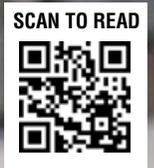




**Jennifer Coletta-Rashty Champions the
Business Community as President & CEO
of the Vaughan Chamber of Commerce.**

Feature Story on page 16



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Letter from the Editor



Winter will soon vanish bringing warm weather for blue violets to grow in early Spring. Spring is a season to start a new beginning planting flower beds and vegetable gardens to enjoy.

In this edition I chose to feature Jennifer Coleta-Rashty the President and Chief Executive Officer of the Vaughan Chamber of Commerce. Jennifer has innovated the Chamber by using her charisma and skills

to bring the Chamber to a higher Level of Commerce in the City of Vaughan. Being a member of the Vaughan Chamber of Commerce I have learned how Jennifer with her staff have united business members to achieve greater economic profits. I encourage you to read Jennifer's Story to learn how to be successful in business.

Celebrating Women's Day on March 8 for the success of women in business and everyday life I recommend to participate in this celebration. There are many events taking place in our community giving out to the participants the Mimosa Flower shining radiantly in yellow.

During the month of March, we also celebrate "Nutrition" which is more than just physical food. It is the physical being of our mind soul and body. Vince Soda has written an informative article in this issue which will nurture your goals on achieving a healthy mind body and soul.

This year Easter is celebrated on March 31st and Passover in April. These two significant and spiritual celebrations make us reflect on what is important in life with all the disasters and wars happening in our world. This energy of reflection will unite us in our spirituality and hopefully bring an end to the conflicts which we globally see every day.

Let us take the time to meditate to achieve inner peace in order to create a better world around us.

Blessings and Peace!



Josie Alonzi



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Our Team

Josie Alonzi | Editor
Angelo Filoso | Associate Editor
Epic Event Planning Corp. | Graphics & Publication

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Contact Us

E | info@thevoice2020.ca T | 647.482.0360

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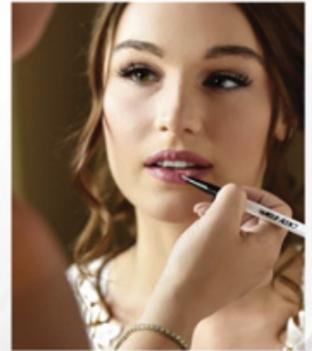
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A Message from the Mayor

With spring just around the corner, we have much to look forward to!

Beginning Monday, March 4, my Town Hall series are back - and the first one is in Ward 1 at Pierre Berton Heritage Centre. I look forward to hearing from you.

International Women’s Day is Friday, March 8. I invite you to join me, and Members of Council, at Vaughan City Hall to celebrate. The theme for this year’s celebration is “Invest in women: Accelerate progress”. It’s an opportunity to celebrate the exceptional contributions of women and girls throughout history.

This month the City of Vaughan will also be hosting the Inaugural Nowruz Celebration. It is taking place on Monday, March 25 from 6 p.m. to 8 p.m. at City Hall. The event will include cultural performances, speeches and refreshments.

Steven Del Duca - Mayor, City of Vaughan

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Dear Readers,

As the MPP for Vaughan-Woodbridge and Minister responsible for Mental Health and Addictions, I am delighted to share with you the ground-breaking efforts our government is making to enhance the well-being of Ontarians across our beloved province. Our initiatives, ranging from significant healthcare improvements to robust measures against crime, are meticulously designed to address the diverse and evolving needs of our communities.

The “Your Health Plan” embodies our commitment to healthcare, with a \$330 million investment dedicated to pediatric health services. This funding supports over 100 high-priority initiatives, emphasizing emergency care, surgeries, ambulatory services, and crucially, mental health services for our youth. Acknowledging the urgency of healthcare accessibility, we’ve allocated \$44 million in 2023 to streamline services in 165 emergency departments, complemented by a \$110 million investment to empower our Personal Support Workers (PSWs) and nurses, the backbone of our healthcare system.

Our determination to secure our communities is manifested through a \$51 million investment aimed at eradicating organized crime, and ensuring our neighbourhoods remain safe. Furthermore, the \$112 million dedicated to reforming the bail system is a strategic move to monitor high-risk and repeat violent offenders, reinforcing our stance on community safety.

Youth empowerment is central to our vision, demonstrated by the expansion of youth wellness hubs. With 22 new sites since 2022, we’re providing a nurturing environment for over 43,000 youth, underscoring our investment in the future of Ontario.

Locally, our contributions include \$3.7 million to the York Regional Police for enhanced crime prevention and safety measures. Hospice Vaughan’s funding increase by 45% is a testament to our commitment to compassionate care. Additionally, the \$4.5 million injected through the Seniors Grants Program exemplifies our support for the senior members of our community.

Education and cultural enrichment are pivotal, highlighted by our funding for the Italian Language Program and the establishment of a new elementary school in Vaughan. These efforts are designed to foster a rich, inclusive educational landscape for our children.

As the driving force behind the “Roadmap to Wellness,” my role extends beyond legislative duties to ensuring that every Ontarian has access to comprehensive, quality mental health and addiction services. This plan is structured around four pillars: improving quality, expanding services, introducing innovative solutions, and enhancing access, all aimed at dismantling the barriers to mental health care.

Our collective endeavours mirror the government’s unwavering dedication to fostering a healthier, safer, and more prosperous Ontario for all. Together, we are laying the foundation for a brighter future, where every individual has the support and resources they need to thrive.

Warmest regards,

Gentili Lettori,

Come MPP per Vaughan-Woodbridge e Ministro responsabile per la Salute Mentale e le Dipendenze, sono lieto di condividere con voi gli sforzi pionieristici che il nostro governo sta compiendo per migliorare il benessere degli Ontariani nella nostra amata provincia. Le nostre iniziative, che vanno dal miglioramento significativo dell’assistenza sanitaria a misure robuste contro il crimine, sono meticolosamente progettate per affrontare i bisogni diversificati ed in evoluzione delle nostre comunità.

