



Distributed in Toronto and Ottawa



“A New Beginning for Mayor Steven Del Duca”

Feature Story

SCAN TO READ





you
are our
priority,
for **sure**

**ASSURED IS COMMITTED TO
QUALITY WORKMANSHIP AND
CUSTOMER SATISFACTION**

We promise to treat each of our customers with respect
while maintaining our high standards of quality assurance
— it's all part of our Customer First approach,
"It's not just about the car, it's about the customer."

assuredauto.ca



Express Entry • Ontario Nominations • Study Permits • College Admissions • LMIA Applications
VISA Extensions • Spousal & Parental Sponsorship



T | 905.995.2776 E | info@aisimmigration.com | 97 Saramia Crescent, Vaughan, ON L4K 4P7

www.aisimmigration.com



Letter from the Editor



Another year has come and gone and we are looking forward to twenty twenty-three. The previous was a progressive year ending with a mammoth winter storm creating a white Christmas in many parts of Canada.

The cover page of this issue brings us a new beginning for the next four years. Mayor Steven Del Duca is a hard-working leader who will listen to our needs and resolve the major issues in our everyday municipal life. His office is open to all the citizens of Vaughan.

The Vaughan Business Community is very active in serving the community. I have recently become a member of the Vaughan Chamber of Commerce and I am impressed with the dedication the staff provide to the businesses of the greater community. I recommend local businesses to reach out for further information.

I hope 2023 will be a better year to eliminate the existing viruses and that medical science researchers will discover cures for the deadly viruses affecting our children and elderly. Let us take time this winter to enjoy outdoor sports, play with children in the snow and take pictures of the winter beauty.

Celebrate Valentines and Family Day this coming February with your loved ones and enjoy it to the fullest. I want to wish everyone a Happy, Healthy, and Prosperous 2023.



Josie Alonzi





salonALLUR 
HAIR STUDIO

Gino | Kam | Laura

2535 Major Mackenzie Drive, Unit 7
Maple, Ontario L6A 1C6

905.832.2550

KEVIN MURPHY PRODUCTS AVAILABLE



**Ward 3 Councillor
Rosanna DeFrancesca**



SOCIAL + CORPORATE EVENTS RETAIL POP UP FILM + PHOTO STUDIO WEDDING



space

VENUE | 300 King Street E
Toronto, ON

647.269.2647 LIZ
416.949.9521 ANIL
bookings@spaceonking.com

spaceonking.com
@spaceonking

Contents



Feature Story

- 3** Letter from the Editor
Josie Alonzi
- 6** Making life more affordable for Canadians
Francesco Sorbara, MP
- 10** 7 Simple Ways to Restart a Good Healthy Routine in 2023!
Floriana Urbisci
- 14** When did sports gambling become a normal way of life?
Nella Macchia
- 16** An Interview with Mayor Steven Del Duca
Angelo Filoso
- 18** His real name was Frank "Rocky" Fiegel
Lawrence Greenspon
- 20** Growing up in Halifax
Lola McNeil
- 22** Gino Farnetti Bragaglia Documentary
Tony Battista
- 25** More Building Blocks to Strengthen Canada's Economy and Make Life More Affordable
Tony Loffreda
- 26** Managing your pain: 6 non-drug strategies
Dr. Yako Merogi, Chiropractor
- 28** Why we love Italy
Angelo Filoso

The Voice 2020

Volume 4 | Issue 1 | January / February 2023

Our Team

Josie Alonzi | Editor
Angelo Filoso | Associate Editor
Epic Event Planning Corp | Graphics & Publication

Interested in Advertising or Sponsoring

Contact Us

E | info@thevoice2020.ca T | 647.482.0360
www.thevoice2020.ca

The opinions expressed in the articles, written by the authors, do not necessarily reflect the opinions of this publication or of the Editor. The Voice 2020 is not legally binding of their content and accuracy.

MAIL IN THIS FORM FOR

1 YEAR SUBSCRIPTION \$69.95 or 2 YEAR SUBSCRIPTION \$129.95

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

Email: _____

PO. BOX 72088 Pine Valley Drive, Vaughan, Ontario L4L 8N8



Making life more affordable for Canadians

by *Francesco Sorbara, MP*

The last two years have been challenging for families across Canada. We faced the deepest recession since the Great Depression. Our government has been **there for Canadians through every challenge**, and while jobs are plentiful and business is growing; we know it is also harder for a lot of Canadians to pay their bills at the end of the month - due to inflation.

Inflation is a global phenomenon caused by many factors that no single country is responsible for, and that no single country can insulate itself from or solve on its own. That's why we are focused on **building an economy that works for everyone**. Part of that is making life more affordable for all Canadians and **putting more money directly in their pockets**.

We have taken concrete steps that help Canadians with the rising costs of their expenses and ensure Canadians have access to the support they need.

WE ARE DELIVERING FOR CANADIANS THROUGH THE:

1. DENTAL CARE BENEFIT

Starting December 1, 2022, we are providing eligible parents or guardians with direct, up-front tax-free payments to cover dental expenses for their children under 12-years-old.

2. CUTTING CHILD CARE FEES IN HALF

We are making \$10-a-day a reality. Families across Ontario are seeing reduced child care costs by 50%. We are working with the province to create 86,000 new child care spaces in Ontario.

3. DOUBLED THE GST REBATE

We doubled the GST tax credit for six months. This means an extra \$234 in the pockets of single Canadians without children, up to \$467 for couples with two children, and an average of an extra \$225 for seniors this year.

4. RENTAL ASSISTANCE

We are delivering a \$500 payment to nearly 2 million low-income renters who are struggling with the cost of housing.

5. INCREASED THE OAS FOR OLDER SENIORS

We increased the Old Age Security (OAS) pension for seniors 75+ by 10% - putting an additional \$770 in the pockets of eligible seniors.

