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IF ITALIANS DON'T HAVE MORE BABIES, THEY WILL DISAPPEAR!

Dallas News

By Terry Eastland

Thursday, April 29, 2004

Siena, Italy â•“ In 1348, the Black Death took the lives of 70,000 of this city's 100,000 inhabitants. Siena, whose exquisite art still amazes, never again had a population that large. Today, it numbers just 56,000.

The Black Death was traced to infected rats aboard a merchant ship from the Crimea that stopped in Sicily. The diseases carried by those rats ravaged not only Italy but all of Europe. The loss of life ranged from 12 percent in a city or region to the 70 percent reported in Siena. “No one wept for the dead,” wrote a denizen of the devastated city, “because everyone expected death himself.”

Today, a visitor to Italy is struck by the fact that demographic destruction is occurring once again, though this time more slowly. There is no Black Death, no communicable disease that the destruction can be blamed on. But the fact is that Italy is depopulating itself, and it is doing so by human choice. Procreation, you could say, is suffering. Simply put, Italians are having very few babies â•“ actually, too few for Italy to survive.

Italy now has the lowest birthrate (1.23 children per woman) in Europe and the second lowest in the world. If Italy's “rate of reproduction continues,” London's *Sunday Telegraph* recently noted, “Italians will slowly but surely die out.”

A similar demographic destruction is visiting other European countries, for most of them also have birthrates well below what is necessary to maintain current population levels (thought to be 2.1 children per woman). Consider that the population of Spain will decline from 40 million to 31.3 million by 2050 if the birthrate in that country persists unchanged.

It isn't hard to see the immediate problems facing a Europe lacking sufficiently high birthrates. Most obviously, the lavish, cradle-to-grave welfare states found throughout the continent will want for new workers and the taxes they would pay â•“ unless immigration soars. But immigration brings its own problems, not least (in a post-Sept. 11 world) terrorism and the cells that support it.

Of course, welfare benefits could be cut. In Italy, for example, the retirement age would have to be raised from a mere 55. But trimming the welfare state requires political will, and it isn't

obvious that aging populations that clearly like living in the “present moment,” as one European history scholar told me, will acquiesce.

They may have no other choice, especially if Europe is going to develop a military capability to defend itself (once the United States withdraws troops). Europe has been able to enjoy “paradise,” in Robert Kagan's keen analysis â•“ a paradise made possible by the fact that its security has relied upon American power. Now, though, the time for assuming responsibility for a government's most important task has arrived.

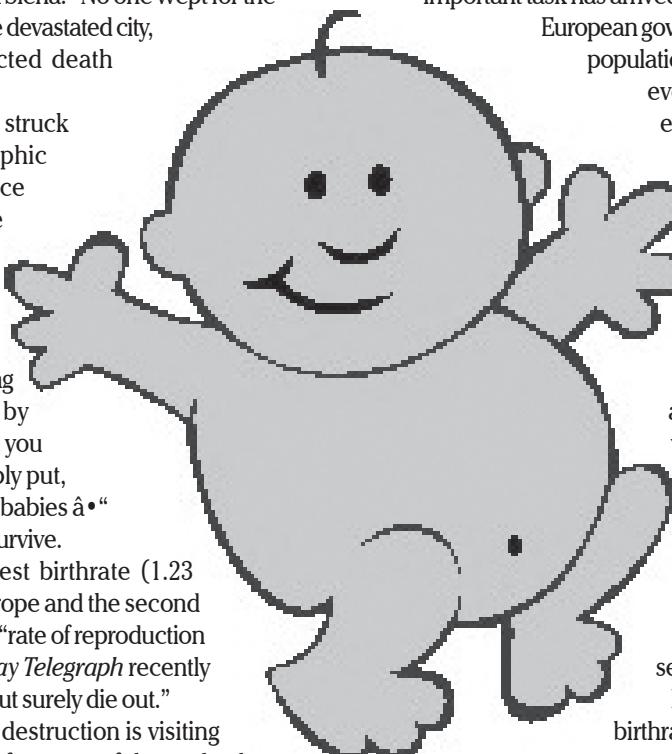
European governments hold out hope that their populations won't wither but stabilize and even increase. Officials (tutored by economists) tend to regard a too low birthrate as a problem of supply that can be corrected as all such problems are â•“ by offering behavioral incentives, meaning money.

Italy recently began offering 1,000 euros (roughly \$1,200) to every woman who has a second child. That experiment will be closely watched. Meanwhile, working Italian women continue to complain about their husbands, who they say do too little work around the house. If the men helped out more, they say, they would have a second child.

Maybe. But maybe, too, the low birthrates of Italy and Europe generally are symptomatic of a much deeper problem. That Europe is secular (and American religious, an unnerving fact in Europe) is undisputed. But the problem of a secular society, as the British historian Christopher Dawson long ago pointed out, is that it “has no end beyond its own satisfaction.” Such a society may have a harder time turning from its own pleasures to take on the responsibility of raising children.

“A baby,” Carl Sandburg once said, “is God's opinion that the world should go on.” In secular Europe, God's opinion may not be regarded as very important. A continent whose graying populations are wealthier and healthier than ever apparently prefers to do things other than perpetuate the human future.

Terry Eastland is publisher of *The Weekly Standard* and a regular contributor to *Viewpoints*. His e-mail address is teastland@weeklystandard.com.



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"Pace e Bene" as a Universal Concept

By Renato Rizzuti

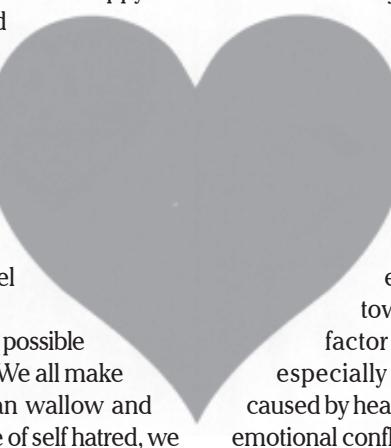
My mind goes back to childhood at St. Anthony's Church where incense filled the air and

the words "pace" and "bene" reverberated in the acoustics of the great church. Spoken by the priest, these words have been forever etched in my mind. They mean "peace" and "love." They are the components of not only an Italian Catholic concept but are also part of a universal concept that needs to be exercised throughout our entire planet during our somewhat troubled times.

It all starts with the individual. Inner peace and self love are important in creating a well adjusted and happy individual. Italians have been portrayed in the media as warm and loving people and have also been portrayed as angry and violent individuals. It is much simpler to go through life as a warm and loving person; it makes life easier for you and the people around you. If you constantly radiate warmth and love, then you will automatically feel a sense of inner peace.

The Catholic religion teaches that it is possible to be granted forgiveness for our sins. We all make mistakes during our lives. Rather than wallow and constantly beat ourselves up into a state of self hatred, we should forgive ourselves for our "sins" and learn to love ourselves. They say that you cannot truly love somebody else until you first love yourself. It may be difficult but forgiveness should also be exercised towards other people. "The Lord's Prayer" expresses this notion: "Forgive us our trespasses, as we forgive those that have trespassed against us." In other words, turn that negative hate emotion into a gloriously positive love emotion in regards to ourselves and others.

Let's extend the "pace e bene" concept to our family



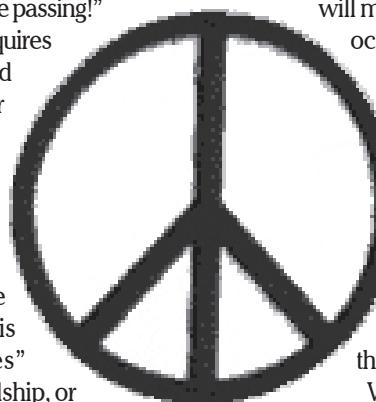
units. The family home should definitely be a place of "peace" and "love." There is no way any person in their right mind would want to argue with that. The husband and wife couple needs to be a harmonious couple.

First of all, no two people should get married in the first place if their "life philosophies" are not compatible. This can be easily discovered during the dating stage by asking each other direct and revealing questions. When my wife and I went out on our first date, I really "interviewed" her instead of engaging in idle chit chat. At one point she said, "I feel

like you are making me take a test." My reply was, "Yes, I am and you are passing!"

Loving each other requires constant work and nurturing. Each partner should make the other partner feel special and loved. Every gesture, action, word and emotion should be directed towards increasing the "love factor" in the marriage. This is especially true during "rough times" caused by health problems, financial hardship, or emotional conflicts. The marriage "contract" states that love will always continue: "In sickness and in health, in good times and in bad." By simply honouring the marriage "contract" there will automatically be "peace" and "love" in the marriage.

We must also wave the universal flag of "peace" and "love" in our relationship with our children whether they are three years old or thirty years old. A calm and peaceful reaction to any of our children's words or actions must be exercised. When my daughter was three years old and



playing with her play kitchen, I asked her what she was making. Rachela's reply was "I'm making coffee and I'm putting cucumbers in the coffee." A nasty and violent, "No you cannot put cucumbers in the coffee, you bad girl!" would have been the worst thing I could have said to her. Instead, I told her that it sounded good and I was looking forward to having a cup. Any top level child psychologist would agree with my reaction and point out that I was nurturing Rachela's creativity and divergent thinking instead of censoring it.

When it comes to teenagers choosing an occupation, we have to keep an open mind and let them aim towards what will make them happy in life rather than which occupation would make us happy. We have to love our children "unconditionally." We cannot say, "I will only love you if you become a doctor and you stay a doctor for the rest of your life." That would certainly be selfish and unreasonable. We should offer a support system of "peace" and "love" for our children so that they can find their own individual happiness in life and become the best that they can be.

We can continue the "family mode" when it comes to our fellow man. If we believe that God created man then it follows logically that we are all children of God. Given that every man or woman is our "spiritual brother" or "spiritual sister" then we should act accordingly. A mixture of peace, love, respect and compassion must prevail in our interactions with our fellow man. If we all truly believed this and exercised this daily then perhaps "heaven on earth" could be possible.

