

ANNI
40
YEARS



Serving the community since 1971

villa charities newsletter

Fall/Winter
2010-11

Buon
Natale!

The 2010 Venetian Ball – Wasn't It Lovely!

On October 16, 2010, walking into the Metro Toronto Convention Centre had guests feeling like they were transported to Venice during Carnevale. Once again, The Venetian Ball hit Toronto and it was a fundraiser like no other, living up to its hype as Toronto's premier Italian-themed gala. Thanks to the efforts of Co-Chairs James Di Luca and Steven Muzzo and all the event's sponsors, nearly 2400 guests—the largest number yet—attended this year's ball, and a record \$1,300,000 was raised for Villa Charities services and programs!



"Walking in to the grand hall with almost 2,400 people in attendance was a realization of our efforts and dedication over the last 10 months," says Di Luca. Muzzo adds, "The community's support was overwhelming and greatly appreciated. The Globe and Mail's statement that this has become 'Le Dominante' of fundraisers in Toronto can be credited

to all sponsors, organizers, service providers and volunteers." Both co-chairs not only took on their roles for the second year in a row, but their families have also long supported (Continued on Pg. 10, Report to Donors)

UPDATE: Columbus Centre's national project Italian Canadians as Enemy Aliens: Memories of World War II

With all the members of the project team on board, the project is moving forward in its initial stages of research, as well as creating public awareness of the project. Most recently, the public name for the project was changed from "Italian Canadians during World War II" to "Italian Canadians as Enemy Aliens: Memories of World War II."



From L to R: Melina De Guglielmo, Louanne Aspillaga, Lucy Di Pietro, Krystle Copeland, Stefanie Petrilli and Travis Tomchuk.

MEET THE TEAM

Leading the team is Project Director Lucy Di Pietro (B.A. Honours, M. MSt.), who has over 10 years of experience in various aspects of museum work. Lucy was recently the manager/curator for the Association for the Memory of Italo-Canadian Immigrants (AMICI), where she worked closely with the Italian Canadian community.

Researchers/writers for the project are Melina De Guglielmo (B.A. Honours, B.Ed, M.A.) and Travis Tomchuk (PhD Candidate). Melina specializes in Italian Medieval and Renaissance life narratives (autobiography) and Italian Canadian history. She teaches Italian immigration history at York University. Travis' research focuses on transnational Italian anarchist

networks in North America and Europe from 1915 to 1940. Previously, he worked on oral history projects for the Jewish Heritage Centre of Western Canada. He also teaches world history at Queens University.

Supporting the team is Project Assistant Louanne Aspillaga (B.A. Honours, M.A.), whose background is in History, Art History and Museum

Management. She has worked for the Association of Nova Scotia Museums in Halifax, where she facilitated collections management workshops with museums province-wide.

The project welcomes its two newest staff members: Exhibit/Collections Coordinator Stefanie Petrilli, and Project Assistant Krystle Copeland. Stefanie joins (Continued on Pg. 5)

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AERF Tax Receipts

Thank you - grazie to everyone who donated to the Abruzzo Earthquake Relief Fund. Official receipts for tax purposes have been processed and mailed. If you have made a donation but have not received your tax receipt, please call us at 416-789-7011.

ANNI
40
YEARS



villa charities

40th Anniversary

2011 marks the 40th anniversary of Villa Charities. A committee has been struck and is now finalizing a program for the celebrations. The committee, Chaired by Nina Perfetto, is composed of: Wilma Cesario, Aldo Cundari, Frank De Cesare, Enrico De Pasquale, Joseph Fusco, Robert Martella, Renzo Pillon, Nick Sgro, Carla Tatangelo, Rina Tiberini and Gabriella Tino.

The affiliates and projects of Villa Charities are in turn celebrating this milestone with their own anniversaries:

- Villa Colombo – 35 years
- Columbus Centre/Joseph D. Carrier Art Gallery – 30 years
- VITA Community Living Services/Mens Sana Families for Mental Health – 25 years
- Villa Colombo Vaughan – 5 years
- Apartments for Independent Seniors:
 - Caboto Terrace – 28 years
 - Casa Del Zotto – 20 years
 - Casa Abruzzo – 15 years

Auguri to all!



1861 > 2011 > >
150° anniversario Unità d'Italia

ITALIA 150

In June 2011, Italy will be celebrating 150 years since the country's unification. In cooperation with the Consul General of Italy and other local community organizations, celebratory and cultural activities are now being planned. Please look out for and join in the ITALIA 150 celebrations.

La Dolce Vita at Dufferin and Lawrence

Villa Charities has been developing community-oriented culturally sensitive projects and programs at Lawrence and Dufferin since 1971—40 years and two generations. Recently, developers and new neighbours caught the bug and have branded their new development as Treviso Condominiums: La Dolce Vita. Welcome to the neighbourhood!

Besa: The Albanian Rescue of Jews

On Sunday, November 7, Columbus Centre and Villa Charities sponsored the conference "Besa: The Albanian Rescue of Jews," held in Sala Caboto at Villa Colombo. The presentation highlighted the fact that between 1933 and 1945, Albania saved nearly all of its Jewish population as well as protected refugees from Nazi-occupied Europe, in accordance with Besa, the Albanian Code of Honour. The talk was led by Vera Held, a longtime member of the Columbus Centre fitness facilities and the daughter of a survivor. The event was part of Holocaust Education Week, which ran from November 1 to November 9.





Canada Kick-Starts its FIFA Campaign

The Canadian women's soccer team competed in—and won!—the CONCACAF World Cup qualifying tournament in Mexico, and gained a spot at the 2011 FIFA World Cup in Germany. Auguri!

But before the women left for Mexico, Columbus Centre made sure to give them a proper sendoff. On October 8, 2010, Columbus Centre hosted a Thanksgiving dinner for the entire team and their coaching staff, led by former Italian professional player Carolina Morace. The event was a chance to wish the team good luck as well as to reinforce how proud we are of our Canadian athletes.

Italian Canadian Piazza: A Virtual Piazza

Villa Charities is taking part in a new Internet venture entitled Italian Canadian Piazza. It is an online calendar of events for various Italian Canadian organizations within the Greater Toronto Area. The calendar lists all cultural, business, community and charitable events—such as concerts, special masses, art exhibits and fundraisers—that are open to the public. Italian Canadian Piazza will allow Villa Charities and all of its affiliates to reach a broader audience for their events, while helping all organizations involved plan better, cooperatively. You can view the online calendar at: www.italcanpiazza.ca.

Mayoral Debate

On September 14, the National Congress of Italian Canadians—Toronto District, along with the Canadian Italian Business and Professional Association of Toronto, sponsored a mayoral debate at Villa Colombo. Moderator Art Eggleton presided over the debate between 2010 candidates Rob Ford, Joe Pantalone, Rocco Rossi, George Smitherman and Sarah Thomson. Congratulations to the successful candidate, and now Toronto's 64th mayor, Rob Ford.

JOIN THE COMMUNITY SYMPHONIC BAND UNDER THE DIRECTION OF MR. LIVIO LEONARDELLI





Amateur and professional musicians are invited.

For an application form please visit:
www.columbuscentre.org

Contact:
Daniela Agostino-Cugini at
416.789.7011 Ext. 250

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Paradise by the River

In 2008, Shadowpath Theatre Productions put on a play entitled *Paradise by the River*, an informative and moving production by Canadian playwright Vittorio Rossi, about the historical true story of internment of Italian Canadians during World War II. This year, the company has again produced the play, acknowledging the 70th anniversary of the internment.

