I could really use my parent's shoulder to cry on, as I must let go of my little girl, I have to be there for them, and console them that she will be happy, safe, and come home once a month to visit.

As I pack the last of the teacups into bubble wrap, I take one long look around this young girl's bedroom. Yes, I will miss her. Yes, I will feel lost without her at times, as she is my confidante, my voice of reason, my best friend. Yes I will cry. Yes, I will become unhinged and possibly throw myself on the floor in a tirade of emotion, perhaps even slapping, drooling, and biting myself...But suddenly, a revelation! This bedroom will make a lovely writing and painting studio. I can just picture it - my long-awaited Paris-apartment can come to life in this very room!

Yes my daughter, I will miss you. I will visit you. You will visit me. But for now, I must race off to the nearest Benjamin Moore dealer and choose some paint colours. Maybe I can set up a wall of book cases to house my beloved shoe collection! Country French, shabby chic, why my fingers are tingling at the thought of moving some of my furniture in here. Why I feel so much better already. It's amazing how a moment of quiet solitude can bring about such clarity...



Un Bicchiere di Vino con IL Postino... Trattoria Caffè Italia

Domenico Cellucci

This month's column continues with the theme of Ottawa's Wine personalities. Recently, I had the opportunity to sit down with the Carrozza brothers, Dominic and Pasquale, proprietors of Trattoria Caffè Italia. The story of the Carrozza family is one that we are familiar with: immigrants that left Italy to find the Canadian dream. They left Reggio Calabria Italy in 1972 and within a few years became very successful in their new land. The original Caffè Italia was opened in 1958 and became a meeting place for the new Italian arrivals. The family became involved with the restaurant in 1981 and in 1986 purchased the restaurant.

DC: Dom and Pat, I have eaten in your restaurant many times through the years and congratulate you on your success. It is well known in Ottawa that you have quite a wine collection. How many wines would you say you can offer the public?

D & P: We have over 8500 bottles representing about 801 titles. We have one of Ottawa's best collections of Italian wines. We are especially proud of our large section of verticals. For example, we can provide verticals of Super Tuscans from 1997-2009.

DC: I read the Wine Spectator often and your restaurant is always highlighted and commended for its collection.

D & P: Yes, we have been awarded the Best of Award of Excellence by that magazine since 2001.

DC: Do you offer any wines by the glass?

D & P: We currently offer about 25 wines by the glass and have 4 wines available using our Enomatic machine which can dispense 4 wines with a perfect pour at the perfect temperature and can preserve flavour profiles for up to 25 days!

DC: What are your top selling wines?

D & P: The three top sellers are wines from Chianti and Valpolicella for reds and Pinot Grigio for whites.

DC: In looking at your wine collection, many of the names are unfamiliar to me. Are many of your wines from consignment?

D & P: I would say that 85% of our wines are on consignment and therefore are only available at our restaurant in Ottawa. The rest are from the LCBO. We have patrons that return to our restaurant because they tried a certain wine that is not

available anywhere else. For example, out of Veneto, you have Valsaia, a Rosso del Veneto by Luigi Righetti. A wonderful blend of Corvina and Cabernet Sauvignon. We are the only place in Ontario that has this wine.

DC: How many sommeliers do you have on staff?

D & P: Besides the two of us, we have Jacqui Peter, Salvatore Amendola and Josie Bellissimo.

DC: What kind of wine appreciation events do you put on for your patrons?

D & P: We often have private tastings with our patrons. Every month we put on dinners in our private room with wine makers, wine reps or with the two of us. We also participate in the annual Vendemmia held every September.

DC: On a more personal note, what are some of your favourite wines?

D & P: In the reds, we both appreciate Barolos, Barbarescos, Amarones and the Super Tuscans. In the whites, Sicilian whites are fantastic. The Grillo grape from Sicily in a blind tasting often fools people who think it's a new world white!

DC: I understand your sister Connie plays a big role in the kitchen. What are some of the Classic wine and food matches involving her delicious plates?

D & P: Osso buco and Chianti is a wonderful combination. With the whites the Grillo from Sicily and shrimp works so well.

DC: Lastly, when you introduce new wines to your collection, who is responsible for those decisions?

D & P: Salvatore and Jacqui play a big role in the beginning. But in the end, all the sommeliers and ownership sit down and decide which wines to add.

DC: Thanks so much for spending some of your valuable time with my readers and I today. Much continued success!

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.



Sassicaia vertical



The Rapinesi delegates visits Ottawa



A gift presented to the Mayor of Rapino by the Association Rapinese



Andrea Oliva, Vice Mayor with Frank Maroncelli



Domenic Ricci with delegates at Villa Marconi



Gino DiNardis, President of the Montreal Association, is presented a gift by the Mayor of Rapino with Chair Lorenzo Micucci



Mayor presents a gift to Mr. And Mrs. Luciano Dinardo for their hospitality



Delegates at Ottawa City hall in the Board Room of Mayor Jim Watson



Mayor Cociaglia presents a gift to Mayor Watson



The Rapinesi delegates visits Ottawa



Delgates are received by the Italian Canadian Community at St. Anthony's Church



Il Postino gives Italian Jerseys to delegates



Delegation at Villa Marconi hosted by Angelo Filoso of the Italian Canadian Community Centre



Arrivederci a tutti delegati!



