

IL POSTINO

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Father Jerome Ferraro:
"The Soul of the Italian
Community"
"L'anima della comunità
Italo-Canadese di
Ottawa"
1946 - 1972



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Letters Received

"Celebrate with us St. Anthony's Church Annual Feast and the Memory of Father Jerome Ferraro on Sunday June 10th, 10:30 am 427 Booth Street, Ottawa"

Ottawa May 28th, 2007 - Join Father Paul McKeown Pastor of Saint Anthony's Church and the Italian Canadian Community for the Annual Saint Anthony's Picnic Celebration on Sunday June 10th 2007. Beginning with the 10:30 a.m. outdoor mass in front of the Church and the procession through the streets of Little Italy at 12:00 pm. After the Procession, pasta will be served in the newly renovated basement which shall be named the Father Jerome Ferraro Centre.

This Year the Family of Father Jerome Ferraro who was known as the "Soul Of The Italian Community from 1946 to 1972 has been invited to be acknowledged and thanked by the Servite Fathers and the Italian Canadian Community for the work done for the immigrants as depicted in the issue of Il Postino. Father Jerome Ferraro was a selfless Priest and con-

tributed his whole life to helping the Italian Canadian Immigrants of Ottawa.

In honour of the memory of Father Jerome Ferraro, the Servite Fathers will be naming the newly renovated Church hall at 427 Booth Street "The Father Jerome Ferraro Centre".

Everyone is invited to participate in the outdoor mass which will be celebrated by His Excellency Luigi Ventura, Apostolic Delegate of Ottawa and honour the memory of this great man, Father Jerome Ferraro.

For more information please contact:
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Carnevale dei Bambini 2007

di Carla Lappa

Il Carnevale dei bambini ha avuto luogo quest'anno il 18 febbraio 2007 presso la St. Anthony Italia Soccer Club. Quest'evento che mantiene vivo le tradizioni e unisce la nostra comunità, è stato un grande successo. Alyssa Radulescu e Circus Delight hanno creato un'atmosfera magica per i 200 bambini ed i loro genitori e nonni.

Di nuovo quest'anno il devoluto del Carnevale è stato donato all'Ottawa's Children's Wish Foundation. Durante la riunione di chiusura dell'attività il 2 maggio 2007, il comitato organizzativo composto dai presidenti delle associazioni unite hanno presentato alla coordinatrice del "fundraising" della Children's Wish Foundation, la signora Lynne Noel, un assegno di \$3,000. In riconoscimento è stato presentato alle Associazioni Unite una targa ricordo. Durante la presentazione, la signora Noel, ha condiviso con i presenti le buone opere che riescono a fare con l'aiuto comunitario. Questa generosità fa merito a tutta la comunità, in particolare, ai nostri bambini, le loro famiglie e a tutti gli sponsorizzatori del Carnevale che con la loro partecipazione aiutano a realizzare un desiderio a dei bambini meno fortunati.

Vogliamo anche ringraziare l'Ambasciata d'Italia ed i soci

delle seguenti associazioni per la loro costante collaborazione ed appoggio:

Associazione Culturale Savuto e Cleto Presidente: Gino Morello, Associazione Famiglie Istriane-Giuliano-Dalmate di Ottawa Presidente: Dorio Zanini, Associazione Emiliana di Ottawa Presidente: Larry Bertuzzi, Associazione Nazionale Alpini A.N.A. Sez. di Ottawa Presidente: Giorgio Bortot, Associazione Protense Presidente: Mario D'Angelo, Associazione Rapinese Presidente: Lorenzo Micucci, Associazione Roccamontepiano S.R. Ottawa Presidente: Ermindo Buffone, Associazione Sammarinese d'Ottawa Presidente: Tony Barucco, Associazione Trevisani di Ottawa Presidente: Della G. Del Grande, Associazione Unione Emigrante Sloveni (FVG) Presidente: Emma Vogrig, Centro Abruzzese Canadese Inc. Presidente: Nello Scipioni, Centro Italiano di Ottawa Presidente: Clara Paradiso, Congresso Nazionale Degli Italiani Presidente: Josephine Palumbo, Club Capitano Romano Presidente: Danilo Gavilucci, Comitato Presidente: Marco Pagan, Fogolar Farla di Ottawa Presidente: Roberto Mozzolin, Ottawa St. Anthony's Italia Soccer Club Inc. Presidente: Massimiliano Moretti, Ottawa United Soccer Club Presidente: Jon Canna, Società Sicula Presidente: Tony Cuffari, Vicentino and Fraternal Club Presidente: Mario Cicali.



Da sinistra, prima fila:

Carla Lappa, Lorri Berardi, Enrico Ferraro, Lynn Noel, Emma Vogrig, Debra Dal Grande, Giuseppe Parisi, Nella Sipietti, Dorio Zanini, Tony Cuffari, Sandra Gavilucci, Josephine Palumbo, Maria Timpone, Giovanna, Angela Andreola, Robert Vogrig, Clara Paradiso, Lennino Micucci, Giorgio Bortot, Massimiliano Moretti, James De Santis, Imma Santa Maria

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City-Wide St. Anthony School Celebrates 82 Years

By Anna Gora

St. Anthony School got a peek into its history April 30th as former staff and students were invited to celebrate Catholic Education Week alongside current students at St. Anthony's Church.

This year marks 150 years of Catholic Education for the Ottawa-Carleton Catholic School Board. To commemorate education week celebrations were given the theme 'Celebration of our history'.

For St. Anthony's this means 82 years of the school's history. Although the school has an education week mass each year, this is the first time former graduates were invited to join in the celebration.

"It's just a nice thing to do. It's nice for people to know how far they've come and look at the future of the kids here now," says Alicia Beacomfield who has been the schools secretary for the past 15 years.

Rather than St. Anthony's Church joined the current students in welcoming their precursors to the mass with an energetic 'good afternoon'. Like education week, the mass also emphasized history and involved participation of both the current and former staff and students.

John Damer, a former principal, donated a photo of the class of 1925 - 1926 to the school. The photograph was found in the church archives.

He said the photograph is to "remind the children that we've been here along time - that St. Anthony's is home to many of us."

Following the mass, former graduates, staff and friends of the school were invited down stairs for reminiscing and a reception. For some who couldn't make it that day, their families represented the spaces they once occupied at the school.

Matiida Zinni Salvi recalls coming to Canada on the last day of May in 1952 when she settled in this community with her family and sent her son, Giuseppe Zinni to St. Anthony School.

Since Zinni was away on a trip to Barcelona visiting his daughter, his mother made sure to bring his certificate of First Communion, carefully preserved certificate of promotion to the second grade in a still bright blue folder adorned with the Virgin Mary and of course, his report cards.

"He got very good grades," she said smiling as she pulled the yellow card report cards from their envelopes and handed them to the other graduates to see.



A common memory expressed by a number of the former students was the school's unique proximity to and involvement with St. Anthony's Church.

"It built my faith. Maybe that's why I'm a nun today! I was really inspired by Sister Mary," recalls Sister Emilia Testa, a former student at St. Anthony School.

Sister Emilia attended the school from 1948 to 1955. She is the forth of a family of six children who grew up on Preston Street and attended St. Anthony's.

"It was a beautiful school with beautiful people," she says.

Currently working as a daycare teacher at St. Anthony's daycare, Sister Emilia remains an active member of the community and says she has seen the community change a lot since her days as a student. Like several other former students, she has noticed many new immigrants from very different parts of the world than when she was younger.

Doris Costantini who attended St. Anthony School from 1943 to 1945 also remained in the community since graduating.

"I'm in the community so I see a lot of the people but it's nice to see different people who don't live in the community and attend St. Anthony's Church," she says.

Her fondest memories of her time as a student at the school include class trips on sleigh rides with her teacher Alec Lumley. Another former teacher, Bertha Bradler also stands out from Costantini's many memories of St. Anthony School.

"She taught me perfect English and perfect grammar and it lasted me all my life," she says.

Graduates and former staff from many years of St. Anthony School's history shared personal stories and memories and posed for a reprinted class picture in the afternoon. For current students, it was an opportunity to see into the lives of those who were once children in these same classrooms new children now occupy.

