The Voice IN ACTION

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A Season of Music Love & Giving



A Celebrated Voice, A Lasting Community Connection
The Angelica Di Castro Story

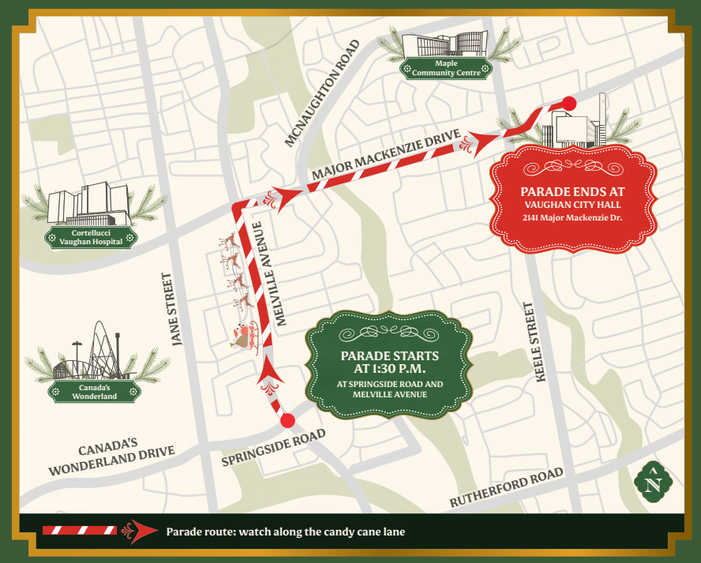
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Letter from the Editor



Dear Readers,

As we move through November and look toward the holiday season, we are reminded of the warmth of family, familiar traditions, and the people who enrich our lives. With cooler days ahead, this is a time to reflect, remember, and share our gratitude. On November 2, All Souls' Day, we remember loved ones who are no longer with us, keeping their love alive in our hearts and memories.

On November 11, Remembrance Day, we honour the fallen soldiers whose sacrifices will never be forgotten. November also brings Movember, an important reminder to support men's health, awareness, and well-being. **November is also a month to recognize caregivers, both family members and professionals, for the compassion, patience, and dedication they show every day. Their invaluable care deserves our deepest respect and appreciation.**

It is a particular pleasure to introduce the remarkable soprano **Angelica Di Castro**, featured in this issue. Having met her at several events, I have come to admire her intelligence, warm presence, and the artistry she brings to every performance. Her inspiring journey reflects years of dedication, talent, and passion for music. Her story reminds us how music brings people together across cultures and generations. **Join Angelica Di Castro performing live as a special guest with the Italian Romantic Tenors at the Richmond Hill Centre on Sunday, November 22, 2026, at 3:00 p.m.**

As Christmas approaches, may we cherish the moments that matter most: gathering with loved ones, sharing traditions, and remembering those we miss. Let us also extend kindness to those in need; a simple visit, thoughtful call, or helping hand can make a meaningful difference.

Thank you to our readers, contributors, advertisers, and community friends for your continued support of The Voice in Action. From my family to yours, Merry Christmas and a warm welcome to the New Year 2027! May it bring health, happiness, peace, and hope.

With heartfelt wishes,

Josie Alonzi



The Voice IN ACTION

Volume 7 | Issue 6 | November / December 2026

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Who Will Carry the Traditions When We're Gone?

by Dr. Mary Marano | Psychotherapist
Relationship & Wellness Strategist

There is something about the holidays that makes me nostalgic.

Maybe it's my age. Maybe it's becoming a grandmother. Or maybe after spending more than 30 years sitting across from individuals and families, I have come to understand just how much the small things matter.

The smell of food cooking before anyone arrives. The good dishes coming out of the cupboard. The recipes nobody has ever actually written down because someone just knows how much flour goes in. The house getting louder as more people walk through the door. Kids running around. Someone telling the same story they told last year.

And yes, because we are talking about families, someone will probably be annoyed with someone else. Let's not romanticize it too much.

There has always been family drama at the holidays. Someone doesn't show up. Someone stays too long. Somebody makes the comment they shouldn't have made. Old wounds have an interesting way of finding their seat at the Christmas table.

But underneath all of it was something incredibly important… We gathered.

And lately I find myself wondering, will we continue to?

As generations get older and the world around us changes, I wonder what happens to the traditions that were once simply understood. Who hosts Christmas Eve when Nonna no longer can? Who learns the recipe? Who insists that everyone come to the table? Who tells the stories?

Who teaches the children that this is simply what our family does?

We are living in a time that celebrates independence and individuality-and there is much about that that is healthy. Younger generations are questioning expectations that previous generations simply accepted. They are establishing boundaries. They are creating different definitions of family, work and success.

But I wonder whether, in gaining independence, we have to be careful not to accidentally lose interdependence. Because human beings still need each other.

Statistics Canada reported that in 2024, 17% of Canadians between 15 and 24 said they often or always felt lonely. Among young adults in their twenties and early thirties, fewer than half reported a strong sense of belonging to their local community.

That matters.

Research also tells us something I have witnessed clinically for decades: belonging is powerful. Canadian youth who reported a strong sense of community belonging were considerably less likely to report regular loneliness and much more likely to say they had someone they could count on.

Maybe Grandma didn't call it "belonging." Maybe she just said, "Dinner is at five. Be here." And perhaps there was more psychology in that sentence than we realized.

Family rituals have long been associated in psychological research with aspects of family functioning and well-being.

The traditions themselves may look insignificant—the Sunday dinner, the Christmas cookies, the annual photograph, the cousins sleeping over, the same ridiculous game played every year—but their meaning is much larger.

They quietly communicate-

You belong here.
You are part of something.
There is a place for you at this table.

Technology complicates the picture, but perhaps not in the way we assume. Young Canadians are certainly living increasingly digital lives. Yet we know that online connection does not necessarily replace face-to-face connection. In fact, Canadians who regularly communicated with family online were also more likely to see family regularly in person. So perhaps this isn't a battle between the old world and the new one.

Maybe FaceTime doesn't destroy the family gathering. Maybe it allows the granddaughter studying across the country to still be part of it. Maybe the recipe isn't handwritten anymore. Maybe it's saved in a shared family chat. Maybe the photo album lives on a phone.

Tradition doesn't have to remain frozen in time to remain meaningful. But it does have to be passed on. And that is the part I think deserves our attention.

Traditions don't survive because younger generations automatically inherit them. They survive because someone tells the story behind them. Someone invites the next generation into the kitchen. Someone makes room at the table. And eventually, someone younger decides, This matters enough for me to continue.