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ITALIAN

DEPUTATI PD ESTERO: SOLIDARIETÀ AL MINISTRO KYENGE E CONFRONTO SULL'INTEGRAZIONE E SULLA CITTADINANZA

I deputati eletti all'estero e il responsabile per gli italiani nel mondo del PD hanno incontrato il Ministro per l'integrazione Cécile Kyenge

I deputati del PD eletti all'estero Gianni Farina, Marco Fedi, Laura Garavini, Francesca La Marca e Fabio Porta, accompagnati dal responsabile del Partito Democratico per gli italiani nel mondo Eugenio Marino, hanno incontrato il Ministro per l'integrazione on. Cécile Kyenge per uno scambio di valutazioni sulle problematiche concernenti i migranti in Italia e all'estero.

I parlamentari del PD hanno manifestato la loro sincera condivisione per la scelta del Presidente Letta di affidare a un migrante un incarico così delicato e impegnativo e l'apprezzamento per il modo come lo stesso Ministro sta esercitando il suo ruolo. All'on. Kyenge, essi hanno espresso, inoltre, la loro sincera solidarietà per gli attacchi anche di carattere personale di cui è stata fatta oggetto nell'esercizio del suo compito istituzionale.

Nell'incontro con il Ministro, affiancato nell'occasione dal capo di gabinetto e dal capo dell'ufficio legislativo, sono stati toccati diversi punti, a iniziare da quello relativo alla cittadinanza. La delegazione del PD ha ribadito il suo sostegno all'impegno dell'on. Kyenge di facilitare la concessione della cittadinanza ai migranti regolarmente residenti nel Paese e, soprattutto, di riconoscerla ai figli di stranieri che nascono in Italia e vi frequentano regolari corsi di studio. Allo stesso tempo, i parlamentari esteri hanno ribadito la loro richiesta che in occasione dell'esame dei provvedimenti relativi siano prese in considerazione questioni da lungo tempo pendenti per gli italiani all'estero, quali il recupero della cittadinanza per chi si è dovuto naturalizzare all'estero per ragioni di lavoro e per le donne che l'hanno perduta senza la loro volontà per matrimonio con straniero.

Altro aspetto toccato, quello della cultura dell'integrazione da promuovere soprattutto nelle scuole, con riferimento all'emigrazione italiana nel mondo e all'immigrazione in Italia. In tal senso, i parlamentari hanno già presentato un disegno di legge che riguarda proprio un progetto di formazione da realizzare negli istituti di ogni ordine e grado.

Con l'intento di dare stabilità e continuità alle politiche per l'integrazione, è stata auspicata la creazione di uno strumento istituzionale che metta permanentemente a confronto i responsabili politici e amministrativi di queste politiche con le rappresentanze associative degli immigrati. Anche su questi aspetti i parlamentari hanno avanzato proposte di legge utili per un'eventuale soluzione normativa, che preveda anche la formazione di un osservatorio permanente sulle migrazioni.

Un aspetto che ha trovato un'ampia convergenza è stato quello della tutela sociale dei lavoratori migranti, con particolare riferimento agli accordi bilaterali di sicurezza sociale tra l'Italia e i Paesi di immigrazione e - più in generale - ad una complessiva rimodulazione del sistema di tutela socio-previdenziale degli stranieri in Italia e degli italiani all'estero.

L'incontro, dopo l'intervento di tutti i presenti, si è concluso con la volontà di organizzare un evento pubblico di approfondimento e di dialogo sui temi dell'integrazione e della cittadinanza, che si terrà a Roma nelle prossime settimane.

Farina, Fedi, Garavini, La Marca, Porta

Columbus Centre unveils its latest project, Riflessi: Italian Canadian Internment Memorial

by Artist Harley Valentine

June 28, 2013 Toronto, ON On Wednesday, June 26, 2013, Columbus Centre unveiled *Riflessi: Italian Canadian Internment Memorial*, a new monument that explores the struggles and successes of the Italian Canadian immigrant story and the Italian Canadian internment history. Artist Harley Valentine said, "The monument encapsulates the internment history from a wide perspective (the internees, their families, and the Italian Canadian community as a whole) and keeps an open place for the present to reflect on our connection to this past."

