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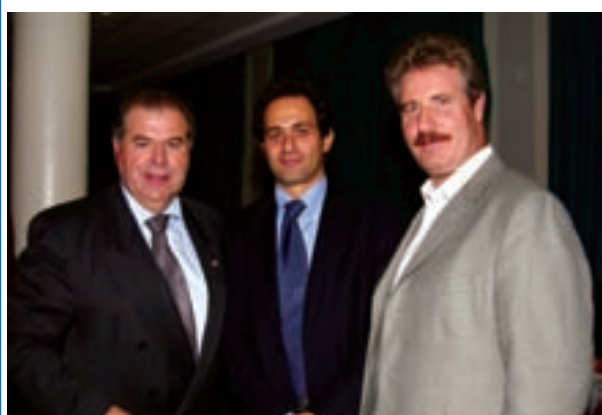
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Italian-Canadian Author makes the most out of a tough situation

by Matthew Perry

Imagine a book written about a father and son. The son is torn between his parent’s messy divorce. Picture the Canadian legal system doing little to protect his rights and even less to shield him from these painful circumstances. This young man endures two adoptions, seven name-changes and a burden he would have to carry though his childhood into adulthood. The father was in constant battles to see his son and to allow him to bond with the boy’s own grandmother.

This book has now become a reality for one Canadian author, and unfortunately, the story isn’t fiction. On Thursday October 20th, Ricaardoe Di Done released his book “Please don’t let me go Papa!” at the Trattoria Cafè Italia. There was a warm reception of more than 40 people on hand to wish him the best and to hear the author’s painful story.

“My son had to endure a lot of things in his life that he shouldn’t have,” Di Done told the crowd. “I had to miss a lot of time with him that I shouldn’t have as well, but this book has been written so no other child has to live through this type of thing in the future.”

“The laws in this country need to change to fix the process, to ease the experience for children in a similar position.”

Di Done said that 37,000 children are caught in custody battles and many more are forced to witness the breakdown of their families. During his own battle he said that he was deprived from seeing his son for 3 years at one point and 1 and a half years the second time.

The website describes the book as, “a powerful book about the realities of divorce and separation and the poorly designed family legal system, which fails to meet, in concrete terms, its obligation to work in the best interests of children.”

“Please don’t let me go Papa! relates in poignant and compelling language the gripping and turbulent 16-year struggle of a loving father through an unbelievable maze of legal bickering - punctuated with lawyers, provincial court actions, kidnapping charges, a 38-day hunger strike, the relinquishing of a lucrative business career and the founding of the Organization for the Protection of Children’s Rights (OPCR) - to maintain a vital relationship with his son.”

In addition to sharing his own story Di Done also uses the book to propose concrete recommendations to render the system more humane and alleviate the suffering of the thousands of Canadian children involved in conflicts regarding custody and access rights each year.

“I hope that this book will help law makers, but also help couples make informed decisions on the welfare of their child during custody battles,” he added.

Also on-hand to celebrate his author’s big day was his son Ricaardo Di Done Jr. who had mixed feeling son the release of his father’s book.

“I am happy for my father, it is a big day for him, and it is information that can make a difference,” he said. “When I first read the book I was a little angry – angry at the fact that all these painful experiences were being relieved and that it was my father’s side of the story, but I still love both my parents and even thought book isn’t him versus my mom, it can be seen as that.”

“However, all of the pain is worth it if the book can make a difference in the lives of children or the legal system.

The book launch was also the launch of the Theo Done and Associates Publication House. This will be a publishing company dedicated to publishing books to improve the lives of Canadian children. The company has already released a French book called ADO, Guide Pratique Pour le Jeunes. It is a book to help youth deal with the pressures of drugs and alcohol when entering post-secondary education.

For more information on the book please visit www.osde.ca.

Michaëlle Jean

di Carletto Caccia

Ci volle Trudeau a rompere la tradizione che tutti i giudici della Corte Suprema del Canada fossero uomini. E ci volle pure Trudeau a propore che la signora Jeanne Sauvé fosse il primo Governatore Generale al femminile. Parliamo qui di oltre vent’anni fa quando le porte della vita pubblica canadese cominciarano ad aprirsi alle donne anche per le cariche piu alte dello stato. Dopo Jeanne Sauvé, abbiamo avuto Adrienne Clarkson che in un certo modo ha spianato il terreno per la nomina dell’attuale Governatore Generale, Michaëlle Jean. A questa va riconosciuto il merito di aver fatto al Senato un discorso d’investitura che ha generato un’impressione positiva sugli ascoltatori presenti. Infatti, dopo aver parlato della coscienza sociale che ci unisce, la signora Jean ha imperniato il suo discorso sulle solitudini che caratterizzano il Canada: e cioe l’isolamento non solo di due

tradizionali solitudini ma bensì di tutte le solitudini dei diversi gruppi culturali.

Con l’entrata in scena del nuovo Governatore Generale, il tema sull’unita nazionale assume un nuovo aspetto. Pertanto nei

prossimi cinque anni sentiremo parlare spesso di questo tema che merita essere seguito da vicino in quanto promette bene per chi vuole un Canada unito. Non c’e pertanto da meravigliarsi che il tema proposto dalla signora Jean abbia avuto una notevole eco, tanto piu che il Governatore Generale proviene da Montreal dove ha avuto occasione di assaggiare da vicino il sapore del separatismo. Quello che Michaëlle Jean propone invece e di promuovere la solidarieta tra tutti i cittadini che compongono il Canada di oggi. Rispetto e tolleranza

sono due parole cui la Signora Jean da molta importanza nel suo impegno a mobilitzare tutte quelle forze che uniscono il paese.



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City-Wide

Un passo alla volta per Mario Giannetti

di Veronica Petrò

Nel 1959, da un paese lontano e sconosciuto da molti italiani, arrivò in Canada un ragazzo di 11 anni accompagnato solamente dal coraggio e dalla determinazione della sua mamma. Il loro paese fu devastato dalla guerra. Il lavoro non c'era, il cibo non bastava e, di conseguenza, la fame urlava nella pancia di tanti italiani. La famiglia Giannetti decise allora di lasciare l'Italia e di trasferirsi in Canada. Nonostante l'incapacità di parlare la lingua, Mario Giannetti, fu immerso immediatamente nella vita quotidiana canadese. Incominciò la scuola elementare poco tempo dopo il suo arrivo qui ad Ottawa. La famiglia Giannetti si adattò velocemente allo stile di vita canadese. Non sono mancate tante difficoltà iniziali che sono state superate dalla volontà e dal desiderio di poter realizzare il sogno di tanti immigranti: avere una casa e le comodità necessarie per la vita di tutti i giorni.

Il padre di Mario, arrivò in Canada due anni prima della moglie e del figlio con lo scopo d'iniziare una vita migliore da quella che si stava vivendo in Italia. Purtroppo, dopo la fine della guerra del '45, tanti italiani erano sfollati e quindi, forzati di trovare una vita nuova altrove. Il signor Giannetti venne in Canada per il benessere e il futuro della sua famiglia, anche se i suoi genitori accettarono difficilmente la sua decisione. Il telefono, in quei tempi in Italia, era considerato come una cosa di lusso ed erano pochissime le famiglie che lo possedevano. All'inizio dunque, la comunicazione con la famiglia fu difficile e rara. La lontananza purtroppo separò la famiglia. Finalmente, con il tempo e con l'evoluzione della tecnologia, la comunicazione diventò molto più frequente. La famiglia Giannetti ha avuto l'enorme piacere di ricevere qui ad

Ottawa, in diverse occasioni, alcuni membri della loro famiglia rimasta in Italia. All'età di 12 anni, Mario Giannetti, come tanti altri ragazzi della sua età, incominciò a lavorare la sera dopo la scuola e anche il week-end nel negozio Preston Hardware, proprietà di Angelo Locatelli e William Germain. Per tanti ragazzi di quel periodo, il lavoro era necessario per la sopravvivenza della famiglia ed anche, secondo certi genitori, per insegnar loro una certa disciplina. All'età di 16 anni, incontrò Cecilia, una ragazza di cui



s'innamorò passionatamente e che sposò qualche anno dopo. Hanno avuto quattro figli: due maschietti e due femminucce. Nel '73, dopo tanti anni d'esperienza fatta lavorando nel negozio di Preston Hardware, Mario Giannetti, col fratello Sandro Giannetti, e col cognato, Mario Frangione, decisero di comprare il negozio. Tuttora, il signor Giannetti riscuote un immenso successo con la sua attività. È molto fiero di quanto è riuscito a realizzare. Con lui si può affermare che il sogno iniziale di suo papà e di tanti immigrati qui in Canada si è avverato: riuscire ad avere una vita ricca di soddisfazioni per se e per tutta la famiglia come ad esempio possedere una bella casa e aver dato un futuro migliore ai propri figli.