Perhaps our responsibility isn't to insist that our children and grandchildren recreate our holidays exactly as we did.

Perhaps it is to teach them why we gathered in the first place. Because one day the houses will change. The person at the head of the table will change. Some chairs will heartbreakingly become empty, and new little faces will fill others. The menu may change. The traditions may evolve. The family itself may look different.

But I hope one thing survives.

The understanding that in a world increasingly built around independence, convenience and technology, there is still extraordinary value in putting everything down, showing up, sitting around a table and belonging to one another.

This holiday season, maybe the question isn't simply, What are our traditions?

Maybe we should ask- Which ones are worth carrying forward and who are we teaching to carry them? Because connection has never really been about the table, the food or the traditions.

Those were simply the ways we reminded one another-

You belong here.

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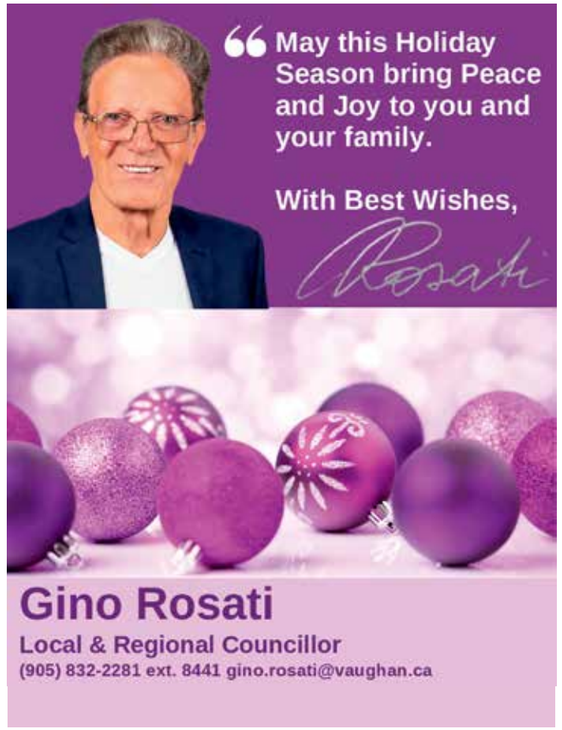
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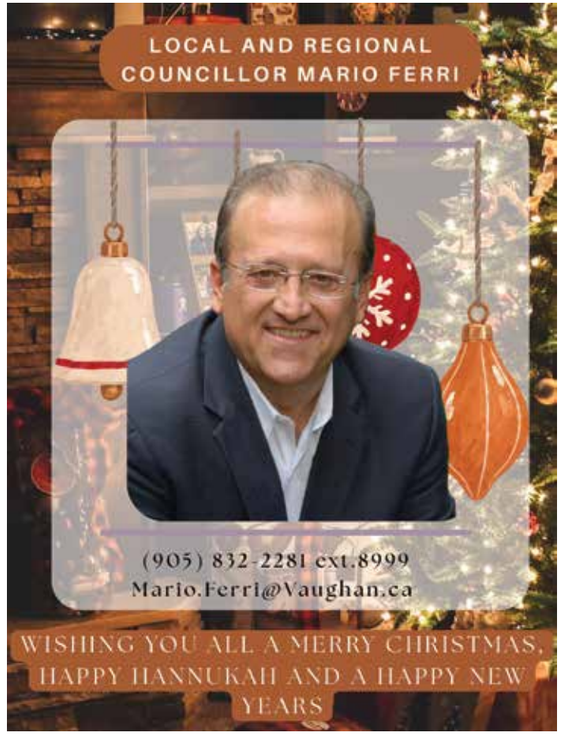
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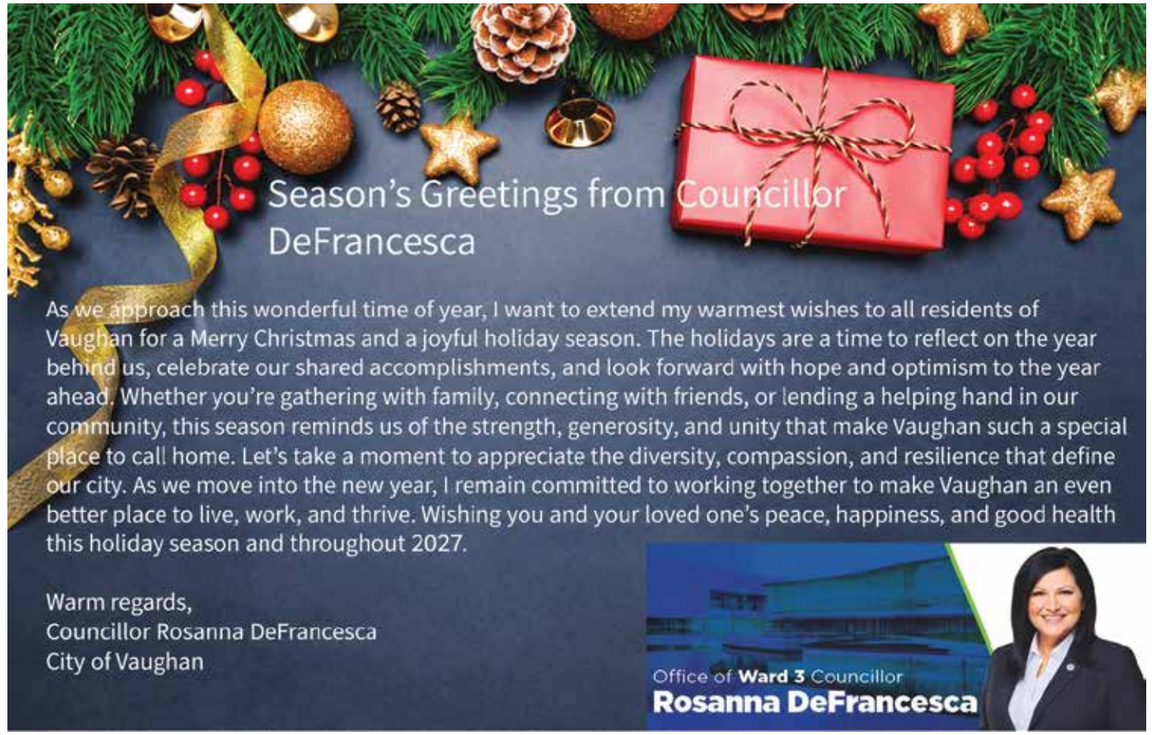
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Unlocking Canada's Potential: Investing in SMEs, Building Prosperity

by The Honourable Senator Tony Loffreda

Canada needs to do more to unlock the private sector's potential to drive innovation, boost productivity and strengthen our economy. Hans Knapp, partner and co-founder of Yaletown Partners, challenged us to confront the factors holding Canada back when he appeared before the Senate Committee on Banking, Commerce and the Economy during our study of access to capital for small and medium-sized enterprises (SMEs).

