

VIARTE 2020 NUMAR 100
PERIODIC SEMESTRÂL DE FEDERAZION
AL SERVIZI DAI FOGOLÂRS DAL CANADA



LA CISILUTE

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numar 100*





FOGOLÂRS FEDERATION OF CANADA

UNITING FRIULIANS ACROSS CANADA

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In copertina:
Ivano Cargnello
in un dipinto dedicato alla primavera

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Un grazie particolare alla Regione Friuli Venezia Giulia e all'Ente Friuli nel Mondo per il loro continuo supporto.



Giuseppe Toso, Presidente della Federazione dei Fogolaris del Canada

*H*o il grande piacere, in qualità di Presidente della Federazione dei Fogolaris del Canada e a nome di tutti i suoi componenti, di dare il benvenuto e di congratularmi con il nuovo Presidente dell'Ente Friuli nel Mondo cav. Loris Basso. Mi auguro di poterci presto incontrare e di stabilire un fruttuoso e collaborativo rapporto. I nostri obiettivi sono comuni e riguardano la nostra identità, la nostra cultura, la lingua friulana e l'importanza di poterle trasmettere alle nuove generazioni.



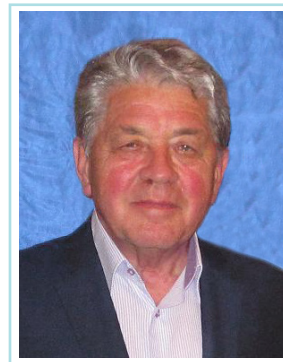
Cav. Loris Basso Presidente dell'Ente Friuli nel Mondo

Colgo questa felice occasione per ringraziare la Regione Friuli Venezia Giulia e l'Ente Friuli nel Mondo per l'importante e continuo sostegno economico.

Ringrazio il nostro Consiglio che è una risorsa incredibile per la Federazione: impegno, entusiasmo e senso della comunità sono solo alcune caratteristiche che vengono in mente quando si pensa a Sonia Bertolissi, Alberto De Rosa, Renzo Riguto, Luisa Del Bel Belluz, Ivano Cargnello.

Mandi di Cûr e Tigninsi Dûrs.

Giuseppe Toso



Giuseppe Toso Presidente della Federazione dei Fogolaris del Canada

*O*n behalf of all its members, to welcome and congratulate the new President of the Ente Friuli nel Mondo cav. Loris Basso. I hope we will be able to meet soon and to establish a fruitful and cooperative relationship. Our goals are common and concern our identity, our culture, the Friulian language and the importance of being able to pass them on to the new generations.

I would like to take this opportunity to thank the Friuli Venezia Giulia Region and the Friuli nel Mondo for their important and continuous economic support.

I thank our Council which is an incredible resource for the Federation: commitment, enthusiasm and sense of community are just some characteristics that come to mind when we think about Sonia Bertolissi, Alberto De Rosa, Renzo Riguto, Luisa Del Bel Belluz, Ivano Cargnello.

Mandi di Cûr e Tigninsi Dûrs.

Giuseppe Toso

Tribute to Ottavio Valerio



Ottavio Valerio



L'intervento di Ottavio Valerio al Congresso della Filologica, svoltosi a Gemona nel 1965

Ricordo di Ottavio Valerio Voce e anima del Friuli e della friulanità nel mondo

di EDDI BORTOLUSSI

Se non ci fosse stata questa tremenda pandemia che si è diffusa all'improvviso nel nostro pianeta (creando morte e desolazione in tutti i continenti, e costringendo all'isolamento e all'esclusione di rapporti e contatti intere popolazioni della Terra) in Friuli, nel "Piccolo compendio dell'universo" cantato dal Nievo, nelle sue *Confessioni di un Italiano*, si sarebbe svolta nel corso dell'estate la tradizionale Convention dei Fogolârs Furlans aderenti a Friuli nel Mondo.

L'appuntamento era già stato programmato (sabato 25 e domenica 26 luglio 2020) ai piedi della Fortezza di Osoppo, città che diede i natali all'illustre osoppiano Ottavio Valerio, indimenticato cantore del Friuli e della friulanità nel mondo, nonché ideatore e fondatore, assieme a Chino Ermacora, dell'Ente Friuli nel Mondo. Purtroppo, questa tragica e sofferta pandemia ha fatto sospendere non solo l'appuntamento di Osoppo, ma anche tutti i progetti internazionali che Friuli nel Mondo intendeva organizzare con i Fogolârs, grazie ai contributi della Regione Fvg e dei principali soci dell'Ente.

In questo numero della "Cisilute", pertanto, non

Remembering Ottavio Valerio Voice and Soul of Friuli and 'Furlanità' throughout the World

Translated by PAOLA VELLUCCI CARGNELLO

Had it not been for this terrible pandemic which unexpectedly descended on our planet, spreading death and desolation on all continents and forcing all on earth into isolation, without contact nor interaction, this summer, in Friuli, that 'small compendium of the Universe' as intoned by Nievo in his *Confessions of an Italian*, the traditional Convention of the Fogolârs Furlans of Friuli Nel Mondo, would have taken place.

The date had already been set for Saturday, July 25 and Sunday, July 26 at the foot of the wall of the Fortress of Osoppo, the birth place of the illustrious 'Osoppian', Ottavio Valerio. It was he, the unforgettable bard of Friuli and the Friulan spirit, who together with Chino Ermacora, created and founded the Ente Friuli nel Mondo. Unfortunately, this tragic and painful pandemic has forced the suspension, not only of the Convention in Osoppo, but also of all the international projects which Friuli nel Mondo, with the financial assistance of the Regione FVG, was organizing with the Fogolârs and the principal members of the Ente.

Therefore, in this issue of the Cisilute, being unable to discuss the initiatives and programs which were to be accomplished this year in Friuli, in Canada,

Tribute to Ottavio Valerio

potendo parlare di iniziative e di programmi realizzabili quest'anno in Friuli, in Canada e nei vari Fogolârs del mondo, ci limitiamo a ricordare con affetto l'indimenticabile figura di Ottavio Valerio, che fu alla guida di Friuli nel Mondo per ben 20 anni: prima come presidente, dal 15 dicembre 1962 al dicembre 1982, e poi come presidente onorario fino alla sua morte, avvenuta il 15 luglio 1990.

Nel corso dei 20 anni trascorsi alla guida dell'Ente, Ottavio Valerio ha praticamente visitato tutti i Fogolârs del mondo attivi in quel tempo: dai primi Fogolârs sorti in Italia alle tragiche miniere del Belgio, dalle pianure dell'Argentina alle grandi città del Canada e degli Stati Uniti, e alla lontana Australia dei porti e delle fattorie del Queensland.

Nato ad Osoppo il 4 dicembre 1902, nel corso degli anni Ottavio Valerio fu, a partire dal 1919, quando aveva solo 17 anni, educatore nel collegio arcivescovile Bertoni di Udine; dal 1928 al 1932 lavorò a Parma come censore (leggi controllore della disciplina) e vicedirettore del collegio Maria Luigia, gestito dagli Stimmadini; dal 1932 al 1948, richiamato a Udine dall'arcivescovo monsignor Giuseppe Nogara, fu educatore presso l'Istituto orfani di guerra di Rubignacco di Cividale; e sempre nel 1948, iniziò il suo impegno come rettore del collegio di Toppo-Wassermann di Udine, la più prestigiosa istituzione laica del capoluogo friulano, che Valerio guiderà fino al giugno 1980.

Come cantore del Friuli, il suo ruolo viene fatto risalire agli anni Trenta, quando fondò con il compaesano Giovanni Faleschini, che fu sindaco di Osoppo per ben 14 anni, la compagnia teatrale "La Osovane". Valerio raccontava un Friuli bello e forte, cristiano e laico, fatto di uomini autentici e di donne esemplari, impastato di preghiere e di imprecazioni e di tanta, inesauribile e altissima poesia. Dalla fine degli anni Quaranta fino a tutti gli anni Ottanta del secondo Novecento, Valerio fu protagonista in Friuli ed in particolare nell'ambito della Filologica, dove fu per vari anni vicepresidente, di innumerevoli incontri culturali e di promozione della lingua e della letteratura friulana.

Oratore di grande fascino e indiscusso maestro della parola, sia quando usava la lingua italiana, sia quando si lasciava andare nell'amatissima lingua friulana, con la quale cantava il vecchio Friuli del passato e incantava ogni ascoltatore, Ottavio Valerio

and in the Fogolârs around the world, we will restrict ourselves to fondly commemorating the unforgettable figure of Ottavio Valerio. At the helm of Friuli Nel Mondo for 20 years, Ottavio Valerio first served as President from December 15, 1962 to December 1982, and then as Honorary President until his death on July 15th, 1990.

During the 20 years he spent at the helm of the Ente, Ottavio Valerio visited almost all the active Fogolârs in the world. From the first Fogolârs in Italy to the tragic mines in Belgium, his visits brought him to the Argentinian pampas, the large Canadian and USA cities, as well as the distant ports of Australia and farms of Queensland.

Ottavio Valerio was born in Osoppo on December 4, 1902. In 1919, at the young age of 17 he became an educator and taught at the Bertoni Archiepiscopal College in Udine. From 1928 to 1932 in Parma, he served as Censor (that is, Prefect in charge discipline) and Deputy Director of the Maria Luigia College then run by the Stigmatines. From 1932 to 1948 he was recalled to Udine by Archbishop Monsignor Giuseppe Nogara to teach at the War Orphans Institute in Rubignacco, Cividale. In 1948 he also became Rector of Toppo-Wassermann College, the most prestigious secular institution of Udine, the capital of Friuli. Valerio would lead the institute until 1980.

His role as the bard of Friuli can be traced to the 1930s when, with his fellow countryman, Giovanni Faleschini, the mayor of Osoppo for 14 years, he founded the theatre company 'La Osovane'. Valerio portrayed a beautiful and strong Friuli, both Christian and secular, a society made up of authentic men and exemplary women; a culture in which prayers and curses intermingled in inexhaustible sublime poetry. From the late 1940s to the late 1980s Valerio became unquestionably a pivotal figure in Friuli, especially within the Filologica, where, as Vice President for several years, he presided over countless cultural meetings and activities promoting the Friulan language and literature.

He was an orator of great charm and an undisputed master of the word, both in Italian and, when he let himself go, in his beloved Friulan language, with which he invoked the old Friuli of the past and with which he enchanted every listener. In Friuli and in every Fogolâr that he visited, Valerio left the powerful the indelible mark of his presence, a piece of himself.

Lelo Cjanton, the great Friulan poet, journalist,

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ha lasciato di sé, in Friuli e in tutti i Fogolârs che ebbe modo di frequentare, un segno forte e imperituro della sua presenza.

