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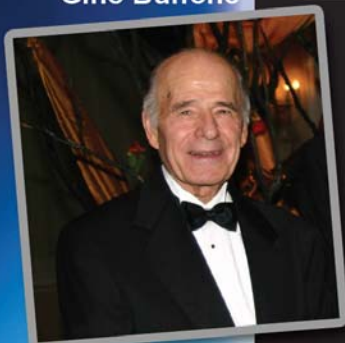


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Submissions
We welcome submissions, letters, articles, story ideas and photos. All materials for editorial consideration must be double spaced, include a word count, and your full name, address and phone number. The editorial staff reserves the right to edit all submissions for length, clarity and style.

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NEWS

Yasir Naqvi, MPP Ottawa Centre

New Year Starts with Tax Cut for 93% of Ontario Taxpayers

Tax change package means more jobs, more investment in Ontario

NEWS January 1, 2010

Starting New Years day, 93 per cent of Ontario income taxpayers are getting a permanent tax cut. It's part of a comprehensive tax plan that will help create 591,000 jobs, cut personal income taxes and make our province more attractive for new business investment.

As of January 1, the McGuinty government is cutting the first income bracket tax rate by one percentage point, from 6.05 per cent to 5.05 per cent. As a result, Ontario will have the lowest tax rate of all provinces on the first income bracket. An additional 90,000 lower income Ontario taxpayers will no longer pay any provincial personal income tax. Ontario's comprehensive package includes \$10.6 billion in direct payments and permanent tax relief for the people of Ontario. It also includes a new, permanent Ontario Sales Tax Credit, an enhanced Ontario Property Tax Credit, cuts to corporate income tax rates and merging two sales taxes into a single harmonized sales tax to strengthen our economy.

To find out more about Ontario's comprehensive tax change package, visit www.ontario.ca/taxchange.

QUOTE

"Starting today, 93 per cent of Ontario tax payers are getting an income tax cut. That means more money in the hands of low and middle income Ontarians and seniors on fixed income. But the greatest benefit is that these cuts are part of a package experts confirm will create investment and jobs when our province needs it most," said Yasir Naqvi, MPP Ottawa Centre.

QUICK FACTS

This announcement is part of a comprehensive package that includes \$10.6 billion in direct payments and permanent tax relief for the people of Ontario over three years:

- Starting in August, 2.9 million low- to middle-income Ontario families and individuals will receive a new, permanent Ontario Sales Tax Credit of up to \$260 for each adult and child per year – one of the most generous in Canada.
- An additional \$270 million in annual property tax relief, through enhancements to the Ontario Property Tax Credit, will benefit 2.3 million low- to middle-income homeowners and renters.
- \$4 billion in Sales Tax Transition Benefits to 6.5 million Ontario families and individuals – totaling up to \$1,000 for families (including single parents) and up to \$300 for single people – in 2010 and 2011, to ease the transition to the Harmonized Sales Tax (HST), starting in June 2010, and
- More than \$2.4 billion a year in corporate income tax cuts.

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Ontario Installs Signs to Find Ottawa's Cultural Gems McGuinty Government Helps Increase Tourism in Ottawa

Ontario is making it easier for travelers and residents to experience a diversity of cultures in the nation's capital by posting directional signs along major highways leading into Ottawa.

These directional signs will help motorists find their way to Ottawa's Little Italy and Chinatown communities. The signs will be posted early next year at the following locations:

- Highway 417
 - eastbound and westbound at Bronson Avenue
 - eastbound at the Carp Road on-ramp
 - eastbound at Rochester Street
 - westbound at the Anderson Road on-ramp
- Highway 416 northbound, just south of Hunt Club Road

This initiative is in conjunction with the signing program administered by the City of Ottawa. The Ministry of Transportation is partnering with the City of Ottawa, the Preston Street Business Improvement Association and Somerset Street Chinatown Business Improvement Area to have these signs installed. There will be no impact to traffic along either highway while the signs are being installed.

"Ottawa is one of the greatest cities in Canada to visit. This initiative will make Ottawa more traveler-friendly by making it easier for motorists to find and visit Ottawa's great cultural communities." - Jim Watson, MPP Ottawa West – Nepean

"The installation of these signs is a key step towards recognizing the important role that Chinatown and Little Italy play in supporting tourism and generating economic growth in Ottawa. These two areas are cornerstones of our community, and I am so pleased that we are recognizing their significance and directing visitors to them."
- Yasir Naqvi, MPP Ottawa Centre



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International

Haiti and America's Historic Debt

consortiumnews.com; By Robert Parry

Announcing emergency help for Haiti after a devastating 7.0-magnitude earthquake, President Barack Obama noted America's historic ties to the impoverished Caribbean nation, but few Americans understand how important Haiti's contribution to U.S. history was.

In modern times, when Haiti does intrude on U.S. consciousness, it's usually because of some natural disaster or a violent political upheaval, and the U.S. response is often paternalistic, if not tinged with a racist disdain for the country's predominantly black population and its seemingly endless failure to escape cycles of crushing poverty.

However, more than two centuries ago, Haiti represented one of the most important neighbors of the new American Republic and played a central role in enabling the United States to expand westward. If not for Haiti, the course of U.S. history could have been very different, with the United States possibly never expanding much beyond the Appalachian Mountains.

In the 1700s, then-called St. Domingue and covering the western third of the island of Hispaniola, Haiti was a French colony that rivaled the American colonies as the most valuable European possession in the Western Hemisphere. Relying on a ruthless exploitation of African slaves, French plantations there produced nearly one-half the world's coffee and sugar.

Many of the great cities of France owe their grandeur to the wealth that was extracted from Haiti and its slaves. But the human price was unspeakably high. The French had devised a fiendishly cruel slave system that imported enslaved Africans for work in the fields with accounting procedures for their amortization. They were literally worked to death.

The American colonists may have rebelled against Great Britain over issues such as representation in Parliament and arbitrary actions by King George III. But black Haitians confronted a brutal system of slavery.

An infamous French method of executing a troublesome slave was to insert a gunpowder charge into his rectum and then detonate the explosive.

So, as the American colonies fought for their freedom in the 1770s and as that inspiration against tyranny spread to France in the 1780s, the repercussions would eventually reach Haiti, where the Jacobins' cry of "liberty, equality and fraternity" resonated with special force. Slaves demanded that the concepts of freedom be applied universally.

When the brutal French plantation system continued, violent slave uprisings followed. Hundreds of white plantation owners were slain as the rebels overran the colony. A self-educated slave named Toussaint L'Ouverture emerged as the revolution's leader, demonstrating skills on the battlefield and in the complexities of politics.

Despite the atrocities committed by both sides of the conflict, the rebels - known as the "Black Jacobins" - gained the sympathy of the American Federalist Party and particularly Alexander Hamilton, a native of the Caribbean himself. Hamilton, the first U.S. Treasury Secretary, helped L'Ouverture draft a constitution for the new nation.

Conspiracies

But events in Paris and Washington soon conspired to undo the promise of Haiti's new freedom.

Despite Hamilton's sympathies, some Founders, including Thomas Jefferson who owned 180 slaves and owed his political strength to agrarian interests, looked nervously at the slave rebellion in St. Domingue. Jefferson feared that slave uprisings might spread northward.