"Pace e bene" is a universal concept. May "peace and love" rule our planet and may God bless all of us.

COME ALLUNGARE LA VITA....MANGIANDO

Aglio, olio di olive e papaia sono i più validi ingredienti che non dovrebbero mancare dalla nostra tavola se vogliamo combattere efficacemente i radicali liberi e campare « cent'anni

di Ermanno La Riccia

Si racconta che una volta, nel corso della lavorazione di un film era previsto un lungo bacio tra i due principali protagonisti: Brigitte Bardot e Vittorio Gassman. La Bardot, conoscendo per sentito dire che il giovane Vittorio diventava tutto fuoco ed alquanto invadente quando girava una scena d'amore, prima di presentarsi alla scena del bacio mangiò una massiccia dose di aglio fresco. Al momento del bacio il suo alito produsse un senso di repulsione nel suo partner tanto che il bacio divenne un affrettato toccare di labbra senza ardore e senza storia. Quel bacio, però, non piacque al regista che costrinse i due a ripeterlo più volte e così, mentre Vittorio intontito e stomacato da quel puzzo invadente dava una insufficiente dimostrazione delle capacità amorose del maschio italiano che interpretava nel film, la svolazzante Brigitte continuava ad umiliarlo con le sue provocazioni di donna esuberante e travolgente. Non si sa come andò a finire questa storia ma i pettigoli hanno scritto che il grande Gassman, quando doveva baciare una donna, come da copione, si informava prima se la sua partner contemplava nella sua dieta l'uso dell'aglio. Resta, però, il fatto che oggi la Bardot, pur se avanti con gli anni, è ancora viva e vegeta mentre il povero Gassman è morto da anni.

Ma l'aglio, a parte quell'odore nauseabondo che si avverte da lontano, è un legume che oltre a dare un tocco di sapori alla buona cucina è una pianta medicamentosa. Basta leggere qualsiasi almanacco o libro della salute per scoprire che l'aglio fa bene alla nostra salute: raffina il sangue, è anti-cancerogeno, fa bene alla vista ed è un elemento che una volta entrato come parte del cibo nel nostro organismo lotta contro i radicali liberi i veri nemici delle nostre cellule che minano le nostre difese immunitarie e provocano malattie ed accelerano la vecchiaia. L'aglio, secondo gli esperti, è una medicina naturale che ci mantiene giovani allontanando da noi lo spettro di certe malattie.

Spesso l'aglio è accomunato con l'olio. In commercio ci sono tantissimi oli, soprattutto oli di semi, ma quando noi parliamo di olio come parte integrante della nostra salute, parliamo soprattutto di olio che viene estratto dalle olive.

L'olio di olive ha due funzioni importanti nella nostra dieta: ha un potere nutrizionale molto importante ed ha un potere terapeutico di eccezionale valore. Basta leggere le etichette che accompagnano qualsiasi bottiglia o lattina di olio per sapere che è « senza colesterolo ». Vuol dire che esso è privo di quegli elementi che si trovano in un qualsiasi grasso e che provocano nel nostro organismo il cosiddetto colesterolo, ossia quella patina che si forma nell'interno delle nostre vene ostruendo il passaggio del sangue e che, spesso porta all'infarto.

Ma l'olio gli antichi lo adoperavano in diverse occasioni soprattutto per uso medico per curare le scottature e le screpolature delle mani.

L'olio di olive viene usato per uso cosmetico. Con esso vengono fabbricate creme che, a detta della signora Cesara Buonamici, famosa mezzobusto, conduttrice di programmi del Canale 5, la televisione di Berlusconi, fanno miracoli.

Sono stati in molti a riconoscere in questa donna ultra quarantenne che, dopo l'uso di queste creme, è apparsa ringiovanita di dieci anni. La sua pelle che aveva dei principi di rughe è diventata liscia come quella di una ventenne e lei giura e spergiura che nessuna parte del suo corpo ha conosciuto i ferri di un chirurgo estetico. Lei attribuisce, quello che gli altri

chiamano miracolo, alle creme all'olio di olive, che suo fratello, proprietario di un grande oliveto in Toscana, fabbrica e vende. E nella formulazione di quelle creme lei ha avuto una parte diretta in quanto parte della proprietà.

« L'olio fa parte della mia vita », ha dichiarato e continua dicendo che l'uso cosmetico dell'olio era praticato nell'antico Egitto dove le donne dedicavano la massima cura alla loro bellezza. Tra i Greci e i Romani era abitudine frizionarsi la cute con l'olio di olive.

« Da mia nonna ho imparato che gli impacchi di olio sui capelli li rendono luminosi e morbidi ». Anch'io, quando ero giovanotto, per apparire più bello, frizionavo i capelli con l'olio di olive.

Oggi, superare i 90 anni, e forse anche i 100 in piena forma è il sogno di tantissima gente. Non è stato ancora scoperto il modo di bloccare l'invecchiamento perché esso fa parte del nostro sistema genetico ma, con alcuni accorgimenti e con una dieta ben definita e valida è possibile vivere più a lungo. Con una dieta mirata possiamo combattere diverse malattie e, combattendo le malattie riusciamo a vivere più a lungo.

Tutto questo ce lo dice il famoso medico francese, Luc Montagnier che 20 anni fa scoprì il virus dell'Aids. Oggi egli ci parla delle proprietà miracolose della papaya. La papaya è un frutto che cresce nei paesi tropicali e si vende anche in certi supermercati di Montreal.

Secondo questo illustre virologo, specialista delle malattie infettive, sia l'invecchiamento che molte malattie croniche e infettive, come i tumori, le patologie cardiovascolari, l'artrosi, la cataratta, la degenerazione cerebrale ecc., dipendono dai guasti che i radicali liberi provocano nel nostro organismo. Per ora la lotta contro il nostro orologio molecolare è impossibile però noi possiamo combatterla contro l'invecchiamento. E per farlo dobbiamo combattere contro i radicali liberi i quali indeboliscono il nostro apparato di difesa che, diminuisce col passare degli anni. Per averne un'idea basta pensare che la

ghiandola del timo, una stazione chiave dell'apparato di difesa del nostro organismo, all'età di 70 anni funziona diecimila volte meno che a 20 anni.

Ed allora quali sono le armi per vincere la battaglia contro il tempo che passa?

Innanzitutto le cattive abitudini ritenute dannose per il nostro organismo come il fumo, i super alcolici, l'esporsi ai raggi del sole ecc. E poi introdurre nella nostra dieta, ad esempio, gli acidi grassi polinsaturi, gli omega 3 contenuti nel pesce, risponde Montagnier. Un ruolo importante hanno gli integratori antiossidanti a base di vitamine A, C ed E, selenio e zinco siano essi sintetici o prodotti vegetali. La papaya, un frutto tropicale, è venti volte più potente della vitamina E. Essa costituisce un importante scudo anti-ossidante per l'uomo, una risorsa di alto valore. In pratica l'estratto di papaya biofermentata non fa altro che ripristinare le funzioni cellulari normali di tutto l'organismo e serve per contrastare l'azione deleteria dei radicali liberi sul nostro sistema immunitario. Tutto questo ce lo dice uno scienziato del calibro di Montagnier che sembra, abbia consigliato al Papa l'uso della papaya con risultati incoraggianti.

Con una dieta mirata ed intelligente si può ritardare la macchina del tempo che ci porta all'invecchiamento.

Mobbed By Stereotypes

Richard Capozzola fires up when he thinks Italian-Americans are painted as thugs, bimbos and Mafia.

Orlando Sentinel
By Nancy Imperiale
Sentinel Staff Writer
April 4, 2004

Part two of a two part series

... "DreamWorks is putting it out. Let me just read you this here: 'Sea Underworld is shaken when the son of shark mob boss is found dead.' 'This is going to be geared toward children! Millions of children across the United States are going to see this! ... These are going to be Italian gangster fish!' This is no lone complaint on Capozzola's part. Numerous Italian-American advocacy groups are up in arms about the film. Letters have been written. Phone trees have been activated. A protest blitz has been launched. But Capozzola holds out no hope of change."

Moviemakers "are already planning Shark Tale 2," he says. The Italian-American community, he says, has "no teeth." If anyone should know, if anyone has been keeping track, it's Capozzola. He was a young man living in New York when... Capozzola's lifelong involvement with the Italian-American community (began).

Always, he found things to be outraged about. The lack of Italian-Americans in textbooks that he noticed while working as a principal in New York schools for 32 years. "Give me a level playing field!" he says. "When you open a textbook, if a Jew, a black, a Hispanic, should be included, they're there." When he went to the movies, he noticed how Hollywood's popular image of Italian-Americans is peppered with infuriating stereotypes.

"The Italian-American is the gangster, the bimbo, the buffoon, the bigot, the all-around slob. Look at My Cousin Vinny. OK, I laughed at that movie too. But think about it: He goes into court with a lavender suit, like a buffoon. He can't pronounce words correctly... The point of all this is there's nothing to counterbalance it."

Wherever he looks, wherever he goes, he sees the insults. "At least to me, because that's what I've been involved in for 40 years, I see them. It's not paranoia. It's not like I'm imagining things. They're coming out, one after another, like endless strings of sausages." Have phone, will call Capozzola has been married twice, and divorced. He has two sons. He moved to Central Florida in 1992, after a lifetime spent in New York.

Perhaps looking for some way to keep busy in his retirement, the devoted newspaper reader began noticing how much the Orlando Sentinel used the word Mafia. In 1992: 154 times. Last year: 47 times. While not strictly verifiable, the decrease could be proportional to the number of Sentinel editors who have through the years gotten long, loud phone calls from Capozzola. One was Jane Healy, former managing editor. If Mafia appeared in the paper, "I knew I'd get a call from him that day," says Healy, now editorial page editor and vice president.