Il grande poeta friulano Lelo Cjanton, giornalista, scrittore e socio fondatore di “Risultive”, il più importante gruppo letterario sorto nel secondo dopoguerra in Friuli (gruppo fondato presso il Castello di Fagagna, domenica 9 gennaio 1949) nel ricordare in marilenghe la figura di Ottavio Valerio sulle pagine de “Il Gazzettino”, nella rubrica settimanale “Salustri” del 20 luglio 1990 (cinque giorni dopo la sua scomparsa, quindi) scrisse:

«Valerio al jere il patriarcje di dut il Friûl, ch'al fevelave cu l'anime. E fevelâ cu l'anime al significhe dâ ae peraule no dome il cûr di un omp, ma so redut la lûs di une int ch'e à plui di mil agn: une int che, par plui di mil agn, e à vût une lenghe e un sintî, e ch'e à bisugne ancjemò di chê lenghe, par no piardi il fil... dal so jessi milenari».

E a proposito di questo “fil”... nel prosiegno del suo scritto Lelo Cjanton ricorda che nel lontano 1979 vinse l'importante Premio di Poesia Dialettale Triveneta “Abano Terme”, con una lirica dedicata proprio a Ottavio Valerio e intitolata appunto *IL FÎL*. L'incipit o semplicemente l'inizio di quei lontani versi in marilenghe ci sembra quanto mai illuminante e significativo: *Valerio nol à mai dit peraulis: al à dit flamis dute la sô vite, tai fogolârs dal mont...*

writer and co-founder of the ‘Risultive’, the most important post World War II literary group of Friuli – founded Sunday, January 9, 1949 in the Castle of Fagagna, on remembering the figure of Ottavio Valerio in ‘marilenghe’, wrote in his weekly column ‘Salustri’ in *Il Gazzettino*, on July 20 1990, five days after Valerio’s passing:

«Valerio al jere il patriarcje di dut il Friûl, ch'al fevelave cu l'anime. E fevelâ cu l'anime al significhe dâ ae peraule no dome il cûr di un omp, ma so redut la lûs di une int ch'e à plui di mil agn: une int che, par plui di mil agn, e à vût une lenghe e un sintî, e ch'e à bisugne ancjemò di chê lenghe, par no piardi il fil... dal so jessi milenari».

Valerio was the patriarch of all of Friuli, a Friuli he spoke of with his soul. Speaking with soul means to speak words not only from the heart of a man, but, above all, from the spirit of a millenary people: a people, who for more than one thousand years, had a language and a people who still feel the need to use this language so as not to lose the link to its with its millennial being.

And regarding this link, in a later essay Lelo Cjanton recalled that in 1979, on receiving the prestigious Triveneta Dialectal Poetry Award

‘Abano Terme’, he did so with a poem dedicated to Ottavio Valerio appropriately called ‘The Link’. The beginning of those olden verses in ‘marilenghe’, seems even more illuminating and significant to us: *‘Valerio never spoke words: throughout his whole life he breathed flames into the hearths of the Fogolârs of the world.*

OTTAVIO VALERIO al Fogolâr di Furlan di Venezia 1970



Nel 1970 il grande poeta friulano Lelo Cjanton vinse a Venezia (per la seconda volta consecutiva!) il celebre PREMIO MARTA di poesia, promosso dall'Ateneo Veneto, con giuria presieduta dal celebre poeta Diego Valeri. In tale occasione Ottavio Valerio (allora presidente di Friuli nel Mondo) organizzò presso la sede del Fogolâr Furlan di Venezia, presieduto in quel tempo dal comm. Arturo De Anna (gestore tra l'altro del celebre ristorante “La Colomba”) una splendida cena, alla quale intervennero, assieme al vincitore del premio Lelo Cjanton e al presidente della

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giuria Diego Valeri, anche gli scrittori e poeti del gruppo letterario di “Risultive” ed i rappresentanti della Società Filologica Friulana di allora. La foto, scattata nella sala dell'albergo Bonvecchiati (sempre gestito dal presidente del Fogolâr comm. De Anna) ci presenta da sinistra a destra seduti: la studiosa della Filologica Andreina Ciceri, il presidente del Fogolâr comm. De Anna, la signora Rosina Negro, la poetessa Novella Cantarutti ed il vicepresidente della Filologica Luigi Ciceri. Alle loro spalle (in piedi e sempre da sinistra) sono riconoscibili gli scrittori e poeti di “Risultive”: Dino Virgili, Jolanda Mazzon, Lelo Cjanton e Riedo Puppo; seguono l'attrice Antonietta Parussini, il poeta Diego Valeri, il giovane poeta di “Risultive” Eddi



Bortolussi, il presidente di Friuli nel Mondo Ottavio Valerio, il maestro Marangon, segretario del Fogolâr, e lo scrittore e drammaturgo di “Risultive” Alviero Negro.

100 numeri, 50 anni della “nostra” storia!

100 numeri, 50 anni della “nostra” storia! Una comunità vibrante che va “*from Sea to Sea*” come scriveva Monica Stellin: “...da un mar a chel altri”. E la Cisilute, questo foglio fortissimamente voluto dal mai troppo compianto Pre' Ermanno Bulfon e poi proseguito da Rino Pellegrina, ha svolto esattamente questo compito: collante tra i friulani residenti in Canada, tra i Fogolars sparsi in questa nazione e il “*nuestri Friul*”. 50 anni di storia: una memoria che passa attraverso l'*Orcolat del '76*, la creazione della Federazione dei Fogolars nel '74, il viaggio a Udin del '72 per la Conferenza Eucaristica Nazionale, l'ultimo Mandi a don Ermanno, i tanti Congressi un po' ovunque da Niagara ad Halifax a Vancouver, la nascita delle tante Famee, gli addii dolorosi a grandi protagonisti della nostra storia. “*Cisilute*” scriveva Bepo Franzel è sinonimo di *comunicazione*, è *ponte che collega, mano che si tende, ali che fanno sparire le distanze!* Oggi, in questo storico momento, la promessa che “*La Cisilute*” continuerà a viaggiare portando con se ricordi, salutando amici lontani, costruendo un nido “*friulano*” in ogni angolo del Canada.

50 anni fa dicevamo *benvegnude Cisilute*, oggi ripetiamo con orgoglio *il nostro viaggio continua!*

Paolo Canciani





Fogolâr Furlan Montreal

A Montréal, ecc.

L'ultimo evento socioculturale del 2019 è stata la Festa delle Castagne, una tradizione autunnale profondamente radicata nel nostro sodalizio. Da qualche tempo le feste vengono arricchite da videoproiezioni sul Friuli, che ne sottolineano i caratteri turistici, storici, culturali e di spettacolo. I partecipanti possono così scoprire luoghi, tradizioni, spettacoli della regione che magari non conoscono. Quello che importa, comunque, è di potersi trovare assieme.

Il 2020 ha portato la “zuccherata” termine che ho appena coniato per indicare il tradizionale incontro di fine inverno nelle aceraie del Canada orientale, dove si rinnova la degustazione dei prodotti di questo generoso albero, assieme ai piatti tradizionali della cucina popolare di queste terre. Una bella partecipazione di soci e simpatizzanti, con molti bambini, anche perchè il luogo offre escursioni nella campagna su un carro trainato da cavalli, una minifattoria con lama e vari tipi di animali domestici. C'è anche un pollaio, dove i piccoli possono vedere le galline al naturale e non morte, nude e sotto plastica nei frigoriferi dei supermercati.

Siamo stati molto fortunati, perchè pochi giorni dopo, per prevenire il dilagare della pandemia, tutte le attività pubbliche, tra cui quelle legate all'acericoltura, venivano sospese a tempo indeterminato. Poi il mondo è cambiato.

Annulata la Festa della Patria, annullate le riunioni del Consiglio d'Amministrazione, annullati gli incontri, la vita è stata messa in letargo. Vista l'età media avanzata dei nostri soci, il Fogolâr può essere considerato ad altissimo rischio. Infatti ci ha già lasciato il padre della nostra presidentessa, che il virus ha strappato alla vita in una residenza per anziani; mentre scrivo, il nostro cappellano, padre Adelchi Bertoli, sta lottando contro la morte all'ospedale, anche lui con il virus.

“L'anno prossimo dovrete fare senza di me e metà del Consiglio d'Amministrazione - ripeteva da mesi con aria contenta la nostra presidentessa, parlando del pic nic – Noi saremo in Friuli per il Congresso della Federazione!” Macchè. Annulato anche questo evento, per il quale s'erano già raccolte oltre 130 prenotazioni, per non parlare dei voli prenotati con grande anticipo, in modo da usufruire di prezzi più convenienti, degli alberghi, da cancellare anche quelli. Anzi, chissà quando si potrà tornare in Friuli o magari anche solo andare a passare una settimana nel Sud. Quanto a età dei soci, il sodalizio montrealese è in ottima compagnia in questo paese. Quando ci si sentirà abbastanza sicuri per prendere l'aereo? E quando ricominceranno a volare gli aerei?

Il futuro di ognuno di noi è avvolto in una foschia, nella quale si intrecciano paura, incertezza, dubbio, frustrazione, diffidenza e tanti altri sentimenti contraddittori. Avevamo cominciato a pianificare il pic nic estivo, un incontro che riscuote molto successo e grande affluenza, come pure una partecipazione alla settimana italiana a metà agosto. Tutto annullato.

E più avanti? Si potrà fare la Festa delle Castagne? E altri incontri? Un po' alla volta i soci ci lasciano, trascinati alla morte anche da malattie estranee al virus. In una parola, sono affetti da una patologia cronica incurabile: la vecchiaia. Ogni momento che si può passare assieme diventa quindi sempre più prezioso.

Il mondo che ci aspetta sarà diverso. Ma in che modo? L'umanità imparerà la lezione o, come troppe volte è successo nel passato, semplicemente la dimenticherà, autocondannandosi a ripetere gli stessi errori? Ottimismo e cinismo si affrontano quotidianamente nell'analisi del presente e del futuro. Io sono cinico per natura, ma vorrei dare ancora una possibilità all'ottimismo.

Lascio il lettore con un'interessante nota storica.

Tutti conoscono Robin of Loxley, meglio noto con il soprannome di Robin Hood, leggendario fuorilegge e fedele suddito di re Riccardo I d'Inghilterra, conosciuto come Riccardo Cuor di Leone. Mentre quella di Robin Hood è una figura forse leggendaria, Cuor di Leone è veramente esistito. Ebbene esiste un nesso fra questo Re ed il Friuli.

