

The  
**Voice**  
IN ACTION



July / August 2024  
Volume 5 - Issue 4  
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**“An Entrepreneur with a Passion for  
making Life a Little Sweeter.”**

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Feature Story on page 16

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# Letter from the Editor



As the summer sun bathes us in its warm, golden glow, we find ourselves surrounded by growth and opportunity. It's a time to soak in the sun, celebrate our community's vibrant events, and embrace the potential that these long, bright days offer. Summer is more than a season; it's a renewal and prime opportunity to celebrate our achievements and set ambitious new goals.

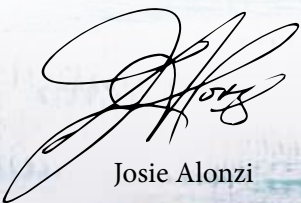
In this edition, I am excited to feature Derrick Di Vetta, an exceptional entrepreneur. I had the pleasure of meeting Derrick at a community event, and it was immediately clear he was someone special. Approachable and knowledgeable, Derrick embodies the kind of grounded business acumen and personal integrity that resonates deeply with my own upbringing and values. His story is not just inspiring; it's a testament to the power of community and commitment.

This July, we mark Canada Day, a time to celebrate our proud identity as a nation enriched by diversity and unity. As Canada's fabric continues to evolve with a growing and diverse population, I urge everyone to partake in the local festivities occurring in your community that honour our shared heritage and the strength of our national community.

As August unfolds, it brings a gentler pace, perfect for reconnecting with family and friends through various activities, be it at a cottage, traveling, or engaging in local community events. This month emphasizes the importance of roots and relationships, offering a time to savor the simple joys of life and strengthen the personal ties that bind us, whether we're exploring new destinations or enjoying the comfort of our local surroundings.

As you delve into this edition, let the stories of dedication, passion, and community service inspire and motivate you. Dive into each page with an open heart, ready to embrace the opportunities that this beautiful summer presents. Let's pursue our goals boldly, chase our dreams, and forge lasting connections, making the most of every moment to create memories that will last a lifetime.

Enjoy a summer filled with joy, inspiration, and boundless possibility—here's to making it truly wonderful and fulfilling!



Josie Alonzi



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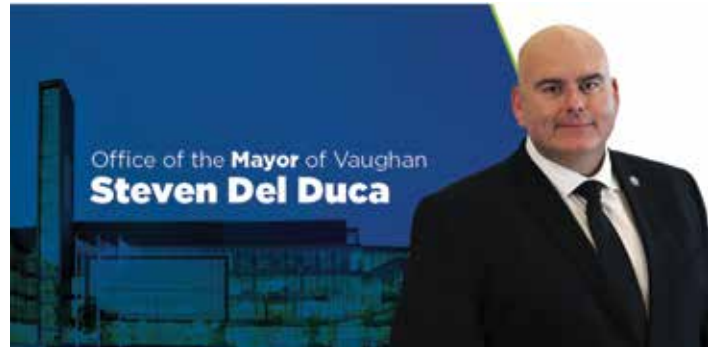
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## A Message from the Mayor

Over the years, the Mayor's Gala has become a staple in Vaughan as it raises money for the Spirit of Generosity and helps bring so many of the leaders in our community together for a night of fun, laughter and entertainment.

I want to thank all of our sponsors, performers, and everyone who joined us for making this event, a success!

Our community thrives because of your passion and love for this city, and I want to take a moment to thank you for all that you do, all that you give, for Vaughan.

