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 Ottawa, On K1R 7T4 (613) 567-4532  
 information@ilpostinocana  
 www.ilpostinocanada.com

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**Executive Editor**  
 Angelo Filoso

**Managing Editor**  
 Marcus Filoso

**Layout & Design**  
 Laura Natalia Garcia

**Web Site Design & Hosting**  
 Thenewbeat.ca

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 Winchester Print & Stationary

**Special thanks to  
 These contributors for this issue**  
 Giovanni, Gina Marinelli,  
 Domenico Cellucci,  
 Jim Watson, Angelo Filoso.

**Photographers for this issue**  
 Lucia Micucci, Luciano Pradal,  
 Angelo Filoso, Rina Filoso,  
 Giovanni.

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Letters to the Editor

Refugee healthcare cuts morally wrong and fiscally short-sighted

Dear editor,

Canada has long been a safe haven for those seeking protection from violence and persecution in troubled parts of the world, but our reputation for compassion has been called into question by the Conservative government’s decision to deny refugee claimants health care.

Since 1957, the federal government has provided health coverage to refugees arriving in Canada, many of whom are among the most vulnerable people in the world. Two years ago Minister Jason Kenney ended this compassionate practice, forcing doctors to deny coverage to some of the people in the greatest need.

The human toll has been considerable.

Refugees, most of whom will become Canadian residents, who can’t access care typically delay seeking treatment until their conditions worsen. That leads to undiagnosed and untreated problems, greater health complications and higher costs to the health care system when they eventually arrive for treatment in emergency centres.

This downloads costs to already cash-strapped provincial governments, and shifts care to Emergency rooms, which are the most expensive way to deliver health care. But worst of all, denying the initial care creates preventable suffering among the most vulnerable.

The impact on pregnancies is particularly heart-wrenching. In many cases refugees’ newborns are premature, underdeveloped, with neurological problems and other complications because their mothers couldn’t get prenatal care. These newborns, who are Canadian by birth, will end up costing our health and education systems much more.

It’s no wonder virtually every medical organization in Canada was outraged at these cuts and the medical community has held annual rallies opposing them since they were announced.

The Federal Court recently agreed, striking down the cut because it “puts [refugee claimants’] lives at risk, and perpetuates the stereotypical view that they are cheats, that their refugee claims are ‘bogus’...It undermines their dignity and serves to perpetuate [their] disadvantage.”

The cuts to refugee health care have always been morally wrong and fiscally short-sighted. The Conservatives must drop their appeal to the Federal Court ruling and reverse the cuts.

Yours sincerely,

Hedy Fry, MP  
 Liberal Party of Canada Health Critic  
 613-992-3213

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

# Keeping lessons from the Holocaust alive

## Canada participates in Yad Vashem’s 60th anniversary mission

Tim Uppal, Minister of State for Multiculturalism, is attending Yad Vashem’s International 60th Anniversary Mission to Israel on behalf of the Government of Canada, highlighting Canada’s continued efforts to promote Holocaust remembrance, education and research.

Yad Vashem, Israel’s official living memorial to Jewish victims of the Holocaust, is the world center for documentation, research, education and commemoration of the Holocaust. To mark the 60th anniversary since its creation, Yad Vashem is leading an international mission through Poland and Israel to educate participants on the horrors Jews faced during the Holocaust. This mission will also allow participants to experience firsthand the remarkable range of activities conducted by Yad Vashem.

Minister Uppal is attending the Israel portion of the mission, demonstrating Canada’s position as a world leader in the global fight against anti-Semitism and the government’s commitment to Holocaust commemoration. Canada’s recent efforts to promote Holocaust education and remembrance include the development of a National Holocaust Monument, to be unveiled in Ottawa in fall 2015. In addition, Canada chaired the International Holocaust Remembrance Alliance (IHRA) from March 2013 to February 2014. Canada continues to work closely with IHRA as an active member country.

**Quick facts**

- Canada has been profoundly shaped by approximately 40,000 Holocaust survivors, who resettled across the country after World War II.
- In 2011, Canada was the first country to sign the Ottawa Protocol on Combating Anti-Semitism, an international action plan to help nations measure their progress in the fight against anti-Semitism.
- Canada joined IHRA in 2009 and was named Chair in March 2013.
- Yad Vashem was established in 1953.

**Quote**

“I’m proud to take part in this important mission to Israel to see the significant initiatives undertaken by Yad Vashem to commemorate the Holocaust and to reinforce Canada’s dedication to combating anti-Semitism in all its forms. Our government is committed to raising awareness of the Holocaust, of the fate of its victims and of the resilience of those that survived. Over the coming days, I look forward not only to participating in the many tours and presentations of the mission but also to bringing the important lessons Yad Vashem is teaching to Canada.”

**Contacts:**  
Joe Kanoza  
Minister’s Office Minister Uppal  
613-954-1064  
Joe.Kanoza@cic.gc.ca

**Media Relations:**  
Communications Branch  
Citizenship and Immigration Canada  
613-952-1650  
CIC-Media-Relations@cic.gc.ca

# Canadian Museum of History honours architect Douglas Cardinal

On the occasion of his 80th birthday, the Canadian Museum of History is honouring architect Douglas Cardinal — the designer of its iconic and celebrated buildings — by renaming one of its principal event and meeting rooms the Douglas J. Cardinal Salon.

This year marks the 25th anniversary of the Museum’s two adjoining buildings. Upon opening, they received immediate international acclaim for their innovative and elegant design, inspired in part by their dramatic waterfront setting across the Ottawa River from Parliament Hill. Mr. Cardinal’s work on the project earned him a place among the world’s most renowned architects.

“Our Museum and all Canadians owe a great debt of gratitude to Mr. Cardinal for this architectural treasure, which has graced the nation’s capital for almost three decades,” said Mark O’Neill, President and CEO of the Canadian Museum of History. “The Museum is proud to honour Mr. Cardinal and extends best wishes on his 80th birthday.”

The Museum consists of two pavilions. One houses the Museum’s artifact vaults and administrative and curatorial offices. The other is the public museum building most familiar to millions of visitors from across Canada and around the world. The public building is especially dramatic with its flowing lines, copper-clad roof domes and the towering window wall of its Grand Hall.

“The Museum will be symbolic in form,” Mr. Cardinal wrote in his original design statement. “It will speak of the emergence of this continent, its forms sculpted by the winds, the rivers, the glaciers.” His vision was fully realized on June 29, 1989, when the Museum first opened to the public.

Mr. Cardinal is working with the Museum once again. He is assisting with the development of the Museum’s new Canadian History Hall, which will be the largest and most comprehensive exhibition about Canadian history ever created.

The Douglas J. Cardinal Salon is near the Grand Hall, the Museum’s architectural centrepiece. The highly-visible Salon is used for public events and programs as well as private functions.

“The Museum building itself is an artifact of its time, and I am so pleased to be involved in developing the design criteria for the next steps in its evolution. It is a wonderful precedent in the architectural profession for the Museum to have recognized the importance of protecting the integrity of the design of the building. I designed this Museum to serve the people of Canada now and in the future,” said Douglas Cardinal. “Working on the design of the Canadian History Hall allows me to incorporate further ideas that were part of my original design. I feel especially honoured that the Museum has recognized my part in producing this national museum.”