The production, directed by Marianne McIsaac, was staged at the Vaughan City Playhouse from October 28 to November 7, and at the Lower Ossington Theatre in Toronto from November 25 to December 7.

In the story, Canada has officially declared war against Italy so many Italian Canadians are deemed enemy aliens and are arrested without charge. Romano, a recent immigrant to Montreal, is one of these individuals, and is held against his will with hundreds of men of Italian descent at a prisoner-of-war camp in Petawawa, Ontario. His family and friends—including his pregnant wife, Maria—must find the strength to move forward as they put all their efforts into freeing Romano. This powerful drama details the struggle to preserve morality in a nation seemingly intent on its demise.

Despite the damaging and lasting effect the internment had on this country, many Canadians and Italian Canadians alike are unaware that the internment even took place. It is thanks to ventures like *Paradise*

by the River that awareness is being raised among the general public. Building on this is the project entitled *Italian Canadians as Enemy Aliens: Memories of World War II*, funded by the Community Historical Recognition Program, Citizenship and Immigration Canada fund. The project, the office for which is located at Columbus Centre, will collect the personal memories of surviving Italian internees in Canada, their family members and others that were also affected by the internment. These histories will form a national archive, along with related print, photographic and other resources.

“Seventy years have passed since June 1940, when the Canadian government authorized the Royal Canadian Mounted Police to intern Italians and Italian Canadians,” says Pal Di Iulio, president and CEO of Villa Charities Inc. “Still, not much is known about our own community’s history. All of us at the Italian Canadians as Enemy Aliens: Memories of World War II project office support Shadowpath’s efforts to recognize this dark period in Italian



Clockwise from top left: Actors Jan-Michael Weir, Ryan Macdonald, Chris Cocoluzzi, Raffaele Ciampaglia and Enrico Difede in a scene from the play.

Canadian history. Those who saw the play reflected on the stories of struggle and triumph, noting the Italian Canadian community’s resilience and strength. We hope to achieve the same once our own project is complete, and our exhibit and websites available in March 2012.”



In Memoriam

We are saddened to report of the recent loss of three of our dear Furlan friends. On October 26, Luigi Gambin, president of Famee Furlane, passed away, followed soon after on November 7 by his wife, Sergina. Then, on November 11, Albert John Melchior, a longtime member and supporter of Famee and Villa Charities, also left us. Our deepest condolences to each of the families.





Mass with Archbishop Collins

On Sunday August 22, at 10:30 a.m., residents and clients of Villa Colombo and Villa Colombo Vaughan gathered together to participate in a very special mass celebrated by Thomas Collins, the Archbishop of Toronto. Despite the less-than-favorable weather outside, Sala Caboto at Villa Colombo, in which the mass was held, was filled to capacity. The Villa community looks forward to this special mass each year, and the residents and their families participate each time, rain or shine. This type of special event helps residents and clients feel connected to their community, and aids them in maintaining a spiritual connection with the Catholic Church. Special thanks go out to Archbishop Collins.

Pizza Nova Golf Tournament

For the 10th year, the Primucci family and Pizza Nova held a golf tournament in support of Villa Charities. The event, which took place on June 8 at Station Creek Golf Club in Gormley, Ontario, was again a big success and raised \$28,000 that will assist in providing the culturally sensitive programs offered by Villa Charities. Grazie!



Memories of World War II

(Continued from Pg. 1) the team from the Ryerson Gallery & Research Centre, where she has spent over two years in several roles, the last as the digital imaging assistant working with the Black Star collection of over 300,000 photographs. She has a Masters in Photographic Preservation and Collections Management from Ryerson University. Krystle has worked at the McMichael Canadian Art Collection, providing assistance to curatorial research and coordination. She has a Masters in Art History from the University of Western Ontario.

CURRENT WORK

Melina and Travis are in the process of identifying and contacting possible interviewees for the development of the oral histories collection. The subjects being sought are family members of those Italian Canadians interned or designated as “enemy aliens” in 1940. As an example, featured in the summer 2010 issue of this newsletter was Toni Ciccarelli. Now in her mid-nineties, she was just 24 years old and working at a Canada Post office in downtown Toronto, when within minutes of hearing the radio



Wooden ship said to have been carved by an internee held in Camp Petawawa.

broadcast announcing the arrest of Italian Canadians, Toni was removed from her workplace by two RCMP officers.

Additionally, Stefanie is seeking anyone who has personal belongings related to the Italian Canadian internment experience. An example of an item being considered for exhibit is a wooden model ship, owned by Nancy Bertolotti. The Bertolotti family believes the ship was carved by an internee while he was held in camp.

WAS YOUR FAMILY AFFECTED?

We need the Italian Canadian community’s help to realize our goal to document the

Italian Canadian World War II experience – including the Canadian government’s actions resulting in internments.

Funded by the Community Historical Recognition Program (CHRP), Citizenship and Immigration Canada fund, this project will collect the personal memories of surviving Italian internees in Canada, their family members and others that were also affected by the internment. These video histories will form a national archive, along with related print, photographic and other resources. The resulting archive will be shared with the Italian community and general public through a permanent exhibit housed at the Columbus Centre, an online archive and website available to all as well as a publication.

For more information on the project—to suggest an interview contact, or if you have any materials related to the war experience of Italian Canadians in Canada—please contact the project office at (416) 789-7011 ext. 330 or 335, or email director@italiancanadianww2.ca or info@italiancanadianww2.ca.

100th Birthdays at Villa Colombo

Each year, the Centenarian Club at Villa Colombo grows, and this year was no exception. In 2010, the Activation department at Villa Colombo threw a total of five 100th birthday parties; and for the first time, a husband and wife both celebrated their 100th birthdays at Villa Colombo in the same year.

Mrs. Pasqualina Fazzari turned 100 on August 4, and celebrated with family and friends at Villa Colombo a few days later. Born in San Giorgio Morgeto, Calabria, she married Michele Fazzari on March 21, 1931, and they had four children together. As a family they immigrated to Canada in May of 1951. Mrs. Fazzari's husband passed away on April 19, 1998, and she moved to Villa Colombo in March of 2003. Altogether, she has 10 grandchildren, 13 great-grandchildren, and one great-great-grandchild.

Mrs. Rosa Tramonte turned 100 on March 1, and her husband, Mr. Antonio Tramonte, turned 100 on September 5. They celebrated their birthdays at Villa

Colombo surrounded by family and friends on March 8 and August 31, respectively. Mr. and Mrs. Tramonte were both born in Alberona, Foggia, a small town in Puglia, Italy. They were married on December 17, 1938, and have four children. In 1949, Mr. Tramonte immigrated to Canada, and Mrs. Tramonte followed with their children in 1954. In total, they have seven grandchildren, 12 great-grandchildren, and one great-great-grandchild. They both moved to Villa Colombo in 1998. Every time a resident at Villa Colombo celebrates his or her 100th birthday it is a very special event; being able to celebrate with both Mr. and Mrs. Tramonte, especially within the same year, was an incredible experience.

On October 18, Mrs. Felicia Trovato also celebrated her 100th birthday, with a party in Sala Caboto. And the festivities carried on into November as friends and family gathered to celebrate the milestone birthday of Mrs. Angela Bugin. Congratulations to all the new members of the Villa Colombo Centenarian Club!