Il “Tuo Piano Sanitario” incarna il nostro impegno per l’assistenza sanitaria, con un investimento di \$330 milioni dedicato ai servizi sanitari pediatrici. Questo finanziamento supporta oltre 100 iniziative ad alta priorità, enfatizzando la cura di emergenza, le chirurgie, i servizi ambulatoriali e, crucialmente, i servizi di salute mentale per i nostri giovani. Riconoscendo l’urgenza dell’accessibilità alle cure, abbiamo allocato \$44 milioni nel 2023 per razionalizzare i servizi in 165 reparti di emergenza, completati da un investimento di \$110 milioni per potenziare i nostri Operatori di Supporto Personale (PSWs) e gli infermieri, pilastri del nostro sistema sanitario.

La nostra determinazione a proteggere le nostre comunità si manifesta attraverso un investimento di \$51 milioni volto a eradicare il crimine organizzato e a garantire la sicurezza dei nostri quartieri. Inoltre, i \$112 milioni dedicati alla riforma del sistema di cauzione rappresentano una mossa strategica per monitorare i recidivi e i trasgressori violenti ad alto rischio, rafforzando la nostra posizione sulla sicurezza della comunità.

L’empowerment giovanile è centrale nella nostra visione, dimostrato dall’espansione degli hub di benessere giovanile. Con 22 nuovi siti dal 2022, stiamo fornendo un ambiente nutriente per oltre 43.000 giovani, sottolineando il nostro investimento nel futuro dell’Ontario.

A livello locale, i nostri contributi includono \$3.7 milioni alla Polizia Regionale di York per misure migliorate di prevenzione del crimine e sicurezza. L’aumento del finanziamento del 45% per Hospice Vaughan è una testimonianza del nostro impegno alla cura compassionevole. Inoltre, i \$4.5 milioni iniettati attraverso il Programma di Sovvenzioni per Anziani esemplificano il nostro sostegno ai membri anziani della nostra comunità.

L’educazione e l’arricchimento culturale sono fondamentali, evidenziati dal nostro finanziamento per il Programma di Lingua Italiana e l’istituzione di una nuova scuola elementare a Vaughan. Questi sforzi sono volti a promuovere un paesaggio educativo ricco e inclusivo per i nostri bambini.

Come forza motrice dietro la “Roadmap to Wellness”, il mio ruolo va oltre i doveri legislativi per garantire che ogni Ontariano abbia accesso a servizi di salute mentale e dipendenze completi e di qualità. Questo piano è strutturato intorno a quattro pilastri: miglioramento della qualità, espansione dei servizi, introduzione di soluzioni innovative e potenziamento dell’accesso, tutti volti a smantellare le barriere alla cura della salute mentale.

I nostri sforzi collettivi riflettono l’instancabile dedizione del governo a promuovere un Ontario più sano, sicuro e prospero per tutti. Insieme, stiamo gettando le basi per un futuro più luminoso, dove ogni individuo ha il sostegno e le risorse necessarie per prosperare.

Con i più caldi saluti,



Michael Tibollo, MPP
Vaughan-Woodbridge

Reflecting on My Dual Inheritance as a Proud Italian Canadian

by *The Honourable Senator Tony Loffreda*

As I sat on the terrace of our hotel room in Rosolini, Italy on the morning of July 11, 2023, I sipped my espresso. Under the hot morning Sicilian sun, I admired the beauty surrounding me. I put my phone away, which is something I seldom do. I did this so I could fully embrace the moment and soak it all in. I knew this day would be a very emotional day.

Here I was, with Angelina, my wife of almost forty years, near the most southern tip of Sicily, on a journey of commemoration for those who fought and died during the Second World War during Operation Husky. When Angelina and I decided to travel to Italy to participate in this memorial walk on our own initiative, we knew it would be a moving experience, and of course an exhausting one too. We felt so strongly and passionately about this project that we decided to personally pay for our entire visit, with no public funds being used during our travels abroad. It was heartwarming to see so many Italians join us for different parts of our journey.

Formally known as the Walk for Remembrance and Peace (WRAP), and organized by Steve Gregory, a Montréaler with close ties to the Canadian Armed Forces, this journey through Sicily would begin on the beaches of Pachino and end in the dramatic mountainscape of Adrano. Our group would literally follow in the footsteps of the 25,000 brave men of the 1st Canadian Infantry Division who joined our Allied forces in the summer of 1943. Eighty years later, in the summer of 2023, hundreds of volunteers, military personnel, civilians and Sicilians were coming together – over the course of three weeks and 325 kilometers – to pay tribute to the Canadian soldiers who fought for peace and helped liberate Italy from Mussolini's stranglehold and from German occupation.

Throughout our journey, which we coined the Canadian Cammino, commemorative markers were placed for each of the fallen Canadian soldiers – 562 in total. Every day, we gathered to pay tribute to those who paid the ultimate price all those decades ago. For example, at the Canadian War Cemetery in Agira, Canadian tombstones were finally assigned the faces of most of our fallen soldiers. The site contains the graves of 490 Canadians, six of whom remain unidentified some eighty years later. A local man, who works at the cemetery, shed tears as he saw, for the very first time, the faces of the brave men who helped liberate his country.

It was a touching moment which reminded me of the privilege we have of living in “the True North strong and free”. Canadians often take for granted the price of war and peace. In our minds, wars and conflicts take place in foreign lands, far from our borders, and yet, Canada has a rich and proud military history and peacekeeping legacy. A war on our own soil is a foreign concept to us.

While we can appreciate the disastrous impact and destruction of wars on nations and their people, we may not fully grasp the long-term effects wars can have on citizens. Indeed, eighty years later, as we crisscrossed Sicily, residents embraced our presence with open arms and commended us for honouring our men in uniform. Many shared touching stories with us of the legacy of our Canadian Forces who had made meaningful and lasting contributions to Italy at a time when it needed us the most. We heard heartfelt testimony from families who lost loved ones during the war. Many of these stories brought me to tears as they hit close to home.

Which brings me back to that fateful day of July 11th last summer. On day 3 of our Canadian Cammino, our group ventured from Ispica and walked five kilometers north to Rosolini. In 1943, the Canadian 1st Brigade helped re-establish order in this small town where, despite

the devastation from naval bombardment, Allied soldiers were greeted with smiles, handshakes, and shouts of welcome and appreciation. Our group felt equally welcomed when we ventured to the town square that day. This time around, we were greeted by members of the Bersaglieri, the Italian Army's infantry corps. Easily identified by their wide-brimmed hats with large black feathers, the troops joined us for our commemoration.