Festa dei Rapinesi SS. Madonna di Carpineto tradizionalmente bella!

di Lascia Pradal

Tradizionalmente bella! E' stata la festa organizzata dall'Associazione Rapinesi di Ottawa per festeggiare la SS. Madre di Carpineto che, come ci dice la storia, e' apparsa su un caprone ad un bambino, un pastore.

Tradizionalmente bella! Erano i bambini e bambine vestiti con costumi di foglia antica che ricordavano la storica apparizione della Madonna, e si alternavano l'altare mentre il nostro Padre, Padre Paul Mc Keown, célébrava la S. Messa.

Tradizionalmente bella, solenne e popolare e' stata la celebrazione della S. Messa che, come gi' da 37 anni, e' sempre seguita con grande partecipazione di pubblico e devozione dei fedeli. A messa finita e' stato distribuito il pane benedetto alle famiglie presenti; questo atto di condivisione tra i partecipanti bestia della terra rientra nella pratica della tradizione che, con la celebrazione della festa della SS. Madre di Carpineto completa una festa che riveste un carattere profondamente popolare.

Subito dopo la S. Messa la Banda dei Vigili del Fuoco della Città di Ottawa, con le sue note, ha inviato tutti i presenti ad un'animata processione a silenzio per le vie della città; e qui' che si e' potuto constatare la popolarità di questa festa! Nella processione c'erano nonni, genitori e bambini, tutte le generazioni erano ben rappresentate mentre la processione sfilava... Tradizionalmente bella!

Le festività sono continue al St. Anthony Italia Soccer club ove il Presidente dell'Associazione

Lorenzo Micuci ha dato il benvenuto alle circa 300 persone presenti. La serata sociale e' così iniziata e, mentre gli adulti socializzavano, i più giovani trascorrevano piacevolmente il tempo

con un clown che li rendeva veramente entusiasti, e' stata poi il gioco della pignatta ed altri giochi che hanno soddisfatto tutti i giovani. Con l'inizio della musica, la serata ha preso un tono particolare, al suono di certe canzoni, tutti ballavano, era molto bello ed è solo ho pensato che, senon ci fossero state le mura della sala ci si credeva di essere in una piazza durante una tradizionale sagra paesana tanto la serata era bella ed amichevole.

Alla fine della serata c'era "uno spumante".

E doveroso menzionare questo particolare aspetto della serata perch' la preparazione di questo spumante richiede molta buona volontà e molta benevolenza da parte di quelli che l'hanno preparato. Su un grande tavolo infatti c'era una moltitudine di dolci tradizionali preparati dalle signore membre dell'Associazione Rapinesi, non si poteva avere gli occhi abbastanza grandi per ammirare e gustare tutto quel ben di Dio. Dopo tutto questo, arriva la porchetta! Tradizionalmente ben preparata, ben presentata e... Tradizionalmente squisita.



Tradizionalmente bella!

www.ottawaitalians.com

Looking Back

Remembering Father Jerome Ferraro

By Anna Gara



To many, he became known as the 'soul of the Italian community' and today his memory is still alive in the minds of those who knew him.

Father Jerome Ferraro, once the parish priest at St. Anthony's Church, is remembered as an ordinary man with an extraordinary inclination to help others. To some he was a sports enthusiast and the founder of several Ottawa sports clubs; to others, a matchmaker and a personal advisor. Some will remember his Wednesday board lunches for the Sea Cadets; others, his creation of the Ladies Aid Society, Credit Union, and St. Anthony's Guard.

But for thousands of post-war Italian immigrants, he was the first stop in the transition to a new life in a foreign country. Bruno Giannotta, is just one of many immigrants who recall Father Jerome's help.

"That man I think had a big heart and I guess at the time he just decided to help all the immigrants," he says. "Me especially, I would never forget what he did for me."

Giannotta came to Canada with his family in 1957 not knowing what to expect and just two days later, Father Jerome already found a job for his father.

"We were not expecting anything," he says. "We landed in the middle of nowhere and day-to-day we had to learn this new city ... and in no time at all we all knew that we had to see Father Jerome."

F a -

ther Jerome was well known both within and beyond the Italian community as the go-to person for almost any personal, financial and immigration concerns.

Giannotta had ambitions to become a plumber, and although Father Jerome said it wouldn't be easy, two years later he landed him a job with a former priest who had entered the plumbing business.

He credits Father Jerome with helping him become the first Italian plumber in Ottawa. In all, he helped over 2,000 new Italian immigrants come to Canada.

Ialo Tezz, who knew Father Jerome through much of the work he did for him and the community, emphasizes that his work with the immigrants involved help from many parishioners who volunteered day and night with cooking, housing, and anything else that was needed.

"He had the charisma to capture these people who were ready to help new immigrants," says Tezz. "He had a whole army behind him."

His office during those years would be filled with people sleeping there and eating lunch. Tezz says the office and St. Anthony's Church became home to a lot of people.

"He was drawn to people. It could have been a little charismatic touch he had," says Peter Scott, Father Jerome's former assistant.

Scott says that Father Jerome made a commitment to devote more of his life to others than to himself. He would even wake up early in the mornings so he could pack lunches for the men who had come from Italy, and drive them to their construction jobs.

"The door was always open," says Scott and Father Jerome would rarely keep things for himself. "He was very generous like that, nothing really was his own."

Margaret Medaglia, who knew Father Jerome since he was a student, recalls an incident when the Ladies Aid Society gave him a cheque for \$200 to buy a winter jacket which he badly needed. Instead, he took the cheque and gave it to the boy scouts who were raising money for summer camp.

"He was a simple man," says Medaglia. "He was a very caring man ... He was one of us, he treated everybody the same."

Although he was strictly religious, Father Jerome had a sense of humour that made him approachable.

Tezz says that when he was a child his mother made a chicken-based soup that he refused to eat on Fridays. When his mother phoned Father Jerome to complain, he asked her to let him speak to Tezz and said, "Don't be so damn scrupulous! Eat that soup!"

"And he was right," laughs Tezz. It was this light-heartedness that sticks in so many people's memories.

On June 10th Father Jerome's former friends, family and members of the community will honour him at St. Anthony's Church. The community hall in the church's basement will be named after him, as a tribute to Father Jerome's years of dedication to the community.

Ricordiamo Padre Ferraro

Molti di noi lo ricordano come "l'anima della comunità italiano-canadese di Ottawa" ed oggi la sua memoria è ancora viva in quelli che l'hanno conosciuto.

Padre Gerolamo Ferraro, quando era il Parroco della parrocchia S. Antonio, è ricordato come un uomo ordinario con una grande dedizione di aiutare la gente. Per alcuni era un entusiasta dello sport e fondatore di diversi club sportivi, per altri era un uomo che combinava matrimoni, per altri era un buon consigliere e grande amico; molti ricordano le confessioni del pranzo per i Sea Cadets, altri per la creazione delle Ladies Aid Society, della Credit Union, e della Guardia di S. Antonio.

Per migliaia di immigrati del dopo guerra lui era il primo punto di vista nella transizione nel Nuovo Paese. Bruno Giannotta, è uno dei tanti emigranti che ha ricevuto il aiuto di Padre Ferraro: "Penso che quell'uomo aveva un grande cuore e che a quei tempi ha deciso di aiutare gli emigranti, lo in particolare non potrò mai scordare quello che ha fatto per me!"

La famiglia Giannotta è venuta in Canada nel 1957, a quel tempo non sapevano cosa l'aspettava, due giorni dopo il loro arrivo in Ottawa, Padre Ferraro trova lavoro al parroco. "Non ci aspettavamo niente, siamo arrivati in mezzo a nulla ed abbiamo dovuto impararlo tutto, giorno per giorno, ci siamo ambientati ed in poco tempo abbiamo imparato come vivere in questa nuova città" ed è allora che abbiamo imparato che dovevamo andare a vedere Padre Ferraro perché ci potesse guidare nella nostra esperienza di mani amate".

Tutti quelli che avevano bisogno di lavoro, di aiuto finanziario, di consigli personali o per l'emigrazione andavano da Padre Ferraro, italiani o chiunque altro.

Bruno Giannotta voleva diventare un idraulico, Padre Ferraro lo avvertì che non sarebbe stato facile, due anni dopo Padre Ferraro trova lavoro a Bruno con un prete che si era messo in affari facendo appunto l'idraulico. Questa opportunità permette a Bruno di specializzarsi e diventa così il primo idraulico di origine italiana in Ottawa, la sua carriera ed il suo avvenire furono così assicurati.