**Steven Del Duca - Mayor, City of Vaughan**

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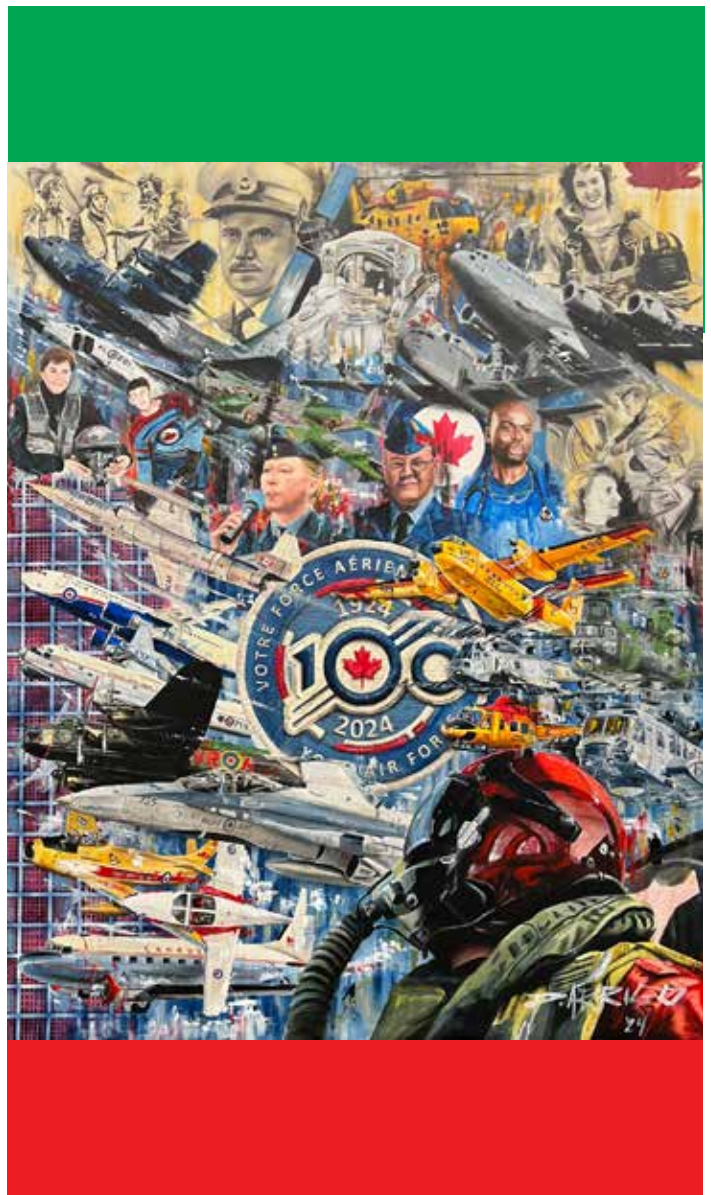


## Le Freccie Tre Colori are invited to Canada to celebrate the 100<sup>th</sup> Anniversary of The Royal Canadian Air Force

*by Angelo Filoso*

The Aeronautica Militare with the Freccie Tricolori arrived in Canada on June 18th with a support group of 100 military troops. Their first spectacular performance occurred in Quebec with thousands of spectators remaining in awe. On June 25th the Freccie Tricolori flew over Ottawa with the Canadian Snowbirds flying their CT 114 Tutors in an arrow formation over the War Museum celebrating the 100th Anniversary of the Royal Canadian Air Force. Thousands of spectators were present to enjoy the Freccie Tricolori releasing the red, white and green colours of the Italian Flag reminding them of their cultural roots.

Their North American Tour will conclude in the United States of America flying and performing over many American cities from the west coast to the east coast ending in New York. The Group after receiving total satisfaction of their visit will be returning to Italy at the end of August leaving their spectators and hosts totally pleased with their visit.







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# Kicking Off Summer with Passage of C-69: Parliamentarians Return Home to Strengthen Community Ties

by *The Honourable Senator Tony Loffreda*

Silly Season on Parliament Hill wrapped up on June 20th with the passage of important government bills including the Canadian Sustainable Jobs Act, the Countering Foreign Interference Act, and the Budget Implementation Act (Bill C-69), the latter which I was honoured to sponsor and shepherd through the Senate.

As I wrote in last month's column, the BIA includes approximately 65 measures that seek to make life a little better, fairer, safer, and more affordable for generations of Canadians.

One major Budget 2024 measure that does not appear in the budget bill is the government's proposal to increase taxation on capital gains. Instead, the Minister of Finance tabled a Ways and Means Motion in the House of Commons earlier this month, indicating that Parliament should soon expect a new bill to be brought forward based on the provision in the motion.

Although the bill has yet to be tabled and debated by MPs and Senators, Canadians will still start paying tax on two-thirds of their capital gains as of June 25, 2024.

This is an important issue that I expect will take up much of our time in the fall and that will generate a lot of interest across the country from Canadians who are concerned about the financial implications of these changes. Rest assured that I am fully committed and engaged in properly reviewing this proposal once it is before Parliament. I feel the government's approach to this matter is flawed and misses the mark. The unintended consequences could very well be detrimental to our economy. Wealth creation should also be an objective in our great country.