Our committee took that challenge seriously.
Earlier this month, we released From Potential to Prosperity: The Urgent Case for Greater Investment in Canada's SMEs, a comprehensive report examining why too many Canadian businesses struggle to obtain the financing they need to grow—and what we can do about it.

Why should this matter to Canadians?
SMEs account for nearly half of Canada's private-sector GDP and nearly two-thirds of private-sector employment. They create jobs in our communities, develop new products and services, and sustain local economies. When they cannot access the capital they need, the consequences extend far beyond the boardroom.

Canada has no shortage of entrepreneurial talent or promising ideas. Yet we lag behind comparable countries in productivity, investment in research and development, and our ability to grow businesses into global competitors. Too often, Canadian companies struggle to scale up, are acquired by foreign investors, or move key operations abroad. We risk losing not only businesses, but also the talent, intellectual property and economic benefits they generate.

Access to financing remains a significant part of the problem. Although Canada's banking system is widely respected for its stability, there is room to do more to support businesses at every stage of their development.

Our report cites international comparisons showing that, in 2021, Canada's reported SME lending share was just 11.6% of outstanding business loans, compared with a median of 44% among countries covered by the OECD's SME financing Scoreboard. In 2022, the average interest rate charged to small businesses in Canada was 6.2%, compared with an OECD Scoreboard median of 4.4%. These comparisons require care because definitions and measurement methods differ, but they underscore the need to examine how well our financial system serves smaller businesses.



Banks are not the only part of the solution. Pension funds, venture capital firms, angel investors and other sources of financing all have a role to play in directing more investment toward productive and promising Canadian businesses. But we must also ensure that our financial markets are competitive and open to new players. Our report calls for regulatory changes that make it easier for new financial service providers to enter the market, secure the funding they need and compete to finance SMEs. More competition can give Canadian businesses greater access to the capital and credit they need to grow.

Governments, too, must create conditions for that investment to happen. Our report calls for a centralized federal SME Office, led by a minister with a clear mandate to improve coordination, oversight and accountability across federal programs and institutions supporting business innovation and growth. Canadians expect these programs to work together toward a common goal: helping promising businesses secure the financing they need to succeed. I hope this approach will find support from the Prime Minister as Canada seeks to diversify trade and strengthen its economic sovereignty.

We also recommend strengthening support for business succession, including through employee ownership trusts (EOTs). When owners approach retirement, these trusts can acquire businesses and hold them for the benefit of the employees who helped build them. With the right policies and incentives, more businesses can remain locally rooted, preserve jobs and share the benefits of their success with employees. I have championed EOTs for years and reinforced their importance as a keynote speaker earlier this month at the annual Canadian Employee Ownership Conference.

These measures can help address the structural barriers that have held Canadian businesses back for too long. Our financial system must remain stable and resilient, but stability alone is not enough. We must ensure that Canadian capital is working to build businesses, create opportunities and raise living standards here at home.

As Knapp reminded our committee, we need to be honest about what stands in the way of our ambitions. Our report does just that: it identifies the obstacles, proposes practical solutions through eight main recommendations encompassing 44 specific measures, and encourages governments and the private sector to act.

Canada has the talent, ideas and entrepreneurial spirit to do more. The challenge is to give our businesses a fair opportunity to turn their potential into prosperity—and to ensure that the jobs, innovation and economic value they create benefit Canadians for generations to come.







Holiday Tips to Reduce Stress

by Floriana Urbisci, R.N.C.P.
Natural Health Practitioner and Master Herbalist
Follow me on Instagram: @florianaurbisci

Enjoy the holiday celebrations while keeping these tips in mind:

1. Don't go hungry Eat before heading to an event and enjoy plenty of fresh vegetables. This tip applies to grocery shopping, too! Chlorophyll water and GTF Chromium may help with hunger and cravings.

2. Drink water first and often Drinking water throughout the day can help you feel full and may help you eat and drink less.

3. Manage stress Don't let stress take away from your holiday enjoyment or affect your health. Notice how you respond to stress and whether it makes you want to eat more. If it does, try the first two tips. Zerenity has been a favourite of mine when dealing with extra stress and pressure.

4. Make a plan Decide which holiday favourites you would most like to enjoy, whether it's pasta salad, bread, dessert or a glass of wine.

5. Choose a smaller plate We often fill our plates regardless of their size. If only large plates are available, try filling the centre of your plate.

6. Choose vegetables first Fill your plate with vegetables before adding your other choices. If you're attending a potluck, consider bringing a vegetable dish.

7. Listen to your body Eat with your "tummy," not just your eyes. Ask yourself whether you are hungry or simply tempted by the delicious choices in front of you.

8. Protect your sleep A good night's sleep supports your appetite, energy and overall health.

This holiday season, may the gift of health be one of the greatest gifts we share with those we love.

Healthy regards,
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YORK UNIVERSITÉ UNIVERSITY

*Subject to accreditation

York University School of Medicine received $55.8 million from the Ontario government to support path to accreditation and 2028 launch

Funding to advance the development of new medical school dedicated to training family medicine and generalist physicians

The York University School of Medicine is progressing toward accreditation and its planned 2028 opening, backed by an investment of $55.8 million from the Ontario government, announced yesterday by Nolan Quinn, Minister of Colleges, Universities, Research Excellence and Security.

The $55.8 million provincial investment combines $31 million in start-up funding with initial operating support to cover key milestones – including accreditation, curriculum development, faculty recruitment, establishment of a medical library and operational and training costs for undergraduate and postgraduate programs.

The announcement at Cortellucci Vaughan Hospital – adjacent to the planned permanent site for the School of Medicine – builds on an initial $9 million investment by the province in 2024.

"We are deeply grateful for this $55.8 million investment from the Government of Ontario, which serves as a powerful vote of confidence in our vision for the York University School of Medicine," said Lisa Philipps, York's interim president and vice-chancellor. "This will be a school where physicians are trained for the health system Ontarians need. Together with our hospital and other health care partners, we are building a community-based model of medical education that will expand access to care across northern Toronto, York Region, Simcoe County, Muskoka and beyond as we move toward accreditation and prepare to welcome our inaugural class in 2028."

