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Festa di San
Domenico
Villa Marconi
St. Domenic's
Feast
Ottawa, Canada



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Letters to the Editor

Letters to the Editor



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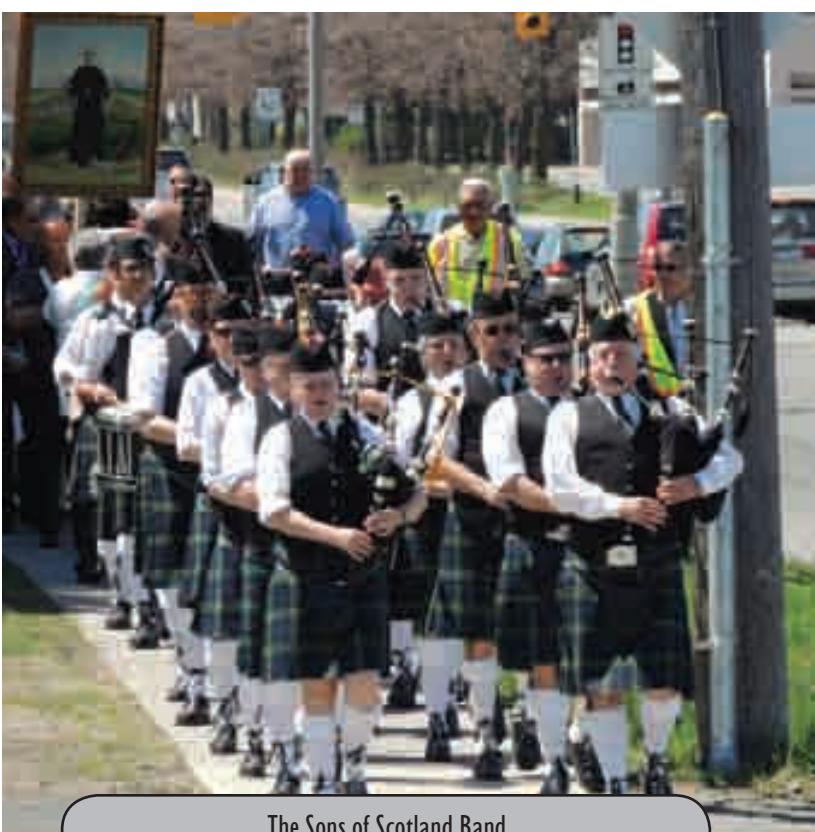
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ITALIAN NEWS

Un Bicchiere di Vino con Il Postino.... Divino Wine Studio

Domenico Cellucci

This month's column marks the start of a series of articles dealing with some of Ottawa's wine personalities. I will be out in the community meeting those people that are promoting Italian wines. Wines from the bel paese are dominating restaurant wine lists in Ottawa. Some of the best selling wines at the LCBO and the SAQ in Quebec are from Italy. Many of the people in our community are playing a role in that success.

A new and unique arrival on the culinary and beverage landscape is Divino Wine Studio. It was begun in 2004 with wine tasting seminars in Ottawa. In 2005 it expanded and began wine tours in Italy in the spring and fall. In 2008, the present locale, Divino Wine Studio and Enoteca at 225 Preston Street was opened. It provides a restaurant, enoteca, tasting area with a modern Enomatic wine tasting stations and meeting rooms. It is always extremely busy with on-site wine courses, food seminars, cooking classes, language courses and wine tours of Italy. This month I had the pleasure to sit down with Antonio Mauriello, owner of Divino Wine studio and a graduate in 1995 of the Associazione Italiana Sommelier in Rome. He is the current sommelier consultant to the Italian Trade Commission and Italian Embassy.

D.C. Antonio how did you come up with the concept at Divino?

A.M. I had always wanted to incorporate the idea of the Italian enoteca. A place where people could meet and have a glass of wine paired with great food. As well, I wanted to have a place where people could learn about food and wine. That's why we have wine courses and cooking classes.

D.C. I am so happy you chose Preston Street for your studio. Had you considered other trendy spots in Ottawa like the Market or Elgin Street?

A.M. No, I had only considered Preston Street. My heart lies in little Italy!

D.C. Antonio, you just returned from a wine tour in Veneto, how has the economic crisis, affected the wine industry in Italy?

A.M. Well, obviously, the consumption of all kinds of consumer discretionary items is down. While the purchase of more expensive bottles of wine has suffered, people are still enjoying wine. I would say that wine, food and tourism are still doing well. Veneto was full of tourists this spring.

D.C. Antonio, many of my recent articles has touched upon the success of wine appreciation in Southern Italy. You have gone on many wine tours lately in Southern Italy, what do you attribute that success to?

A.M. I think that marketing has played the primary role. These wines have been well marketed in Italy, northern Europe, especially Germany and in North America. As well, financing from the European community has obviously helped. Small producers have received funding especially. Just as important these wineries have been modernized with stainless steel tanks, reduced yields etc.. I think Sicily and Puglia were the first to take off back in the 90's.



D.C. I have noticed on some RAI documentaries a lot of youth involved in Italy's wineries. Are today's youth interested in working nonno's winery?

A.C. Definitely. A lot more youth are involved than ever before. The quality of education is better. The new Universita' del Gusto with 2 campuses in Piemonte and Emilia-Romagna is training many new wine makers, both men and women. They have modernized nonno's winery. You also have to consider that no extra capital is needed. The land is already owned and the business is already set up. Any extra capital is used for marketing and technology. Young people are also involved in wine tourism. Many wine tours are offered in English by young Italians.

Wine appreciation in the last 20 years has become very trendy in Italy. Many Italians are taking courses and are very knowledgeable about Italy's wine regions. No longer are people just drinking local wines. In fact with better knowledge and young people travelling, they are even drinking some foreign wines!

D.C. What's in store at Divino this Spring?

A.M. At the end of May my sommelier is putting on an Introduction to Wine Tasting course. Participants will be shown how to use their five senses to appreciate wine. The course also involves wine making, food and wine matching. We'll sample together 6 different wines. At the end of June, I am putting on a wine seminar entitled The Lighter Side of Wine. We'll taste 3 reds and 3 whites. We'll learn how to appreciate lighter wines.

We'll discuss which ones to enjoy now and which ones can be cellared. I know Domenico, that you are an olive oil lover. At the end of June, we will put on an extra virgin olive oil seminar and tasting. Six different olive oils will be tasted along with some antipasti and of course a glass of wine! Participants will go through the tasting process. We'll discuss what to expect in a good olive oil and purchasing tips.

D.C. I think that's a great idea. Consumers are bombarded with so many olive oils at the grocery store. Many olive oils claim to be Italian when in fact, they are foreign olive oils shipped to Italy for bottling and sold as Italian olive oil. It was quite a scandal in Italy last year. Antonio, what do you hope to do with Divino in the years to come?

A.M. I want to continue to support small wine and olive oil producers in Italy. You were present when I had some visiting wine producers from Calabria and Puglia. I want to continue that type of exchange. As well, we hope to introduce some new Italian food items to the local market.

D.C. Antonio, thanks for sharing your thoughts with my readers. Salute!

If you have any questions or suggestions for future columns, please contact me at vinumbonumest@yahoo.com.

Domenico Cellucci is a wine consultant and educator and is a graduate of Algonquin College's Sommelier Program. He puts on food and wine matching events in the national capital area. He has visited wineries and vineyards in Italy, France, British Columbia, Ontario and the United States.