The Natural Beauty Of Rocks

by Santino Filoso

If it happen to you to visit the surrounding of the Remic Rapid along the Ottawa Parkway near Chadiere Island you can not be surprise by the beautiful site of artistic stone work, it is the work of Joe Ceprano. Joe Ceprano began exploring the use of unaltered natural rocks in 1986, and has never looked back in the 19 years since. Joe was born on July 6th 1946 in Providence Rhode Island. He grew up in a predominantly Italian neighborhood and his grandparents were from Casserta Avelino and Ponto Covo. As a child Joe always wanted to be a meteorologist and until the second year of university he pursued that career. After two years he switched into fine arts. In 1973 he came to Canada and became a citizen in 1990. Joe was looking for a nice spot near water to conduct his art, and in 1986 he found it alongside the Ottawa River at Remic Rapids. The large collection



Some impressive stone sculptures that Joe Ceprano built in the Ottawa River for the pleasure of all visitors.

of natural rocks was what attracted Joe. Being very creative he viewed the rocks as shapes. It is amazing to look at Joe's work. The way he assembles them to create unique shapes has a special flair. It is interesting to note that as soon as Joe is done a structure, he immediately names it. Looking at Joe's work, one would never guess that nothing is holding the rocks together, only Joe's skill in balancing heavy rocks prevents the pieces from crashing down. Every year that went by Joe got better at balancing the rocks. During his 19 years at the site, Joe developed a relationship with the surrounding area. The fact that all the rocks are naturally from the site adds to the beauty of his work. All the rocks come from the within 200 feet of site in the riverbed. The rocks were formed by glaciers over 20,000 years ago and are also part of the 400 million year old Precambrian shield. Joe is quick to point out that he is only using the natural beauty of the rocks to make it look like his pieces belong there, as if they were formed by nature itself. The purpose of Joe's work is to promote peace and the three guiding principals of his are trust, respect and love. All of Joe's work is dismantled by nature with the coming of each winter, and he begins anew each spring. Another thing unique to Joe's work is that he works outdoors

in the company of the public each day. People lounge around some eating lunch, or just sitting in the sun, admiring the fine work around them. It is a very relaxed atmosphere and 6 years of partnerships with the NCC has helped make the park more family oriented. The park itself is a nice balance of rural and urban environments and Joe thinks that is why so many people are



A "particular" and three dimensional view of the work created by Joe Ceprano

It was a silent show, and the dancers were barefoot for the two hour show keeping with the area's natural feel. The show went so well that there will be more venues taking place. Joe's artwork provides a raw and sharp background that well suits the venues. With all the nature involved in Joe's work it is no wonder that the three main influences are Taoism, Buddhism, and the Mayan and Aztec cultures. When Joe is not at the river, he can be found pursuing his other interests such as painting, drawing, photography and print making. It is no surprise that his artwork is a hugely popular with the Asian communities. In fact, one woman told Joe that his work was so powerful and beautiful this year that she was moved to tears. Each year Joe chooses a theme for his work and this year's is based on the epic poem about the Ancient Mariner by Samuel Coolridge. Indeed this year's work is very dramatic and as you survey the site, the rocks feel alive, it is like you are viewing one man's private world, a world of the past, where nature is at its finest. I suggest our readers to go and appreciate the beautiful site during the fall color change of the leaves.

attracted to this location. The site is a natural amphitheatre with a great view of everything in Ottawa from the Champlain Bridge to the Parliament Hill. The site was used for a free dance performance in August. The performance was entitled "From The Soul". Claire Elizabeth Barratt of 'Cilla_Vee Movement Projects', NYC was the artistic director and creator of the project while Natasha Royka was the producer.

Looking Back

NEW ITALIAN READER TELLS IMMIGRANT STORIES THROUGH VOICES OF DESCENDANTS AND FRIENDS

Non soltanto un baule (Not only a trunk) is a collection of ten life stories in Italian depicting the emotional, physical and psychological struggles that millions of Italian immigrants experienced in their decision to abandon their homeland to find a better life elsewhere. "The scope of Italian emigration relative to the size of the country's population far outnumbered that of most other countries," says the book's editor Concetta Cirigliano Perna, a native of Basilicata who today lives and teaches Italian language and culture in Sydney, Australia. "In fact, today there are almost as many Italians living outside Italy as in the country," she adds.

In describing the book Ms. Perna says the reader encounters poignant emigration journeys that emanated from the mountains of Abruzzo and Trentino and the shores of Sicily and Calabria to the faraway lands of the United States, Argentina, Australia and Canada. She says many stories detail the circumstances and emotional anguish leading up to the decision to emigrate as well as the journeys themselves and the challenges encountered in a new homeland. "Whole families, often emigrating at different times, had to part with their familiar world: the flavors, the smells, the traditions, the language, their homes, seeking 'pane e lavoro'," says Ms. Perna. She adds, "In establishing a new life, the Italians enriched their adopted countries by bringing with them an incredibly vibrant and old cultural heritage, centuries of expertise and craftsmanship in a variety of trades and an extraordinary desire to make it against all odds."

Non soltanto un baule was designed for general readers as well as for use in Italian language teaching. Matilda Raffa Cuomo, former First Lady of New York State, who chaired the national committee that successfully advocated the inclusion of the Italian language in the Advanced Placement (AP) program in the U.S. of the College Boards, wrote the foreword for the book. "These stories will inspire and benefit many high school students in the United States," Mrs. Cuomo says. She adds that the book can be "a catalyst for readers to consider their ancestral threads and tell their own stories for all future generations to hear and learn," adding that in a globalized world "there is truly a need to know and appreciate different cultures and their traditions." "As I read these stories, I relived my own ancestors' immigration voyage. They are an excellent tool to help prepare students for the AP exam," says Maria Abate De Blasio, Italian Teacher, Palisades Park High School, New Jersey. "This book will become a

milestone for the younger generation in learning and understanding the spirit of adventure, the ingenuity and the vast contribution of Italian immigrants to the world," says Nunziata Rella, Executive Director of the New York Italian American Committee on Education (IACE).

Contributor Pat Ciarrocchi, a television journalist in Philadelphia, recounts the story of her grandmother Giulia, who, only a few years after emigrating in the early 1900's to Philadelphia with her husband Antonio, saw her "American dream" shattered when her young husband died in a steel-mining accident as he worked to help "build a new America." She was only 26 with two small children. After seeking refuge and comfort with her family in Italy, she soon realized that her native country at that time afforded little opportunity for her children and soon returned to America to guarantee them a future. In Elise Magistro's story, a university Italian professor in Claremont, California and the granddaughter of a Sicilian immigrant, she reveals the shock of her grandfather, Michelangelo, who after leaving Sicily where his trade as a shoemaker was considered an art, soon found himself "one of the many" shoemakers in the United States.

Francesca Schembri, a teacher and writer from Toronto, Canada shares with readers Maria's story, a Sicilian widow immigrant who confesses her emigration frustrations in an imaginary letter to her late husband, saying of her son's wedding to a non-Italian: "I did not feel at ease... people were talking to me slowly, as if I were a child and not a woman with so much experience on my shoulders..." "One can hardly think of a more genuine cultural context than these first-hand narratives of the Italian migrant experience... selected and edited with great sensitivity and intelligence. This instructive book is certain to become widely used once its existence is discovered by Italian language teachers in the English-speaking world," Dr. Gino Moliterno, Director of the School of Humanities at the Australian

National University, Canberra.

The softcover book is 112 pages with footnoted vocabulary and cultural notes. Exercises and a table of passato remoto verbs are appended for readers who wish to use the book for language study. For additional information, contact the publisher Edizioni Farinelli at (212) 751-2427 or email edizioni@mindspring.com or visit www.edizionifarinelli.com



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General Interest

Multiple Masks and Facial Freedom

By Renato Rizzuti

The other day I wore a mask that hid my true identity. No, I was not about to rob a bank. I was wearing a mud mask. I have no hang ups about using a mud mask since I use the *Macho Male Mud Mask* brand. This led me to contemplate the whole psychology of masks in general. There is a very long and complex history of the use of masks in theatre. It has been said before that people wear multiple masks in the theatre of life. The Italian dramatist Luigi Pirandello is famous for his philosophy about the masks in life concept. *Naked Masks* is a collection of five of his plays. The ironic title was *Maschere Nude* in the original Italian version.

Of course some people would say that Italians are a mite too expressive from a facial and vocal point of view. Sure, another racial stereotype! My defence is that Italians are passionate about life and therefore may “appear” to be a bit “over the top” when it comes to expressiveness in comparison to the average person. This is a good life affirming thing!



Luigi Pirandello had his thoughts on “mask-wearers”.

Other racial stereotypes point to the supposed “deadpan” stoic face that shows no emotion in certain cultures. This is another extreme observation that really has no basis in reality. I have had friends who supposedly were part of this phenomena. Believe you me, any

living breathing human is going to let out heightened emotions! I have witnessed all sorts of emotional displays from people of all sorts of cultures! When we are babies we wear absolutely no masks. Watch a baby’s face for fifteen minutes. A baby’s expression changes from moment to moment as a new thought or sensation registers in the baby’s brain. A baby has nothing to hide and therefore wears no masks. A baby has true “facial freedom.”

As we grow older and into adulthood, we learn to put on masks to hide our true feelings. I once had a she-devil from hell as a boss. I would put on my “good morning and smile mask” to greet her. We have to wear masks sometimes because of the need for financial and social survival. When a close friend wears a hideous dress you may try to say, “That’s a nice dress” but your facial expression may reveal otherwise. It is not always possible to wear a foolproof mask.

I have a very expressive face. This fact has served me well in my work as an actor. My acting philosophy is that an actor should not put on a mask to express an emotion. In other words, an actor should not make a face to express an emotion but should internalize the emotion and then let the face naturally reflect the external “face aspect” of the emotion.