Douglas Cardinal was born in Calgary, Alberta, and studied architecture at the University of British Columbia and the University of Texas. He is an Officer of the Order of Canada, holds over a dozen honorary degrees from Canadian and American universities, and has been honoured by his peers in North America, Russia and Scotland. His firm, Douglas Cardinal Architect Inc., is based in Ottawa.

# Protecting the World's Most Vulnerable

## Minister Alexander Marks World Refugee Day 2014

Canada’s Citizenship and Immigration Minister Chris Alexander today issued the following statement on World Refugee Day.

“The government stands with people across Canada and around the globe in defense of the world’s most vulnerable and those truly in need of Canada’s protection.

“Our reforms to a once-broken refugee determination system continue to produce real results: faster determinations and swifter protection for genuine refugees; quicker removals for bogus and failed claimants; and, savings for taxpayers.

“Our fair and generous immigration system continues to welcome about one out of every 10 resettled refugees globally—more than almost any industrialized country in the world.”

“Of course, this would not be possible without vibrant and innovative partnerships with private sponsors, organizations and others who help us resettle refugees and help them participate fully in Canada’s economy and Canadian society.”

Thanks to reforms implemented 18 months ago, countries in distress — such as Afghanistan, Democratic Republic of Congo, Egypt, Somalia and Syria — now rank among the top 10 source countries for asylum claims in Canada.

Vulnerable populations such as Iraqi, Bhutanese, Iranian and Syrian refugees are being welcomed in large numbers. In fact, the Government of Canada and private sponsors have together welcomed more than 21,800 refugees to Canada in just the last two years.



# Government welcomes Royal Assent of Bill C-24

## The government celebrates the passage of reforms to the Citizenship Act

Canada’s Citizenship and Immigration Minister Chris Alexander announced today that reforms to the Citizenship Act received final passage and Royal Assent. The reforms will strengthen the rules around access to citizenship to ensure that new citizens are better prepared for full participation and integration into Canadian society, with the goal of fostering in new Canadians a stronger attachment to Canadian values and traditions.

**Key reforms include:**

**Improving efficiency**  
Canada’s citizenship program is being improved by reducing the decision-making process from three steps to one. It is expected that, by 2015–2016, this change will bring the average processing time for citizenship applications down to under a year. It is also projected that by 2015-2016, the current backlog will be reduced by more than 80 percent.

**Reinforcing the value of Canadian citizenship**  
The government is ensuring citizenship applicants maintain strong ties to Canada. These amendments to the Citizenship Act provide a clearer indication that the “residence” period to qualify for citizenship in fact requires physical presence in Canada.

More applicants will now be required to meet language requirements and pass a knowledge test to ensure that new citizens are better prepared to fully participate in Canadian society.

New provisions will also help individuals with strong ties to Canada, such as by automatically extending citizenship to additional “Lost Canadians” who were born before 1947 as well as to their children born in the first generation outside Canada.

**Cracking down on citizenship fraud**  
The updated Citizenship Act includes stronger penalties for fraud and misrepresentation (a maximum fine of \$100,000 and/or five years in prison) and expands the grounds to bar an application for citizenship to include foreign criminality, which will help improve program integrity.

**Protecting and promoting Canada’s interests and values**  
Finally, the amendments bring Canada in line with most of our peer countries, by providing that citizenship can be revoked from dual nationals who are convicted of serious crimes such as terrorism, high treason and spying offences (depending on the sentence received) or who take up arms against Canada. Permanent residents who commit these acts will be barred from citizenship.

As a way of recognizing the important contributions of those who serve Canada in uniform, permanent residents who are members of the Canadian Armed Forces will have quicker access to Canadian citizenship. The Act also stipulates that children born to Canadian parents serving abroad as servants of the Crown are able to pass on Canadian

citizenship to children they have or adopt outside Canada.

- Quick facts**
- Requiring 14-64 year-olds to meet knowledge and language requirements provides an incentive for more individuals to acquire official language proficiency and civics knowledge, which helps them successfully integrate into Canadian society.
  - Citizenship applicants will need to be physically present in Canada for a total of four out of their last six years. In addition, they will need to be physically present in Canada for 183 days per year for at least four of those six years. These provisions will come into force in approximately a year.
  - Under the new streamlined decision-making model, citizenship officers will decide all aspects of a citizenship application. Under the old model, obtaining citizenship was a three-step process that involved duplication of work.
  - Since 2006, Canada has welcomed over 1,300,000 proud new Canadians. Citizenship and Immigration Canada received 333,860 citizenship applications in 2013, the highest volume ever.

**Quotes**  
“Our government is proud to announce that the first comprehensive reforms to the Citizenship Act in a generation have now become law. Moving forward, the

value of citizenship will be reinforced and new citizens will be able to acquire citizenship more quickly. Our government has strengthened the rules around access to citizenship to ensure that they reflect its true value, and that new citizens are better prepared for full participation for life in Canada. Canadian citizenship is highly valued around the world and, with this balanced set of reforms, our government is ensuring that this remains so.”

*Chris Alexander, Canada’s Citizenship and Immigration Minister*

“Our government expects new Canadians to take part in the democratic life, economic potential and the rich cultural traditions of Canada. Our government remains committed to the successful integration of new citizens into our labour market and our communities, ensuring that they are better prepared to assume the responsibilities of citizenship, and fostering in new Canadians a strong attachment to Canada.”

*Chris Alexander, Canada’s Citizenship and Immigration Minister*

**Contacts**  
Alexis Pavlich  
Press Secretary  
Office of Canada’s Citizenship and Immigration Minister  
613-954-1064  
  
Media Relations  
Citizenship and Immigration Canada  
613-952-1650  
CIC-Media-Relations@cic.gc.ca

# PRESENTARE SUBITO LA DOMANDA PER VOTARE ALLE ELEZIONI DI RINNOVO DEI COMITES

Finalmente i COMITES saranno rinnovati, dopo cinque anni di attesa dalla scadenza. Ma per poter partecipare al voto è necessario iscriversi subito nell’elenco degli elettori del proprio consolato. Nella Gazzetta Ufficiale n. 179 del 4 agosto 2014, infatti, è stato pubblicato il decreto-legge 1 agosto 2014, n. 109 che, all’art. 10, contiene disposizioni urgenti per il rinnovo dei Comitati degli Italiani all’estero (Com.It.Es.).

La norma che ci interessa prevede che, in occasione delle prossime elezioni per il rinnovo dei Com.It.Es., il diritto di voto venga esercitato per corrispondenza, come previsto dalla Legge 286/2003.

Il plico elettorale verrà inviato ai SOLI elettori in possesso dei requisiti di legge, che ne abbiano fatta espressa richiesta all’Ufficio consolare di riferimento almeno cinquanta giorni prima della data stabilita per le votazioni.

Entro la fine di ottobre, dunque, chi desidera partecipare al voto deve registrarsi compilando un apposito modulo che può essere scaricato dal sito del proprio consolato di riferimento. Chi ha difficoltà a reperire il modulo, può contattare direttamente il proprio Consolato.