Il famoso Riccardo Cuor di Leone, crociato, dopo una lunga prigionia in Terrasanta intraprese, nell'ottobre del 1192, di rientrare in Europa. Durante il viaggio Riccardo, pur essendo in vesti di pellegrino, fu riconosciuto e catturato nei pressi di Latisana, dopo l'approdo in Friuli, dal Conte di Gorizia su commissione del duca d'Austria Leopoldo V, che riteneva Riccardo responsabile della morte del cugino Corrado del Monferrato. Riccardo fu liberato dopo due anni per i buoni uffici interposti dal cancelliere Guglielmo di Longchamp presso l'imperatore Enrico VI di Svevia. Alle trattative per la liberazione di re Riccardo prese parte anche il futuro patriarca di Aquileia, Volchero di Erla, chiamato anche Wolfger di Ellenbrechtskirchen, una cittadina nella Bassa Austria (Niederösterreich) nel nord del paese, che comprende anche Vienna (Erla, 1140 – Aquileia, 23 gennaio 1218). Fu Patriarca dal 1204 al 1218.

Fonte: Roberto Tirelli, Storia del Friuli – Il Medioevo, Ed. La Biblioteca delle Immagini, Pordenone 2003, pag. 64.

Ugo Mandrile



Famee Furlane Toronto

Christmas Fun

With Christmas customarily a very busy time of year for everyone, the dedicated volunteers at the FFT always seem to invariably make the time to make Christmas at the FFT extra special for its members. After considerable planning, whether for unique kids crafts for Breakfast with Santa, plotting, writing and rewriting plays and scripts for Arie di Natale, sourcing raffle items and extensive hands on with craft preparedness, countless rehearsals, customized costumes, decorations, set up and dismantling, this past Christmas was no exception. *I tirân jù il cjapiel* a Women’s Auxiliary, the Culture Group, and the Famee Furlane Toronto activities group and all of the volunteers for tirelessly working together and once again offering both members of all ages, and their families, plenty of variety to enjoy at the FFT at Christmas.

Dolomite Ski Group

A longstanding, fun loving and dedicated group at the Famee Furlane is the Dolomite Ski Group. This past February the ‘Dolomites’ marked their 45th anniversary and its 45th annual ski trip to Mont Tremblant in Quebec. This much anticipated, wonderful five-day trip is the highlight of the group’s ski season and filled not only with terrific skiing but much laughter, fun times and lots and lots of food and wine. Shhh! Over the years this trip has attracted both skiers and non skiers alike, providing everyone with countless hours of memorable fun.



Santa Bomben family



Heroes

With the unprecedented times we have all been experiencing and the suspension of all member activities at the FFT since the beginning of March, there are a number of folks within our FFT Family whose lives are dedicated to helping others and who throughout these horrible times, have not been able to cozily hunker down, but have been front and centre, helping others. A “Hero” in part might be “a person admired for courage or noble qualities”, but that does not cover a myriad of other strengths so much a part of these individuals, in the best of times, and harder to decipher during these uncharted times. Below we are sharing but a handful of their personal hands on experiences.



Dolomite group



Famèe Furlane Toronto

So much more than a simple *grazie dal cur* is being sent out to these folks, their colleagues and families who have unselfishly shared in the day to day challenges firsthand throughout this pandemic. Keep Safe! AND FINALLY....

From all of us at the Famee Furlane Toronto - to the Federation, its entire Committee, editors, contributors,

and all those involved in the making of La Cisilute - Heartfelt Congratulations on the publication of your 100th edition of La Cisilute. La Cisilute is a terrific little publication allowing us to stay informed and interact with our family members across Canada. Extending best wishes for continued success - *buine fortune tal futùr*.

Toronto Heroes

I am a Dietitian and I work in an Intensive Care Unit. This is where the sickest of the sick come. Most of them are so sick they can't breathe on their own and need a machine to do it for them. It's my job to make sure these patients are fed not only to prevent them from becoming malnourished, but also to provide them with the nutrition to help fight whatever is attacking their bodies, provide nutrients to feed their immune systems, and prevent as much muscle loss as possible. I also work in an ICU unit devoted exclusively to COVID-19 patients.



To say that this virus has challenged us as health care workers is an understatement. This is like nothing I've ever seen before and I've been a dietitian for over 30 years, working in critical care for the majority of them. What usually works for most ICU patients doesn't work here. Doctors and nurses, respiratory therapists, the entire critical care team, all are working under a cloud of uncertainty, with conflicting information coming at us on a daily basis. People are scared. Families are frightened for their loved ones, and worse; are not able to see them to comfort them and themselves. Despite all this, I have seen extraordinary commitment and dedication throughout the health care system in order to do everything possible to fight for the lives of our patients. Because of what I see, I would like to encourage you to continue staying at home if possible, and practice social distancing until the time when we can all safely return to a normal life.

Rosemary Maraldo, Registered Dietitian



Working as a registered nurse on the frontline during this pandemic has impacted all facets of my life and regular routines. At work we are required to wear more protective equipment and masks. These barriers changed the climate of our stressful work and now smiles are hidden and conversations short, making any light-hearted moments hard. Providing constant support and compassion by stepping in to be the support system for patients who have no family presence adds to the emotional complexities of our work. I come home after every 12-hour shift and find myself constantly questioning "Was I careful enough?" "Did I take every precaution properly?" "Will my patient pull through the evening"? Having two small children, I worry about keeping them healthy and not risking their physical and emotional safety. The message my children receive about Covid-19 is "Mommy is fighting the villain and hoping she does not get hurt". This is overwhelming for a six and three-year-old. What has gotten me through is the compassion, strength, and spirit I have witnessed in our society by the many individuals who put each other first. With the right attitude anything is possible. We shall move foreword and remain resilient. Stay well and be kind.

Milena Piasentin, RN



Famèe Furlane Toronto



I am a registered nurse currently working in Hemodialysis at St. Michael's Hospital, as well as at William Osler Health Centre as a Home Dialysis and Multi-Care Kidney Clinic manager.

I have been nursing for over 20 years and have never experienced such challenges as we are now facing with COVID-19, not even during other staggering occurrences such as the 2003 SARS outbreak.

COVID-19 has forced us, as members of health care, to reevaluate and change many processes within our organizations, to appraise the strengths and weaknesses of our government and communities, and to highlight the nursing role and its importance. I speak for fellow colleagues when I say that there is not a day we arrive at work without some form of concern or fear. Fear for the unknown of what and whom you will face, for the uncertainty in PPE resources and quality, for increased assignment load due to persistent short staffing, of hearing the news of another colleague testing positive for COVID-19 and ultimately, fear of the possibility of exposing your own family. Every health care member testing positive creates more distrust in the messaging of the Center for Disease Control (CDC), the government, and institutions. It often raises questions such as, "Who will be next?" or "Why are there still so many health care workers getting sick?"

Despite the realities and challenges that COVID-19 has brought to our workplace, we are there for our patients, consoling them in the hope to alleviate their own fears of the pandemic, anxieties and loneliness due to the current implemented policies of no visitors. Patients are left to fight illnesses deprived of familial love and comfort. It is COVID-19 that has given nurses recognition, featuring courage, stamina and the realness of our job and roles.

The community support, worldwide recognition of essential workers and heartfelt gratitude from the public has been

tremendous, leaving me at a loss for words. To feel we are not alone in this fight helps feed the courage and drive we need to walk through our hospital doors every day.

I would just like to say thank you for the endless support for nurses and other essential workers, and especially to my colleagues, who have shown a great deal of courage and care during these extraordinary times.

Yvonne Di Cecco, RN

As a registered nurse, I've taken care of many patients with flesh eating disease to AIDS. I've never once been scared to take care of them, as an RN that's just what we do! I thought I had seen it all after SARS. I thought that would be the worst virus I'd encounter during my



nursing career. I was wrong because COVID-19 struck! My unit was the first unit in Canada to care for the first confirmed COVID-19 patient that had just returned from Wuhan. It's sad to be scared of your patients, or should I say to be afraid of the unknown. Although there are numerous researchers working around the clock to find a vaccine, we don't know enough about this virus. Consequently, protocols and procedures change daily in the best interest for the patients and staff. This has immensely impacted all of us, and how we do things. I now wear a mask all day, and can't wait to get in the car and take it off after my 12 hour shifts. I need to change out of my uniform before I leave work and, once home, I turn my sons away and say no hugs or kisses till I shower. I'm exhausted when I get home due to the lack of fresh air from wearing masks and shields all day.

As crazy as this sounds being at work is better than being in quarantine. Yes, unfortunately, I did that as well for 14 long days. It was awful not being able to see my family, and have my parents come visit me in my backyard and speak to them via my bedroom window. I learned that I would not make a good prisoner. Worrying every day, is today the day I'm going to have symptoms, and checking my temperature like a mad woman. All the time worrying about a co-worker that unfortunately did contract COVID-19. We shall overcome, and this too shall pass if we all do our part and continue practicing social distancing and washing hands. - ***Deborah Marcuz Capra, Registered Nurse, Sunnybrook Health Sciences Centre***



Fogolâr Furlan Halifax

My Experience at the Scuola Mosaicisti Del Friuli by Laura Keays

As a member of the Fogolâr Furlan Halifax community and a descendant of Friulan immigrants, last Fall I was granted the incredible opportunity to attend a two-week mosaic art course at the Scuola Mosaicisti del Friuli in the small town of Spilimbergo, Italy. My nonno and nonna were born and raised close by, in the small mountain town of Canebola, about 50 km east of Spilimbergo. Having never been to Friuli before, it had always been my dream to travel to their hometown and experience the place they had told me so much about while I was growing up. To be chosen to participate in the course meant an opportunity to experience the Friulan culture, and inhabit the places and traditions of my heritage, where many of my relatives still live.

I have always had a passion for making things and working with my hands, so I was eager to learn about mosaics and understand the traditional Friulan craft. When I was younger, I helped my *nonno* tend to his extensive vegetable garden, pick apples and pears from his backyard trees, or make wine in his basement. I was fascinated by the art of making. The intricacy of making mosaics seemed like something I would truly enjoy, especially while also learning about its historic relevance to Friuli and surrounding areas. Just before I found out I was chosen to attend the Scuola Mosaicisti, I had graduated with my Master of Architecture degree. I felt as though many of my passions were merging together thanks to this opportunity made possible by Ente Friuli nel Mondo. I would be able to learn about the historic art form of mosaics at the Scuola Mosaicisti del Friuli while I was immersed in Friulan culture, visiting places I had always wanted to see, meeting relatives for the first time, and of course eating the best food!

I landed in Venice in late October 2019 and began the journey that would end up being one of the most rewarding and memorable experiences of my life. I was the only Canadian among 12 other participants; 9 from Argentina, 1 from Brazil and 1 from Uruguay. It was lovely getting to know others from around the world with similar roots and Italian history. During our two weeks together, we became close friends as we learned about the technical evolution of mosaic art, and travelled to nearby towns



Our group with our finished mosaic pieces at the end of the two week course.

and cities. We travelled to places such as Aquileia, Palmanova and Trieste. I learned that Friulan mosaic dates back to the Roman-Greco times (5 BC – 5 AD) as seen in the floors of the Basilica in Aquileia. The Scuola Mosaicisti del Friuli was founded in 1922 and is located in an interesting place for the history of mosaic art: at the feet of the mountains in Friuli, between the Tagliamento and Meduna Rivers, as mosaics and terrazzo floors were primarily made of river bed stones and pebbles. The school produces the world's leading mosaic artists – students from all over the world come to Spilimbergo for the program.