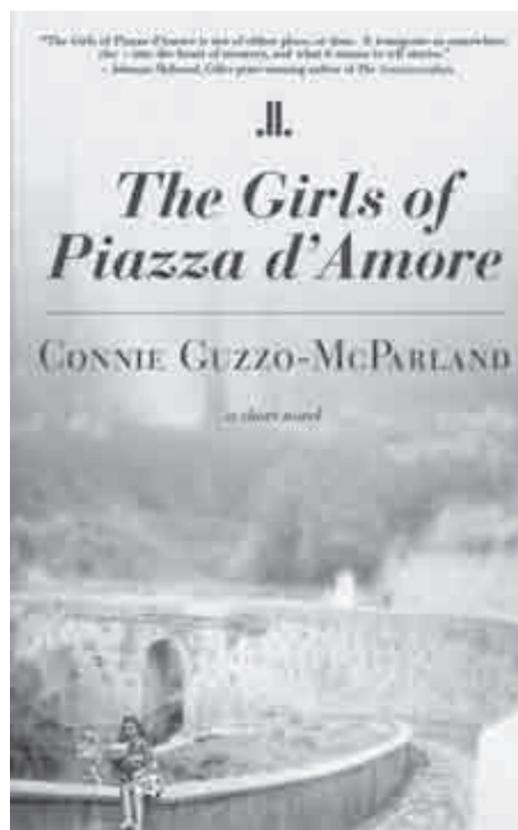
The public event was held in the gardens of Villa Colombo/Columbus Centre, and was attended by hundreds of guests, including dignitaries - such as Hon. Consiglio Di Nino, who championed Columbus Centre's internment projects throughout his time in the Senate, fellow artists, educators and community members. Among these were families of those interned, plus two women (now in their 90s) who, in 1940, were designated as "enemy aliens", fingerprinted, and made to report to local authorities. Special guest speaker, Hon. Julian Fantino, Minister of International Cooperation, said, "The Government of Canada is committed to improving the future by commemorating the past. We have funded this endeavour to help us all recognize the experiences of the Italian-Canadian community and ensure that the stories are not lost. This is the reason why today's unveiling of *Riflessi: Italian Canadian Internment Memorial* is such an important contribution in helping to preserve this part of our national narrative."



The highlight of the evening was the unveiling of the sculpture by Valentine, Minister Fantino, Di Nino, and Karen Manarin, Chair of the Columbus Centre Board of Governors. The great-granddaughter of one of the project's interviewees from the Windsor community was the first to step on the podium of the monument, representing the link between the past, present and future.

The evening concluded with guests viewing and interacting with the monument; many considered their reflection in the mirror-finish of the sculpture. Others also took in the permanent exhibit, *Italian Canadians as Enemy Aliens: Memories of WWII*, on display in the Joseph D. Carrier Art Gallery in Columbus Centre.

The Girls of Piazza d'Amore:



"Through vivid use of language and imagery Connie Guzzo-McParland moves her reader easily between 1950s Italy and present day Montreal — ultimately, however, *The Girls of Piazza d'Amore* is not of either place or time. It transports us somewhere else — into the heart of memory, and what it means to tell stories." — Johanna Skibsrud, Giller prize-winning author of *The Sentimentalists*.

"*The Girls of Piazza d'Amore* offers a richly textured story of immigration and childhood, expansively set, generously inviting, and full of warmth. With this debut novel, Connie McParland weaves a vivid story that attempts to find meaning in the distance between the decorum of present-day Montreal and the restless soul of a Calabrian childhood. In doing so, she joins a rich lineage of modern Italian-Canadian writing — from Nino Ricci's *Lives of the Saints* to Vittorio Rossi's *A*

Carpenter's Trilogy — in documenting the complex web of families, traditions, loves and losses spanning decades and the Atlantic." Dimitri Nasrallah, award-winning author of *Niko*

The Girls of Piazza d'Amore is currently available for pre-order via Amazon, Chapters Indigo, and the Linda Leith Publishing website, and will be available via all major online retailers and brick and mortar bookstores across Canada as of September 14th, 2013 (\$13.95 paperback).

Grape
Fest
Little Italy Corso Italia
TOMATO FIGHT!
PRESTON ST.
FIREWORKS!

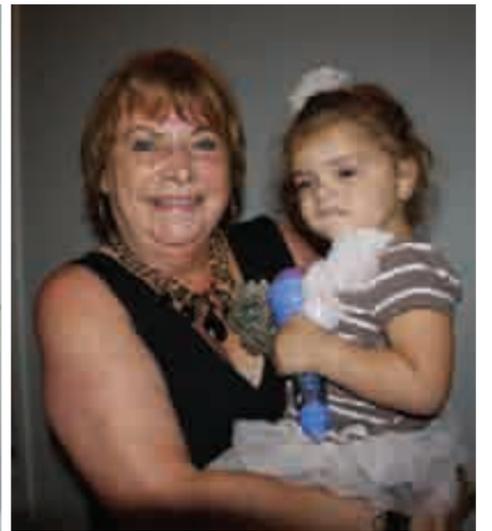
Food Tasting - Car Show - Grape Stomp
Kids Zone - Music - Meet the Merchants

Saturday
September 21, 2013

613-567-4532

WWW.GRAPEFEST.CA

HAPPY BIRTHDAY MAUREEN CASAGRANDE



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LOCAL

Mayoral Visit Rapino, Abruzzo, Italy June 10th - 22nd, 2013

On June 10th, 2013 the Associazione Rapinese di Ottawa had the opportunity to host and welcome the Mayor, and delegates from Rapino, (Chieti), Abruzzo, Italy.