"Ontario-trained family doctors are the backbone of our health care system, providing compassionate care for our loved ones from everyday checkups to life's greatest challenges," said Minister Quinn. "This investment will ensure that Ontario has a strong pipeline of family care providers to deliver excellent care for decades to come."

"Our government is strengthening Ontario's world-class physician workforce through the largest medical education expansion in over a decade," said Sylvia Jones, Deputy Premier and Minister of Health. "Today's $55.8 million investment in planning and operations



From left: Mackenzie Health President and CEO Carmine Stumpo, Ontario Minister of Colleges, Universities, Research Excellence and Security Nolan Quinn, Interim President and Vice-Chancellor of York University Lisa Philipps, Ontario Deputy Premier and Minister of Health Sylvia Jones, Ontario Minister of Energy and Mines and King-Vaughan MPP Stephen Lecce and Mayor of the City of Vaughan Steven Del Duca.

at the new York School of Medicine brings us a step closer to adding hundreds of new family medicine seats, which will support the primary care needs of our province for generations to come."

The York University School of Medicine will offer a unique-in-Canada accelerated three-year MD program and postgraduate residency training dedicated to educating family medicine and generalist physicians. Powered by the Integrated Community-Based Learning Network (ICLN), York's planned MD curriculum replaces traditional short-term clinical rotations with immersive, community-based clinical learning experiences beginning in the second year. Students follow patients over time and work alongside health care teams across primary care, hospitals and community settings to build local roots and address the changing health care needs of Ontarians. Postgraduate learners will train in family medicine and generalist specialties including internal medicine, pediatrics, psychiatry, obstetrics and gynecology and general surgery.

"In building a medical school dedicated to training family medicine and generalist physicians, we aim to transform how doctors are educated, equipping them to adapt to the changing needs of our communities and our health system," said David Peters, dean of the Faculty of Health and School of Medicine. "Through our unique-in-Canada curriculum, including an accelerated three-year MD program, residency training, and partnerships with local health care providers, we're championing person-centred care that leverages deep community learning experiences to strengthen community health from home to hospital and back."

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Tony Rosa Acclaimed as Regional Councillor for Wards 4, 5, & 6

Veteran Caledon Councillor moves to Regional Council after eight years representing Ward 5

CALEDON – After eight years representing Ward 5 on Caledon Town Council, Tony Rosa is preparing for a new chapter in municipal government after being acclaimed as Regional Councillor for Wards 4, 5 and 6.

Rosa was the only candidate to file for the position by the close of nominations for the 2026 municipal election, securing his place on the next Caledon Council. The acclamation represents a significant political milestone for Rosa, who was first elected as Ward 5 Councillor in 2018 and decisively re-elected in 2022. Now, his responsibilities are set to expand considerably. Rather than representing one ward, Rosa will represent residents across Wards 4, 5 and 6 while serving at both the Town of Caledon and Region of Peel council tables.

EIGHT YEARS OF MUNICIPAL EXPERIENCE

Rosa has developed a strong connection to Bolton during his two terms as Ward 5 Councillor, establishing a public profile centred on community engagement, local businesses, arts and culture, economic development and local neighbourhood issues. His electoral strength was demonstrated during the 2022 municipal election, when Rosa captured over two-thirds of the votes cast in the Ward 5 race.

His move to Regional Council follows eight years of experience dealing with some of the most significant challenges facing one of Ontario's fastest-growing municipalities. Growth, infrastructure, transportation, economic development, road safety, illegal land uses and community services have increasingly dominated the municipal agenda.Those issues are expected to remain central to Rosa's priorities in his expanded role.

INFRASTRUCTURE MUST ACCOMPANY GROWTH

Managing Caledon's rapid growth is likely to be among the defining challenges facing the incoming Council. Rosa has emphasized the importance of ensuring infrastructure keeps pace with development as new communities are built across Caledon.

Road improvements, public transit, recreation facilities, parks, community amenities and other municipal services will increasingly be required as the municipality's population grows. Transportation will be particularly important.

Expanding local transit and continuing efforts to bring GO Rail service to Caledon are among the major transportation priorities Rosa has identified.Economic development will also remain a focus, with an emphasis on attracting investment, creating employment opportunities and ensuring Caledon develops a stronger local economy alongside its residential growth.

TACKLING ILLEGAL LAND USES

Rosa has also been involved in Caledon's efforts to combat illegal land uses, including illegal trucking operations and other unauthorized commercial activities. The issue has become increasingly important as residents raise concerns about truck traffic, road safety, environmental impacts and the effect illegal operations can have on rural communities. Rosa has participated in advocacy efforts aimed at strengthening enforcement and encouraging other levels of government to provide municipalities with additional tools to address the problem. His involvement has included work through Caledon's Illegal Land Use Task Force and advocacy beyond the municipal level. It is an issue likely to remain prominent during the next Council term.

COMMUNITY AT THE CENTRE

Beyond municipal policy, Rosa has become closely associated with community and cultural initiatives.

His involvement in local events, the arts and activities supporting Downtown Bolton has contributed to a political identity that extends beyond the traditional Council chamber. Rosa has consistently emphasized the importance of bringing residents together and strengthening the individual villages and communities that collectively make up Caledon.

That philosophy is reflected in a phrase that has increasingly become associated with his approach: **"Building Unity and Community."** A philosophy he will now be taking beyond Ward 5 as the next Regional Councillor for Wards 4, 5, and 6.

A NEW CHAPTER

After eight years as Ward 5 Councillor, the next four years will provide Rosa with an opportunity to establish himself not simply as a representative of Bolton, but as a voice for a much larger portion of Caledon. His priorities are expected to include responsible growth, infrastructure, transportation, economic development, road safety, senior services, community facilities, illegal land-use enforcement and continued investment in Caledon's villages and neighbourhoods.

As Caledon continues working through one of the most significant periods of growth and transformation in its history, Rosa will enter Regional Council with eight years of municipal experience behind him and a considerably larger constituency ahead.

From Ward 5 to Wards 4, 5 and 6, Tony Rosa's next chapter in public service is about to begin!







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A Celebrated Voice, A Lasting Community Connection
The Angelica Di Castro Story

By Antonio Rosa

Rooted in Italian heritage and shaped by classical training, Canadian singer and songwriter Angelica Di Castro brings a world of musical traditions to the stage.