"Looking into it, I realized he had a point," she adds. "I think sometimes the media was using the word too loosely."

Nazzareno Carusi The Great Pianist

Born in Celano, Italy, in 1968, he was a pupil of Alexis Weissenberg and Victor Merzhanov. He has won the "Alexis Weissenbergh International Piano Award 1999" in Engelberg (Switzerland) as well as the first prize at the "Recontres Internationales de Piano 1995" in Paril, at the "National Federation of Music Clubs 1993" in Buffalo (USA), at six National Italian Piano Competition (Rome, Ravenna, Macerata, Albenga, MONcalieri and Sulmona). He won also the Third Prize at the "Luis Sigall International Piano 1992" IN Vina del Mar (Chile).



He collaborates with some of the leading Italian musicians of our time: among the others, the Soloists of Teatro alla Scala of Milan.

He has recorded for RAI-Italian National Broadcasting Corporation, the Swiss-German Radio in Lucerne, the WFMT USA Classical Fine Arts Radio Station of Chicago, the CHIN International Radio-Television in Toronto, the Italian-Canadian Television Channel in Montreal and the Greek National Broadcasting Corporation in Thessalonica.

Nazzareno Carusi began to teach in 1993 as the youngest assistant to Viktor Merzhanov. In 1994 he was one of the youngest winners of the Italian National Competition top become Faculty member in the Italian State Conservatories of Music: today, he is in the Faculty of "G. Tartini" State Conservatory of Music in Trieste. Since September 2001 Nazzareno Carusi is Artist-in-Residency of the Northeastern Illinois University in Chicago and, since 2002, he teaches at the Summer Piano Master of the Italian Festival "Asolo Musica-Veneto Musica".

The newspaper has tried to hew to the distinction recognized by the FBI, which uses Mafia only to refer to organized crime based in Italy.

"We refer to various [organized crime] groups as La Cosa Nostra, or LCN, that are homegrown groups here in the U.S.," says Federal Bureau of Investigation spokesman Bill Carter. "But Mafia is a reference to the Sicilian Mafia, which operates in Sicily."

Not everyone is so literal. Those who pick up the phone only to hear Capozzola's rapid-fire staccato have tried to debate him, even read him the last definition of Mafia in Webster's: "any exclusive or dominating group." "That's what they say," says Capozzola, his voice rising to a sneer. "Oh, Mr. Capozzola, it's being used generically. Or, Oh Mr. Capozzola, Mafia is in the dictionary. So is," and here he rattles off for comparison a string of unprintable slurs against other ethnic groups.

"They're all in the dictionary. People don't use 'em. Enough already."

Capozzola also objects to The Godfather, The Sopranos and the "over 300 fictional that's an important word, fictional mobster movies."

One of his closest friends says Capozzola is a nice guy whose stance on the Mafia merely shows him at his most quixotic. "His No. 1 issue," says writer Robert Newton Peck of Longwood, "is trying to prove that there isn't a Mafia. Which to me is trying to prove that there's not salt in the ocean." Capozzola says his good friend is confused.

"I'm trying to get the word out of the common usage. And if they want to refer to John Gotti or any of these other bums, call them for what they are. They were mobsters. They're part of a mob." He couldn't resist Years ago, The New York Times printed a letter Capozzola had written about how, at the time, there were no Italian-Americans on the Supreme Court. He says he got a hate caller in response.

"There was a woman, definitely a woman, very guttural, like German or Transylvanian, 'You Mafia [bleep]. You [bleep bleep].' And then she'd, quick, hang up."

"It went on for four nights. The last night, I didn't even ask who it was. I said 'I'm so glad you called, because the Mafia has learned your identity. You have 24 hours to live.' Click. She never called back."

Capozzola sheepishly admits that he perpetuated the stereotype he tries so hard to dispel. "I know," he says. "I feel guilty about that. I hope she's OK."

Vittime innocenti

di Carletto Caccia

Sono centinaia di migliaia gli uccelli migratori che ogni anno periscono di freddo e di fame lungo la costa dell'oceano atlantico canadese. I documentari mostrano delle scene pietose di questi animali ricoperti di macchie di petrolio, scaricato da navi commerciali e da diporto. Lo scarico avviene ogniqualvolta il capitano decide di pulire la stiva del piroscafo. Il danno è così grave che, nel corso degli ultimi decenni, sono scomparse intere specie di uccelli migratori.

Questo problema è stato esaminato proprio in questi giorni dalla commissione parlamentare che si occupa delle leggi che proteggono l'ambiente e in particolare della legge sugli uccelli migratori. Per prevenire il problema bisogna migliorare il servizio della guardia costiera, accelerare la trasmissione di informazioni via satellite ogni volta che si notano fuoruscite di petrolio e instaurare multe salate per forzare gli armatori a dare ordine ai rispettivi capitani di entrare in porto quando hanno bisogno di scaricare petrolio dalle stive.

A questo fine proprio in questi giorni il governo ha introdotto un progetto di legge che è stato rapidamente approvato dalla camera dei deputati. Adesso spetta al Senato dare la sua approvazione. Potrebbe anche darsi però che venga convocata a giorni un'elezione federale. In tal caso il progetto di legge dovrà attendere fino a quando riprenderanno i lavori del nuovo Parlamento.

Nel frattempo continueranno a verificarsi le scene strazianti di animali che muoiono di fame e di freddo a causa dell'effetto del petrolio sulle loro ali. Purtroppo la civiltà umana ha anche i suoi aspetti neri, ma con questo progetto siamo sulla buona strada.

Una serie d'interviste con associazione locale

Di Mario Focaccia

Centro Abruzzese Canadese Inc. una associazione che è in continua trasformazione. Abbiamo qui con noi Delio D'Angelo, capo del comitato della festa di San Gabriele.

Marco: "Cosa state preparando per San Gabriele questo anno?"

Delio: "Nell'anno 2002 a una delle tante riunioni del comitato ho proposto che qui a Ottawa era tempo di celebrare San Gabriele in un modo che la comunità sia partecipante tutto il comitato a offerto cento per cento di supporto per questo nuovo progetto del centro."

Marco: "Se bene ricordo il primo anno e il secondo anno la festa riuscissima è stata celebrata a Villa Marconi. Quest'anno 2004, dove sarà celebrata?"

Delio: "Quest'anno la festa sarà celebrata nei giardini di Villa Marconi come gli anni passati con una grandissima



addizione. Abbiamo qui con noi, grazie al comitato del centro abruzzese e dei membri, la statua di San Gabriele che è appena arrivata dal Monastero di Teramo (Abruzzo). Sarà esposta durante nella messa che celebriremo l'otto Agosto 2004.

Marco: "Come procedono le preparazioni?"

Delio: "Molto bene. Fino adesso non abbiamo nessuna difficoltà logistica. Abbiamo ancora delle preparazioni ma sono molto attivissime nella riuscita di questa grande festa."

Marco: "Grazie per tuo tempo"

Delio: "E stato un grande piacere essere qui con te"

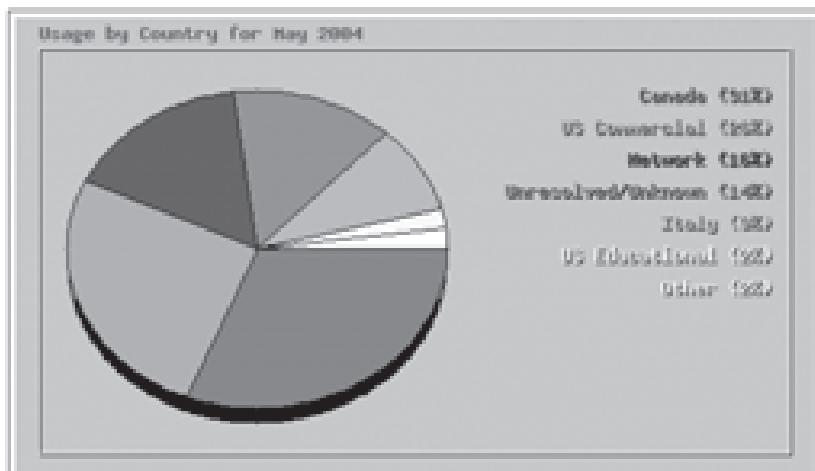
Il comitato del centro abruzzese 2004

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SULMONA EXCHANGE-STUDENTS RECEIVE WARM WELCOME

Di Rodolfo Di Iulio

It was with pride that the Centro Abruzzese Club welcomed 17 exchange students and 3 teachers from Sulmona (Aquila) on May 19th, an evening of warm Abruzzese hospitality hosted by Nello Scipioni, President of Ottawa's Abruzzese Association. The group of 20 arrived in Ottawa from Italy on May 12th with much anticipation amongst the host families and students of St.Rita's Italian School program, and have been warmly received everywhere they go. These Sulmona students have made history by being the youngest students to ever be involved in a Public Education system student-exchange program in the province of Ontario. The 17 students are so young (ranging from age 11 to 13) that one must commend their parents for shipping them across the ocean from an Abruzzi town of 25,000 to a bustling English-speaking city of nearly 1 million. At the same time, their parents can rest at ease knowing their children are in good hands, having been received by 17 caring and generous host families here in Ottawa who have opened up their homes and hearts to host the students during their 2-week stay. "All the people are nice, and Ottawa is a beautiful city" says Vittorio Quercia, age 13. The modernity of Toronto's CN Tower which the students visited on May 16th is a stark contrast to the ancient remains of fortified walls from Roman times which the Sulmona area still has. But architecture aside, the cultural gap is not as wide as one may think since all these Sulmona

students were already familiar with McDonald's fast food and Raptors basketball long before they arrived in Canada, thanks to something called globalization. On week-day mornings the students attend classes in English Catholic/Public Schools and in the afternoons they visit tourist sites and museums in Ottawa. This Ottawa-Sulmona student exchange project was co-initiated by Ivana Baldelli (Principal of St.Rita's Italian program) and Professor Franco Ricci (Professor of Italian at University of Ottawa). The 17 students are not only improving their English and learning more about Canadian culture, but more importantly are creating long-lasting friendships. A permanent sentimental bond is being formed between two communities an ocean apart. At the reception of the Italian Ambassador's Residence in Aylmer on May 20th, the Italian Ambassador summed it up best in his welcoming speech when he told the Sulmona students and their host families: "We have to keep in mind that even in a global world, the personal relations are still very important, and for Canadians going over to Italy and for Italians coming here (Canada), they will have an experience which will last their whole life. You don't know it now, because you are still young, but in many more years you will think back to Canada or to Italy and you will have the surprise that it was one of your best times."