Mrs. Fazzari



Mrs. Tramonte



Mr. Tramonte and family



Mrs. Trovato

Annual Evacuation Exercise at Villa Colombo Toronto

The Ontario Fire Code, Section 2.8, requires the establishment and implementation of a Fire Safety Plan for every long-term care facility; the code also requires every building of the facility to have a fire alarm system.

The Fire Safety Plan helps to ensure effective utilization of life safety features in a building and to protect people during emergencies. The plan is designed to suit the resources of each individual building or complex of buildings. Fire safety plans are intended to assist with the basic essentials for the safety of all occupants. They are also designed to ensure an orderly evacuation at the time of an emergency and to provide a maximum degree of flexibility to achieve the necessary fire safety for the building.

In addition, the Long-Term Care Homes Act, 2007 (Reg. 230) requires that every long-term care facility has a written emergency management plan dealing with fires, community disasters, violent outbursts, bomb threats, medical emergencies, chemical spills, situations involving a missing resident and loss of one or more essential services. Furthermore, the plan must be regularly reviewed and practiced with staff to ensure understanding of the required steps and the ability to

react favorably during an emergency. Villa Colombo has a well established Emergency Management System, and staff is trained regularly on the response procedures.

On September 23, 2010, following months of preparation and staff training, Villa Colombo held its annual Evacuation Exercise. The objectives of the Evacuation Exercise were to:

- Allow staff members to practice evacuation in a real setting and to understanding staff roles and responsibilities
- Test the tools that are available for staff during emergencies including: lifting techniques, search methods, racking of residents and staff during the exercise to ensure no one is missing and understanding the evacuation routes

To ensure total resident safety, resident participation was kept to a minimum. Instead, students from Medix School were enlisted to act as residents. The exercise was an overall success, providing excellent hands-on experience for all involved.

Well done, Villa Colombo!

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VCLA

The VCLA promotes Family, Food, Fun, Faith and Fundraising for the ultimate benefit of the residents of Villa Colombo.

Mass and Brunch

GRAZIE was the theme of the Mass and Family Brunch held on October 17, 2010. Father Celestino Canzio, O.F.M., Chaplain of Villa Colombo, expressed this sentiment so beautifully in his sermon that made all of the guests feel thankful and very blessed to have participated in the mass. It was appropriate and fitting to give thanks for the abundance of gifts that are bestowed upon us and to pay reverence to God for all that He provides. The talented committee of this event, led by Melina Zeppieri, transformed the Fusco room at Villa Colombo into a lovely dining area filled with the warm colors of fall. This season is a good opportunity to reflect and appreciate the many blessings in our lives, especially our many vibrant seniors at the Villa who have significantly contributed to our community.

Many thanks are extended to the hard working committee members—Connie Vella-MacKay,

Rose Greco, Rita Rotundo, Marisa Celenza and Luisa Dobilas—for their continued dedication.

“The sunflowers that adorned each table clearly emphasized our message of gratitude and thankfulness,” said Frances Gratta, president of the VCLA. The simple yet delicious meal which included the traditional “pasta e fagioli” was enjoyed by everyone.

Thank you to all the members and their families for attending the VCLA Mass and Family Brunch. We hope to see you all soon at our upcoming events.

Our very popular Pasta Bingo Night will take place on Tuesday, January 25, 2011. We are looking for donations of prizes for this evening.

Kindly contact the VCLA office at (416) 789-2113 ext. 2260 for more information and to reserve your spot for this event. Bring your family and friends and help us to fulfill our mission to make Villa Colombo the best it can be for our seniors.



Father Celestino Canzio



From L to R: Rose Greco, Connie Vella-MacKay, Luisa Dobilas, Frances Gratta and Melina Zeppieri.

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Join the Villa Colombo Ladies' Auxiliary and be part of a dynamic group of dedicated volunteers who share their time and love, fundraising for Villa Colombo.

Please call our office at (416) 789-2113 ext. 2260, or visit us at www.villacharities.com.

The Maria Di Salvo Compassionate Care Award

The Maria Di Salvo Compassionate Care Award was founded by Chairman Sam Ciccolini and Fundraising Chair Joseph Gulizia. This award is dedicated in honour of Maria Di Salvo, the first resident of Villa Colombo Vaughan, admitted on October 30, 2006.

On Thursday, October 14, 2010, staff members at Villa Colombo Vaughan were recognized for demonstrating compassionate care, superior customer service and a positive attitude to our residents, families, volunteers and staff. A special thank you to Lina DeGasperi, daughter of the late Mrs. Maria Di Salvo, for her ongoing support as part of the selection committee and for presenting and congratulating the award winners.



Villa Vaughan celebrates with the 2010 Maria Di Salvo award recipients.

As demonstrated by the number of nominations submitted, the award program is a big success. This year a total of seventy nominations were received

to recognize staff members who consistently distinguish themselves in providing compassionate care. Congratulations to the 2010 Maria Di Salvo Award recipients: Nadia Greco, clinical director of care, Camille Cruz, registered practical nurse, Deborah Henry, personal support worker and Carmen Campos,

personal support worker.

Congratulations as well to all the nominees for their commitment and contribution in providing excellent care to our residents.

The Wedding Day

At Villa Colombo Vaughan, we continue to support our families in celebrating special life events. On Saturday, July 10, proud grandparents Domenic and the late Teresa Baldesarra had the joy of celebrating the wedding of their grandson Thomas and his wife Janet.

The family hosted a luncheon in the Salone Baldassarra for many relatives and friends. Domenic and Teresa were very happy and proud to receive best wishes and be part of the wedding day. A celebration was held in the Cappella San Nicola with Fr. Vitaliano Papais as he gave a special blessing to the newlyweds and their families. Tanti auguri to Thomas and Janet and the entire Baldesarra family!



Grandparents Day: Keeping Generations Connected

The Fourth Annual Grandparents Day was held on September 12 and was a great success, with over 200 residents and their relatives in attendance. The Piazza DeGasperi was filled with children's laughter as the kids enjoyed a magic show with Dan the Magician, face painting and crafts.

Food and beverages were served in the Salone Baldassarra; guests were treated to a barbecue, popcorn and ice cream. It was a joyous occasion for the residents and their grandchildren, as together they were able to celebrate and enjoy the festivities. A special thank you goes out to all of our volunteers who assisted with this exceptional event.



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Fourth Anniversary

On Thursday, November 4, Villa Colombo Vaughan residents, family and friends joined together in the Piazza DeGasperis to celebrate the home's fourth anniversary.

Entertainment was provided by Coro Italia; the folklore group brought much happiness and cheer to the residents as they sang "O Sole Mio," "Volare" and many other favorites.

All guests enjoyed hot pepper and porchetta sandwiches along with homemade pizzas prepared with love by the home's kitchen team. Sam Ciccolini, chairman of the board, along with Joseph Gulizia, the fundraising chair, welcomed all guests and staff and gave their best regards to the residents. Ciccolini complimented the residents for living their life to the fullest and encouraged them to continue to celebrate their culture and traditions.



The board members, leadership team, front line staff and volunteers are all proud to be part of Villa Colombo Vaughan, a home to 160 special residents and families. Villa Colombo Vaughan welcomed the first resident, Maria Di

Salvo on October 30, 2006, and today the home has a waiting list of over 400 people. For more information about the home or if you would like a tour, kindly contact Social Worker Amalia Aiello at (289) 202-2222 ext. 313.



Volunteers Make a Difference!