Sipensa che Padre Ferraro abbia aiutato, più di 2000 emigranti per venire in Canada.

Ialo Tezz, che conosceva molto bene Padre Ferraro per tutto il lavoro che faceva per lui



Father Jerome with the Sons of Italy and Ladies Aid Society

nella comunità", ricorda benissimo che, con il suo operato, Padre Ferraro implicava un gran numero di parrocchiani che si portavano volontariamente lavori e aiuti per i bisognosi. "Padre Ferraro aveva il carisma necessario per implicare le persone che erano pronte per aiutare al bene degli emigranti, aveva così un'esecuzione di volontari che lo seguivano! L'ufficio parrocchiale era diventato la casa per molte persone, molti ci domandavano e ci mangiavano regolarmente".

"Era affatto dalla gente! Questo era forse dovuto al carisma che aveva". Ci confida Peter Scott che è stato l'assistente di Padre Ferraro: "Padre Ferraro si era proposto di dedicarsi di più agli altri che a se stesso. Si alzava molto presto al mattino per preparare i lunch per gli uomini che, appena arrivati dall'Italia, portava poi nei differenti cantieri".

"La sua porta era sempre aperta" continua Peter Scott: "Dava tutto quello che aveva, naturalmente aveva qualcosa di suo".

Margherita Medaglia, che conosceva Padre Ferraro da quando era studentessa, ricorda quando le Ladies Aid Society gli diedero un assegno di \$200 per comprargli un cappello di cui non aveva veramente bisogno, Padre Ferraro invece diede l'assegno ai Boys Scouts che stavano raccogliendo fondi per il campo estivo. "Era un uomo molto semplice, era una persona che dicono era adattata alla gente... Era un di noi e ci trattava tutti uguali" Ricorda Margherita.

Padre Gerolamo era molto religioso, il suo grande talento umanistico lo rendeva popolare e tutti si sentivano bene in sua compagnia" Ialo Tezz ricorda e continua raccontando che un giorno sua madre aveva fatto una minestra di pollo che lui si rifiutò di mangiare perché era di venerdì, la madre telefonò allora a Padre Ferraro per chiedere di salutarsi, Padre Ferraro chiese alla madre di parlare al giovane Tezz che apostolo dicendo: "Non essere così scrupoloso! Mangia la minestra che tua madre ha fatto con tanto amore!" Ed aveva ragione. Sorride ancora Tezz pensando a quelle belle memorie che Padre Ferraro ci ha lasciato.

Il 10 giugno, gli amici di Padre Ferraro, la famiglia ed i membri della comunità lo onorano alla Chiesa di S. Antonio. La sala comunitaria del sottosuolo sarà a lui dedicata come segno tangibile di quello che Padre Ferraro ha fatto per la comunità.

General Interest

Student delves into her family's history 150 local students showcase work at Historica Fair

The Nugget

By Bryn Weese

Meghan Buckle didn't shy away from the shady topics of Canada's past with her Historica Fair project. The Grade 7 St. Hubert School student focused on the internment of Italian Canadians in Petawawa during the Second World War - specifically her great-grandfather, Maggiorino Marco Pellarin.

"My great-grandfather was interned at Petawawa and I heard my mom and grandma talking about it one day," Buckle, 12, said about how she chose her topic. "I thought it would be cool to discover about my past."

She was among 150 students showing their projects at the Education Centre gymnasium Friday. After researching the topic, Buckle said her view of her country changed a little. She realized that governments can sometimes be mean, but they can also admit when they're wrong. As part of her presentation, she had a letter of apology for her great-grandfather's internment. He died in 2000.

"I didn't know anything about (the internment) and I only knew my Nonno for a little while," she said. "He was a quiet guy - he kept to his own - and maybe that's why he was so quiet, because he went through all that."

The gymnasium was turned into a history buff's mecca Thursday and Friday for North Bay's regional Historica Fair. Students from grades 7 to 9 showcased their Canadian history projects, which highlighted everything from the Haida people to Tim Horton, the hockey legend and his coffee.

"What we try to encourage is that the students choose something that has a personal connection, so it might be something that their great-grandfather was involved with or something about how their family first came to Canada," said Wayne Hugill, an Ontario co-ordinator

for the Historica Fairs program. "The fair is a chance for them to share that story, something about their own family or their own personal histories, with other people in the community ... and that, I think, is what makes the difference."

There are four regional fairs in Northern Ontario this year. Across the province, there are 21 regional fairs involving more than 250,000 students. Eventually, Hugill said, Historica wants to see every child in every school across the country participate in a fair at least once during their elementary school career. Honing research and presentation skills complements the curriculum, he said.

Doug Gosse, an education professor at Nipissing University, has been involved with the Historica Fairs movement for the past 12 years. He currently chairs the North Bay regional fair committee.

"Their enthusiasm is incredible," he said about this year's fair. "It's what learning should be about. It gets them (the students) interested and inspired." History is "the most loaded of any subject," he said, perhaps because of the stuffy books and ancient literature traditionally associated with historical studies.

"But Historica is one way to change that in Canada because the kids get to choose their topic, choose how they research it, and how they present it," he said. "They just light up and are passionate about history."

Four students will learn early next week they are going Ottawa May 16 to 20 for the provincial fair, where one student will be chosen to represent Ontario at the national fair in Lethbridge, Alta., in July.

Riflessione: La vita...

di Giuseppina Iezzi

Il via-vai della routine giornaliera ci rende occupati a tal punto che non si ha il tempo di riflettere sulla vita in generale. Nei momenti in cui ci sentiamo soli, tristi ed oppresi da circostanze difficili, solo allora ci capita di riflettere e ci chiediamo cosa sta succedendo. Ci poniamo domande a cui cerchiamo risposte che non abbiamo.

Nella vita tutti si trovano soli e discese, alcune belle, alcune brutte ed alla fine esiste sempre una ragione anche se in quei momenti difficili non ci si rende a fare una ragione. Non voglio dilungarmi. Il motivo di questo mio scritto è solo di condividere con voi una riflessione sulla vita che ho trovato fra le mie scatole alcuni giorni fa. Non so chi sia l'autore ma trovo questa riflessione molto interessante. Lascio a voi il piacere di leggerla. È un po' lunghetta, ma sono sicura che leggendola tutta, ognuno di voi si può immediatamente. A tutti auguro sempre cose belle. Su con la vita e in bocca al lupo!

La vita...

Nella vita, ci sono dei momenti in cui una persona ti manca molto, e tu vorresti tirarla fuori dai tuoi sogni per stringerla molto forte tra le tue braccia!
 Quando la porta della felicità si chiude, un'altra si apre, ma noi continuamo a guardare la porta chiusa e non diamo importanza a quella appena aperta.
 Non fidarti delle apparenze, sono spesso ingannevoli.
 Non interessarti alla ricchezza, smania.
 cerca qualcuno che ti trasmetta la sua allegria affinché la giornata più triste diventi migliore.
 cerca qualcuno che faccia ridere il tuo cuore.
 Sogna ciò che desideri sognare.
 Val là dove ti auguri di andare.
 cerca di essere ciò che desideri essere.
 Perché la vita è unica ed esiste solamente una possibilità di fare le cose che vogliamo.
 Fortunati non hanno necessariamente il meglio del meglio.
 cercano semplicemente il meglio di quello che essi incontrano sulla loro strada.
 Il più bel futuro dipenderà sempre dalla necessità di dimenticare il passato.
 Non potrai andare tanto avanti nella vita se non avrai superato gli errori del passato e tutto ciò che ferisce il tuo cuore.
 Quando sei nato piangi e tutti i tuoi familiari sorridevano.
 Vivi pienamente la vita,
 voi siete alla fine delle cose, in modo da sorridere sempre malgrado le facce degli altri.
 Nella vita non contano i sogni,
 ma i momenti che ti hanno tolto il respiro...
 Gli affimi più belli... le emozioni, l'amore!
 Buona fortuna...

Calciopoli Fuels Italy's Obsession with Referees

Guardian Unlimited

Mark Meadows

Italian referees have received more media attention than many of the country's players this season after last year's match-fixing scandal heightened scrutiny of their performances. Criticism of referees is nothing new in world soccer but the Italians have taken the analysis to a new level even though there has been no hint of impropriety from any of the officials still working.