We have a plan that puts Canadians first by enhancing the Canada Workers Benefit, permanently eliminating interest on Canada Student Loans and Apprentices Loans, helping Canadians buy their first home, and lowering credit card transaction fees for small businesses, all while continuing to attract investment in our clean economy and creating many more good jobs.

Francesco Sorbara

Member of Parliament for Vaughan-Woodbridge

A member of
mgjworldwide

Helping clients with strategic tax planning.

How can we help you?

Taxation Services, Accounting Business Advisory,
Forensic Accounting Valuations, Accounting Firm Support



3300 Highway 7, Suite 901 Vaughan, Ontario L4K 4M3 | 905.738.5758 | fazzaripartners.com



5 Kenview Blvd., Unit 2, Brampton, ON L6T 5G5

905.761.8552 | roccod@montereyale.com | montereyale.com



HEARING SERVICES

Directors of Hearing Aid Services

Domenico Cosentino Sr.
Domenic Cosentino Jr.
Filippo Cosentino



Sponsors:

Starkey Hearing Aids
Bernafon Canada



IMPROVE YOUR HEARING!

SERVICES OFFERED:

- Hearing assessments
- Hearing aid maintenance
- Hearing aid fittings
- Earwax removal
- Telescopic view of the ear canal
- State of the art assistive devices
- English and Italian speaking
- Professional staff available daily
- Assistant programs offered for WSIB, ADP, DVA

UDI Hearing Services

Columbus Medical Art Building
8333 Weston Rd., Suite 105
Woodbridge, ON L4L 2J9
prosoundhearing@yahoo.ca
905.264.9975

Chin Building
622 College Street Suite 204
Toronto, ON M6G 1B6
prosoundhearing@yahoo.ca
416.924.5033

Pro Sound

1420 Burnhamthorpe Rd.,
Suite 350,
Mississauga, ON L4X 2J9
prosoundhearing@yahoo.ca
905.232.0606

FREE HEARING TEST



Call for an appointment today or leave us a message



7 Simple Ways to Restart a Good Healthy Routine in 2023!

by *Floriana Urbisci*

As holidays are over, every year we can feel tired, overwhelmed or carry a few extra unwanted pounds. We listen to our thoughts setting in saying "I don't like -how uncomfortable I feel!" or "will this cold ever go away" or "I am so tired all the time!"

Do any of these sound familiar?

These are the kind of thoughts that can continue to make us feel very unwell so it is best to make a plan of action and look for some simple ways to feel good as we head into a new year!

Not sure where to start? Here are "7 Simple Ways to Restart a Good Healthy Routine in 2023!"

1. Drink a minimum of 8 cups of filtered water and chlorophyll water daily. Adding chlorophyll water as part of your daily water intake will help to reduce cravings and improve energy levels. Chlorophyll is also considered a liquid multivitamin full of nutrients to boost the immune system.

2. Load up on veggies whenever you can. Choose a colorful variety of veggies at every meal or even as a raw snack. Some great veggie snacks include cucumber, carrots, celery and red pepper. Vegetables have a good amount of fiber to help cleanse the gut and pull any unwanted toxins out of the body.

3. A few servings and variety of fruit daily will help to reduce sugar cravings from cookies, pastries and other highly refined foods that are loaded with bad sugar.

4. Use the 80/20 rule daily! This means eating clean 80% and enjoying 20% of fun food or fun drink. Some examples of the fun 20% would be a glass of wine, a bowl of popcorn, a few pieces of chocolate. Always keep in mind that fun food is always eaten in moderation!

5. Avoid skipping meals as this is really important when it comes to health and weight loss goals. If busy or not very hungry, simply have a small snack like a handful of raw nuts and seeds or a fruit like an apple. For prevention of skipping meals while on the go, bring some snacks with you just in case the hunger cues start or there really is no time for another meal until later that day.

6. Get into a good sleep routine as it controls appetite and hunger! Aim for 8 to 9 hours of sleep daily to rebalance the body and feel amazing each day!

7. Move your body every day to promote good digestion, better circulation, lower stress levels, and to help maintain a healthy weight management. Daily exercise also helps to strengthen the heart and lungs which can reduce the risk of illness and disease.

Start today with one or two tips above and as you build those good habits, then add on a new habit and keep going to see how amazing you start to feel! Your health is your greatest wealth!





PRINT SOLUTIONS

"Your One - Stop Solution for all your Printing needs"

- Brochures
- Catalogues
- Computer forms - Laser / NCR
- Stationary
- Fullfilment
- Digital / Short Run
- P.O.P
- Labels
- Packaging

Email: m3printsolutions@gmail.com

Tel: 647-545-1595

RADIO GLOBO ITALIA

DIRETTAMENTE SUL VOSTRO CELLULARE O IPAD

Ascoltatici su
radiogloboitalia.com



Contattaci al
613-232-5689



@RGItal



Radio Globo
Italia



[radioglobo_italia](https://www.instagram.com/radioglobo_italia)



Radio Globo
Italia



50&PIÙ ENASCO

ISTITUTO DI PATRONATO
E DI ASSISTENZA SOCIALE

un grande
CUORE
che batte ITALIANO
come il TUO



CONFCOMMERCIO
IMPRESE PER L'ITALIA

Vaughan - ANNALISA CASERTA

3-53 Woodbridge Avenue, Woodbridge

4-8600 Keele Street, Concord

Telephone: 905.266.0048 Email: canada1@enasco.it

Ottawa - RITA ANTONELLI

14-888 Meadowlands Drive East

Telephone: 613.567.4532

Email: canada1@enasco.it

www.patronatoenasco.ca



Venture

Real Estate Corp., Brokerage

WHEN EXPERIENCE AND RESULTS COUNT!