Il modulo d’iscrizione, compilato e sottoscritto, con allegata copia di un documento di identità, deve essere trasmesso al Consolato di riferimento entro il 23 ottobre. La data è indicativa e potrà subire modifiche a seconda della data di

indizione delle elezioni. Infatti il citato provvedimento, benché avente forza di legge dalla sua pubblicazione, è soggetto a conversione parlamentare e quindi potrà subire delle modifiche, anche se non è probabile che avvenga.

Si suggerisce, comunque, di presentare fin d’ora le domande di iscrizione nell’elenco elettorale per l’ammissione al voto per corrispondenza per l’elezione dei Com.It.Es. e si prega di diffondere la notizia anche ai propri conoscenti.

Questo può avvenire con le seguenti modalità:

1. Consegna personale all’Ufficio consolare di riferimento;

2. Invio all’Ufficio consolare di riferimento per posta, posta elettronica o posta elettronica certificata, allegando copia non autenticata del documento di identità del richiedente, comprensiva della firma del titolare.

Per scaricare il modulo della domanda di iscrizione o richiedere informazioni, si prega di consultare i siti di riferimento della propria Circonscrizione consolare.

Per i riferimenti delle Ambasciate e dei Consolati dei Paesi della Circonscrizione Centro e Nord America, consultare:

<http://www.esteri.it/MAE/IT/Ministero/LaReteDiplomatica/Ambasciate/default.htm>

# Windmill joins North American "Target Cities" program, heralding a new era of urban leadership

The National Capital Region has joined an elite group of North American cities in committing to become an example of sustainability through its Chaudière islands redevelopment project, which will emphasize environmental performance, social equity, and economic growth.

Ottawa, June 24, 2014 - Windmill Development Group today announced it will participate in Target Cities, a two-year partnership of nine development projects across seven North American cities designed to amplify and accelerate district-scale community regeneration and create replicable models for next-generation urban revitalization. EcoDistricts, the Portland, Oregon, nonprofit behind TargetCities announced the new partnership today as a commitment at CGI America, a program of the Clinton Global Initiative.

Through historically and environmentally sensitive redevelopment, Windmill, one of Canada's greenest developers, plans to redevelop the industrial lands on the Chaudière and Albert Islands, and in downtown Gatineau to build one of the world's most sustainable community in the heart of the national capital region.

"The redevelopment of these industrial brownfield lands will change the face of the nation's capital," said Rodney Wilts, Partner, Windmill Development Group. "We are reinventing this once bustling industrial district into one of the world's most sustainable riverfront communities, where thousands of people will live, work, play and learn, right in the heart of the nation's capital."

As a Target Cities project, the Chaudière islands project will incorporate the central principles behind the EcoDistricts Protocol, which guides the projects through district organization and governance, assessment, implementation, and monitoring. Each step of the EcoDistricts approach is built around an interrelated set of environmental, economic, and social performance areas: energy; equitable development; health and wellbeing; community identity; transportation; water; habitat and ecosystem functionality; and optimized materials management.

"Our plans include the preservation of heritage buildings, the creation of parks and public access to the waterfront, including the breathtaking Chaudière falls, fenced off for over 100 years," said Wilts. "What's

more, this community will put Ottawa on the map as a model for sustainable communities."

In addition to the redevelopment of the Chaudière islands, there are projects in Atlanta, Boston, Cambridge, Denver, Los Angeles, and three in Washington, D.C. EcoDistricts will act as a strategic partner to each of the project teams, helping them build robust governance models that will spur deep political and technical change, perform integrated assessment and goal setting tasks and accelerate the deployment of strategies to deepen their impact. As part of their participation in Target Cities, each of the projects will help test and refine the emerging EcoDistricts Protocol.

**About Windmill**  
Windmill is a visionary company dedicated to transforming conventional development practices by ensuring that exemplary ecological, social and financial returns are achieved in all their projects. Every Windmill development is conceived, designed and constructed to protect and enhance the local community and our ecosystem. Windmill is the only developer in North America to have achieved LEED Platinum on all its mixed-use projects. Com-

pleted projects include The Currents, a performing arts centre and modern condominium tower in Ottawa's Wellington West neighbourhood, and Dockside Green, a model sustainable community in Victoria that was named one of 16 Clinton Climate Initiative Climate Positive developments.

**About EcoDistricts**  
EcoDistricts is a Portland, Oregon, based nonprofit organization dedicating to inspiring every city to remake itself from the neighborhood up. EcoDistricts provides cities with the tools and resources to transform their local focus into far-reaching, systemic change. The organization also delivers targeted training programs and facilitates leadership networks to ensure that emerging best practices for urban sustainability achieve have their maximum potential impact. To learn more, visit [ecodistricts.org](http://ecodistricts.org).

**EcoDistricts Press Contacts:**  
Rob Bennett at 503-719-2487 or [rob@ecodistricts.org](mailto:rob@ecodistricts.org)  
Adam Beck at 503-367-1108 or [adam@ecodistricts.org](mailto:adam@ecodistricts.org)  
Gina Binole (GBM Communications) at 503.797.4929 or [gina@gbmcommunications.com](mailto:gina@gbmcommunications.com)

**Centre de recherche et d'enseignement sur les droits de la personne**



**Humans Rights Research and Education Centre**

**Date à retenir / Save the Date - 2 OCT — 5 OCT 2014**

**2<sup>e</sup> festival du film des droits de la personne de l'Université d'Ottawa 2014**

Le Centre de recherche et d'enseignement sur les droits de la personne en collaboration avec l'Institut canadien du film vous invite cordialement à retenir la date pour la deuxième édition du **Festival du film des droits de la personne de l'Université d'Ottawa 2014**.

Joignez-vous parmi nous du **jeudi 2 octobre 2014 au dimanche 5 octobre 2014**, à l'Auditorium des anciens de l'Université d'Ottawa - Centre universitaire Jock Turcot, 85 University.

**Centre de recherche et d'enseignement sur les droits de la personne**  
**Human Rights Research and Education Centre**  
Université d'Ottawa, 57 Louis Pasteur  
Ottawa, ON K1N 6N5  
Pavillon Fauteux, Pièce 550  
613-562-5775  
[hrrec@uOttawa.ca](mailto:hrrec@uOttawa.ca) / [cdp-hrc.uottawa.ca](http://cdp-hrc.uottawa.ca)

**2<sup>nd</sup> University of Ottawa Human Rights Film Festival 2014**

The Human Rights Research and Education Centre in collaboration with the Canadian Film Institute, cordially invite you to save the date for the second edition of the **University of Ottawa Human Rights Film Festival**.

We hope that you will join us from **Thursday, October 2nd, 2014 to Sunday, October 5th, 2014** at the Alumni Auditorium, University of Ottawa - Jock Turcot University Centre, 85 University Priv.

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Ottawa, ON  
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# JOB NUMBERS EXPOSE A STALLING ECONOMY

Stephen Harper continues to have the worst economic growth record of any Prime Minister since R.B. Bennett in the 1930's, and the most recent employment statistics, for June, confirm yet again that most of the Canadian economy is stalling.