Fans in other countries await twin news on Fridays ahead of weekend fixtures but in Italy all anyone wants to know is the name of the referee. Club Web sites flash up their assigned assignees as soon as 15 minutes and then post detailed bring-bangs and lists of recent controversial decisions. The Gazzetta dello Sport newspaper publishes a huge matrix of numbers relating to referees, including hours and many penalties awarded and performance marks given to them by journalists.

In most European nations, the referee is expected to abuse on the field but when he leaves the stadium and the post-match press orientations are over he is largely forgotten. He may be blamed for incompetence but rarely accused of cheating. Italy's obsession with referees was highlighted in the 2002 World Cup when the nation blamed Ecuadorian referee Efraim Moreno for their eliminated South Korea. Conspiracy theorists said South Korea were being favoured as they were tournament hosts.

Last season's match-fixing scandal, or "calciopoli", in which Juventus fans were demoted for trying to secure favours for officials, has intensified the fixation. Captain Massimo De Santis was hammed in four years after being found guilty of corruption in Serie A games. Other teams had points docked but the focus was on Juventus, who had been accused of gaining fortunate refereeing decisions long before the scandal broke. The subject continues to be a favorite topic even as Juve fight for promotion from the less than glorious Serie B back up to the top flight.

On Saturday, referee Nicola Ayaldi awarded Juventus a late, debatable penalty and sent off two Bologna players for protesting. Bologna sporting director Fabrizio Salvatori was furious. "The disappointment is huge. Against Juventus, we are always unlucky. It could not have been a penalty. Do you justify a decision like that to the people?" he told the club Web site (www.bolognafc.it). "It's understandable and logical that someone loses their patience in circumstances like this. If that was a penalty, they would have to give 10 or 20 in every game."

Cesare Cusconi, the head of Italian referees, criticised Ayaldi. The first time he has openly done such a thing, and also expressed disappointment in emerging referee Luca Maresi who had faced criticism for his handling of another Serie B game. Parma v Bari, Ayaldi and Maresi were neither out of form and when a player is not at his best, the player is not criticised but the coach who put him on the pitch, Cusconi implored. "Therefore I am the referee's assigner and I would have done well to have kept them both on the bench. We can say that it has been a matter of biased decisions that deserve criticism."

Gussoni, who has been in charge of referees for the last six months, said he would like Italy's most famous former referee, Tofano Cattaneo to be the next assignment secretary. "The whole day in Serie A and the rest in B went quite well but it weighs heavily that two matches went badly, even if no one is questioning their good faith," added Gussoni. "If any referee has made a mistake in bad faith, he will be harshly punished."

Last month the Italian Referees' Association (ANR) suspended seven referees and two fines after an investigation by magistrates turned up new allegations of match-fixing connected to the original inquiry.

In Germany, referee Robert Hofer was sentenced to two years and five months in prison in 2005 for fixing matches as part of a two-million-euro (\$2.7-million) betting fraud. Such cases are isolated but it has not stopped Italy from distrustful every referee.

General Interest

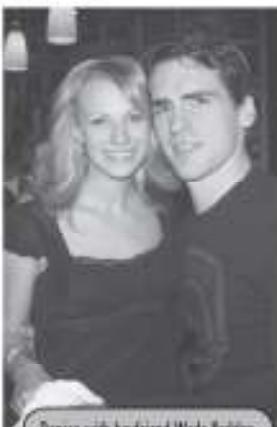
Fratelli's Restaurant Raises Another \$30, 000 for Roger's House

Article & Photos by Giovanni

This year, once again a sold out event at Ronell's restaurant in Kanata for their 5th Annual Roger's House charity fundraiser. This year, \$30,000 was raised, bringing their total raised over the last 5 years to more than \$100,000. The restaurant, whose name means "brothers" in Italian, and reflects the brothers, Riccardo and Roberto Valente, who own and operate it, has become an extremely popular eatery in the Nation's Capital over the last 10 years, boasting three different locations across the city, including the Glebe and Westboro, with the Kanata location being the largest. The restaurant has come to be recognized for serving its classic Italian dishes, with various eclectic specials, a wine list with more than 80 types of wines with 11 types by glass, has been recognized with a Wine Spectator Award, and lastly, for its warm and friendly service and contemporary decor. Fratelli's has also become a favorite hangout for many local celebrities (Sens players, the previous prime minister, Mario Lemieux, and many more), VIP clients, and prominent business people in the community. Co-owner Roberto stated: "Our parents Louise and Pasquale taught my brother Riccardo and I all we know about the business. They are our motivators and we are thankful to them everyday!"

A live auction was held and hosted by both Richard, and local TV/Radio personality "Shantman" Stu, who kept everyone in attendance entertained and in good spirits throughout the evening. Two jerseys in particular, drew the most attention; Roberto Luongo's, who sold for \$2500, and ex-Sens player Martin Havlat, whose sweater sold for \$2200. On this night, a 3-course dinner was served, and included: wild mushroom soup, lobster ravioli, Angus filet with prosciutto wrapped parmesan, white chocolate cannoli and raspberry panna cotta.

The restaurant will donate all proceeds to Roger's House, their annual charity, because of their close relationship with the Ottawa Senators, and the fact that they feel that it is a great cause. Fratelli's philosophy is stated as being casual and elegant, always showcasing friendly service, and preparing very good food. True to form, Fratelli's has demonstrated once again, why they are so popular, and as always, a class act all the way!



Danica with boyfriend Wade Johnson



Mike Fisher holds Luca, Roberto's son



Chris Phillips With wife Erin



Pasquale with son Roberto who is holding his son

Venice, Italy, Sick of the Slovenly Tourists

Littering, loitering visitors at St. Mark's Square spur leaders to set new rules

Los Angeles Times

Tracy Wilkinson

Call them the slob police.

Officials in Venice - as well as the handful of actual Italians still living in the lagoon city - have declared themselves fed up with a certain category of tourist: the pot-bellied, bare-chested, foot-chomping, trash-spewing hordes that peak from now until autumn.

To combat what they see as a scourge, Venice authorities are distributing leaflets and posting posters with a new set of rules.

In St. Mark's Square, it is now forbidden to sit or recline under the porticos and on the steps along the Procuratie Nuove and the Ala Napoleonica, the buildings that ring the city's iconic St. Mark's Square. And don't even think of stopping alongside the Doge's Palace to nibble on a pasticcio, a gelato or another snack.

"It is forbidden to stop to eat or drink anywhere other than at tables set out by public restaurants," the leaflet says. "It is forbidden to litter or leave behind waste paper, cans, bottles and any other type of solid or liquid waste."

Even the sale of takeout food, a staple for tourists, is being banned around St. Mark's Square.

The trash, pizza crusts and pigeon excrement that coat the square are of particular concern to city officials and others who maintain that the rubbish is ruining the site, one of the most

popular tourist destinations in the country.

"I've been saying for some time that drastic measures are required," Augusto Salvadori, a senior tourism official, told the Italian daily newspaper *Corriere della Sera*.

The struggle over rules reflects the dilemma for popular tourist magnets. Communities crave and rely on tourist dollars, but at some point they feel overrun by the very visitors they're courted.

Such is certainly the case in Venice, where at times crowds are so thick that it's difficult to move through the city's winding streets.

To impose order, some city officials are even thinking of closing foot traffic through St. Mark's.

"[The tourists] walk like sheep," said Marisa Boffoli, an official with the town hall. "I sometimes can't even move; I'm stuck and am late getting to the office."

And so, for now, the "decency patrols," as the local press calls them, will enforce the new rules.

Violators who litter, eat in undesignated areas or loiter under impermissible porticos may be fined up to 500 euros, or about \$675 US.

Conference Alde Tours
a division of DMO Ottawa

WANTED

ITALIAN-SPEAKING TOUR GUIDES

Conference Alde Tours is seeking local enthusiasts to deliver city sightseeing tours for motorcoach and walking tours in Canada's Capital Region to Italian-speaking visitors. You must be a dynamic, self-motivated and energetic individual who enjoys speaking in front of groups.