Celia Losiggio

SALES REPRESENTATIVE

"Buying and Selling Homes in Toronto and GTA"

416.618.5985 | cliggio9@gmail.com

VIETNAMESE ASSOCIATION OF VAUGHAN
VIETNAMESE LUNAR NEW YEAR GALA

Tết Gala
Năm Quý Mão

CHATEAU LE JARDIN 28-01-2023
8440 HWY 27, WOODBRIDGE, ON Time: 6 Pm - 1 Am

Cocktail Reception 6PM | Dinner 7PM | Dance Party 9PM
Reception Starts At 6 PM | Event Begins 7 PM - 1 AM

TICKET
VIP \$125 REGULAR \$100

LIÊN LẠC: JAMES NGUYEN 416 738 3261 - TTYT NGUYEN 647 395 2883

IK, QUALITEA, TORONTO, VAUGHAN PAIN CLINIC, ANH TU, GERRY, THOIMOI

EST.  1981

L'ATELIER
BOUTIQUE



8099 Weston Road
Unit 1, Woodbridge
905-850-7406
latelierboutique.ca



When did sports gambling become a normal way of life?

By Nella Macchia

From its early days, gambling has always been associated with crime, violence and the underworld. Whether gambling started with the Greeks as early as 500 BC with the first Dice or further back when a pair of dice was found in an Egyptian tomb from 3000BC, is immaterial. The real issue is that the love of playing games for a wager has been around for a millennium.

With the recent legalization of sports gambling in Ontario, you have surely noticed the bombardment of ads on tv, internet, radio and social media, aimed at young people, usually young men but also young women. With the proliferation of handheld mobile devices, gambling appears to be moving away from the physical casino site and is becoming more centralized in the palm of your hand. With these two advances, gambling is becoming extremely more addictive and dangerous. Casinos, lotteries, sports wagering and card games have become a legitimized way of life.

Gambling is highly addictive and destructive especially for young vulnerable people. Young men who may be trying to find their path in the world are drawn to sports and now they are encouraged to download the app and to play as if there are no consequences. From my perspective, gambling has ruined many lives, marriages and families. What do we know about the link between gambling and suicide? Gambling and bankruptcies? Gambling and

divorce? Gambling and violent interactions with police? We know very little and this is intentional. The government is looking very aggressively to expand into sports gambling in order to substantially increase tax revenue at the expense of young vulnerable populations. This is unacceptable and irresponsible. When were Ontarians specifically asked for their opinions on this development. We were not. It seems that the government took advantage of the lock downs during COVID when many were alone, isolated and unable to go anywhere for entertainment purposes and it seemed like a perfect opportunity to offer gambling from anywhere in Ontario.

The government's argument is that by legalizing gambling, they are regulating it for the greater good and they are squeezing, reducing or eliminating the black market, illegal racketeers who will enforce debts and collection methods that have resulted in injury, death and violence. While this argument may have some merit, it reminds me of the government's recent venture into legalizing marijuana. We see a proliferation of legal marijuana pop ups all over the city, uptown, downtown and every neighbourhood in between. Have the illegal marijuana operations ceased operating? No, they continue to thrive and continue to undercut the government operations to the point where, the government run shops are shutting down and going bankrupt, as they cannot compete with the illegal operators.

“When gambling becomes a problem, both the person who gambles and their family are negatively affected. Gambling problems can lead to marital breakdown,



Nella Macchia
Barrister & Solicitor, Notary Public

We take our role as lawyers & litigators seriously & we want to be a positive force in the lives of our clients.



www.macchialaw.com 905.482.4960 @nellamacchialaw

bankruptcy or financial hardship, suicide, crime, reduced health and increased use of alcohol and other substances.” (Statistics Canada, by Michelle Roternann and Heather Gilmour.) They also found a link between the number of gambling activities played increased the risk for gambling-related problems. A gambling addiction is now referred to as a public health concern. While it is true that the majority of Canadians do not have a gambling problem, for 1.6% of the population or 304,000 Canadians aged 15 or older who reported gambling in the past year were at moderate-to-severe risk of problem gambling. Lets think for a moment about the families of those 304,000 problem gamblers! This harm can be avoided or minimized by restricting advertising aimed at young people as they did for alcohol, cigarettes etc.

The results of this Statistics Canada Study showed that problem gambling while affecting a minority of the population, continues to be an issue in Canada. While this study was done, prior to COVID, it provides a baseline of gambling behaviour and can be utilized to assess what the impact of the 2021 Safe and Regulated Sports Betting Act in Canada which led to the launch of Ontario’s Gaming market it 2022.



A T R E N S
MANAGEMENT GROUP INC

36-100 Bass Pro Mill Drive
Vaughan, Ontario L4K 5X1
Telephone: 905.760.7890
Email: info@atrensmgmt.com

www.atrensmgmt.com



An Interview with Mayor Steven Del Duca

By Angelo Filoso

What are your priorities as Vaughan's new Mayor?

Mayor Steven Del Duca's #1 priority is to fight the gridlock that's choking too many of Vaughan's main roads and hurting our quality of life. For example, construction of the Kirby Road connection between Dufferin and Bathurst will begin early in 2023.

In addition, the Mayor has pledged to keep property taxes low, especially for Vaughan's most vulnerable residents, and to work hard to maintain community safety.

You talked a lot about gridlock during the election. How are you addressing this issue?

Fighting traffic gridlock remains Mayor Del Duca's top priority and the new City Council has already begun



tackling this tough challenge. For example, construction of the Kirby Road connection between Dufferin and Bathurst will begin early in 2023. In addition, the Mayor will continue to aggressively push for building the Langstaff Road bridge over the CN rail yard, and connecting Teston Road between Keele and Dufferin. Taken together, connecting these major east-west arterial roads will dramatically improve traffic flow in Vaughan. Lastly, he will keep working closely with the provincial and federal governments to deliver the Yonge North subway extension and GO Train service for Woodbridge and Kleinburg-Nashville.

Community safety was another priority. What have you been seeing that raised this issue for you, and what kinds of policies are you proposing?

Vaughan has always been a safe community and it remains so. However, there is no doubt that it is facing some serious challenges. The recent mass shooting at a condo near Jane and Rutherford is a heartbreaking reminder that work in this regard is never done. As a community, Vaughan is collectively grieving for the innocent victims who lost their lives tragically and salute the courageous first responders who work hard every day to keep us safe.