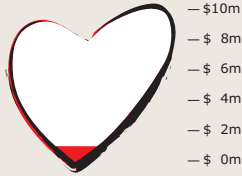
Volunteerism is nothing new to the Villa Charities family of organizations. In fact, each affiliate was built on the efforts of people willing to give of themselves and their time without recompense. But on September 24, 2010, as Deloitte hosted its sixth annual Impact Day, the spirit of volunteerism was at an all-time high. Designed to demonstrate Deloitte's commitment to the communities in which the company does business, Impact Day offers a day of volunteering by Deloitte staff members to organizations across

Canada which assist people in our community with the greatest need—children, senior citizens, people with disabilities, new immigrants and abused women.

Deloitte's involvement with Villa was organized by Bob Sacco, Deloitte's associate partner, Canadian practice leader, customs and global trade. Those volunteering with Villa had a choice in the aid they provided. They could either: help with the food preparation of the Meals

on Wheels program at Villa Colombo; assist in grounds cleanup and maintenance at Columbus Centre; take part in various day programs with the residents at Villa Colombo Vaughan; or offer clerical help to Villa Foundation, in preparation for The 2010 Venetian Ball and Team Villa events.

This year's Impact Day was another grand success! Warm thanks go out to Bob Sacco and the entire Deloitte team for their continued support of Villa Charities.



The Living Family Campaign

With our 40th anniversary fast approaching in 2011, it's time to celebrate the promise of a bright future while paying tribute to our heritage. But we need your help to do so...

As we prepare for the next 40 years of relevant service to our community, we hope to be blessed with your continued support. Your support of the Living Family Campaign today will help us to continue to provide our culturally sensitive programs and services for tomorrow.

Living with passion. Today and tomorrow. Now and forever.

Come share our passion.

Team Villa Crosses the Finish Line in Venice!



The members of Team Villa 2010. Back Row, from L-R: Patrick Ciccolini, Joe Sauret, Brian Naraine, Paolo Fiorino, John Arvanitis, Frank Ciccolini Jr., Frank DiRienzo, Mark Odorico, Richard Higgins. Middle Row, from L-R: Kathy Ciccolini, Lorenzo Paravani, Frank DeCesare, Lina Fernandez, Daniela Zuccarelli, Tony Gentilucci, Nick Ierfino, Tina Barbieri, Marco DeSimone, Bill Arvanitis. Front row, from L-R: Debra Ruscio, Victor Fiorillo, Angela Martella.

On October 24, the months of grueling training and strict diets finally proved worthwhile to the members of Team Villa, the group from Toronto that ran the 25th Venice Marathon to raise funds for Villa Charities Foundation.

And what a marathon it was! Despite the cold and at times rainy weather, each of the 22 runners finished the 42.195 kilometre race—some even managing to wave the Canadian flag as they

crossed the finish line. Frank DiRienzo set the record for the fastest Canadian at the race, with a running time of 03:32:28. Both he and Joe Sauret, who had a running time of 03:32:52, qualified for the Boston Marathon. Auguri to them both!

The race path started in Stra, a small town about 25 kilometres west of Venice, and wove through lush countryside to [\(Continued on next page\)](#)

The 2010 Venetian Ball – Wasn't It Lovely!

[\(Continued from Front Cover\)](#) Villa Charities Foundation.

International Brotherhood of Electrical Workers Local 353, FIAT, Ozz Solar and Tridel were the gracious presenting sponsors of the ball. The Venetian Ball was fortunate to have many returning and new corporations and individuals come on board. Grazie a tutti!

From the moment the curtains were drawn, welcoming guests to the cocktail reception, guests were transported to Italy and immersed in the country's sights, sounds and tastes. The cocktail and dessert receptions were hosted by some of Toronto's top restaurants, who offered up savoury and sweet bite-sized delicacies; and while guests sipped on delicious cocktails,



Bellinis were served by aerial acrobats.

Masked dancers directed guests into the hall, which was decorated in precious-metal

tones and set with bejeweled candelabras and opulent floral centerpieces designed and decorated by Forget Me Not Flowers and Micki's Luxury Linens. Thanks to Westbury National Show Systems Ltd., projections of Venetian piazzas and scenery surrounded the dining area, prompting guests to feel like visitors to La Serenissima.

To add a further authentic Venetian touch to the evening, for a second year, Chef Domenico Di Gesù and Trattoria Do Forni proprietor Eligio Paties were on hand with Chef Angelo Fernandes of the Metro Toronto Convention Centre to create the ball's Venetian inspired meal. Guests dined on a [\(Continued on Pg. 12\)](#)

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(Continued from previous page) the finish line at Riva Sette Martiri, an embankment in the centre of Venice. During the race, marathoners ran across the Grand Canal on a pontoon bridge, built especially for the event. And although 7000 people registered for this year's marathon, only 6,253



John Arvanitis, Lorenzo Paravani, Debra Ruscio, Tina Barbieri and Richard Higgins celebrate at the finish line.

actually managed to finish the strenuous course. Co-Chairs for Team Villa this year are Frank Ciccolini Jr. and Tony Gentilucci, both avid runners and long-time supporters of Villa Charities. The members of Team Villa 2010 are: Bill Arvanitis, John Arvanitis, Tina Barbieri, Frank Ciccolini Jr., Kathy McGuire Ciccolini, Patrick Ciccolini, Frank DeCesare, Marco DeSimone, Frank DiRienzo, Lina Fernandez, Dr. Victor Fiorillo, Paolo Fiorino, Tony Gentilucci, Richard Higgins, Nick Ierfino, Angela Martella, Brian Naraine, Mark Odorico, Lorenzo Paravani, Debra Ruscio, Joe Sauret and Daniela Zuccarelli. To date, Dr. Victor Fiorillo is the top fundraiser for Team Villa 2010, with over \$20,000 raised. Right behind him are Marco DeSimone, with over \$16,000 in pledges, and Debra Ruscio, with

over \$11,000 raised. Grazie, team!

During the celebration dinner for Team Villa after the race, Dr. Victor Fiorillo was named Team Captain and Lina Fernandez was awarded the title of the team's MVP.



Bill Arvanitis, of Lead Sponsor Athletes Care Sports Medicine Centres, and co-chairs Frank Ciccolini Jr. and Tony Gentilucci enjoy the post-race celebration dinner.

Special thanks go out to Frank Ciccolini Jr. and Tony Gentilucci, Team Coach Michael Brennan and Running Coach Paolo Fiorini for their dedication to each and every member of Team Villa as well as to Villa Foundation. Team Villa also owes a debt of gratitude to Lead Sponsor Athlete's Care Sports Medicine Centres, who helped turn the dream of the team participating in the marathon into a reality. Thanks as well to Carlson Wagonlit Travel for their hard work and care in assisting with the travel preparations.

Team Villa is in the planning stages for 2011. To get more information on how you can participate or become a sponsor, please call the foundation office at (416) 789-7011 ext. 242.

Team Villa's participation in the marathon would not have been possible without the kind sponsorship of the following organizations. Thank you!

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(Cont'd from Pg. 10) delicious four-course meal paired with specially selected Italian wines from Venica & Venica and Terre Di Balbia.

As guests enjoyed their meal, they were entertained with the musical stylings of Toronto's own Simply Grand, led by Juno award-winning vocalist George St. Kitts. Soon after, Rich Little—the "Man of a Thousand Voices"—took the stage and entertained guests with his

wide array of impersonations.

But without a doubt, the highlight of the evening was when the mystery guest performer finally revealed himself to be none other than multiple Grammy award-winning musician Stevie Wonder! The entire audience rushed to their feet for a standing ovation and remained there for the entire show as they (Cont'd on next page)

Thank You! Grazie!