Our group received a tour from Stefano, the president of the Scuola Mosaicisti, before we began our course. He walked us through the halls and described the history and meaning behind many mosaic art pieces. The mosaics on display were breathtaking. Everywhere I looked, there were mosaics. On the walls, on the floors, on the stairs, in the bathroom, outside on benches and exterior stair cases and around the windows. It was amazing to see the intricate details up close as they contribute to the whole of one massive piece. Receiving the tour and seeing the mosaics first hand made me eager to begin creating my own.

We were brought to our classroom where we were each given our own workstation set with all the tools needed to make a mosaic. The 'matina' or hammer, the tweezers and the log with the iron hardie inserted to keep it in place. The stone is placed on top of the hardie and with



Fogolâr Furlan Halifax



Placing the small stone pieces - Cutting stone pieces with the 'matina' - Mosaic in progress - Finished fruit bowl mosaic

a swing of the hammer, the stone is cut into tiny pieces. The pieces are then placed using 'colla' or cement glue in certain patterns to create the mosaic. I managed to make two complete pieces during my time there: the first, a replica of an ancient Roman design found in the ruins of Aquileia, and the second, a fruit bowl with an apple and pear. I have discovered a newfound love for mosaics and I am excited to continue making them at home in Halifax.

Not only do I enjoy the craft of mosaic, but it will forever remind me of my wonderful time in Spilimbergo and the lovely people I met. When it was time for me to leave, I felt as though I was leaving another home and I am so grateful for the experience made possible by Ente Friuli nel Mondo. I hope to return again soon! Grazie mille, Laura

*H*ello from Halifax. We hope all are staying safe during these times.

In October, the Halifax Fogolâr was happy to host its annual Festa dell'Uva Dinner and Dance. The focus of this event is to celebrate the harvest of grapes, enjoy traditional furlan cuisine, as well as bring families together. Approximately 60 people of all ages took part in this event and, once again, the reviews of the evening were positive and happy. The evening began with a bowl of hearty zuppa di fagioli, seconded with a main entrée of spezzatino, polenta, and a side of green beans and carrots. This was followed by salad and ended with crostata and crostoli for dessert. Our event crew did a great job setting up, decorating and cleaning up. Our kitchen staff did a wonderful job preparing a delicious meal and the servers, consisting of seven youths, ranging from age 6 to 15, did an amazing job. The main event, and the moment that the children were most waiting for, was the stomping of the grapes. We had eight youth participating, ranging from 3 to 15 years of age. They did a great job as the adults watched and cheered them on. The night continued with dancing to a great mix of traditional Italian dances and modern dance music.





Fogolâr Furlan Sault Ste. Marie

Furlan Survival Tips on Coping with a Pandemic...like Covid-19!

When one studies human history, one can't help but realize that plagues, pandemics and diseases are not new to humanity. Plagues have existed since the Biblical times of Moses and Exodus, throughout the Middle Ages, to modern day SARS and H1N1, and now - Covid-19! Despite our social distancing, it's at these times that we *furlans* come together stronger (even virtually) to reinforce what's important to all of us, which is our health, our families, our communities, and ultimately our world!

Our *furlan* ancestors (*nonni, bis-nonni, bis-bis-nonni*) have lived through some of the worst pandemics of our times with the Black Plague from 1346 to 1353 to the Spanish Flu from 1918 to 1919. The fact that you and I are reading this today is a testament that our ancestors managed to survive these times with a bit of faith and a lot of common sense. And if we do the same today, future generations will look back at us and say the same as they continue to enjoy our *friulanità*!

Here are some *furlan* 'Covid-19' survival tips worth passing on to our fellow *paisans* and to future generations:

Diet: Eating properly has been a main staple for every *furlan* around the world and it is the key to food security. If your cantina isn't full and ready for World War III, you're not living like a *furlan*! *Furlans* can easily and happily stay socially isolated for months on end with their cantinas and freezers full of aged Montasio cheese, salamis, musets, prosciuttos, polenta, vino and grappa! Note: Grappa also doubles as a hand sanitizer but works best as a *correzione* (correction) to the espresso! LOL Remember that growing an *ort* (garden) connects us to our Madre Terra, gives us some fresh air and exercise, and also creates food security during these uncertain times. Nothing could be better than knowing where your food comes from, what's in it, and who handled it. Cooking rich (yet cheap) *furlan* delicacies like polenta or frico is something worth living for during these times.

Exercise: Motion is lotion. Exercising and movement are important and, with nothing good on television, there is no better time to simply go for a *camminata* (walk) or work in the garden. Take short active breaks during the



A *furlan* t-shirt styled by Roberto Bressan

day - dance, play, perform domestic chores such as cleaning and gardening, and stay hydrated. Take advantage of many free online exercise videos, or yoga or palates classes on YouTube.

Relax: Try some relaxing and stimulating activities, such as reading, board games, crossword puzzles, or listening to music or learning how to play an instrument. Meditation and deep breathing will help you remain calm.

Sleep: As important for our health as food and exercise, sleeping is critical for our bodies to recover and relax, especially after a day in the garden. Like lions who nap after they eat their prey, we *furlans* need this time to digest all that great *furlan* food when we're *passût* (full). Three reasons why sleep is important: 1) empowers an effective immune system/strengthens our body's defenses; 2) our minds work better and are sharper when we get good sleep; and 3) sleep enhances mood and improves mental health.



Fogolâr Furlan Sault Ste. Marie

Social Connection: OK...so we have to maintain social distancing and temporarily postpone the *furlan* practice of hugging and kissing each other. This is a very small price to pay for living longer, which also gives us good reason not to kiss those we don't like - LOL. Learn to be multicultural and greet each other with an elbow bump, a wave, a Hindu/Japanese namaste, or an Asian wai bow until this Covid-19 blows over. Better yet, let's use the computers and technology we've been blessed with to connect with each other locally and overseas. Pick up the phone and call a friend or family member and greet them with a 'Mandi', and

Laughter: We cannot always control the things around us but we can control how we look at things. A good *ridade* (laugh) reduces our stress and puts things in perspective. *No stait a dismenteâ* (don't forget), when life throws us *limons*, we make limoncello!

Fuarce e coragjo! / Coraggio, tenete duro! / Stay strong and stay united!

Roberto Bressan,
President Fogolâr Furlan di Sault Ste. Marie

Fogolars Are For Giving!

When the going gets tough, the Friulians get going and they give back!

The Friulians in Canada have always found a place in their hearts to give back to those in need. It must have originated from their humble beginnings in Friuli when they had to survive the World Wars and the Great Depression, or when they had to emigrate to a foreign land with little funds. Help during these desperate times was not only accepted, but appreciated whenever it was offered.

In 1976, the Fogolârs donated to the Gemona Earthquake Fund. In 2016, Fogolârs donated to the Fort MacMurray Wildfire Fund. In 2018, the Fogolârs donated to the Protezione Civile del Friuli Venezia Giulia following the meteorological storm in the Alpi Carniche. During these Covid-19 times, it's no different and it's even that much more important that we give.

With the Fogolârs Federation of Canada graciously waiving our fees this year and our annual Festa dal Friûl Fish Fry cancelled, the Fogolâr Furlan Executive di Sault Ste. Marie voted to do just that...support those in need. And so we donated \$500 towards each of the following associations:



A demonstration of physical distancing; Ron Sim (left) of the Soup Kitchen receives a cheque from executive member Anthony Flumian.

ITALY RED CROSS COVID - 19 APPEAL: Italy, our ancestral homeland, was devastated by the pandemic. The Embassy of Italy in Canada, in partnership with the Canadian Red Cross, launched a fundraising campaign to support the Italian Red Cross's COVID-19 preparedness and response activities. The Italian Red Cross, with the Italian Civil Protection Department, is at the forefront of the response in Italy. Its vital role includes activities such as ambulance services, the delivery of medical equipment and protective gear for health professionals, food and medicine supply, providing information on the emergency, and support to the Ministry of Health in getting health professionals on the ground;

SAH FOUNDATION COVID-19 EFFORT: supporting our local community and frontline health care workers for which we've been blessed to date;

UNITED WAY'S HARVEST ALGOMA FOOD RESOURCE CENTRE: supporting local food security and those less fortunate in the city by providing food to the Soup Kitchen, Salvation Army, St. Vincent Place, Indian Friendship Centre and other needy organizations. Located at the former Croatian Hall, Harvest Algoma opened its doors on July 16, 2018 and was the creation of a fellow Friulian (Mike Delfre) who saw a need for a bulk food warehouse within our community; and

SAULT STE. MARIE SOUP KITCHEN: supporting needy individuals, families and children with nutritious meals.

Let's remember who we are, and what we can do as a Fogolâr and a Federation! It's in our roots.

Mandi - *The Fogolâr Furlan Club di Sault Ste. Marie*

FOGOLARS FEDERATION OF CANADA

PRESIDENTS / DELEGATES

FOGOLARS / FAMEE / SOCIETA'



Sonia Bertolissi
President of Fogolar Calgary
Secretary of Federation



Giuseppe Toso
President of Federation



Luisa Del Bel Belluz
Vice-President of Federation



Giorgio Cimenti
President of Fogolar Edmonton



Paola Ronchin
President of Società F. F. Toronto



Tony Fabbro
President of Famee Vancouver



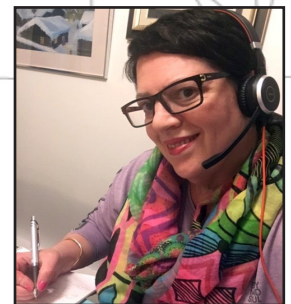
Nadia Gardin
President of Fogolar Halifax



Pietro Narduzzi
President of Fogolar Hamilton



Gianna Jus
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Paola Codutti
President of Fogolar Montreal

VIRTUAL GENERAL MEETING 2020 DUE TO THE PANDEMIC COVID-19 MAY 30, 2020



Renzo Rigutto
Treasurer of Federation



Alberto De Rosa
Director of Federation



Ivana Pontisso
Secretary of Famee Toronto



Marilyn Simonato
President of Fogolar Susbury



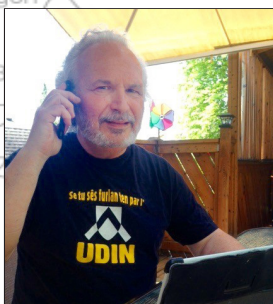
Fausto Volpatti
President of Fogolar Windsor



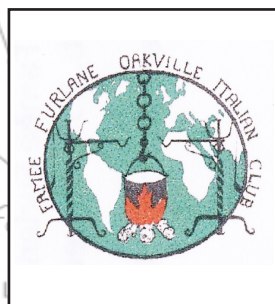
AnnaMaria Topazzini
President of Fogolar Winnipeg



Roberto Bressan
President of Fogolar Sault Ste Marie



A.D. Degano
President of Fogolar Niagara



Delegate Not Available
Famee Oakville



Ivano Cargnello
President of Fogolar Ottawa



Famèe Furlane Vancouver

As far as activities go, most summers are very quiet for the Famèe Furlane of Vancouver, and the summer of 2019 was no exception. During these quiet periods, we like to take the opportunity to make some of the necessary repairs to the building and complete some of our planned projects. In 2019, we completed the installation of an outside ramp and chair lift up the stairs to help people with mobility issues get easier access to both halls. We have also upgraded all our old thermostats with new ones that can be controlled remotely with WIFI, giving us more flexibility. More projects have been planned for the next couple of years, mostly related to maintenance of the building. We continue to work and promote our halls by offering full catering. The revenues generated from rentals help the Famèe Furlane maintain our building.