"If something is not done, and soon done", Jefferson wrote in 1797, "we shall be the murderers of our own children".

Meanwhile, across the Atlantic, the chaos and excesses of the French Revolution led to the ascendance of Napoleon Bonaparte, a brilliant and vain military commander possessed of legendary ambition. As he expanded his power across Europe, Napoleon also dreamed of rebuilding a French empire in the Americas.

In 1801, Jefferson became the third President of the United States - and his interests at least temporarily aligned with those of Napoleon. The French dictator was determined to restore French control of St. Domingue and Jefferson was eager to see the slave rebellion crushed.

Through secret diplomatic channels, Napoleon asked Jefferson if the United States would help a French army traveling by sea to St. Domingue. Jefferson replied that "nothing will be easier than to furnish your army and fleet with everything and reduce Toussaint [L'Ouverture] to starvation".

But Napoleon had a secret second phase of his plan that he didn't share with Jefferson. Once the French army had subdued L'Ouverture and his rebel force, Napoleon intended to advance to the North American mainland, basing a new French empire in New Orleans and settling the vast territory west of the Mississippi River.

In May 1801, Jefferson picked up the first inklings of Napoleon's other agenda. Alarmed at the prospect of a major European power controlling New Orleans and thus the mouth of the strategic Mississippi River, Jefferson backpedaled on his commitment to Napoleon, retreating to a posture of neutrality.

Still "terrified at the prospect of a successful republic organized by freed African slaves", Jefferson took no action to block Napoleon's thrust into the New World.

In 1802, a French expeditionary force achieved initial success against the slave army, driving L'Ouverture's forces back into the mountains. But, as they retreated, the ex-slaves torched the cities and the plantations, destroying the colony's once-thriving economic infrastructure.

L'Ouverture, hoping to bring the war to an end, accepted Napoleon's promise of a negotiated settlement that would ban future slavery in the country. As part of the agreement, L'Ouverture turned himself in.

Napoleon, however, broke his word. Jealous of L'Ouverture, who was regarded by some admirers as a general with skills rivaling Napoleon's, the French dictator had L'Ouverture shipped in chains back to Europe where he was mistreated and died in prison.

Foiled Plans

Infuriated by the betrayal, L'Ouverture's young generals resumed the war with a vengeance. In the months that followed, the French army - already decimated by disease - was overwhelmed by a fierce enemy fighting in familiar terrain and determined not to be put back into slavery.

Napoleon sent a second French army, but it too was destroyed. Though the famed general had conquered much of Europe, he lost 24,000 men, including some of his best troops, in St. Domingue before abandoning his campaign.

The death toll among the ex-slaves was much higher, but they had prevailed, albeit over a devastated land.

By 1803, a frustrated Napoleon - denied his foothold in the New World - agreed to sell New Orleans and the Louisiana territories to Jefferson. Ironically, the Louisiana Purchase, which opened the heart of the present United States to American settlement, had been made possible despite Jefferson's misguided collaboration with Napoleon.

"By their long and bitter struggle for independence, St. Domingue's blacks were instrumental in allowing the United States to more than double the size of its territory," wrote Stanford University professor John Chester Miller in his book, *The Wolf by the Ears: Thomas Jefferson and Slavery*.

But, Miller observed, "the decisive contribution made by the black freedom fighters - went almost unnoticed by the Jeffersonian administration".

The loss of L'Ouverture's leadership dealt a severe blow to Haiti's prospects, according to Jefferson scholar Paul Finkelman of Virginia Polytechnic Institute.

"Had Toussaint lived, it's very likely that he would have remained in power long enough to put the nation on a firm footing, to establish an order of succession," Finkelman told me in an interview. "The entire subsequent history of Haiti might have been different."

Instead, the island nation continued a downward spiral.

In 1804, Jean-Jacques Dessalines, the radical slave leader who had replaced L'Ouverture, formally declared the nation's independence and returned it to its original Indian name, Haiti. A year later, apparently fearing a return of the French and a counterrevolution, Dessalines ordered the massacre of the remaining French whites on the island.

Though the Haitian resistance had blunted Napoleon's planned penetration of the North American mainland, Jefferson reacted to the shocking bloodshed in Haiti by imposing a stiff economic embargo on the island nation.

In 1806, Dessalines himself was brutally assassinated, touching off a cycle of political violence that would haunt Haiti for the next two centuries.

Jefferson's Blemish

For some scholars, Jefferson's vengeful policy toward Haiti "like his personal ownership of slaves" represented an ugly blemish on his legacy as a historic advocate of freedom. Even in his final years, Jefferson remained obsessed with Haiti and its link to the issue of American slavery.

In the 1820s, the former President proposed a scheme for taking away the children born to black slaves in the United States and shipping them to Haiti. In that way, Jefferson posited that both slavery and America's black population could be phased out. Eventually, in Jefferson's view, Haiti would be all black and the United States white.

Jefferson's deportation scheme never was taken very seriously and American slavery would continue for another four decades until it was ended by the Civil War. The official hostility of the United States toward Haiti extended almost as long, ending in 1862 when President Abraham Lincoln finally granted diplomatic recognition.

By then, however, Haiti's destructive patterns of political violence and economic chaos had been long established - continuing up to the present time. Personal and political connections between Haiti's light-skinned elite and power centers of Washington also have lasted through today.

Recent Republican administrations have been particularly hostile to the popular will of the impoverished Haitian masses. When leftist priest Jean-Bertrand Aristide was twice elected by overwhelming margins, he was ousted both times - first during the presidency of George H.W. Bush and again under President George W. Bush.

Washington's conventional wisdom on Haiti holds that the country is a hopeless basket case that would best be governed by business-oriented technocrats who would take their marching orders from the United States.

However, the Haitian people have a different perspective. Unlike most Americans who have no idea about their historic debt to Haiti, many Haitians know this history quite well. The bitter memories of Jefferson and Napoleon still feed the distrust that Haitians of all classes feel toward the outside world.

"In Haiti, we became the first black independent country," Aristide once told me in an interview. "We understand, as we still understand, it wasn't easy for them - American, French and others - to accept our independence."

Robert Parry broke many of the Iran-Contra stories in the 1980s for the Associated Press and Newsweek. His latest book, *Neck Deep: The Disastrous Presidency of George W. Bush*, was written with two of his sons, Sam and Nat, and can be ordered at neckdeepbook.com.

Haiti faces a long and difficult road ahead. It was already the poorest country in the Western hemisphere. Now, hundreds of thousands are left without homes or livelihoods. The Red Cross Red Crescent movement is committed to helping Haiti throughout its recovery, reconstruction and development phases, building a stronger, healthier and more resilient community. This includes building back the operational capacity of the Haitian Red Cross; the reconstruction of buildings, livelihoods and communities; and wide-scale investment in disaster risk reduction.

"Our needs in Haiti remain immense," says Michaële Amédée Gédéon, president of the Haitian Red Cross. "A common commitment is crucial to provide survivors of this tragedy with the right conditions to rebuild a Haiti with hope and dignity for the future."

All donations truly help. Visit redcross.ca.

Don't forget Haiti.