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BOCCE & CARD GAME TOURNAMENT 2004

Summer is fast approaching and what better way to enjoy it than spending it with your friends & family at the Canada Day Festival, July 1-4, 2004. As part of the Italian Day festivities, the Associazione Culturale Savuto e Cleto, in partnership with the Canada Day Festival Committee, have organized a Bocce & Card Game Tournament.

Support your local Italian community by participating with your friends & family!

Sunday July 4, 2004
Andrew Haydon Park - 3169 Carling Avenue
Registration between 9:00am - 10:30am
Cost is \$5.00 per person per game. Proceeds go to Villa Marconi.

If you wish to pre-register a team for one or more games, hand in this form addressed to:
Gino Marrello - Bocce & Card Game Tournament 2004
c/o Villa Marconi, 1026 Baseline Rd, Ottawa, ON K2C 0A6

Early registration is advisable to insure your place in the tournament, however we also welcome on-site registration. You must register in order to participate.
Should you sign up as an individual, the organizers reserve the right to assign you to a team.

Sotto gli auspici dell'Ambasciata d'Italia e della Societa' Dante Alighieri di Ottawa

La compagnia Filodrammatica di Ottawa presenta la commedia DON CAMILLO di G. Guareschi, adattamento teatrale di Valerio Di Piramo Mercoledì 16 giugno 2004. Ore 19,30 (7:30 p.m.) Teatro del Bronson Centre, 211 Bronson Ave.

Ottawa - La Compagnia Filodrammatica di Ottawa nacque da una idea lanciata dalla sig.ra Matilde Zinni, la quale suggerì che sarebbe stato simpatico organizzare qualche lavoro teatrale per i membri dell'Eta' d'Oro di Villa Marconi. Fu in quel lontano anno 2000 che proprio a Villa Marconi fu presentata la commedia "I Paladini di Carlo Magno", con la partecipazione di molti della nostra comunità e dell'allora Consigliere dell'Ambasciata italiana in Ottawa, Mario Cospito e suo figlio Davide. Si trattò di una rappresentazione leggera e di spirito che divertì il pubblico che riempì quella che è ora la sala comunitaria di Villa Marconi. L'incasso fu devoluto a Villa Marconi. Il secondo lavoro, l'anno successivo, questa volta nel sottosuolo della Chiesa di Sant'Antonio, fu "La scaletta di San Giuseppe", anche questo rivolto a divertire e presentato assieme ad una farsa che vedeva due conferenzieri che si contendevano il microfono; e una seconda, "Esame a Caporale", con Sandra Aiello, funzionario dell'ufficio commerciale, e la figlia del dott. Cospito, Maria Serena, nonché la moglie Franca. In tutto questo tempo è stato notevole anche l'entusiasta e valido contributo della signorina Iolanda Lonero.

L'anno seguente il gruppo si esibì, sempre a Villa Marconi, con la commedia "Filippa che pazienza", anche questa ebbe un grande successo.

Fu poi la volta di "Ditegli sempre di sì", presentata con una farsa "Pericolo in mutande" a Ottawa nel periodo della Settimana Italiana 2003, e recentemente, con grande successo a Montreal al Teatro "Mirella e Lino Saputo" del Centro Leonardo da Vinci.

Vi proponiamo questa volta, nel corso della Settimana Italiana 2004, "Don Camillo", commedia in due atti di Giovanni Guareschi, con adattamento teatrale di Valerio Di Piramo, insieme a una farsa di Franco Roberto "La grande trovata". La farsa è la storia di Fausto che, essendosi innamorato di una ricca ereditiera americana, vorrebbe liberarsi della sua fidanzata che dovrebbe sposare tra giorni. Ci riuscirà? ...non si sa... per saperlo bisognerà aspettare la fine della farsa.

La commedia "Don Camillo" è un famoso classico del Guareschi. In un paesino della pianura padana egli contrappone due caratteri sanguigni come Peppone, sindaco comunista del paese e Don Camillo, sacerdote che certo non si fa impressionare da alcuno e che ha un canale privilegiato per parlare con Gesù". Il regista di turno Daniele Ruiu e il gruppo della Filodrammatica (gli attori: Marco Agostini, Damiano Alloggia, Lucio Appolloni, Elvira Boselli, Alberto Colantuoni, Renata Coppola, Michel Corriveau, Qais Ghanem, Maddalena Iannitti, Nicolino Iannitti, Pasquale Iannitti, Concetta Loreti, Barbara Rizzi, Franca Rizzi, Fabio Romano) stanno lavorando intensamente per garantire uno spettacolo meraviglioso.

Il teatro del Bronson Center (ex scuola Immaculata High School) al 211 di Bronson Ave., ospiterà l'evento la sera di mercoledì 16 Giugno alle ore 7.30 p.m. Lo spettacolo viene presentato con il patrocinio dell'Ambasciata d'Italia e della Società Dante Alighieri di Ottawa. Parte del ricavato sarà devoluto a Villa Marconi.

I biglietti (\$10 a persona) sono in vendita presso i negozi Nicastro Foods (Merivale) e Luciano Foods, oppure telefonando a Daniele Ruiu al 797-9210. Vi aspettiamo numerosi.

Processing Balsamic Vinegar

By Frank Nicastro

Balsamic vinegar has been around for almost a century, but North Americans haven't really discovered its diverse uses until the last 30 years.

The history of balsamic vinegar dates back to 1046, when a bottle was reportedly given to Emperor Enrico III of Franconia as a gift. Back then it was considered to have medicinal properties and also had a reputation of being a miracle cure. It was also used as a disinfectant, which still today holds that use.

Traditional balsamic vinegar can only be produced in the region of Modena and Reggio in Italy. Most of the grapes used are from the Emilia - Romagna region. A good balsamic is made from blending various grapes. Trebbiano are the most popular grapes, Lambrusco, Ancellotta, Sauvignon and Sgavetta are also used.

Balsamic vinegar is an aged reduction of sweet grapes. The "must" obtained from these grapes is slowly cooked until the content is reduced by over 50 per cent. The resulting must is placed into wooden barrels and an older balsamic is added to assist in the acidification. Each year the vinegar is transferred to different wood barrels so that the vinegar can obtain some of the flavours of the different woods. The only approved woods used to produce these barrels are juniper, mulberry, chestnut, oak, cherry, a cacia, and ash. These woods are used to acquire a balanced concentration of flavours, and refined scents of the different wooden barrels.

Small producers created this consortium and a DOC (Denominazione di Origine Controllata- a governing body similar to those that govern the quality of French and Italian wines) to protect the century old tradition. Only vinegar produced in a small region around the town of Modena can claim to be the traditional balsamic vinegar of Modena. Their products are made following strict rules and are bottled

and boxed in a specific way. This was in response to industrial companies that started making balsamic vinegar by aging it in steel tanks, cutting it with water and coloring it with brown sugar or caramel.

The finished product is then presented to the DOC. Balsamic vinegars without this designation on the label are usually unaged, (aged for 6 months to a year) in stainless steel tanks, rather than aged 2 to 12 years in wooden barrels.

A good traditional balsamic is mature vinegar aged 6 to 12 years that has a dark colour and a thick consistency. It should have a characteristic fragrance, that's penetrating without being sharp. The taste should be sweet and sour but nicely balanced so it is gentle on the palate. The price range for such a product will cost you anywhere from \$5.99 to \$19.99 for a 250 ml. bottle. This is an average product that should be sufficient for the average daily use. Better, high-end balsamic could cost you anywhere from \$50.00 to \$500.00 for a 250 ml. bottle, and can be aged from 25 to 50 years (these balsamics you only use by the drop).

Balsamic vinegar can be used in diverse ways. It takes just a few drops to season all types of salads. It is excellent in the preparation of salad dressings, sauces, gravies and marinades. You could use it over grilled vegetables, meat dishes, and broiled fish to add aroma and taste.

A more expensive product which is older and sweeter can be used in fruit salads, and on top of ice cream and other desserts.

However you decide to use balsamic vinegar, enjoy it, and if you do decide to treat yourself with an expensive product, make sure you check the label and look that's a DOC approved product.

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UNA BELLISSIMA FESTA!

Nella Piccola Italia di Ottawa e' stata celebrata la tradizionale festa della Madonna di Carpineto organizzata dalla Asociazione Rapinesi.



Tutti gli elementi si sono dati appuntamento domenica 9 maggio per fare un successo della celebrazione alla festività della Madonna di Carpineto, quel giorno che era anche le Festa della Mamma, c'erano molte mamme e molte mamme delle mamme per celebrare la festa della più bella delle mamme, la Madonna di Carpineto la cui effige e' stata portata in processione con tutti gli onori accompagnata da molti bambini e bambine che sembravano angioletti tutti bianchi, ingioiellati, c'era anche la Banda di Vigili del Fuoco e molta gente che, sotto gli sguardi piacevolmente sorpresi degli abitanti del quartiere, seguivano la processione fino alla Sala S. Marco.