We also know that, in recent months, there has been an unwelcome spike in auto thefts and carjackings. Vaughan Council will work closely with the community and with York Regional Police to ensure that they are addressing the situation. Recently, the first-ever Community Safety



Committee was created and it will be chaired by Deputy Mayor Linda Jackson.

How has your previous experience in public service prepared you to assume the responsibilities of Mayor?

While there’s no doubt that municipal politics is unique, the overarching principle remains the same. And for Mayor Del Duca, it’s all about public service and prioritizing the residents who call Vaughan home. It’s critical to keep the lines of communication open, to work collaboratively with the rest of Council and to deliver exceptional customer service to residents. The Mayor’s past experience has prepared him well to hit the ground running and to deliver positive results for Vaughan.



What can we expect from you and the rest of Council in 2023?

Mayor Steven Del Duca will work hard, collaboratively with the rest of Council, to deliver a fair and responsible budget early in the new year. Given the affordability crisis that residents are dealing with, it is important that property taxes, particularly for the most vulnerable residents, remain low.



In addition, a great deal of planning will be required to ensure that Vaughan is delivering enough new housing to meet provincially-mandated growth targets while respecting Vaughan’s existing neighbourhoods.

Lastly, the Mayor and Council will continue to identify the best way to tackle the traffic gridlock that’s choking the community’s main roads and hurting quality of life.

What do you love most about the City of Vaughan?

Mayor Del Duca loves the people of Vaughan. He enjoys connecting with them and will continue to meet with them and discuss their issues of concern. His office is open to all the citizens of Vaughan. He indicated: “you have to nurture and grow that sense of trust and confidence” to continue serving Vaughan’s citizens well.





His real name was Frank “Rocky” Fiegel.

By Lawrence Greenspon

He was born in 1868 in Poland and, as a child, immigrated to the United States with his parents, who settled down in a small town in Illinois.



As a young man, Rocky went to sea. After a 20 year career as a sailor in the Merchant Marines, Fiegel retired. He was later hired by Wiebusch’s Tavern in the city of Chester, Illinois as a ‘Bouncer’ to maintain order in the rowdy bar. Rocky quickly developed a reputation for always being involved in fighting (and usually winning). As a result, he had a deformed eye (“Pop-eye”).

He also ‘always’ smoked his pipe, so he always spoke out of one side of his mouth.

In his spare time as a Bouncer, Rocky would entertain the customers by regaling them with exciting stories of adventures he claimed to have had over his career as a sailor crossing the ‘Seven Seas.’

The creator of Popeye, Elzie Crisler Segar, grew up in Chester and, as a young man, met Rocky at the tavern and would sit for hours listening to the old sailor’s amazing ‘sea stories.’

Years later, Segar became a cartoonist and developed a comic strip called ‘Thimble Theater.’

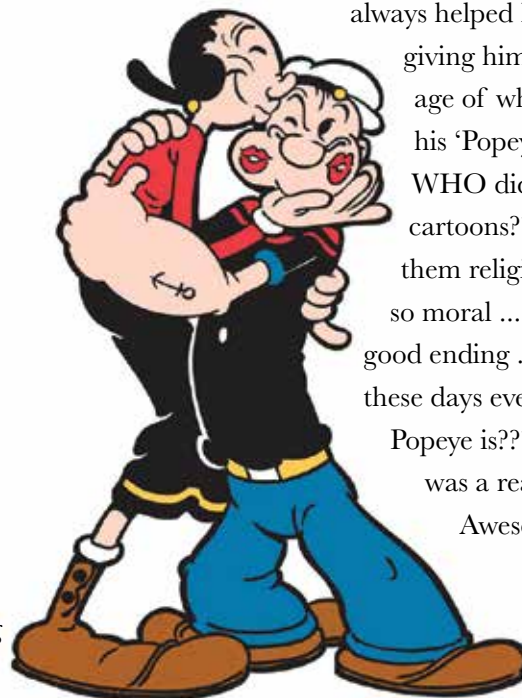
He honoured Fiegel by asking if he could model his new comic strip character, ‘Popeye the Sailor Man,’ after him. Naturally Fiegel was flattered and agreed. Segar claimed that ‘Olive Oyl,’ along with other characters, was also loosely based on an actual person. She was Dora Paskel, owner of a small grocery store in Chester.

She apparently actually looked much like the Olive Oyl character in his comics.

He claimed she even dressed much the same way. Through the years, Segar kept in touch with Rocky and

always helped him with money; giving him a small percentage of what he earned from his ‘Popeye’ illustrations. WHO didn’t love the cartoons??? We watched them religiously ... so funny, so moral ... each story had a good ending ... wonder if kids these days even KNOW who Popeye is??? Who knew he was a real man?

Awesome!!!



Best Cuisines in the World – 2022 –

1		Italy	4.72	26		Georgia	4.23
2		Greece	4.68	27		Czech Republic	4.21
3		Spain	4.59	28		Bulgaria	4.20
4		Japan	4.59	29		England	4.18
5		India	4.54	30		Thailand	4.16
6		Mexico	4.53	31		Belgium	4.14
7		Turkiye	4.52	32		Netherlands	4.10
8		United States	4.51	33		Austria	4.09
9		France	4.51	34		Algeria	4.07
10		Peru	4.51	35		Denmark	4.05
11		China	4.49	36		South Africa	4.03
12		Brazil	4.49	37		Syria	4.03
13		Portugal	4.47	38		Bosnia & Herzegovina	3.99
14		Poland	4.44	39		Malaysia	3.99
15		Germany	4.37	40		Lebanon	3.99
16		Indonesia	4.37	41		Ukraine	3.98
17		Croatia	4.33	42		Palestine	3.98
18		Argentina	4.33	43		Bangladesh	3.97
19		South Korea	4.31	44		Lithuania	3.96
20		Vietnam	4.31	45		Taiwan	3.96
21		Hungary	4.26	46		Paraguay	3.96
22		Romania	4.25	47		Pakistan	3.96
23		Philippines	4.25	48		Tunisia	3.95
24		Iran	4.23	49		Uruguay	3.95
25		Serbia	4.23	50		Slovakia	3.94



MEAT



CHEESE



DELI

Our fine selection of prepared dishes includes:

- Lamb • Cordon Bleu • Stuffed Whole Chicken • Stuffed Veal Chop
- French Veal Chop • Stuffed Veal Roast • Stuffed Pork Tenderloin
- Turkey Breast • Grilled Vegetables • and More

Ask us about our catering services & let us help
make your event memorable.