About 16,000 new people entered the labour force nationally last month, but actual employment moved in the opposite direction. Over 9,000 jobs were lost, driving overall Canadian unemployment up by some 25,000 (not including those who have given up looking for work altogether). The situation for young Canadians is especially bleak. There were 44,000 fewer jobs in June for those under 25.

Conservatives dismiss these numbers as mere "monthly volatility", but that doesn't wash. The picture over the long-term is no better and, in fact, it's getting worse.

Last January, Statistics Canada revealed the national job market had generated a paltry 99,000 new jobs in all of Canada in all of 2013, well below what's required to keep pace with normal population growth. Worse still, according to the Canadian Chamber of Commerce, 95% of those jobs were only part-time.

Now, six months later, the total number of new jobs created in Canada over the past year (June-to-June) was an even more paltry 72,000, and virtually all of that was in just one province (Alberta). The national economy is in the doldrums.

As Justin Trudeau has been saying for months, Canada needs a growth agenda. Mr. Harper's fixation on austerity, to the exclusion of everything else, is weak and wrong-headed -- it's solely to feed his political vanity by concocting the appearance of a balanced budget on the eve of a federal election.

Government management must, of course, be prudent and strong. There's no room for sloth -- like

confidence and Canada's trade balance is chronically in deficit -- the federal government needs an agenda to foster greater economic growth and more jobs.

There are various ways to do that, including investments in much better access to post-secondary education of all kinds (universities, colleges, technical schools, apprenticeships, on-the-job up-skilling, etc.) and aggressive support for science and

Statistics Canada says the periods when Canada has made its biggest productivity gains have corresponded with the largest public investments in infrastructure.

Former Bank of Canada Governor David Dodge says it's fiscally irresponsible to fail to invest in essential infrastructure at a time when interest rates are cheaper than ever, and that short-term advantage can be converted into long-term capital assets.

The provinces all agree. So do municipalities. And the Canadian Chamber of Commerce. And private sector think-tanks. Only the Harper government is off-side. They've actually chopped their flag-ship infrastructure investment fund this year by 87%. They've delayed three-quarters of it until after 2019. And they've complicated the rules to make it slow and hard to access.

Why? All to help concoct the impression of a federal surplus for 2015.

The great irony is this -- investing now in infrastructure and solid, long-term economic growth is the best way to secure a strong foundation for genuine surplus budgets that can endure, year-after-year.

But that's not Mr. Harper's way. His only imperative is "looking good" for an election in 2015. To him, that means claiming a surplus, no matter how temporary or artificial. Never mind the nation's sputtering economy or tens of thousands of Canadians out-of-work.



# The Trip to Italy movie review

**The Trip to Italy.**

Starring Steve Coogan & Rob Brydon, Directed by Michael Winterbottom

The Plot: Two quasi-friend comedians embark on a scenic road trip around Italy for six meals in six different places.

The Verdict: Go ahead, take this mostly funny 'Trip to Italy' at your nearest cinema for a fine feast of food, wine, landscapes and impersonations. Three cannoli out of five

Steve Coogan and Rob Brydon, essentially playing exaggerated versions of their real-life selves, are traveling companions in 'The Trip to Italy,' the sequel to 2010's 'The Trip,' where the duo toured the finest restaurants in the U.K. "Neither of us, with all respect, knows anything about food," Coogan points out early on, and it's difficult to discern if this should mat-

ter in the greater context of the film. As we watch Coogan and Brydon's mostly hilarious rat-a-tat banter and friendly attempts at trying to one-up each other with impersonations of everyone from Al Pacino to Michael Caine, the camera gives us quick but honest peeks inside bustling Italian kitchens. It is here you may wish to linger longer, watching as cooks from the Amalfi Coast to the Isle of Capri prepare their delectable dishes. At times you may yearn to see and hear more about the food and less about Coogan and Brydon's musings. Nonetheless, consider this your fair warning: do not see this film if you are hungry. What is also visually striking about the film are the almost heavenly backdrops of the varying landscapes as the pair maneuver steep Italian cliff roads in their rented Mini Cooper. If you are hoping for a dramatic climax or surprise ending, look elsewhere. The

audience serves as voyeur to the sometimes agitating but mostly charming chemistry between Coogan and Brydon; and if you pay close attention you may learn a thing or two about the process and meaning of art along the way. At its heart, 'The Trip to Italy' is about friendship in the mid-life. It is about the balance between work and family, passion and responsibility. The last half of the film veers into the sentimental, drawing inspiration from poets Shelley and Byron and revealing how the questions that burdened the great minds before us, remain relevant today. So why take this trip? Why take any trip, really? Come for the breathtaking Italian scenery and cuisine and stay for the sometimes gut-busting laughs. After all, as Tolkein put it: "not all who wander are lost," and indeed, if this 'Trip To Italy' teaches us anything, it's that by such wandering we may find our true selves.





# Hope and New Beginnings at St. Anthony's Church in Kenya

The cathedral of the diocese of Malindi in Kenya is named after their Patron Saint, St. Anthony of Padua. Malindi is a large bustling town on the Indian Ocean but despite the fancy hotels and wealthy tourists, many of the inhabitants of Malindi live in poverty and one of the greatest challenges for poor parents is educating their children.

At St. Anthony's two young men have been altar servers for the last six or seven years. James and Joseph in some ways are typical Kenyan kids. In other ways, they are unique. They started off in poverty with no one to pay school fees and their future's looked limited and bleak. Without an education Kenyans cannot hope to find meaningful work and children fall easily under dangerous influences such as drugs, alcohol and prostitution.

In 2004 however, things began to change for these children when Nina Chung moved into their neighbourhood. Originally from Ottawa, she came to Malindi on a two-year volunteer posting. She would later establish a Canadian-based charity and call it Elimu which means education in Swahili. But in 2004, Nina was just starting to learn about the challenges children in Kenya face in trying to get an education.

When Nina met the boys she quickly came to understand their situation. Their grandmother was in charge of 5 children who had been abandoned to her care. The kids did not always get a decent meal at night and often suffered from prolonged health issues. In January 2005, the start of the Kenyan school year, Nina noticed that James (aged 6) and Joseph (aged 4) were not going to school with other kids. She decided that she could do something about this and took them to the nearby public school where she paid about \$45 to register both boys for a full year of kindergarten.

Nina stayed involved, tutoring them in the afternoons, and in 2006, when



James turned eight, Nina wanted to help him improve his confidence and self-esteem. She decided to take him to the local parish the Cathedral of Malindi and enroll him as an altar server.

At first, James was shy. But when a kind old Italian priest, named Father Angelo, a missionary who had been in Kenya for decades, came to St. Anthony care James began to rise to his "calling". The altar servers of St. Anthony meet every Saturday morning. They clean the altar and hand-wash and iron the server's robes. They have a meeting which begins with prayers and ends with practice. Finally, they attend the 4:30 pm Mass together and after Mass they sometimes play soccer.