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International

Meeting of Representatives from Groups Raising Funds for Abruzzo Earthquake Relief

On Saturday, November 28, 2009 at 9:30 a.m. At Columbus Centre, 901 Lawrence Ave. W., Toronto

Present were: Senator Con Di Nino, Joseph Mancinelli, Nick Torchetti, Pal Di Iulio, Laura Albanese, Sam Ciccolini, Corrado Paina, Emilia Valentini and Virginia Ariemma. Con Di Nino acted as chair of the meeting and Virginia Ariemma took notes. The meeting commenced at 9:30 a.m.

Summary notes of the October 31st at LIUNA Station in Hamilton, sent electronically with the invitation to this meeting, were distributed together with a copy of a media release from the Famee Furlane Toronto regarding funds sent to the Monastero Santa Chiara in Abruzzo, and also a copy of the article naming Sergio Marchionne as CEO of the year in the December 2009 Globe and Mail Report on Business magazine.

A report on Senator Di Nino's meetings in L'Aquila prepared by Patrizia Giulioti, Trade Commissioner, Canadian Embassy - Rome dated November 18, 2009 was distributed and discussed. Meetings were held with the Prefetto, the Counsellor for Communications and Innovation (the Mayor was in Rome), the University of L'Aquila, Prorettore, the Agency for the Right to Study (that manages all the services for students), and the Director General for Budgeting of the Protezione Civile. The meetings were followed by various site visits. All confirmed the importance of the University of L'Aquila for the social and economic recovery of the city and area.



Corrado Paina raised the possibility of scholarships/exchanges for university students. It was noted that the AERF and other organizations raising funds would operate over a finite period of time rather than longer duration.

Sam Ciccolini noted that both Galli Tiberini and Davide De Simone had volunteered their Canadian construction expertise as part of the tendering process and supervision of the project(s). Logistical scenarios for implementation were discussed including memoranda of understanding. Joe Mancinelli emphasized that Canadian donors expected transparency at the highest level.

Laura Albanese noted that the Province of Ontario is committed to a \$500,000 donation and wants to see this sum attached to a specific project, and, was pleased that a decision was imminent.

It was recommended that Senator Di Nino ask the relevant entities to name three potential projects and respective costs, preferably in association with the Government of Canada project, to narrow down a project in the next 30 days. The total estimated contribution is \$2.5 million consisting of: \$300,000+ from the Sergio Marchionne lunch event on February 10, 2010, \$900,000 from AERF, \$400,000 from Hamilton and \$500,000 from the Province of Ontario.

Summary Notes of the November 28, 2009 Meeting of Representatives from Groups Raising Funds for Abruzzo Earthquake Relief (continued)

An ad hoc committee was struck to review the potential project(s) consisting of Con Di Nino, Joe Mancinelli and Corrado Paina.

Accompanying AERF's charitable donation receipts, a letter from the Chair will state that we are in contact with Italian authorities to identify a specific project associated with the University of L'Aquila in the amount of \$2.5 million based on the consensus that the university is the key social, economic and educational centre upon which the region depends. The letter will reiterate Nick Torchetti summarization of the terms of reference of the selection committee: to ensure that: there is a rationale for the selection of the project, accountability, transparency, dollars specifically designated to a project, and a detailed memorandum of understanding.

Con Di Nino will notify other organizations that have been involved in discussions of the above noted plans. Other groups who wish to participate must comply with the Canada Revenue Agency requirements regarding issuing of receipts.

Sam Ciccolini, Chair of the Lunch with Sergio Marchionne on February 12, 2010, provided details of the planning and organization for the event. Both the C.A.W. and Deloitte are committed to contributing \$50,000 each. Sponsor benefits include logos on the AERF web site and exclusive pre-lunch special reception with the guest of honour. A full colour invitation is being couriered

to a group of approximately 250 individuals, followed up by personal telephone calls. Committee members have made a commitment to ensure at least one table.

The Liberty Grand, owned by Nick Di Donato, will generously provide the venue and meal for \$25.00 per person. Wines, beer, and many other elements of the event are being donated.

The invitation, centerpiece design and gift for guests, all with the Fiat 500 motif were circulated and discussed. An invitation to the President of Abruzzo will be sent. There will be a 3 or 4 minute video on the earthquake, and live auction of a few selected prizes.

It was recommended that the AERF name be more prominent in all materials and that the map used on the centerpiece and key chain gift with the Fiat 500 show the cities of L'Aquila, Rome and Torino, omitting the other names. Also, AERF must be added to the base of the centerpiece.

Sam Ciccolini was congratulated on his efforts.

The next meeting will be called at the discretion of the Chair. The meeting was adjourned at 11:20 am.

You are invited!
Eighth Annual Filò

Celebrating Italian Canadian Women of Ottawa in the Arts

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*Presentation of the Rosa Tiezzi, Maria Ierullo and Jennie Prosperine Awards
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523 St. Anthony Street, Corner of Preston Street

⊞

Thursday, March 4, 2010

Reception: 6:00 p.m.
Dinner: 7:00 p.m.

Cash Bar
Dinner Tickets: \$40

Deadline for ticket purchase February 26, 2010



For tickets call committee members:

Enza Baiamonte	613-820-5462	Anna Chiappa	613-867-1941
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Bonnie Favilla	613-733-2585	Silvana Timpson	613-831-1298
Irene Martin	613-798-5111		

Join us for a celebration of women in our community, a delicious meal and silent auction.

Local SnapShots

Fresh, toasty chestnuts to appear on the streets of Ottawa

By Roneade - Ottawa Citizen



JAN 13 10 - 4:15 PM -- Even as a wee lad of about six or seven, I fondly recall the days when mom and dad would meet up with friends and a gaggle of us kiddies in tow to shop for Christmas presents at Honest Ed's on Bloor Street, near Bathurst in downtown Toronto. It was always a fabulous outing, one we eagerly anticipated not only because shopping at Honest Ed's was like going on a safari, but because we knew dad would stop by a street vendor afterward to buy us kids a bag (or two, or three) of fresh piping-hot chestnuts from a sidewalk vendor.

Now more years later than I care to count, I've often wondered why chestnut vendors never made an appearance in Ottawa. It always seemed a bit odd to me, given that roasted chestnuts are an Italian tradition and, as we all know, Ottawa has a proud



and vibrant Italian community that contributes so much to our social, cultural and culinary fabric.

Where are the chestnut vendors in the nation's capital, you may ask?

The really great news, they are coming. This week, in fact.

Yes, Ottawa is getting a winter taste of sweet roasted Italian chestnuts being sold on the street, likely for the first time by an outdoor food vendor.

Freshly roasted chestnuts have long been a sidewalk winter tradition in Italy and in larger North American cities like New York and Toronto. But until now, no one can recall chestnuts making an appearance on Ottawa sidewalks — certainly not in recent memory.

Luciano Pradal (*photo, above left*) a retired commercial building maintenance operator who immigrated to Canada from northern Italy in 1966, was inspired a year ago to introduce street-roasted chestnuts to the nation's capital as a cultural experience.

"Last year I went to Milano to a conference on tourism and saw this guy roasting chestnuts in a *fornella*, which is basically a small oven on a cart fired by lump hardwood

charcoal," Luciano says. "So I took some photos of his operation and gave them to John Frigo of Venice Steel Works on Larch Street, here in Ottawa, and he fabricated a prototype oven and cart."