A familiar song can carry an extraordinary longevity. Its opening notes may recall a family celebration, a childhood home, or someone whose memory remains close. For a vocalist, the challenge is to honour those associations while giving the music a fresh life.

Bringing together tradition and interpretation is central to the artistic world of Angelica Di Castro. The Vaughan-based Canadian singer, songwriter and musician has built a career that crosses genres, languages and performance settings. Her repertoire reaches from classical music to jazz and pop, with room for the enduring appeal of Italian favourites and crooner-era song selections. Her range reflects both her formal education and a musical identity shaped by the Greater Toronto Italian community. For Angelica, those influences offer a rich musical foundation: the discipline of classical voice, the intimacy of a ballad and the shared cultural memory held within a beloved melody.

Where Music Began

Raised in a modest household rooted in Italian tradition in Vaughan, Angelica began singing at the age of four. The youngest of four daughters, she credits her parents Domenico and Antonietta with nurturing her love of music and encouraging her to pursue her dreams. Her family immigrated to Canada from Isernia, Molise, Italy, in April 1969 and have called the City of Vaughan their home for more than 45 years.

Angelica remains deeply grateful to her parents for introducing her to traditional Italian music and supporting her development through music lessons and training opportunities. Her sisters Luciana, Patrizia and Tiziana continue to be her greatest source of encouragement and her most devoted audience, celebrating each milestone throughout her musical journey.





By her teenage years, Angelica was already finding opportunities to bring her voice to a wider audience, earning recognition with her single "I Can See It in Your Eyes." Yet some of her most meaningful connections were formed close to home. For more than 20 years, she sang solo every Sunday morning at Immaculate Conception Parish in Woodbridge, becoming a familiar and cherished voice within the parish community.

Angelica is a former a student of Father Bressani Catholic High School where she was an active member of the vocal music program. After High School, she went on to earn a Bachelor of Fine Arts Degree in Classical Voice from York University. That training helped establish the technical foundation for a repertoire spanning various music styles that demand different approaches to phrasing, tone and expression. Her official biography also documents performances in English, Italian, Spanish and French. Such versatility gives an artist considerable freedom. A classical selection asks for precision and control; a jazz standard leaves space for rhythmic interpretation; a pop ballad depends on direct emotional storytelling. Moving among them requires an understanding of what makes each musical language distinctive.

From the Recording Studio to a Spotlight on Stage

Angelica's recording history includes three albums featuring songwriting credits from David Foster, as well as an album produced and arranged by Craig Leon. These projects form part of a career that has taken her to theatres across Canada and the United States. Her live performance milestones are equally varied. Her professional credits list a solo performance for Pope John Paul II at World Youth Day in Toronto, a PBS television special filmed at The Venetian in Las Vegas, an opening performance for Cirque du Soleil, a Toronto Raptors national anthem performer, and an appearance at the Jimmy Kimmel Outdoor Stage Festival. A truly remarkable range of performance experiences.

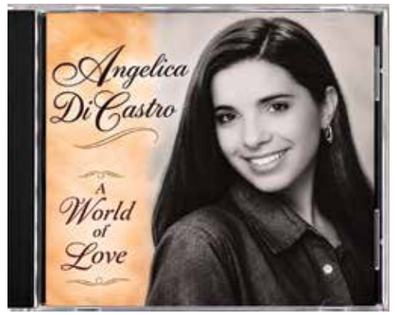
In 2010, Angelica Di Castro stepped into the spotlight as one of five vocalists starring in the PBS concert special Bell'Aria: Live from Las Vegas. Celebrating the rich musical traditions of Italy and the Italian-American experience, the production brought together timeless classics, popular songs and classical crossover favourites. With a repertoire that included "Volare" and "That's Amore" alongside operatic selections, Bell'Aria paired the warmth and familiarity of Italian-American songbook with classically trained voices. The Las Vegas concert setting provided a fitting backdrop for a musical celebration rooted in heritage, nostalgia and the appeal of songs passed from one generation to the next.

Developed through Manhattan Records, the project also saw Bell'Aria record the album Little Italy. The television production was among the music specials produced by International Media, bringing Angelica's voice to audiences beyond the concert hall. As a trained vocalist, that appearance reflected the versatility that continued to run through her career. Each setting asks something different from a singer: the dignity of a ceremonial occasion, the clarity and composure required for a national anthem, or the energy needed to capture a live audience from the opening notes.

For Angelica, every performance begins with a personal connection to the listener. Whether bringing beloved Italian melodies to television audiences, captivating a live concert hall or lending her voice to special occasions across Canada and the United States, she brings warmth and sincerity to her music, leaving a lasting impression from coast to coast. Her musical journey has also taken her to Europe, including concert performances in France and Italy, where audiences embraced her traditional style and vocal artistry. Across languages and borders, that connection remains central to her work: the ability to make a familiar song feel deeply personal.



Her recent appearances include being featured in concerts with the Cambridge Symphony Orchestra, adding another highlight to a career that spans classical and contemporary music. These performances bring her expressive voice to the orchestral stage, further showcasing her versatility as a classic artist.



The Enduring Connection to the Classic Italian Songbook

Italian music holds a special place within Angelica's repertoire. Songs associated with artists such as Dean Martin and Connie Francis belong to a tradition that continues to resonate across generations, particularly within the Italian Canadian community. Their appeal extends beyond nostalgia. These songs offer melody, character and storytelling qualities that allow each new performer to bring an individual interpretation to familiar material. For audiences with Italian roots, hearing that music can be an act of recognition. For others, it can be an invitation into a culture through its sound. Angelica's multilingual repertoire creates space for both experiences.

Music for Life's Defining Moments

Alongside her concert and recording work, Angelica shares her voice at gala events, weddings, corporate functions and cultural celebrations where music becomes part of people's most meaningful moments. She especially values opportunities to perform for community organizations across the Greater Toronto Area, bringing people together through arts and cultural events while sharing her love of music with the communities that continue to support her.







Currently, a qualified Vocal Music Teacher, Angelica brings her experience as a performer into the elementary classroom, helping a new generation discover the possibilities of their own voices. Teaching adds another meaningful dimension to her musical journey: the opportunity to nurture creativity, build confidence, and encourage young people to express themselves through the Performing Arts. Her story continues to unfold both onstage and, in the classroom, where she can share the knowledge, discipline, and love of music that have shaped her own path.