My father and my great uncles were members of this infantry. To be in their presence in Italy, as we honoured our Canadian troops and as I addressed the large crowd gathered for the ceremony, was certainly a full circle moment. I am grateful every day that my father Alfonso, who was born in 1937, was never called to combat to defend his homeland in later years and survived the war. Regretfully, however, my maternal grandfather, Nicola D'Onofrio, died as a civilian during the last days of the war, along with three of his brothers who never came back from battle and whose bodies were never found. As we stood in Agira before the tombstones of the unknown Canadian soldiers, I had a special thought for my great uncles who were never afforded a proper send-off and a final resting place where my family could gather and honour them.

Moments like these were plentiful throughout our journey. Italians were grateful. Everywhere we went and everyone I spoke with appreciated the sacrifice of our Canadian soldiers who courageously crossed the Atlantic Ocean. They travelled thousands of miles to a foreign land that most, probably simply knew, as the big boot on the world map. There, they joined our Allied partners in the fight against tyranny. Of course, as we journeyed through the hills and valleys of Sicily, I couldn't help but think: What if? ... What if my parents had never left Italy in 1962?

The truth is life was difficult in post-war Italy. When my grandfather died in the war as a civilian, he left behind his grieving wife Veronica. Now heartbroken and widowed, she had to single-handedly provide and care for her seven children during a time of global uncertainty and post-war instability. This was a period during which a destroyed nation (one among many throughout Europe and elsewhere) had to crawl out of the rubble and rebuild. Many families continued to struggle emotionally and financially. Times were very difficult.

Severely devastated by the war, my grandmother left her wonderful village of San Gregorio Matese, 60 kilometres north of Naples, and started her life over. Remarkably and successfully, she raised seven outstanding individuals including my mother Maria, who was only four years old when she lost her father. I regret I never had the honour to meet him, but his memory and sacrifice lives on.

My family, like many European families whose communities were devastated by the war, struggled through post-war poverty, but survived and learned how to enjoy the simple pleasures and necessities of life. Values such as hard work and commitment, community, kindness and altruism, spirituality, integrity and humility were the bedrock of my mother's upbringing. These qualities were passed on to her by my grandmother Veronica.

Equipped with these core values and determined to have a better life, my mother and my father, who met in 1956 and married in 1961, made the heart-wrenching decision to leave Italy in 1962 and make their way to Canada. To them, Canada was a land of hope and dreams, where we already had family who had immigrated to Montréal. Canada had always been, and continues to be, a welcoming land of opportunity. It has been the place I have called home my entire life and I wouldn't want it any other way.

But as I asked earlier: What if? When I ask myself that question, the first thing that comes to mind is my parents and my family. If my parents would have never left Italy more than a half century ago, I would not be where I am today. The thought of having a different life, without my wife and kids, is unimaginable. In actuality, the very thought of it is terrifying.

If it wasn't for my parents' courage and commitment to giving their future children a better life, my own life would have taken a

different path, perhaps a more tumultuous one. Although for our family, like many young immigrant families who came to Canada, life wasn't always easy either. Yes, Canada was welcoming, and it allowed our family to successfully integrate into the Canadian social fabric, but thank goodness, we had my mother's moral compass and my father's resilience and fervour.

The values that were instilled in my parents during those two decades in Italy were at the heart of our family unit here in Canada. These values have guided us – my brother, my sister and I – throughout our lives, both personally and professionally. Angelina and I have done our very best in passing those values down to our two adult children. Being in Italy last summer brought back all these vivid memories of my own upbringing and the road I have travelled. I've always been quite appreciative of my parents' sacrifices and grateful for the life they provided us. I am particularly proud of my Italian heritage. In fact, my father always reminds me that we don't speak Italian, but we speak the Neapolitan dialect, a true testament to our historical roots in Naples.

There is no doubt in my mind that if it wasn't for my parents' sheer determination, I would not have had such an enjoyable childhood and upbringing, and I certainly would not have had a successful career in the financial and banking sectors. I owe so much to them. Undeniably, my parents are the ones who paved the way for me – one brick at a time. As the old saying goes, Rome wasn't built in a day. In truth, and over time, my parents carefully laid each brick – a lesson here, a hug there, a bit of tough love, and a lot of guidance, support, and encouragement along the way. It is that road that eventually led me to the Senate of Canada where I have had the privilege and distinct pleasure of serving Canadians since 2019.

Indeed, serving Canadians is the highest honour of my life. Giving back to my community, and now to my country, has always been an integral part of my being. As a senior bank executive, it always felt natural and second nature for me to give back to those in need and to help our communities prosper. I rarely missed an opportunity, on behalf of RBC, the National Bank or on my personal initiative, to help raise funds for worthy causes both here and abroad. When I was in Italy last summer, it was such a gratifying moment to witness first-hand the positive impact that one particular fundraising initiative I was involved with had on an entire community. This helped strengthen the already robust relationship that links Canada and Italy.

The timing could not have been better. My visit to Italy coincided with a special commemoration in Muccia and Camerino, two towns that were severely impacted by the earthquakes that rocked central Italy in August and October of 2016. At the time, and in solidarity with our Italian brothers and sisters, the Italian community in Canada quickly mobilized and helped raise over two million dollars for Italy's rebuilding efforts. These funds helped build new state-of-the-art facilities in both towns: a community centre in Muccia and a student residence at the university in Camerino. It was a privilege to attend these inauguration ceremonies and I felt much pride in our community back home in Canada as I walked through the facilities. In response to a natural disaster of great proportion, we came together to provide support and assistance to those in need, in typical Canadian fashion!

Like my own personal mantra of giving back to others, Canadians and Italians are similar insofar that they are generous and caring people. I feel we have this collective sense of civil responsibility to help community members pull together. As they say, it takes a village! When we are called upon, we always answer without hesitation. This was the case in 2016 after the earthquakes and it was the case eighty years ago when 25,000 brave Canadian men joined our Allied forces in Operation Husky.

As I look back fondly on my journey in Italy last summer, I am

reminded of something Prime Minister Trudeau said on May 27, 2021. It was on that day that our Prime Minister rose in the House of Commons to deliver an official apology for the internment of Italian Canadians during the Second World War. He explained how Canada did not have to declare war on Italian Canadians the day the House of Commons declared war on Mussolini's fascist regime in 1940. Some 31,000

Italian Canadians were labelled "enemy aliens" and over 600 men were arrested and sent to internment camps during the war. These were law-abiding citizens whose only "crime" was their ancestry.