L'effige della Madonna apparsa su un carpino e' venerata dalle famiglie dei Rapinesi di Ottawa e dai Rapinesi in tutto il mondo, come ce lo ha ricordato Padre Marcello durante la S. Messa, che ci ha anche ricordato come la Madonna e' apparsa ad un bambino che pascolava le pecore dicendole: "Vai al paese ed annuncia la mia apparizione, non aver paura alle percorse ci penso io". Il bambino corse al villaggio, sparse la notizia e tutti ritornarono al carpino ove era apparsa la Madonna e li trovarono la sua statua che portarono nella chiesa del villaggio, il mattino seguente però la statua non c'era più in chiesa dove l'avevano messa, la cercarono e la ritrovarono sul carpino, tutti allora capirono che la Madonna voleva la sua chiesa in quel luogo. La Chiesa prese il nome di Madonna di Carpineto, d'allora la Madonna esudi moltissimi bisogni dei Rapinesi e dei fedeli che chiedevano la sua intercessione.

La festività della Madonna di Carpineto e' organizzata dai Rapinesi di Ottawa ed e' l'espressione sincera della fede che i nostri connazionali hanno in questa Sacra Immagine e vogliono tramandare questa fede quale ringraziamento per i miracoli ricevuti e per il bene delle generazioni future.

La festività ha continuato nel pomeriggio alla Sala S. Marco aggiungendo così l'aspetto sociale all'aspetto religioso, e' stato molto interessante notare tanti bambini tra il folto pubblico, cosa questa che non succede troppo spesso; c'era molta atmosfera e molta amicizia durante tutto il tardo pomeriggio e durante tutta la serata. Tutti abbiamo potuto apprezzare l'ottima cena, la porchetta servita a mezzanotte, i dolci preparati dalle signore dell'Associazione ed i ricchi premi offerti dai membri del comitato.

Una parola di sincera gratitudine deve andare al Presidente dell'Associazione Rapinesi di Ottawa Lorenzo Micucci che da anni sa' così ben organizzare questa tradizionale festività e molto merito va' anche all'ottimo comitato che ha contribuito all'ottimo successo ottenuto:

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Vasto Boutique & Dry Goods Ltd.
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Un grazie speciale a tutte le signore che hanno preparato e servito i squisiti dolci tradizionali.



LA CORALE VENETA IN OTTAWA

La Corale Veneta di Toronto e' stata in Ottawa: una visita breve che ci ha allietato e ha anche valorizzato gli ideali della comunità Italo-Canadese.

Di Luciano Pradal

La Corale, che fa' parte della Federazione delle Associazioni Venete dell'Ontario, e' stata in Ottawa per proporci le sue bellissime interpretazioni musicali e canore; diretta dal Maestro Costanzo Colantonio, era accompagnata dalla Signora Clara Ceolin, responsabile alle attività culturali della Federazione Veneta.



Ottawa ha accolto la Corale Veneta con una miriade di colori poiche' in quei giorni si teneva il rinomatissimo festival dei tulipani. Dopo la visita della citta', la Corale ha cenato a Villa Marconi. Ad accoglierla c'erano i membri dei direttivi e soci delle associazioni dei Trevisani, Vicentini, Friulani, Giuliani-Dalmati e Sloveni. La serata, il cui profitto e' andato a Villa Marconi, e' stata richiesta dalla Corale Veneta perche': "Con i loro canti volevano essere utili ai bisogni della comunità"! Alla serata abbiamo potuto

notare in sala, oltre ai membri dei direttivi delle associazioni sopra citate, anche i graditissimi rappresentanti del Comites e della Società Dante Alighieri di Ottawa. I presidenti Delia Dal Grande e Mario Cinel hanno dato il benvenuto ufficiale in Ottawa alla Corale Veneta ed i presenti hanno avuto modo d' apprezzare il loro bellissimo repertorio musicale e, nello stesso tempo, contribuire al progresso di Villa e Centro Marconi.

L'indomani, domenica 16 giugno, la Corale Veneta ha animato la S. Messa alla Chiesa S. Antonio. Padre Paolo ha dato il benvenuto alla Corale ed al Nunzio Apostolico in Canada Monsignor Luigi Ventura che, per l' occasione, celebrava la S. Messa. Monsignor Luigi Ventura, bresciano di nascita, durante l' omelia, ha avuto parole di plauso per la Corale e per la missione culturale che aveva intrapreso ed ha detto di essere molto contento d' associarsi alla cultura veneta.

La Corale Veneta, accompagnata da Maria Grazia Capobianco all' organo, ha animato la S. Messa con un bellissimo repertorio di canti sacri che hanno dato una dimensione spirituale tutta particolare alla celebrazione eucaristica ed e' stata una vera esperienza di religiosità vissuta.

Nel pomeriggio la Corale Veneta ha offerto un concerto al Museo delle Civiltà in Hull. A darle il benvenuto al Museo e' stata Lynda Fish, responsabile ai programmi speciali dell' esposizione Presenza: "Un nuovo sguardo al mondo Italo-Canadese". Anche in questa occasione, nell' ambiente unico e presigioso della Grand Hall del Museo, la Corale Veneta ha saputo intrattenerci e farci apprezzare i migliori canti che inneggiano l'Italia, Venezia, le montagne e tutti quei valori con i quali noi Italo-Canadesi sovente ci identifichiamo. Avremmo voluto che i cantori della Corale ci allietassero piu' a lungo, ma erano venuti al Museo anche perche' erano molto ansiosi di visitare l' esposizione Presenza che ha confermato le loro aspettative! Sono

rimasti soddisfatti, soddisfattissimi di vedere questo tributo alla cultura Italo-Canadese, che e' anche la loro!

Hanno potuto rivedere l' Ansoeta, la gondola che e' stata offerta dalla Federazione delle Associazioni Venete dell' Ontario al popolo Canadese nel 500mo anniversario della scoperta del Canada da parte di Giovanni Caboto. Si sono sentiti particolarmente privilegiati quando si sono, letteralmente, ammassati per ammirare le "Scene di Vita Veneta" di Luigi Dal Grande ed avere come

guida Delia Dal Grande, la moglie dell' artista. Per completare questo fine settimana, che era un po' l'intento di mettere in evidenza la cultura veneta praticata e vissuta dai Veneti in Canada, c'erano, quell giorno, al Museo delle Civiltà, anche le "Arti per Via" di Montreal che, con i loro costumi ed oggetti, rievocavano le arti e mestieri di un tempo che fu'. Anche in questa occasione i Veneti di Toronto, Montreal ed Ottawa hanno improvvisato dei canti insieme; ci siamo fermata anche noi ad scutarli e mi sono ricordato del detto: "Quando senti gente che canta, fermati, associati, perche' quella e' brava gente".

Al momento del ritorno per Toronto c'era una sola parola sulle labbra sorridenti di tutti i presenti "Grazie"! Grazie alla Corale Veneta per i bei momenti che avete saputo offrirci cosi' generosamente e, da parte della Corale Veneta, grazie per l' accoglienza che la comunità Italo-Canadese di Ottawa ha loro riservato. Grazie.



Chin Radio 97.9 - Are You Listening?

Italian Playlist

ABRUZZESE CORO - ORGANETTO
 ALBANO - AL CANZONE DI MARIA
 ALBANO - AVE MARIA
 ANKA PAUL - OGNI VOLTA
 ANTONELLI - IL TRAGUARDO DELL'AMORE
 ARBORE RENZO - MARIA MARI'
 ARBORE RENZO - NON PARTIR
 ARGENTO PAOLO - TERRA LONTANA
 ARTICOLO - IL MOTIVO
 ARTICOLO - IL MOTIVO
 BAGLIONI CLAUDIO - FOTOGRAFIE
 BAGLIONI CLAUDIO - IO SONO QUI
 BAGLIONI CLAUDIO - POSTER
 BAGLIONI CLAUDIO - RAGAZZE DELL'EST
 BAGLIONI - CON TUTTO L'AMORE CHE POSSO
 BAGLIONI - I VECCHI
 BAGLIONI - NOTTI
 BAGLIONI - QUESTO PICCOLO GRANDE AMORE
 BAGLIONI - SIGNORA LIA
 BAGLIONI - VIA
 BAGUTTI FRANCO - EL GRINTA
 BATTISTI - COMUNQUE BELLA
 BATTISTI - LA LUCE DELL'EST
 BELLA MARCELLA - ABBRACCIAI
 BELLA MARCELLA - MONTAGNE VERDI
 BENNATO - CHI NON SALTA
 BENNATO - DETTO TRA NOI
 BENNATO EDOARDO - LA BANDIERA
 BENNATO - LA CHITARRA
 BENNATO - LA LUNA
 BOCELLI ANDREA - CELESTE AIDA
 BOCELLI ANDREA - IO LA VIDI E IL SUO SORRISO
 BOCELLI ANDREA - LA DONNA E' MOBILE
 BOCELLI ANDREA - LA MIA LETIZIA INFONDERE VORR
 BOCELLI - MACCHINE DA GUERRA
 BUTI CARLO - HO SOGNATO FIRENZE
 DALLA LUCIO - CANZONE
 DALLA LUCIO - KAMIKAZE
 DALLA LUCIO - TU NON MI BASTI MAI
 DALLA LUCIO - ZINGARO
 FIORDALISO - ACCIDENTI A TE
 MINA - SE TELEFONANDO
 PEDALI DANIELA - VORREI
 PEZZALI MAX - COME MAI
 PEZZALI MAX - QUELLO CHE CAPITA
 ROSSI VASCO - GABRI
 RUGGIERO ANTONELLA - NEL SILENZIO CHE C'E'
 STRANO SALVATORE - GRANADA
 STRANO SALVATORE - NON PENSARE A ME
 STRANO SALVATORE - OPERA
 STRANO SALVATORE - SERENATA
 ABRUZZESE CORO - ORGANETTO
 BENNATO - LA CHITARRA
 ABBATE MARIO - 'E SCALE D'O PARAVISO
 ABBATE MARIO - 'MBRACIO A TE
 ABBATE MARIO - 'O FACHIRO
 ABBATE MARIO - 'O VICO D'E' CHITARRE
 ABBATE MARIO - CHE M'E' FATTO
 ABBATE MARIO - FRAVULELLA
 ABBATE MARIO - FRENNESIA
 ABBATE MARIO - INDIFFERENTEMENTE
 ABBATE MARIO - MA PECCHE'
 ABBATE MARIO - MARE VERDE
 ABBATE MARIO - NUIE' CE LASSAMO
 ABBATE MARIO - SERENATA A MARGHELLINA
 ABRUZZESE CORO - ABRUZZESE ME
 ABRUZZESE CORO - I VAI ALL'ORTE
 ABRUZZESE CORO - IL CANTO DELLE LAVANDAE
 ABRUZZESE CORO - L'AMORE ME CHE VO
 ABRUZZESE CORO - L'ARTE CHIU PRELIBATE
 ABRUZZESE CORO - LU MARE E CALME
 ABRUZZESE CORO - ORGANETTO
 ABRUZZESE CORO - PAESE ME LUNTANE
 ABRUZZESE CORO - SS'UOCCHI BBILLE
 ABRUZZESE CORO - VOLA VOLA VOLA
 ADAMO - AFFIDA UNA LACRIMA AL VENTO
 ADAMO - AMO
 ADAMO - HO TANTI SOGNI NEL MIO BAGAGL
 ADAMO - INCH'ALLAH
 ADAMO - LA NOTTE
 ADAMO - LEI
 ADAMO - NON MI TENERE IL BRONCIO
 ADAMO - NON SEI TU
 ADAMO - NON VOGLIO NASCONDERMI
 ADAMO - SEI QUI CON ME
 ADAMO - UNA CIOCCHA DI CAPELLI
 ADELMO E I SUOI SORAPIS - CAREOCHE (DIAMOCI LE MANI)
 ALBANO - 'O SURDATO NNAMMURATO
 ALBANO - AL CANZONE DI MARIA
 ALBANO - ANCORA IN VOLO
 ALBANO - ANDREA
 ALBANO - ANGELO DI STRADA
 ALBANO - ANGELO RAFFAELE
 ALBANO - ANNI
 ALBANO - ARIA
 ALBANO - AVE MARIA
 ALBANO - AZZURRO