Angelica's Upcoming Performances

Up next, Angelica will share the stage with the Romantic Italian Tenors, direct from Rome, Italy at the Leonardo Da Vinci Centre in Montreal on Friday November 20, 2026, and at the Richmond Hill Centre for the Performing Arts on Sunday November 22, 2026. Together, they will welcome the holiday season with an incredible selection of timeless classics and holiday favourites, promising a concert filled with traditional music, warmth and festive spirit. For tickets to the Richmond Hill show, visit www.rhcentre.ca and click on the buy tickets tab on the home page. A special thank you to presenting sponsor Dacasto Gran Pasticceria.

A Community Legacy

Angelica Di Castro's story brings together intimate personal occasions and larger public milestones, connected by a voice through which she shares her artistry and identity. Her Italian heritage and classical education have opened doors to a broad musical world, allowing her to honour the traditions that shaped her while embracing new audiences and opportunities. At the heart of her journey is music's ability to create connections that extend beyond performance. A familiar Italian melody can stir memories of family, childhood, and celebrations shared across generations. A classical selection can introduce listeners to something unexpected, while a song performed at a meaningful occasion can become part of a cherished lifelong memory. Angelica's performances reflect that enduring relationship between a singer, a song, and the people who find meaning in it.

As she continues to build lasting community connections, each performance offers another opportunity to share her celebrated voice and her love of music. Wherever her journey takes her, her passion and dedication remains rooted in the same purpose: bringing people together through the joy of music.

















Staying Healthy Through the Christmas Holidays: Enjoy the Season Without Losing Your Balance

By Dr. Yako Merogi

Staying Healthy Through the Christmas Holidays: Enjoy the Season Without Losing Your Balance

The Christmas season is one of the most wonderful times of the year. Between family gatherings, holiday parties, shopping, travelling, and preparing for celebrations, it is a time filled with excitement and opportunities to make lasting memories. However, with the added demands of the season, our regular health and wellness routines can quickly take a back seat.

At Body Cure Sport & Therapy, we believe that staying healthy during the holidays isn't about avoiding festive meals, skipping social gatherings, or depriving yourself of the things you enjoy. It's about finding balance, maintaining healthy habits, and being mindful of the choices that help keep you feeling your best.

Keep Moving, Even When You're Busy

One of the first things people tend to sacrifice during the holidays is exercise. With a packed schedule, finding time for the gym can be challenging. However, consistency is more important than perfection. If you can't fit in your usual workout, try a 20–30-minute walk, a short home workout, or some simple stretching. Take the stairs, park a little farther away, or go for a family walk after dinner. Small amounts of daily movement can make a meaningful difference in maintaining your fitness and energy levels.

Enjoy Holiday Food, But Be Mindful

Holiday gatherings often come with rich meals, desserts, and plenty of tempting treats. There's absolutely nothing wrong with enjoying them! The key is moderation. Avoid skipping meals to compensate for a large dinner, prioritize balanced meals with vegetables and protein, and be mindful of portion sizes. Maintaining a regular eating schedule can help prevent overeating and keep your energy levels stable.

Don't Underestimate Sleep and Hydration

Late nights, shopping, and social commitments can disrupt your sleep schedule. Aim for seven to nine hours of sleep whenever possible. Quality sleep supports recovery, immune function, mood, and overall health. Equally important is hydration. With colder temperatures and busy schedules, it's easy to forget to drink enough water. Keep a water bottle nearby and make hydration part of your daily routine.

Listen to Your Body

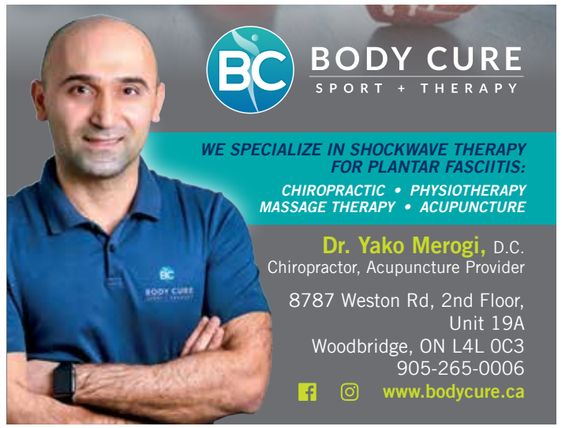
Long hours of shopping, decorating, cooking, and travelling can place additional stress on your muscles and joints. Be mindful of your posture when lifting heavy boxes, carrying shopping bags, or spending extended periods sitting. Take regular breaks, stretch throughout the day, and don't ignore persistent aches or discomfort. Addressing minor issues early can help prevent them from becoming bigger problems.

Make Your Health Part of the Celebration

Ultimately, the holidays should be enjoyed, not approached with guilt or unrealistic expectations. You don't need to be perfect; you just need to be consistent. Enjoy the food, spend time with loved ones, celebrate, and make memories. Just remember to make time for yourself along the way.

A little planning, moderation, and consistency can go a long way. By maintaining a few healthy habits throughout the season, you can enjoy everything Christmas has to offer while entering the New Year feeling healthier, stronger, and ready for what's ahead.

From all of us at Body Cure Sport & Therapy, we wish you and your family a happy, healthy, and wonderful holiday season!





Alberto Di Giovanni Roccamorice's Gift to Canada

by Gianna Patriarca

There are certain individuals whose visibility and contributions to a community are impossible to ignore. We in the Italian/Canadian community are blessed with many. Alberto Di Giovanni and Caroline Morgan-Di Giovanni are two who have enriched our community immensely. Their united passion, talent, commitment to culture, language, literature, and education is legendary.

Alberto was born in the town of Roccamorice in the region of Abbruzzo but has lived in Canada since 1963. Alberto is the founder of Centro Scuola and Italian Culture and was for many years director of cultural activities at the Columbus Centre. He and Caroline are also the power behind the wonderful Dante Sessions, the garden dedicated to his writing and the many conferences on his work at the University of Toronto. Dante would have been his best friend. I remember in the early seventies how thrilled I was to see how supportive Alberto was of the young Italian/Canadian writers who were finding their voices in those early years in Canada, always promoting and mentioning our names, Pier Giorgio Di Cicco, Mary di Michele, Len Gasparini and Antonino Mazza. Eventually he and Caroline collected many of their writings in two anthologies which Caroline edited. As immigrants our relationship to our motherland is always present. Dedicated individuals like Alberto have made sure that our history is not forgotten. In his many decades in Canada, he has been actively involved with the many activities, cultural events, and educational programs that he has initiated with much love and energy.