While the summer recess gives parliamentarians an opportunity to return to their respective regions, it also gives us the chance to participate in initiatives that we would otherwise not be able to do due to the parliamentary calendar. I look forward to taking part in three such activities over the course of the summer.

First, my colleague Scott Tannas is organizing an Alberta Familiarization Tour in early July to give Senators an opportunity to familiarize ourselves with the realities and challenges of Albertans, and to have a better understanding of their significant contributions to our economy. We will meet with tourism industry experts in Banff (where my colleague Senator Sorenson served as mayor for over ten years), tour an oil sands facility in Fort McMurray and visit a grain farm and cattle ranch.

Then, in early August, I will be travelling to Oxford University, at my own personal expense, for the Oxford Symposium on Employee Ownership. I'm honoured to be a keynote speaker and offer my views on Canada's commitment to implementing employee ownership trusts (EOTs). In fact, with the recent passage of Bills C-59 and C-69 (which both received Royal Assent on June 20th), the Income Tax Act will be amended to introduce rules to facilitate the creation of EOTs, including providing owners a \$10 million exemption on capital gains realized upon a sale of a business to an EOT.

The idea behind EOTs is to encourage owners to sell their business to their employees and helps Canadians become owners in the businesses that they work for. As the government advances, EOTs also assist owners who plan on retiring by providing another option for business succession, in cases where they want to preserve the legacy of their business or do not have family members interested in taking over the business. It's a great concept that I endorse, and I very much look forward to bringing a Canadian perspective to this global conference in the United Kingdom.

Not long after, I'll be heading out West again to participate in the Victoria Forum, a three-day conference, held at the University of Victoria and co-hosted by the Senate of Canada, that aims to find solutions to global challenges and pressing economic, social, and environmental issues. This year's theme is "Building Trust for a Shared Future" and I am honoured to moderate a panel on ownership transfer for small and medium sized enterprises. Many of my Senate colleagues will also be participating in the Forum along with an impressive list of academics, experts, and policymakers. Needless to say, my summer promises to be interesting, engaging and highly educational.

Beyond these three activities, I will be spending the summer at home in Montreal where I hope to spend some quality time with my family and friends. While the summer gives us a chance to unwind and decompress, it's also the perfect time to engage with members of the community, to get the pulse of Canadians, and to listen to their concerns, which is exactly what I intend to do (and have always committed to doing). I hope Canadians know that they can always reach out to me.

As always, I hope all Canadians will have a relaxing, yet exciting summer, and I wish you all a very Happy Canada Day. Be well, stay safe and do good!





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## Welcome Back Summer

By Vince Soda

Warm weather and beautiful sun filled days have many of us spending more time outside. While we enjoy our longer sun filled days it's important that you don't forget the importance of protecting your skin from the sun. Healthy sun exposure can keep your skin happy.

Unprotected skin can lead to sunburns, blistered and peeling skin and or more serious health problems. So many benefits can be gained from spending time outside on a sunny day, The sun's rays allow us to manufacture vitamin D and can lift our spirits but you need to understand the risk.

UV radiation is known to cause damage cells in the body and to its DNA and can be dangerous. Both UVA and UVB radiation penetrate the skin, but UVB is more harmful than UVA radiation. Enjoy your time outdoors, just be safe and protect yourself and do your research on what protection works best for you.

### Hydration?

If you're an outdoor enthusiast, a recreational jogger or just someone who is active or exercises from time to time, you've probably had someone tell you that you need to replenish your body's electrolytes. If I had to guess most active people can tell you that electrolytes are linked to hydration.

### So, What Are Electrolytes?

If you picked up on the similarities between the word's "electrolyte" and "electricity," you're defiantly on to something. Electrolytes are substances that have a positive or negative electrical charge when they are dissolved in water. The human body is about two-thirds water, so electrolytes can be found in most of your cells.

However, it's important to note that the electrolytes in your body are not all the same substance, but rather a variety of substances, such as sodium, magnesium, and potassium. They either have a positive or a negative charge, and you need all of them to maintain a

healthy electrolyte level. Electrolytes can be found in most fluids in your body, including blood and urine, as well as other body tissue.

Just remember: it's always good to read the nutrition label. Many electrolyte beverages contain a lot of sugar. A little bit of sugar will help your body in the absorption of the electrolytes, but a lot can throw off an otherwise balanced diet.