TOTERA

FINE FOODS

MEAT • CHEESE • DELI

Hours: • Mon 9-6 • Tues-Wed 9-7 • Thurs-Fri 9-8 • Sat 8-6 • Sunday 9-2

2414 Major Mackenzie Drive, Maple • 905-879-8325



HAPPY NEW YEAR 2023 !

Wishing you Beautiful Moments,
Treasured Memories, Good Health and
All the Blessings your Heart can know
to Live a Meaningful life.

BUY SELL INVEST

REALTOR® Broker

416.262.7305

CIPS ABR ASA SRS SRES RENE

rose@rosesavage.com

rosesavage.com

Trusted Community Leader

Award Winning Licensed Professional

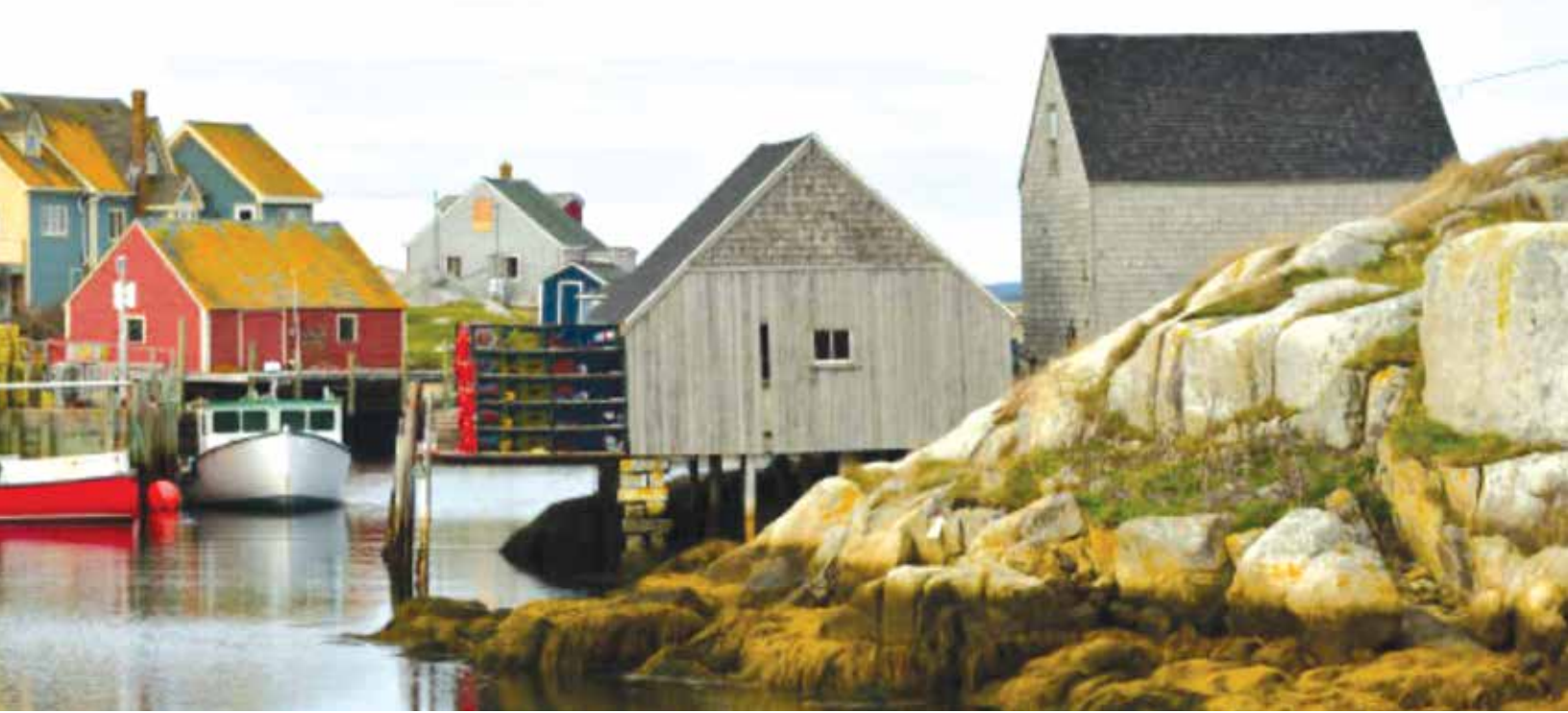
Luxury Marketing Specialist

Certified International Property Specialist



Rose Savage
REALTOR® BROKER





Growing up in Halifax

by *Lola McNeil*

I grew up in Halifax, Nova Scotia. I never once questioned my parents income. We didn't eat a lot of fast food because it was considered a treat, not a food group. Actually, I don't even recall fast food being around, and it was considered strange to eat at a restaurant unless it was a very special occasion, or if you were traveling. We drank Kool-Aid made from water that came from our kitchen sink with real sugar. We ate bologna sandwiches, or even tuna (which was in a can not a pouch), PB&J & grilled cheese sandwiches, hot dogs, but mostly homemade meals consisting of meat, potatoes, vegetables.

We grew up during a time when we mowed lawns, shoveled snow, babysat, helped neighbors with chores to be able to earn our own money.