ALBANO - BIANCA LUNA
 ALBANO - BUONANOTTE AMORE MIO
 ALBANO - CANTICO
 ALBANO - CANTO AL SOLE
 ALBANO - CANTO ALLA GIOIA
 ALBANO - CAPRI FISHER
 ALBANO - CARO AMORE
 ALBANO - CARO CARO AMORE
 ALBANO - CARUSO
 ALBANO - COSTE' L'AMORE
 ALBANO - DORMI
 ALBANO - E LUCEVAN LE STELLE
 ALBANO - E' COME MUSICA
 ALBANO - E' LA MIA VITA
 ALBANO - FUNICUL' FUNICULA'
 ALBANO - GIOCHI DEL TEMPO
 ALBANO - I CIGNI DI BALAKA
 ALBANO - IL BAMBINO NON E' PIU' RE
 ALBANO - IL MIO CONCERTO PER TE
 ALBANO - IL MITO
 ALBANO - IL MONDO
 ALBANO - IL PARADISO DOV'E'
 ALBANO - IL RAGAZZO DELLA VIA GLUCK
 ALBANO - IL SUO VOLTO IL SUO SORRISO
 ALBANO - IN CONTROLUCE
 ALBANO - IO CHE NON VIVO
 ALBANO - IO HO TE
 ALBANO - LA CANZONE DI MARIA
 ALBANO - LA CASA DELL'AMORE
 ALBANO - LA DONNA DI UN MIO AMICO
 ALBANO - LA NOSTRA SERENATA
 ALBANO - LA SIEPE
 ALBANO - LASCIATI AMARE
 ALBANO - LEI
 ALBANO - LIBERTA'
 ALBANO - MAMMA ROSA
 ALBANO - MATTINO
 ALBANO - MEZZANOTTE D'AMORE
 ALBANO - MINUETTO
 ALBANO - NEL SOLE
 ALBANO - NEL VENTO
 ALBANO - NESSUN DORMA
 ALBANO - NON TI SCORDAR DI ME
 ALBANO - NOTTE A CERANO
 ALBANO - PENSANDO A TE
 ALBANO - PER CHI
 ALBANO - PIAZZA GRANDE
 ALBANO - PICCOLA E FRAGILE
 ALBANO - PIOVE (CIAO CIAO BAMBINA)
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 ALBANO - UN AMORE PER SEMPRE
 ALBANO - UN SASSO NEL CUORE
 ALBANO - UNA FURTIVA LAGRIMA
 ALBANO - VA PENSIERO
 ALBANO - VERSO IL SOLE
 ALBANO - VOLARE (RAGGAE)
 ALBANO&ROMINA POWER - ABBANDONATI
 ALBANO&ROMINA POWER - AL RITMO DI BEGUINE
 ALBANO&ROMINA POWER - ANGELI
 ALBANO&ROMINA POWER - CANZONE BLU
 ALBANO&ROMINA POWER - CI SARA'
 ALBANO&ROMINA POWER - E FU SUBITO AMORE
 ALBANO&ROMINA POWER - FELICITA'
 ALBANO&ROMINA POWER - GRAZIE
 ALBANO&ROMINA POWER - IL BALLO DEL QUA QUA
 ALBANO&ROMINA POWER - PRIMA NOTTE D'AMORE
 ALBANO&ROMINA POWER - TU SOLTANTO TU
 ALBANO&ROMINA POWER - QUANDO UN'AMORE SE NE VA
 ALBANO&ROMINA POWER - SHARAZAN
 ALEXIA - A CASA DI JERRY
 ALEXIA - BLUES
 ALEXIA - C'EST LA VIE
 ALEXIA - CRAZY WAR
 ALEXIA - CUORE NON HAI
 ALEXIA - DIMMI COME (ENGLISH VERSION)
 ALEXIA - DIMMI COME
 ALEXIA - DIRE DARE
 ALEXIA - FREDDO NELL'ANIMA
 ALEXIA - HASTA LA VISTA BABY
 ALEXIA - I NEVER LOVED A MAN (ENGLISH)
 ALEXIA - L'AMORE VINCE
 ALEXIA - NON LASCIARMI MAI
 ALEXIA - PER DIRE DI NO
 ALEXIA - QUALCOSA DI FORTE
 ALEXIA - SATURDAY NIGHT
 ALEXIA - SE UN GIORNO
 ALEXIA - SENZA DI TE
 ALEXIA - TU MI FAI VIVERE
 ALEXIA - AZIMUT
 ALICE - IL GIORNO DELL'INDIPENDENZA
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 ALICE - NOTTE A ROMA
 ALICE - PER ELISA
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 ALICE - UNA NOTTE SPECIALE
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 ALOTTA FRANCESCA - YES MAN
 ALUNNI DEL SOLE - L'AQUILONE
 AMADIO MARCO - AMORE AMORE
 AMADIO MARCO - ANGELI
 AMADIO MARCO - DI SETTEMBRE
 AMADIO MARCO - GINA
 AMADIO MARCO - LA FORZA DENTRO ME
 AMADIO MARCO - NON SEI PIU'
 AMADIO MARCO - OCCHI DI BIMBA
 AMADIO MARCO - OGGI E DOMANI
 AMADIO MARCO - SEMPRE SOLO CON TE
 AMADIO MARCO - UNA PREGHIERA
 AMADIO MARCO - VERA O NO
 AMADIO MARCO - VIA
 AMBRA - ADESSO TI PRENDO
 AMBRA - ASPETTAVO TE
 AMBRA - BUONI AMICI
 AMBRA - FERMATI
 AMBRA - MI FAI BENE MI FAI MALE
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 AMBRA - OGGI NO
 AMBRA - TI DO ANCORA AMORE
 AMBRA - TI STRAVOLGO
 AMBRA - TU SEI
 AMENTA GIOVANNI - ALL THAT
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 AMENTA GIOVANNI - BAILA
 AMENTA GIOVANNI - FIGLIO MIO
 AMENTA GIOVANNI - HO BISOGNO DI TE
 AMENTA GIOVANNI - SHOW ME
 AMENTA GIOVANNI - SIGNORINA
 AMENTA GIOVANNI - SUMMER GROOVIN'
 AMENTA GIOVANNI - SUZANNE
 AMENTA GIOVANNI - WELCOME TO HEAVEN
 AMERIO DANILO - BISOGNO D'AMORE
 AMERIO DANILO - CASE DI RINGHIERA
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 ANTONELLI RICCARDO - UN'AMORE COSI' GRANDE
 ANTONELLI - ROMA CAPOCCIA
 ANTONELLI - ROMA FORASTIERA
 ANTONELLI - ROMA GATTAROLA
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 ANTONELLI - SCENDE LA PIOGGIA
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 ANTONELLI - SERENATA DEL SOMARELLO
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Tulipmania 2004

Story by Neil McKinnon

Photos by Rikki Smeltzer

The Canadian Tulip Festival been a part of Ottawa's artistic culture since 1953. It has been a host to many great artists.

This year, the Tulip Festival ran May 14-24 in Major's Hill Park, and drew large crowds. For a very low cost, people got to see well-known artists perform such as David Usher, Reverend Horton Heat, Billy Talent, Glass Tiger, Enter the Haggis, and Wide Mouth Mason.

One die-hard David Usher fan named Anna Casalanguida drove all the way from Hamilton to see her favourite rocker.

"It took me six hours to get here," she said. "

Casalanguida said she's never been to the Tulip Festival before, but she said she was impressed and will come back next year.

"I really enjoyed it."



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I'm asking for your support to become the MP for Ottawa Centre because we need to make better choices for our community and our country. I know from my past experience that we can.