The oven consists of a 24-inch-diameter firebox to contain the glowing charcoal, a perforated round tray to roast the chestnuts that pivots on top, and a smaller tray above the roasting chamber to keep the finished nuts toasty warm. It takes about 10 minutes to roast each batch of chestnuts, which are imported from Italy through La Bottega in the ByWard Market.

"The oven is fantastic," says Pat Nicastro, owner of La Bottega.

"It's the first time I've seen it in Ottawa. You see them in every European city and they're wonderful."

Luciano already has city health department and bylaw enforcement approval to sell in the ByWard Market, says Paolo Copelli, markets co-ordinator for the City of Ottawa, who cannot recall anyone selling street chestnuts in Ottawa until now.

But the entrepreneur plans to start small, giving away free samples this Friday, Saturday and Sunday outside Pasticceria Gelateria Italiana at 200 Preston St. from 11 a.m. to 4 p.m.

After that, he'll be selling roasted chestnuts at \$5 for about a dozen on Jan. 21 to 24 from his stand outside La Bottega, 64 George St., from 11 a.m. to 4 p.m. The following weekend, he'll be outside Casa Nicastro on Preston Street. For a current rundown on where he will be and times, call Pasticceria Gelateria Italiana at 613-233-2104 until he gets a schedule posted on the internet.



Investors in the fledgling project are Luciano, John, and Joe Calabro (*L-R in photo, left*) of Pasticceria Gelateria Italiana.

"We think it just adds to the market uniqueness," Paolo says. "It has flavour and character and it makes the market that much more vibrant."

If the pilot project succeeds, Luciano hopes one day to operate as many as six sidewalk chestnut carts at various locations through the city. The chestnut season typically runs from late autumn to about March — perfect sweet sustenance to sustain the soul after hopping from store to store or enjoying a bracing skate on the canal.

John estimates the prototype cart cost about \$1,000 in material, not counting labour to fabricate the steel that could add another \$2,500 to the price.

"If there's a market for this then there's the possibility of a half-dozen carts in the future selling chestnuts from about October to April," Joe says.

"We've been talking about this idea for about a year, and basically it just took off. We'll be at different spots each week," Calabro says.

The chestnuts are very environmentally friendly, as shells are completely compostable. The treats are sold without additives, salt or sugar. "It's all natural," Luciano says.

Naturally *good*, that is.

(Photos by Pat McGrath, Ottawa Citizen)

General Interests

MADISON & FIFTH

Ottawa's Newest Italian-Canadian Rock band sells out opening show!

Madison & Fifth took it to the next level showing its 300 spectators how to rock!

By Vanessa Licari

MADISON & FIFTH held their first Official Cd Launch party on Saturday, January 23rd at Zaphod's Beeblebrox in downtown Ottawa. They performed in front of a sold out & very amazed audience of over 300 people. The first Zaphod's has seen in years!

The band members include John Licari "Johnny 5" on piano, acoustic guitar & vocals, Leonardo De Socio "Layo DS" on Lead vocalist & guitar, Etto Provenzano on lead guitar, Carlo Palanza on drums and James "Jimbo" Hillock on bass. These are the talents of Ottawa's newest Rock band "MADISON & FIFTH".

Madison & Fifth otherwise known as "MN5TH" are an impressive group with immense talent. They sing powerfully, and play piano, strum electric & acoustic guitar and captivate you as they beat the drums to deliver a vigorous & unbelievable sound.

They create and compose their music and lyrics themselves, from life experiences that are relatable and inspirational.

You would be amazed to learn they have established their group just over the past 6 months. Pouring in hours of hard work, night after night to produce their authentic songs. At their first show as a band, they were humbled and surprised to watch as the crowd sang along to their songs, and cheered for two encores!

Their passion is undeniable, over the past 10 years, I've personally experienced this passion my brother John has for music. Playing guitar, and teaching himself to play the piano and to sing. Finally, the five of them have orchestrated and intertwined their absolute love for music.

These guys will impress you with their intensity and fascinating sound, they have come together to collaborate from their hearts, a unique and distinct tune. With favourites such as "Forbidden Fruit", "The last time", and soon to be recorded "The Fight", "Friend of Mine" and "Worth the Wait".

If you would like to know more about Madison & fifth you can check out their websites at www.myspace.com/mn5th or www.MadisonAndFifth.ca, become a fan on facebook, follow them on twitter.



Il Postino Book Review - A Must Read!

Synopsis:

For Graziella, the daughter of a Canadian botanist, the quiet, cultured life she lived in Venice with her musician husband, Ugo, was everything she could've hoped for. But when Italy allied itself with Nazi Germany in 1940, her world changed forever. Ugo, trading his violin for a gun, joined the Resistance, while Graziella, now an "enemy alien," was forced to seek refuge at his family's farm in the nearby Euganean Hills. Having inherited her father's gift for plants, she became both midwife and nursemaid to Ugo's family. Her time in the Hills was not a happy one, not only because of the fear of bombing raids and Nazi reprisals but also because Ugo's father and sisters were openly hostile to his choice of a foreigner as a wife. "Just until the war is over," Ugo had promised, but it has been months now since the Nazis retreated, and no one has seen him since. With Ugo gone, it seems as if she will be trapped forever on this remote farm with her lost husband's difficult family. So when an American soldier named Frank becomes stranded on the mountain, Graziella embraces this unexpected chance at being happy again. But as tempting as it is to leave behind this war-torn country and her painful memories for a new life in America, can she go without learning her husband's fate? With quiet grace and humor, Ciao Bella explores the possibilities of love and redemption in the wake of war, showing that some of the hardest decisions come only after the fighting has stopped.

BARZELLETTA DELLA SETTIMANA

Psicologi a confronto. "Eh, dura la vita..." dice uno psicologo al collega. "Pensa che ho un paziente che crede che io sia un lampione...". "E cosa c'è di male?", chiede il collega. "Lui si crede un cane!"



Il Postino goes to Mexico Wish You Were Here!



Valentina and Aldo Gazzola with Mario, Rose, and Friends



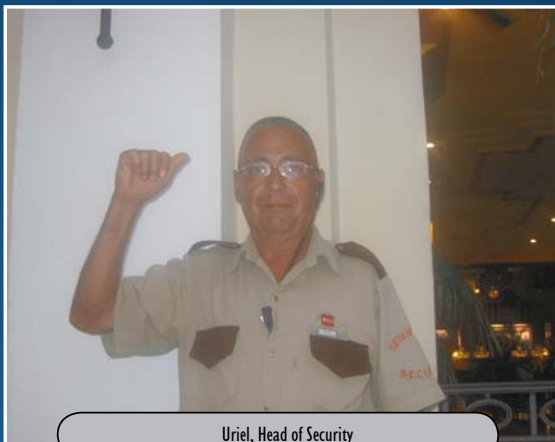
Gino and Lena Buffone, Maria and Angelo Fiore, and Rina Filoso