LA MARCA: IL CORRIERE CANADESE DEVE CONTINUARE A VIVERE. RENDERE PIU' FLESSIBILE LA NORMATIVA SUI GIORNALI ALL'ESTERO

"Non sono buoni segnali quelli che in questi giorni provengono dal mondo dell'editoria, in particolare da quella per gli italiani all'estero". E' questa l'affermazione con cui l'on. Francesca La Marca, eletta per il PD nella ripartizione Nord e Centro America, ha avviato la presentazione di una sua interpellanza al Presidente del Consiglio riguardante la sospensione delle pubblicazioni del quotidiano in italiano Il Corriere Canadese.

"Nel provvedimento sulla finanza locale, per reperire risorse da destinare ad altre urgenze - ha proseguito l'on. La Marca - è stato inserito un emendamento con il quale si dispone che dal 2015 le provvidenze per l'editoria diminuiscano di 17,35 milioni, proprio mentre le crisi aziendali nel settore si moltiplicano. Il gruppo del PD su questo ha presentato un ordine del giorno nel quale chiede al Governo di reintegrare le risorse nei prossimi provvedimenti.

Dall'Ontario, dove risiedo, un'altra preoccupante notizia. Il Corriere Canadese, a causa della costante erosione del contributo ricevuto dal Dipartimento per l'editoria e delle rigidità di applicazione della normativa esistente, ha sospeso le pubblicazioni e non si sa quando e se le potrà riprendere. Un vuoto grave per la consistente comunità italiana dell'Ontario, che per decenni è stata accompagnata nei suoi rapporti con l'Italia, ma anche nel suo percorso di integrazione nel nuovo Paese, da un giornale attento e professionale come il Corriere. Una brutta notizia,

più in generale, per la comunità italiana nel mondo, dal momento che i quotidiani in italiano - in tutto cinque - sono anche una fonte preziosa di informazione sull'Italia, un tramite con il Paese d'origine e una quotidiana scuola di lingua. Uno degli strumenti più concreti per aumentare il livello di consapevolezza degli elettori chiamati a concorrere alla vita politica e civile dell'Italia.

Per far fronte a questa evenienza - ha affermato La Marca - ho presentato al presidente del Consiglio, assieme ai colleghi del PD, un'interrogazione nella quale prima di tutto chiedo di intervenire presso il Dipartimento dell'editoria per adottare, in base alle norme vigenti, le misure più idonee per fare in modo che il Corriere riprenda prima possibile le pubblicazioni. Ma poiché per i quotidiani all'estero esiste un problema di fondo, che è quello di operare in condizioni molto diverse rispetto a quelle in cui operano i giornali italiani, ho sollecitato il Governo a promuovere le necessarie variazioni al decreto che richiama le condizioni di ordine contrattuale e societario per la concessione dei contributi. Ogni quotidiano all'estero ha a che fare con regimi particolari di lavoro e di diritto societario. Se li vogliamo far vivere - ha concluso l'on. La Marca - occorre che s'introduca una maggiore flessibilità, pur senza prescindere dai necessari controlli sulla loro attività".

On. Francesca La Marca

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Mass at Villa Marconi with St. Anthony's Statue

Sabato/Saturday -8 Giugno/June

5:00 p.m. English Mass/ Messa in Inglese
6:00 p.m. - 10:00 p.m. Pasta, Polpette, other Italian Specialties (Ladies Aid)
(Sottosuolo Chiesa e Sala Anziani/Church basement
and Senior's hall)

Specialita' alla griglia- B-B-Q (Knights of Columbus)
(Cortile delle Suore e Sala Anziani/ Sister's courtyard
and Senior's hall)

Musica: Banda Espresso (Sottosuolo Chiesa)

Laurino Pagliarello (Sala Anziani)

Domenica/Sunday – 9 Giugno/June

8:00 a.m. Italian Mass/ Messa in Italiano
10:30 a.m. Santa Messa all'aperto / Outdoor Holy Mass
Celebrera' Padre Provinciale Yvon Chalifoux
(seguirà la Processione / followed by procession)
1:00 p.m. - 4:00 p.m. Pasta, Polpette, other Italian Specialties (Ladies Aid)
(Sottosuolo Chiesa e Sala Anziani/ Church basement
and Senior's hall)

Specialita' alla griglia- B-B-Q (Knights of Columbus)
(Cortile delle Suore e Sala Anziani/ Sister's courtyard
and Senior's hall)

5:00 p.m. English Mass/Messa Inglese
Chiesa di Sant'Antonio / St. Anthony's Church
Servi di Maria / The Servite Fathers

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St. Anthony pray for us.