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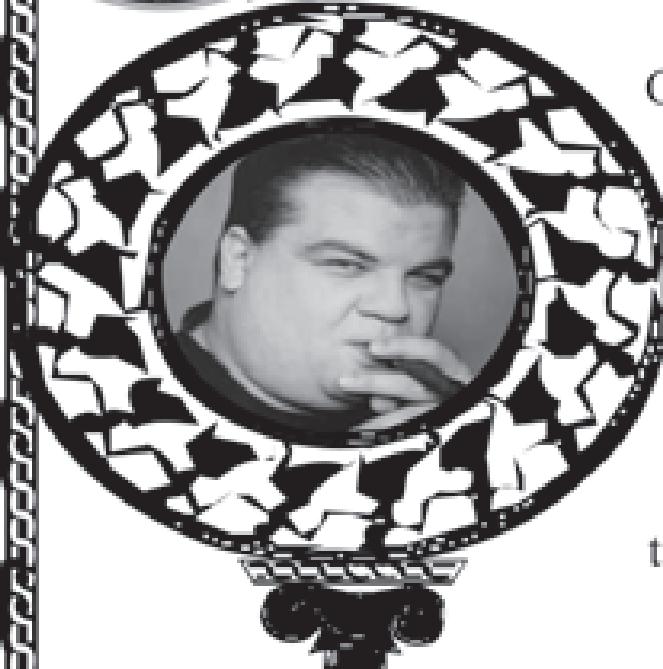
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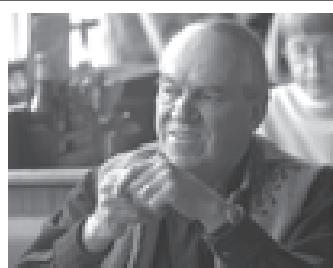
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Federal Election 2004: Ottawa Centre Candidates

By Neil McKinnon



Ed Broadbent
232.1888
www.edbroadbent.ca

After retiring as a federal NDP leader in 1989, Ed Broadbent is returning to politics with an impressive record as a champion fighter in human rights, racial and gender equality, and poverty activism.

Now in his late sixties, Broadbent looks like someone's grandfather, however, the tenacity and youthful demeanour comes out as he speaks of the issues closest to his heart.

"I'm 68!" he says with enthusiasm. "I am two years older than Paul Martin, but my ideas are two decades younger. And you can quote me on that!"

The most important issues he feels that are pertinent to Ottawa Centre are affordable housing and reducing traffic congestion.

"I met with Mr. Boudry, the head of the NCC, he explains. "He assured me that 25 per cent of the housing units in Lebreton Flats be affordable. Also, I suggested that a representative from the social housing community be on the selection committee. And he accepted that."

Broadbent also says he wants to make sure health standards in existing rental units are strictly enforced.

"Even with existing housing, often the stock is so bad. Frequently, the landlord doesn't meet the city requirements," he says. "Landlords that have buildings like that should be ultimately taken to court if they aren't meeting the minimum city standards."

Broadbent wants to make sure federal funds are given towards lessen traffic congestion in Centre town, particular towards the expansion of the O-Train.

"What we need is urban transit money," he says. "One of the things that attracted me to Jack Layton as our leader is that he was the first to talk about transferring five cents a litre from the federal gas tax right to the cities. By doing that, we'd have \$69.3 million coming to Ottawa."

In his words, Broadbent feels stronger now in his return to politics because he believes his political views are no longer stale.

"I left in 1989 because at that point I just didn't have the strong desire to continue after being leader for 15 years," he says. "You have to have a lot of determination. I've had 15 years of very rewarding, exciting work, and I feel zipped up again, eager to go back to work, politically."



Conservative Party of Canada
Mike Murphy
236.0865
www.votemurphy.ca

Mike Murphy is a fluently bilingual individual and has a variety of life and business experience to add to Ottawa-Centre.

Murphy comes from a successful background in business management. He's also experienced as a litigation lawyer in both the private and public sector. More of his experience comes from being an Algonquin College Advisory Board member, helping coop students get placements.

"What I like is that they have a strong coop program at Algonquin," says Murphy. "For small businesses, when they get busy, they need people. When I was in business, we invited coop students with us, and it was a win-win situation."

Murphy says he intends to be proactive in dealing with issues that students face today, for example, high tuition costs.

"One of the things we recognized is for students to be qualified for assistance, students have to show family income as part of their application," Murphy explains. "The Conservative government will drop that requirement."

Murphy says he decided to run for office because he was tired of the problems generated from a one party rule. He strongly believes in his party's leadership capabilities and business ideas.

"I'm happy to be a Conservative because our party is united," Murphy says. "We've got a fiscally conservative agenda, and a socially progressive one. In the past, it seemed like there was just one choice because there was too much vote splitting. Now, when Election Day comes, Canadians will have a real choice when they go to the polls."

"Canadians are clearly demanding better these days, and Stephen and the rest of the party are going to provide that service."

Murphy staunchly backs the Conservative leader, Stephen Harper, as a decent man with integrity and good business sense.

"Stephen Harper is about public service," Murphy says. "Some people enter politics because for them it's show business. It's big business and they can make their friends rich. Stephen Harper is there to make the situation better for Canadians."



Richard Mahoney
216.0089
www.richardmahoney.ca

Richard Mahoney is a family man whom has been living in Ottawa Centre for 22 years.

"Three kids," says Mahoney. "All of them go to a public Catholic system."

This is Mahoney's first time running for public office. He currently works as a lawyer with Fraser Milner Casgrain, and has a variety of community experience to bring to Ottawa Centre.

For Ottawa Centre, Mahoney wants a sustainable healthcare system by enacting key points from the Romanow Report, a new light rail system to reduce smog, and affordable housing.

"We have top quality healthcare institutions in this city," he says. "We need someone who can be an advocate for investment in the healthcare institutions that we have here, make sure they're there for us. We need someone who's going to champion in investments in those institutions. My strength would be getting things done."

Mahoney has already played a role in the expansion of the light rail system to Ottawa, a transit system that will run from

south Nepean all the way downtown.

"It will change the quality of life in Ottawa Centre," he says. "It will reduce smog. It will reduce traffic congestion. It will give people to people who commute to and from work a much better option than getting in their cars."

Mahoney says he plans to get down to business when it comes to making sure there is affordable housing in Ottawa Centre, particularly in the Lebreton Flats area.

"I think our goals should be to make Ottawa the most liveable city in Ottawa, the best quality of life," he says. "What we want to do is make sure that 25 per cent of the housing built on those flats is affordable."

"It's about taking federal funds and working with municipalities."

Mahoney is aware some of his opposition has used the sponsorship scandals as a fuel during their campaigns. However, he strongly feels that Paul Martin has done the right thing in getting to the bottom of the problems.

"That's already been done," he assures the constituents.



David Chernushenko
860.1330
www.ottawagreens.ca

During the upcoming election, David Chernushenko wants Ottawa Centre voters to choose the Green Party because he believes his party is serious and has a fiscally conservative, common sense agenda.

Chernushenko is a resident of old Ottawa South, husband and father of two children, and a businessman who runs his own home-based environmental consulting company.

Chernushenko says he feels that promoting alternative transportation methods will help alleviate the traffic congestion in Ottawa Centre.

"If you can make roads bigger, more people will want to get on those roads," Chernushenko says. "The challenge isn't how do we help more cars get downtown easily. The challenge is how do we make it easy for people to get downtown without their cars."

Chernushenko also goes on to say that if elected, he wants to make it easier for people to get where they want to go actively. He believes getting rid of traffic congestion by people biking, skateboarding, rollerblading, and walking more often will, in turn, help lower health costs.

Chernushenko says in dealing with asthma and respiratory illnesses, the root of the problem in creating good healthcare comes from protecting the environment first.

"We often think about focussing caring for a population after they get sick as opposed to creating a healthier population where fewer people get sick," says Chernushenko. "Let's start promoting cleaner industry instead of cleaning up pollution after it flows out of the pipe."

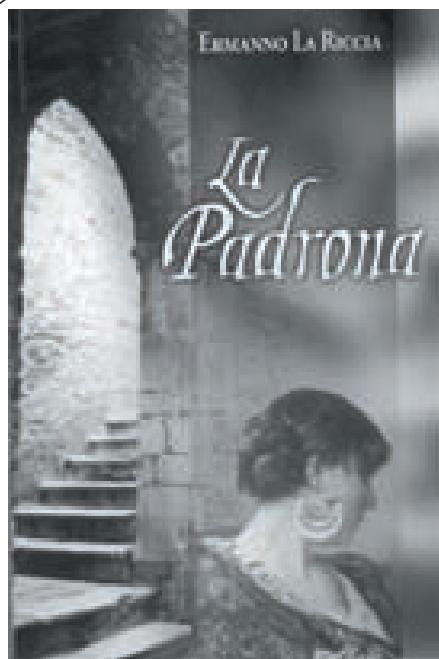
"Let's just stop wasting the money," he says.

Chernushenko wants to intervene with the levels of government and address the need for affordable housing. He also thinks affordable housing should be energy efficient, healthy, and sustainable.

"A house isn't affordable where the operating costs of living in it are high because the house was built badly," Chernushenko says.

Chernushenko also says he wants to help make upgrades for landlords to turn old stock houses into safer, sturdier, and more energy efficient buildings.

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Working With The Community Lavoro Per La Comunità

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Il Coro Veneto di Toronto supports Villa Marconi

Villa Marconi Long Term Care Centre



Brick Wall Dedication in Marconi Centre Entrance

"Brick by Brick" Fundraising Capital Campaign

Newly elected Villa Marconi Executive Committee 2003-2004:

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President	Ross Talarico
First Vice President	Gino Nicolini
Second Vice President	Gino Buffone
Secretary	Angelo Filoso
Treasurer	Marcello Pecora
Past President	Mario Giannetti
Ex-Officio	Dominic Ricci

Directors

Lucio Appolloni	Michael Leclair
Gino Buffone	Gino Marrello
Rick Campagna	Vince Mastrogiacomo
Walter Cibischino	Luigi Mion
Gino Nicolini	Pina Giorgio
Angelo Fiore	Marcello Pecora
Peter Scott	
Ross Talarico	

Thanks to those who have supported us so far! - Grazie del vostro aiuto!