It was a big commitment for a young boy but James was proud of his role in the community and went every weekend to fulfil his duties and enjoy the camaraderie of his fellow altar servers. His brother Joseph noticed James sense of ownership and leadership in their church community and at the age of eight, he also joined the St. Anthony altar servers or "watumishi" as they are called in Swahili. And, it was with great excitement that James came to find Nina at church one Sunday morning before Mass started to announce with emotion, "Joseph will be serving at Mass today!" It was a proud moment for all!

Both boys have continued to be altar servers at St. Anthony's Cathedral. Today at 15 years of age, James

attends a boarding high school over 200 km away from Malindi. He no longer serves regularly but during the school holidays, you'll still find him helping around the church.

Joseph is now in Grade 7 which means he's in class all day on Saturdays. He's no longer free to do his Watumishi duties but continues to serve at Mass on Sundays. When he graduates from Grade 8 next year, he too will leave for boarding school. The grounding and lessons they have received as altar servers has helped to prepare both boys for their life away from home.

James and Joseph are members of Elimu's Nyumbani Kwetu Home for Children. Nina established the home as a family sponsorship in 2008. Their grandmother was being thrown out of their rented home for lack of rent, so Nina stepped in and took the family on in the manner of a children's home.

"Supporting James and Joseph with their kindergarten school fees in 2005 was the very first step that lead towards the establishment of Elimu as a charitable organization in Canada," says Nina. Today Nyumbani Kwetu Home for Children provides fourteen children with living, health and educational support. Elimu now manages four educational projects in Kenya.

The goal of the charity is to help children and youth live life to the fullest by providing them with greater access to quality education. Elimu is currently 100% volunteer-run with no formal office space or infrastructure expenses.

For these two altar servers of St. Anthony's Cathedral in Malindi, Elimu has meant a life with health, good education and hope for the future. For more information and to make a donation to Elimu (Canada) visit [www.elimu.ca](http://www.elimu.ca).

To find out how you can get involved contact Elimu volunteer, Angela Ierullo at [iangel@sympatico.ca](mailto:iangel@sympatico.ca)



By Sue Stoltz





## L'eta D'oro birthday party august 2014







## L'eta D'oro birthday party august 2014





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## Red Cross and Walmart join forces for Disaster Dining challenge in Ottawa



**What:** Disaster dining challenge at Walmart

**Where:** Walmart  
South Keys Shopping Centre  
2210 Bank St.  
Ottawa

**When:** August 16 from 11:00 a.m. – 12:00 p.m.

**Who:** Special Guest Judges  
John Fraser – MPP Ottawa South  
Ron Eade – Food Journalist – past Ottawa Citizen Food Editor and Blogger  
Celebrity Chefs  
Joanne Schnurr - Reporter/Producer, CTV News  
Master Cpl. Jody Mitic – Motivational Speaker and Runner Up on CTV’s Amazing Race



# An Art-Filled Room



To the left of the main apse of the Cathedral of Siena is a tiny door where you can find a room full of artistic wonders – the Piccolomini Library.

Built in 1492 by Pope Pius III to house the collection of books and manuscripts of his uncle, Pope Pius II (Enea Silvio Piccolomini), the room was then frescoed between 1503 – 1507 by Pinturicchio.

Pinturicchio signed one of the first artistic contracts with the Piccolomini family, where it was stipulated that the walls had to contain ten frescoes depicting the (incredible) life of Pope Pius II. The contract required that only Pinturicchio was to draw

all the cartoons and fresco outlines (not his assistants, one of whom was later Raphael) and that it was also his responsibility to paint all the faces in the cycle of frescoes.

Another first in the library goes to the fresco (see below) titled “Enea Silvio Piccolomini leaves for the Council of Basel”, where one of the very first scenes of a storm was ever painted in Western art.

And if all the stunning frescoes weren’t enough, underneath them in wooden and glass cases are Piccolomini’s collection of illuminated choir books. Definitely an art-filled room.

*by Jean Tori*

# Etruscan Agriculture at Baratti Bay

Frida van der Horst is Dutch and studied in Rome. She was living in northern Tuscany when she heeded the call to “move on”. She set out by train and when passing the area of the Bay of Baratti knew she had found the place to pursue her mission in life.

Fates were with her and she found a plot of 7 hectares, called Piscine degli Olmi (Pond of the Elms), with its own water source overlooking the beautiful Bay. Steeped in the history of the Etruscans and her love of nature she wanted to try to return to their planet friendly agricultural methods.

Frida formed an Agricultural Association and is a member of Donne in Campo. As her success in farming grew using ancient Etruscan methods she found the need for storage (a barn!) and

soon the task of learning and developing Earth Architecture was underway. (A note on Frida’s fascinating construction efforts coming soon.)

The virgin land she discovered, having lain fallow, was full of indigenous herbs and medicinal plants (Bach flowers abundant!), and under Frida’s determined hand soon produced flax, Italian hemp, arundo donax and other perennial species that had been farmed in Etruscan times. She hand picks her crops and makes ethnic gastronomic and therapeutic specialties.

In September Frida was featured as an inspiring woman in “Ode aan de Vrouw (Ode to the Women) by Patricia Blok, published by House of Books in Holland.

*by Pat Carney*



# Italian Wedding Traditions

Italian wedding traditions are unique and meaningful. The fact that they are still followed in spite of the trends which are in a continual change says a lot about the importance that they receive from the Italian people and also about how beautiful a wedding which contains some of the customs is.

Same as locations are different and couples choose places to match their wedding theme and to make the event different from others, they can incorporate also unique traditions into the wedding ceremony and reception and differentiate their wedding from others.

An Italian tradition says that the bride and groom shouldn’t see each other the night before the ceremony. In the morning of the big event, the groom either sends his bride the wedding bouquet or waits for her in front of the place where the matrimony will be officiated and offers her the bouquet. This important accessory should be a surprise for



the bride, who shouldn’t know how it will look. Usually, the bride offers the groom’s mother a flower from her bouquet before the ceremony. A tradition which is still preserved in Italy is to offer the invitees small bags of rice which will be used after the ceremony. They will throw the rice over the bride and groom, same as confetti is thrown at anniversaries for example. On the day of the ceremony, the bride and groom shouldn’t wear gold before they exchange wedding rings, as this is considered to bring bad luck. The wedding reception has also some traditions attributed to it.

Each invitee will receive as wedding favors a bomboniere, which is the original form of wedding favors. The best men will cut the groom’s tie and will sell the pieces to the invitees. The bride and groom will dance their first dance as husband and wife followed by the bridal party and afterwards by all the invitees. Another aspect that is different from other European weddings is that the wedding cake doesn’t receive the same importance as in other regions. It usually contains custard cream and marzipan or chocolate icing and is brought out just before the cutting.

Each region in Italy has a different set of traditions which are followed at most weddings. Couples choose those traditions which fit their wedding style and also their beliefs and they incorporate them in the wedding ceremony and reception. Of course, as in any country, traditions change in time, some of them are forgotten and others are modified. A perfect example which shows the fact that customs can suffer some modifications from wedding to wedding is that of throwing the rice. Even though at most weddings guests throw rice over the bride and groom, some couples opt for the modern alternative and offer their guests petals instead of rice. To include Italian wedding customs into your wedding it isn’t necessary to have Italian origins. Some couples are in love with Italy, want to spend their honeymoon in that country and make an entire theme based on Italian specifics, while others opt for a destination wedding and choose the Italian atmosphere.