On arrival, at the Macdonald Cartier International Airport in Ottawa the delegation were met and were welcomed by the former President of the Associazione Rapinese di Ottawa, Mr. Lorenzo Micucci and his spouse Denise; the new President, Mrs. Gina Marinelli and her spouse Rinaldo, and several Executive Committee Representatives and Members of the Association.

The Mayor, Mr. Rocco Cocciaglia was accompanied by the Vice-Mayor, Mr. Andrea Oliva, Doctor Fabrizio Costantini and his spouse Giuseppina, Mr. Adriano Pasquale, and Mrs. Rosalba Mascioli and her spouse Luigi.

The group were allocated at the Marriot Hampton Inn, (Coventry Road, Ottawa) compliments of the Associazione Rapinese di Ottawa, where they were greeted by several Executive Committee Members and friends for a brief reception to mark their arrival.

The Mayor, Delegates and Members of the Executive were provided with an excellent program highlighting the different daily activities and events that have been organized by Lorenzo and Denise Micucci as chief host for this event.

Overall, as a result, this visit was a success. Our compatriots were exposed to many beautiful sites and historical marks within our city of Ottawa. They have had an opportunity to savour some taste in many areas such as cultural, culinary and social aspects of our City. They have met many Rapinesi and Italians within our community, relived many traditional experiences, re-connected with some respective relatives that live in Ottawa. As well, they were given a variety of cultural outings. Namely, a tour of Ottawa and surrounding areas, the Parliament Buildings, Museums, Gatineau Hills, Byward Market, shopping at the Rideau Centre and see many focal points that our beautiful city has to offer. In addition, Angelo Filoso was able to arrange the opportunity for the Mayor of Rapino to meet the Mayor of the City of Ottawa, Jim Watson where he received a personal tour of City Hall. The Mayor and the delegates also visited Toronto, Niagara Falls and Montreal, where they were well received by the Rapinesi that live there.

Albeit, the highlight and focus of this visit was the main event sponsored by the Associazione Rapinese di Ottawa was an evening allowing Rapinesi and Members of this Association, including Pretorese and Roccolani, to come together to meet the Mayor and Delegates of Rapino at the Hampton Inn. To mark this occasion, a buffet with a selection of typical Italian food, refreshments, Porchetta and desserts were served along with an assortment of various traditional miniature cookies that were brought by this delegation from Rapino for all of us to savour.

During the evening, the Mayor delivered a powerful speech filled with pride, emotions, and appreciation for their warm welcome that they received from everyone, to the Executive Committee Members of the Associazione Rapinese di Ottawa for extending them the invitation and to Lorenzo and Denise Micucci to have made this visit possible. This visit was in the works some time ago, finally their goal was realized. In addition, he conveyed and reciprocated his personal feelings of goodwill and was overwhelmed by the outpouring affection and establishing fond friendships and for allowing this trans-oceanic meeting a reality. The evening evolved in a pleasant and amicably environment. The Mayor stressed his pride and he complemented all the Rapinesi and Ital-Canadian friends his appreciation and pride for retaining the strong Rapinese cultural traditions and Italian heritage initiatives in Canada. He handed small gifts symbolizing the fostering of fraternity and sound friendships established between the Comune of Rapino and the Ital-Canadians that live in Ottawa.

In Conclusion the Mayor, and Delegates were impressed and proud to have had a positive and successful cultural experience in Ottawa, Canada. They will treasure all the beautiful memories and all their friendships they have made during this visit for many years to come.

Il 10 giugno 2013 l'Associazione RAPINESE di Ottawa ha avuto l'opportunità di ospitare e accogliere il Sindaco, e delegati di Rapino (Chieti), Abruzzo, Italia.

All'arrivo, presso il Macdonald Cartier International Airport a Ottawa la delegazione sono stati accolti dal Presidente del comitato dell'Associazione RAPINESE di Ottawa, il signor Lorenzo Micucci e la moglie Denise, il nuovo presidente, la signora Gina Marinelli e il suo sposo Rinaldo, e diversi rappresentanti del Comitato Esecutivo e dei membri dell'Associazione.

Il Sindaco, Sig. Rocco Cocciaglia era accompagnato dal Vice Sindaco, Sig. Andrea Oliva, Dottore Fabrizio Costantini e sua moglie Giuseppina, il signor Adriano Pasquale, e La signora Rosalba Mascioli e suo marito Luigi.