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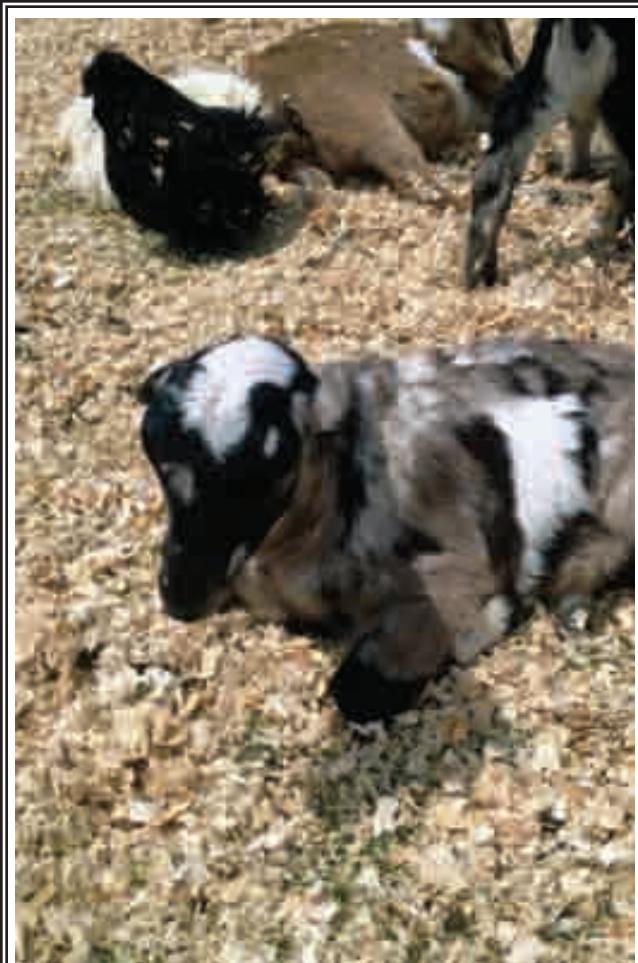
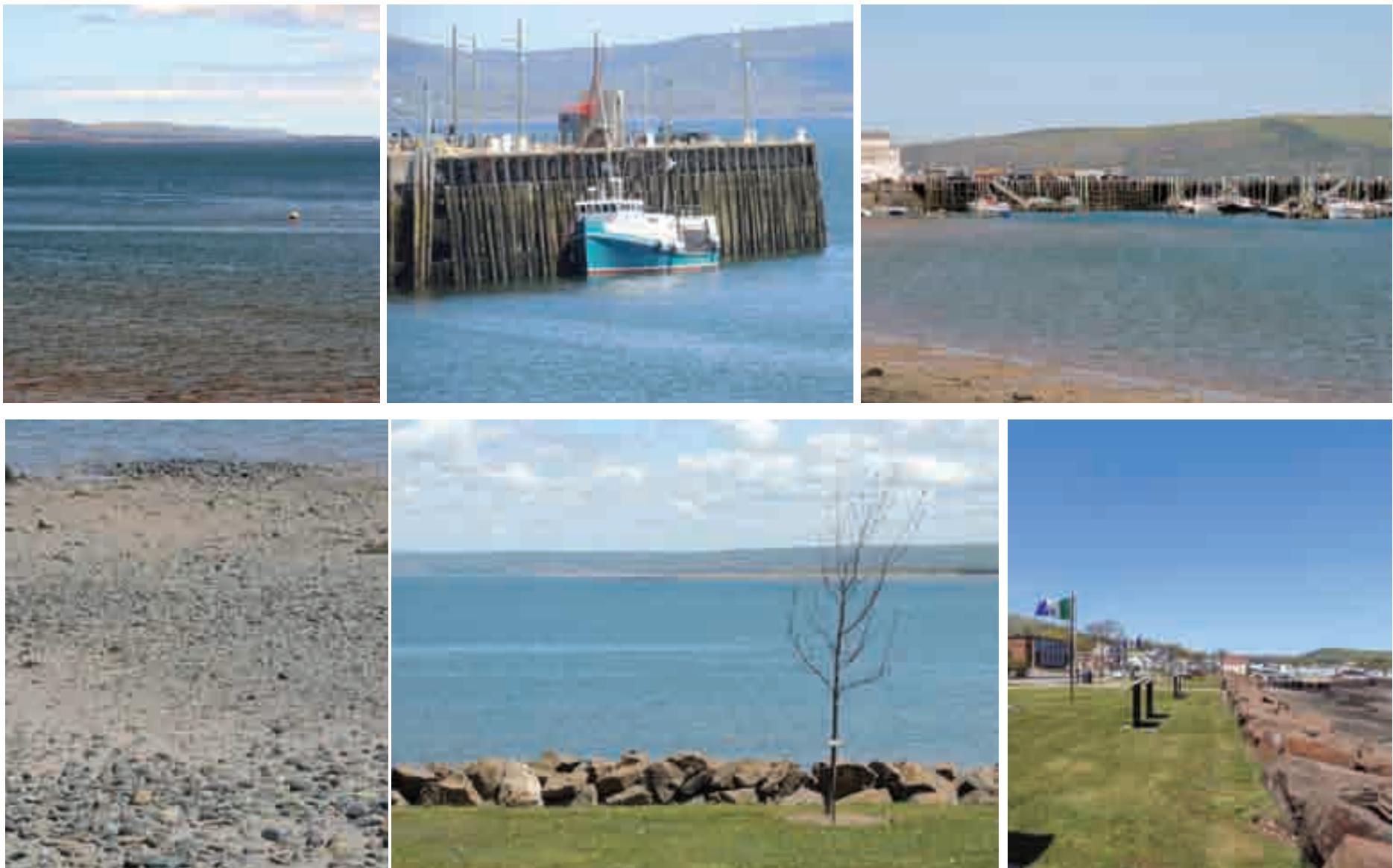
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ITALIAN

Un doveroso rendiconto. Online la mia attività di parlamentare eletto all'estero nella XVI legislatura

di Gino Buccino

Dopo avere deciso autonomamente di non ripresentare la mia candidatura alle elezioni politiche del 24-25 febbraio, ho deciso di raccogliere in un rendiconto agli elettori le iniziative da me assunte in favore dei cittadini italiani all'estero durante la precedente legislatura.

Si tratta di temi che spaziano dalla previdenza al fisco, dalla cittadinanza ai servizi consolari, dalla promozione culturale alla tutela dei migranti, e altro ancora, temi che toccano praticamente l'intero universo dei diritti e delle attese degli italiani che vivono oltre i confini nazionali e dei "nuovi italiani", come li ha definiti il Presidente Napolitano, che sono venuti in Italia per risiedervi e per lavorare.

Il rendiconto agli elettori è semplicemente un dovere civico e democratico. Mi auguro, tuttavia, che ogni eletto assuma l'abitudine di dar conto a chi lo ha votato del modo come ha usato la fiducia che gli è stata accordata, anche per contribuire a superare il marasma che si è creato nelle nostre istituzioni parlamentari ritornando ai problemi concreti delle persone e alle proposte necessarie per risolverli.

Ho raccolto l'insieme di queste iniziative, costituite da leggi, interpellanze, interrogazioni, emendamenti, ordini del giorno, interventi e quant'altro in un volume in via di pubblicazione, che distribuirò nei centri più frequentati dagli italiani all'estero. Si tratta – sia detto con modestia ma anche con spirito di verità – di un lavoro corposo che affido a coloro che sono attenti alle tematiche degli italiani

all'estero e anche ai colleghi eletti in Parlamento, che vogliono trarne, se credono, utili spunti per il loro impegno.

In attesa che il lavoro di stampa sia completato e la distribuzione del volume realizzata, mi è sembrato opportuno anticipare online (www.ginobuccino.it) questo rendiconto costituito da due capitoli, molto densi e articolati, come si può vedere nell'indice pubblicato qui di seguito.

Il 23 aprile 2013 sarà pubblicato il primo capitolo, dedicato alle questioni previdenziali e fiscali. Seguirà quindi il secondo capitolo dedicato alle questioni relative a diritti e cittadinanza (30 aprile). In questo secondo capitolo trovano spazio anche le mie iniziative parlamentari dedicate a questioni più specificatamente "italiane", come ad esempio la potabilità dell'acqua in molte aree del nostro paese, l'inquinamento da microcistine tossiche, questioni ambientali e sanitarie ecc. L'idea di pubblicare i capitoli separatamente nasce dall'esigenza di renderne più semplice e fruibile la lettura.

Mi sia permesso di dire che l'unico riconoscimento che mi aspetto da questa iniziativa è che si riconosca che, al di là dei limiti che non mancano mai, ho cercato di fare il mio dovere di parlamentare e di onorare il mandato che mi è stato affidato.

PENSIONI. LA MARCA (PD) CHIEDE A GOVERNO E PARLAMENTO DI ONORARE GLI IMPEGNI CON IL CANADA

Il rinnovo dell'accordo di sicurezza sociale con il Canada, accordo che come è noto è già stato approvato dal Parlamento canadese ma non ancora dal Parlamento italiano, garantirebbe importanti benefici per la collettività italiana in Canada e per i cittadini canadesi che vivono in Italia. Lo sostiene l'On. Francesca La Marca eletta nella Ripartizione America centrale e settentrionale in una sua recente interrogazione ai Ministeri competenti. La deputata, ancorché consapevole delle difficoltà di lavorare bene ed essere propositivi in questa incerta e forse breve legislatura, intende comunque stimolare Parlamento e futuro Governo ad attivarsi quantomeno per approvare alcune leggi o provvedimenti a favore delle nostre collettività all'estero.

La deputata ricorda che l'accordo di sicurezza sociale firmato nel 1995 da Italia e Canada, e approvato dal Parlamento canadese l'anno dopo, avrebbe dovuto sostituire il precedente Accordo firmato nel 1977, entrato in vigore nel 1979 ed attualmente ancora vigente. La Marca ritiene ingiustificabili e incomprensibili i ritardi da parte dell'Italia nell'onorare gli impegni presi con il Canada e con gli italiani lì residenti.