*by Ana Petrescu*



# Intervento del sen. Renato Guerino Turano sulla Riforma Costituzionale

Presidente, Colleghi, quello che sto per fare è senza ombra di dubbio il mio intervento più importante da quando ho l'onore di sedere in quest'aula. E' l'intervento più importante perché oggi non stiamo discutendo di una qualsiasi legge dello Stato.

Stiamo discutendo del futuro dell'Italia e dei futuri governi, e di come modificare la Costituzione per rendere il nostro un Paese migliore per i cittadini.

E purtroppo, quanto ho letto nel testo di riforma uscito dalla 1a Commissione, non mi appare per diversi punti un testo in grado di migliorare il nostro Paese.

Per questo, Presidente, chiedo il massimo del tempo disponibile per spiegare il mio punto di vista.

Alla base delle mie perplessità c'è innanzitutto la scelta di trasformare il Senato della Repubblica in un Senato non elettivo, in un Senato nominato, scelto a tavolino, e che di fatto rischia di compromettere seriamente il bilanciamento ed il controllo dei diversi poteri ed organi costituzionali.

In altre parole si rischia di permettere a chi ottiene una maggioranza di nominare facilmente il Presidente del consiglio, il Presidente della Repubblica e tutti gli altri organi costituzionali.

Fin da piccolo sono cresciuto con un ideale fortemente democratico che anche la nostra magnifica Costituzione riporta nei suoi Principi fondamentali.

E' l'articolo 1 a ricordarci che la sovranità appartiene al popolo.

E' il popolo che deve scegliere la sua guida, i suoi rappresentanti. E' il popolo che conta in una Nazione. E noi siamo al servizio dei cittadini.

Ed è il popolo che i partiti dovrebbero ascoltare prima di obbligare i propri deputati e senatori a votare in quest'aula senza possibilità di scelta.

Sondaggi che di recente sono stati resi pubblici, tra l'altro, hanno ben sottolineato quale sia l'opinione dei cittadini.

Mi riferisco all'inchiesta dal titolo "Gli italiani e la riforma del Senato" diffusa da IPR Marketing lo scorso 7 luglio. Sottolineo il nome dell'istituto che ha condotto il sondaggio perché IPR Marketing è stato il primo a dire che il Partito Democratico avrebbe vinto le elezioni europee con il 40%. Sull'affidabilità e certezza dei dati, dunque, non si discute.

Il sondaggio ha prima chiesto agli italiani cosa vorrebbero fare di questo Senato. E il 53% di loro ha risposto

che andrebbe abolito prima che diventi un Senato di nominati con un cumulo di cariche. Poi lo stesso sondaggio ha chiesto loro se il nuovo Senato dovrebbe essere eletto dal popolo o no.

Ecco, cari colleghi, non facciamoci sfuggire la loro risposta perché il 55% degli italiani vuole che il Senato rimanga elettivo e solo il 30% di loro lo vorrebbe non elettivo.

Io non posso rimanere estraneo a dati come questi. Ho l'obbligo di tenerne conto, ho l'obbligo morale di non rimanere rintanato nel mio ufficio ma di ascoltare l'opinione di chi mi ha votato. Noi, cari colleghi, non siamo super-uomini, siamo dei rappresentanti del popolo, scelti dal popolo. Rappresentiamo prima di tutto i cittadini e poi il governo e i partiti.

Io credo nel mio partito. Lo rispetto, lo seguo.

Ma prima di prendere ordini ho l'obbligo morale di ascoltare chi mi ha votato.

Anche perché, così come i miei colleghi eletti all'estero, io non sono stato nominato e messo in lista in una posizione buona per essere eletto.

In quanto eletto all'estero la gente mi ha scelto direttamente, ha espresso a mio favore una preferenza, ha scritto il mio nome sulla scheda elettorale. Io ho e sento il dovere di ascoltare i miei elettori.

Sono loro che mi hanno dato l'incarico parlamentare.

Chi mi ha votato, inoltre, continua a rassicurarmi, a darmi energia. Chi mi ha votato mi scrive quotidianamente e mi invita a continuare nella mia battaglia per la democrazia.

Tutto ciò non può che rendermi ancor più consapevole della mia responsabilità.

Io, cari colleghi, rappresento gli italiani del Nord e Centro America e vivo negli Stati Uniti d'America: uno dei Paesi considerato tra i più democratici al mondo.

Negli Stati Uniti il Senato non elettivo che qualcuno ha pensato di scegliere per l'Italia, è stato bocciato oltre un secolo fa, esattamente nel 1913 con l'approvazione del 17° emendamento all'articolo 1 della Costituzione americana. Da allora i senatori sono eletti direttamente dai cittadini e non già scelti, come avveniva in precedenza, dalle Assemblee legislative dei singoli Stati.

Perché in uno Stato democratico funziona così: sono i cittadini a scegliere ed è bene che questo concetto sia finalmente compreso da tutti.

Semmai, pensiamo a ridurre il numero degli eletti alla Camera dei Deputati. Sempre tornando agli Stati Uniti, infatti, vorrei ricordare che lì i senatori sono 100 mentre i deputati sono 435 a fronte di circa 350 milioni di abitanti!

Presidente, colleghi, nessuno qui vuole ostacolare questa riforma. Nessuno vuole evitare il superamento del bicameralismo perfetto che, e penso siamo tutti d'accordo, non fa bene all'Italia. Nessuno pensa che il Senato debba dare la fiducia al governo.

Pensiamo solo che il nuovo Senato debba essere elettivo, avere parità e controllo, debba decidere sulle questioni legate ai diritti umani, le leggi costituzionali, le leggi elettorali ed il bilancio dello Stato.

Ci viene mossa un'obiezione: secondo la alcuni dei nostri colleghi saremmo disposti a far cadere la Riforma Costituzionale per difendere un principio democratico come l'elezione diretta del Senato.

Io l'obiezione voglio girarla a voi trasformandola in domanda: siete disposti a far cadere la Riforma per difendere un'elezione di secondo grado?

Se per voi non è un punto cruciale, perché non votate l'emendamento che reintroduce l'elezione diretta del Senato?

Dateci una risposta. Come lo spieghiamo ai cittadini?

Perché altrimenti qualcuno arriverà sul serio a pensare che il Senato che avete in mente non sia una Camera di garanzia dell'ordinamento costituzionale ma, come qualcuno prima di me ha già detto, sia semplicemente un dopo-lavoro per sindaci e consiglieri regionali.

Tutti vogliamo la riforma ma non vogliamo una riforma affrettata e fatta con superficialità.

Stiamo cambiando la Costituzione e già questo dovrebbe bastare a farci capire quanto sia importante la discussione in questo momento che definirei storico.

Piuttosto che su un Senato non elettivo, si dovrebbe lavorare tutti insieme per eliminare definitivamente i doppi e tripli incarichi nelle istituzioni e nella pubblica amministrazione.