We continue to encourage our younger members to participate in some of the planned activities of the Famèe and, in particular, to volunteer some of their time on subcommittees. This would go a long way in helping the board of directors manage the Famèe Furlane's future. Earlier this year, for the first time, we introduced a Seniors' Lunch and it was extremely well received by our members. Our successful Calamari Night, which is held the last Friday of most months, continues to be very well supported by our members. In fact, many are disappointed when we are unable to offer it.

The Annual San Martin Banquet was held at Famèe Furlane Hall on Saturday, November, 2019. Celso Boscariol served as Master of Ceremony. He warmly welcomed everyone, introduced the invited guests, then acknowledged two of our members who were recipients of special awards this year. Joe Toso, Past President of the Famèe Furlane of Vancouver and President of Fogolaris Federation of Canada, received the 2019 Immigrant



Tony Fabbro presented the 2019 awards to successful recipients Lorenzo Marchet and Nathan Tesan

the Famèe Furlane of Vancouver and President of Fogolaris Federation of Canada, received the 2019 Immigrant of the Year Award, sponsored by the Italian Culture Centre of Vancouver. Ezio Bortolussi received an Honorary Degree in Civil Engineering at the University of Udine. Congratulations to both Joe and Ezio!!

Tony Fabbro, President of the Famèe Furlane of Vancouver, welcomed Consul General of Italy Fabio Messineo, wife Silvia Abello Restrepo and family to Vancouver. A delicious four course dinner, consisting of primarily traditional furlan food delighted the attendees!

The Famèe Furlane presentation of two annual Post Secondary Scholarship Awards has become a tradition at the annual San Martin Banquet. Tony Fabbro presented the 2019 awards to successful recipients Lorenzo Marchet and Nathan Tesan, both of whom graduated from Notre Dame Regional Secondary School. Lorenzo is currently attending Corpus Christie College (on UBC Campus) enrolled in General Studies. Nathan is attending Simon Fraser University. He is enrolled in the Economics program.

The successful evening continued with dancing to Music by Campos, raffles and a door prize.

Babbo Natale came to the Famèe Furlane for his annual visit in December. While waiting for the man of the hour, we did arts and crafts, had a sing-along and held a raffle, which made the wait a little easier for all. Approximately 100 of our members and their families enjoyed a morning breakfast buffet with assorted goodies such as pancakes, scrambled eggs, hash browns, sausages, panettone and sweets, along with coffee. This event is always a highlight for the children.



Babbo Natale visits the Famèe Furlane of Vancouver



Famèe Furlane Vancouver

Joe Toso “Immigrant of the Year 2019”

Every year the Italian Cultural Centre of Vancouver celebrates the “serata della gratitudine” to thank all the volunteers who spent time helping the Italian Centre in various activities that take place during the year.

On this occasion, one individual is selected and honoured for his/her contribution to the community as “Immigrant of the Year”. This year, on June 21, this honour went to Giuseppe Toso or “Joe Toso”.

Joe was born on June 28, 1942, in Maiano, a small town 20 km from Udine, in the heart of Friuli Venezia Giulia. These were times of hardship, right in the midst of WW2, and Joe’s father resorted to finding a job in neighbouring France to sustain his growing family. In 1949, when Joe was only 7 years old, his father fell victim to a terrible accident while working at the factory. Joe’s mother quickly decided to leave Friuli and move to France, in Burgundy, to stay close to her recovering husband.

It is in France that Joe received his education and eventually he settled in Paris, where he met Geneviève. The two lovebirds got married in 1965 and one month later, with a spirit of adventure, they set sail for Vancouver, B.C., where Joe had an uncle working as a tile setter. They arrived in Vancouver on Friday, August 13. Joe found a job immediately and on Monday, August 16, he started his first shift for a sheet metal manufacturing company called **Tri-Metal Fabricators**.



Italian Cultural Centre of Vancouver Executive Director, Joan Kluge, and President, Michael Cuccione, present the Immigrant of the Year Award to Joe Toso. On the far right is Tony Fabbro, president of the Famèe Furlane of Vancouver. Photo courtesy of the Italian Cultural Centre.



Joe Toso gives his acceptance speech after receiving the Immigrant of the Year Award from the Italian Cultural Centre of Vancouver. Photo courtesy of the Italian Cultural Centre.

After living in Paris, starting a new life in Vancouver was not an easy task for Joe and Geneviève; neither of them spoke English, and the young city of Vancouver was incredibly different from the centuries-old French capital. To help him in adjusting to his new life, Joe joined the Famèe Furlane of Vancouver in 1966 and started building a network of support for himself and Geneviève.

In 1986, Joe and two other employees were given the opportunity to purchase Tri-Metal Fabricators, which that modern-time triumvirate led for the following 15 years.

In 2001, when Joe’s business partners decided to leave the business, Joe had the intuition to partner with Weatherhaven, their main client, who became a silent partner. The first contract under Joe’s presidency of the company was with the Canadian Department of National Defence, followed by contracts with Swiss, Japanese, UK, South African, Brazilian, and US armies. The company has been blooming since Joe sat solidly at its helm, and this has been recognized by the multiple prestigious awards he has received during the years, such as the BC Italian Business Excellence Award in 2010 and, more recently, the *Premio Imprenditore Friulano nel Mondo* in 2017. Despite a hectic business life, Joe never forgot his origins. He continues to this day to volunteer tirelessly for the advancement of the Friulians in Vancouver,



Famèe Furlane Vancouver

Canada, and the world. After many years as president of the Famee Furlane of Vancouver, Joe became president of the Fogolârs Federation of Canada in 2014 and also a member of the board of directors for Ente Friuli nel Mondo.

He devoted himself to volunteering for the Famee Furlane. He first became a director on the board in 1967 and became president in 1976. The Famee had just purchased "Clinton Hall" and was in need of a capable leader. Both the Famee Furlane and the newly purchased hall thrived with the help of Joe's business acumen and leadership.

During his years as president, Joe applied his creativity and understanding of technology to produce the member's newsletter "**Par Sintisi Dongje**" which was the furlan newspaper for many years. It included announcements, upcoming events, banquet menu, ticket prices, and information on how and where to purchase tickets for events.

In addition to his duties as president, Joe personally designed and had built in his factory the stainless steel shelves, tables, burners and special pots that are still used in our kitchen today, which the kitchen staff call "the signature pots".



Joe also organized several wine tours to the Okanagan Valley to taste the special wines of our region, but most importantly, as a social event to bring the people together in what he called the Famee Furlane family.

While in charge of the Famee Furlane, he helped organize and support many events in the community and particularly within the Italian community. In 1966, the Famee Furlane participated, for the first time, in a parade that was held on Commercial Drive in Vancouver. In 1969, during the Italian Days on the Drive, the Famee Furlane float won the first prize. The float was so original that the club was asked to participate in the PNE parade the following year.

The Friulians are not the only people lucky enough to benefit from Joe's attention and passion. He is a generous supporter of the Vancouver General Hospital at UBC, the Burnaby General Hospital Foundation, the BC Cancer Foundation, Covenant House, the Canadian Fire Fighters, the Messaggero di Sant'Antonio, and St. Helen's Catholic Church.

Giuseppe Toso is a community treasure. He is not only a successful entrepreneur who has achieved success in his career and his personal life, but he is also a philanthropist whose generosity helps the general community, as well as the Italian community. Thanks to him and to people like him, we furlans have a good reputation and are welcomed with a smile wherever we go.



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Fogolâr Furlan Ottawa

Attraverso gli anni i Friulani di Ottawa sono stati notevolmente attivi, sia dal punto di vista imprenditoriale come associazionistico in seno della comunità italiana, la quale negli ultimi 60 anni ha visto la nascita di numerose associazioni basate sulla particolarità dei paesi, le province e le regioni d'Italia. Si vide la proliferazione di associazioni strettamente legate a piccoli paesi che avevano donato al Canada la loro discendenza. In seguito nacquero anche altre associazioni di carattere regionale.

Anche se nel secolo scorso, il Friulano ha avuto l'istinto di attingere le fonti culturali italiane, il Friulano ha sempre sentito un bisogno viscerale, quasi primordiale di mantenere viva anche la sua cultura millenaria friulana. *L'amôr pe Marilenghe e pal so Friûl*. Questo dualismo si comprende perché il Friulano è il prodotto della storia di un popolo di confine dove la storia, la divisione politico-geografica e le culture sono in un eterno stato di mutamento e di evoluzione. Basta ricordare che nel 1800 i Friulani sono stati prima sudditi veneziani sotto la Serenissima e quando Napoleone 'troppo generosamente' ha barattato il Friuli in scambio all'impero Astro Ungarico, sono diventati Austriaci e dopo il risorgimento divennero Italiani. In settant'anni il Friuli cambiò padrone ben 3 volte. Il risultato di questi avvenimenti storici accentuato da due crudeli guerre mondiali durante le quali i Friulani si sono battuti per il tricolore, il Friulano, almeno per ora, si sente italiano e profondamente friulano.

Analisi dei documenti storici del Fogolâr rivelano che negli anni 60 i Friulani partecipavano numerosi alle attività della comunità italiana di Ottawa in particolare nella Società Dante Alighieri. Alcuni di loro furono insegnanti di lingua italiana e fornirono anche un Presidente della benemerita Società, tale presidente, anni dopo, diventò Presidente del Fogolâr di Ottawa. Questo stretto legame portò molti individui a operare sia nel campo culturale italiano che friulano. Ed è così che la Società Dante Alighieri servì indirettamente a nutrire il germoglio di friulanità che nacque alla fine degli anni 60 e che si concretizzò con la creazione del sodalizio friulano. Si ricorda che in seguito a una mostra di pittura di un artista friulano ed un ricevimento organizzato dalla Società Dante Alighieri, i Friulani che parteciparono numerosi all'evento, decisero di studiare la possibilità di creare il Fogolar Furlan di Ottawa. Tale germoglio sbocciò e diede alla capitale del paese il Fogolâr Furlan di Ottawa il 29 aprile del 1969.