Tony Ieluzzi and Fernando, Entertainment Manager for Riu Vallarta



Enrico and Tony dancing with guests



Uriel, Head of Security



Silvano, Annamaria, Rina, Maria, Angelo, Bina, and Mr and Mrs Longo



Cancun Mexico, Mayan Riviera with the Frontier Wolseley Group



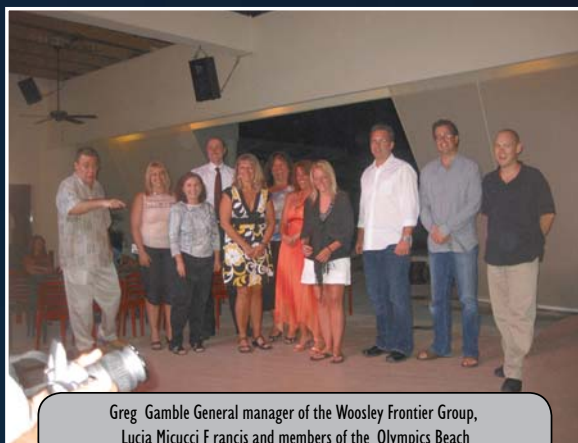
Tony Ieluzzi Denise and Lorenzo Micucci, Lucia Micucci Francis, Rina and Angelo Filoso



Brent Francis, Lucia Micucci Francis, Rina and Angelo Filoso, Rod and Diane Matheson



Angelo Filoso, Rod Matheson with team members of the Beach Olympics



Greg Gamble General manager of the Woosley Frontier Group, Lucia Micucci Francis and members of the Olympics Beach



Brent Francis and Colleen Gamble with winners of the Beach Olympics at the Sensori Azul Hotel



Rina Filoso, Richard Menard, Norm Hann and team members of the Beach Olympics

International

A Calabrese Love Story

By Renato Rizzuti

Once upon a time, not too long ago, in 1905 in Calabria, Italy, there lived a Sheppard and his family on a large sheep farm. His name was Pietro Pastoralli but he was known through the village as Pietro u Peccuraru or Pietro the Sheppard in English.

Pietro was married to Rosetta who was a very good wife and mother. They had a daughter named Enza. Pietro had wished to have some sons to help him herd the sheep, but they were only blessed with Enza. Rosetta was grateful to have a lovely daughter and she prayed everyday to give thanks. Pietro also loved Enza but would comment from time to time, "S'iu o avutu figli masculi potiannu autare a la farma." This translates as, "If I had sons they would be able to help me with the farm."

Finally, one day, Rosetta had a discussion with Pietro about this issue. She said, "Enza se criche bella forte, pechi non lampare autare a te con le peccore." This translates as "Enza is growing up nice and strong, why don't you teach her how to help you with the sheep." At first, Pietro laughed at Rosetta's outrageous suggestion, but then he thought it over and said, "Ma perchi no, e peccore non si carrecanu si e unomenu o na fimmine la guardannu." This translates as, "Well, why not, the sheep do not care if a man or a woman is watching over them."

At that time, a female Sheppard was unheard of so Pietro and his wife were the first people to even consider such a thing. Gender roles were clearly defined back then and it was a daring move on their part to train their daughter to be a Sheppard. When word got out about this, the neighbours were furiously gossiping about such a ludicrous idea. One neighbour said, "Ma chise sunnu pazzu!" This translates as, "My, these people are crazy."

When Enza was a young child she loved to pet the sheep. She would also get a big kick out of gently pulling their tails so that they would go, "Biann!" These were Calabrese sheep so that is why they would go, "Biann!" instead of Canadian sheep that go, "Baal!" Anyways, Enza would laugh at their sheep sounds so hard that tears would stream down her cute little face!

The idea of becoming a Sheppard really appealed to Enza when her father presented it to her. Enza was now twelve years old and solidly built, yet she had a feminine mystic about her. Pietro trained Enza in all the basics of tending sheep and he also taught her all the finer points. Enza was now ready to watch the herd of sheep all by herself. On Enza's first time out she did such a marvelous job that Pietro happily exclaimed, "Ma, figliama sa fare u peccuraru!" This translates as, "My, my daughter knows how to be a Sheppard!"

As time passed, Pietro grew more and more confident in Enza's abilities and knew that she was both responsible and trustworthy. Enza was now eighteen years old and was certainly the finest looking Sheppard in the region! Enza always maintained her feminine ways even though she was engaged in so called "masculine" duties. The big day came when Pietro and Enza went into town to sell the wool from the sheep and also to sell some sheep to the local butcher. It turned out to be a very profitable day indeed. Pietro was tired out from all the price haggling at the market and so he decided to head home and entrusted Enza to go to the local bank and make a deposit in their business account.

The banker was Salvatore Sordi who was a very large man. The people in the town used to say that Salvatore got fat off of their money because even then, banks had hefty service charges and high interest rates. Salvatore's son named Remo worked at the bank as a teller. Remo was a handsome young lad who had settled in to his career choice and was now looking to find a wife and start a family.

Enza entered the bank and walked over to Remo's teller window. Enza was well dressed for market day and was wearing a perfume called "Passione" or "Passion." As soon as Remo laid eyes on Enza he was smitten! Enza had to repeat her deposit amount a few times since Remo was so stunned he was not able to concentrate. Remo asked Enza, "Si spusata?" This means, "Are you married?" Enza could feel the sparks coming from Remo and they awakened in her a strong desire to get to know this nice looking man. Enza coyly replied, with enthusiasm, and perhaps a bit too loudly, "No!" Enza then left the bank in a romantic haze leaving Remo in a romantic haze also!

Remo then asked his father about Enza. Salvatore got really angry and said, "Ma tu si pazzu! Chi vu fare cu chista peccurara? Ida e tutta a famiglia sua puzzanu e peccore!" This translates as, "Are you crazy! Why would you want to get involved with a Sheppard? Her and her whole family stinks of sheep!" Remo was appalled by his father's reaction and said in Enza's defense, "Ma i sordi da famiglia sua per te non puzzanu!" This means, "But her and her family's money do not stink to you!" With that, Remo stormed out of the bank and went to the nearby Cantina to have a glass of wine and cool off.

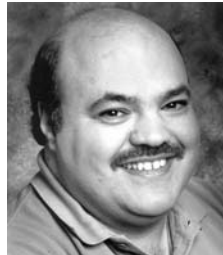
That night when Remo lay in bed, he kept thinking of Enza. She would make a wonderful wife and mother, he thought to himself. Who cares if she is a Sheppard? The next morning Remo told his father that he was going to go over to the Pastoralli farmhouse to ask Enza's father for permission to marry his daughter. Salvatore exploded with rage and said, "Si tu ti spusi a peccurara non si piu u figlio mio e ti po trovare natru lavuru!" This translates as, "If you marry that Sheppard girl, you are no son of mine and you can find yourself another job!"

Despite what his father said Remo went ahead to the farmhouse and got Pietro's permission to marry his daughter. Remo then asked Enza to marry him and Enza said in a loud strong voice, "Si! or "Yes!" They then set a date for the marriage. In the meantime, Remo started working on the sheep farm because he had lost his job. Remo also was living in the barn since his father had disowned him. Remo really enjoyed being out in the nice fresh country air which was a welcome change from the stuffy air of his father's bank.