As he offered his apology to Italian Canadians, the Prime Minister declared:

"Chiediamo scusa. To all those who were affected by this chapter of our history, we are sorry. Your families and your communities did not deserve this injustice. And despite everything, despite that dark time, you continue to look to the future. I've heard your stories. We have heard your stories. How, once your parent or grandparent was released, they worked hard to give back to their country, despite how its government had treated them. Every thriving business these men and women rebuilt or local charity they started was a testament to their commitment to Canada... It would have been so easy to turn their backs on Canada. Instead, they put their backs into building it. That is their legacy. And it is a legacy that lives on today."

That is the legacy of my family and our entire community! It is a legacy that is shared among both of our people.

When I was in Sicily last year, I was moved by the sheer resilience of Italians – from one generation to the next – who, after the atrocities of the Second World War, picked themselves up and rebuilt. Like immigrants who came to Canada post-1945, they met the post-war challenges head-on with courage and conviction. As the Prime Minister said, Italian Canadians put their backs into building Canada as did Italians who helped rebuild their country after the war. There were struggles along the way, and many bumps and hurdles on the road, but they forged ahead.

My travels throughout Italy last summer reminded me that this commonality of overcoming struggles and adversity is something our two people share. In fact, I returned to Canada from my visit to the motherland more grateful than ever that I have the honour of exhibiting and representing the legacies of both people and the values we share.

I am fuelled by this dual inheritance. I am proud of my roots, and as the first Canadian born Senator of Italian descent, I am committed to continuing to promote, strengthen and improve relations between our two nations and further collaborate on issues of mutual interest. In the end, our personal visit to Italy last summer – to honour Canada and to celebrate Italy – was the perfect opportunity for us to renew with our heritage and to bask in all things Italian. In some way, it was a journey of reflection and appreciation that allowed me to take stock of the road travelled and to honour the legacy of my parents and our people. What if? – I would say that it seems to be irrelevant and counterintuitive at this point. My parents' courageous decision to emigrate to Canada has helped make me the kind of person I am today.



Memories to Memorial: The Internment of Ottawa's Italian Canadians during the Second World War Part 5

Dr. Vittorio Sabetta was a skin specialist with a thriving practice from 1933 to 1980 on Cooper Street, with the last fifteen years on Metcalfe Street in downtown Ottawa. He was born Ururi in the Province of Campobasso, Molise in 1899 and graduated from the University of Napoli in Medicine and Surgery in December 1924. In 1925 he also attended the University of Pavia.

He came to Canada in 1927 to join his eldest brother Dr. Antonio Sabetta, Dermatologist and Syphilologist, who had come to Canada in 1925. They both started to practice medicine in Sault Ste. Marie, Ontario. Their father Dr. Matteo Sabetta encouraged them to do this as he had a colleague there who had told him there was a large Italian community (approx. 10,000) in need of Italian doctors. At the end of 1926, Dr. Antonio Sabetta opened a Medical practice in Ottawa and in Montreal where he worked at the Notre Dame Hospital, the University of Montreal Teaching Hospital as Professor of Dermatology and Syphilology. Dr. Vittorio Sabetta wanted to move to Ottawa to join his brother but the Great Depression was declared and he decided to remain in Sault Ste. Marie in order to support his fellow Italians who were affected greatly by the economic catastrophe. Many lost their jobs at the Algoma Steel Company, which had to close down. In 1933 he was finally able to move to Ottawa.

On June 10, 1940, Dr. Vittorio Sabetta, also a naturalized British subject, was arrested and interned on June 12, 1940, simply for being an Italian Canadian, but perhaps also because from 1928-1940 he held an important position in the Sons of Italy of Ontario. Sabetta's brother Oreste living in Sault Ste. Marie was also arrested. Neither brother was ever charged. Their other brother Dr. Antonio Sabetta, who was living in Montreal, had just gotten married on June 4, 1940, and was on his honeymoon in New York City when he heard of the arrests and internment of his brothers. He therefore did not return to Montreal but instead had a visa to work and found a job at the University of Philadelphia as a Professor of Dermatology. He returned to Canada only at the end of the war but his wife Consuelo, who had no visa, travelled back and forth from Montreal to Philadelphia with their daughter Yolanda who was born in Montreal in May 1941. Dr. Antonio Sabetta saw his daughter for the first time when she was 3 months old.

In Ottawa, Dr. Sabetta was a well-respected intellectual, and orator who would often be called upon to give speeches for community events and banquets. As noted he was a member and very active in the Sons of Italy, which was a mutual aid society that helped with the funeral expenses of its members. When the head organization of the Sons of Italy decided to be non-sectarian, Ottawa's chapter instead lobbied to retain its religious affiliation and broke from the main group. Dr. Vittorio Sabetta was recorded as stating that, "I am not ashamed of the gospel."

Italo Tiezzi, whose own father Gino Tiezzi was interned, remembers Dr. Sabetta very well, as he was Italo's godfather. Italo remembers a few stories from that time. As a testament to the strength and resilience of individuals, Italo recounts that on that fateful day when both his father and the Sabetta brothers were picked up they found themselves in the back seat of the same RCMP car. When Gino Tiezzi and Vittorio Sabetta tried to



talk, the RCMP officer sitting in the front seat told them that they could not talk. Instead Dr. Sabetta then began to communicate by singing in operatic mode "Quando ti hanno preso..." (When did they take you...). Of course they were stopped from doing that too, but it showed how resourceful and un-intimidated they were faced with such an ordeal. After Dr. Sabetta was picked up, the information that was circulating in the community was that Dr. Sabetta's files and his equipment were confiscated. He was released on February 15, 1943 and was able to resume his practice. However, a car he had that was left in the care of a long time girlfriend Miss Sabourin was never returned. Nello Bortolotti, who at the time was a child, remembers Dr. Sabetta as a friend of his father's. Nello's recollection of that time after the war revolves around Dr. Sabetta's new car. During the war cars were very difficult to have, but because Dr. Sabetta was a medical doctor, he was able to get one of a few. Yet, as chrome was needed for the war effort, what was memorable for Nello was that this car's bumper had been replaced by a wooden one. At the time of his internment Dr. Sabetta was not married, though he would later marry Lina Bucciarelli. Before Dr. Sabetta was interned, Nello's mother was often seen helping Dr. Sabetta, tending his garden, helping with the chores in his home. While he was interned Italo's mother and grandmother who were looking after their own loved one Gino Tiezzi, also sent Dr. Sabetta packages and cared for him as well. For years afterwards, Dr. Sabetta always remembered this act of kindness and brought a gift of a plant to Italo's maternal grandmother, Lucia Dinardo at Christmas time as a thank-you for her care of him during that difficult time.