Nel 2019, anno del suo 50mo, il Fogolâr di Ottawa decise di approfittare dell'occasione presentata dall'Arlef (Agjenzie Regjonâl pe Lenghe Furlane) e la Federazione dei Fogolârs del Canada di organizzare per il 2020 una mostra della Lingua Friulana. Si decise di dare a tale mostra un'importanza particolare, cioè utilizzare tale attività come strumento per sottolineare lo stretto legame che esiste tra la comunità friulana ed il resto della comunità italiana, e invitare la Società Dante Alighieri di Ottawa ed il National Congress of Italian



Canadians (NCIC) di partecipare a questo evento. Ed è così che il Fogolâr di Ottawa con motivo delle celebrazioni de *Fieste de Patrie Dal Friûl*, con l'appoggio della Società Dante ed il NCIC, programmò la Mostra della Lingua Friulana per il 24-26 aprile 2020 presso il Centro Storico Italo Canadese di Ottawa. Tutto si sarebbe concluso la domenica, 26 aprile, con un pranzo tipicamente friulano allestito dal famoso presso la sala del Villa Marconi Centre.

Ma... il detto dice: 'l'uomo propone e Dio dispone'. Ed è così che, dovuto alla pandemia del Corona Virus si mandarono a monte tutti programmi ed il Fogolâr ha dovuto cancellare tutti gli eventi incluso la riunione annuale dei membri originariamente programmata per il 19 aprile.

Il Fogolâr di Ottawa decise per questo numero della Cisilute ricordare la ricorrenza del 3 aprile, *Fieste de Patrie dal Friûl* e di dedicare un omaggio particolare a un oggetto sacro, simbolo della cultura friulana: il Cjavedâl. Il Cjavedâl di Ottawa ha un significato particolare perché è fabbricato a mano da abili mani friulani di Ottawa per inaugurare la fondazione del sodalizio.

Il Cjavedâl è uno strumento domestico esclusivamente friulano ed è un simbolo essenziale del Fogolâr (Focolare) che viene posto *sot la nape* (cioè, sotto la cappa il camino della casa friulana). Il Cjavedâl rimane secondo lo scrivente il simbolo centrale della nostra cultura perché rappresenta l'unità della famiglia e allegoricamente di tutti i Friulani sparsi per il mondo. Si dice che quando si avvista un Cjavedâl vuol dire indubbiamente che siamo nella prossimità di Friulani. Durante la cerimonia del 3 aprile, il Fogolâr di Ottawa espone quest'oggetto di gran valore metaforico. Sotto il detto Cjavedâl si colloca la replica dello spadone di Manquardo, simbolo della autorità temporale del Patriarca, tre talleri friulani, simbolo dello stato Patriarcale, ed un'urna che contiene terra del Friuli. Attorno a questi simboli considerati sacri dai Friulani sparsi per il mondo, si riuniscono i nostri Friulani di Ottawa ed i loro amici, per celebrare la Nascita dello Stato Patriarcale del Friuli avvenuta per decreto dell'Imperatore del Sacro Impero Romano, Enrico IV, il 3 Aprile 1077, quando conferì al Patriarca d'Aquileia il potere temporale e politico sulla Contea del Friuli, facendo così che il Patriarca Sigardo non fosse solo capo spirituale del Friuli, ma anche capo temporale del territorio.



Fogolâr Furlan Edmonton

In early March, the Fogolâr of Edmonton had our eagerly anticipated bocce tournament. The tournament draws a wide variety of talent to the competition, some with many years' experience (regulars coming back to defend a prior win) and some coming to learn the game for the first time. When I think of bocce, I'm always reminded of the many bocce courts that line the Italian beaches where many nonni play all day in the hot sun. The courts are always pristine and the nonni make the game look easy. With that in mind, the game of bocce is simple to explain but more difficult in its execution. Bocce is a game played by two separate teams of 2, 3 or 4 people. The goal of the game is to get your team's bocce balls as close to the boccino or "jack" as possible. The more bocce balls you have closer to the boccino than your opponent, the more points you receive. Again, my nonno makes the game seem easier than it is (but then, he's had 97 years to practice).

This year our teams were split up into the Loonies, Toonies, Beavers, Alberta, Polenta, Zovins and Fogolâr. As the games got started we could see which pros were ready to take the win home. Team Alberta (Mario, Rose, Luciana and Evan) showed some fierce competition winning all of their games leading up to the final. Some games were closer than others, and many points were argued over. My favourite point of any bocce game is when the measuring stick comes out. Often enough, two competing bocce balls seem a similar distance from each other. As everyone eyeballs the distances and starts to argue, there's always someone who whips out a measuring stick ready to be certain whose point it is. We had many of these moments out on the court that day, each one putting a smile on everyone's face in the spirit of joyful competition. Truly it wouldn't be an Italian bocce tournament without the measuring stick making an appearance! After three hours of round robin games we had our final which placed underdog team Zovins against the undefeated Team Alberta. Team Zovins (being carried by their two more talented players Marina and Remigio) were able to sneak a win out from under Team Alberta.



Team Alberta and Team Loonies break out the measuring stick



Team Loonies and Team Beavers smile for a photo before their match (left to right, Blaine, Paolo, Maria, Clemence, Julie, Vittoria, Giorgio)

To close off the tournament we served piping hot pizza for all who participated. Prizes are distributed to our winners and most-honest team (the team with the fewest points) and then everyone is left to go home and sharpen up their skills for next year's competition. With the tournament we hope to inspire those who played to love the game a little more (or give some a chance to show off their skill) and to come back next year to compete again.

The May *La Cisilute* submission also usually brings news about our latest *Fieste de Patrie dal Friûl* celebration, which we host in April. With the event comes lots of Friulian pride, delicious food (lots of muset and polenta) and laughter. Due to the COVID-19 pandemic we have taken proper precautions and cancelled our event to ensure everyone's safety. We hope that all the Fogolârs in Canada are staying safe and healthy. We especially keep in mind the events that have occurred in Italy and we are keeping the friulani in our hearts.

Nina Benvenuto



Team Alberta, our runners-up (left to right, Mario, Rose, Luciana and Evan)



Fogolâr Association of Winnipeg

PREMIO CAMPO FOGOLAR

In keeping with their community minded ways, the Fogolâr of Winnipeg established the PREMIO CAMPO Fogolâr, an award that recognizes students who maintain very good academic standing and achievement, and are community service oriented. The Premio Campo Fogolâr is awarded yearly to a young person (age 17-35) who has origins from either the Friuli-Venezia-Giulia (FVG) or Veneto regions of Italy, and who is entering or attending post-secondary studies or participating in a recognized cultural/academic program in Friuli Venezia Giulia or the Veneto. The initial endowment for the award came from the proceeds of the sale of Campo Fogolâr – the Fogolâr Association of Winnipeg’s summer property in Anola, Manitoba. The purpose of the award is to create a living legacy of the association, honouring the struggles, achievements, and heritage of its members.

The award will be granted on an annual basis in perpetuity. For application information please visit www.fogolârsfederation.com/winnipeg

To celebrate the special milestone of the Fogolâr’s 60th anniversary, three Premio Campo Fogolâr awards were awarded. The 2019 recipients were: Adrianna Aiello, Chelsea Bonan and Adriana Hoadley

In modo di mantenere la fiamma del Fogolar viva e dedicata al servizio ed al benessere della comunità, il Fogolar ha creato il PREMIO CAMPO FOGOLAR, un premio che riconosce gli studenti che

mantengono un ottimo livello accademico e che sono orientati al servizio della comunità.

Il Premio Campo Fogolar viene assegnato ogni anno a un giovane (età 17-35) che ha origini nel Friuli Venezia Giulia o del Veneto e che sta entrando o frequentando studi post secondary o partecipando ad un programma culturale/accademico riconosciuto in Friuli Venezia Giulia o nel Veneto. La dotazione iniziale del premio proveniva dai proventi della vendita della proprietà del Fogolar allora conosciuta Campo Fogolar e praticamente chiamata ‘Anola’. Lo scopo del premio è quello di creare un’eredità vivente dell’Associazione, onorando il passato, i risultati e il patrimonio dei suoi soci. Il premio è assegnato su base annuale in perpetuo, amministrato dal Winnipeg Foundation.

In occasione del 60esimo anniversario di Fondazione, l’organizzazione ha deciso di assegnare 3 premi. I destinatari del Premio Campo Fogolar 2019 sono: Adrianna Aiello, Chelsea Bonan, Adriana Hoadley.

Direttivo del Fogolar di Winnipeg 2020

| | |
|--------------------------|----------------------|
| Presidente | AnnaMaria Toppazzini |
| Vice Presidente | Valentino Corvino |
| Tesoriera | Eleonora Travan |
| Segretaria | Claudia Mardero |
| Coordinatore Eventi | Robert Fabro |
| Relazioni Pubbliche | Cam Giavedoni |
| Rappresentante Giovanile | Marcus Bazan |
| Presidente Precedente | Roberta Novel |



Adrianna Aiello (Mardero)
Law, University of Alberta



Chelsea Bonan (Bonan)
Linguistics, University of Winnipeg



Adriana Hoadley (Bergagnini)
Nursing, University of Manitoba



Fogolâr Furlan Windsor

At the Fogolâr Furlan Club of Windsor, we have been doing our best to keep the Fogolâr going during this unprecedented time. We have had to close the doors of our club due to the government restrictions. It is our hope that this pandemic will soon pass and we will be able to get back to hosting events for our members and the public.

The Fogolâr board of directors and management team have been doing everything they can to guide the club through this pandemic. We are happy to announce that we have started a curbside

food service called Fogo2go. People can order food online or by phone and then they receive a date and time to pick up their orders. This has been going very well so far.

We are trying to maintain communication with our members via our newsletter so that they know what is going on around the club right now. The board is constantly in communication with each other and have even done some video conferencing in lieu of in-person meetings for the sake of everyone's safety.

Prior to the pandemic, the start to our year had been very promising. We have a new board of directors that we trust will lead us well for the next two years. This new board is composed of some new members and some veteran members, and we hope to see a lot of new and exciting ideas coming from them, especially with our 60th anniversary quickly approaching in 2021.

In February, the Fogolâr held its annual Hunters Banquet. It was, again this year, very well attended and there were many compliments on the food, atmosphere and venue. The hunting groups set up a beautiful display showing pictures and trophies from their long history. This is



A group of Fogolâr members and their families celebrate together at our annual Fogolâr Family Skate in December.



The newly elected board of directors is sworn in at our January General Assembly.



A group of children take a break from the games at our annual Carneval in February

always a very fun and profitable banquet, and it is a great way to showcase the culture and skill of our hunters. Our Men's and Ladies' Bocciofila have been working very hard. They have been scheduling and organizing gare and other tournaments. They have done a great job working with the other local Italian clubs to hold these events between them. It is a great way to keep the tradition of bocce alive within our community.