A week before the wedding was to take place; Salvatore went out for a few glasses of wine with his Cumpare Raggio. Raggio noticed that Salvatore was not very happy. Salvatore explained that his only son was going to get married and that was not going to be in attendance. Salvatore regretted disowning his only son and said in a teary voice, "E quannu fannu i figli no mi ponnu chiamare Nonnu." This translates as, "When they have children they won't be able to call me Grandfather." Cumpare Raggio agreed with Salvatore and said it does not matter what people do for a living as long as they are truly in love. The Compari also said love knows no cultural or social barriers. Salvatore agreed and promised to make peace with his son.

On the wedding day, both the Pastoralli family and the Sordi family were there to celebrate the love between their children. Remo stayed on at the farmhouse and together with Enza they raised two thousand sheep and eight beautiful children. Salvatore was happy with his grandchildren and was also happy that the biggest bank account at his bank was Remo and Enza's.

And so everybody was truly happy! This proves that the power of true love can conquer all obstacles! To life and love!





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General Interests

Food To Put You In The Mood, That's Amore!

By Maria Rizzuti

William Shakespeare once wrote, "If music be the food of love, play on." I say, "If certain foods are the foods of love, then let's eat them!" All in moderation of course!

It is a scientific fact that certain foods stimulate blood flow and in turn stimulate amorous responses in the person that consumes the food. Make your Valentine's Day extra special this year by designing a meal consisting of "the foods of love." To use cooking terms, allow your passions to simmer slowly, then slowly turn up the heat and eventually boil over!

It is said that Italians are great lovers...or let's say very very passionate people. The Italian diet contains "foods of love" such as garlic, basil, pine nuts in pesto, chili peppers used as a spice, and truffles used in risotto and pasta dishes. The number one Italian food that could be considered a "food of love" is of course the tomato.

The tomato may be, in effect, the cause for a healthy "love" drive. A tomato's colour is significant because it's red, and red is the colour of love. Tomatoes are often called the "love apple" and have been scientifically proven to be a "superfood." Tomatoes are rich in lycopene, especially when they are cooked, which is believed to reduce the risk of cancer and they also contain Vitamins A and C. So they are very good for maintaining our chemical balance and in turn, good health leads to good romance. So get that tomato sauce on the boil and have a romantic dinner for two with Spaghetti al Pomodoro!

Garlic has been one of the most popular ancient aphrodisiac remedies. It increases the blood flow, stimulates the secretion of gastric juices and aids digestion. It is said to stir amorous desires. It is okay to put a little extra garlic in your tomato sauce on Valentine's Day, however, too much garlic can be a turn off if both parties smell too strongly of "garlic breath!"

Basil is also said to stimulate the romantic needs and boost fertility after the passionate desires have been consummated. It is said to cause a sense of general well being for the mind and body. So if you are feeling fine, you are more likely to be in the mood for love. Basil can be used in your tomato sauce, pesto and Caprese Salad which is vine ripened tomatoes with fresh basil, extra virgin olive oil, salt, pepper and buffalo mozzarella. Let basil give you the "green" light for romance!

Pine nuts are rich in zinc. Zinc is a key mineral necessary to maintain males in a functioning mode for romance. They have been used to stimulate desire as far back as medieval times. That is probably why there are medieval stories of lovers being out in the forest and becoming overwhelmed with mad passion. They had been snacking on pine nuts! Now you don't have to trek out to the forest with your lover, just use the pine nuts in your pesto and serve the pesto on top of pasta or pizza!

For the hot Italian lovers who use chili peppers in their cooking, there is a reason things get heated up on the love front. Spicy foods are generally connected to heat. The link is made between the heat of the food and the ensuing "heat" of passion. Chili peppers increase the body's metabolism, including heart rate and blood flow therefore supposedly increasing the flow of fascination. Heat things up with some chili peppers and you'll be feeling, as the song goes, "hot, hot, hot!"

Truffles are a rare and delicate type of edible mushroom. Truffles grow underground among

the roots of elm, chestnut, oak, pine and willow trees. Truffles' musky odour is caused by a combination of the pheromone androstenol and the steroid androstenone. Apparently, this musky odour can have an amorous effect on pigs. This is why they are also found in a spray called Boar Mate which is used by farmers to help calm the sow and get her more in the mood for artificial insemination. I guess old McDonald knew exactly what do on his farm, that is fine if you are a pig farmer, but what about the truffle effect on humans? One theory is that the smell of musk which is a popular cologne ingredient has commonly been associated with romance and that love induced by truffles is a phenomenon which is part of an established behavioural link between musk and romance. White or black truffles are high priced and have a very pungent taste. Truffles are among the most expensive foods in the world. Depending on the size of the truffle, they can sell for \$300 to 500 US dollars, hence this is why they are to be used sparingly and are generally served raw, and shaved paper thin over various foods. So if you want to impress your mate add some truffles overtop your risotto and then watch the sparks of romance fly!

There other foods that are considered "foods of love." Some other examples are bananas, oysters and, of course, chocolate.

Bananas are rich in potassium and B vitamins which are necessities for "love hormone" production and function. So you can literally "go bananas" and perhaps make Bananas Foster for dessert. Its made with bananas, vanilla ice cream, with a sauce made from butter, brown sugar, cinnamon, dark rum and banana liqueur. The butter, sugar and bananas are cooked, and then the alcohol is added and ignited. The bananas and sauce are served over the ice cream. You can impress your better half by performing and preparing this delectable dessert as a flambé. But whatever you do don't wear too much hairspray that evening otherwise your hair will go up in smoke and that would not result in a romantic ending to your evening!

Oysters have the distinction of being the most widely considered "love food." The actual truth is that oysters are high in protein and are very nutritious. Oysters are rich in zinc and iron. Iron is very important for the transport of oxygen through our systems.

You certainly need lots of oxygen if you are in store for a romantic evening! Zinc is an essential element for stimulating our metabolism which in turn stimulates our desire for close personal amorous contact. Oysters also contain on average 18 micrograms of Vitamin B12 which is a Vitamin that plays a key role in the normal functioning of the brain and nervous system and for the formation of blood. All these must be operating normally in order for any "love" responses to happen automatically. So go ahead, have an oyster feast and then have a love feast!

What woman in their right mind would say no to chocolate? Aside from the wonderful taste of chocolate, it contains phenylethylamine, the same chemical that is released in the brain when you fall in love. The sweetness from the chocolate also triggers the release of endorphins. Other stimulants present in chocolate are dopamine and serotonin, which alleviate pain and encourage a good mood. No wonder we love chocolate so much! Get me a box of Lindt Lindor Truffles and I will agree to cook you anything!

The "foods to put you in the mood" can be used as a prelude to romance....That's Amore. Have a happy Valentine's Day to all you lovers out there and buon appetito!



Paul Dewar, MP/Député Ottawa Centre
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Dosi's Corner

The conflicting lives of the hockey mom versus the good Italian daughter

By Dosi Cotroneo

A Sunday afternoon hockey game in Manotick – the perfect way to cap off a weekend of family hockey activity. A Sunday afternoon spent with my Italian parents in Nepean – the perfect way to put myself at risk for a heart attack. While an exciting hockey game was brewing at the Manotick Arena, a hearty tomato sauce was brewing somewhere in Nepean's little Italy.