My expressive face has gotten me into trouble in real life. I once had a very nasty woman as a boss. During a conversation with my she-devil boss, she stated that so and so was a model employee. I did not verbally disagree with her but my face gave away my opinion. In fact, the she-devil asked me, “Why the face?” I had to talk my way out of that sticky situation. I once dated this dingbat who kept complaining about the way that I would look at her. She accused me of undressing her with my eyes and facial expression. So what? She should have

taken it as a compliment! Was I supposed to show disgust when I looked at her? Forget about it! I got sick of her complaining and I forgot about her!

The point is that we do not have true “facial freedom” in our society. New York city in particular has been the recipient of a “bum rap” in relation to “facial freedom.” The cliché is that if you visit New York you are not supposed to look at a native New Yorker with any kind of expression because you risk getting into a verbal or physical fight. This phenomenon goes far beyond New York to any major urban city.

People will fight on the basis of somebody looking at them the “wrong” way. This notion is popularized in gangsta rap culture where a certain look from somebody means they are “disin” you or insulting you. The same is true with inmates in prison culture. Unfortunately, this has crept into our modern urban culture and makes for senseless violence.

In an elevator, we put on an “elevator face” which means a blank expression so that we do not offend anybody. We are forced to control our facial expressions and our emotions. This is not an entirely psychologically healthy thing to do. What do we want? Do we want to go around like expressionless emotional zombies? It would be liberating to take off our zombie masks!

Perhaps people will learn to become more tolerant of natural emotions and natural facial expressions. The next step would be the verbal freedom to speak about our true emotions and thoughts. Until that day comes, we will have to continue to wear multiple masks and will continue to strive for “facial freedom.”

Glass still half-full for Italian wine makers

By John Hunter

LIKE France, Germany and Spain, Italy faces the major problem of dropping export sales in the face of energetic New World competition. Ten years ago, the Euro Old World controlled 90pc of the value of the international wine trade; today the figure is a startling 64pc.

Yet Italy remains the world’s largest volume wine producer. Maybe that’s the problem; a country awash with wine of indifferent quality drowning the reputation of the genuinely great, the vinous aristocracy of Italy.

In the UK and Ireland, sad memories of cheap two-litre bottles of dilute Bardolino, Soave and the like leave a sour mouth-taste. Big pub wines, but very forgettable, apart from the possible hangover.

The truth is that, for a time, many Italian winemakers simply went for big profits by mass-producing mediocre wines and undermining well-known regional names at the same time.

Thankfully, not all money. And they’re the vive the current downturn. lution is underway, unique properties of local

What to look for? Top to be Barolo, from the mont, Brunello di Classico or Rufina from Amarone from Veneto’s

All are pricey but gen-

In the deep south, Negroamaro, a dark, earthy red varietal dominates - try Copertino. Good Sicilians are led by the Nero d’Avola grape - cherry red Cerasuolo di Vittoria is available here.

As a general rule, the best dry whites come from the cooler north.

Piedmonte’s Arneis and Cortese are fashionable, in the south Tyrol, Pinot Grigio and Chardonnay, in Veneto, Garganega, the backbone of Soave, itself undergoing a major quality make-over.

Frascati, one of the best-known Italian whites here, from around Rome, based on the Trebbiano grape and known to the French as Ugni Blanc, is often disappointingly neutral, rather than acid-fruity.

Hunter’s Choice

MASI is a quality Veneto winemaker, top producer of amarone and ripasso wines. Get a flavour of the potential with their starter red and white, both priced at £5.99.

Masi Modello delle Venezie Bianco is a mouthful in every sense; a crisp, dry yet fruity white of some elegance, made from the local Garganega grape.

Masi Modello delle Venezie Rosso, from traditional Corvina and Raboso Veronese varietals is a straightforward, fruity quaffer, holding its own with tomato-sauced pasta. Both widely available from good independents, distributed by Hollywood and Donnelly.



grabbed the easy producers likely to sur-Basically, a quality revo-largely exploiting the grapes.

drops in the reds have Nebbiolo grape in Pied-Montalcino and Chianti Tuscany’s Sangiovese, Valpolicella.

erally worth the money.

English and Italian Singing Brit to hit National Capital

The most commercially successful female singer in British chart history is coming to the National Capital region. Petula Clark will be playing the Casino du Lac Lemay on November 12, 2005, at 8 P.M.

Trained to sing by her soprano mother, Clark embarked on a stage career at the age of seven; soon she was a fixture on British radio programs, and began hosting her own regular show Pet’s Parlour — a series spotlighting patriotic songs designed to boost the morale of wartime audiences — at the tender age of 11. Her voice was praised in Italian, French and German.

After entertaining British troops alongside fellow child stars Julie Andrews and Anthony Newley, Clark made her film debut with A Medal for the General in 1944. By the dawn of the 1950s she was a superstar throughout the U.K., with a resume of close to two dozen films; 1954’s “The Little Shoemaker” was her first Top 20 single, while 1960’s “Sailor” was her first chart-topper. Still, Clark struggled with her inability to shed her adolescent image. After selling over a million copies of 1961’s “Romeo,” she married and relocated to France, establishing a strong fan base there on the strength of

“Chariot” and “Monsieur,” which cated pop sound anchored by her

Riding the wave of the British to penetrate the U.S. market in “Downtown,” the first single by a number one on the American pop series of American Top Ten hits Tony Hatch) which also included 1966’s “I Couldn’t Live Without smash “My Love.” At the same

throughout Europe, topping the British charts in 1967 with “This Is My Song,” taken from the film A Countess From Hong Kong. In addition to hosting her own BBC series, she also starred in the 1968 NBC television special Petula, which triggered controversy when sponsors requested that a segment with guest Harry Belafonte be cut in deference to Southern affiliates; ultimately, the show aired in its intended form.

As the 1960s drew to a close, Clark’s commercial stature slipped, although singles like “Don’t Sleep on the Subway,” “The Other Man’s Grass Is Always Greener” and “Kiss Me Goodbye” still charted on both sides of the Atlantic. In 1968 she revived her film career by starring in Finian’s Rainbow, followed a year later by Goodbye, Mr. Chips. In later years Clark focused primarily on international touring, headlining the 1981 London revival of Rodgers and Hammerstein’s The Sound of Music; after starring in the 1990 musical Someone Like You, which she also co-wrote, she made her Broadway debut in Blood Brothers in 1993.

She has been touring around the world since and is always received with warm welcomes and leaves audiences speechless with her performances where-ever she goes.



hits including “Ya-Ya Twist,” spotlighted a new, more sophisti-crystalline vocals.

Invasion, Clark was finally able 1964 with the Grammy-winning British woman ever to reach charts. It was also the first in a (most written and arranged by 1965’s “I Know a Place” and Your Love” and the number one time, she remained a huge star

Clark is bringing that unique sound to the Théâtre du Casino for two shows on Nov. 12th. Tickets for these highly anticipated shows are available by calling 1 800 361-4595 or at www.admission.com

General Interest

NEL CAMPOSANTO CADE UNA STELLA

di Alfredo Maiolo
Sú dal colle d'un paese antico,
io guardavo il tramonto del sole
e le prime stelle in cielo;
quando una voce di pianto
produce nel mio cuore uno schianto.
Quante croci nella valle
accese di mille fiammelle!
Curva su una Croce, una mamma,
che piange, che chiama il suo bimbo.

Scendo giù a valle:
la donna mi fissa con occhi di vetro
in un viso assai tetro
E mi chiede: "Quando chiuderanno il cancello?"
Senza saperlo, rispondo: fra poco, signora.
E rimango in silenzio, pensoso:
piange il cuore.

Sospirano le lucciole all'imbrunire
e baciano le croci.
O lucciole, fiammelle che volate nell'ombra,
luci che vi spegnete nel silenzio,
come nel silenzio si spengono
le speranze della vita.

Coraggio, dissi a quella madre,
é tempo di andare.
Ed Ella: "che pena...
che pena di lasciarlo qui...solo".
Solo non resta riposi:
vi sono altri bimbi
vi sono altri morti,
poi vi e sempre il Signore che li protegge.
"Ma e troppo piccolo il bimbo
e vuole la mamma"

Un fremito, un sospiro e due lacrime
Scendono sulle pallide guance.
Accanto ad una croce una candela accesa,
vive in quella fiammella
un'anima che prega..
Da lontano volgiamo indietro lo sguardo,
per salutare ancora una volta i morti.
Sul camposanto cade una stella;
la luna pensosa ci guarda dal cielo
mentre la notte cala il nero suo velo.

SENTIERO

di Alfredo Maiolo

E scendo...giú per la china
morbida, lieve
scoscesa, mi lascio spingere
dal fresco alitare del vento.
Il mio corpo leggero
ritrova
la sua dimensione
e si lascia avvolgere
dalle alte erbe,
che fiancheggiano il sentiero.
Il profumo dei fiori selvaggi,
mi danno energia e
la riceve il mio corpo, ed
il sangue riprende a pulsare.
In quell'istante imprimo, così
lì per sempre la mia storia di
Essere umano.

Escendo...continuo a scendere
per lo stretto sentiero.
Palpitante, il mio cuore
é pieno di realta e di speranza.
I ricordi di eterna giovinezza,
protesi che passano
nella mia mente.
Sentiero con te vorrei
risalir la china, ma
la tarda eta e gli affanni
nel tempo sono stanchi...
E secondo...giú a valle, dove
Il fiume silenzioso scorre,
e i miei occhi, guardavano quelle torbide acque...!