The Fogolâr Women's Association had also been very busy. Once again, they held their Giorno della Donna event. It was another successful banquet with a delicious meal, multiple vendors and exciting prizes. This year, the women in attendance received a very special treat. The Chief of Police in Windsor, Pamela Mizzuno, was on-hand to give a keynote address. She spoke of what it was like for her becoming a police officer and working to ascend through the ranks in order to achieve the highest position in our city. She was eloquent and inspiring, and we are so happy that she was able to celebrate with us.



Fogolâr Furlan Windsor

As much as it is sad to see the Fogolâr right now, without its regular patrons, it is good for us that they have been staying home and keeping each other safe. As spring is arriving, we are starting to see signs of that around the club. Some of our volunteers are starting to find time to help take care of and beautify the grounds and gardens so they will be ready for when we can open again. It is our sincere hope that all of you are doing well. Hopefully, your families, both here and abroad, are safe and healthy. We wish that all of our sister clubs will be able to pull through this uncertain time. Remember, we are furlans. We have been through hard times before. We are strong and resilient. We will get through this. We wish you all the best.



Congratulations to all of our Fogolâr Scholarship and Bursary award recipients. They are pictured here with their families, and the very generous sponsors and donors



Fogolâr Furlan London & District

The London Fogolâr has been impacted by the COVID-19 virus, as has every person, business and organization globally. It is a time to listen to the scientists and stay home so we can stay strong and be able to overcome this devastating virus. This poem tells our present story and will bring hope for better days to come. It was written in 1869 by Kathleen O'Mara and was reprinted during the Spanish Flu Pandemic in 1919. It reads:



Photo taken during the Spanish Flu

And people stayed at home
 And read books
 And listened
 And they rested
 And did exercises
 And made art and played
 And learned new ways of being
 And stopped and listened
 More deeply
 Someone meditated, someone prayed
 Someone met their shadow
 And people began to think differently
 And people healed.
 And in the absence of people who
 Lived in ignorant ways
 Dangerous, meaningless and heartless
 The earth also began to heal
 And when the danger ended and
 People found themselves
 They grieved for the dead
 And made new choices
 And dreamed of new visions
 And created new ways of living
 And completely healed the earth
 Just as they were healed.



Società Femminile Friulana di Toronto

Hello everyone. We hope this article finds each and every one of you all safe and healthy. Our Società Femminile Friulana family and friends are all doing well under our current circumstances. We had to reschedule some of our planned events during these uncertain times; however, we would like to share some memories of our activities that took place this past year.

In keeping with tradition in November, we invited the Sisters from the Carmelite Missionaries to guide us in reciting the Rosary for our families and friends who are no longer with us. The committee then enjoyed serving traditional roasted “castagne” to members prior to our bingo game.

December is always an extra special time of year for the Società Femminile’s socie and guests. Our annual Christmas “Cena di Natale” was held at the Famee Furlane on December 3rd with our members and guests enjoying a traditional furlan dinner while anticipating the arrival of Santa, Mrs. Claus, and of course, the elves pulling Santa’s sleigh. The festivities continued with our committee performing a skit entitled, “Lettere a Babbo Natale.” La “Signorina Maestra” asked her “bambini” to read their letters to Santa. Everyone enjoyed the unexpected responses from the students, which at times were quite colourful to say the least. We would like to send a special thank you to our committee for all their hard work decorating the stage with a beautiful nativity scene and for making the charming, festive table centrepieces.

To continue celebrating the festive spirit, a special day



Members & guests enjoying the Christmas festivities



The arrival of Santa & his crew



Lunch & a show at the Famous People Players Theatre

trip was organized where about 50 members and guests enjoyed a unique theatre experience at the Famous People Players Theatre in Toronto. This theatre is a non-profit and wonderful community organization in Toronto, which assists and provides meaningful work for challenged young adults. Following a served lunch, we moved into the theatre and were entertained by a black light puppet show, performed by these young adults. The design and choreography of the show was delightfully upbeat and festive, and the experience proved very rewarding.

During our first meeting of the year in January, we celebrated a visit from “La Befana” where our executive committee dressed up and distributed little boxes filled with mixed candied fruit and nuts to all our ladies. Our goal was to try and keep our traditions alive by bringing back many happy memories for our members.



Società Femminile Friulana di Toronto

The month of February brought our traditional “Crostoli e Carnevale” event. This year was an exceptional one with our committee members working two shifts preparing over 1,500 delicious crostoli, which were served to our members and guests. The evening was also very entertaining as there were three different groups of “maschere” who performed skits. This year we saw: “Il Tourista”, “La Famiglia Moderna” (a spin-off of the TV show by the same name), and “Miss Mondo 2020-Senior Edition” (with our president playing the role of Steve Harvey).

In March we celebrated International Women’s Day. To commemorate this special day, each member was presented with a crystal butterfly key chain. During this month we also host a presentation at our meeting on a topic of interest for our members. This year our featured topic was “Home Health and Safety Tips” for seniors, and it was presented by our President Paola Ronchin. Our members were provided with a home safety checklist during an interactive session about various strategies to prevent falls and other dangers in the home.

Unfortunately, due to the pandemic crisis affecting most countries in the world, isolation protocols were put in place by governments closing all non-essential businesses and restricting citizens to their homes. Our scheduled events for April to July had to be cancelled.



Laughter aplenty thanks to our Carnevale performers



Traditional crostoli made with love

We are of course, hopeful for a quick and positive resolution to the current global pandemic, and we are looking forward to resuming our activities for the year.

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- Confirmations
- School Kids Lunches
- BBQ



Famèe Furlane Hamilton

The Famèe Furlane of Hamilton celebrated its 50th Anniversary in 2019. The opening ceremonies and Members' Dinner were held in April. A picnic was held in July and a typical furlân sagre was held in August. The main event of our anniversary celebrations was the Gala Dinner and Dance in November. The chairperson of the event, Linda Peressutti, and her committee organized a marvellous evening with a delicious meal prepared by Gianni Ceschia. The evening was a fitting tribute to the six founders who, fifty years ago, purchased 40 acres of land where the present building is now located. We were all so delighted and proud that we achieved this milestone. It was a tremendous occasion filled with laughter and friendship. David Milan, first vice president, superbly and concisely outlined the history of the club. Renzo Milan, recording secretary, acted as MC and, as usual, carried out his task with poise and charisma. Joe Toso and Renzo Rigitto, president and treasurer, respectively, of the Fogolârs Federation of Canada were present. We were also honoured by the attendance of representatives from the London, Ottawa and Windsor Fogolârs.

Several jovial events took place after the anniversary dinner. Everyone had a great time at the Bocce Dinner in December. The New Year's Dinner and Dance was a great party, and we all enjoyed the Valentine's Dinner and Dance. Now, we are all looking forward to soon being together again. And we will. These photos are a great memento of a remarkable celebration.

Peter Narduzzi,
President, Famèe Furlane Hamilton

President Peter Narduzzi receives a congratulatory plaque from the Fogolârs Federation of Canada



*The Six Founders:
Left to right sitting,
Romano Mauro,
Fiori Riga,
Bruno Cudin.
Left to right standing,
Aurelio Zuccolin,
Amelio Gris,
Giacinto Belluz.*



Board of Directors of the Famèe Furlane of Hamilton with the President of the Fogolârs Federation of Canada, Joe Toso



Linda Peressutti, Lucille Colle, Ezio Colle, John Peressutti



Lorraine Zuccolin, Ivan Zuccolin, Mara Bertoia, Angelo Bertoia



Fantastic ladies from the Famèe Furlane of Hamilton



Renzo Rigitto, Joe Toso from the Fogolârs Federation of Canada and Gianna Ius from London



Fogolâr Furlan Calgary

Congratulations to the Fogolârs Federation of Canada, *La Cislute* and its many volunteers who, over the years, have helped produce our beloved *sfuei*. The publication milestone of 100 issues is a splendid achievement.

In November 2019, the Fogolâr Furlan di Calgary had its annual get-together where we roasted chestnuts, watched the comedian Catine on YouTube, and enjoyed some time together. While we don't organize an event for Christmas, we certainly do for La Befana. Our devoted VP Loretta Biasutti once again played La Befana who distributed mandarines to all in attendance, and candy and little toys for the children.

Unfortunately, not soon afterwards, the world was forced to face the COVID-19 pandemic and the remainder of our events for the year were cancelled. Our Annual General Meeting and Fieste de Patrie dal Friûl in April could not be held and we expect that our summer picnic will have the same fate.

The world is facing significant struggles because of the COVID-19 pandemic. Northern Italy has suffered cruelly because of the coronavirus. At the time of this writing, we are still in the thick of the pandemic. We have heard that many groups are calling its members on a regular basis, checking in and having a chat. This is so important as it helps us to stay connected to each other and to the outside world.

The Fogolâr Furlan di Calgary was pleased to be featured in the January-March 2020 issue of *Sot la Nape*, a publication of the Società Filologica Friulana. Claudio Petris wrote two pages which provided a brief introduction to Calgary and to Friulian emigration to the area. It also provided an overview of the history of our Fogolâr. It featured a group photograph of our members taken at the time of "Fogolârs 2008" which was held in our city on behalf of the Fogolârs Federation of Canada.



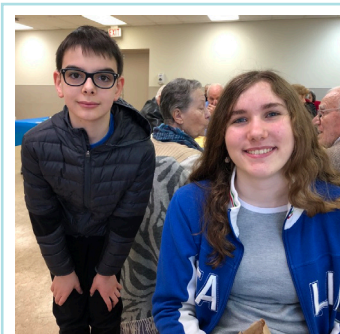
Dopo vè mangiât lis ciastinis i fruz e 'àn robis di colorâ, tajâ e incolâ



La Befana 'e à mandarins par Licia e par duc 'i socios.

La nestre brave Befana Loretta Biasutti con Licia

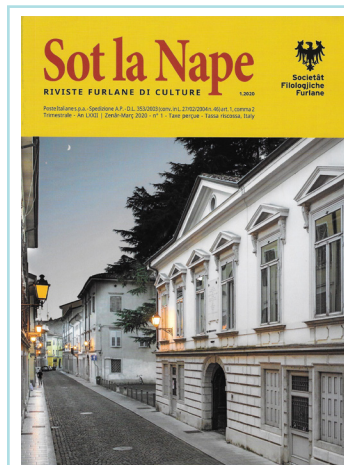
In 2019, the Fogolâr's one high-school award and five university scholarships saw six students at various post-secondary institutions in the city receive a financial reward to go towards their tuition. The letters of thanks we receive from the recipients always demonstrate how remarkable these students are. They are intelligent and caring individuals who all want to improve their corner of the world by sharing their skills, knowledge and passions. Every time I read one of these letters, I am reminded of how glad I am that the Fogolâr established these scholarships.