Yolanda Sabetta, Dr. Sabetta's niece remembers her uncle as; "a man who stayed young at heart until his death. He was sociable; he liked people and liked to sing, to dance, and to party. He was generous with his time and money, very devoted to his patients, to his profession, to the Italian Community and especially to all the members of his family. He was liked by the young and the old. He had a deep faith and was a practicing Catholic. He remained very close to his brothers and sisters in Italy and to his nephews and visited them regularly and helped them financially as much as he could. He helped to pay the medical studies of his youngest brother Aldo who is now 86 years old and living in San Martino, Italy and his nephew Matteo Sabetta who was the Chief Doctor of Ururi until he retired two years ago."

Following Italy's joining the Allies towards the end of the war in Europe, Dr. Sabetta continued to be invited to speak at community functions and to be very active in the Italian Community and his medical practice until his death. In 1974 the Academy of Medicine and the Order of Doctors and Surgeons officially recognized Dr. Vittorio Sabetta for his fifty years of distinguished service to the community of Ottawa. He died in his sleep on February 20, 1980. He was eighty years old.



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Tennis Elbow and Golfer's Elbow

By Dr. Yako Merogi

Golfer's elbow and tennis elbow, both forms of epicondylitis, are prevalent conditions that afflict individuals regardless of their athletic background. Understanding the causes, recognizing symptoms, and exploring various treatment options, including chiropractic care, physiotherapy, acupuncture, and rehabilitation exercises, is essential for effective management.

Causes: Golfer's elbow, or medial epicondylitis, is commonly caused by repetitive stress on the wrist and forearm. Activities such as golf, weightlifting, and any task involving repetitive gripping and flexing of the wrist can lead to micro-tears in the tendons, resulting in inflammation and pain.

On the other hand, tennis elbow, or lateral epicondylitis, is caused by overuse of the forearm and wrist extensor muscles. Engaging in activities like tennis, typing, or repetitive motions involving the wrist and forearm can strain these muscles, leading to inflammation at the lateral epicondyle.

Symptoms: Both conditions share similar symptoms, making it crucial to distinguish between them accurately. Individuals suffering from golfer's elbow or tennis elbow may experience pain and tenderness around the affected elbow. Weakness in the affected arm, difficulty gripping objects, and, in severe cases, stiffness and limited range of motion are common manifestations.

TREATMENT APPROACHES

Chiropractic Care: Chiropractic treatment for golfer's elbow and tennis elbow involves hands-on techniques to address joint misalignments and soft tissue treatments. Chiropractors may use adjustments and mobilizations to reduce pain, improve joint function, and enhance overall musculoskeletal health. Additionally, modalities such as Electroacupuncture and shockwave therapy may be used to alleviate pain and reduce inflammation.

Physiotherapy: Physiotherapists play a crucial role in the rehabilitation process. They design tailored exercise programs to strengthen weakened muscles and improve flexibility. Rehabilitation Exercises will be used by either Chiropractor or Physiotherapists which are a cornerstone of recovery. These exercises aim to strengthen the forearm muscles, improve flexibility, and gradually reintroduce the affected arm to normal activities. A structured rehabilitation program can significantly contribute to a full recovery.

In conclusion, golfer's elbow and tennis elbow can be debilitating, but a holistic approach to treatment can provide relief and aid in a speedy recovery. Seeking professional guidance from chiropractors, physiotherapists, and acupuncturists, combined with dedicated rehabilitation exercises, empowers individuals to regain optimal function and return to their daily activities with reduced pain and improved mobility. Early intervention and a comprehensive treatment plan are key to overcoming these common yet challenging conditions.

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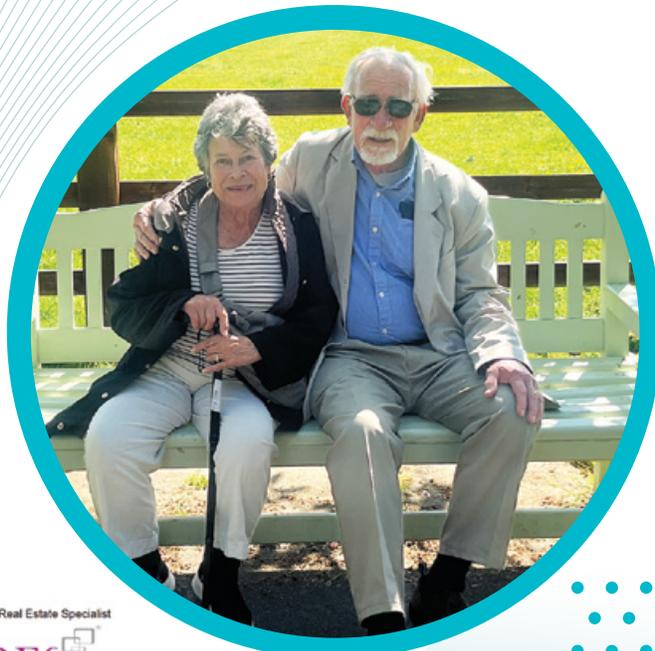
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Jennifer Coletta-Rashty Champions the Business Community as President & CEO of the Vaughan Chamber of Commerce.

By Angelo Filoso

Every city in our country has its own personality, but Vaughan may be one of the most unique. Vaughan is a world-class city with the soul of a small, tight-knit town. Known as the “The Place to Be”, Vaughan is proud of its heritage, history, stunning commercial success, and evolution into a multi-cultural economic hub. “The Place to Be” is standing firm and strong all on its own.

The Vaughan Chamber of Commerce has been a vital part of this city’s evolution and continues to bring together Vaughan’s business community. It was 47 years ago that the Vaughan Chamber was incorporated, and it has thrived in this vibrant district, even through the tough economic times. The Vaughan Chamber of Commerce, also known as VCC, is focused on three foundational pillars: Voice, Community and Connection. With over 900 businesses in its directory and in its heart the VCC is the beating pulse of Vaughan’s thriving economy.