Lo spaventapasseri

Di Corrado Melone

Nell'autunno del 1943, quando Ladispoli fu fatta evacuare dai tedeschi, al maggior parte dei ladispoliani trovò riparo in Ceri, piccolo borgo arroccato sopra una massa tufacea e con la rocca coronata da merli guelfi.

Vittorio e la sua famiglia erano alloggiati in una grotta sotto l'abitazione di Primo Pistone, il guardiano dei Torlonia. A Ceri, mentre gli uomini validi si tenevano nascosti per non essere rastellati dai tedeschi, i ragazzini si rendevano utili andando a raccogliere l'acqua in un fontanile ai piedi della rocca, oppure a prendere il latte nelle fattorie circostanti. Vittorio aveva dieci anni e malgrado fosse malnutrito era irrequieto, sempre arrampicato sulla rupe che sta a ridosso dell'unica rampa d'accesso del piccolo paese, dove crescevano un'infinità di fichi d'India;

oppure se ne andava coi suio coetanei nei fitti boschi che circondano Ceri alla ricerca di bacche e frutti selvatici.

Venne novembre, era tempo di semina e i ladispolani sfollati, per sopravvivere, si adattarono ai più umili mestieri: gli anziani e le donne andarono a lavorare nelle aziende agricole dei fondi circostanti. Anche Vittorio fu avviato al lavoro nell'azienda agricola degli Andreoni presso il castellaccio di Monteroni, col compito di fare lo spaventapasseri.


Essendo chiusa la caccia per via della guerra, passerì, allodole e comacchie avevano

invaso i campi, tanto da compromettere finanche la nascita del frumento seminato.

Vittorio doveva percorrere chilometri di terreno arato e seminato gridando ripetutamente alla volta degli uccellacci: "Fora . . . fo . . ." (fuori, fuori . . .), mentre con u na mazza di legno batteva un bidone di latta che portava legato a tracollo; tutto ciò dal mattino alla sera. Quando col buio giungeva a casa, dopo aver ripercorso a piedi i dieci chilometri che dividono Monteroni da Ceri, era sfinito e senza voce.

Alle cinque del mattino, insieme alla sorella che stava con la compagnia dei guitti, ripartiva per Monteroni, e lì ancora chilometri sulle zolle sconnesse a fare da spauracchio e a gridare agli stormi d'uccelli "fora . . . fora . . .", con la voce sempre più roca e le gambucce che si facevano più pesanti. La sera, a casa, dopo aver mangiato la minestra, s'addomentava sul tavolo sfinito.

Un giorno la mamma, che era una santa donna, decise di non mandarlo più a fare lo spaventapasseri. Disse "Siamo poveri, ma vivremo ugualmente senza i pochi soldi che avrebbe portato Vittorio", che da quel giorno ritornò coi suoi coetanei a girare per i boschi, ad arrampicarsi sulla rupe per raccogliere saporosi fichi d'india, e a rincorrersi intorno alla ferrea statua della Madonna che troneggia nella piazzetta di Ceri.



Notizia Per La Comunità

*Domanda per le borse di Studio "Giovanni Caboto"
per l'Università Carleton e per l'Università di Ottawa*

Le domande saranno accettate fino al 25 Novembre dell'anno 2005.

Vogliamo far presente ed incoraggiare i studenti dell'Università di Carleton e dell'Università di Ottawa che hanno i requisiti richiesti di far domanda al più presto possibile. **Le domande saranno accettate fino al 25 Novembre dell'anno 2005.** Questa è l'ottava volta che queste borse sono conferite. Il valore di ogni borsa va dai 700 ai 1,250 dollari canadesi, secondo la disponibilità dei fondi.

Le borse saranno conferite ai studenti iscritti ai programmi di studi d'italiano, relativi alla lingua italiana o italo-canadese, alla cultura, alla storia ed alle altre materie ad esse connesse. All'Università Carleton i studenti di origine italiana iscritti in qualsiasi programma possono far domanda. All'Università di Ottawa considerazione speciale verrà data ai studenti di origine italiana e ai studenti che sono stati attivi nella comunità italo-canadese.

Queste borse sono conferite annualmente a studenti di livello "undergraduate" che frequentano l'università a tempo pieno, che hanno una buona media e che hanno bisogno di assistenza finanziaria. **I candidati sono pregati di fare domanda presso gli uffici atenei incaricati.**

Per fare Domanda
All'Università Carleton rivolgetevi presso il:
Financial Aid and Awards, Room 202, Robertson Hall (520-3600)
All'Università di Ottawa rivolgetevi presso: The Undergraduate Awards Office,
85 University, Room123 (562-5734 oppure 562-5810)

Per informazioni generali potete telefonarmi (Joseph Macaluso 745-8916 o Nello Bortolotti 726-0920).

Queste borse sono state istituite dalla Fondazione del Congresso Nazionale degli Italo Canadesi (distretto dell'Ontario dell'est e della Regione Outaouais) e dal Congresso Nazionale degli Italo Canadesi (distretto della Capitale). La CIBPA di Ottawa si è unita a questa iniziativa con una donazione al fondo presso l'Università Carleton.

Di nuovo preghiamo i studenti di fare domanda al più presto possibile.

Joseph Macaluso/Presidente,
CNIC Fondazione (DOERO)
11 Ottobre 2005

Looking Back

Italian Youth of the Sixties meet again

Angelo Delfino reunites the Italo Canadian Youth Club

By Mariella Policheni
of Tandem Magazine

Greased hair, suits with tapered pants, neckties; for the girls, towering back-combed hairdos, a lot of mascara on the eyelids, and wasp-waisted dresses. Those were the Sixties, and Italian-Canadian youth dressed in fashion, got together and danced.

After so many years, all those who belonged to the Italo Canadian Youth Club between 1959 and 1969 can meet again (a first get-together was held in 1982) on October 30 at The Terrace Banquet Centre. These former kids (time is pitiless...) will have another chance to remember the good old times. "Of course those were good times," smiles Angelo Delfino, who chaired the club for most of that decade, except for a short period under Alfio Tomassini. "In 1959 I was just 17 years old and willing to do a lot of things, to organize activities to spend time with other young fellows. basically, what I felt even more strongly was a great interest in our community."

The Italo Canadian Youth Club, founded by a group of soccer players, had its own soccer team. "It was led by Sam Rivero and coached by Franco Di Girolamo and Alberto De Rosa," remembers Delfino. "De Rosa had already coached the youth section of Italia F.C. and was a big supporter of youth activities." So at first, the thirty or so Italian-Canadian kids were kept together by a love for soccer and foosball. "We played soccer and were part of the youth sector of Italia F.C., but in addition to playing we wanted to get together and have fun," says Delfino, who was the captain of that team. "The late Senator Peter Bosa, president of the team as well as chair of the Italo Canadian Recreation Club, and the manager of the Italia youth team Tullio Labardo offered us the place at 33 Brandon Avenue for our Sunday meetings."

In the first article that Corriere Canadese devoted to the "Brandon Avenue kids", the main purpose of the club was stated as "doing something for our youth, keeping them away from the dangers of the street." Soon, the "kids" decided that spending Sunday evenings dancing would not be a bad idea. "In order to advertise this initiative, we distributed leaflets in every church of the neighbourhood. We were electrified, we couldn't wait to expand our club." Despite these

high expectations, though, the first dancing evening was a big disappointment. "There were 60 boys and just two girls," laughs Angelo Delfino; "we hadn't considered that parents were reluctant to let their daughters out at night to go dancing! We had to move back to Sunday afternoon, from 2 to 6 pm."

That spelled success. "Hundreds of young people of Italian origin, ranging in age between 16 and 20, came out to dance; even girls, some without telling their parents, showed up in good numbers," continues Delfino. "Initially we used a tape recorder, but later we had live music with bands of the time like Los Paquitos, Livio Leonardelli, and Franco's Romantics. Eventually we had even some famous singers performing, such as Jimmy Fontana and Canada's own Bobby Curtola; our musical activities were entrusted to Agostino Mandarino." Success grew exponentially; every Sunday, youngsters arrived at 2 o'clock sharp to enjoy an afternoon of dancing. "We were young, and like young people of every epoch we liked to have fun, get together and take it easy; however, in addition to our dances we soon began organizing evening lectures on various issues, from citizenship to labour issues, from social service to volunteer activities. The first requests to introduce Italian in high school curricula and the problem of vocational schools began with our group," adds Delfino. "Many of us were already working, few were attending university, but the club was a reference for us, a part of our life where we invested our energies and our dreams."

The club had formed for the youth, and this was to be. "Therefore, with the passing of time, youngsters who grew up left the club and new people were recruited. As a way to prepare other people to take the reins of the club, we established a Junior Executive Committee headed by Luigi Cimini. In our period of largest expansion, we had a membership of 800." Many of the kids of the Italo Canadian Youth Club got together, many years after the club disbanded, on October 30, 1982. "There were 300 of us, and we organized a dinner dance where many brought old pictures; we smiled at how much we had changed since then," recalls Delfino. "This new reunion will also be full of memories, but this time any old member can bring his children as well as the photos, shirts or jackets with the club emblem, a reminder of our youth in the club."