We went outside a lot to play, ride bikes, run with friends, play hide and seek, or went swimming. We rarely just sat inside. We drank tap water from the water hose outside, bottled water was unheard of. If we had a coke, it was in a glass bottle, and we didn't break the bottle when finished. We saved it and cashed it back in at the store for a refund.

We watched TV shows like Good Times, The Jefferson's, Bonanza, Alf, Different Strokes, Leave It To Beaver, Gilligan's Island, Happy Days, Bewitched, The Brady Bunch, The Rifleman, Looney Tunes, The Flintstones, The Jetsons, Sanford and Son, Dukes of Hazzard, and I Love Lucy. After school, we came home and did

homework and chores, before going outside or having friends over. We would ride our bikes for hours. We had to tell our parents where we were going, who we were going with, and be home when the street lights came on!

You LEARNED from your parents instead of disrespecting them, and treating them as if they knew absolutely nothing. What they said was LAW, and you did not question it, and you had better know it!!! We watched what we said around our elders because we knew if we DISRESPECTED any grown-up we would get our behinds whipped, it wasn't called abuse, it was called discipline! We held doors, carried groceries, and gave up our seat for an older person without being asked. You didn't hear curse words on the radio in songs or TV, and if you cursed and got caught you had a bar of soap stuck in your mouth.

***“Please, Thank you, yes please,
no thank you, yes ma'am, no ma'am
yes sir, and no sir were part of our
daily vocabulary!”***

The world we live in now is just so full of crooked people, hate and disrespect for others.

Re-post if you're thankful for your childhood. I will never forget where I came from and only wish children now days had half the chance at the fun and respect for real life we grew up with! And we were never bored!



Happy New Year from our family to yours

Funeral Services • Memorial Services • Burial Services • Cremation • Embalming

Vescio Funeral Homes Ltd.

Woodbridge 905.850.3332 | Toronto 416.656.3332 | Maple 905.303.0770

vesciofuneralhome.com



Gino Farnetti Bragaglia Documentary

by *Colonel Tony Battista*
(Retired Canadian Armed Forces)

I wish to tell you the true story of Gino Farnetti Bragaglia, an Italian 5-year-old boy orphaned and abandoned during WWII, who was found, nourished, and loved by Canadian soldiers during the Allied push into Italy in 1944.

My name is Tony Battista, former Canadian Defence Attaché to Rome. I came to Canada - like many young immigrants - as a ten-year-old in the hope of a better life. I served in the Canadian military 40 years! One of my last duties in uniform was as Canadian representative at the official ceremony in December 2012, when Gino received his actual birth certificate. He was almost 75!

A film production company, Combined Forces Production Collaborative has been selected to produce a documentary of this poignant story about Gino and his 'Canadian Soldier Guardian Angels'.

In 1983 Gino was in his forties when he received a letter accompanied by an old photo of Canadian soldiers, from the Italian Campaign. Reading the name of Lloyd 'Red' Oliver, a light ignites inside of him. He remembers the name, 'Red', as one of the soldiers who took care of him during the war when he was found starving in a stone quarry near Torrice, in the Liri Valley of the Lazio region, south of Rome. This photograph and name bring Gino back to a mostly forgotten past, inspiring a need to rediscover his origins.

This incredible story is witness to the resiliency of the human spirit. For Gino, remembering the caring and friendship he received as a young boy by 4 Canadian soldiers, the letter opens memories which were buried by life, yet have still endured some 80 years after the war. We are working to document these memories to show how the past can have profound meaning in the present. Extraordinary acts of bravery and humanity by this young boy's 'guardian angels', born in the ashes of war, will be captured in this film as examples of kindness and dedication by humankind. Our hope is to help future generations learn about the tragedy of war, while showing the world how Canadian values illuminate the best in the human spirit.

Here is a short preview of the Gino story: A Child in Uniform <https://youtu.be/W2WtPgzMID4>

As a proud Canadian of Italian descent, I would be humbled if you also join me in supporting this docu-drama production on the story of Gino with any donation, to allow us to continue with production of this important piece of Italian Canadian history. Below is the link from the production company with an embedded Go-Fund-Me sub-link. <https://combinedforces.ca/combinedforces.ca/bambino/>

Do not hesitate to call or email for a conversation of this incredible true-life story at: 613.899.1650
tony.battista@me.com

With a grateful heart, Colonel Tony Battista
(Retired) Canadian Armed Forces



Experience the Difference Quality Makes

8611 Weston Road, Unit 15 Woodbridge,
(NORTH OF LANGSTAFF)

905.851.4400 | centromeats.com

Providing waste
removal services to
residential,
commercial,
and industrial clients
for over 25 years!
Call today for a free
no-obligation quote.

**EXPERT
WASTE**
SERVICES INC.



(416) 246 - 0260

www.expertwaste.ca | sales@expertwaste.ca

1116 Wilson Ave, Suite #124 Downsview, ON M3M 1G7



PARTNER WITH US IN FINDING YOUR NEW CAREER

NOW HIRING

- Asphalt Workers
 - Autobody Painters
 - Automotive Appraisers
 - Bricklayers
 - Cabinet Makers
 - Carpenters
 - Cleaners
 - Concrete Finishers
 - Customer Service Managers
 - Drywallers
 - Drywall Appraisers
 - Mechanic
 - Upholsters
 - Web Developers
- and more...

Canada Worker Trades is an experienced recruitment firm.

Canada Worker Trades works with reputable industries and professionals to provide you with opportunities to be successful in your career.

*** NOW HIRING** | **2022**
FOR CONSTRUCTION | **SEASON**

CONTACT US:

905.424.9675 | canadaworkertrades.com | [@canadaworkertrades](https://www.instagram.com/canadaworkertrades)



Congratulations to The Voice 2020 along with other local business entrepreneurs, now proud members of the Vaughan Chambers of Commerce



More Building Blocks to Strengthen Canada's Economy and Make Life More Affordable

by *The Honourable Tony Loffreda, CPA*
Independent Canadian Senator (Quebec)

With its Fall Economic Statement (FES), which Deputy Prime Minister Chrystia Freeland presented in early November, the government has reiterated its commitment to help families cope with the increasing cost of living by delivering additional targeted support to Canadians who need it the most.