### Raw vs. Cooked: The Effect of Cooking on Nutrients

You may be happily to crunch your veggies vs. cooking them. People often think of cooking as a way to enhance the flavor of foods and it is. But, as you prepare your food, have you thought about the effect of cooking has on nutrients. There is a growing popularity of raw food diets, and you've likely heard that raw vegetables are the most nutritious vs. when you cook veggies, you lose nutrients. The same is sometimes said of meat, eggs, and just about every other food group. It's a plausible claim, but is it true? The short answer is sometimes. It's complicated there are more than one way to cook a vegetable and various nutrients respond differently to each cooking method. The most important thing is that you include has part of your day-to-day nutrition.

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## Navigating the Complexity of Relationships - Relationship Mastery: Me, Myself, and Others

Allow me to introduce myself. I am Dr. Mary Marano, a Registered Psychotherapist, CEO of Life & Family Counselling Services, and founder of *Changedby\_Mary* Relationship and Transformational Life Coaching. With a Doctorate in Counselling and Psychotherapy and a Master of Science in Psychology specializing in Mental Health, I bring a wealth of expertise to my practice.

Based in the vibrant city of Vaughan, where I am fortunate to live and work, I have dedicated three decades to supporting individuals, couples, and families in navigating life's challenges. Through my work, I have helped transform countless lives and relationships. Often referred to as the "do-or-die relationship doctor," I am passionate about reviving and rescuing relationships, breathing new life into them. Whether you're facing personal struggles or relationship difficulties, my mission is to guide you toward a brighter, more fulfilling future.

Many people mistakenly equate relationship work solely with marriage counselling, but it is much more than that. True relationship work encompasses culture, diversity, and an understanding of others' worldviews, behaviors, spirituality, customs, and beliefs. It involves an ongoing process of self-exploration and a willingness to learn from others, entering relationships with the intention of fostering an inclusive and respectful environment.

Additionally, it is a journey of self-awareness and self-reflection, understanding how social experiences shape behavior and why we hold unconscious biases and judgments towards others. Therapy helps us recognize our unique experiences and realize that, even within the same culture, no two experiences are identical. This nuanced approach ensures that relationship work is comprehensive and transformative.

As you can see, relationship mastery is fundamentally about understanding the self—who you are, your thoughts, and the core beliefs you hold. Relationship therapy facilitates this journey, allowing you to know yourself, unlearn certain aspects, and rediscover a truer version of yourself. This continuous process of self-exploration and transformation is essential for personal growth.

The relationship journey is about mastering the self and applying this understanding to interactions with others and in everyday experiences. This practice builds the confidence and skills necessary to effect change in all areas of life, including marriage, parenting, career, business, and leadership roles. We are always in relationship, whether personal or professional, and although navigating them can be complex, we all strive

for authentic connections. By mastering the self and understanding the dynamics of relationships, we can create meaningful and lasting bonds that enhance every aspect of our lives.

In recent years, awareness surrounding mental health issues has significantly increased. Yet, a persistent stigma continues to overshadow therapy, deterring many from seeking the treatment and support they need. This stigma forces numerous individuals to suffer in silence, exacerbating symptoms of anxiety, depression, and addiction. However, I am confident that as we continue to discuss stress and mental health openly, we can dismantle these barriers and encourage more people to seek help.

Why is this so crucial? Because stress is inherently relational. Our mental health is profoundly affected by the quality of our relationships and the conflicts within them. Whether you're living in a high-conflict home, navigating a failing marriage, dealing with infidelity, caring for an ill family member or child, facing workplace issues, grappling with suicidal thoughts, or experiencing any form of loss, these stressors all impact your mental well-being. Relationships and mental health are inextricably linked.

In my practice, I have a brief window to establish a connection with clients, making it essential for them to feel safe and trust the therapeutic process. Through building strong, trusting relationships with my clients and their families, I help them embark on a journey of self-discovery. As their stories unfold, they find new meanings in their experiences, shedding fears and moving towards creating the lives they desire.

Many individuals seek therapy and relationship counselling during moments of crisis, but this is not always the case. In some instances, people may initially be unsure of their reasons for seeking therapy. Through the therapeutic process, they begin a journey of self-discovery, uncovering deeper aspects of themselves. This journey often involves a transformation, as they come to know themselves anew. The metaphor of an iceberg aptly describes this process: while the visible portion of our story above the water represents our conscious awareness, the vast section beneath the surface symbolizes our hidden emotions and blind spots. This insightful tool helps us understand the multifaceted nature of human actions and master the complexities of relationships.

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## An Entrepreneur with a Passion for making Life a Little Sweeter.