Italian Youth Group in 1960

The Village Reunion

Di Veronica Petro

Una serata ben riuscita. I partecipanti sono rimasti molto contenti. È stata la ventisettesima riunione per i «ragazzi» del Villaggio. Uso questa espressione in quanto si è trattato di un incontro tra persone che si conoscono da diversi anni quando ancora erano dei giovanotti belli e baldi. Si sono riuniti al St. Antony Soccer Club. Lo scopo della serata era quello di riconoscere tutte quelle persone che, in diversi modi e occasioni, hanno contribuito allo sviluppo della comunità. In più, si è voluto riunire quelle persone che si sono insediate nel Villaggio, Preston e dintorni, così conosciuto da tanti cittadini di Ottawa.

In tutto seicento persone hanno partecipato alla serata. Ottimo il pranzo preparato dallo chef Settimio Inglese. L'atmosfera è stata gioiiale; tutti si sono sentiti tra vecchi amici e tanti hanno voluto ricordare dei momenti legati ai tempi passati. Il momento culminante della serata è stato la consegna dei premi. Ne sono stati conferiti cinque.

Eccoli in ordine : Community Contribution Award ad **Al Albenia**
Village Award a **John Mastrangelo**
Sportmen Award a **Cliff Neil**
Village Athletic Award a **Joe Licari**
Special Presentation Award a **Luigi Mion**.

Qualche accenno su Luigi Mion. Luigi Mion è molto conosciuto nella comunità italiana. Per tanti anni è stato un fedele collaboratore della parrocchia di Sant'Antonio e in questi ultimi si è dedicato molto allo sviluppo della Villa Marconi dove ha ricoperto diversi incarichi, tra gli altri, quello di presidente del consiglio di amministrazione. Non si deve dimenticare che ha avuto la responsabilità della sua ditta *Central Precast* mentre era involto a capofitto nelle tante organizzazioni



comunitarie. Da qualche tempo a questa parte ha tirato i remi in barca, lasciando la responsabilità dell'azienda ai figli. Ora, con la moglie Ada, si dedica ai tanti nipotini che sono la gioia dei nonni.

Vale la pena ricordare che Luigi non è stato riconosciuto e apprezzato soltanto dalla comunità italiana di Ottawa. Nel 1992 ha ricevuto il **Canada Award for Business Excellence for Entrepreneurship**. È stato insignito al **Knight of the Order of Merit** dal Governatore Generale (Rideau Hall) e, inoltre, un riconoscimento da parte della Città di Nepean. La sua città natale l'ha onorato con una medaglia di riconoscimento per le sue attività imprenditoriali. Nel 2002 ha ricevuto un riconoscimento dalla **Kidney Foundation** per le sue numerose contribuzioni. Luigi è venuto in Canada nel 1954. Come tanti Italiani, appena arrivato, voleva riuscire a farsi un avvenire. Non gli mancava il desiderio di lavorare sodo. All'inizio ha lavorato sulla ferrovia in British Columbia.

Poco dopo si è stabilito ad Ottawa insieme ad un intimo amico. Ha incominciato a lavorare da *Durie Mosaic and Marble*. Il suo desiderio però è quello di essere il proprietario della sua ditta. Si è lanciato e così è nata la *Central Precast*, che, a poco a poco, è diventata una grande azienda che impiega molti dipendenti. Luigi, malgrado il successo ottenuto, è rimasto umile, semplice, sempre disposto ad aiutare in diversi modi i gruppi che domandano il suo supporto. Vale la pena ricordare che il *The Village Reunion* è un luogo d'incontro tra diverse persone che desiderano passare dei momenti piacevoli tra amici. Inoltre vuole riconoscere e onorare l'apporto che alcune persone hanno dato per lo sviluppo della comunità.

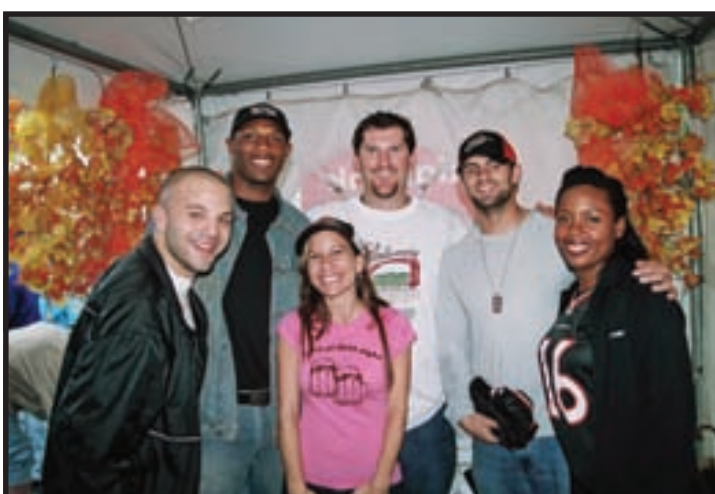
Lunga vita al *The Village Reunion*!



La Vendemmia Celebrity Grape Stomp



The 9th Annual La Vendemmia Grape Stomp took place on Saturday, September 17 2005 from 2:00 to 3:00 p.m. at 425 Preston Street. Many teams took their place next to celebrity teams and smashed and mashed their way through barrels of grapes.



Villa Marconi 10th Anniversary Celebration

photos by Giovanni



Trans-Continental

Italy steps up battle with organized crime

Probe reveals 90-million-euro waste disposal scam

Environmental group Legambiente praised the work of the police, describing the coordinated raids, which involved 200 officers, as "brilliant".

But it criticized the government for failing to do enough to fight environmental crime, which it warned was a growing problem in Italy.

"The very size of today's raid and the fact that this is the latest in a series of police operations against illegal waste-trafficking shows how widespread and well-organized environmental crime is in Italy," said Legambiente President Roberto Della Seta.

He pointed out that Monday's operation reflected a new trend in organized crime, which had branched out into "cleaning up" polluted sites.

"We call on parliament and political groups to include environmental crimes in the penal code as soon as possible," he said.

But the government, which last year set up an eco-crime division within its national anti-mafia agency, says existing measures are tough enough.

"I don't believe that introducing longer prison sentences for environmental crimes by making them part of the penal code would act as a deterrent," explained Environment Minister Matteoli. "Prison is always a defeat

for society - prevention is a far better solution".

A recent report by Legambiente found that all but one of Italy's 20 regions had been affected by mafia-linked environmental crime over the last decade.

As in previous studies, the traditional presence of organized crime in southern Italy was reflected in the geographical breakdown of the problem. Violations in Campania, Puglia, Calabria and Sicily accounted for 39% of the country's eco-mafia activity.

In total, Legambiente noted there had been some 17,000 known environment-linked infrac-

tions since it first started its survey in 1994. This worked out at five such crimes per day, generating annual revenue of around 27 billion euros.

On Monday, the group recalled that investigators had launched 47 inquiries into mafia-related waste crimes since 2002, resulting in 300 arrests.

Italian authorities have grappled with trash disposal problems for many years.

The lack of legal landfill dumps and rubbish disposal plants, a particularly serious problem in the south, has proved irresistible to organized crime.



Piero Grasso

Italia: una famiglia su quattro è povera

Di Veronica Petró

Siamo soliti a lamentarci. Vogliamo che la vita sia sempre apportatrice di salute e di benessere. La realtà è, spesso, ben diversa. Qui in Canada, noi abbiamo il cibo sulla tavola, una casetta per viverci, l'acqua per lavarci, l'automobile per spostarci, e, soprattutto l'appoggio dei nostri familiari nei momenti di bisogno. Domandiamoci dunque: «Che cosa voglio di più?» Forse, una vita più semplice, meno stressante, meno di corsa. Talvolta siamo portati a credere che altrove le cose vadano meglio e spesso facciamo riferimento al nostro paese d'origine, l'Italia. Ma anche l'Italia è alle prese con delle situazioni difficili.

La povertà continua a crescere in Italia. Nel 2004, circa 2 milioni 674 mila famiglie vivevano in condizioni di povertà, individui, il che significa popolazione. Questi dati rapporto dell'Istituto l'ISTAT, pubblicato il 6

Peggiorano le Sud. Le famiglie povere l'aumento rispetto importante. Le regioni più la Sicilia. Nel 2003 una considerata povera, quattro. Quali sono le quelle che hanno cinque almeno un figlio minore; adulti, e infine, diversi riguarda le famiglie con queste, il livello di povertà è molto elevato. Un miglioramento significativo è stato registrato al Nord. Le statistiche mostrano una diminuzione della povertà in Friuli-Venezia Giulia e nella



ossia 7 milioni 588 mila 13.2% dell'intera allarmanti si trovano nel nazionale di statistica, ottobre 2005.

condizioni delle famiglie nel corrispondono al 10.8% e all'anno precedente è molto toccate sono la Basilicata e famiglia su cinque era mentre nel 2004, una su famiglie più colpite? Sono o più componenti, con poi le coppie di giovani-anziani. Un altro dato tre o più figli minori. Per

L'economia del paese, che ha funzionato a rilento, non ha certo aiutato a migliorare la situazione delle famiglie. Inoltre, l'inflazione è aumentata e il potere d'acquisto è diminuito. Diverse famiglie si sono trovate in difficoltà. Le statistiche lo confermano. Le altre cause della povertà sottolineate dal rapporto non sono nuove ma si ripetono di anno in anno. Esse sono: un basso livello d'istruzione e l'esclusione dal mercato del lavoro causata da una preparazione professionale inadeguata.