Il gruppo è stato assegnato al Marriot Hampton Inn, (Coventry Road, Ottawa) complimenti dell'Associazione RAPINESE di Ottawa, dove sono stati accolti da alcuni membri del Comitato Esecutivo e gli amici per un breve ricevimento per celebrare il loro arrivo.

Il sindaco, Delegati e dei membri della Giunta sono stati forniti con un ottimo programma evidenziando le diverse attività e gli eventi che sono stati organizzati da Lorenzo e Denise Micucci come capo ospite per questo evento quotidiano.

Complessivamente, come risultato, questa visita è stata un successo. I nostri compatrioti sono stati esposti a molti siti belli e marchi storici all'interno della nostra città di Ottawa. Hanno avuto l'opportunità di assaporare un po' di gusto in molte aree, come gli aspetti culturali, gastronomiche e sociali della nostra città. Si sono incontrati molti Rapinesi e italo canadesi, rivissuto molte esperienze tradizionali, ri-connesso con alcune rispettivi parenti che vivono a Ottawa. Così, sono stati dati una varietà di gite culturali. Vale a dire, un giro di Ottawa e le zone circostanti, il Palazzo del Parlamento, Musei, Gatineau Hills, Byward Market, negozi del Centre Rideau e vedere molti punti focali che la nostra splendida città ha da offrire. Inoltre, Tony Mariani era in grado di organizzare l'occasione per il Sindaco di Rapino per incontrare il Sindaco della Città di Ottawa, Jim Watson, dove ha ricevuto un tour personale del Municipio. Il Sindaco ed i delegati hanno visitato anche Toronto, Niagara Falls e Montreal, dove furono ben accolti dal Rapinesi che ci vivono.

Anche se, l'evidenziazione e la messa a fuoco di questa visita è stato il principale evento patrocinato dall'Associazione RAPINESE di Ottawa è stata una serata permettendo Rapinesi e membri di questa associazione, tra Pretorese e Roccolani, di incontrarsi per incontrare il Sindaco e Delegati di Rapino a Hampton Inn. Per l'occasione, un buffet con una selezione di prodotti tipici italiani, rinfreschi, porchetta e dolci sono stati serviti insieme ad un assortimento di vari tradizionali biscotti in miniatura che sono stati portati da questa delegazione Rapino per noi tutti da assaporare.

Nel corso della serata, il sindaco ha pronunciato un potente discorso pieno di orgoglio, emozioni, e l'apprezzamento per la calorosa accoglienza che hanno ricevuto da tutti, per i membri del Comitato Esecutivo dell'Associazione RAPINESE di Ottawa per estenderle l'invito e per Lorenzo e Denise Micucci per aver reso possibile questa visita. Questa visita è stata nelle opere di qualche tempo fa, finalmente è stato realizzato il loro obiettivo. Inoltre, egli ha espresso e ricambiava i suoi sentimenti personali di buona volontà ed è stato travolto dall'affetto effusione e stabilire amicizie affettuose e per aver permesso questo incontro transoceanico una realtà. La serata si è evoluto in un ambiente piacevole e amichevole. Il sindaco ha sottolineato il suo orgoglio e ha completato tutto i Rapinesi e amici Ital-canadese il suo apprezzamento e orgoglio per trattenere le forti tradizioni culturali e iniziative RAPINESE patrimonio italiano in Canada. Ha consegnato piccoli doni che simboleggiano la promozione della fraternità e del suono amicizie instaurate tra il Comune di Rapino e gli Italo-canadesi che vivono in Ottawa.

In conclusione il Sindaco, e delegati rimasti colpiti e orgoglioso di aver avuto un'esperienza culturale positiva e di successo a Ottawa, in Canada. Essi tesoro di tutti i bei ricordi e tutte le loro amicizie che hanno fatto durante questa visita per molti anni a venire.

Torna la tradizionale settimana roccolana per onorare la Madonna dell'Assunta e San Rocco.

Si rinnova così, anche quest'anno, il culto verso San Rocco la cui partecipazione popolare è talmente forte che alla processione del 16 agosto interverranno almeno una trentina di sindaci del comprensorio. La forte devozione porta in paese, in questi giorni, almeno centomila persone.

Una tappa obbligata per migliaia di persone che accorrono da tutta la regione. Cosa rende così viva questa festività è un mistero ma, di fatto, dalle prime ore del 15 e del 16 tanti pellegrini raggiungono spontaneamente il santuario, la grotta e la fontana dedicata a San Rocco passando lungo un corridoio interminabile di bancarelle assiegate ai bordi di Via Roma

La tradizione si fonda con l'innovazione delle feste moderne come il concerto del 12 agosto nell'enorme Parco della Grava, giunto alla quarta edizione. Lunedì sera, alle ore 21 si esibiranno i Modena City Ramblers con ingresso gratuito.