QUALIFICATIONS:

- Demonstrates ability to speak in front of groups
- Experience interacting with the public
- Leadership qualities and outgoing personality
- Must be First Aid and CPR certified
- Knowledge of Ottawa's history, geography and major tourist attractions
- Must provide a valid Criminal Record Check

ADDITIONAL INFORMATION

Seasonal work available throughout the year. Potential for grants on selected tours. Paid training available to qualified candidates.

Send resume to jsoeder@innocettatours.com, fax (613) 232-6226, or in person at 275 Bay Street, Ottawa.

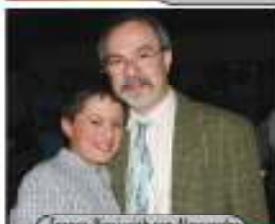
Festa dei Rapinesi



Mr and Mrs. Joe Costa, Paola and Lisa Micucci and Bruno Ladouceur



Directors of Associazione Rapinese



Franco Ricci with son Alessandro



Caterina Micucci and daughter Sabina



Lorenzo Micucci, President (left), Lamato Ferrante (right) with children

Associazione Rapinese di Ottawa



Welcome



Benvenuti



Ladies Aid - Doing all the baking



Doris Micucci, Gianna Franco, Lorenzo Micucci and Maria Ferrante



Angel, Ricardo Ghaffar



Fred and Maria DiCarlo with guests



Lorenzo Micucci with guests Eddie Nanni and Rose Torta from Rapino, Italy

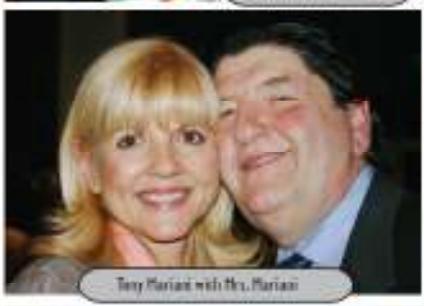
La Nostra Voce Anniversary Celebration



La Nostra Voce Troupe



Rita Filosa, Maria DiCarlo and Bisa Iekuni



Tony Mariani with Mrs. Mariani



Tony Iekuni



Tony and Bisa Iekuni



The Three Tenors: Tony Iekuni, Luigi Filosa and Favaretto



Guests with Nicola Baglivo



La Nostra Voce Faculty



Tony Iekuni, Italy Tizzi and Virgil Palermo



Le and Gloria Battisti



Guests Dancing



Fred and Maria DiCarlo with guests

Community Events



The Order Of Italo-Canadians Mothers Day Celebration



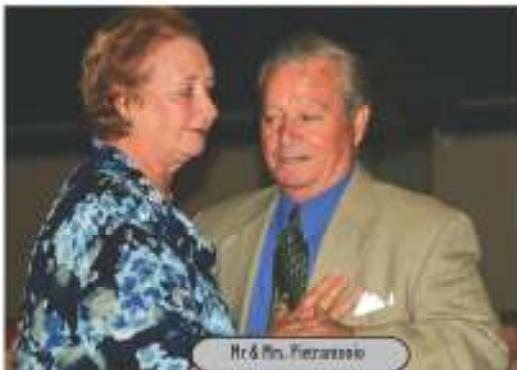
www.ilpostinocanada.com

Association Pretorese Feast of San Domenico

Ottawa May 4th, 2007

Actors and Entertainers for the Play *Il Lupo*

President Maria D'Angelo with Executive Committee



Mr & Mrs. Pierantoni



Quirino D'Angelo at the well

www.ilpostinocanada.com

Community Events

Coalition of Italian Canadian Associations

Coalizione delle associazioni canadesi italiane di Ottawa

Associazione Roccamontepiano, Centro Abruzzese Canadese, Associazione Rapinese, Associazione Pretorese,
Centro Comunitario Italiano-Canadese

Presentano

“Cultural Exchange Draft Program”

Musica Quintetto Italiano “A.Settini” con il Maestro Manuele Filoso
 Nicolin Rosalba-voce soprano solista, Massi Rocco-clarinetto, Aquilano Mariano clarinetto
 Filoso Manuele-clarinetto, Iozzi Leonito-clarinetto basso
Coordinators of Program
 Angelo Filoso Cell 613-236-6545, Fax 613-236-6545, e-mail Angelo@filoso.ca
 Luigi Filoso 613-729-5250, Gino Buffone 613-236-4014, Home 613-820-5891,
 Luciano Pradal 613-729-3080
 Association Rapinese-Lorenzo Mirendi, Centro Abruzzese-Canadese Inc Nello Scipioni,
 Association Roccamontepiano-Ermindo Buffone, Association Pretorese-Mario D’Angelo
 Centro Comunitario-Angelo Filoso, Chin Ottawa 97.9FM- Lenny Lombardi, Tony Markoni
 Giovedì Giugno 28 a Giovedì Lugo 12, 2007

Thursday, June 28th to Thursday July 12th, 2007

Thurs June 28th 2:00 p.m. Montreal Airport

5:00 pm-Accommodations

7:00 pm. Reception Families Casa Abruzzo/Coalition of Associations

10:00 p.m. Accommodations

Fri June 29th 6:00 p.m. Pranzo Luigi and Angelo Filoso / Il Gruppo Anziani

8:00 pm. Concert of Quintetto

Sat. June 30th

6:00 p.m. Concerto St. Anthony’s Soccer Club

Coalition of Italian Canadian Associations

Sun July 1st 11:00 a.m. Montreal San Gabriele/Luciano Pradal/Tony Mariani

Mon July 2nd Italian Day Andrew Haydon Park

Tue July 3 Spazio/No Activity

Wed July 4th 10:00 a.m. Concerto Municipio di Ottawa

Thurs July 5th 10:00 am Tour City Parliament Hill

Thurs July 5th 1:30 p.m. Pranzo-Casa Abruzzo

Friday July 6th 7:00 p.m. Concerto Chiesa di Sant’Antonio

8:00 p.m. Pranzo-Chiesa di Sant’Antonio

Saturday July 7th 6:00 a.m. Leave for Toronto

11:00 a.m. Arrival CN Tower Toronto

1:00 p.m. Pranzo Panini

2:00 p.m. Leave Toronto for St. Catherines Hotel

4:30 Pm Niagara Falls Tour

6:00 p.m. Leave for St. Catherines

7:30 p.m. St. Catherines Club Roma Pranzo/Concerto

11:00 p.m. Check into Hotel 10 min/40 people

Sunday July 8th 8:00 a.m. Leave for Toronto

10:00 a.m. CHIN
 12:00 p.m. Concerto/Television
 1:00 p.m. Pranzo Villa Colombo
 3:00 p.m. Leave Toronto for Ottawa
 7:30 p.m. Ante Ottawa
Monday July 9th Spazio
 6:00 p.m. Slots Albion Road
Tuesday July 10th 7:00 a.m. Concerto Television A Channel 6
 6:00 p.m. Ottawa Fire Fighters Band Reception/10 Balsam
Wednesday July 11th
 11:00 a.m. Concerto CHIN Radio-Ottawa
 1:00 p.m. Pranzo Casa Abruzzo
 6:00 p.m. Concerto Alla Residenza Dell’Ambasciatore d’Italia Beneficenza Open Lyra
 Garden Party

Thursday July 12th 10:00 a.m. Partenza per l’Italia

QUARTETTO DI CLARINETTI “A. Settimi” Clarinetto Rocco Masci Clarinetto Mariano Aquilano
 Clarinetto Manuele Filoso Clarinetto basso Leonito Iozzi

Il Quartetto “A. Settimi” nasce con l’intento di ricordare la figura del grande clarinettista abruzzese Aldo Settimi, Docente di Clarinetto presso l’Accademia Musicale Pescarese o presso il Conservatorio “L. D’Annunzio” di Pescara, distinto nella sua carriera per la grande tecnica strumentale e l’ineguagliabile passione per l’insegnamento.

Il gruppo, costituito nel 2003, è composto da clarinettisti di chiara fama che nella loro carriera sono divisi nel panorama Internazionale esibendosi in importanti Orchestre Sinfoniche quali: “S. Cecilia” di Roma, Teatro dell’Opera di Roma, Orch. Sinf. Internazionale d’Italia, Orch. Sinf. di Pescara, in concerti con gruppi di musica da camera, CD musicali e collaborazione con grandi Maestri: D.Ronetti, Y.Temirkanov, G.Shuller, A.Brazton, G. Noseda, M. Caldì, M. Marvallo e solisti come: R. Filippi, M. Crudell, F. Mezzana, P. Berman.