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(Cont'd from previous page) danced along to tunes like "My Cherie Amour" and "Superstition," with "Isn't She Lovely" as an encore to top off the night. Another surprise followed when guests were invited to bid on the Yamaha piano used exclusively by Mr. Wonder, which sold to a lucky bidder for \$65,000.

No Venetian Ball is complete without a premier live auction, and the foundation was lucky to have Sam Ciccolini, a member of the Villa Charities Foundation Board of Directors, as the auctioneer. The auction included such delights as a four-night stay at the exquisite Villa Mangiacane and a chance to drive a fleet of Ferraris at Le Circuit Mont Tremblant. But perhaps the most exclusive item on the block was the chance to own the First Canadian edition 2012 FIAT 500! The iconic car, donated by FIAT, went for a winning



bid of \$85,000. Happy motoring!

Grazie and heartfelt thanks are extended to everyone involved in this grand event, including: the evening's Co-Chairs James Di Luca and Steven Muzzo; The Venetian Ball Committee, comprised of Sandra Belvedere, Rudolph P. Bratty, Ralph Celio, Sam Ciccolini, John Cinelli, Alfredo De Gasperis, Marlene DelZotto, Robert Faissal, Tony Gagliano, Vas Georgiou, Bruno Giancola, Ted Manziaris, Nicole Muzzo and Julie Rusciolelli; and the numerous sponsors, in-kind donors, suppliers and volunteers. Villa Foundation could not have done it without your drive, talent and willingness to help.

Plans have already begun for The 2011 Venetian Ball. Make sure you book your sponsorship and reserve your tickets early so as not to miss what promises to be another incredible night!

Thank You! Grazie!

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 Tanzola, Joseph
 The Cancellara Family
 Tiberini, Antonio
 Tramonte, Antonio
 Zuliani, Archie

In Memory

Baldesarra, Italo Roberto
 Borsa, Domenico
 Bruno, Ida
 Buccioni, Ermelinda
 Calamia, Antonio
 Cipriani, Pasquale
 Contardi, Marisa

Della Mattia, Antonio
 Di Federico, Antonio
 Esposito, Elisa
 Fianacca, Maria
 Fidani, Alma
 Gallucci, Rosina
 Gottfredsen, Anne Marie
 Guglietti, Assunta
 Keates, Evelyn
 Littleford, Beryl
 Manarin, Joseph
 Meffe, Clemente & Teresa
 Mongiat, Antonio
 Multari, Paolo
 Scaini, Gino & Palmira
 Schillaci, Cosmo
 Severin, John
 Stocco, Pietro
 Tantalò, Giuseppe Antonio
 Varone, Carlo
 Venerus, Angela Rosa

Tree of Life

Bertoia, Robert Peter
 De Vuono, Zaccaria
 Gatto, Ignazio
 Manarin, Joseph
 Tanzola, Joseph
 Venerus, Angela Rosa
 Zuliani, Archie

The Trees of Life stand tall in Piazza Bartolini at Villa Colombo. They are magnificent bronze and brass sculptures and are a way to pay tribute to beloved family members and friends while supporting Villa Foundation.

Please note, all efforts are made to ensure proper acknowledgement of each donor at time of printing. If we have omitted your name or incorrectly spelled your name, please accept our apologies and contact the Foundation office at (416) 789-7011, ext. 307.

Giro T.O. and the Livolsi Family

This past summer, the entire Livolsi family participated in—and supported en masse—Giro T.O. The 2010 Giro was in memory of John Livolsi, longtime member, friend and legend at Columbus Centre. Grazie.



Auguri e Grazie!

After five years at the helm of Villa Charities Foundation, Laura Dal Bo has moved on to new endeavors. Grazie to Laura for all of her hard work and dedication, and the best of luck in her new challenges!

Canadian Students Spend their Fall Semester in Italy

The start of school in September this year once again gave high school students from the GTA the exciting opportunity to live in Italy for the fall semester while earning credits toward their Ontario Secondary School diploma. The continuing partnerships between Centro Scuola and both the York Catholic District School Board and the Toronto Catholic District School Board provide the support for students and teachers from these boards to be comfortably located in Spoleto, Umbria and Atri, Abruzzo, respectively.

Since 2004, when this opportunity first began, the programs have attracted students eager to learn by the experience of travel combined with disciplined study habits and life in residence with other students. It is good preparation for university years, within the context of a Canadian high school structure. Each year the students have produced a video "yearbook" documenting their journey with photos, music and written memories.



Centro Scuola Awards Night

The annual Centro Scuola Dinner Dance and Awards Night took place on Friday, October 15, 2010, bringing together the student participants in many of the Centro Scuola programs for the year. Coaches and families of the athletes who took part in the Giochi della Gioventù beamed proudly as their sons and daughters were recognized for outstanding achievements in the track and swimming events of the games held in Italy in May. The Centro Scuola representatives brought home nine gold medals, four silvers, four bronzes—and unforgettable memories of their international competition.

Also sharing memories, photos and friendships were the students who took the Summer

Credit Courses in Italy in July 2010. There were four different locations this year: Spoleto, Umbria; Atri and Roseto, Abruzzo; and Serra San Bruno, Calabria. Teachers and administrators from the York Catholic District School Board and the Toronto Catholic District School Board led the courses and saw to it that the students studied hard to earn their credits. At the Dinner Dance and Awards Night, the top achievers were named, winning applause from proud parents and friends.

Outstanding students in the Cultural Arts programs at the Columbus Centre also received prizes and recognition. When the announcements were over, the DJ started the music and the dancing began.



Concerto di Natale

The annual Concerto di Natale, produced by Centro Scuola/ Columbus Centre will take place on Sunday, December 12, 2010, at 3 p.m. The location this year is the newly opened Performing Arts Centre at St. Michael's College School at 1515 Bathurst Street (just north of St. Clair Avenue West).

Musical performances will include concert recital pieces by singers from Maestro Ermanno Mauro's Master Class program at the Columbus Centre.

Dancers from the Cultural Arts program will perform examples of jazz and ballet choreography. A special attraction this year will be soloists from the Teatro Lirico Sperimentale in Spoleto, continuing the cultural exchange put in place in the protocol signed in May. The singers will be accompanied by a concert pianist, also from Spoleto.

For tickets please contact the Centro Scuola office at (416) 789-4970.

Congratulations! VITA Community Living Services has been nominated for a Voluntary Sector Financial Reporting Award by the Chartered Accountants of Ontario and Queen's University. The awards recognize best practices for financial reporting by registered charities that produce annual reports in Ontario. Winners will be announced later this year, with the lucky few organizations being awarded \$5,000 each. Best of luck to VITA!

VITA Educates Canada!

When the box of magazines arrived, it was greeted with great excitement. VITA Community Living Services has long been supporting Exceptional Family magazine by handing out sample copies at conferences or consultations and by having them available in the waiting area of the VITA office. Exceptional Family magazine has won numerous awards in the Canadian magazine industry for its sensitive yet courageous coverage of issues important to parents of children with disabilities. This box of magazines was different than all the others. It contained the first of a two-year series of articles written by VITA staff regarding teaching kids with disabilities skills to live full and independent lives.

Domenic Pisante, a member of VITA's member training team, the Personal Development Committee, was the lead author of the first article on self esteem, and was particularly interested in seeing how the article looked. "VITA's self esteem class is really popular with the members who attend—they look forward to each class," says Pisante. "It was a wonderful opportunity to take what we've learned in teaching the class and share it with parents across Canada." Pisante is right—the opportunity to provide information to families about how to raise children who have an understanding of their disability and pride in their membership in the disability community was something that VITA couldn't turn down.