A rendere straordinario questo fenomeno di massa ha inciso profondamente la leggenda che vuole San Rocco pellegrino proprio a Roccamontepiano, ospite della potente famiglia Orsini che qui possedevano un castello, "la Rocca", appunto. Prima che il paese venisse inghiottito da una frana nel 1765 in paese esisteva già il culto verso il giovane pellegrino francese con tanto di chiese a lui intestata. Una chiesetta che inspiegabilmente resse all'impatto della tragico smottamento del 24 giugno. Da allora la devozione popolare crebbe notevolmente in tutto il territorio e divenne

il protettore degli appestati e malati incurabili. A testimonianza di tanta fede decine di ex voto, presenti nel santuario, testimoniano la riconoscenza di migliaia di fedeli che arrivano a piedi o in auto per assistere alle numerose messe (una ogni ora fino a mezzanotte). Alle ore 19.30 del 16 agosto si svolgerà la solenne processione accompagnata dalla tradizionale sfilata delle conche devozionali.

Il programma 2013 prevede: Domenica 11 agosto alle ore 21.00 in piazza San Rocco una giornata dello sport con esibizione di pugilato "trofeo San Rocco". Lunedì 12 agosto alle ore 19.00 centro urbano San Rocco la Sagra della pizanzhh, alle ore 21.00 al Parco della Grava il concerto dei Modena City Ramblers (ingresso gratuito), a seguire la notte bianca. Martedì 13 agosto alle ore 20.30 in Piazza San Rocco Festa del Cocomero con l'orchestra Walter e li amici del Cuore. Il 14-15-16 agosto prenderà avvio la Fiera di San Rocco. Per Mercoledì 14 agosto alle ore 21.30 in Piazza San Rocco si terrà il Marco Papa show con uno spettacolo di cabaret. Giovedì 15 agosto alle ore 21.45 in Piazza San Rocco esibizione di Pizzica Salentina, tarante e balli con Sud Folk e alle ore 22.45 i fuochi d'artificio dell'Assunta. Il 16 agosto alle ore 09.30 avremo la Sfilata delle conche devozionali. Alle ore 19.45 Solenne processione di San Rocco con sfilata delle conche, alle ore 21.45 Concerto bandistico Città di Gioia del Colle (Ba), alle ore 23.45 Fuochi d'artificio e alle ore 24.00 estrazione lotteria.

LOCAL

Letter to the Editor: Nominate someone for the Order of Ottawa

In our community, we are very fortunate to have residents making a difference through their professional pursuits. Our city is stronger because of those who are willing to roll up their sleeves and put their skills to work. In all corners of our city, we have talented, passionate individuals who are leading their industries, championing new ideas, and putting Ottawa on the map.

This is why we have created the Order of Ottawa.

The Order of Ottawa recognizes professional achievements and outstanding service to our community. This work can be in any of the following areas: arts and culture, business, philanthropy, health care, education, public service, labour, communications and media, science, sports and entertainment and other fields that benefit our city.

Last year, I had the privilege of investing the first 15 members into the Order of Ottawa. These are women and men who stand out from the crowd, who inspire us, and who put their expertise to work for the betterment of our city. Order of Ottawa recipients are role models, leaders and community builders in their fields.

I'm asking for your help to find the next candidates for the Order of Ottawa before September 13. Nominations can be completed online at ottawa.ca/orderofottawa or by filling out nomination pamphlets which are now available at your local community centre, public library or any client service centre.

Jim Watson
Mayor of Ottawa



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Wednesday, October 30, 5:30 p.m. at Sala San Marco

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GIAN LORENZO CORNADO, AMBASSADOR OF ITALY,
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SENATORS, FOR A SPECIAL EVENING**

For table sales and individual tickets, contact:

Jessica Crouch
The Ottawa Senators Foundation, 613-599-0223

Angelo Filoso
Italian Canadian Community Centre, 613-567-4532

Anne Troise, Opera Lyra, 613-233-9200 x 229

Una Gala Italiana
co-produced by
The Ottawa Senators
Foundation, the Italian
Canadian Community
Centre and Opera Lyra



Italian Week in Ottawa Celebrates 39 Years!

Article / Photos by GioVanni

Italian Week in Ottawa, in its 39th year, celebrates the rich diversity of Italian-Canadian community, their heritage of culture, food, music, poetry and the vibrant passions of its people.

Italian Week, pre-kick off party at the Rideau Carleton Raceway to a sold out dinner crowd, who enjoyed an Italian theme meal, amazing fun moments had by all, who were also entertained by the music of Tequila, and Rossano Giamberardino .

Plans were well underway for this city's most anticipated festival with Italian Week, 2013 president Claudio Pagani, who did not disappoint the city. St. Anthony's Church procession which was attended by thousands of people in the hot weather. People the next night attended the Assaggi Night, "Taste of Italy" event, had a chance to try foods from Joe Calabro (Pasticceria Gelateria Italiana Ltd), Casa Nicastro Deli, Da Santino Ristorante and to Go, St. Anthony's Banquet Hall, Little Italy Bakery, Ciccio Ristorante, The Bootleg Porchetta Company, Sala San Marco Banquet Hall, The Grand Pizzeria and Bar, and special guest was Claudio Fracassi "The Soup-A Guy" all under one location at Sala San Marco. The crowd danced all night long from the music by Compagnia Popolaria band .