E recentemente l’ensemble ha inciso il brano “ricordi d’abruzzo”, composto da Rocco Masci per la colonna sonora del film su Ignazio Silone e P. Patini di Gengidio Angeloni dal titolo “La miseria creduta”. Inoltre ha collaborato con diversi altri per la realizzazione di spettacoli teatrali (musica e poesia) tra i quali: Edoardo Sisaro (Fiction “Vivere” di canale 5) 865 Gladstone Avenue - Suite 101 - Ottawa, Ontario, K1R 7T4 Tel. (613) 567-4532 Fax. (613) 236-6545

La Nostra Voce Anniversary Celebration a Success

By Anna Gara

Old friends, dancing, singing, plus a long and entertaining performance by Tony Iezzazi created a memorable ambience and atmosphere at last month’s La Nostra Voce anniversary celebration.

The event was a great success according to Nello Burlootti, the president of the Order of Ilo-Cardinals.

“It was a very entertaining evening, a number of people commented on a wonderful evening,” he says.

According to Burlootti, normally many people leave such events before midnight, but this time most people stayed longer.

He credits much of the success to Iezzazi’s performance. The singer started early and continued for much of the night.

“The people really enjoyed it,” says Burlootti, “Tony Iezzazi was very very impressive.”

The anniversary celebration was organized in partnership with the Mother’s Day dance this year. Burlootti says all mothers were given a rose as they entered the building which gave the event a pleasant atmosphere.

“Many people were meeting friends they haven’t seen for a while,” he says. “It was very successful.” Burlootti says this event may very likely take place again in the future.

Viaggio a Montreal

La coalizione delle Associazioni Italo-Canadesi di Ottawa in collaborazione con la Federazione Abruzzese di Montreal, in occasione della venuta in Canada del “Quartetto Aldo Settimi” organizzano un viaggio a Montreal il 1 luglio 2007.

Programma

- Ore 7 am. Partenza in autobus per Montreal
- Ore 10 am. Arrivo all’Ostello di S. Gabriele dell’Addolorata situato nel Parco Abruzzi a Nord di Montreal
- Ore 12 S. Messa, celebra da Padre Giorgio Ruffino, Frate Franciscano da Palermo che c’è in Canada per festeggiare la Festa di S. Lucia. Il Quartetto Aldo Settimi anima la S. Messa accompagnando la soprano-solisti Nicolin Rosalba.
- Ore 13 Pranzo alla casalinga
- Ore 15 Concerto del Quartetto Aldo Settimi con la soprano-solisti Nicolin Rosalba che eseguiranno musiche e canzoni classiche e folkloristiche.
- Ore 16 Partenza dal Parco Abruzzi per Montreal, visita del Mont Royal in autobus.
- Ore 21 Presto aereo in Ottawa.

Chi desidera potrà portare bevande e cibi.
 Costo del viaggio con pranzo \$ 50
 Costo del viaggio senza pranzo \$ 40

I posti sono limitati, prima arrivati prima serviti.
 Chi desidera potra portare bevande e cibi.

Per informazioni e riservazioni siate pregati di chiamare:
 Gino Buffone (613) 236-4014
 Luciano Pradal (613) 729-3080
 Rita Parisi (613) 226-3865.

Lifestyles

Ambassador's Message on Italy's National Day



Ambassador Gabriele Sardo



AMBASCIATA D'ITALIA

OTTAWA

Cari italiani e cari italiani,
quale che settimana ci si pone dalla festività del 2 giugno, data di nascita della Repubblica Italiana e ricomemora che ci apprestiamo a celebrare per ricordare il legame con la Madrepatria e l'impegno a tramandare questo sentimento alle generazioni più giovani. Il 2 giugno sarà quindi anche un'occasione per tirare un bilancio su quanto realizzato negli scorsi dodici mesi e su quanto intendiamo mettere in conto affinché l'Italianità che sentiamo dentro non sia soltanto una parola di rito, ma anche un impegno concreto.

Essere italiano significa anzitutto definirsi in rapporto ad altri che provengono da luoghi e tradizioni differenti. Essere italiano in Canada significa sebbene un ricordo vivo dei valori e delle tradizioni della nostra gente senza venir meno in nulla a quelli del Paese di accoglienza, e insegnati a chi nelle vostre famiglie è destinato a vivere oltre la vostra stessa vita. Essere italiano in Canada non significa possedere necessariamente un passaporto italiano o avere nel cassetto un certificato di cittadinanza: vuol dire invece avere la coscienza di appartenere insieme agli italiani di amegna ad una comunità che con la Madrepatria vuole comunque mantenere un rapporto di vicinanza spirituale e che in questo rapporto voleva svolgere un ruolo di co-protagonista.

Mi auguro che il prossimo 2 giugno serva come occasione per riflettere a quanto gli italiani in Canada - e anzitutto loro - possono e debbono fare per mantenere viva la loro identità. Identità significa anzitutto lingua. E' la lingua ciò che perpetua la tradizione ed è perciò dell'insegnamento della lingua che bisogna parlare per continuare a partecipare ad una comunità italiana. Cioè che il Governo italiano potrà fare per dare un aiuto sarà fatto. Ma senza uno sforzo anche da parte delle comunità italiano-canadesi il risultato non si raggiungerà. Senza la convinzione nelle vostre comunità che è necessario perpetuare la lingua italiana sarebbe del resto un'operazione inutile.

Quanto al ruolo che le comunità italiano-canadesi possono avere per mantenere vivo il rapporto con la Madrepatria, mi pare che il grado di motivazione raggiunto in questo Paese dai discendenti dei nostri emigranti sia ormai tale da giustificare una mobilitazione di risorse umane e materiali anzitutto qui in Canada. La presenza e il ruolo dell'Italia in Canada potranno crescere; ci auguriamo tutti che crescano; e da parte mia prometto il massimo impegno perché ciò avvenga. Ma il rapporto con la Madrepatria - economico, professionale, culturale - crescerà in modo veramente utile per le comunità italiano-canadesi solo se esse si affrezeranno per incontrare la società italiana a "mezza strada", facendo la loro parte. Gli anni dell'insediamento, dei riconoscimenti familiari, dell'assettamento economico sono stati, forzatamente, gli anni del silenzio. Ora che da questa parte dell'Oceano i discendenti di quegli emigrati hanno raggiunto, da canadesi, sicurezza e dignità, è necessario inventare le forme del dialogo: tra le classi politiche, tra categorie imprenditoriali, tra professionisti,

tra studenti, tra turisti. Sono necessari organizzazioni e investimenti. Ma soprattutto è necessario volerlo, con lo stesso desiderio e impegno con cui i figli degli emigranti sono diventati canadesi a pieno titolo.

E questo il mio augurio a tutti Voi in occasione del prossimo 2 giugno. Lavorerò con Voi ovunque sia possibile. So che l'obiettivo di un vero dialogo tra le vostre comunità e la società italiana è alla portata sia degli italiani che vivono in Italia, sia degli italiano-canadesi. Auguro a Voi tutti di raggiungerlo. Per quanto mi riguarda, spero di vedervi, almeno in parte, realizzato.

Viva l'Italia!
L'Ambasciatore d'Italia
Gabriele Sardo

The Certainty of Ambiguity

By Renzo Rizzi

I was discussing philosophy with a very bright and attractive woman the other day when I coined the phrase "the certainty of ambiguity." At first, the phrase may seem like a total contradiction and falsehood. In fact, it is a basic life principle that we need to ponder.

Let's start with the term "certainty." What can we be absolutely and completely sure of in life? The cliché answer that the only things we can be certain of are "death and taxes." The fact that we will all die eventually is not exactly a comforting thought. You have to examine whether you consider physical death as the end of your existence. The French philosopher René Descartes is famous for his concept, "I think, therefore I am."

Descartes is equating consciousness as proof of existence. A large number of religions subscribe to the concept that our consciousness continues after physical death. In that sense, we will still continue to exist. Therefore, we cannot be absolutely certain that our death will be the end of our existence.