Il nuovo Accordo – ricorda l'On. La Marca - era nato dall'esigenza di valutare l'evoluzione intervenuta negli anni nelle legislazioni dei due Paesi, di migliorare lo standard di protezione dei lavoratori, e di elaborare tecniche e procedure tese a garantire una più rapida erogazione delle prestazioni previdenziali.

L'Accordo non solo confermerebbe e consoliderebbe i benefici già previsti dall'Accordo del 1977, ma ne prevede altri che renderebbero più ampia ed equa la tutela sociale.

Nelle passate legislature i Ministeri degli Esteri, del Lavoro e dell'Economia non hanno mai chiarito i motivi per cui l'importante accordo di sicurezza sociale firmato nel 1995 dai due Paesi contraenti e già da tempo ratificato dal Parlamento canadese – un accordo che introduce misure migliorative e i cui costi sono molto limitati – non viene inserito nell'agenda dei lavori del Parlamento italiano (si ricorda che deve essere il Governo a presentare il Disegno di legge per l'approvazione del Parlamento).

Nel mese di luglio del 2000 il Senato della Repubblica aveva approvato il Disegno di Legge per la ratifica e l'esecuzione del nuovo Accordo e lo aveva trasmesso alla Camera. Nel dicembre 2000 la III Commissione della Camera dei Deputati aveva espresso parere favorevole. Da allora l'accordo è scomparso dall'attività legislativa di Governi e Parlamenti. Sebbene il nuovo accordo rivesta grande importanza per la collettività italiana in Canada, i Ministeri competenti hanno sempre sostenuto che le difficoltà di bilancio non consentono di perfezionare l'iter di ratifica. In realtà il rinnovo dell'accordo di sicurezza sociale italo-canadese – secondo le stime degli enti competenti (Ministeri e Inps) – comporterebbe un onere finanziario il cui ammontare è pari rispettivamente ad Euro 530.000 per il primo anno ed Euro 727.000 per il secondo. Secondo l'On. La Marca non si tratta di oneri proibitivi, che comunque verrebbero compensati dai benefici previdenziali e procedurali (la totalizzazione multipla, le deroghe territoriali per i lavoratori distaccati, il miglior coordinamento per le pensioni di invalidità, le migliori procedure di collaborazione amministrativa fra le parti, ecc.) Ricorda la deputata eletta all'estero che sono state investite importanti somme per predisporre l'accordo, sono stati fatti incontri e negoziati sia in Canada che in Italia, sono stati fatti viaggi di intere delegazioni ministeriali e istituzionali, sono state attivate strutture e competenze, ma nonostante ciò non sono stati resi fruibili i vantaggi di tale accordo per le nostre collettività in Canada.

L'On. Francesca La Marca auspica quindi che il nuovo Governo risponderà positivamente alla sua interrogazione e finalmente presenterà in Parlamento il Disegno di legge di ratifica del nuovo accordo di sicurezza sociale italo-canadese.



In occasione della Festa della Repubblica Italiana

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HISTORY

CELEBRATE 50 YEARS OF LAMBORGHINI

by Alan Franklin

www.petrolicious.com

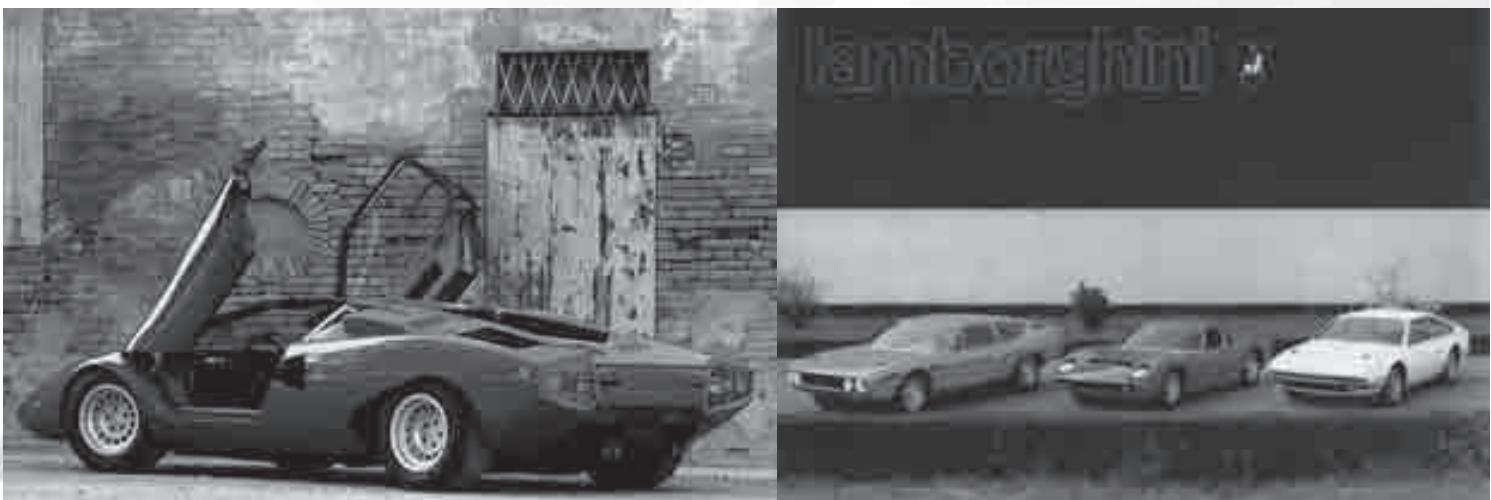
On May 7th this year, in the small commune of Sant'Agata Bolognese, Lamborghini celebrates its fiftieth year as an automobile manufacturer. Half a century of turmoil, success, failure, beautiful cars, bankruptcies, rebirths, scissor doors, V12s, V10s, and a handful of V8s later, the home of the charging bull is now stronger than ever. It's been a long and tumultuous road to stability, though—one that, as hinted, has seen the company on the verge of death several times over the years. Here we'll attempt to shine a little light on that long and winding path.

After making a fortune in the manufacture of farm tractors and air conditioners, Ferruccio Lamborghini was inspired to build his own gran turismo after experiencing frequent clutch problems with several of his Ferrari 250 GT's. Legend has it that Lamborghini fitted one of these cars with a clutch from one of his tractors, completely remedying a problem not even Ferrari was able to solve with frequent factory service visits. Thrilled by his simple solution, Lamborghini arranged a friendly meeting with Enzo in order to demonstrate its benefits, during which Ferrari called him a "simple peasant", unable to understand the complexities of his purebred cars, and further suggested he should return to Sant'Agata and "drive tractors instead"! Incensed, Ferruccio vowed on the spot to never drive another Ferrari and to build his own, superior GT.

Lamborghini immediately set about hiring ex-Ferrari engineer Bizzarrini, himself responsible for Ferrari's 250 series of cars. Lamborghini, having always felt that Ferraris were too closely related to their racing brethren to be true GT cars, instructed Bizzarrini to design a V12 of unparalleled smoothness, refinement, and power—the resultant engine displaced 3.5 liters and made 360 HP at a stratospheric 9,800 RPM. Displeased by the motor's high-revving nature and dry-sump oiling system, both of which he saw as race-bred anathema to his request for a well-mannered, highly-civilized motor suitable for a touring car, Ferruccio refused to pay Bizzarrini for his services until ordered to do so by the courts! LJK Setright, perhaps the greatest auto journalist that ever lived, speculated that none of this was true and that credit for the V12 was actually due to Soichiro Honda—an intriguing idea backed up by some compelling evidence...