Io sono del parere che il sindaco deve fare il sindaco, il consigliere regionale deve fare il consigliere regionale, il senatore deve fare il senatore. Ognuno deve svolgere esclusivamente il mandato per cui è stato eletto. La somma di più cariche rischia di far aumentare solo potere e corruzione.

Nella mia opinione tutto ciò causa un supplemento di lavoro che dubito avranno modo di svolgere al meglio, visto che molti amministratori locali hanno già diverse difficoltà nel portare a termine quanto è per ora di loro competenza.

Non riescono a risolvere problemi legati alla sanità, allo smaltimento dei rifiuti, all'urbanistica.

Come potranno occuparsi anche del lavoro in Senato?

Qualche giorno fa ero con la mia famiglia nella mia regione d'origine: la Calabria. Il mio nipotino che vive negli Stati Uniti si è trovato di fronte a un cumulo di immondizia e ha subito preso in mano il suo telefonino per scattare delle foto.

Per lui, che vive lontano dall'Italia, la non raccolta dei rifiuti è un fatto incredibile, impossibile da capire. Per gli italiani, invece, è diventato normale e questo non va assolutamente bene.

Abbiamo perso di vista quale sia la normalità.

I nostri cittadini ricevono meno servizi e tutti noi non facciamo altro che fargli pensare che tutto ciò sia normale. Non va bene.

Questi sono i mali dell'Italia e non un Senato elettivo che, invece, continuerebbe a garantire la democrazia nel nostro Paese.

Riflettiamo tutti insieme, cari colleghi.

L'Italia ha perso competitività, ha perso i suoi tratti distintivi. Non ci sono più le meravigliose botteghe artigiane che si tramandavano di padre in figlio e che tutto il mondo ci invidiava.

Senza contare le migliaia di imprese italiane che negli ultimi anni sono fallite nonostante vantassero crediti. Sono cose impensabili. Sono questi i veri problemi del Paese, non l'elettività del Senato.

Riflettiamo bene su quale sia il futuro migliore per l'Italia. Portiamo rispetto ai cittadini.

Ne hanno diritto ed è la Costituzione a dircelo. Diamogli il diritto di scegliere i propri rappresentanti e far sì che abbiano un rapporto diretto con loro, un rapporto che sia più stretto. Cittadino e rappresentante devono lavorare insieme per risolvere i problemi nelle loro comunità.

Riflettiamo colleghi, e votiamo con senso di responsabilità. Servire i cittadini ed ascoltare i cittadini è la buona politica!

Grazie.



# THIS LEGEND WAS A CAR DESIGNER ALMOST BY ACCIDENT



Although his family name is pronounced similarly, this Italian-born designer is not related to Carrozzeria Bertone, the Italian styling house founded by Mr. Giovanni Bertone. With that bit of confusion aside, Mr. Flaminio Bertoni (1903-1964) was an automobile designer whose work many liken to sculpture. It may thus come as no surprise that Flaminio, an art lover who admired Michelangelo's and Leonardo da Vinci's work, practiced both art and sculpture in his spare time while working at the Carrozzeria Macchi, a small Italian carmaker. He came to work there somewhat "by accident" following his father's death, as he was forced to leave school, and get a job to support his family. Such was his skill that Flaminio started as a joiner in Macchi's body department, but only a few years later was the head draftsman. But he resigned his position after an argument with management, and imbued with passion for automobiles and design, set up his own studio. In 1932, Citroën hired him and it is there that he'd eventually pen the lines of cars such as the Traction Avant, 2CV, and DS.

Bertoni's hiring by Citroën also had an accidental element. With his own nascent carrozzeria flourishing, he fell in love with a young woman that his mother disapproved of. She wanted her son to marry a cousin instead. Apparently, that's how things were done back then. However, Flaminio would have none of it, closing his design studio and moving to Paris

with his new bride. Fortunately, a short while later, Citroën offered him a job in their design department. Citroën was known as an innovative company, even then, but was continually short of cash flow.

Mr. André Citroën, the company's founder made a big bet, investing his own fortune into the research and development of a new model that would become the Traction Avant. Although other companies like Alvis and Cord had already manufactured front-wheel drive cars by the 1930s, due to packaging, their designs left precious little space for their occupants. Working with Mr. André Lefebvre, a talented young engineer at Citroën, Flaminio developed an all-metal body, substantially lighter than the partially wooden vehicles of the day. More remarkable, his design was reportedly created in a single night out of a plasticine material rather than a traditional sketch! The first truly sculpted car design. The car's weight was distributed evenly and was very aerodynamic. Sadly, although heralded as a triumph and pioneering front-wheel drive for the mass car market, developing the model was so expensive that it bankrupted Citroën. Months after the launch, the company was taken over by Michelin; however, the company and the executive put in charge of Citroën, Mr. Pierre Jules Boulanger, also believed in innovation, making the partnership a good fit. Citroën ended up selling about 760,000 units of the Traction Avant, making the model a success. Pierre Jules's first new

project was the TPV, or "Tres Petite Voiture" (very small car), imagined as Citroën's answer to Volkswagen's Beetle, a car for the people. The design directives were for a car that would transport a farmer, his wife, and their produce at up to 60km per hour. Citroën again turned to Flaminio for the bodywork. When unpleasantness erupted in Europe—he was imprisoned and acquitted twice as an enemy of France during World War II—the project was put on hold, and hidden from the Germans. After the war, Citroën resumed the project anew and the 2CV, as it came to be known, sold more than five million units over its lifespan.

Switching gears in marginally more opulent post-war France, Flaminio and Mr. Lefebvre worked on the DS, a spiritual followup to the Traction Avant. Mechanically, the DS (or "goddess") was far more advanced than any other car at the time, and shocked the automotive world when it debuted at the Paris Motor Show of 1955. It featured a hydro-pneumatic suspension giving the car a "magic carpet ride", front power disc brakes, and power steering amongst its many other innovations. And the body was a beautiful mix of sculpted metal and plastic, both inside and out. The DS succeeded by combining the modernity of the 2CV and the Traction Avant's elegance of curve. Citroën took twelve thousand orders the first day of the show.

Aside from car design, Flaminio also designed a bus. During his time as an independent designer, he penned a bus, which would have greater visibility from inside the cabin, with the engine underneath built by Italian firm Baroffio in 1935. He also found spare time, somehow, and studied architecture, obtaining his degree in 1949. In 1956, he invented a new system of more quickly constructing houses that was put into practice in St Louis, Missouri where one thousand homes went up in just one hundred days. He also made a career as an artist, participating in numerous exhibitions in France and Italy—twice awarded the first prize for drawing and sculpture at the Parisian International Free Art Show (in 1953 and '54), his sculptures were subsequently awarded the first prize both in 1959 and 1962. His last car design would be the Ami 6 in 1961. Whilst not as revolutionary as his previous three iconic car designs of the Traction Avant, 2CV, and the DS, the Ami 6's lines and reverse-raked rear window was copied on other cars. Before he passed away in 1964, Mr. Flaminio Bertoni was named "Master of the Order of Arts and Letters" by the French Minister of Culture for his talents as an artist and as one of the great designers of cars. Not bad for someone who became a designer "by accident."