Community is important to the Vaughan Chamber. Ninety per cent of the staff and Board of Directors call Vaughan home. President & CEO Jennifer Coletta-Rashty was raised in this community and she can’t imagine living anywhere else. Jennifer is raising her own family in this city and stays active in several areas in the community. She has been Chair of the parent council at her children’s school for over 10 years. Jennifer is actively involved with her daughter’s soccer club, and attends many of the city’s fundraisers and local gatherings.

“I’ve always been involved in the community, and I believe it’s important to get out there and know your neighbours, participate, and support local businesses,” said Jennifer. “For me, my role at the VCC is more than just a job. It’s another way I can give back to the community that’s given me so much.”

Jennifer, the staff, and the Board know this community intimately and understand the challenges of business owners in Vaughan. The VCC strives to help build a strong business community by developing relationships, fostering connections and exploring opportunities.

“The Vaughan Chamber of Commerce, led by Jennifer, has been our biggest community cheerleader. How could we not support this incredible organization?”, says Frank Fazzari, Managing Partner at Fazzari & Partners LLP.

Being more than just business, the VCC is committed to giving back to the community by actively supporting local charities through various initiatives including events like the 2023 Women’s Symposium which raised an impressive



\$14,000, distributed among organizations like the Vaughan Food Bank, After Breast Cancer, Nankind, CCSYR, Pinball Clemons Foundation, and The 482 Collective. This dedication to social responsibility reflects VCC’s deep connection to Vaughan and its residents, demonstrating that success goes hand-in-hand with supporting the well-being of the community.

Networking is a cornerstone of the VCC’s success and it offers diverse events for meaningful connections. Signature gatherings like the Mayor’s Luncheon, Vaughan Business Achievement Awards Dinner, and Women’s Symposium draw crowds. Monthly networking events foster community and provide valuable exposure and opportunity to showcase what Vaughan has to offer. These events, popular with



Belinda Rossi - VCC Chair, Jennifer Coletta-Rashty - VCC President & CEO, The Honourable Maurizio Bevilacqua, Frank Fazzari - Managing Partner of Fazzari + Partners LLP.



VCC Board of Directors with Mayor Steven Del Duca at the AGM

entrepreneurs and established businesses create a surge, solidifying the VCC’s role as a connector.

In addition to spearheading some of the City’s most popular events, the Vaughan Chamber of Commerce plays a key role in the local business landscape through its policy and advocacy work. Committed to fostering a thriving business community in Vaughan, the VCC engages in advocacy work to influence policies which impact businesses and the region’s economic development. Through close collaboration with stakeholders, and by staying informed about the ever-changing needs of its diverse membership, the VCC strives to make its advocacy efforts effective, contributing to a business-friendly environment which promotes innovation, job creation, and overall prosperity in Vaughan.

Recently, the VCC also just completed a Digital Main Street program which was focused on guiding small brick-and-mortar businesses in the City of Vaughan by implementing technologies designed to enable digital transformation. There was no cost to workshop attendees. Through this program over 300 small to medium sized businesses were positively impacted. Currently, the Vaughan Chamber is focused on the “Sustainable Business Vaughan (SBV) Initiative”. The goal of this program is to provide support to small and medium enterprises (SMEs) in the hospitality and tourism industry across Vaughan looking to transition away from using single-use plastics. The initiative provides a free workshop, toolkits and other resources. This program has been designed to support York Region’s single-use items reduction strategy, by helping businesses reduce their use of single-use items and preparing them for the Federal ban on select single-use plastics.

Driven by the Voice of the community and community business pillars, the VCC actively seeks exclusive programs and services which benefit members. One key example is securing exclusive discounts through partnerships.

Just imagine being a small business owner in Vaughan, dreaming of offering top-notch health insurance but struggling with affordability the VCC created a game changer by developing an exclusive partnership with long-time member, Norbram Insurance.

“For over 40 years, Norbram has partnered with the Vaughan Chamber of Commerce to provide their members with access to the largest pooled employee benefits program in Canada. Through this partnership, Chamber business owners can enjoy access to this exceptional plan as part of



their membership,” says Chelsea Dell, a Benefits Consultant with Norbram and a committed VCC volunteer.

The Chambers of Commerce Group Insurance Plan is more than a discount; it’s an opportunity to level the playing field and empower small businesses. True to its “Voice, Community, Connection” pillars, the VCC delivers game-changing solutions that make a real difference.

While Jennifer has been President & CEO of the Vaughan Chamber for a little more than a year – she was appointed President & CEO in March, 2023 – she has been with the organization for 14 years, working through ranks from Events Manager, Senior Director of Partnerships & Community Relations, to VP of Business Development & Partnerships.

“At the VCC, we’re not just hosting events, we’re building relationships. Whether it’s the energy in the room at the Business Achievement Awards or the connections made at our monthly networking, we foster a vibrant ecosystem where Vaughan’s businesses can thrive together,” says Jennifer. “This collaborative spirit is at the heart of our city’s success, and it’s why the VCC remains a powerful force for progress”.

It is this tenure of service to the Vaughan Chamber, serving in multiple capacities, that has given Jennifer a unique perspective into both the organization and the community. She has worked with numerous businesses through each of her roles, learning from the ground up how a successful Chamber of Commerce operates. Jennifer Coletta-Rashty has only just begun to create partnerships!



2023 Women's Leadership Committee with Keynote Speaker Diane Lee Clemons



VCC Staff

Jennifer has big plans for the VCC and has been instrumental in launching brand new events since she took over the CEO role, including the highly successful “Future of” series, with separate focuses on Manufacturing, Energy, and Health & Innovation. In 2024, the VCC will be launching a “Business Expo” event, with more opportunities to showcase local businesses.

“The Chamber is such an incredible resource for its members within the Vaughan community,” says Andrea DeGasperis-Ronco, Principal of Opus Homes in Vaughan. “It brings together such diverse businesses and provides them a forum to learn from one another through its vast networking events. I am so proud to work closely with Jennifer as she leads the Chamber into a new direction which includes

enhanced services and bigger and better events.”