I could have sworn I said: "Your grandson has a hockey game. We'll visit later. Do not hold lunch for me." Their version: "Your grandson has a hockey stick. I'll call you later. Hold a luncheon for me."

I don't remember ordering five pounds of linguini with a side order of guilt. Upon calling my parents from the Manotick Arena, a woman on the other end of the line was scolding me, something about over-cooked pasta and a case of low blood sugar. If my instincts are correct, I think I was being blamed for my parents' sudden onset of diabetes, and how they were supposed to eat at noon sharp. No point in lengthy explanations. With a parent on each of their respective extension telephones, they couldn't hear my pleading above their sighs.

Thankfully, I've read enough self-help books to get me through another starch/carbohydrate/guilt laden afternoon with my folks. At long last, I've developed some behavior modification techniques that have been working out wonderfully in my home. Some people call it deception. I call it a thought reversal process. By giving family members the answer they want to hear, I am practically floating through my days. For example: Number 2 son: Mom, did you see me score my goal? Answer: Yes.

Husband: Were those shoes really on sale? Answer: Yes.

Teenage daughter: Did you ever find the cordless telephone? Answer: No. Teenage son: Is the car still in the shop? Answer: Yes.

After a drawing of straws, young son was the only member of my family to accompany me on the trip out to Nepean. Pop greeted me at the door with a kiss on each cheek followed by a KGB style interrogation about a potato sale, the mailing of a pile of letters to Italy, and their new department store credit card. After 40 years in America, they decided to give plastic a go. The gods could be so cruel at times. Hours spent explaining the application/translation/activation process resulted in hours spent explaining the security aspects. Now my parents feared that a break in was in store and a thief would go on a shopping spree on their account. A scolding on the perils of plastic and suddenly I was assigned the job of destroying the card that had just been activated only moments before.

Keeping in mind my new mind power strategy, the conversation went something like this: Italian father with 2 hearing aids: Did you buy the 9 bags of potatoes? Answer: Yes. Italian father: Did you really buy 9 bags of potatoes? Answer: Yes.

Italian father: Did you mail the letters with the air mail stamps? Answer: Yes. Italian father: Did you really mail the letters with the air mail stamps? Answer: Yes. Italian father: Did you cut up the credit card? Answer: Yes. Italian father: Did you really cut up the credit card? Answer: Yes.

By 4:00 p.m., I photographed myself and emailed the photo to the New England Journal of Medicine. Suffice it to say, I think I was fairly accurate in diagnosing myself as a textbook case of malaise, irritability and mental fatigue.

I wonder what this week has in store.



Spent enough time in the dog house?

Husbands – Well here's a Valentine's Day gift idea that will guarantee a quick trip into your better half's good books – a signed copy of "The Secret Diary of an Italian Girl" by Ottawa author, Dosi Cotroneo.

Drop in at Indigo Barrhaven on Sat., Feb. 13 from 2:00 to 4:00 p.m. to get your personally signed copy from the author herself!

At last, a Valentine's Day gift that will not disappoint, afterall, doesn't every Italian girl deserve to read The Secret Diary of an Italian Girl? Mark you calendars today.

No time to come out in person? Order your signed copy on-line at www.italiangirlpress.com and you will receive it via Canada Post within a few days! Valentine's Day shopping has never been easier.

"The Secret Diary of an Italian Girl" is also available at Indigo Barrhaven, Chapters South Keys, SMITH Books on Sparks Street, Shirley Leishman Books Westgate, The Book Stop in Barrhaven, and at all fine shops



BARZELLETTA DELLA SETTIMANA

Sherlock Holmes e il dottor Watson si trovano in vacanza in un campeggio. Dopo una buona cena e un'ottima bottiglia di vino, si ritirano in tenda e si addormentano profondamente. Durante la notte Holmes si sveglia e scuote l'amico. «Watson, guardate in alto nel cielo e ditemi cosa vedete!». «Vedo milioni e milioni di stelle, Holmes». «E cosa ne deducete?» chiede Holmes. Watson riflette a lungo e poi replica: «Beh, da un punto di vista astronomico, questo mi fa pensare che ci sono nel cielo milioni di galassie e quindi, potenzialmente, miliardi di pianeti. Da un punto di vista astrologico, vedo che Saturno è in Leone. Da un punto di vista orario, se guardo la Luna, ne deduco che sono circa le 3:15. Da un punto di

Local City

Chiarelli to Contest Provincial Liberal Nomination

(Nepean) – Bob Chiarelli, accomplished former Member of Provincial Parliament, Regional Chair, and Mayor, announced today that he would be seeking the Provincial Liberal Nomination in the riding of Ottawa West – Nepean.

“For me, this represents a return to my political roots,” said Chiarelli. “My motivation for running is my dedication to public service. I believe that I have a lot to offer the voters of this riding and this community, and I am confident I can be an effective bridge between Queen’s Park and the City of Ottawa.”

From 1987 to 1997, Bob Chiarelli represented the riding of Ottawa West for the Ontario Liberal Party. From 1997 to 2006, he served his community at the municipal level – first as Regional Chair of Ottawa-Carleton, and then two terms as the first Mayor of the amalgamated City of Ottawa. MPP Jim Watson has announced his intention to resign as MPP and run for Mayor of Ottawa in this fall’s municipal election. This will result in a nomination and by-election in the west end riding.

“I’m announcing today that whenever the local riding association decides to hold their nomination meeting, I will be a candidate on that ballot,” continued Chiarelli. “I’ve got the capacity to hit the ground running with a strong campaign. I’m running to win – both the nomination and the subsequent by-election.”



Chiarelli will fight for Ottawa West – Nepean families and seniors, champion our local institutions like Algonquin College and the Queensway Carleton Hospital, and advocate for continued infrastructure investment in the west end. He will make it a priority to strengthen our innovation, technology, and tourism sectors.

“The voters of this riding know that I’ve got a record of working with people to deliver results,” said Chiarelli. “Over the course of the next few weeks and months, I look forward to an invigorating campaign, and especially to the dialogue I will share with the residents of Ottawa West – Nepean.”

Bob Chiarelli is currently Vice-Chair of the Royal Ottawa Foundation for Mental Health, Immediate Past Chair and Member of the Board of Peace Camp Ottawa, and a fundraising volunteer with Citizen Advocacy. He was joined at his announcement today by his partner, Randi Hansen, and is the father of six children.

For more information: Simon Tunstall, vote.chiarelli@gmail.com | 613-261-8673

HST Tax Benefits for Seniors

Tax Relief Through the New Comprehensive Tax Package

Seniors will benefit from the measures aimed to help with the transition to the HST:

- 93% of Ontario taxpayers will get a permanent income tax cut.
- Eligible families (including senior couples) earning less than \$160,000 will receive three payments totalling \$1,000. Individuals earning less than \$80,000 will receive three payments totalling \$300.
- A new refundable sales tax credit, similar to the GST credit, will be provided for people with low incomes.
- The HST will not be charged on some items, including basic groceries, prescription drugs and medical devices.

Enhancing Ontario Property and Sales Tax Credits for Senior Couples

As announced in the 2009 Ontario Budget, the Ontario Property and Sales Tax Credits will be enhanced to better reflect circumstances facing low-income seniors. Senior couples receiving the guaranteed minimum level of income from governments will be able to receive the full benefit from these credits for 2009.