*By Angelo Filoso*

From an early age, Derrick Di Vetta knew he was destined for entrepreneurship. At just eight years old, Derrick started his entrepreneurial journey by delivering for the Toronto Star and Thornhill Liberal newspapers. This early exposure to business expanded when he began distributing real estate flyers for his aunt, sparking his lifelong passion for real estate and instilling a robust work ethic.

Derrick's competitive drive extended beyond the business arena; he was also an exceptional soccer player. His outstanding skills on the field, recognized early, earned him the opportunity to try out for a Serie A club and was offered a three-year contract for their junior system. His father was faced with a significant choice: pursue a possible soccer career or have his son continue his educational journey. Like most immigrant parents, they longed for a better future for their children and his family decided that it would be best to prioritize academic pursuits, a decision that not only shaped his academic future but also defined his professional trajectory in business.

While in high school and university, Derrick worked with his father's upholstery business, his godfather's stone business and when necessary, would help out his uncles who were running his grandfather's construction business. He will be the first to tell you that he was mentored well and took qualities from each business leader that he uses today in his dealings. He understands how crucial they were in shaping his entrepreneurial spirit and feels fortunate for this opportunity.

After acquiring a wealth of practical business experience, Derrick pursued higher education, which later led him to a successful career in finance. By the age of 39, Derrick channelled his vast knowledge and experience into his business ventures founding and leading multiple companies across various sectors that includes Slices to Go, Venus Capital, Distinguished Brands and Coveted Cakes. Prior to launching the new Cheesecake Factory Bakery branded equipment line, he worked with the beloved Bialetti brand to bring their coffee line to North America.

Derrick attributes much of his success to the values of the "Golden Generation"— an era characterized by straightforward deals, sealed with a handshake, and trust-based relationships.



Today's business landscape, cluttered with legal complexities, contrasts sharply with this simpler time. Derrick states, "we are supposed to be helping each other and I feel as if there is a disconnect." Despite these challenges, Derrick strives to instill values into his practices, advocating for integrity and community support in business practices.

Derrick Di Vetta's business philosophy champions supporting local companies, a strategy he believes not only strengthens the local economy but also cultivates a vibrant and healthy business environment. Managing a business today, according to Derrick, surpasses the traditional nine-to-five workday; it demands relentless teamwork and attention to detail. Derrick and his business partners believe that they are only as strong as their team and are proud of their growth and the fact that they can expand employment and give back to the community. In the last few years they have supported the Vaughan Foodbank, Hospice Vaughan, events for both Princess Margaret Hospital and Sick Kids and local community events and on September 8th members of the team will be at St. Francis of Assisi in Woodbridge handing out Cheesecake Factory Bakery slices.

Looking ahead, Derrick would love nothing more than to pass his business to the next generation but as is always the case as a business owner, there is plenty more to accomplish before that can occur. Regardless of his business success, his greatest accomplishment are his two daughters, and he hopes they will someday continue his legacy and lead a business or two with the same values and strategies that have guided his success, ensuring the lessons of the past shape the innovations of the future.

In a world where change is constant, Derrick Di Vetta stands as a beacon of how traditional values can blend with modern business strategies to create lasting success. His journey from delivering newspapers in Thornhill to becoming a respected business leader exemplifies the transformative power of integrating foundational values with innovative approaches. His story not only inspires future entrepreneurs but also serves as a blueprint for building a resilient and community-focused business empire. Derrick's journey shows entrepreneurs everywhere that with creativity, commitment, and heart, the possibilities are truly limitless.



# Dr. Sarah Capetola, ND

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## A Night of Unity and Hope: Community Gathers for Heartfelt Fundraiser for Ladan

by Mary Grace Tatangelo

In a touching display of unity and compassion, a community gathered at Sherwood Farm to support Ladan, who has been bravely living with ALS for the past two years. The event, held at the scenic Sherwood Farm, drew 100 attendees and showcased the community's dedication through donations of the venue, food, candles, photography, and videography.

Sherwood Farm, with its serene charm, provided the perfect backdrop for an evening filled with love, support, and inspiration. The barn was beautifully lit, and fans were placed to offer relief from the summer heat. Chairs arranged in a semi-circle around Ladan allowed her to draw in and reciprocate the great energy from the crowd.