Bizzarrini's (Honda's?) V12 would go on to power Lamborghini's first car, the 350 GT, albeit in a wet-sumped, detuned, 280 HP form—in fact, the main architecture of this engine was used in all Lamborghini V12s all the way through 2012, the Aventador their first-ever car with a clean-sheet twelve cylinder design. Back to the 350 GT. With chassis engineering performed by Gian Paolo Dallara, also a highly-esteemed ex-Ferrari man, and styling by a then relatively unknown Franco Scaglione, the very first Lambo made its debut at the 1964 Geneva Motor Show—both the press and public loved it, and several cash orders were made on the spot. Production continued for two years, at the end of which 120 examples had been completed—each at a substantial loss in order to keep prices competitive with the 250 GT.

The car that really put Ferruccio's little company on the map, though, was the gorgeous and groundbreaking Miura—the world's first mid-engine production car. Because of their more uncompromising nature, Lamborghini was always against building a mid-engined car, having founded his company as a maker of GT's and not outright sports cars. Sensing they may have an opportunity to sway their boss if



Though still reluctant based on the car's (as it turned out, rightfully) presumed refinement deficiencies, Ferruccio ultimately agreed to build it, sensing a good marketing opportunity if nothing else.

Working under Bertone, a young Gandini was responsible for the Miura's stunning looks, and its name was taken from a famous fighting bull, continuing a theme started with the earlier Islero—a practice still used at Sant'Agata today. Utilizing a transversely-mounted version of the existing V12, all but the final 96 SV models shared oil between the motor and gearbox, which proved to be quite problematic. Furthermore it was cramped, hot, tended to self-immolate, and would become nearly airborne above 100 MPH due to flawed aerodynamics—no one cared, of course, it was too pretty to matter. Miura's are now amongst the most-collectible and valuable of all Lamborghinis, if not the most, with prices likely to reach seven figures in the next decade.

After 764 examples made over a six year period, the Miura was ripe for replacement. What could succeed such an iconic shape, though? It was going to need to be a complete game-changer, style-wise, in order to have a fraction of the Miura's visual impact, a measure easily met, once again by Gandini and Bertone. Designed to be more refined than the Miura, which Lamborghini thought too loud, it was decided to use a cabin-forward passenger compartment and a longitudinal engine placement as a remedy—anyone who's ever read or seen a contemporary Countach review will find it hilarious that it's an order of magnitude more civilized than a Miura. Built for 16 years from '74 to 1990, the Countach underwent several revisions, gaining fuel injection, more power, and less elegant bodywork as the years went on, none of them close to the purity of line embodied by the earliest "periscope" LP400 models. A young Horacio Pagani got his start as a composites engineer during this period, himself personally responsible for rather baroque 25th anniversary Countach's bodykit. I don't need to tell you the significance this particular car had to 1980s pop culture, suffice it to say as a child of that insane decade I of course had a poster, several in fact, on my bedroom walls—it was the car most instrumental in my development as a hopeless, obsessive, car romantic.

Somehow, despite their apparent success, Lamborghini had already changed hands three times and been through a bankruptcy by the time Chrysler stepped in come 1987. It was under their watch that the Diablo was born, a car which took a much more evolutionary approach to its predecessor than it had itself with the Miura. The first Lambo capable of 200 MPH, the VT model also introduced the AWD layout the firm's come to be known for. Again styled by Gandini, his final proposal was already submitted by the time Chrysler stepped in—they had found it too aggressive and had many of its most distinct elements rounded off and simplified. Livid, Gandini later sold his original vision for the Diablo to Cizeta, which was used unaltered for the mad V16T.

Ferruccio witnessed both wonderful victories and miserable failures in his quest to beat Enzo at his game, and passed away in 1993 amidst much uncertainty over the future of his former eponymous automotive empire. Today, his legend is secure, carried on by Audi, who stepped in and took control in the late 90s, bringing the longest period of uninterrupted stability and success Lamborghini's ever known. Cars developed under Audi's watch include the

end-of-run Diablo 6.0, Gallardo, Murcielago and its replacement, the Aventador—all vastly superior to the cars they replaced, yet critically, still endowed with all the character and madness of said ancestors, but finally with a level of comfort, reliability, and above all, refinement, that he had intended for his cars from the very beginning. Pretty impressive for a mere peasant.



they were only able to present him with a working car, Dallara and his fellow Lambo engineers Paolo Stanzani and Bob Wallace began working in secrecy on their time off to construct just such a car. After countless long nights and missed weekends, the team presented Lamborghini with a rough prototype chassis sometime in 1965.

LOCAL

Health Benefits of a Traditional Italian Diet

by Bridget Sandorford

www.anitaliancanadianlife.ca

Since garlic and its health benefits has been the topic of conversation already this month, guest blogger Bridget Sandorford brings us an article on the health benefits of an Italian diet....Thanks Bridget!

A traditional Italian diet is not only delicious, it's also very healthy. From olive oils to fresh veggies to a wide variety of herbs and spices, the ingredients in a traditional Italian diet are loaded with nutrients that can help you improve your health and to reduce the risk of disease.

Here are just a few of the many health benefits of a traditional Italian diet:

Healthy Fats

Traditional Italian cuisine is loaded with healthy unsaturated and monounsaturated fats. Olive oil and pine nuts are both high in these healthy fats, which can reduce levels of bad cholesterol in your body and help to reduce your risk of heart disease. You can also find these healthy fats in whole olives and some other oils used in traditional Italian cuisine.

You can use these oils in pastas, on breads, or in salads. You can even cook roast some veggies in olive oil and sprinkle them with an array of spices.

Complex Carbohydrates

Though a traditional Italian diet has plenty of pastas, which have simple carbs, the diet is rich in fresh fruits and vegetables, as well as rice and other grains. Complex carbohydrates provide the fiber that you need for healthy digestion and the slow release of energy you need to maintain your blood-sugar levels. Complex

carbohydrates are low on the glycemic index, and they can help to enhance a healthy metabolism and to reduce your risk of diabetes.

You can pair complex carbohydrates with proteins such as cheeses or lean meats in order to help regulate your blood sugar even more.

Calcium

A traditional Italian diet is rich in a wide variety of cheeses, all of which are excellent sources of calcium. The diet is also loaded with leafy greens and some nuts that are also excellent sources of calcium. Calcium is essential for good bone health and joint health, so it can help to reduce the risk of diseases like osteoporosis.

Powerful Antioxidants

Red wine, fresh fruits and vegetables and healthy oils are all key components of a traditional Italian diet, and they are all excellent sources of powerful antioxidants. Antioxidants have an anti-inflammatory effect on the body, and they can help to lower

your risk of heart disease and some cancers. They have even been shown to help to reverse some of the signs of aging.

A traditional Italian diet is much more than delicious cuisine. It's also loaded with nutrients that can help you to improve your health and to reduce your risk of disease. Consider eating a wide variety of traditional Italian dishes for the most nutritional benefits.

About the Author: Bridget Sandorford is a freelance food and culinary writer, where recently she's been researching Seattle culinary schools. In her spare time, she enjoys biking, painting and working on her first cookbook.



The Origins of Puttanesca Sauce

Jerry Buccilli

Zeppoli's - Italian Comfort Food

The first time I ever had Puttanesca Sauce was an epiphany of sorts, for me. I realized that food doesn't have to be complicated or made with exotic ingredients to taste good. Puttanesca sauce is one of the easiest sauces to master and yet it bursts with flavor.