Exceptional Family magazine will be publishing at least eight articles from various VITA staff over the next two years; several have already been submitted and approved. Anger

management is the next topic being written about and the article on it will appear in the forthcoming issue. Two articles will break new ground; one written about abuse prevention for people with significant disabilities and another supporting lesbian, gay, bisexual and transgender (LGBT) kids with disabilities will be the first publications of their kind.

Aviva Engel, editor of Exceptional Family magazine, says, "I appreciate the style in which the articles are written: tell-it-like-it-

is, no mincing of words, honest, raw and to the point. As someone who previously did not know very much about VITA, I now have a wonderful grasp of the valuable, pioneering work the organization does daily, thanks to these pieces which provide a small window into your daily achievements and make you stand out as a model organization." The partnership between Exceptional Family magazine and VITA will further the true integration of people with disabilities in Canada by ensuring they have the skills necessary to live full, productive and independent lives in their communities.



United Way and Mens Sana Families for Mental Health: Because of York Region United Way, WE CAN!

Mens Sana Families for Mental Health has received funding through York Region United Way for the past two years and this funding is essential to Mens Sana's day-to-day operations. Since the funding started, the Mens Sana Day Program was able to move to a new location, develop a music program and offer computer lessons and fitness groups. The biggest success is that Mens Sana members are becoming more active in their recovery journey.

The partnership between Mens Sana and United Way also provides the members a chance to get involved in the community. The members had a chance to attend the VITA cook-off, at which they were able to



United Way Day of Caring volunteers prepared over 20 lasagnas to be shared with VITA & Mens Sana programs.

enjoy a fun day full of food, as well as help with selling crafts. The members also participated in the United Way Day of Caring, during which volunteers from a local insurance company went to the Mens Sana campus, made lasagna and

helped organize the day program along with Mens Sana members. Just this past month, members in Mens Sana went to a barbeque organized by VITA, at which they were able to socialize with staff and members from other VITA programs.

For the members at Mens Sana, recovery is a long and difficult journey and can sometimes seem to be an unattainable goal. The partnership with United Way gives the members new hope, as its funding opens up a lot more opportunities. Mens Sana's goal is to continue developing its members and reintegrating them into the community so that they are able to work, learn and play like everyone else.

VITA: Loud and Proud

Listening to its members' voices can change an organization!

The needs of lesbian, gay, bisexual and transgender (LGBT) people with disabilities is only now beginning to be spoken of within the realm of service provision. VITA was requested to set up a group for LGBT members with disabilities, and shortly after the group was established, it set itself the goal of participating in the Pride Parade in Toronto during Pride Week.

Working hard, the group created signs to carry and slogans to shout, and were determined to be at the parade with a purpose. Under the direction of Luke Lynn, a VITA supervisor, the group came together every couple of weeks to meet, support each other and share the enthusiasm of getting ready for the parade. Wanting to further VITA's work to confront the ugly use of the "R" word, cards to be handed out at the parade were developed for the new "Words Hit" campaign. These cards asked

people to think about how hurtful the word "retard" is, and to eliminate the word from everyday language.

The day of the parade was hot, but the enthusiasm of the VITA group was even hotter. The march down Yonge Street was exhilarating for the VITA members and staff who

promote diversity in a series of church services in Minden. VITA, excited to be part of community change, donated cards to the church.

The LGBT group continues to meet and continues to provide support. VITA's participation in Pride Day has led to a collaboration between groups in the city of Toronto and in



VITA members, relatives and friends at the Pride Parade.

York Region to ensure that the rights of all people—including LGBT people—with disabilities, are respected. Lynn, the group's facilitator says, "VITA is getting a chance to change the world for people, and it's exciting to be part of that change." That change will be fully

participated. Hundreds of cards were handed out that day. People immediately read the cards and cheered VITA's purpose for being there—building mutually respectful communities. Several weeks later, a United Church Minister from Minden called to say that one of the cards distributed that day had been brought to her attention. She called for permission to use the card to

explored in an article in a series on parenting kids with disabilities being featured in Exceptional Family magazine. Editor Aviva Engel says, "I'm particularly looking forward to featuring your piece on supporting a child with a disability who is gay or lesbian, as I think VITA's work is groundbreaking and sets a wonderful example for other organizations to follow."

A Gift from New York

The YAI Network, one of the largest organizations in New York City serving people with intellectual disabilities, sent VITA a little gift. The two organizations are working together to do research on "intentional caring," a concept developed at VITA, wherein staff members set themselves daily goals in the provision of exceptional care. During the discussions on the purpose of the research, VITA sent YAI a copy of its Pledge of Service that all new staff make upon being hired into the organization. The pledge was written three years ago in consultation with the whole of VITA's staff and has become a model for other agencies throughout Ontario.

The education team from YAI took a copy of the pledge along with pictures from VITA's website, and created a PowerPoint presentation of the pledge set to music. It was an unexpected gift that signaled the start of a working relationship between the two agencies to

pursue cross-border research and information sharing.

Staff members from YAI have presented at VITA's Masters Series of training. Conversely, Manuela Dalla Nora, VITA's executive director, and Dave Hingsburger, VITA's director of clinical and educational supports, are scheduled to present on VITA's approach to abuse prevention at YAI's annual international conference next year.

"The opportunity to work with organizations internationally to do research and information sharing is exciting," says Dalla Nora. "We need to reach out and form partnerships and share expertise whenever we can. Ours is an international movement for the rights of people with disabilities so it makes sense that we cooperate and collaborate when and where we can."

The Pledge of Service, as gifted by YAI, can now be seen on VITA's website at www.vitacls.org.

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“Floral Renaissance” by Helen Lucas



University. A documentary about her life, “Helen Lucas – Her Journey – Our Journey,” won two first-place prizes at the Chicago International Film Festival in 1996. Lucas has a number of publications to her name, most recently the book “How to Fall in Love with a Painting—A Guide for Choosing Art from the Heart.”

Lucas defies current trends in contemporary art. She loves colour, she loves life and, yes, her paintings are a pleasing visual experience. Her

Born and raised in Saskatchewan, artist Helen Lucas has been exhibiting her works since 1953. She attended the Ontario College of Art and has had more than 50 solo exhibitions and participated in countless group shows across Canada and the United States.

For six years in the early '70s, Lucas held the title of Drawing and Painting Master at Sheridan College; she also received an Honorary Doctorate of Letters from York

palette consists of optimism which brings sunshine into a world where too often negativism is given centre stage. “The subject of a painting is to the painter what the instrument is to the musician,” she says. “My instrument, then, is the living flower, and the music I want to play is pure joy. Flowers mean that I have found my place to dance in the sunlight to celebrate life.”

For more information on Helen Lucas, go to www.marilynharding.com.

“Birches” by Tracy Thomson



began her exploration of various mediums and styles, delving into figurative, abstract expressionism, symbolism and—only recently—landscape. “My work has always contained elements of nature—real or imagined,” she says. “My life, though, is urban-centric and so it didn’t feel ‘true’ to paint what others,

Since the age of four, Toronto-based artist Tracy Thomson has been putting pencil to paper in an attempt to visually record her perceptions on life. Growing up in Etobicoke in the early '60s instilled in her a love for nature and art—and surely so did having Group of Seven artist Tom Thomson as her granduncle.