As the sun set, the atmosphere was charged with anticipation. Ladan, a beacon of strength and grace, took her place at the center, sharing her journey and wisdom. Her message emphasized living with intentions, understanding one's purpose, maintaining a grateful heart, and loving oneself. "Let us get out of our heads, and lead with our hearts," Ladan urged, encapsulating the evening's heartfelt purpose.

For two hours, Ladan spoke with eloquence and passion, resonating deeply with everyone present. The room was silent, except for the whispers of the wind and rustling leaves, as attendees hung on her every word. This silence testified to the profound impact of her message, inspiring reflection and drawing strength from Ladan's resilience.

Special performances from Jenny, Niko and Luciana, added to the evening's atmosphere. The event was more than just a fundraiser; it was a celebration of community, love, and the human spirit. It showcased what can be achieved when people come together with a shared purpose and compassion. The evening left a lasting impression, inspiring attendees and

highlighting the strength and support of the community.

A heartfelt thank you goes out to everyone who donated to make this event possible, especially the incredible committee of women who organized the fundraiser and generously contributed to creating an unforgettable evening. Their selfless contributions underscored the power of community and the impact of coming together to support one another.

Committee: Patricia Celio, Theresa Sherwood, Jennifer Montesano, Susan Paterino, Lora Bourck, Josie Alonzi, Rose Femia, Jennifer Rashty-Colletta, Joyce Usher-Mesiano & Mary Grace Tatangelo.

Continue to follow Ladan's Story on instagram @ladanpaolini





Wishing everyone in the community a vibrant and joyful summer!

May your days be filled with sunshine, laughter, and unforgettable memories.



**MICHAEL TIBOLLO**  
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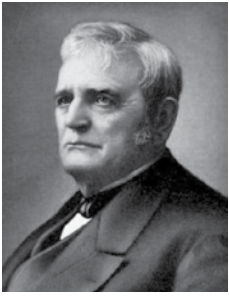
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## John Deere

Born in Vermont in 1804, John Deere was raised by his mother as his father was lost at sea. Deere gained experience as a blacksmith before moving to Illinois in 1837. It was there that he discovered that the cast-iron plows were too weak to handle the hard Midwest soil. In the late

1830s, Deere drew from his years of experience, and determined to try steel instead of iron as a possible substitute for the plow. With this new innovation, the plains were quickly conquered. By the mid-1850s, his company was selling over 10,000 plows a year. His plow was known for its high quality and gained the title of “The Plow that Broke the Plains.”



## John Jacob Astor IV

When the Titanic sank, it carried millionaire John Jacob Astor IV. The money in his bank account was enough to build 30 Titanics. However, faced with mortal danger, he chose what he deemed morally right and gave up his spot in a lifeboat to save two frightened children.

Millionaire Isidor Straus, co-owner of the largest American chain of department stores, “Macy’s,” who was also on the Titanic, said: “I will never enter a lifeboat before other men.” His wife, Ida Straus, also refused to board the lifeboat, giving her spot to her newly appointed maid, Ellen Bird. She decided to spend her last moments of life with her husband. These wealthy individuals preferred to part with their wealth, and even their lives, rather than compromise their moral principles. Their choice in favor of moral values highlighted the brilliance of human civilization and human nature.

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# Our Community In Action



Thank you for supporting the 2024 Moonlight Gala. As co-chair Debra Fenwick told guests, "This place shines bright, not just because of the moonlight but because the McMichael is a cultural jewel that we all share," and we could not have done it without you!





# Our Community In Action





# Our Community In Action



On Friday June 15th the Toronto Monterey soccer team arrived at Casa Abruzzo Ottawa to play the Ferrari soccer team on Saturday June 15th. The reception at Casa Abruzzo was sponsored by the Italian Cultural Centre and the uniforms given to both teams were donated by Monterey Sales whose vice president is Rocco Di Iludio. Over 30 players had a great meal at Casa Abruzzo while meeting their opponents. On Saturday the ninety minute game was played at the Moffat field in Ottawa. St. Anthony's Soccer club donated the field time to play the very competitive game for the players who were all over the age of fifty .



# Our Community In Action



The players on both teams were very courteous in their play but also competitive. In the end the Toronto Monterey team beat the Ottawa Ferrari team by one goal: 2 to 1. The captains of the teams Rocco Dillulio the Monterey team and Joe Schieda of the Ferrari FC agreed to have a rematch in Toronto.. The gold was presented to the Toronto Monterey team, the winner and the Silver medals to all the players of the Ottawa Ferrari FC.



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