Alberto and Caroline's latest gift to the community is their personal collection of art books, literature and poetry to the newly opened Alberto Di Giovanni Library, made possible by the IC Savings Bank and its director Mr. Fausto Gaudio. Along with the classics he has also invited many Italian/Canadian authors to donate their work, which we have proudly done and will stand side by side with the classics.

Among many events and contributions Alberto also organized trips to Italy for students to study the Italian language and immerse themselves in the contemporary culture of Italy while also learning about its' history. I personally miss the incredible collection of nativity scenes from around the world he proudly displayed at the Columbus Centre library when he was director, and the endless books that filled the shelves in the library. Sadly, the library is no longer there. But I recently had the pleasure of reading three poems for Alberto on the evening of the opening of the new Alberto Di Giovanni Library at the IC Savings Bank. It was an honour to be part of a special evening, for a very special individual.



ANNUAL GALA presented by VICA
Vaughan Italian Cultural Association

La Notte d'Oro

AN EVENING WITH

LEONARDO DA VINCI

ALL THE WAY FROM THE ROME MUSEUM IN ITALY

A Night with Leonardo Da Vinci, Renaissance Brilliance Comes to Vaughan
An extraordinary evening of art, history, music and Italian heritage brought together an unforgettable experience at La Notte d'Oro

On Saturday, October 3, 2026, La Notte d'Oro transformed The Jewel Event Centre in Vaughan into an evening of elegance, discovery and celebration. Presented by the Vaughan Italian Cultural Association (VICA), with Clearway as Presenting Sponsor, the second annual signature gala offered guests something far beyond a traditional black-tie affair: a rare opportunity to step into the extraordinary world of Leonardo da Vinci.

Through a special collaboration with THEMUSEUM in Kitchener, working alongside GRAND EXPERIENCES, VICA was honoured to bring a curated selection of pieces originating from the Museo Leonardo da Vinci in Rome, Italy, to the evening. From his drawings and intricate sketches to his fashion designs, visionary concepts and inventions, guests were invited to explore the imagination of one of history's greatest Renaissance minds.

Leonardo's genius extended well beyond the canvas. His curiosity crossed the boundaries of art, science, engineering, architecture and design. What made the presentation particularly fascinating was recognizing how many of his ideas continue to influence modern thinking and innovation, even five centuries later. For guests, it was an opportunity not simply to admire his work, but to discover the remarkable mind behind it.

What began as a casual conversation between VICA Chair Victoria Franciosa and Giulia Melchiorri of THEMUSEUM soon developed into an extraordinary opportunity. An initial exchange of ideas sparked a series of conversations and months of collaboration to bring a curated selection of pieces originating from the Museo Leonardo da Vinci in Rome to Vaughan. Through this partnership, and with the support and collective efforts of the VICA team and its community partners, what began as an idea became a remarkable cultural experience. It is an accomplishment that VICA is incredibly proud to have shared with its community.

The evening's atmosphere was equally spectacular. Guests gathered at The Jewel Event Centre for an elegant celebration, accompanied by the unmistakable sounds of a 20-piece band, featuring vocalist John Amato.

The orchestra brought the golden era of the great crooners to life with timeless favourites associated with Frank Sinatra and Dean Martin, adding an unforgettable touch of sophistication to the evening.

The gala also reflected the strength of Vaughan's community spirit. Several local companies came together in support of the event, alongside Presenting Sponsor Clearway, demonstrating the value of businesses and community partners working together to make extraordinary experiences possible.

Among the evening's distinguished guests was the Mayor of Vaughan, whose presence and words of recognition and encouragement were sincerely appreciated and honoured by VICA.

But beyond the remarkable presentation, the music and the elegance of the setting, what truly made La Notte d'Oro worthwhile were the people. The guests who joined us, embraced the experience, explored the displays and celebrated alongside VICA brought the evening to life. An event can be envisioned and beautifully presented, but it is the people who fill the room and share in its experience who make it memorable. To everyone who attended, supported and contributed, our gratitude is immeasurable.

And for those who were unable to join us, the opportunity to discover Leonardo's world has not passed. A remarkable 7,000 sq ft of The Leonardo Installation remains on display at THEMUSEUM in Kitchener through February 2027. VICA members and community supporters can also take advantage of a special admission discount of "25% off" by going to the website themuseum.ca and entering code: VICA25.

Five centuries may have passed since Leonardo da Vinci walked the earth, but his imagination continues to inspire us. For one extraordinary evening in Vaughan, his world came a little closer to ours.

VICA is proud to have helped bring that experience to life. VIA MODA will be the next event on March 9th, 2027. Visit our Website for more information







Images Left to Right: Image 1, 20 Piece Dan Bodanis Band • Image 2, Tony & Lucy with the Leonardo DaVinci Exhibit • Image 3, Board of Directors with MP Michael Guglielmin; Board Member,Enza Barbieri; Board Member, Rose DeSario; Board Member, Dan Gargaro; Chair, Victoria Franciosa; MP King-Vaughan, Michael Guglielmin; Honourary Chair, Gino Rosati; Treasurer, Connie Bianucci; Board Member, Joseph Ferrari; Board Member, Ivana Fracaso; Board Member, Franca DeLuca



Toronto Maple Leafs Season Report Card So Far

By Anthony Macchia

Grade: B

The Toronto Maple Leafs have given fans plenty of reasons to be excited this season, but also a few reasons to be concerned. Through their first 17 games, Toronto sits at 8-7-2, showing flashes of a team capable of competing with the best in the league. However, inconsistency, injuries and some familiar defensive issues have prevented the Leafs from getting off to the kind of start fans were hoping for.

There have certainly been positives. The addition of Jack Roslovic has paid immediate dividends, with the forward recording eight goals and 18 points in his first 17 games. Auston Matthews and William Nylander continue to lead the offensive attack, while Easton Cowan is showing signs of becoming an important contributor. Perhaps the most exciting development has been rookie Gavin McKenna. The first overall pick has already shown why Toronto was so excited to draft him, recording five goals and 11 points in his first 17 NHL games. His scoring ability, confidence and offensive instincts give the Leafs another exciting young piece to build around.

Unfortunately, the injury bug has already taken a significant toll. John Tavares has missed considerable time with a lower-body injury, while Kirill Marchenko, who had six goals and 14 points in his first 14 games, is also sidelined. Max Domi's back injury has kept him out for an extended period, and Toronto has dealt with additional injuries on the blue line, including Nick Blankenburg and Marshall Rifai. Losing this much talent has forced the coaching staff to constantly shuffle its lines and defensive pairings.