While studying Fine Art and Experimental Art at the Ontario College of Art (now the Ontario College of Art and Design), Thomson

who came before me, painted so profoundly. Until I spent some solid time in Georgian Bay... Well, you can’t NOT paint Georgian Bay. It dares you!”

In her second year in Fine Art, Tracy won the Nora E. Vaughan scholarship, awarded for Proficiency in Drawing and Painting.

For more information on Tracy Thomson, go to www.carriergallery.com or www.ttstudio.ca.

“Viso”

by Rino Noto



Rino Noto, a Toronto-based photographer, is continuously inspired in his work by the interplay of light and darkness. “I articulate the convergence of light and shadow to evoke an expression of the human spirit in these portraits of famous and lesser-known subjects,” he says. “I eschew the conventional methods of lighting and focus, revealing each subject as a burning flame or a quiet flicker.”

Noto studied at Sheridan College of Applied Arts and Technology as well as the University of Toronto, and has taught photography at Humber College. His work has been featured in numerous publications like Applied Arts and the Italian magazine Zoom. The recipient of numerous prestigious international awards, Noto has showcased his work in both Europe and North America.

For more information on Rino Noto and his works, please visit www.carriergallery.com or www.rinonoto.com.

Carrier Gallery Artists in Spoleto

Rosa Graci, the curator of the Joseph D. Carrier Art Gallery, had the inspiration to take a group of Canadian artists on a tour of great museums in Italy. Several painters who have shown their works in the Carrier Gallery agreed with enthusiasm, adding their wish to display their works in an Italian setting. Graci approached Alberto Di Giovanni, Director of Centro Scuola/Columbus Centre, to plan a comprehensive trip that would include visits to Rome, Florence, Siena, Montalcino and Assisi. Their central location was Spoleto, where the artists' paintings were displayed in the gallery on via Di Visiale, from August 31 to September 9, 2010. "The whole experience was like a dream," Graci said, shortly after returning home.

This international opportunity came about as part of the cultural protocol signed in May 2010 by Di Giovanni and the Mayor of Spoleto, Sig. Daniele Benedetti. "We are very satisfied," declared the Mayor, "at the realization of this cultural exchange." Both parties in the agreement are looking



From left to right: Lucia Papini, Giorgio Papini, Peter Bafundi (Italian student), Maja Barnard (Italian student), Jerome Conway, Annelore Jones (Italian student), Brenda Conway, John Cutruzzola, Heidi Burkhardt, Rosa Graci, Anthony Batten, Spoleto artist Sergio Bizzarri, Val Russell, Johanna Meharg, Yolanda Maggi (Italian student), Marilyn Harding, Jeanette Brox, Kim Atkins, Edie Bergl, Ana Jurpik. Photo taken at Sergio Bizzarri's exhibit in Spoleto, Italy.

forward to future collaborations.

The artist collectivity included: Kim Atkins, Anthony Batten, Edie Bergl, Heidi Burkhardt, Jerome Conway, John Cutruzzola, Rosa Graci, Ana Jurpik, Johanna Meharg, Val Russell and Tracy Thomson. (Artists whose works were featured in Spoleto but who did not take part in the trip include Jeff Jackson, Rosemary Mihalyi, Giancarlo Piccin and Tom Miller.) Also taking part in the trip—and eager to practice the language of the country and experience its culture—were several students from the adult Italian classes at Centro Scuola. Everyone who travelled to Spoleto discovered the warm hospitality of this cultural gem, nestled in the heart of Umbria.

Thanks were expressed by all to Lucia and Giorgio Papini, their invaluable guides, and to Annamaria Di Giovanni from Centro Scuola, who helped to make the "Inspiring Italy Tour" a success.

This excellent start of a promising cultural exchange developed out of the arrangements made in 2009 for students from the York Catholic District School Board to spend their fall semester in Spoleto. Cooperation with the authorities of the Scuola Media di Dante Alighieri in Spoleto resulted in a successful experience for the Canadian students, and a subsequent visit by Italian students to Toronto in May 2010.

Upcoming Exhibits at Carrier Gallery

December 2010

Nativity Scenes
December 6, 2010 to
January 6, 2011
Upper Gallery

"5 Palettes, Artisti ed Amici"
by Amirault, Bianco, Paonessa, Pivetta and Sevier
December 3, 2010 to
February 1, 2011
Lower Gallery and Atrium
Opening reception:
December 8, 2010,
6:30 p.m. to 9:30 p.m.

For more information on upcoming or past exhibits or to purchase any works, please contact Rosa Graci, Carrier Gallery, (416) 789-7011 ext. 300 or rgraci@villacharities.com.



"Athletes" by Jeff Jackson

Born in Toronto in 1954, Jeff Jackson attended the School of Architecture at the University of Waterloo as well as the Ontario College of Art. He has shown his work in galleries in Tokyo, Paris, Spoleto, New York and Toronto.

Jackson's art has appeared in the New Yorker and The New York Times and many other international publications. He is commissioned by major ad agencies, design companies and publishers of magazines, books, newspapers and websites. He has created paintings, murals, rugs and large art installations for individuals and institutions in Canada and the U.S.

Jackson has traveled to Europe, Africa and Asia in recent years and created a collection based on these trips. "Working with chalk pastel assists me in creating images of how I see the world," he says. "The blurred athletes in these drawings move through space and time with beauty and without restriction. I see athletes as members of society who can operate without barriers and on playing fields that are level and expansive."

For more information on Jeff Jackson and his art, go to www.carriergallery.com or www.jeffjacksonart.com.

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The Columbus Centre Board is also responsible for the Joseph D. Carrier Art Gallery

Kettlebells, Anyone?

Erick Edwards has a Bachelor of Arts from the University of Ottawa and is a Certified Personal Trainer with Canadian Fitness Professionals (Can-Fit-Pro). Edwards has been in the fitness industry for over 10 years; he also is a specialty trainer with certifications for Kettlebell Training. Edwards believes the best kind of training regime is one that incorporates the body as a whole; you must challenge the body on many levels to get the best results. **ENDURANCE + AGILITY + RESISTANCE + INTENSITY = a new relationship with your body!**

As a two sport Varsity Athlete, with a varied training background, Edwards offers a unique perspective to personal and group fitness. He believes each individual should start with "Pillar Training" to develop a strong core, lower back and legs. With a strong and functional base, there is no limit to the goals that can be achieved through training.

The kettlebell is the definitive tool in developing hip strength and power, which is crucial to all



athletic movement (kicking, running, walking, swinging, punching, jumping and lateral movements).

Using the kettlebell will make your back resilient. Unique Russian exercises condition your back from every conceivable angle, statically and dynamically. One would have to take up power lifting, yoga, strongman, gymnastics and a number of other disciplines to halfway imitate the benefits of kettlebell training.

This kettlebell class will give you infinite freedom of lifting. It has been said that kettlebells are to traditional free-weights what barbells and dumbbells are to weight machines.

Taming a kettlebell is akin to

medieval sword, spear and battleaxe play—liberating and aggressive.

For more information about the kettlebell program at Columbus Centre, please see the Fall & Winter 2010/2011 Programmes guide, contact the membership office or visit www.villacharities.com/columbus.

RISTORANTE BOCCACCIO

2011 THEME NIGHTS

Fixed price menus of authentic regional wines and cuisine

CALABRIA

January 28, 2011

FRIULI-VENEZIA-GIULIA

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EBRAICA – JEWISH ITALIAN FOOD

June 2, 2011

ABRUZZO

September 30, 2011

UMBRIA

October 21, 2011

TUSCANY

November 25, 2011

For more information or to make reservations, please call (416) 789-5555

Fancy Some Fencing?