Stephen e Isabella



Kimberly une studentesse da St. Mary's University e Loretta Della Vedova vice presidente dal Fogolâr Furlan di Calgary



La cuviarte di "Sot la Nape" con dentri un'articul sul Fogolâr di Calgary



Fogolâr Furlan Sudbury

Frank John Morassutti

By: Morgan Corelli

Frank John Morassutti is a man of many talents, who has worn many hats within his community. Now retired, he had a long career as a business owner, a financier and an insurance broker. He is a generous family man as a husband, father and grandfather, but he is also a proud Italian and a dedicated volunteer as well. Frank was born May 5, 1940 in Creighton, Ontario. His father, Giovanni Morassutti emigrated to Ontario in 1933 from Valvasone, Province of Pordenone, Italy. Frank's mother Gemma (née Fabris) – from San Giovanni di Casarsa – and older brother Mario (born 1934) joined his father in Canada in 1935, when the couple settled in Creighton, Ontario. At the age of 23, Frank married his long-time love Lidia Veccia in 1963 and they welcomed daughters Tracy (Bartolucci) and Kelly (Tushingham) soon after. From the 1970s to the mid-2010s, he was an active member of various clubs, committees and organizations around the City of Greater Sudbury, including many medical organizations. Despite having to slow down for health reasons, Frank volunteered for over 30 years, starting in the mid-1970s. He volunteered with the Sudbury Memorial Hospital and in the early 1980s, he was appointed president of the Board of Governors of the Sudbury Memorial Hospital. Under his leadership, the hospital saw 15 new beds added to the critical care/burn unit and expansions in the emergency and cardiopulmonary departments. Among his other many accomplishments, in the late 1970s, Frank became a volunteer for the Victorian Order of Nurses (VON) – Canada's largest non-for-profit and community care organization with 33 branches across Ontario – and a member of the Sudbury and District Hospital Council. Before Frank was elected president of the VON in the mid-1980s, he held the positions of treasurer and vice-president.

In addition to the countless hours spent volunteering on various medical boards, Frank was a proud and active member within Sudbury's Italian and golf communities, dedicating time to the Caruso and Fogolâr Furlan Clubs, as well as the Idylwylde Golf and Country Club (where he was a member of the finance committee). The Caruso Club represents all Italians in Sudbury, and the Fogolâr represents those within the Friulian community of North-Eastern Italy. As a member of the Caruso Club, Mr. Morassutti served as an auditor and mentor for 16 years and dedicated 20



Sovereign's Medal for Volunteers, awarded by the Chancellery of Honours Committee

years of his financial and accounting knowledge to the organization. As a member of the Fogolâr, Mr. Morassutti was a coordinator for the "Congresso," a committee responsible for reuniting members of the Friulian community in the United States and Canada – garnering visits from the Ambassador of Italy, the President of the Pordenone Province and the President of Friuli.

In 2006, Frank Morassutti was recognized by Rick Bartolucci – one of Sudbury's Members of Provincial Parliament – for his work within the community. The Sudbury community has greatly benefitted from his many voluntary contributions, so much so that in May 2019, Frank was awarded the Sovereign's Medal for Volunteers awarded by the Chancellery of Honours Committee in Ottawa, Ontario, Canada. The Sovereign's Medal "recognizes the exceptional volunteer achievements of individuals from across the country or abroad."

The Fogolâr Furlan Club of Sudbury would like to thank Morgan Corelli for writing the article on Frank Morassutti and we are grateful to Diana Iuelle-Colilli, PhD, Professor of Italian Studies, Laurentian University/Honourary Vice Consul of Italy, Sudbury District, for doing the translation. The Fogolâr also wishes to thank the Morassutti family for allowing us to feature Frank in "La Cisilute".



Fogolâr Furlan Sudbury

Frank John Morassutti

Da: Morgan Corelli

Frank John Morassutti è un uomo di molti talenti e ha adempito tanti ruoli nella sua comunità. Ora pensionato, Frank ha avuto una lunga carriera da lavoratore autonomo, finanziere e operatore di assicurazioni. È considerato un generoso uomo di famiglia, marito, padre e nonno, ma è anche un fiero italiano e dedito volontario. Frank Morassutti è nato il 5 maggio, 1940 a Creighton, Ontario. Suo padre Giovanni Morassutti emigrò nell'Ontario nel 1933 da Valvasone, nella provincia di Pordenone. La madre di Frank, Gemma Fabris, di San Giovanni di Casarsa, e il suo fratello maggiore Mario, nato nel 1934, raggiunsero suo padre in Canada nel 1935 e la famiglia si stabilì a Creighton, Ontario. All'età di 23 anni, Frank ha sposato la sua amata Lidia Veccia nel 1963 e insieme hanno creato la loro famiglia che include le loro figlie Tracy (Bartolucci) e Kelly (Tushingham).

Dal 1970 fino agli anni 2010, Frank è stato membro attivo di varie associazioni, comitati e organizzazioni nella città Greater Sudbury, incluse molte organizzazioni mediche. Anche se ha dovuto diminuire il lavoro da volontario per ragioni di salute, Frank si è dedicato al lavoro da volontario per oltre 30 anni. Ha donato tante ore al Sudbury Memorial Hospital e all'inizio degli anni '80, ha preso la carica di Presidente del Consiglio Direttivo del Sudbury Memorial Hospital. Sotto la sua direzione, l'ospedale ha aggiunto 15 nuovi posti-letto nel reparto ustioni/terapia intensiva e vi sono stati espansioni al pronto soccorso e nel reparto cardiopolmonare. Alla fine degli anni '70, Morassutti ha dedicato il suo tempo da volontario al Victorian Order of Nurses (VON) – il più grande ente senza scopo di lucro in Canada, con 33 filiali nell'Ontario ed è diventato anche un membro del Sudbury and District Hospital Council. Prima di essere eletto Presidente del VON nel 1985, ha tenuto le cariche di tesoriere e anche Vice Presidente.

Al di sopra delle innumerevoli ore dedicate ad associazioni mediche, Frank era anche un fiero ed attivo membro nella comunità italiana e nel campo dello sport. Ha donato il suo tempo alla Società Caruso (un'associazione che rappresenta gli italiani nella città di Sudbury), al Fogolâr Furlan (che rappresenta i friulani ed i connazionali italiani del nord-est d'Italia di Sudbury) ed anche all'Idylwylde Golf and Country Club, dove era membro del comitato finanziario. Morassutti ha avuto la mansione di Revisore dei conti



Frank Morassutti, seated beside his daughter, Kelly Tushingham. Standing are Frank's wife, Lee, and daughter Tracy Bartolucci

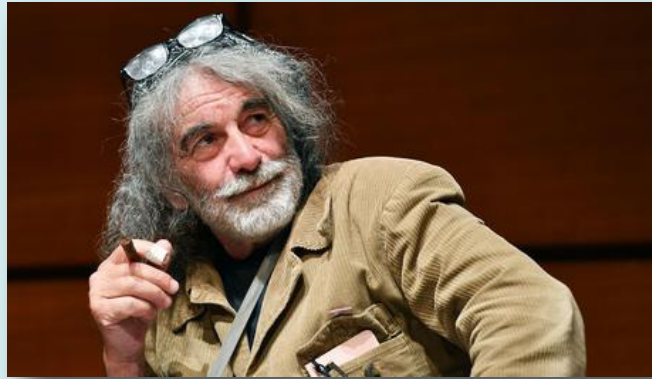
presso la Società Caruso per oltre 16 ed ha dato consiglio finanziario per oltre 20 anni quando gli era chiesto. Presso il Fogolâr Furlan, Morassutti ha fatto parte che comitato promotore del "Congresso '94", un convegno internazionale che ha riunito membri dei vari Fogolâr e Famee Furlane sparse per il Canada e gli Stati Uniti. Al convegno hanno partecipato anche l'Ambasciatore d'Italia in Canada, il Presidente della Provincia di Pordenone e il Presidente della Regione Friuli.

Nel 2006, Frank Morassutti è stato riconosciuto dal Deputato della Giunta Provinciale dell'Ontario, Rick Bartolucci, per il suo lavoro nella comunità. La città di Sudbury ha giovato molto dai contributi di Morassutti, tanto che a maggio del 2019 gli è stata conferita la Sovereign's Medal for Volunteers dal Chancellery of Honours Committee in Ottawa, Ontario, Canada. Tale medaglia riconosce "i risultati eccezionali nel campo del volontariato di individui in Canada e all'estero".

Traduzione fornita da:

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Il carattere di un friulano secondo Mauro Corona



Il friulano (quello autentico) è nato in posti ripidi perciò ha molto equilibrio. Difficilmente si lascia andare a enfasi sonore o entusiasmi sboccati. Aspetta, studia, non si sbilancia. Pratica l'attesa del cacciatore alla posta. Il friulano è come la torre di Pisa, si piega ma non crolla. È difficile abbattere i friulani. Ci hanno provato guerre, miserie, terremoti, alluvioni, frane, e inverni da castigo. Niente da fare, friulano non lo stendi. Fisicamente è vulnerabile come tutti, moralmente no. Moralmente il friulano è fatto di ghisa, e guarda al futuro con cautela. Sa che il futuro è un tempo nel quale dorme l'ignoto. Per questo fa progetti a breve termine. Nasce ogni mattina. E ogni mattina riparte da zero. O meglio, da quello che resta. Gran lavoratore ma pure irriducibile gaudente, il friulano gusta la vita ogni minuto libero. Amante della buona compagnia e del buon bicchiere, instancabile conversatore d'osteria, quando c'è da por mano al lavoro si trasforma in caterpillar. E tace. Sul lavoro si rusca, niente ciacole. Il friulano ha senso dell'amicizia. La generosità il suo pane. Altruista fino al sacrifico, quando occorre è in prima linea. Affidabile e generoso, il friulano è un vero amico. Ma, ahimè, è pure orgoglioso. Il che non guasterebbe in misura giusta. Ma purtroppo il friulano non ha il senso della misura. Almeno nell'orgoglio. Basta una frase per capire tutto: «E fasìn di bessói», dicono (facciamo da soli). Questo far da soli gli ha tirato addosso un sacco di stima da parte del mondo e pure una solida reputazione. E un sacco di fatiche inutili che poteva risparmiarsi. Ma il friulano non teme la fatica, anzi, più ne fa più si vanta. È un duro dal cuore buono. Nelle più tragiche disgrazie rimane di pietra. Trattiene il pianto come se piangere fosse uno sfogo da donnette. Ama la sua patria (la patrie dal Friül) come nessuno. È convinto, e qui torna l'orgoglio, che sia la più bella, nobile, forte, onesta e unica patria al mondo. Gran gente i friulani. Hanno una nobiltà di spirito altera, accompagnata da una fierezza quasi ingenua. Per questo il loro smisurato orgoglio non risulta antipatico bensì qualcosa da ammirare. Sottoposto a un voto, il friulano piglierebbe nove.



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