Nel 2004 la soglia convenzionale di povertà relativa per una famiglia, che rappresenta la spesa media mensile pro capite, risulta di 919,98 euro, 5,2% in più rispetto all'anno precedente. La percentuale di famiglie povere osservata in tutta l'Italia fa risaltare le enormi differenze tra i territori: Nord 4.7%, Centro 7.3%, Mezzogiorno 25%. Nel Centro-Nord non supera il 4.6%. Infatti, l'incidenza della povertà in Lombardia, Veneto, Emilia Romagna e nella provincia di Bolzano è inferiore a quella del Lazio, dell'Umbria e della provincia di Trento, di cui l'incidenza è superiore all'8,1%. Sono dati che fanno riflettere.

Italian Law may be shockingly effective

Ann Tatko-Peterson

For years, Olympic officials have taken a hard-line stance when punishing athletes who commit doping offenses.

Now, they are getting much of the same dished back at them.

Italian government officials seem unwilling to soften a national law that would criminalize doping during February's Winter Olympics in Turin, Italy. International Olympic Committee member Mario Pescante plans to ask the Italian Senate today to issue a moratorium during the 17-day Olympics.

If the senate refuses, Olympians who test positive for banned drugs could face prison time. Sentences usually range from three months to three years.

The IOC uses a world anti-doping agency code that punishes athletes by stripping them of medals and suspending them for two years.

"We have tried to avoid criminalizing sports. That's why we have a strong anti-doping code in place," said Dick Pound, head of the World Anti-Doping Agency. "All we are asking is that this system be allowed to serve its purpose — ridding sport of cheaters."

Pound has long championed harsh penalties for drug cheaters. Earlier this year, he called Major League Baseball's steroid testing policy a "complete joke."

Apparently, a line exists that even Pound won't cross.

Pescante intimated that allowing the law to override IOC rules might deter professional hockey players from competing.

But why would it, unless those players have knowingly taken drugs? And if that's the case, then good riddance to them.

Some athletes view the Italian law as steep.

U.S. speedskating star Apolo Ohno is a strong advocate for clean sport. "But even I think that (law) is too harsh," he said last week at the U.S. Olympic Media Summit.

Again, why? In essence, the law only pertains to those who cheat. At the 2002 Winter Olympics, it would have applied to four of the six athletes who tested positive for drugs. (The other two were for stimulants that don't fall under the law.)

If the IOC really wants to stamp doping out of the Olympics, then it should allow the threat of imprisonment to stand.

Yes, the idea is shocking. Maybe that's the point.

Italian scientists prove eating pizza can reduce cancer risk.

A study, which was carried out by the Pharmacology Institute in the northern city of Milan, surveyed over 3,000 Italians who suffered from cancer of the stomach or digestive tract. Their eating habits were monitored during the study and compared with a sample of about 5,000 people, who suffered from other diseases.

The results showed that those who ate pizza once or several times a week were less likely to get cancer than those who didn't. Pizza eaters' risk of contracting colon cancer was reduced by 26 per cent, mouth cancer was reduced by 34 per cent and esophageal cancer fell by 59 per cent.

According to Silvano Gallus, who led the research, the secret lay in the healing properties of the humble tomato.

"We knew that tomato sauce could offer protection against certain tumours, but we did not expect pizza as a complete meal also to offer such protective powers," he said.

However, quick to speak

out was Milan-based epidemiologist Carlo La Vecchia, who warned millions of pizza lovers worldwide that the findings weren't the excuse to rush out and over indulge in Italy's finest export.

"There is nothing to indicate that pizza is the only thing responsible for these results," he said.

"Pizza could simply be indicative of a lifestyle and food habits, in other words the Italian version of a Mediterranean diet."



General Interest

COL NOSTRO BENESSERE AUMENTANO LE NOSTRE PAURE

Di Ermanno La Riccia

Noi creature di questo mondo siamo incontentabili. Avevamo una automobile di piccole dimensioni, una per ogni famiglia, ed un certo giorno i mercati ci hanno messo sotto gli occhi i furgoncini, più grossi di dimensioni, più comodi per tutta la famiglia ed allora puntiamo sul salto di qualità anche se è più dispendioso. I nostri figli appena sedicenni ci gridano in faccia il loro diritto ad avere una macchina e noi, anche se mugugnando in sordina, non gliela possiamo negare. Ed allora una famiglia di quattro persone adulte possiede quattro macchine. Tutto questo per noi è normale, normalissimo ma il pianeta Terra va alla deriva con i fumi che aumentano. Le nostre donne vanno alle sfilate di moda trainandosi dietro i mariti: un vestito di nuovo taglio indossato da una mannequin fa gola a tutti e l'immancabile regalo alla dolce metà non può mancare anche se farà tremare il portafogli. Sono di moda le scarpe a punta di chiodo e via occorre comprarne di vari colori, un paio per ogni vestito. Poi si va al supermercato: ci sono odori di squisiti formaggi francesi oppure caciocavalli d'alto grido e salamini del Belgio, salsicciotti di provenienza polacca o ungherese e prosciutti di Parma, soppressate calabresi, vini d'Italia e di Francia e dolci importati da ogni dove, occorre farli assaggiare agli amici per fare bella figura. Infine arrivano le serate memorabili: banchetti matrimoniali e banchetti di associazioni con sfilate di piatti con l'immancabile pasta asciutta e poi carne e tutto il resto: tonnellate di cibo che va a finire nella spazzatura. Tutto questo non è altro che consumismo sfrenato che caratterizza l'ampiezza del nostro benessere.

E pensiamo di essere felici con un tenore di vita come questo quando incontrandoci con gli amici ci si van. Ma non è vero. La notte incominciano ad assalirci i pensieri: dormiamo poco perché la sera abbiamo ascoltato l'appello degli esperti governativi che annunciavano che ci sono troppi obesi anche tra i bambini e l'obesità fa male alla salute e allora pensando alla pancetta del figlio dodicenne che va a scuola decidiamo di tagliargli i viveri a metà. Ma accanto alle scuole ci sono i McDonald dove senza dirlo, di nascosto, si va a rimpinguire per vincere la fame e noi rimaniamo con la paura addosso di vederlo crescere come una bomba.

Poi le donne che che si sentono un po' grasse e pesanti, vanno dall'estetista a farsi togliere il sottointento e si prenotano in un centro sportivo dove vanno a fare ginnastica per mantenere la linea che stenta a venire. Ed a casa magre minestrelle a base di verdure insipide e cavoli bolliti con addosso tutti la paura di ingrassare. Ma le paure non finiscono con le diete e la ginnastica. Ci alziamo la mattina e sentiamo radio e televisione che con comunicati a raffica annunciano che il governo ha deciso di aumentare la sorveglianza nelle stazioni del metrò, nei porti e nei punti strategici per paura di qualche azione terroristica. E così anche le frontiere con gli USA sono state rinforzate, per sventare il passaggio di terroristi camuffati da rifugiati politici. E poi, da un'altra parte, si viene a sapere che negli Stati Uniti, negli ultimi tempi, sono stati sventati

almeno 10 azioni terroristiche e la metropolitana di New York è stata messa sotto stretto controllo. Notizie che ti fanno accapponare la pelle per la paura tanto che se devi usare il metrò per andare giù in città ci pensi due volte prima di deciderli.

Ripensando all'auto che hai parchato sotto casa fai un calcolo di quanto ti viene a costare se lo usi al posto del metrò e ti si mangia il fegato per la rabbia perché il prezzo della benzina è ancora molto alto da quando gli uragani Katerine e Rita hanno affogato nell'acqua New Orleans, una città di 600 mila abitanti e con essa anche parecchie raffinerie. E facendo i calcoli trovi che devi spendere almeno il 60% in più se vuoi usare la macchina. Ed allora sorge un dilemma: alleggerire il portafogli oppure correre il rischio nel metrò? E infine vieni a sapere che il rincaro della benzina è dovuto anche all'entrata della Cina nel novero delle nazioni industrializzate. E siccome la Cina conta circa un miliardo e mezzo di abitanti si è messa a produrre anch'essa automobili. Di conseguenza la richiesta di petrolio è aumentata di molto e i produttori, arabi, americani, venezuelani, canadesi dell'Alberta ecc. stanno portando il prezzo alle stelle. Ed alle stelle rimarrà a detta dei tanti esperti di cose internazionali perché anche i cinesi hanno scoperto la via del consumismo e quindi del benessere. Ma per noi diventa un grosso problema perché subentra la paura di non farcela col portafogli. E va a finire che per lasciare usare le macchine alla Cina dobbiamo rinunciare alle nostre.

Andando avanti con le notizie, apri il giornale e trovi la notizia dove si afferma che la Cina rappresenta un pericolo per la nostra economia e ti chiedi: ma come è possibile? La Cina si è messa a produrre ogni ben di Dio. Spesso copia quello che noi produciamo e ce lo viene a rivendere a metà prezzo. Ora per chi compra questo va bene perché si risparmia ma per chi lavorava nelle fabbriche è male perché è andato ad ingrossare le fila della disoccupazione. Occorre constatare che in Cina il costo del lavoro è molto basso. Immaginate un po', mentre negli Stati Uniti il PIB (Prodotto Interno Lordo) è di 36520, in Cina è di appena 4900. Allora i cinesi producono come gli americani e il tenore di vita è sette volte inferiore a quello degli USA.