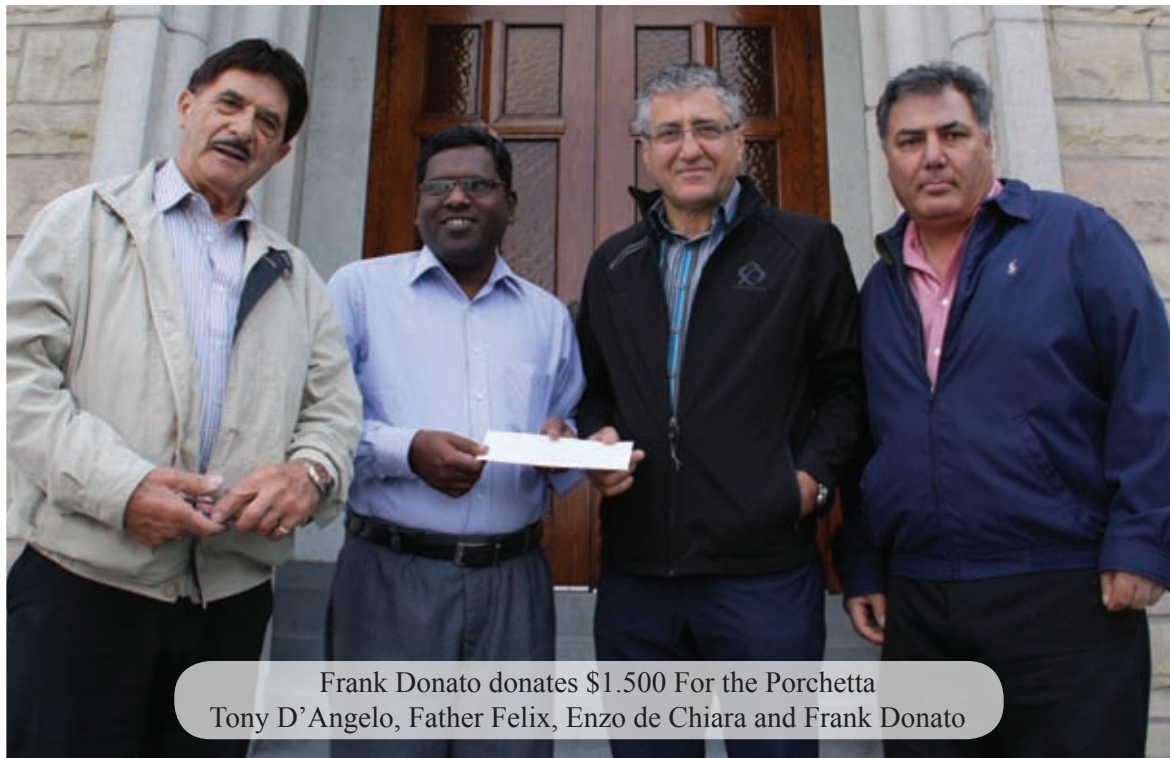
*by Benjamin Shahrabani*

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# St. Anthony's Church Donations for St. Anthony's Feast



Frank Donato donates \$1.500 For the Porchetta  
Tony D'Angelo, Father Felix, Enzo de Chiara and Frank Donato



Father Felix & Frank Donato



Tammy from Stella Luna donates to St. Anthony's Feast



Enzo Di Chiara Engineering donates to  
repair the front stairs



Joe Cotronco from Preston Street Bia donates \$4.000 for St. Anthony's Feast



Angelo Filoso donates Police Services for  
St. Anthony's Feast



# RECIPE: Pitticelle di Riso

Today I’m featuring one of my favourite summer foods: pitticelle di riso. Pitticelle are like “fritters” (you’ll remember I’ve featured a few on the blog already like pitticelle cucuzze and pitticelle di pane). The ingredients for this fritter aren’t so “summery” really, but I’m used to having these crispy, fried treats at family outings, fishing trips, picnics and as snacks out in the backyard since they are good hot or cold. My mother’s parents would always make these for our annual family picnics where they were treasured by everyone: a huge batch was gobbled up in no time once the Tupperware container was opened. Slow frying, making sure the rice grains stay individual and fresh ingredients are the secrets to this recipe.

I’m sorry to say, but not surprised, that I don’t have a recipe for small batch of these pitticelle. This recipe will make at least three dozen depending on the size you make. They are meant to be shared and, if you have leftovers, they are great crisped up in a toaster oven the next day too. Halving the recipe should work just fine, it’s the consistency of the batter for frying (not too loose!) that you need to watch out for

**Pitticelle di Riso**

- 2 1/2 cups arborio rice
- 4 large eggs
- 1/2 cup finely chopped parsley
- 1 teaspoon granulated garlic or finely chopped garlic
- 1/2 cup grated Parmigiano-Reggiano cheese
- 3/4 cup all purpose flour
- 3/4 cup fine cornmeal
- 1 cup shredded mozzarella
- salt, to taste
- canola or vegetable oil for frying

Put on a large pot of water to boil, salting it once it comes to a boil (as you would for pasta). Pour in the rice and boil on medium for 25 minutes until the rice is completely cooked. Each kernel will be fluffy and have an “uneven” look.

Drain the rice in a colander and allow it to cool for 10 minutes. Transfer the rice into a bowl and stir in 3 cups of cold water. Allow the rice and water mixture to rest until the temperature of the water and rice is tepid or room temperature.

In another large bowl, mix together eggs, parsley, garlic, parmesan, flour, cornmeal and mozzarella.

Add in the rice and water mixture (the rice will have absorbed most of the water by this point) to the egg mixture. Mix until sticky, with the consistency of rice pudding. If you find it too liquid, add an additional 1/4 cup of flour.

Put a frying pan on to heat filled with a 1/2 inch of oil. Canola oil is preferred for frying fritters because of its’ high smoke point.

You can also test the consistency by frying one or two in advance. When scooped into the frying pan, the batter should not spread out thinly, rather it should bind together enough that it mounds in the oil.

One or two test fritters will also allow you to test for salt. There is no salt in the recipe since the rice was boiled in salted water and the cheeses are salty. If you find, however, that your test pitticelle are a bit bland, add salt if needed. Usually a 1/4 teaspoon of salt will do.

Using a large serving spoon, mound fritters into the heated oil. Fry to a deep golden brown, turning them once to get an even colour and crispiness. Be sure to stir the mixture between frying batches so the liquid of the batter doesn’t settle to the bottom of the bowl.

When golden, remove the pitticelle from the frying pan with a fork or slotted spoon and drain on a paper-towel lined plate. These pitticelle are fantastic hot, but still really good cold. Once cooled they can be packed up for picnics and road trips – but be sure to bring enough to share!

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## The Association Rapinese of Ottawa raises \$10,000 to replace the doors of the San Giovanni Church in Rapino Italy.



**Antonio Giannetti**  
Candidate for City Council  
river ward 16

Authorized by the Antonio Giannetti campaign