Doubling the Senior Homeowners’ Property Tax Grant in 2010

The Ontario Senior Homeowners’ Property Tax Grant is an annual benefit to help offset property taxes for seniors with low and moderate incomes who own their own homes. For 2009, the maximum grant is \$250. For 2010 and subsequent years, the maximum grant will be \$500.

Tax Benefits for Consumers

Rebates and Exemptions

The HST will not be charged on the following items that are currently not subject to PST:

- | | |
|----------------------------|--------------------------------------|
| • Basic groceries | • Most health and education services |
| • Prescription drugs | • Legal aid |
| • Certain medical devices | • Most financial services |
| • Child care | • Tutoring |
| • Residential rents | • Music lessons |
| • Municipal public transit | |

Consumers will not have to pay the provincial portion of the HST for:

- | | |
|--|--|
| • Qualifying prepared food and beverages sold for \$4.00 or less (ie. Tim Horton’s coffee) | • Children’s clothing and footwear |
| • Print newspapers | • Children’s car seats and car booster seats |
| | • Diapers |
| | • Feminine hygiene products |

Buyers of new homes will receive a rebate of up to \$24,000 regardless of the price of the new home.

- Buyers of new residential rental properties will receive a similar rebate
- The HST will not apply to purchases of resale homes.

Eliminating Hidden Taxes

Currently, PST (also called RST) is applied at every step in the creation of a product. Those multiple PST charges are embedded in the price you pay at the store – even though you can’t see it. And of course, you pay PST on the final purchase price.

Here’s an example of how PST is hidden in the cost of a suit jacket. Under the current system, taxes are paid at every step in production and passed on to consumers. Under the HST system,

most of those embedded costs are removed and savings can be passed on:

Current RST System	Harmonized Sales Tax
RST is paid on items at each stage of the supply chain; this becomes part of the cost to the next consumer.	HST is generally rebated at each stage of the supply chain, so it’s not passed on to the consumer.
<p>Raw materials: supplies, furniture, vehicles</p>	<p>HST is reimbursed</p>
<p>Manufacturing: office supplies, desks, chairs</p>	<p>HST is reimbursed</p>
<p>Transportation: trucks, tires, maintenance, cell phones</p>	<p>HST is reimbursed</p>
<p>Retail: forklifts, signs and shelves</p>	<p>HST is reimbursed</p>
<p>Embedded RST + 8% RST + 5% GST</p>	<p>13% HST</p>

Right now, PST is paid by most businesses on various costs throughout the production of an item. In other words, though you may not realize it, the PST is charged multiple times before a product reaches the store.

When Newfoundland and Labrador, Nova Scotia and New Brunswick harmonized with the federal GST, cost savings were passed through to the consumer. This led to lower prices for some products.

Tax Benefits for People

To help Ontarians transition to the HST, the Ontario government will provide \$10.6 billion over three years in direct payments and permanent personal income tax cuts.

IL POSTINO

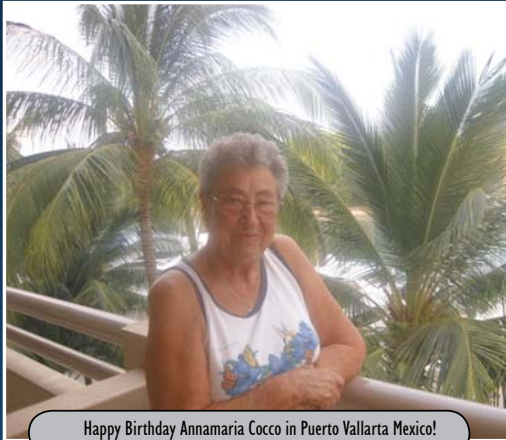
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The Congratulations Corner



Happy Birthday Annamaria Cocco in Puerto Vallarta Mexico!

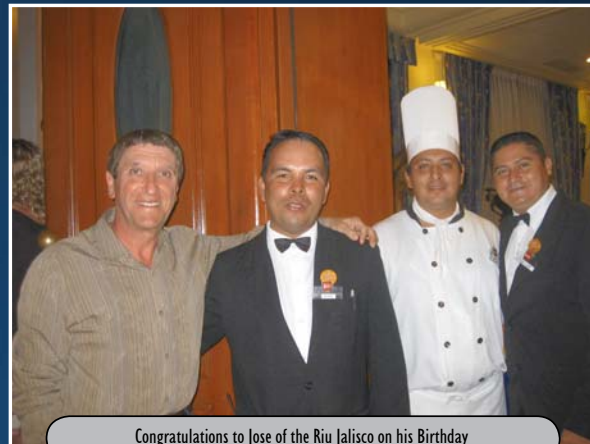


Happy Sweet 16 Alexia

The Filoso, Bernal
and Kirby
Families
Let's Go Driving!!!!



Happy Birthday Raffaella Plastino
Seen here in 1978 Dancing with Pierre Elliott Trudeau



Congratulations to Jose of the Riu Jalisco on his Birthday



Luiano Pradal Roasting Chestnuts in front of
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Luiano Pradal Roasting Chestnuts in Piccola Italia

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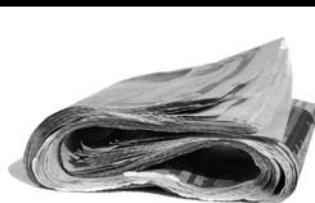
The Italian Canadian Community Centre will be offering FREE courses on basic computer skills on how to use a Windows PC, surf the Internet, use email, word processing, chat and web-cam programs.

Come and Try it Out for Yourself

We will help make it easier to stay in touch with family and friends as well as offering free computer time.

If you are interested, contact Douglas at the Italian Canadian Community Centre
#101-865 Gladstone Avenue, Ottawa
or call 613-567-4532.

This Program is funded by the Government of Canada Horizons Program and Italian Canadian Community Centre of the National Capital Region Inc.



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Tony Malizia, Tony Ieluzzi, Enrico Maria with Guests



Rina, Silvana, Gino, Bina, Lena, and Maria



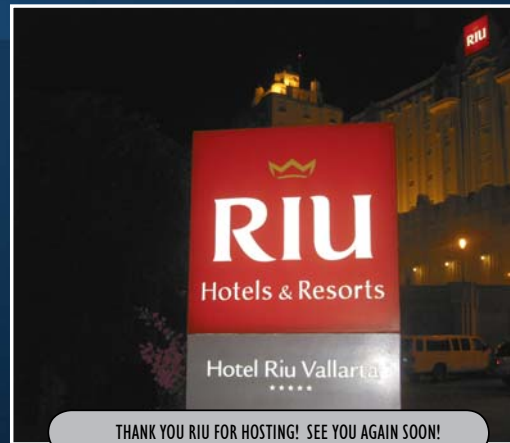
Maria, Antonia, Tony, and Enrico with Pierre Water



Alvaro (Director of Entertainment), Marco, Tony,
and Stephanie Weffer (Director of Riu Vallarta Hotel)



Tony Ieluzzi, Ferdinando (Manager of Entertainment) and Guests



THANK YOU RIU FOR HOSTING! SEE YOU AGAIN SOON!



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