Ma c'è un altro aspetto di questo stato di cose che occorre conoscere ed è questo: i grandi capitalisti americani sono andati ad investire dollari in Cina per cui a pagarne le spese siamo sempre noi. Il lavoro a buon mercato fa gola a tutti e vi pareva che gli americani si facessero sfuggire una opportunità come questa? Figuratevi si parla di vendere da noi automobili cinesi a 6000 dollari l'una. Dove andranno a finire la General Motor, Ford e tutte le altre? La labell grossa paura di tutti è che si rischia che le nostre fabbriche rimangano all'asciutto. A questo punto io mi chiedo: non era meglio quando eravamo poveri e vivevamo in pace e senza paura eccessive come adesso? Che rovina il nostro benessere!

Lula

Di Corrado Melone

Lula era la figlia più piccola di una numerosa famiglia di profughi ebrei russi, che abitava al pianterreno della piazzina dove abito io. La famiglia era composta dai bisnonni, da nonni (uno dei quali viveva su una sedia a rotelle) e da altri sei componenti: gli ebrei russi portavano tutti dietro nel loro errare verso una nuova terra promessa. Lula era una bambina dall'apparente età di ottava anni. Aveva una carnagione olivacea ed un viso scarno dai lineamenti bellissimi, capelli corvini e occhi anch'essi neri ma perennemente tristi. Indossava vestitucci troppo piccoli per la sua statura. Quando era bel tempo se ne stava sostantemente aggrappata cor le sue scarnie manine all'inferriata della recinzione del giardino.

Guardava i passanti con gli occhioni profondi ma quasi inespressivi. I primi giorni ci guardavamo senza parlare poi riuscii in qualche modo a farmi dire con chiamava: Lula. Pian piano facemmo amicizia. Quando uscivo e tornavo a casa la piccola era sempre lì, come fosse dietro alle sbarre, col suo sguardo sempre attento. Un giorno tornavo a casa con della furta, ei non staccava gli occhi dalla cassa delle mele, allora gliene porsi alcune: lei non voleva prenderle, poi la mamma, che stava sull'uscio della cucina, le mormorò qualcosa e Lula accettò le mele quasi tremando. Ogni volta che entravo o uscivo di casa la bambina con gli occhi tristi era lì, come se mi aspettasse, ed io avevo presp l'abitudine di protarle sempre qualcosa; qualche volta era anche

riuscito a farla sorridere, mormorando un timido "carascio". La cosa si ripeté per circa quattro mesi, quando un mattino, tornando dal lavoro, trovai le serrande dell'appartamento al pianterreno chiuse e aggrappata alla ringhiera Lula non c'era più: quella notte erano partiti per il Canada. I profughi russi arrivavano e partivano sempre di notte, senza salutare e senza guarare indietro. Guì pervaso da un senso di tristezza; per molto tempo mi sembrò di intravedere quella bambina triste dietro l'inferriata el giardino. La ricordavo spesso con i miei, perché era una bambina di una bellezza insolita.

L'ultima volta che mi recai in Canada, mentre visitavo con i miei parenti la città di Montreal, mi sentii chiamare per nome da una ragazza bellissima, che mi parlava in inglese e che, visto il mio sbigottimento, ripeté: "You Corrado?", poi portandosi una mano sul seno mormorò: "Lula". Allora compresi, ci abbracciammo entrambi commossi, mentre constatavo che ci fece da interprete. Lula disse di avere 17 anni e di abitare a Montreal, dove studiava e lavorava, i suoi stavano bene, ma i nonni erano morti. Ricordava con affetto e nostalgia Ladispoli e il suo mare, poi disse che il suo grande desiderio era quello di tornare un giorno in Italia, a Ladispoli, a Roma e a Venezia che aveva visto solo in cartolina. Disse ridendo che le mancava il nostro clima e le mie mele. Mio fratello continuava a non capire ed io, frastornato e felice, mi ripetevo: "come è piccolo il mondo!"



La Regione Sicilia ha reso noto che nei giorni di domenica 27 e lunedì 28 novembre 2005 si terranno le elezioni del sindaco, del consiglio comunale e dei consigli circoscrizionali del comune di Messina. Un eventuale secondo turno di votazione, relativamente all'elezione del sindaco, è fissata per i giorni 11 e 12 dicembre 2005.

Si fa riserva di comunicare tempestivamente le eventuali variazioni intervenute rispetto alle consuete agevolazioni di viaggio concesse nelle precedenti tornate elettorali.

Lifestyles

Money could force 'Blueslady' to abandon her dream

Maria Hawkins has been entertaining poor and disabled children, but bills are piling up

by Wayne Cuddington, The Ottawa Citizen

When Maria Hawkins is asked to perform at schools, social agencies or community events, she almost always says yes, even though she is rarely paid. As she prepares for Thanksgiving, Maria Hawkins feels grateful for the opportunities she has been given, but she's also worried about her future. Just as the blues and gospel singer is becoming one of Ottawa's most prominent artists, she is facing the very real prospect that her microphone is about to be switched off. The early-morning kickoff breakfast for the United Way campaign two weeks ago showcased a vintage Maria Hawkins performance. To an audience of more than 1,000 of Ottawa's most influential business, community and political leaders, she belted out a gospel version of This Little Light of Mine. Ms. Hawkins' infectious energy and thunderous voice echoed through the cavernous Ottawa Congress Centre. People started clapping, cheering, some came out of their seats. Even the stodgy and the sleepy were smiling. What spectators didn't know was that, exactly one week earlier, Ms. Hawkins spent the morning with some of Ottawa's least influential citizens, applying for emergency financial assistance at a City of Ottawa welfare office. Ms. Hawkins — known by the many kids she works with as "The Blueslady" — is a fixture at charity events, helping raise countless thousands of dollars for all kinds of worthy causes. But she is perhaps best known for her work with poor and disabled kids, providing a potent mix of music and motivation. A grateful community has showered her with awards, including the prestigious United Way Community Builder Award. The YMCA-YWCA named her a Woman of Distinction. The city presented her with civic appreciation awards. The list goes on. But awards don't pay the bills. Ms. Hawkins, 48, can't make ends meet. She may be forced to abandon her passion. It's a tough pill to swal-

low for a woman whose personal story is a tale of the triumph of the human spirit. She had a troubled childhood and left home early. She became a teenage mom. She admits she made mistakes. Later, she returned to school, obtaining college diplomas for clerical and computer work. She worked as a housecleaner, bookkeeper and switchboard

and self-confidence. "She makes every child feel like they could be a musician," says Dave Petrie, principal of Severn Avenue Public School. "Kids stop me in the hall and ask, 'when is the Blueslady coming back?' Both boys and girls. It's quite something." City Councillor Maria McRae agrees: "Maria's gift of musical brilliance positively enriches the lives

ern Quebec. The organization is now handling all of Ms. Hawkins' bookings. "The only reason she's in our school is because of" the agency, says Mr. Petrie, noting there's no room in the school's budget for this kind of program. And that's the root of Ms. Hawkins' problem. Her desire to pitch in and help out has trumped her business sense. When she's asked to go to schools, social agencies or community events, she almost always says yes, even though she is rarely paid. The Maria Hawkins Band's paid gigs at venues like the Rainbow Bistro and the Aylmer Marina aren't enough to get by on. "Working as an independent artist in Ottawa is not just difficult for me," she says. "It's difficult for all of us." The bills are piling up. She may be forced to abandon her music. "The thought of not being able to continue — to go and scrub somebody's floor all day rather than try to create a miracle with a child — it breaks my heart." But Ms. Hawkins seems more chagrined at the notion that, maybe, she's not delivering the goods, that her anything-is-possible message will ring hollow. After all, she uses her own life story and her love of music to transmit hope to kids who face their own challenges. What will it say if she's forced to abandon her dream?

"I feel like I'm letting them down by saying 'I'm not there yet'." Ms. Hawkins knows she'll somehow manage; she always has. "I'm always optimistic because that's my choice. I do believe we're each in charge of our own destiny." "I feel blessed because I've been able to survive, raise my children and because people have believed in me." She's hoping, when she counts her blessings next Thanksgiving, that she'll still be doing what she loves most and what she is most loved for. For more information about Multicultural Artists for Schools and Communities, go to www.masconline.ca. Alex Munter is a visiting professor at the University of Ottawa and former Ottawa councillor.



Maria Hawkins, far right, at the United Way Kick off with my group of girls from debra dynes family house

operator while raising her kids. Times were tough. She worked hard to pay the bills. Through it all, her love of music kept her going. "My mom had me in vocal lessons. I did piano, then guitar. Music was my saving grace. It gave me strength. It was the thing that gave me courage and belief in myself." She understood the motivational potential of music. Through her church, she began to sing at soup kitchens and homeless drop-in centres. Then she branched out, entering schools with the innovative Blues in the Schools program. Watching Ms. Hawkins mesmerize a group of shy schoolchildren is quite the sight. She swoops in, a fiery ball of energy, teaching music, but also infusing children with hope

of the many kids she works with. The kids living in the Debra Dynes community in my ward are recipients of her generous contributions of time and talent. "I have personally witnessed the transformation of some of these kids who smile more and who exude more self-confidence." Mr. Petrie hopes Ms. Hawkins will get a school choir going to engage his school's highly diverse, mostly low-income student population. Ms. Hawkins' presence at Severn is possible through a grant to the school from Multicultural Artists for Schools and Communities, a non-profit agency. Private donors contribute to the registered charity, and it uses the funds to bring the arts to more than 125,000 school children in Eastern Ontario and West-

Car from evil empire aids Canadian hospital

By Jen Horsey, CP

It's a car with a sinister past, an antique 1939 Lancia Astura with the dubious distinction of having been commissioned and custom-built for Italian dictator Benito Mussolini, once a principal ally of Adolf Hitler.