Still, injuries cannot be used as an excuse for everything. The biggest concern remains Toronto's defensive core. The Leafs have shown they can score goals, ranking among the league's top offensive teams, but their defensive numbers tell a different story. Through 17 games, they have allowed 55 goals, placing them near the bottom of the NHL. Too often, defensive breakdowns, poor puck management and questionable coverage have put unnecessary pressure on the goaltenders.

Goaltending is another area worth monitoring. Sergei Bobrovsky was brought in to provide stability and championship experience, but his early numbers have been underwhelming. Anthony Stolarz has actually been the more consistent option, posting a .910 save percentage compared with Bobrovsky's .889. Toronto needs both goaltenders to find consistency if it hopes to make a serious playoff push.

Looking ahead, general manager John Chayka needs to consider making another significant move, particularly on defence. Adding a reliable top-four defenceman who can defend, move the puck and play meaningful minutes could make a tremendous difference. Some additional goaltending insurance may also be necessary if Bobrovsky cannot regain his form. Interestingly, the Leafs could have an opportunity to make a major splash. Nikita Kucherov's reported trade request from Tampa Bay has created plenty of speculation, with Toronto reportedly among the teams he would consider. Although Tampa Bay has publicly stated it has no intention of trading its superstar, the possibility of acquiring a player of his calibre is certainly intriguing.

Ultimately, a B feels fair for Toronto's start. The offence has been exciting, the young talent is encouraging and the team has shown it can put together impressive stretches of hockey. However, if the Leafs want to be more than just an entertaining regular-season team, they need to address their defensive weaknesses and find more reliable goaltending. The pieces are there to make some noise, but whether management is willing to make another blockbuster move could determine just how far this team goes.



Over 400 guests celebrate Abruzzese heritage through cuisine, music and community

“Abruzzo a Tavola”: A Spectacular Success in Vaughan

VAUGHAN — The Federazione Abruzzese Greater Toronto proudly celebrated the outstanding success of “Abruzzo a Tavola,” a gala dinner held Friday, September 25, 2026, at Montecassino Event Venue in Vaughan, Ontario. With more than 400 guests in attendance, the evening was a remarkable celebration of Abruzzese culture, traditions, cuisine and the enduring connection between Abruzzo and its communities in Canada. The gathering brought together community leaders, distinguished guests, families and friends in a spirit of pride and hospitality.

A Celebration of Abruzzese Cuisine and Hospitality

A traditional sit-down Abruzzese dinner was central to the celebration, giving guests an opportunity to enjoy the culinary heritage of the region. Sharing a meal is a cherished expression of family, friendship and hospitality in Abruzzese culture, and the gala captured that tradition in an elegant, welcoming setting.

Music and Cultural Traditions from Abruzzo

The evening was enriched by a delegation of artists from Italy: Manuele Filoso, Vincenzo De Ritis, Sebastian Giovannucci, Marcello Sacerdote and Nico Ciavalini. Their music and storytelling celebrated the history and cultural identity of Abruzzo. The program formed part of the wider “Abruzzo, Terra di Racconti” cultural mission, which also brought performances to Ottawa.

Honouring Community Leaders

The gala recognized Giuseppina D’Agostino for her distinguished achievements in the Canadian judiciary; Fulvio Florio, founder of the Federazione Abruzzese Greater Toronto; Gino Rosati for his leadership and community contributions; and Ivana Fracasso, former federation president and Italian-language broadcaster. Their achievements exemplify the contributions of Italian Canadians to public life and community building.

Distinguished Guests and Community Leadership

Among the distinguished guests was Vaughan Mayor Steven Del Duca. Julia Suppa and Angelo Filoso served as masters of ceremonies. Greetings and messages of recognition included a message from Canadian Prime Minister Mark Carney. Special appreciation goes to Josie Alonzi, President of the Federazione Abruzzese Greater Toronto, and the organizing committee for their dedication to the success of the gala.

Building Bridges Between Communities

The event also reflected cooperation between the Federazione Abruzzese Greater Toronto and the Federazione Abruzzese Canada in Ottawa. By welcoming cultural representatives from Italy and bringing communities together in Canada, the organizations reinforced lasting ties with the ancestral homeland and opened the door to future collaborations.

An Evening to Remember

The remarkable turnout of over 400 guests demonstrated the strength and vitality of the Abruzzese community in Ontario. Heartfelt thanks go to the organizers, sponsors, volunteers, performers and everyone who helped make the evening possible. “Abruzzo a Tavola” was more than a gala dinner: it was a celebration of shared roots, community achievement and the enduring spirit of Abruzzo in Canada.































A celebration of Abruzzese culture, music and heritage

Terra di Racconti: Bringing the Heart of Abruzzo to Ottawa

OTTAWA — On Sunday, September 27, 2026, the Federazione Abruzzese del Canada presented "Terra di Racconti" at the Marconi Centre in Ottawa, bringing together members of the Italian-Canadian community and friends of Abruzzo for an afternoon devoted to music, storytelling and cultural heritage.

An Extraordinary Celebration of Music and Storytelling

Featured performers Marcello Sacerdote and Sebastian Giovannucci brought the spirit of Abruzzo to life through traditional music and artistic expression. Their performances evoked the villages, mountains and traditions of a region where stories and songs have long been passed from one generation to the next.

The program was enriched by guests from Italy: Maestro Manuele Filoso, Vincenzo De Ritis, Nico Ciavalini and writer and journalist Goffredo Palmerini. Together, their contributions showcased the breadth of Abruzzo's artistic and literary traditions.

Strengthening Bonds Across the Atlantic

Beyond the performance, the gathering celebrated the enduring connections between Abruzzo and families who have made Canada their home. For older generations, the music and stories offered a connection to familiar traditions; for younger attendees, they provided a window into their family heritage.

The occasion also reflected cooperation between Abruzzese communities in Ottawa and the Greater Toronto Area, illustrating the value of cultural exchanges that bring artists and audiences together across borders.

A Community United by Culture

The Federazione Abruzzese del Canada, its volunteers and supporters helped make the gathering possible. Refreshments and homemade treats added to the welcoming atmosphere and offered an opportunity for conversation and fellowship.

Looking to the Future

Events such as "Terra di Racconti" demonstrate that cultural heritage is more than a memory of the past. It lives through the songs we perform, the stories we share and the connections we build between generations.

The Federazione Abruzzese del Canada continues its mission to promote the history, traditions and cultural achievements of Abruzzo in Canada. "Terra di Racconti" was a tribute to that shared identity and to the bonds that remain strong across the Atlantic.























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