Most Italians are Roman Catholics and the Roman Catholic faith describes "life after death." Therefore physical death is not, in this case, the end of our existence. There is a certain amount of ambiguity in what our after life will be like. If we are good upstanding Catholics that have led a moral and holy life, we supposedly will enter the kingdom of heaven. That is a type of reward for our good behaviour. Peoples' idea of what heaven will be like depends on personal tastes. Somebody's idea of heaven might be a place where you can get endless pasta and wine! If we have led a morally corrupt and evil life we will supposedly end up in hell where we will suffer for eternity. This is the punishment given out for leading a bad life on earth. The idea of endless torture sure is a scary thought! The point is there is ambiguity in what we will experience in the after life.

The certainty of taxes is a little more straight forward. In most countries, if you have an income you will pay taxes. People that are homeless and have no income will certainly not pay taxes. People with a criminal income that obviously would not report it, do not pay taxes. Ironically a big criminal like Al Capone was nabbed for tax evasion. We cannot say with all certainty that all people will pay all of their taxes all of the time. The majority of people are honest and that is why companies like H&R Block are still in business.

Two major areas in life where the concept "the certainty of ambiguity" can be applied are relationships and communication. Often relationships are very dependent on clear communication.

How can we be absolutely certain where we stand in regards to our relationship with another person? Friends and lovers have been known to betray their companions. "Till death do us part" is no longer relevant or meaningful as far as national averages for divorces are concerned. We may have thought that we had a reliable friend or lover until a crisis comes up in our lives and we get no assistance and not even any sympathy.

However, we enter into our relationships with optimism that the relationship will be a rewarding one. Ideally we hope that a beautiful friendship or a great love will last "forever." We have to deal with and live with any degree of "uncertainty" that may be in the back of our minds. We cannot let the "uncertainty" of relationships peck at our head like a woodpecker on wood or we will drive ourselves crazy!

I sometimes wonder if we were all telepathic, people would know exactly what we are trying to communicate to them. Presently, there is a great deal of ambiguity when it comes to written or verbal communication.

For example, I used to type some words in all capital letters in the body of an email when I would send out an e-mail. This was innocently done to emphasize the words. I stopped doing this when my e-mail savvy young daughter and wife informed me those words in capitals means that you are "shouting." I officially offer my apologies. "Sorry, I did not mean to shout." If you send out a thank you note to the couple that bought you a silver locket for your wedding, your attempt at humour may backfire. Even if you meant to be sarcastic and funny when you wrote, "Thanks for the very cheap gift!" this may be perceived as insulting. Your laugh and toothy smile cannot clearly come across in the card.

The use of the ever popular voice mail also lends itself to ambiguity. When you jokingly chastise a friend by speaking in a serious tone of voice and saying, "You moron, you forgot to pick me up this morning!" your friend may actually think you are angry. The follow up, "Just kidding," would be added in a live conversation but may be left out on purpose in a voice message. In either case, the friend may still end up being confused about whether you actually were angry or not.

A lot of friends engage in name calling without any seriousness associated. A friend may call you a "bocca" which, when translated literally from the Italian means "salted cod." In common slang usage the term means somebody who is an idiot. You and your friend may call each other a "baraca" and mean it as a term of endearment. You both know that there is no malicious intent meant. Somebody listening to your conversation may think you two are actually fighting.

On a more serious note, an examination of the phrase, "I love you" reveals that there can be a great deal of ambiguity in relation to the exact meaning of the phrase. The love expressed may be purely conditional love that will only last if certain "conditions" or expectations are met. This is why we may feel obliged to make our statement of unconditional love clearly saying, "I will always love you no matter what."

Ambiguity and uncertainty are a part of life that we have to live with. This fact also makes life more interesting and complex. Ironically, the only thing you can be absolutely certain of is "the certainty of ambiguity."

Food



Father Jerome's Famous Spaghetti Sauce

By Anna Gara

While researching Father Jerome's life and work in Ottawa, I came across many people who remember him and offered to share hours of stories and memories. Unfortunately, space in a newspaper is limited and only a small fraction of those could be included in *Il Postino*.

There is one thing however, that appeared as a reoccurring theme in almost all of the conversations I had: Father Jerome's spaghetti dinners and his mother's spaghetti sauce recipe.

A few phone calls later and thanks to the generous recipe-sharing of Margaret Medaglia, a former friend of Father Jerome's, I discovered what everyone was talking about. Here it is for everyone to enjoy!

Ingredients

For Sauce

- 1 large can of tomato paste
- 1 large can of crushed tomatoes
- 1 large green pepper (chopped up small)
- 1 large onion (chopped up small)
- 1 tablespoon of cinnamon
- A little bit of crushed savory
- A little bit of dried oregano
- Salt and Pepper

For Meatballs

- 3 garlic cloves
- ½ pound minced pork
- Medium ground beef
- A few cubes of pork
- 2 to 3 eggs
- Some breadcrumbs

Step 1

Add 3 large cans full of water to the crushed tomatoes, tomato paste, green pepper and onion. Season with the cinnamon, savory, oregano and a salt and pepper to taste.

Step 2

Simmer slowly for about four (4) hours. If it gets too thick you can add more water.

Step 3

Once the sauce has simmered, mould meatballs from the minced pork and ground beef with a bit of savory and a few bread crumbs and 2-3 eggs. Fry the meatballs with the garlic.

Step 4

Also, fry the cubes of pork and mix them together with the meatballs. Remove garlic from the pan and throw everything into the sauce (including the oil/sauce from the pan) and leave to simmer for a bit.

Enjoy!

Instructions

Better Pasta is Better for You

Myrtle Beach Sun Times

Jean Laotta

Gurus of low-carbohydrate diets often place pasta on the list of foods to be avoided, but pasta can be an important part of a tasty, healthful diet.

In Italy, where people consume about 90 pounds of pasta per person annually, compared to 19-20 pounds per year in the U.S., obesity is less of a problem.

Many chefs and much anecdotal evidence suggest that Italians are concerned about the quality of their food and consume less at one sitting than Americans do - of pasta and everything else.

In fact, one could say that Italy is a nation consumed with food concerns. Talk about food and health is carried almost daily on Italian TV talk shows. Many restaurants are so serious about food that they even include a page that lists the origin of every single item on the menu, from the bread to the condiments.

Choosing the best pasta, cooking it correctly, and savoring it in small amounts with healthful sauces are a part of how Italians make pasta a delicious and healthful choice for meals any day of the week.

Pasta perfection

My husband and I were privileged on a recent trip to Italy to watch a premium pasta maker at work at Rustichella D'Abruzzo.

Pasta perfection starts with the ingredients in the pasta itself. In Italy, it is a maxim of all cooking and eating to begin with the best product available. Durum semolina flour may be as much as 19 percent protein, according to the Pasta Museum in Rome. This makes pasta itself a healthy blend of carbs and proteins - even before sauce is added.

Water is an important ingredient in making pasta, and most large and small premium pasta companies are proud of their water source, especially those in the Abruzzo region where the factories of DeCecco, DeVerde and smaller makers like Rustichella D'Abruzzo obtain their water from the clear mountain streams.

Most Italian pasta makers also offer pasta made from organically grown grain or from farro (an ancient grain popular in today's Italian cooking) and premium pastas, such as Rustichella's Primo Grano, which features durum semolina from grain grown in the Abruzzo region. For those with wheat allergies, many Italian pasta makers now offer wheat-free, gluten-free alternatives such as rice flour pasta.

Production affects quality

The kinds of dies used to stamp out the shape of the pasta affect its taste and quality. The best dry pastas are cut with bronze dies and dried slowly, resulting in a wonderful flavor. Pasta cut with Teflon dies is so smooth that it has no surface ridges or nooks to hold sauce.

Large pasta companies, even those that use bronze dies, still push the pasta through quickly. Small companies such as Rustichella D'Abruzzo move the dough more slowly to preserve the important glutens in the pasta.

"We make one lot at a time," said one Rustichella manager. "We make in a year what some other of the larger firms make in one day."

Also at Rustichella, pasta dries for 24 to 36 hours. At large firms it's common to quickly dry pasta under high heat. Slow drying prevents the pasta from becoming brittle and preserves the nutritional value, according to the company.

You Thought You Knew About Pasta?

In Italy how much pasta is consumed per year? How does that compare with the U.S.? Why doesn't that amount of consumption result in obesity, which is rare in Italy?