Fall economic statements usually gives the government an opportunity to provide Canadians with a mid-year update on the country's economic growth and the state of its finances. The FES will typically include the government's outlook for revenues and program expenses as well as long-term economic projections.

Like most countries, Canada's reaction to the pandemic was quick, early, and swift. The government provided Canadian individuals, families, and businesses with the necessary financial support to make ends meet. Despite extraordinary spending measures, Canada is coming out of the pandemic in a relatively good position.

As Minister Freeland said during her update, Canada's economy is now 102.6% the size that it was before the pandemic, our economic growth has been the strongest and our net debt-to-GDP ratio is the lowest among G7 countries at 30.5%. The unemployment rate is 5.2% and inflation is slowly coming down after peaking in June.

Many refer to the FES as a mini-budget because it regularly also contains policy announcements including proposed changes to taxation. As such, the FES is usually accompanied by legislation. This year, Bill C-32, which was introduced on November 4th in the House of Commons, seeks to implement certain provisions announced in the FES along with previously announced measures from the spring budget.

I am honoured to serve as the sponsor of this bill in the Senate. Part of my role as the sponsor is to guide the bill through the different stages of the legislative process which includes supporting my colleagues in their understanding of the bill, what it seeks to achieve and the rationale behind these measures. As sponsor, I will also kick-off the debate in the Chamber at both second and third reading. Those speeches are probably going to be delivered in early- to mid-December.

Divided into four parts, the bill contains 172 pages and 29 specific measures, 21 of which make changes to the

Income Tax Act. The last time I sponsored a bill (C-30), it contained six pages and one measure. In comparison, C-32 is a massive piece of legislation that touches on many different aspects of our lives and has multi-sector and wide-ranging implications. However, I accepted to sponsor the bill because I still felt that it offered targeted relief for specific segments of the population and made appropriate changes to various acts, while limiting spending.

For example, students will surely appreciate the elimination of interest on Canada Student Loans and Canada Apprentice Loans. Entrepreneurs should welcome the proposed tax cut from 15 to 9 per cent by more gradually phasing out their access to the small business tax rate. Young families will hopefully be able to take advantage of the new Tax-Free First Home Savings Account and the doubling of the First-Time Home Buyers' Tax Credit. Seniors and their families might also enjoy the introduction of a new Multi-generational Home Renovation Tax Credit.

Another key measure in the bill is an initial allocation of \$2 billion (out of a previously announced \$15 billion) towards the new Canada Growth Fund (CGF) which seeks to attract substantial private-sector investment in Canadian businesses and projects to help grow and transform Canada's economy on a path to net-zero. With the passage of the Inflation Reduction Act in the United States, this Fund is urgently needed to help Canada compete internationally for capital investment.

Many of the measures contained in C-32 build on those that were adopted in recent weeks by Parliament including the doubling of the GST Rebate, the implementation of a new tax-free dental care program for youth, and a one-time \$500 rental housing subsidy for lower and moderate-income Canadians.

Bill C-32 is currently before the House of Commons for its consideration. In order to ensure the bill receives Royal Assent before the holidays, the Senate has undertaken a pre-study of the bill and I expect we will adopt it by mid-December, thus ensuring Canadians can rely on and soon benefit from some of the measures contained in the legislation.





Managing your pain: 6 non-drug strategies

By Dr. Yako Merogi, Chiropractor

What a pain! Pain, especially when it is chronic, can slow you down, sap your confidence and rob you of joy. In Canada, an estimated 7.6 million live with chronic pain. Behind those numbers are people from all walks of life, simply seeking relief.

Some of those patients walk into the doors of our Body Cure Sport and Therapy clinic asking for help with various kinds of musculoskeletal pain. Knowing the risks of prescription pain-management drugs, often they are eager to manage their pain with little or no medication.

Canada's Drug and Health Technology Agency recently stated that evidence supports the use of non-pharmacological interventions for chronic pain management and noted that Canadian guidelines recommend trying non-opioid and non-pharmacological methods for chronic pain before other methods. Fortunately, there are advanced non-drug treatments for chronic pain.

1. Chiropractic adjustment

Adjustments have amazing benefits for not only the spine but for overall well-being. At Body Cure Sport and Therapy, I focus on improving mobility and restoring function, which may involve a range of techniques. Spinal adjustments help us to treat a range of conditions and get your body back to functioning at its best. Research shows that chiropractic treatment including spinal manipulation improves migraines and cervicogenic headaches, and also benefit back and neck pain, scoliosis, sciatica and postural problems.

2. Acupuncture

Treatment consists of inserting needles at various pressure points on the body and through the skin. The National Institute of Health (NIH) reports that a number of studies indicate that acupuncture works particularly well on chronic pain such as back and neck pain, osteoarthritis/ knee pain and headache. This has been my experience as well: It often reduces the incidence and severity of tension headaches and can prevent migraines.

3. Massage therapy

Massage can be a powerful tool to help patients take control of their health and well-being. In fact, a study published in *Annals of Family Medicine*, found that 60-minute therapeutic massage sessions two or three times a week for four weeks relieved chronic neck pain better than no massage or fewer or shorter massage sessions. But its uses go even further than that, and can be a preventative measure for pain.

4. Graston Technique

The Graston Technique is a soft-tissue instrument-assisted mobilization, using stainless steel tools to perform the treatment along with emollient cream. We use it at Body Cure Sport and Therapy to reduce the patient's pain and increase function through a combination of breaking down the scar tissue and fascia restrictions that are usually associated with some form of trauma to the soft tissue. Studies like this one, in the *Journal of Physical Therapy Science*, on back pain, show that the technique is useful in pain reduction and to increase range-of-motion.