Spotlight this year was "A Roman Holiday" an evening honouring Rome and Lazio, and the culture of that region, which brought a little bit of Carpineto to Ottawa featuring music by Compagnia Popolaria band direct from Lazio, Italy as they preformed for guests that danced and ate at a sold out event helded at the Tudor Hall. The next day people boarded a boat to cruise along the Ottawa River and see some historical sites as they danced to the music preformed by The Tequila Band.

Each year nominations are accepted for the Italian Week Person of the Year for an Italian-Canadian who has contributed in a concrete and tangible way to initiatives in favour of the Italian-Canadian community in Ottawa. This year the Italian Week Person of the Year is Angelo Andrella. who got his award at 2013 inaugural Italian Week Gala dinner, 460 in attendance this year, which was held at St Anthony's Soccer Club. This year co-Hosts were Vittorio Coco (Chin TV / Radio, Toronto), and Trina Costantini-Powell. The Showtime Party Band, which performed an eclectic mix of classic oldies, disco music, and more current popular songs, made sure everyone was up and dancing all night long.

Up coming events contact Giovanni at giovannipublicist@gmail.com



HISTORY

Progress and Green Space at Lansdowne

By Mayor Jim Watson

In July we broke ground on the urban park, which will be one of the great features of the new Lansdowne. Until now, the irony of the name Lansdowne Park was that there was very little parkland on the site. We are finally replacing the sea of asphalt with useable park space for all residents to enjoy.

The new Lansdowne Park will be a complete community with opportunities for shopping, recreation activities, football, soccer, and an urban park. These features will solidify Lansdowne as one of the marquee destinations in Ottawa.

The urban park promises to be a significant upgrade over the existing facility: three times more park space (18 acres), four times more trees, 7.2 kilometres of sidewalks and pathways, and five pieces of public art.

The centrepiece of the urban park will be the Great Lawn, a pentagon-shaped green space next to the Rideau Canal and the beautiful Aberdeen Pavilion that will be roughly the size of the lawn on Parliament Hill and a great place to spend time with your family and friends (see artist's rendition).

The urban park will also sit next to the newly renovated stadium. Sports fans

will enjoy significant improvements to the north side stands and brand new south side stands. This work is essential so that Ottawa can play host to our new CFL team, the Ottawa REDBLACKS, for the start of the 2014 season. Construction crews have been working tirelessly and I am pleased that we are on schedule for the stadium to be complete for kickoff in summer 2014. Elements of the urban park will also be complete for the first game, with the new Lansdowne Park in its entirety complete by the summer 2015.

As with any major infrastructure project, there is noise and dust on the construction site. Our contractors and City project staff are working hard to mitigate potential headaches for the surrounding community and minimize disruptions as best they can. I also want to thank the Glebe BIA for being such a tremendous partner in this project. I am proud of how well everyone has

been working together.

The revitalization of Lansdowne has been a long time coming and I am thrilled that the end is in sight. If you would like to learn more and stay up to date, I encourage you to sign up for the regular updates and follow construction progress at ottawa.ca/newlansdowne.



COMUNICA LA TUA E-MAIL ALL'AMBASCIATA: PER UN SERVIZIO PIÙ RAPIDO ED EFFICACE

AVVISO IMPORTANTE

Al fine di offrire ai cittadini italiani all'estero servizi sempre più efficaci e tempestivi, si pregano tutti i connazionali provvisti di posta elettronica di comunicare il proprio indirizzo e-mail all'Ambasciata d'Italia ad Ottawa. In tal modo, potranno ricevere per posta elettronica, all'indirizzo comunicato, informazioni di carattere generale relative ai servizi consolari e fruire di tutti i servizi che si renderanno prossimamente disponibili con l'avvio della piattaforma "Servizi Consolari On-Line".

Gli indirizzi di posta elettronica comunicati dai cittadini italiani saranno utilizzati dall'Ambasciata d'Italia ad Ottawa nel rispetto della normativa sul trattamento dei dati personali, per fini esclusivamente d'ufficio.

Per favorire l'acquisizione degli indirizzi email dei connazionali residenti, l'Ambasciata ha attivato una casella di posta elettronica dedicata alla loro raccolta. Si invitano pertanto i connazionali residenti nella città di Ottawa, nelle Contee di Carleton, DUNDAS, Glengarry-Grenville, Prescott-Russell, Stormont e nella Regione dell'Outaouais, regolarmente iscritti all'AIRE a fornire il proprio indirizzo di posta elettronica scrivendo a consolare.ottawa@esteri.it e indicando i seguenti dati personali:

cognome e nome _____
 luogo e data di nascita _____
 indirizzo completo attuale _____
 comune italiano d'iscrizione AIRE _____
 n° di documento d'identità _____
 indirizzo e-mail _____

Si raccomanda di inviare le predette informazioni a: consolare.ottawa@esteri.it

Ad ogni indirizzo di posta elettronica dovrà corrispondere una persona fisica, si prega pertanto di non inviare indirizzi email "collettivi" (ad es. unico indirizzo per entrambi i coniugi o per nucleo familiare).