I remember the first time my mom made it I had so many questions about it. Why it is called puttanesca, I asked, and my mom (a devout catholic) could only laugh. My dad too. I guess I wasn't in on the joke because as an eleven year old I had no idea why they were laughing.

If you ask any seasoned Italian chef about the origins of puttanesca chances are you'll get a few varied responses. No one can agree on one particular theory. Some believe that puttanesca originated in Naples and is derived from the word "puttana" meaning whore, therefore puttanesca sauce translates literally into "in the style of the whore."

One theory suggests that prostitutes would entice men into their house of "ill repute" with the aroma of this flavorful dish. Another theory suggests, the prostitutes made it themselves so they could eat quickly in between appointments with their clients.

Probably the most accurate theory describes "sugo alla puttanesca" as a creation of Sandro Petti the owner of a famed Ischian restaurant, who one late night was asked by some patrons to "Facci una puttana qualsiasi" ("make any kind of garbage") when he claimed he didn't have enough ingredients on hand. The resulting

dish was the now famous puttanesca sauce. Whatever the theory one thing is certain; this remarkably simple dish is famous both for its taste and the quality of ingredients that go in it.

Spaghetti alla Puttanesca

Ingredients

Salt to taste

3 tablespoons olive oil

3 cloves garlic, lightly smashed and peeled

3 anchovy fillets

1 28-ounce can whole plum tomatoes

Freshly ground black pepper to taste

1/2 cup pitted black olives

2 tablespoons of capers

Crushed red pepper flakes to taste

Chopped fresh parsley

1 tablespoon oregano, marjoram or basil *

Method

1. Bring pot of water to boil and salt it. Warm 2 tablespoons oil with garlic and anchovies in skillet over medium-low heat. Cook, stirring occasionally, until garlic is lightly golden.

2. Drain tomatoes and crush with fork or hands. Add to skillet, with some salt and pepper. Raise heat to medium-high and cook, stirring occasionally, until tomatoes break down and mixture becomes saucy, about 10 minutes. Stir in olives, capers and red pepper flakes, and continue to simmer.

3. Cook pasta, stirring occasionally, until tender.

Drain quickly and toss with sauce and remaining tablespoon of oil. Taste and adjust seasonings as necessary, garnish with herbs if you like, and serve.

* I like to use marjoram but typically this dish is made with oregano. Some people like to throw in basil. It's a matter of preference.

* The choice of pasta is also a matter of preference. Spaghetti, vermicelli, penne or linguine, all compliment this dish very well.

Jerry Buccilli is a 2nd generation Italian living in Niagara Falls, Ontario. He lives with his wife and twin boys. He is the owner and operator of Zeppoli's - Italian Comfort Food, a catering company specializing in regional, Italian cuisine. www.zeppolis.ca

LOCAL

Anselmo (Sam) Bortolotti: An Early Leader in the Italo Canadian Community

By Anna Gora, Margot Felix, Paula Tissot, Elda Allen and Jennifer Allen

Some new immigrants take time to adjust to their new environments. Others such as Anselmo "Sam" Bortolotti do not. Even as a newcomer to Canada, he wasted no time becoming involved with the local Italian community. His commitment to helping Italian Canadians kept him active even at challenging times, such as during the Second World War.

Anselmo was born in Maiano, Udine, Friuli Venezia Giulia, Italy, on September 18, 1897 to Domenico Bortolotti and Louisa Riva. His father died when he was only five years old, leaving his mother to raise him and his brother Pietro and sister Assunta. There was no school in the family's community. A teacher would travel between the regional villages and educate those who could afford to pay for schooling. His mother, with some difficulty, always managed to pay the tuition. He received minimal education as teachers had large territories to cover and travel was difficult, making visits infrequent and sporadic. Because of this, he highly valued education. His passion for learning continued throughout his life and never stopped until the day he died in February 1990. He was a life-long learner and read extensively, including the Bible and books about politics, history, science and philosophy. He loved to discuss and debate any subject, any time with anyone. He also loved classical music, especially Italian operas.

At the age of nine, Anselmo left home to work in Austria-Hungary, where one of his uncles served as mayor of a town and also owned the local brickyard. This enabled him to learn the art of brick work at an early age and this skill continued to serve him well in his adult life.

From 1914 to 1918, he served in the First World War, in the Quinto Gennio Minatori - an engineering corps of the Royal Italian Army. In October 1920, he immigrated to Ottawa to join his sister and her husband. Upon arriving, he found there was little work available. His first job was shoveling snow for twenty cents an hour. Soon after, Anselmo found a seasonal job with Merkley's brickyard now the site of Billings Bridge Shopping Centre. An interesting anecdote that he liked to tell revealed the working conditions of that time. During the winter, when it was bitterly cold, the men would arrive at the brickyard early in the morning, at 6:00 am, only to be told "Sorry boys, no work today. It's too cold for the horses" who pulled the sleighs loaded with bricks. In those times no work, no pay!

In 1925, he married Giuseppina D'Inca, whom he had met during World War I in her village in Belluno and had carried on a long distance courtship.

Anselmo's lack of formal education left him to learn many things on his own. He became keenly interested in developing and sustaining the cultural interests of the Italian community in Canada. He co-founded the Societa Educativa di Ottawa for that purpose on December 5, 1926. This society held conferences, lectures, and various cultural and educational activities including language and music lessons for both children and adults in the Italian community.

This same spirit also inspired him to open with Francesco Cosenza, a small tile company, Canadian Tile and Terrazzo. Unfortunately, the economic crisis during the 1930s forced the company, like so many others at the time, to close. It was a very difficult time with a wife and three children to support. Yet, he refused to accept social welfare. He put his skills to work and found odd jobs, such as repairing sidewalks and chimneys. Luckily, he managed to secure a contract installing tiles at the Chateau Laurier, a Canadian National (CN) Railway Hotel. This income enabled him to pay off his debts as well as buy a house and a car. All this during the Great Depression. In 1932 he was hired as a permanent employee. He worked as a tile-setter for CN Hotels travelling from the Maritimes to the western provinces until his retirement in 1962.

The Depression Era also saw tensions grow between the Italian community in Ottawa and local clergy who disapproved of Italians sending their children to public schools as Sam's did. Soon articles were published disclaiming the aims of the Societa Educativa di Ottawa.

In the conflict between fascist and anti-fascists in Ottawa, Anselmo, a passionate anti-fascist, was a central figure. Together with 29 other local Italian veterans of the First World War, he organized "L'Associazione Excombattenti di Ottawa", of which he was president for a number of years. He opposed orders from Rome that War Veterans' Associations be dominated by fascism.

His concern for the welfare of Italian immigrants directed him to help found the Order of Italo-Canadians, a fraternal benefit insurance society in the Province of Ontario, where he served as Secretary, Official Agent and General Organiser. In

2008, the Order celebrates its 80th Anniversary. The Order of Italo-Canadians provided many services and was active in helping the Italian community, including the provision of baskets of food and gifts for the children at Christmas and during hard times.

The arrival of the Second World War presented great challenges, especially among the Italian Canadian community. With increasing political unrest, the community soon became divided. Anselmo was falsely accused of being a member of the Communist Party because of his strong anti-fascist stand. Given the times and prevailing views, Anselmo, and by extension, his family, experienced serious and lasting repercussions because of his political beliefs. One daughter was forced to leave her job in a law office, while many years later, his other daughter was denied the opportunity to teach on a Canadian Forces base in Europe.