Between events, discounted services, and a variety of programs, the Vaughan Chamber continues to be laser-focused on the business community. Leading a small but mighty team of staff, and supported by a host of dedicated volunteers across a multitude of business categories, Jennifer

sees a bright future ahead for the Vaughan Chamber of Commerce and the Vaughan business community.

For more information or to be part of this incredible organization please visit www.vaughanchamber.ca or contact us at info@vaughanchamber.ca



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How to Achieve Healthy Weight Loss that Lasts

By Vince Soda

If you get alarmed by the number on the bathroom scales, you probably want to find a way to lose weight fast. The reality is healthy weight loss takes place over time, not over the weekend. Hey you didn't gain it over a weekend either.

Small, manageable changes to your diet and exercise will yield lasting results—even if it feels too slow. It's important to think about weight loss as a sustainable solution, small manageable steps, not a quick fix.

The idea that you can lose a lot of weight quickly and maintain it long-term is a classic weight-loss trap. Avoid disappointments by sidestepping the well-trod path of rigid diets that leave you feeling hungry. These typical deprivation style diet plans produce results that may not last long. You could quickly tire of the restrictions and find yourself rebounding into old habits. These style diets is like pushing a bolder up hill and it's more likely you gain the weight back than see lasting changes.

That's because quick weight loss isn't the best way to settle at a healthy weight. In other words, it simply isn't sustainable.

Incremental changes over a longer period of time aren't flashy or cool, but sustainable and they are the best path to a healthy weight. This includes lifestyle modification and shifts in the way you think about food rather than just how much you eat.

Eat up these facts about how this measured approach is the right one for healthy weight loss that will last.

Why Healthy Weight Loss is a Marathon, Not a Sprint

Here's a fun fact: It takes a deficit of 3,500 calories to lose one pound (equal to about 0.5 kilograms) of fat. If that seems like a lot of calories, that's because it is. The average recommended daily calorie intake for adults is 2,000 calories. So, one pound of fat represents

almost as many calories as two full days of eating.

This is one reason why healthy weight loss is a gradual process. If you want to lose weight, you have to start by reducing the number of calories you consume. If you eat 500 fewer calories each day than you burn, you can expect to lose one pound over the course of a week.

You can achieve this calorie deficit with diet alone. Or you can mix in exercise to burn more calories in a day. Thirty minutes, five times a week is a great place to start. Focus on any type of exercise or activity that increases your heart rate and moves your body.

By incrementally altering your diet and exercise habits, you can safely lose one to two pounds a week. At the same time, you're creating manageable lifestyle habits that can stick.

Understanding Calories in Your Food

Simply put, a calorie is a unit of energy. Calories indicate the energy content of the food and beverages you eat and drink. Understanding calories can help you make educated decisions about your diet and exercise.

There are three main sources of calories in the human diet. They come from the three macronutrients: carbohydrates, fat, and protein. Carbohydrates are the main source. They provide four calories per gram. Fat comes in second and offers more than twice as many calories, at nine calories per gram. Protein is the third source, which delivers four calories per gram. (Some countries use kilojoules instead of calories to measure food energy.)

Typical Changes in Your Weekly Weight-Loss Rate

Even a gentle, incremental start to losing weight can provide you with an encouraging beginning. That's because it's possible to lose more in the first few weeks of your weight loss journey.

Build on the momentum, but understand what's going on biologically. This quick start is the result of your body ridding itself of extra water weight. But staying the course means your weekly weight-loss rate could eventually settle around a pound or two per week—the incremental, sustainable rate you want.

Be cautious of diets and exercise programs that promise faster results. And remember that it's typical to experience a weight-loss plateau a few weeks after you start. This is your body's natural response to a sudden drop in weight. Along with the fat loss you're aiming for, it's possible to lose a bit of muscle mass, too.

Since muscles are the calorie-burning machines of the body, decreasing their mass can hurt your rate of calories burned. You can minimize muscle loss by ramping up your exercise and keeping your protein intake high. That way you'll bust through the plateau in no time.

One way to break through periods of changing weight-loss rate is to focus on why you're doing it. People lose weight for many different reasons. But the fact is, living at a healthy weight benefits your overall well-being.

The heart is one of the first organs to see lasting benefits. Maintaining a healthy weight supports your cardiovascular function, circulation, and reduces the workload on your heart.

Sleep issues are often linked to being overweight. Healthy weight loss can also be good for your mood and help support healthy energy levels. You may find you have more strength and endurance than before, along with a boost in self-esteem that often comes with weight loss.

Designing a Sustainable Weight-Loss Diet: Quality of Calories vs. Quantity of Calories

Diet is one of two main ways to control your calorie balance sheet. So, what you eat obviously plays a key role in the success of your weight loss journey.

While the numbers vary individually and by gender, adults need between 1,600 and 3,000 calories each day to thrive. As you've read above, a moderate, consistent calorie deficit will be enough to trigger weight loss.

But you should think beyond simple calorie counts.

It's important to know all foods are not created equal. Some are high or low calorie. Some foods are filling, while others are not. Look at what you're eating to determine if the calories in your food are being put to good use.

High-calorie, low-quality foods eat up a large piece of your daily intake, but don't fill you up. Take soda for example. A 12-ounce serving of the sugary drink represents about 150 calories. These empty calories are all liquid, without fiber or other nutrients, and leave you hungry. Eating 150 calories of filling, fibrous vegetables have a different outcome.

Cutting out empty calories will bring you closer to your weight loss goals. Aim to make high quality, whole foods—like vegetables and lean protein—the center of your diet. Poultry, lean beef, and fatty fish provide quality nutrition and ample energy without the extra calories, starches, or sugars typically found in processed foods. Green vegetables are naturally low-calorie and packed with fiber that leaves you feeling full long after you eat.

On a daily basis, that means limiting high-calorie, low-fiber foods—like sugary drinks, fruit juice, and candy. Replace the drinks with water and snack on an apple instead. Always remaining mindful of where your calories are coming from can help you take control of your diet and create lasting, healthy weight loss.



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Celebrating Non-Scale Victories Helps with Long-Term Weight Loss

Over the course of your weight-loss journey, there will be hiccups that slow or halt your progress. You might indulge in too many sweet treats, catch a cold, or suffer an injury. When these obstacles pop up, don't fret.

Trust the process. Continue to eat well. Also keep incorporating regular exercise to help break out of your slump. No matter whether your weight loss is flourishing or has plateaued, celebrate achievements other than the number on the scale.