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In ricordo dei nostri genitori Albino & Celestina
Cesarino
In ricordo del caro Aristide Blasioli dalla
moglie Flavia
In ricordo del nostro caro figlio Roberto Buffone
In ricordo di William Cook da Carmine & Rosa
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Nel caro ricordo di Giovanna Leone
Nel caro ricordo di Nicola e Cecilia Giorgio
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Omaggio alla Madonna della Mazzarella di
Savuto di Cleto Cosenza
Padri Servi di Maria
Pagliarello Vittorio & Matilde
Paola Signoretti 13 aprile 1920
Paola Signoretti 13 aprile 1920
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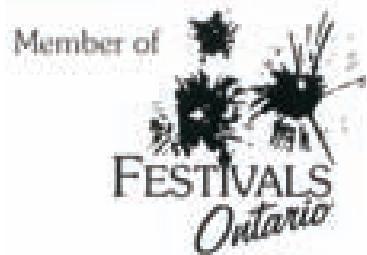
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Italian Week PROGRAM



Until September 6, 2004

Presenza- a new look at Italian-Canadian heritage- Exhibition at the Canadian Museum of Civilization

May 25 to June 20

"Mambo Italiano" by Steve Galluccio

Great Canadian Theatre Company, 910 Gladstone Avenue . Call Box Office at 236-5196
Tickets \$33 evening (Tues.-Sat. 8 p.m.) \$22 matinee (Sat. 4p.m., Sun. 2p.m.) evening preview
(May 25,26)

Saturday, May 29

3:00 p.m. National Feast for the Italian Community at Italian Ambassador's Residence "A Prelude to Italian Week"

7:30 p.m. Maria Pellegrini Opera- Don Giovanni by Mozart at Glebe Collegiate

Thursday, June 3

11:30 a.m. Official Opening ceremonies of Italian Week at Ottawa City Hall

Refreshments to be served. Firefighters' Band.

12:00-4:00 p.m. Art Exhibition at City Hall

Friday, June 4

12:00-4:00 p.m. Art Exhibition at City Hall

Evening. Dine and Tour with Ferrari. Go to www.ottawaferrari-parade.com or call 613-850-1234.

7:00-1:00 a.m. Opening Spectacle: "That's Italian" High Fashion show and Celebrity Dance at St. Anthony Soccer Club. Tickets \$20.00 each

Saturday, June 5

9:00 a.m. Lansdowne Park Site open for Ferrari event

11:30 a.m. Opening Ceremonies

11:45 a.m. 2004 Ferrari and Race Car Parade

12:00-4:00 p.m. Art Exhibition at City Hall

Sunday, June 6

9:00 a.m. Ferrari Breakfast with the Kids in Gatineau

12:00-4:00 p.m. Art Exhibition at City Hall

Thursday, June 10

7:00 p.m. Just For Laughs presents the Wise Guys Italian stand-up Comedy show at the National Arts Centre; featuring stand-up performances by some of the hottest Italian comics to take the stage, including Host and comic legend Dom Irrera and featuring feisty stand-up guy Frank Spadone, Rocky Laporte, the Doo Wops and Tammy Pescapelli

Friday, June 11

6:00-1:00 a.m. Gala opening night Dinner/Dance at St. Anthony Soccer Club

Orchestra, "Georges Fiori", Tickets \$55. Call 224-4388, 731-3511 or 727-1805 Presentation of awards for national "Concorso Letterario"

6:00 p.m. St. Anthony Parish night- B.B.Q. at corner of Booth & Gladstone

6:00-8:00 p.m. Mambo Silent Auction Benefit for G.C.T.C. Sala San Marco Italian specialties- Tickets \$100

Saturday, June 12

6:00-12:00 a.m. St. Anthony's Day Festivities

Live music and dancing in front of the Church- I Rapaci and Five Star Entertainment. Pasta and B.B.Q. by Ladies Aid at St. Anthony's Church. Choir "Club Roma" from St. Catherine's, Ontario in front of the Church

From June 13-20

Bocce games at Heron Park-Kaladar Avenue

Italian Week Plastino Cup Soccer Challenge, June 19 at 10 a.m., 12, and 2 p.m.(Plastino Cup game) at Adult High School; June 20 at 11 a.m. Italian Old Timers' game.

Sunday, June 13

10:30 a.m. Outdoor Mass followed by Procession: St. Anthony Church, Booth Street, Gladstone Avenue "Stained Glass" exhibit, St. Anthony Church

3:00 p.m. Choir "Club Roma" from St. Catherine's- Canadian Museum of Civilization in the Grand Hall

6:00 p.m.- 12:00 a.m. Live music and dancing in front of the Church- I Rapaci and Five Star Entertainment. Pasta and B.B.Q. by Ladies Aid at St. Anthony's Church

Monday, June 14

6:00-9:00 p.m. "Pomeriggio Italiano": Italian regional tasting dishes, wine; organized by ACCRI (Friends of Italian Culture and Cuisine) and "il Comites di Ottawa", sponsored in part by the Italian Embassy in Ottawa . St. Anthony Soccer Club, 523 St. Anthony St . For advance tickets

only (\$15), contact Luciano Foods, or phone Elio Coppola at 728-0129 or Patrizia Mion at 823-7473.

Tuesday, June 15

7:30-9:00 p.m. The children invite everyone to their "Variety Show" - St. Rita Italian School, St. Anthony Church Basement

Wednesday, June 16

7:30 p.m. Theatrical Production- Peppone e Don Camillo by G. Guareschi and La Grande Trovata by F. Roberto. Presented by Compagnia Filodrammatica of Ottawa . Bronson Centre, 211 Bronson Ave. Ticket \$10 at Luciano Foods, Nicastro at Merivale, or phone Daniele Ruiu at 526-1796

Thursday, June 17

7:00 p.m. Comedy show "Cicciu-u-Surici" St. Anthony Soccer Club

Ticket \$10.00

Friday, June 18

4:30-6:00 p.m. Singer Giustizia Barilla

5:00 p.m.- 1:00 a.m. "Family Fair" Amusements at the corner of Louisa & Preston

6:00 p.m. Italian Specialties with beer and wine, 333 Preston St .

7:30-8:30 p.m. Opera in Piazza- Louisa and Preston St .

8:30-8:45 p.m. Singer Giustizia Barilla

8:30-12:00 p.m. Bocciodromo Supporters' Dance, Part I, Cafe Niktinna Tent, 262

Preston St. Music by Duo Oz, special feature, "Tarantella Contest"- Italian delicacies

9:00-1:00 a.m. Musical Group from Italy "Michele Macri Show"-Main stage

Saturday, June 19

1:30-5:00 p.m. Italian Car Parade(starting at 95 Norman and returning to Preston St .) sponsored by Frank's Auto Centre. Refreshments and awards upon return to Preston St

2:00 p.m.- 1:00 a.m. "Family Fair" Amusements at the corner of Louisa & Preston

4:00 p.m. Italian Specialties with beer and wine, 333 Preston St .

6:00-6:40 p.m. Singer Giustizia Barilla with D.J. Rocco

7:00 p.m. Vintage Car Show

7:00-7:20 p.m. Dance group "Ruscello Limpido" from St. Rita Italian School

7:30-7:45 p.m. Performance by singer Nadia Villani

8:00 p.m. Members of Youth Band "Simply Wow" Benefit Performance for Bruce House and Great Canadian Theatre Co. Champagne at intermission. Reception afterwards. Tickets \$50. Call 236-5196 for more info

8:30 p.m.-12:30 a.m. Bocciodromo Supporters Dance, Part II, Cafe Niktinna Tent, 262 Preston St. Music by Duo Oz, special feature, "Tango Contest"- Italian delicacies

8:00-8:30 p.m. The Fire Department Band along Preston Street

8:30-1:00a.m. Musical Group from Italy "Michele Macri Show"-Main stage

Sunday, June 20

1:00 p.m.-5:00 p.m. Saputo Capital Bicycle Race: Gladstone , Rochester , Pamilla, Preston .

11:00 a.m.-12:00 a.m. "Family Fair" Amusements at the corner of Louisa & Preston

12:00 p.m. Italian Specialties with beer and wine, 333 Preston St .

6:10-6:30 p.m. Performance by Jenna Taggart

6:30 p.m. Members of Youth Band "Simply Wow"

7:00 p.m. Dance Group from Centro Giovanile Formativo Italo-Canadese

7:20-7:40 p.m. Dance group Ruscello Limpido from St. Rita Italian School

7:40-7:55 p.m. Performance by singer Jennifer Capogreco

8:00 p.m.-12:00 a.m. 2nd Generation Dance Party by Five Star Entertainment and La Vecchia Trattoria /D.J. Rocco

8:30 p.m.-12:30 a.m. Bocciodromo Supporters' Dance, Part III, Cafe Niktinna Tent, 262 Preston St. Music by Duo Oz, special feature "Spot Dances Galore"-magnificent prizes and Italian delicacies

8:00 p.m.- Presentation of Bocce Plastino Cup Tournament Trophy

8:00 p.m.-12:00 a.m. Music by "Sway" Orchestra - Main Stage

Ottawa Sun Italo-Canadian Scholarship presentation (first intermission). Performance by singer Nick Michelis (second intermission).

10:00 p.m. Early Bird Draw of Ital Canada Lottery on main stage.

Grand Prize to be drawn July 4 at Andrew Haydon Park during Canada Day(July 1-4) Festival