Despite these difficulties, he remained active in the Italian-Canadian community, providing assistance to those in need. During World War II, as an active member of the Order of Italo-Canadians, Anselmo was instrumental in working with others to raise funds to purchase two ambulances which were sent to Italy. In 1946-47, he assisted in the organization of the "Canadian Aid to Italy" fund, which raised money to purchase medical supplies for Italian civilians. He also worked along with other members of the Italian community to obtain the release of those Italians unjustly sent to Canadian concentration camps.

During the first post-war wave of immigration, Anselmo sponsored and helped many immigrants to settle in Canada homeland. These new Canadians, many whom he mentored, became and remained life-long friends.

He also actively participated on committees which were organized to collect funds for disasters in Italy, such as the Vajon Dam disaster in the Italian Alps and the south Italy and Fruili earthquakes.

In 1954 he became President of The Canadian Brotherhood of Railway Workers Union - Local 270, holding this position for 6 consecutive years. He remained active in the union until his retirement.

In 1967, he was awarded the Centennial Medal by the Canadian Government "In recognition of his valuable service to the nation".

In 1969, he was a driving force in founding the Ottawa Chapter of the Fogolar Furlan of Ottawa.

With Rose and Gino Tiezzi, he founded the Ottawa Senior Citizens Group, (Gruppo Anziani di Ottawa), taking his turn as President and remaining an active and contributing participant.

In 1986, he was awarded Cavaliere dell'Ordine Al Merito della Repubblica Italiana. The same year, he was also selected as Person of Year by the Italian Canadian Business and Professional Association of Ottawa.

During his life he traveled extensively, visiting much of North America, Europe and Africa. He visited Italy many times over the years, but said he would never return there permanently because Canada was his home.

Anselmo and Giuseppina Bortolotti had four children: Alma, Nello Leo and Elda, eight grandchildren and three great grandchildren.

He was a socialist with his vision rooted in protecting the poor, working class members of society. He joined the CCF at its inception, which became the NDP and was an active member of the party until his death.

Anselmo remained true to himself and dedicated to social justice and human rights issues throughout his long life.

Interviewed by Professor Filippo Salvatore of Concordia University for the book entitled: *Fascism and the Italians of Montreal An Oral History: 1922-1945*, Anselmo was asked this question: "What is the quality you admire the most in an individual, and what principle should a young person be faithful to?" he replied:

"Honesty is the best quality a human being can have. I have always respected that, even among our fascist opponents. If a person switches sides and betrays one time, he can and will betray another time. So my advice to people is: be morally honest, and everybody will respect you. That is the principle that has always guided my actions. Once I was convinced of the validity of the ideals of socialism, I always believed in them, in spite of verbal and physical threats and the moral blackmail I was exposed to."

Cav. Anselmo Bortolotti 1897-1990

Saint Anthony's Feast
Sunday June 9th 2013
Fireworks Candle light Procession
for more information 613-236-2304

IL POSTINO

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\$2.00



H.E. Gian Lorenzo meets the Italian Community at Villa Marconi



Caroline Castrucci, Mr. and Mrs. John Mion



Mayor Watson, Angelo Filoso, Larry Kelly, Giovanni deVita and Mario Cocanato



CIBPA President Gino Milito with His Excellency



Lorenzo, Gino, Frank, Jim, Tony, Angelo and Corrado

Happy Birthday Lawrence Greenspon!



Lawrence with Accesso Volunteers



Lawrence with family and friends

LOCAL

ONTARIO BUDGET BUILDS A PROSPEROUS AND FAIR OTTAWA

Ottawa-area MPPs deliver on community priorities

Ontario's 2013 Budget – A Prosperous and Fair Ontario – makes smart investments that will strengthen the economy, create jobs for youth and make life more affordable for Ottawa families.

The 2013 Ontario Budget takes a balanced approach to eliminate the deficit, grow the economy and invest in the quality services that help Ottawa residents by:

Establishing a Youth Jobs Strategy of \$295 million over two years to create job opportunities for about 30,000 youth across the province.

Investing a record \$35 billion in infrastructure over three years, including confirming Ontario's \$600 million commitment to Ottawa light rail transit.

Reducing auto insurance rates by 15% for drivers.

Enabling Ontario Works and Ontario Disability Support Program recipients to keep 100% of their first \$200 in monthly earnings.

Making the gas tax fund permanent – transferring 2 cents per litre of the gas tax to municipalities like Ottawa to help fund OC Transpo.

Investing in home and community health care to help 46,000 more people receive care quickly and in the comfort of their own home.

Continuing to upload social assistance programs from municipalities, ensuring the City of Ottawa can focus property tax dollars on local priorities like affordable housing. More funding for Legal Aid, developmental services, Children's Rehabilitation Centres, workplace inspections, and setting up a minimum wage panel.

Investing in the Eastern Ontario Development Fund, which has already created over 14,000 jobs in eastern Ontario. Pre-budget consultations in Ottawa over the winter and spring ensured that the 2013 Budget reflects our community's priorities. Events included a jobs roundtable with Premier Kathleen Wynne, interactive telephone town halls with Minister of Finance Charles Sousa with tens of thousands of participants, and community meetings.

In addition to beating the deficit target for 2012-13, the province is projecting an improvement of more than \$1.0 billion from the \$12.8 billion deficit projected in the 2012 Budget for 2013-14. Beyond 2013-14, the government is on track to achieve a \$0.5 billion surplus in 2017-18. Ontario's 2013 Budget will build a fair and prosperous Ontario for the benefit of all.

"We need to make sure families get the best health care where and when they need it. Investing an additional \$700 million in home and community care will make a real difference for Ottawa seniors and families."

-- Bob Chiarelli, MPP Ottawa West-Nepean

"The \$100 million in this Budget for roads and bridges in rural municipalities will provide much-needed assistance to grow our economy and encourage companies to invest in eastern Ontario."

Minister Kenney Commends CBSA on Charges Laid in Halifax Fraud Case

Ottawa, May 6, 2013 – The Honourable Jason Kenney, Minister of Citizenship, Immigration and Multiculturalism, made the following statement upon learning that a Canadian permanent resident pleaded guilty of misrepresentation and was handed a \$25,000 fine following a Canada Border Services Agency (CBSA) investigation.

"I applaud the CBSA for their thorough investigation of this case and for helping protect the integrity of Canada's immigration system."

"This case sends a clear message to those who commit fraud that they will be caught and face real consequences."

"Our government is committed to strengthening the value of Canadian citizenship and is cracking down on citizenship and residency fraud."

I urge anyone who has information regarding residency fraud to call Citizenship and Immigration Canada's (CIC) tip line to report it and help us protect the value of Canadian citizenship."

The Government of Canada offers a tip line through the CIC Call Centre where tips on suspected residency fraud cases may be reported.

Cases involving false representation, fraud or knowingly concealing material circumstances in the citizenship process – for example, pretending to be present in Canada to meet the residence requirements for obtaining citizenship – should be referred to the citizenship fraud tip line at CIC's Call Centre at 1-888-242-2100 (in Canada only, 8:00 a.m. to 4:00 p.m. local time, Monday through Friday).

Tips may also be reported by e-mail at Citizenship-fraud-tips@cic.gc.ca.

All other types of immigration fraud tips should be reported to the CBSA Border Watch Tip Line at 1-888-502-9060. The CBSA is responsible for enforcing the provisions of the Immigration and Refugee Protection Act. Tips accepted by the Border Watch Tip Line include, but are not limited to, suspicious cross-border activity, marriages of convenience, misrepresentation in any temporary or permanent immigration application, or the whereabouts of any person wanted on an immigration warrant.