Here are some examples of non-scale victories worthy of revelry:

- Fitting into old clothes
- Keeping up with your kids
- Increasing endurance during exercise
- Experiencing better sleep
- Developing a new love for healthy food
- Feeling more energized
- Gaining self-confidence
- Noticing an improved sense of overall health and wellbeing

These non-scale victories will make the excitement of reaching your goal weight even sweeter. You'll feel better in your body and see all the fruits of your hard work.

Remember that a slow, steady pace is the key to long-term weight-loss success. When you focus on the whole-body benefits of weight loss, you'll summon the willpower to keep you going. If you need more motivation, think of your heart, mental health, sleep, and endurance improving each day. Reaching a healthy weight has added benefits that set you up for a happy and full life ahead.

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High Expectations Negatively Impact Your Emotional Landscape

by Nick Kossovan

The relationship between your expectations and your emotions is direct; for this reason, it's wise to cultivate the skill of managing your expectations.

The difference between your expectations and reality, sometimes chasmic, determines how often you experience hurt, disappointment, anger, stress, happiness, or satisfaction. Imagine the rollercoaster of emotions generated by waking up on a sunny morning, expecting to start your day with a cup of coffee, and then finding out your coffee machine isn't working.

We're creative at creating narratives to soothe ourselves, especially regarding how our choices today will influence our tomorrows. When we set out to do something, we always expect everything to turn out exactly how we want. Does this sound familiar?

- "After I graduate, companies will line up to hire me, offering me a great salary so I can live comfortably."
- "Tessa is the love of my life. We'll date for a few months, move in together, get married, buy a house in the suburbs with a big backyard and a two-car garage, and have kids. BOOM! Happy life."
- "My business idea is fail-proof. Venture capitalists will be clamouring to invest in my startup. I'll hire some awesome talent to build my product and business. In five years, I'll sell the company for \$300 million."
- "I'll make videos of me doing something daring and upload them on Instagram. My videos will go viral, and voila, I'll be a social media celebrity, inundated with endorsement offers."

Do these scenarios have a chance of becoming reality? I can't say exactly, but I'd wager it's close to zero.

Reality check:

- A degree doesn't guarantee a successful career. Most people underestimate the effort and sacrifices required to achieve the career success they claim to want.
- The odds of finding your soulmate, let alone having a long-term relationship with them, is slim, especially as we live increasingly online, choosing to build relationships through the Internet rather than investing in personal interactions, which require venturing out. Finding your soulmate is less likely if you're not physically "out there."

- According to the website Failory, up to 90% of startups fail.
- Becoming a social media celebrity... really?

I'm not trying to discourage dreams; however, pragmatism never hurts. It's impractical to have high expectations aka. unrealistic expectations) because they're more likely not to come true and do more emotional harm than good. This is certainly true when it comes to what we expect from our purchases.

Until recently, my consumerism was driven by the narratives I kept telling myself about expected outcomes. A few years ago, I said to myself that when I buy a new laptop and subscribe to a writing app, I'll write more. So, after I Googled "What's the best laptop for writers," I bought XYZ laptop and subscribed to a recommended writing app. The result: my writing output remained the same.

Here's what I noticed about my consumerism, which likely applies to you. When buying with an "expected outcome" narrative running in my head, I'm happy. When the expected outcome doesn't materialize, I become unhappy, frustrated, and angry. To get the happy endorphin rush again, I create a new expected outcome narrative. For example, I'll say to myself if I wear an Omega watch, I'll be viewed as a James Bond-type guy. Expected outcomes are how I ended up with an '82 Corvette, several leather jackets, countless self-help books and As Seen On TV products (If it's too good to be true...) and taking expensive vitamin supplements.

Marketers leverage our never-ending quest to find and/or create happiness by weaving into their product promises, either explicitly or implied, that their product is what you need to be happy, desirable, respected, and, most importantly, accepted. Buying stuff with the expectation that it'll make us happy or that people will perceive us differently and, therefore, treat us differently defines Western consumerism. A good deal of our unhappiness is the result of our stuff not meeting our expectations.

Divorcing myself from high expectations has taken me a long time. Actually, my divorce has yet to be finalized. Having high standards, being driven, and aiming high is a good thing; just don't let your imagination, or worse, your sense of entitlement, create expected outcome narratives that determine your purchases, reasons to pursue, timelines and expected outcomes.

I'm not sharing some earth-shattering lifehack. We all know through repeated experience that our expectations influence our emotions. Aside from "our product will change your life!" marketing propaganda and seeking shortcuts to happiness, recognition, and respect, what else influences our expectations?

- People posting their filtered lives on social media.
- Seeing those around you driving a new automobile, living in a beautiful home, vacationing twice a year, and raving about the restaurants they frequent. (Never said: Their debt burden to support their projected lifestyle.)

Thanks to easy access to credit and social media, fake success is everywhere, which subconsciously makes us want more than we already have, which is probably enough. The key to lowering your expectations is to reduce your desire for attention and recognition, to be seen as successful, and to have your beliefs, values, and culture universally accepted. Set your expectations based on what's most important—what you've probably been neglecting—your best interests.

The most manageable lever you can pull that'll help you achieve happiness and ratch down your stress isn't your reality; it's your expectations.

In a world that seems spiralling downward, lowering your expectations is a form of self-kindness you probably need right now.

Nick Kossovan is the Customer Service Professionals Network's Social Media Director (Executive Board Member). Feel free to send your social media questions to nick.kossovan@gmail.com. On Twitter and Instagram, follow @NKossovan.



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Lunar New Year with MP, Francesco Sorbara



Terelle Social Club Annual St. Valentine's Dinner Dance



Chris Ainsworth Ward 4, Family Skate



The Terelle Social Club celebrated the academic success of its students by awarding scholarships



Sam Ciccolini receiving the Premio Italy-Amo with Antonio Nicaso and Domenico Servello



Ward 3 - Chancellor Community Centre, East Woodbridge Seniors Club



Senator Tony Loffredo with Tony Varone being sworn into the Senate Chambers of Canada



Mayor, Steven Del Duca and Senator Toni Varone



Pinecrest Seniors

Our Community In Action



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The Voice 2020 hosts the first annual



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8099 Weston Road
Unit 1, Woodbridge
905-850-7406
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