What is the best type of pasta to use?

What is the second most important ingredient?

What part do the tomatoes lie play?

What dough more al dente or quickly through the Diet?

Is "Al dente" for taste or Health?

Does pasta shape effect flavor? Regale different sauces?

How many different pasta shapes and sizes are there?

Cooking for health

Italians are adamant that another important factor in healthy eating is the way the pasta is cooked. *Al dente*, which literally means to the tooth, refers to cooking pasta only until it is firm - never soft or mushy.

According to an exhibit in the Pasta Museum, *al dente* is better for you because when cooked to that degree, pasta has not absorbed its maximum possible amount of water. Therefore, as it passes through your digestive system the pasta absorbs water and is digested easily. Pasta cooked until soft has already absorbed its maximum of water and sits like a blob in the intestines.

The shape of flavor

Each pasta shape (even in the same brand) has a distinct flavor and works differently with sauce. Estimates are that there are 300-600 different pasta shapes and sizes. Learning to match the shape and size of a pasta with the sauce that works best with that shape can take a lifetime of luscious learning.

While it is obvious that in a pasta course the heavy hitter in calories and fat is the sauce, Americans often are hesitant to move beyond the idea of a red or white sauce to "dress" pasta. Try a saute of spring vegetables (in olive oil), or perhaps place some sliced fresh tomatoes in a saute pan with a bit of basil, add grated pecorino cheese to taste and stir in almost-cooked manicotti pasta. Presto - you have a spring dish that graces the menu of one of our favorite restaurants in Rome and takes only a few minutes to make.

In general tiny pasta bits (stelle, acini di pepe, orecchi) are used in soups or made into a side dish. Small pastas such as ditaline are often used with beans. Most pairings are a matter of regional tradition and personal taste.

Those new to deciding which shape pasta to use with which sauce or condiment might want to consult "Everyday Pasta" by Giada De Laurentiis. Also, the package of many types of pasta often suggest preparations that go well with that type or cut of pasta.

Eat less, enjoy more

To make pasta a part of a regular healthy diet, the amount eaten at one sitting should be small - 3-4 ounces (dry measure). Eat a salad along with it and then perhaps a light protein (small portions of both of those as well).

End the meal with a simple cup of coffee or with fruit. Eating less at a time, savoring each bite and lingering over a meal to have good conversation are habits that permeate Italian culture and contribute to good digestion and, therefore, good health.

Try a premium pasta

Consider moving from the \$1.50 box of pasta with 100 percent durum semolina to the specialty dry pastas that can cost from \$4 to \$8 a bag. Why should you bother to search these out on the internet or specialty stores? Even better taste.

Giancarlo D'Annibale of Rustichella said people in the U.S. are choosing a premium pasta brand more often these days, even if just for special occasions.

"It's a matter of educating the public to the differences in taste and quality," he said.

Announcements

"La Nostra Voce"

Chin Ottawa 97.9 FM

*The Coalition of Italian Canadian Associations including
Centro Abruzzese Canadese, Association Rappinese,
Association Pretorese, Association Roccamontepiano and
Il centro Comunitario Italo Canadese
Presents Canada Day Dinner Celebration*

Saturday/Sabato June 30, 2007
St. Anthony's Soccer Club, 523 Arlington
Music: DJ Vince Vitello
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The lot is regularly patrolled.

La Nostra Voce
Chin 97.9 fm

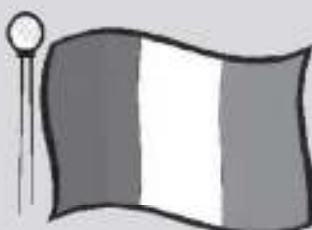
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Lots of school and after school events

Community Calendar/Eventi Comunitari

ASSOCIAZIONE NAZIONALI ALPINI
19 Novembre - Cena Sociale

CLUB CARPINETO ROMANO
Settembre - data
12 Novembre - Festa dei Merletti alla Sala San Marco
25 Marzo 2008 - "La Cena dell'agnello"

SOCIETÀ SICULA
Settembre - data da stabilire: Incontro Sociale
12 Novembre Serata di Gala per il 30mo Anniversario

ENTE VINCENTINI NEL MONDO
17 Settembre - Festa Sociale Festa di Autunno assieme al Fogolar Furkan

ASSOCIAZIONE COLLE D'ANCHISE
4 Settembre a Ontario St. Giuseppe Shopping a Montreal
10 Dicembre - Festa Natale
Per informazioni - Santina Di Rienzo Tel: 728-9757

ASSOCIAZIONE PRETORESE
1 ottobre 2007 - "Festa della Vendemmia", presso il S. Anthony
S.C., Inizio ore 1800
Dicembre, "Festa di Natale"

ASSOCIAZIONE RAPINESE
22 luglio 2007 "Picnic Annuale" Vincent Massey Park.

In occasione della

Festa nazionale della Repubblica Italiana

L'Ambasciatore d'Italia Gabriele Sardo incontrerà la Comunità italiana di Ottawa

Sabato 9 giugno p.v.

Presso il Salone di Villa Marconi
(1026, Baseline Rd)

dalle ore 17,30 alle ore 19,30

con il seguente programma:

- 17,30: apertura del Salone
- 18,00 schieramento dei Gruppi d'Arma (nessuna sfilata)
- 18,05 inni nazionali, Corale S. Antonio
- 18,10 danze dei bambini, Ruscello limpido
- 18,30 saluto dell'Ambasciatore Sardo
- 18,35 Corale S. Antonio e

Ricevimento



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e se desiderate essere elencati nella pro-
ssima Edizione (2007-2008), vi prego di
contattarci al più presto.

Quintetto Italiano "A. Settimi" Canadian Tour June 28th to July 12, 2007

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7 Giugno - Giugno 17

June 7 - June 17

7 juin - 17 juin

www.italianweekottawa.com (613) 224-4388

Thursday, June 7, 2007

12:00 p.m.-2:00 p.m.

Friday, June 8, 2007

6:30 p.m.

Saturday, June 9, 2007

5:00 p.m.

6:00 p.m.

6:00 p.m.-8:00 p.m.

6:00 p.m.-8:00 a.m.

6:00 p.m.-10:00 a.m.

Sunday, June 10, 2007

8:00 a.m.

9:00 a.m.

10:30 a.m.-1:00 p.m.

12:00 p.m.-2:00 p.m.

1:00 p.m.-2:00 p.m.

5:00 p.m.

6:00 p.m.-8:30 p.m.

6:00 p.m.-8:00 p.m.

6:00 p.m.-10:00 p.m.

6:30 p.m.-11:00 p.m.

Monday, June 11, 2007

Sporting Events

Tuesday, June 12, 2007

Sporting Events

Wednesday, June 13, 2007

7:30 p.m.-9:00 p.m.

Thursday, June 14, 2007
GRAND FINALE WEEKEND

June 15, 16, 17

Friday, June 15, 2007

3:00 p.m.

6:00-9:00 p.m.

6:30-7:30 p.m.

7:30-8:30 p.m.

8:30-1:00 a.m.

Saturday, June 16, 2007

10:00 a.m.-7:00 p.m.

11:00 a.m.

12:00 p.m.

2:00 p.m.-5:00 p.m.

2:00 p.m.-4:00 p.m.

6:00 p.m.-10:00 p.m.

6:00 p.m.-10:00 p.m.

6:00 p.m.-7:00 p.m.

7:00 p.m.-15:00 p.m.

8:15 p.m.-8:30 p.m.

8:30 p.m.-10:00 p.m.

8:45 p.m.-11:00 p.m.

11:00 p.m.-1:00 a.m.

In front of Preston Hardware:

6:00 p.m.

6:30 p.m.

6:30 p.m.

7:30 p.m.

8:30 p.m.

9:00 p.m.

Sunday, June 17, 2007

1:00 p.m.-3:00 p.m.

1:00 p.m.-2:00 p.m.

4:30 p.m.-5:00 p.m.

5:00 p.m.-7:30 p.m.

7:30 p.m.-8:30 p.m.

8:30 p.m.

8:45 p.m.-12:00 a.m.

In front of Preston Hardware:

6:00 p.m.

6:30 p.m.

6:30 p.m.

7:30 p.m.

8:30 p.m.

9:00 p.m.