



coast to coast
dad

Rick Campanelli

No Longer "The Temp"

by Kelly S. Thompson

If you've turned on a television in the last twenty years in Canada, then you know Rick Campanelli's face. From his days at MuchMusic to his rise through *Entertainment Tonight Canada* and now onto the world of radio, Rick has been a mainstay in the homes of Canadians nearly his entire adult life. He may no longer be "The Temp," but for those who grew up watching him interview musical celebrities, he holds a special place in their hearts. His career has been long and thriving thanks to a friendly personality, hard work, and dedication, but his greatest pursuit has been that of family man. As a third-time parent just coming off paternity leave, Rick is ready to get back to the work he loves while always putting his family first.

Rick grew up in Hamilton, Ontario, having graduated from Brock University with a degree in Physical Education in the hopes of becoming a teacher. His path veered in another direction when MuchMusic launched their competition to find a new summer temp, and his vivacious personality captured the job, despite it being his first role in broadcasting. The position didn't end up being temporary at all, and he remained at Much for more than ten years, leaving in 2005 to co-host *Entertainment Tonight Canada*, where he continues to hobnob with the artistic elite.

While he's been busy in the Canadian arts, today, Rick's most treasured role is that of father to his three sons, Noah, 11, Jack, two, and Harrison, six months old. Rick and his wife, Angie, share a true partnership, including parenting responsibilities and maternity/paternity leave, since Rick wanted to ensure he capitalized on that special time to bond with his new child. "Our favourite thing to do during my break was definitely going to the park, and just recently we've been going on lots of bike rides," Rick said. "But more so, just being in the company of and doing anything with the family is definitely something to cherish!"

Rick's oldest son, Noah, is from a previous relationship, and since he's already 11, a lot has changed in Rick's parenting, including his ability to keep up to a baby's demands. "I definitely had a lot more energy, then having Jack all those years later really took its toll on me because just those few years really made a difference in my energy; I almost had none," Rick said. Which is why when it came to the birth of his two youngest sons, Rick knew that his time with them was precious, especially at such a young age, and he committed to taking parental leave to be with his family during this crucial time. "From personal experience, I believe that parental leave is so important because as a parent who has to juggle both a career with their family life, you definitely are going to miss things. Being able to witness it all and being able to be there as a helping hand for your partner is the most beautiful thing a parent can experience," Rick said.

The Campanelli family calls Toronto home, not far from Rick's childhood hometown, and with a thriving career in the arts, Toronto is where he's likely to stay. But the decision isn't solely a professional one, but also personal, considering both his and Angie's extended relatives are also close by. "I'm a big family guy, and they are definitely my priority, so if I were to have left, I would not be able to see them as often as I would like." And since it takes a proverbial village to raise little ones, just like other Canadian families, Rick and Angie rely on family to help them out through the transition of their newest child, especially as they both re-enter the workplace. "Balancing can get quite difficult, especially with my days now starting at 5am, sometimes running until 6pm," said Rick. "However, as soon as I walk through the door, I put my phone away and it's all about them. It is all about seeking out the quality moments!"

While they love Toronto, Angie and Rick forged their romance while pursuing their first love: travel. They've been all over the world, including to their favourite location, Italy, considering Rick has a lot of family in the area. "We love exploring and learning about different cultures," he said. They've been to remote locations as well, enjoying stays in Costa Rica, Australia, and more. Today, they refuse to let children change their passion for exploring, knowing that their little ones benefit from touring the world as much as they do. "Angie and I have loved to travel ever since we were younger, and with the kids, we simply found ourselves finding ways to adapt," Rick said. As a testament to their love of the world, Angie has created a "Family Travel Guide" website, dedicated to showing parents how they can see the world with little ones in tow. "The main takeaway is that you can still travel with family and kids; you do not need to confine yourselves," Rick asserted.

When the family isn't travelling, they make sure to appreciate the artistic hub of Toronto to share their family passions of music and the outdoors. "Simply being together and being outside is what we are all passionate about as a family," Rick said. And despite a major career in the entertainment business, Rick still loves what he does and is passionate about the arts. "The fact that I still have such a love and passion for what I do definitely plays into the longevity of my career," he said. Rick also cares deeply about giving back to his community; just another example of the fact that Rick really is as nice as he seems. He uses his fame for good, as proven in his philanthropic endeavours, including his volunteer efforts with World Vision for more than 20 years. "Even before I had my own kids, my heart went out to children living in such conditions and hardships," said Rick. "Then, when I had my own kids, that feeling was definitely amplified!"



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Ever evolving, Rick just started a new role in radio with Toronto's 102.1 the Edge, where he has been welcomed to co-host, "Fred & Mel with Rick Campanelli" in the mornings. "The most exciting part about this new project is that it is almost as if I am going back to my roots—where I was 20 years ago—living, breathing, and sleeping music," Rick said. "I always knew I still wanted to be involved with music somehow, and since radio has always been a dream, what more could I ask for? I am still pinching myself!"

It's clear that as much as Rick loves his job, his family always comes first, but he is cognizant of the fact that the reason he is here today, living a satisfying and fruitful life, is thanks to his viewers who have followed him throughout his career. "It has definitely been quite the journey, and I am so thankful I have made these steps in my career alongside my fans and viewers over the years," said Rick. "...I am so grateful for not only my viewers, but also for the fact that I am able to put a smile on their faces." Since Rick made his debut on Canadian television, he's still the same friendly, approachable person he was when he started in the business, but as a three-time father, he had some parting advice: "You are going to learn a lot from your children, so it is quite important to devote as much attention as you can to them," said Rick. "All in all, just be there and be present in every precious moment."

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