But Toronto's Hospital for Sick Children successfully turned this dark souvenir of the Second World War into an opportunity for philanthropy, handing over the keys to its new owner yesterday after selling it in an on-line auction for \$164,561.

"It is a good opportunity to do something good with a negative piece of history," said David Romeo, spokesman for Auctionwire, the company that handled the sale.

American collector Felice Messina saw his newly purchased car in Toronto yesterday for the first time when he and his brother-in-law, Leo Guinci, picked it up from the downtown luxury car dealership where it had been stored.

The car was donated to the hospital by Robert Foa, an antique car enthusiast and former prisoner of war in Italy who immigrated to Canada in 1977, two years before he bought the car for \$30,000 and embarked on a painstaking effort to restore it to its former glory.

"I wanted to do something good for the community, for the kids," Mr. Foa said in a telephone interview from his home in Brantford, Ont.

While Mr. Foa said he opposed Mussolini, he developed great affection for the car. While it was in his possession, he has carefully restored it, getting rare parts from Italy and working on it by hand.

"It was not easy for me; I was 16 when I went into prison camp," he said. "But I kept totally separate in my mind the car from the owner."

The vents that slash behind the sleek bulge of hand-sculpted front fenders give Mussolini's

car the ominous character of a shark. The exterior paint, once described as midnight blue, has worn to a dull black, but the spacious interior remains pure luxury.

One of its plush rear seats — where Il Duce himself would likely have ridden — reclines for maximum comfort. The window separating the driver from passengers cranks down smoothly. Tasselled silk pull-down blinds are available to shade travellers from the sun.

The car also boasts numerous cabinet doors that pull open to reveal compartments that likely housed everything from Mussolini's daily newspaper to wartime weaponry.

Mr. Guinci drove the car out of the garage yesterday, and said it was nothing like the get-in-and-go experience of a modern drive.

The car's fascist pedigree didn't add to its value for its newest owner, who purchased the vehicle because it is considered one-of-a-kind — dictator or no dictator. "I'm not sure if it's a plus or a minus," Mr. Messina said. "As far

as I'm concerned, it's probably a minus."

Mr. Messina, a semi-retired used-car salesman, said he plans to take his acquisition back to his dealership in Grand Rapids, Mich., where it will be carefully restored and taken out for display on the antique-car show circuit.

"The car itself is one of a kind. Putting a price on a car like this is difficult; it's for people like me [collectors] to say how much it's worth," he said.

Mr. Foa, meanwhile, still has an antique car in his collection — a 1914 Ford Model T.

The eBay auction attracted more than 16,000 visitors between Sept. 30 and Monday. There were 86 bids from around the world.



Entertainment & Health

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How many brothers and sisters do you have? **One brother Alessandro and One sister Gabriella**
What is the ultimate concert you've attended? **Zubin Mehta in Florence.**
What do you fear about fame? **Nothing, I have nothing to hide.**
Favorite movie? **Notorious.**
Fovorite character for TV show? **Anchor Man.**
Noise annoying? **"Heavy" Music.**
If you could go back in society what would you change? **Nothing.**
Favorite place to shop? **Small shops.**
What do you treasure the most? **Friendship.**
What makes you see red? **To deal with stupid people.**
Magic powers? **To help people.**
What is the most important lesson you've learned? **To be patient.**
What advice would you give to people? **To be patient.**
If you could play any instrument what would it be? **Piano.**
Do you have a pet?
Cat named Tiger.
Favorite books? **Short novels.**
Favorite Food? **Italian.**
Least favorite food? **Fusion.**



In his newest cookbook, GIULIANO BUGILLAI 'S The Fine Art of Italian Cooking : The Classic Cookbook, you can learn to make 300 Italian Dishes with Chapters on on pasta, breads, sauces, antipasti, meat and fish, poultry, risotto, vegetables, and desserts. It also contains revised wine lists, updated notes on olive oil, Italian herbs, and cheeses. Last summer GIULIANO BUGIALLI received the prestigious international Fiorino d'Oro award, presented by the city of Florence for "the precious work in spreading abroad the high quality of the Tuscan and Italian food and its ingredients."

Favorite item of clothing? **Shirts.**
Do you enjoy cooking? **Yes, mostly Italian food.**
What would be your

greatest achievement?
To make people happy.
What quality do you admire most? **Sincerity.**

Biggest regret? **Not to be born today.**
Greatest love? **Music.**
Favorite car? **Ferrari.**
Favorite designers?
Armani – very relaxing.
Where would you live if you had the choice of living anywhere in the world? **Where I already live, Italy and USA.**
Qualities you most like in your mate? **Dedication.**
What would be the title to your autobiograh? **I do prefer that somebody else describe me.**
Best way to describe yourself?
A working person.
What article of clothing do you like to see on other sex? **Hat.**
Favorite cocktail? **Martini.**
Favorite colour? **White.**
If you could travel anywhere in the world where would it be and why?
Australia.
How would you spend a typical day off? **Walking.**
What is a recent fad you tried?
Sandals.
Favorite male actor?
Marcello Mastroianni.
Favorite actress? **Julia Roberts.**
What is your greatest fear?
The future.
What home appliance could you not live without?
Fridge – to have cold white wine.

Surviving the Office Christmas Season

Christmas may be on December 25th, but the spirit and excitement leading up to this festive holiday can start as early as November. This is true especially in the workplace with early Christmas lunches and parties and coworkers starting to bring in their best shortbreads and fruitcakes and other special holiday treats. Sugary treats and baked goods seem to be around every corner in boardrooms, on people's desks and in the lunch room. Yikes, you're surrounded by temptation and it only escalates the closer you get to Christmas. So needless to say if you're trying to lose weight or maintain healthy eating habits this can be an especially dangerous time. Here are some strategies to consider for surviving the office Christmas season.

1. Learn to say "no": Social eating is a big challenge for many of my weight loss clients who have a hard time saying "no" when food is offered to them and people are eating in front of them. However, learning to say "no" politely and not caving in will not only save you calories, it will also give you a much stronger sense of self-control and empowerment. When your coworkers start offering you unhealthy food choices, simply tell your coworkers that you are watching what you eat and prefer to politely decline. They may still go ahead and eat in front of you, but if they respect your wishes as they should they will be less likely to continue offering food to you. By making them aware of

your preference firmly but politely you will also be more likely to say "no" and maintain self-control.

2. Cut down on your portions: If in a moment of joyous celebration the temptation is too great and you are compelled to give in to high calorie treats then do so wisely. Remember that tomorrow there may be

twice as many of your favourite treats there to taunt you. If you give in every time you will risk losing control and over-indulging. Instead you may want to consider allowing yourself one small treat a day. Be sure to make it count and eat it slowly so that you really take the time to taste it and enjoy it. You'll appreciate it much more that way than if you mindlessly eat whatever comes your way. Just remember that all those little daily treats will eventually add up and by the end of the week you may find yourself slightly heavier. However, this is the price you will pay. At least your weight may only go up slightly and not as much as it may have otherwise so you will still be ahead of the game.

3. Have healthy alternative snacks readily available: If having just a little bit of your favourite treats is harder for you than not having any at all then you may want to keep some healthier snacks on hand to have instead. You can keep them in your desk drawer or your fridge at work. Fruits or low fat puddings are great to help satisfy the sugar craving and are far less in fat and calories than the sugar filled butter tarts and shortbreads. Or maybe have a smaller portion of the Christmas treats than you normally would as in strategy #2 and if you're still wanting more then bring out one of your healthy alternatives instead of reaching for the extra cookie or piece of cake.

4. Bump up the exercise routine: If you know you're going to have a few weeks of food challenges leading up to Christmas and you want to indulge a little, you may want to consider bumping up your exercise routine. Go for a few extra walks, take the stairs, go to the gym an extra time or do a slightly longer workout. The key is to try and burn off some of those extra calories. If you don't already have an exercise routine you may want to consider starting one.

Follow the strategies listed above and you too can survive the office Christmas season without jeopardizing your health and weight loss goals.

Roslyn Franken is a Health & Weight Loss Consultant and owner of The Weight Loss Connection. For information, call (613) 266-4003 or visit www.theweightlossconnection.com.



Roslyn Franken

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19 Novembre – Cena Sociale

CLUB CARPINETO ROMANO
Settembre – data
12 Novembre – Festa dei Membri alla Sala San Marco
25 Marzo 2006 – “La Cena dell’agnello”

SOCIETA' SICULA
Settembre – data da stabilirsi: Incontro Sociale
12 Novembre Serata di Gala per il 30 mo Anniversario

ENTE VINCENTINI NEL MONDO
17 Settembre – Festa Sociale Festa di Autunno assieme al Fogolar Furlan

ASSOCIAZIONE COLLE D’ANCHISE
4 Settembre a Oratorio S. Giuseppe Shopping a Montreat
10 Dicembre – Festa Natalizia
Per informazioni – Santina Di Rienzo Tel: 728-9757

ASSOCIAZIONE PRETORESE
1 ottobre 2005 – “Festa della Vendemmia”, press oil St. Anthony
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