Grazie per la collaborazione!

Chaudière development

On July 15th, Ottawa-based Windmill Development Group signed a letter of intent to purchase the Domtar site on the Chaudière Islands.

Windmill is in the process of undertaking due diligence before any sale can be completed. We are optimistic that we will be in a position to make a formal announcement related to this potential purchase and our vision for the site in early September. Until the sale of the land has been confirmed, Windmill will not be granting interviews to media.

Windmill Developments is currently studying the suitability of the site for a mixed-use sustainable community. Residents and concerned parties can rest assured that Windmill takes its responsibility related to this historic and symbolic extremely seriously. As with all of our projects, if we proceed we will be undertaking an extensive consultation process to ensure the views of interested parties are considered as part of our design process.

Our vision for the Chaudière Islands is to reinvent a historically rich, industrial space into a vibrant, world-class, sustainable, pedestrian-oriented, mixed-use development. Through historically sensitive redevelopment, the Chaudière region can be reanimated to bring new life and energy to this once bustling heart of industry. The harmonious integration of modern sustainable infrastructure into the heritage fabric of the Isles has the potential to provide the people of Ottawa and Gatineau with a new way to experience and appreciate the natural splendor of the Ottawa River.

About Windmill Developments

Windmill Developments is an Ottawa-based real estate development firm, with an unparalleled expertise in highly sustainable developments, with a particular focus on remediating brownfield sites. Windmill Developments is best known for their Dockside Green development in Victoria, BC. Dockside was one of 18 developments around the globe recognized by the Clinton Climate Initiative as being 'Climate Positive', and was called potentially the world's greenest community by The Atlantic magazine. Windmill Developments is the only company in Canada with a completed portfolio of LEED Platinum mixed-use developments. Current projects include Cathedral Hill (www.cathedralhill.ca), The Eddy (www.theeddy.ca), Union Lofts (www.unionlofts.ca), and Whitewater Village (www.whitewatervillage.ca). For more information on Windmill Developments visit www.windmilldevelopments.com.

**GRAPEFEST
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 SATURDAY SEPTEMBER 21, 2013
 for more information 613-567-4532**

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Ottawa Grapefest 2013



Preston Street / Corso Italia - Little Italy, Ottawa
Saturday, September 21, 2013 - 10:00am - 10:00pm



Cake Cutting Ceremony - 12:30pm

Come and watch the official cake cutting ceremony to kick off GrapeFest. Rub elbows with the Mayor of Ottawa and the Ottawa Fire Fighters Band.

Meet the Merchants

Come out to see the local restaurateurs and shop keepers who are setting up all along Preston Street.

Fire House

Come and watch The Ottawa Fire Service give a demonstration of their skills.

Farmer's Market

Venture over to browse the fresh fruits and vegetables made available at the Preston Street Farmer's Market.

Grape Stompin'

Roll up your pants and get to work at our grape stompin' stations from Somerset to Carling.

Horse Drawn Wagons

Hop in a horse drawn wagon and take a ride along Preston, from Somerset to Carling.

Live Entertainment

Have some fun with live entertainment at Preston/Louisa.

The Pomodoro on Preston

Take part in the action! A tomato fight will be held at the Adult High School in the spirit of Spain's Tomatina Battle. Register online at www.grapefest.ca knowing that net proceeds go to The Royal Ottawa Hospital.

Children's Zone and Game Area

Swing by Plouffe Park and the Plant Recreation Centre with your kids and watch them have a blast at the Children's Zone and game area.



Classic Cars and Ferraris

While they're parked along Preston St., come and admire the variety of exquisite cars from local car club organizations.

Fireworks - 9:45pm

Finish off the day with a bang, and come out to the closing ceremonies at the Adult High School soccer field at 9:45.



Meet the Preston Street Merchants

Allegro Ristorante
DiVino Wine Studio & Bar
The Heart & Crown
Pub Italia
Stoneface Dolly's
Gelatini Gelato
La Favorita
Sala San Marco
Preston St. Hardware
CIBC
Mia Bridal Co.

Sanguiccio Deli-Cafe
Broadway Bar & Grill
The Upkeep Shoppe
Darrell Thomas Textiles
Starbucks
Casa Nicastro
Simply Biscotti
N1-Thai Boxing Academy
Escalara Hair Salon
Scotiabank
Peloso Cleaners
Industrial Cleaning Suppliers Inc.

Contact Us

(613) 567-4532 | (613) 231-2815

and visit us online at www.grapefest.ca