Building a stronger Canada: Citizenship and Immigration Canada (CIC) strengthens Canada's economic, social and cultural prosperity, helping ensure Canadian safety and security while managing one of the largest and most generous immigration programs in the world.

-- Grant Crack, MPP Glengarry-Prescott-Russell

"Permanently dedicating two cents of the gas tax each year to municipalities will help Ottawa build transit to improve access to services, education and employment opportunities, while cutting gridlock and reducing greenhouse gas emissions."

-- Phil McNeely, MPP Ottawa-Orléans

"I'm proud to be part of a strong eastern Ontario team that understands the people we represent believe in a fair society. From a comprehensive youth jobs strategy, to transforming social assistance, this Budget will have real, tangible impacts that will benefit Ottawa." -- Madeleine Meilleur, MPP Ottawa-Vanier

"Creating more opportunities for Ottawa youth to succeed builds a stronger community and a stronger economy. Our \$295 million youth employment strategy will provide the jobs, skills training and entrepreneurship opportunities for our youth to succeed in today's economy." -- Yasir Naqvi, MPP Ottawa Centre

QUICK FACTS

Ontario is one of only two governments in Canada that is on track to beat its fiscal target for 2012-13. These results are due to the government's focus on deficit elimination by 2017-18 — a commitment that is reinforced by the goal of reducing net debt-to-GDP to the pre-recession level of 27 per cent once the budget is balanced. Ontario has created almost 400,000 jobs since June 2009, recovering all of the jobs lost during the recession. The current level of employment is more than 130,000 jobs above the high point before the recession. Ontario's planned infrastructure investments of more than \$35 billion over the next three years would support more than 100,000 jobs on average each year.

Columbus Centre commissions Harley Valentine for its newest project, Monument: Italian Canadian War Stories.

Columbus Centre has commissioned Toronto artist Harley Valentine to create a contemporary monument exploring the struggles and successes of the Italian Canadian immigrant and internment stories.

Riflessi: Italian Canadian Internment Memorial is an interactive artwork that invites the viewer to place themselves within the Italian Canadian story. A mirror polished stainless steel statue creates an immediate connection between the viewer and the history embodied in the artwork, allowing us to see ourselves as the beneficiaries of our elders' sacrifices. The statue is composed of multiple profiles representing an internee family (father, pregnant mother, and child) emphasizing that internment was not merely the detention of individuals, but a communal trauma. The walkway represents a multitude of entwined journeys: from Italy to Canada; from freedom to internment and internment to freedom; and from "enemy aliens" to cornerstone of modern Canada.

Says Valentine: "The challenge is to design a monument that commemorates the injustices Italian Canadians endured during WWII, while also celebrating the persevering spirit that led this community of once so-called 'enemy aliens' to become a cornerstone of the grand Canadian story. I achieved this by taking as my starting point not just the internees, but the whole of the Italian Canadian community, represented by the family of unique profiles comprising the main sculpture."

Karen Manarin, Chair of Columbus Centre of Toronto Board of Governors notes, "We would like to thank Citizenship and Immigration Canada for funding that allowed us to record and archive this historical event. Valentine's contemporary monument ensures that this forgotten time in Canadian history is remembered while celebrating the continuing success of the Italian Canadian experience."

The Monument project follows the success of Italian Canadians as Enemy Aliens: Memories of WWII project, which produced a website (www.ItalianCanadianWW2.ca), a travelling exhibit (touring Canada until 2016), a permanent exhibit (at Joseph D. Carrier Gallery, Columbus Centre), and a co-publication, (Beyond Barbed Wire).

The monument is slated to be completed by summer 2013 as part of the Italian Canadian Heritage Month celebrations. It will be installed in the Villa Colombo gardens on the Dufferin and Lawrence Villa Charities campus.

About the artist

Harley Valentine is a contemporary Canadian artist known for his open form metal-plate biomorphic sculptures and his mirrored photo-sculptural works reimagining iconic urban topographies and national mythologies. His recent works include Persephone [from the Barbarians series] at Humber College's new Lakeshore Commons Building (May 2013) and Dream Ballet, a triptych of mirror-polished stainless steel forms for the Sony Plaza at Daniel Libeskind's new L Tower building (Fall 2013). For more info, visit www.harleyvalentine.com.

About Columbus Centre

Opened in 1980, Columbus Centre, an affiliate of the nonprofit organization Villa Charities, is the largest Italian Canadian cultural centre in Canada. The centre provides extensive educational, athletic and cultural programs and special events, and houses the renowned JD Carrier Gallery. With more than 100,000 visitors yearly, Columbus Centre is the piazza and heart of the community.

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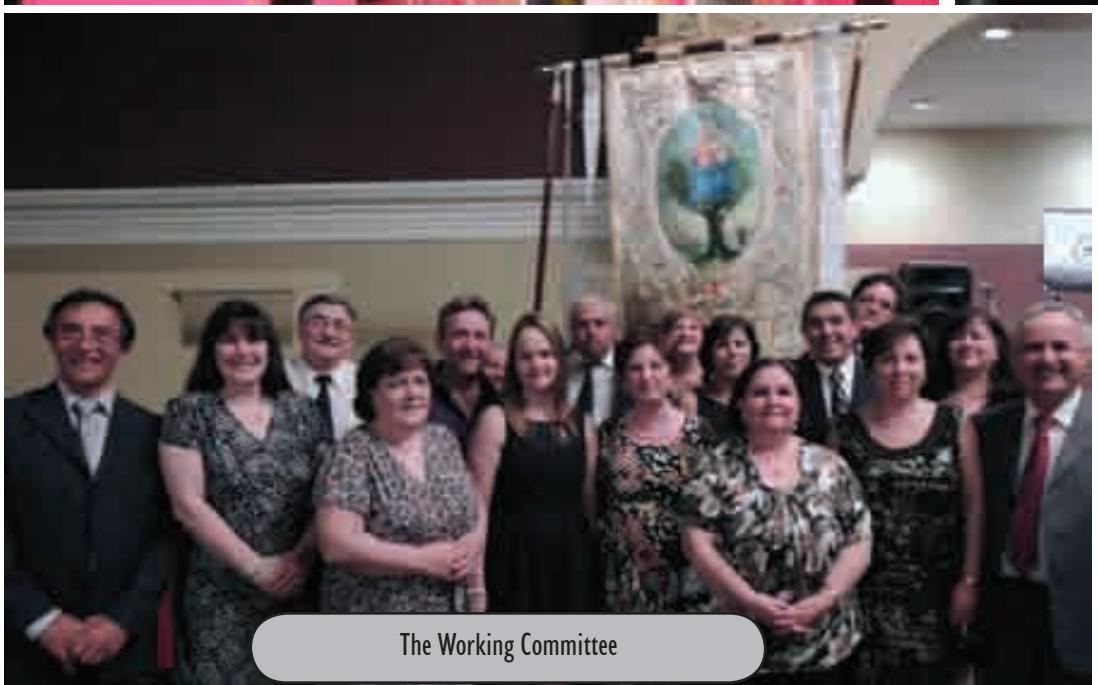
\$2.00



Association Rapinese celebrates the feast of Madonna di Carpineto



The Marching Cadets



The Working Committee



Alex, Tanya, Ben and Graham Francis volunteering



The Cadets marching band