George and Nik Lavorato, of Bladeworks Fencing Club, have been teaching fencing courses at Columbus Centre for over 15 years, demonstrating just how popular this sport remains. In fact, in October, both the men's and women's Sabre teams took home the gold at a tournament at the Royal Military College in Kingston, Ontario. Fencing is an all-around (and all-year) great sport; it offers a unique workout, relieves stress, develops coordination, strength and decision-making skills... and it has no age-limit! En garde!





Winnie Zhang, president of the Cambridge Food & Wine Society, Ted Kotcheff and Dora Nipp, CEO of the Multicultural History Society of Ontario.

Cambridge Food & Wine Society

The Cambridge Food & Wine Society has been hosting and supporting events and activities at Columbus Centre for many years. On October 15, the society presented the Cambridge Lifetime Achievement Award for Outstanding Contribution to Multiculturalism in Canada to

Ted Kotcheff, the executive producer of Law & Order: Special Victims Unit. Toronto-born Kotcheff produced and directed many projects in Toronto and Canada, such as Mordecai Richler's "The Apprenticeship of Duddy Kravitz," before moving south to different challenges. Auguri.

Archimedes

During Sicilian Cultural Week, which ran from October 21 to October 26, Columbus Centre was pleased to host professors Giacinto Taibi and Rita Valenti and the Archimedes exhibit from Syracuse. Born in Sicily, Archimedes was a noted mathematician, physicist, engineer, inventor and astronomer; the exhibit featured models of several of his inventions. Our gratitude goes out to Roberto Bandiera and Enzo Di Mauro of Panorama for staging this event and for donating a bust of Archimedes.

Personal Training

Experienced Personal Trainers are available seven days a week for those who need extra motivation, have time constraints, require nutrition or lifestyle guidance or simply aren't getting the desired results from their traditional workouts.

We take it personally, so let us help you achieve your fitness goals!

Our One-to-One sessions are designed to:

Improve your overall fitness

Your personal trainer will monitor your progress and fine-tune your program as you go, helping you work your way off plateaus.

Help you reach or maintain a healthy weight

Body fat reduction, weight reduction or management, body shaping and toning can all be achieved with the aid of a qualified trainer.

Instruct you on persevering with your training

Trainers can help motivate you with clear workout goals and safe strategies.

Focus on your unique health concerns

Fifty per cent of clients have special concerns such as arthritis, diabetes or obesity. A trainer can help you with these or other issues including low-back pain, rehabilitation from injury and pre/post-natal training.

Find the right way for you to work out

Learn the correct way to use equipment and appropriate form and techniques for cardiovascular work and free-weight/machine training.

Make you stop wasting your time

Get maximum results in minimum time with a program designed specifically for you.

Enhance your mind, body and spirit

Try outdoor activities such as hiking, kayaking and rock climbing and discover new insights about yourself, or find the potential you never realized you had.

Suit your needs only

Find the exercise program that works best for you. How many times per week or month do you want to meet your trainer, and for how long? You can get fit and healthy in your own way and take ultimate responsibility for your health.

For more information on personal training, contact the Athletics membership office or call Assistant Manager Kosta Tzigas directly at (416) 789-7011 ext. 243.

Support Villa Charities

Villa Charities provides much more than the basics to the people we care for. We make a real difference in the quality of life for our seniors and in the confidence level of adults with intellectual disabilities who learn new job and life skills. But to continue to be a resource of culturally sensitive care, we need your support – for today and tomorrow.

How can you make a difference?

Dedication Gifts

The knowledge that someone's life has been touched by a donation made in honour or in memory of someone will bring joy and comfort. Acknowledgement cards are sent to inform the recipient of your thoughtfulness.

Outright Gifts

A gift of cash is the easiest way to make a gift, but you may find it more advantageous to make a gift of appreciated securities or personal property. Let us work with you to plan your gift in the most tax-advantaged way.

Bequests

Create a personal legacy of caring, regardless of your financial situation, by including Villa Charities Foundation in your will. It gives you an estate tax deduction for the value of your bequest and also gives you flexibility in providing for family needs first.

Life Insurance Policies

Should you desire to give a larger gift to Villa Charities Foundation than you are currently able to make, purchase a life insurance policy or gift an old policy and make a significant gift with little expenditure. Premiums are tax deductible, as is the cash surrender value of the policy.

Retirement Plans

If a non-spouse is the beneficiary of a retirement plan, these assets may be subject to estate and income taxes. Your retirement dollars may be exposed to generation skipping transfer taxes before reaching the non-spousal beneficiary. Such taxes also apply if you are unmarried. Avoid this by donating from your retirement plan which preserves the plan's value and allows you to leave heirs less costly bequests.

Tree of Life

The Trees of Life, magnificent bronze and brass sculptures, stand tall in the lobby of Villa Colombo Toronto, allowing individuals to pay tribute to family members and friends. For a gift of \$1,000, a leaf will be inscribed; for a gift of \$3,000, a star will be inscribed; or with a gift of \$5,000, the name will be inscribed on a rock.

Official tax receipts issued for donations over \$20.

For more information, contact the Villa Foundation office at (416) 789-7011 ext. 242.

Charitable Registration No. 89337-0767-RR0001

Issue: November 2010

Save the Date



Giro T.O. - Sunday, May 29, 2011

Villa Charities Foundation's salute to Italy's Giro d'Italia! Join us for this fun-filled bike tour with a boot-shaped route that rides through Toronto's Little Italy up to Vaughan and back. Packed with Italian-themed rest stops and new fundraising incentives, the 6th Annual Giro T.O. will be the most exciting yet!



An Afternoon Affair - June 2011

A celebration of women—exclusively for women—returns! Don't miss this opportunity to connect with like-minded style savvy women entrepreneurs and leaders of industry. Centuries of women have discussed, debated and been educated during the tradition of afternoon tea.



Father's Day Golf Classic and Dinner Celebration - June 2011

Fore! Join us as we celebrate what truly makes la famiglia Italiana so special; the bond you share with one another. What better way to honour your history than by spending a special day golfing with one of the most important people in your life—your father! Top off your day by joining other families for a special celebratory dinner all about dad!



The 2011 Venetian Ball - November 2011

For one night only, the mystery of the Venetian Carnevale will once again take centre stage at The 2011 Venetian Ball! This blockbuster event is an authentic Italian celebration featuring exquisite masks, delectable food and drink, famous faces, priceless auction items and a surprise live entertainer. If you joined us for The 2010 Venetian Ball, you know that this is one event you do not want to miss!



Team Villa - Fall 2011

In 2009 it was Rome. In 2010 it was Venice. Where will 2011 take us? Italy's picturesque towns and countryside are the perfect backdrop for Villa Charities Foundation supporters to be tourists and athletes in the beautiful country. Whether you are a serious marathon runner looking for a new challenge or a recreational walker who would love to explore Italy's treasures in this unique way, Team Villa is a great opportunity to get your heart racing AND raise funds for Villa Charities Foundation!

For more information on Villa Foundation fundraising events, visit www.villacharities.com, or contact Tracie Napoli at (416) 789-7011 ext. 242 or tnapoli@villacharities.com

I would like to make a donation of: \$ _____ towards:

- Villa Charities Foundation, to be used where it's needed most
or A Villa Charities priority service area: Senior care Individuals with intellectual disabilities
 Culture, education, arts and recreation

Cheque enclosed I prefer to use my credit card: Visa MC Amex

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