5. Shockwave Therapy

Shockwave Therapy is a non-invasive procedure that works by sending high-frequency low-energy radial sound waves to the affected tissue with the aid of a gel medium. It produces micro-traumas that cause an inflammatory response that in turn stimulates the body's natural healing process. The result? Pain relief my patients really appreciate. Numerous studies have shown its efficacy in treating everything from tennis elbow to plantar fasciitis to hip pain.

6. Physiotherapy and active-release therapy

When it comes to pain management, there are many physiotherapy tools. At Body Cure Sport and Therapy, we take a multi-pronged, custom approach to each patient. Treatment techniques include mobilization, muscle release, acupuncture, suction cups, muscle stimulation, ultrasound and Transcutaneous electrical nerve stimulation (TENS). Active-release therapy is a highly successful hands-on treatment method that addresses problems in the soft tissues and breaks up scar tissue. This promotes blood flow and faster healing of injuries, and education in pain.

Dr. Yako Merogi, Doctor of Chiropractic, has a B.A. in kinesiology and health science from York University. He earned his Doctor of Chiropractic degree in New York, and now heads up BODY CURE Sport and Therapy / Chiropractor in Woodbridge, Ontario



Toronto Italians

647.388.5359

angelo@tdotitalians.com

28 Roytec Road, Unit 12B,
Woodbridge

tdotitalians.com



WATER

MOULD

WIND

FIRE



RENOLUX RESTORE GROUP
PROPERTY RESTORATION SPECIALIST

WORRY FREE RESTORATION!

WE'VE GOT YOU COVERED

Water & Fire Mitigation
Mould Remediation
Reconstruction Services



CONTACT US TODAY AT **905.604.4646** | renoluxrestore.ca



Why we love Italy

By *Angelo Filoso*

The Royal Palace of Caserta owes its existence to King Charles of Bourbon, who around the middle of the eighteenth century decided to erect the building to house the administrative headquarters of his kingdom. The choice fell on Caserta, and in particular on an ancient feud that once stood where the Royal Palace is today: everything was entrusted to the expert hands of the architect Luigi Vanvitelli for the construction of a majestic palace and above all of an immense park.

The ambitions were quite high, King Charles wanted to compete, in fact, with the Versailles of the Sun King, and the result certainly did not disappoint, but the ruler of the kingdom of Naples, before being able to enjoy his new palace, was crowned ruler of Spain, leaving Caserta for Madrid.

If the palace can impress you, it is nothing compared to the Royal Park, inspired by Versailles and the tradition of Italian Renaissance gardens. The 3-kilometre-long Parco della Reggia di Caserta includes glorious fountains with water features and even a waterfall. From the rear exit of the building starts the very long avenue that leads to the Margherita Fountain, a circular basin surrounded by statues depicting the Muses and Apollo. Beyond this fountain begins the so-called second part of the park, the famous “via dell’acqua”, characterized by a series of magnificent fountains: the Fontana dei Delfini, with the three marine monsters carved in travertine, and the imposing Fontana di Eolo, inspired by classical mythology, and many others up to the waterfall at the bottom.

Good morning and happy Wednesday to all of you, dear friends, from Caserta!

The Altare della Patria, officially known as the “National Monument to Vittorio Emanuele II” or “Mole del Vittoriano”, is the other giant of the area that goes from Piazza Venezia to the Imperial Forums.

Located in the historic Roman square, the Vittoriano is an iconic monument that fully incorporates the neoclassical tradition; the works for its construction, in fact, began in 1885 and were completed 50 years later, in 1935.

Although not completed, it was nevertheless inaugurated in 1911 on the occasion of the events linked to the Turin International Exhibition and for the celebration of the 50th Anniversary of the Unification of Italy.

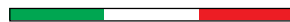




Mrs & Mr Italy

We import several unique, Made in Italy, Italian Brands. We pride ourselves in the craftsmanship and quality of these brands. At Mrs & Mr Italy we firmly believe that providing our clients a high quality and unique product at a respective price is our responsibility. We are proud of the brands we are introducing to Canada and aim to provide our clients with a total look concept season after season.

Several of these brands are exclusive to Mrs & Mr Italy.



4000 Steeles Avenue West, Unit 44B, Woodbridge
Monday to Saturday 10:00 am - 6:00 pm
T | 905.264.0406 E | mrsmritaly@gmail.com

www.mrsmritaly.com

THE ABRUZZO FEDERATION OF CANADA INC. PRESENTS



IL TURISMO DELLE RADICI

NUOVE OPPORTUNITÀ PER LO SVILUPPO TURISTICO DELL'ABRUZZO

The image features a couple riding a white scooter through a narrow, historic street in Abruzzo. The woman is wearing a white blouse and a blue patterned skirt, and the man is wearing a dark jacket and a cap. In the foreground, there is a collage of several black and white photographs of people, likely representing the diaspora. On the left side of the image, there are three circular logos: the top one is the logo of the Federazione Abruzzese del Canada (FAC), the middle one is the logo of Clemar Travel, and the bottom one is the logo of the Regione Abruzzo.

“Abruzzesi Nel Mondo”

Un Invito per; L’Aquila, Chieti, Pescara e Teramo

AGOSTO, 2023

PER ULTERIORI INFORMAZIONI CHIAMATE CLEMAR TRAVEL

maria.clemar@rogers.com or clelia.clemar@rogers.com

Telephone: 905.660.3322



Limited space available!

Proudly serving the Italian Community

Honour your accomplishments, your faith, your individuality. Complete your plans, your way, in the stately grandeur of our modern mausoleums.

For more information scan QR code to visit us online or call: 647-559-5525



Glendale Funeral Home & Cemetery

by Arbor Memorial

1810 Albion Road, Etobicoke, ON • 647-559-5525 • glendalemorial.ca

Arbor Memorial Inc.



Contact us,
416.723.3665
rmcapstonelandscape@gmail.com

View our portfolio,
capstonelandscape.ca
[@capstonelandscape](https://www.instagram.com/capstonelandscape)



Design Construction Interlock Flagstone Concrete Artificial Grass Pools & More