

Eltiq InForma

January 2026

Life and family

**Politics as the
highest form of
charity**

Culture

**Let's go back to the
old ways, it will be
progress**

Geopolitics

**Taiwan without Trump:
the Asia-Pacific axis
weakens**

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Eltiq: a solution for efficient and sustainable daily welfare

Texts: *Biagio SIMONETTI*

The good news of the month is that Eltiq

Daily Welfare has signed an agreement with the **CNA in Rome**. The CNA Artigiani e Imprenditori Italia (Italian Confederation of Artisans and Entrepreneurs) is one of the largest and most widespread organisations representing artisans and entrepreneurs in small and medium-sized enterprises.

This agreement gives me the opportunity to explain what Eltiq Daily Welfare is and what services it provides.

As indicated in its name, Eltiq Daily Welfare is a non-profit mutual aid society relief company created to respond to the needs of modern times in order to implement an innovative welfare model. Its goal is to integrate and improve access to all health, assistance and social support services in an efficient and sustainable manner in order to increase the protection of pensioners registered with the CNA in Rome.

The model offers mutual aid plans that cover healthcare needs and the organisation of visits, reimbursement of medical expenses and facilitated access to quality clinical facilities.

Eltiq's innovative spirit and continuous research and development have made it possible to create a welfare model for pensioners characterised by a series of unique features that enhance the service and generate value for older members.

In fact, we thought that, in order to appeal to a younger population younger population, it would be

limiting to set an age limit for joining the mutual aid society. Therefore, the welfare solutions designed for this specific category of members do not have any age limits, thus demonstrating our attention and gratitude towards a segment of the population that deserves our respect.

Another example of excellence provided by Eltiq, thanks to its collaboration with **International Care Company spa (ICC)**, a leading Italian assistance services company based in Agrate Brianza (MB) and listed on Euronext Growth Milan, is one of the leading providers of personal care services, with a particular focus on digital healthcare and services for the elderly. and seniors, operating both nationally and internationally, concerns the **DOC24 Telemedicine** system.

This service uses a simple and intuitive app for smartphones and tablets to provide medical advice and continuous monitoring of individual physiological parameters via telephone or video conference.

The DOC24 service provides continuous coverage wherever you are, at home, at work or even when travelling.

The service includes:

- Televisits or video visits with a general practitioner or specialist
- Remote monitoring of vital signs and alert service
- Sending a general practitioner to your home
- Home delivery of medicines
- Non-emergency ambulance transport
- Online medical records
- GPS location
- Search for medicines, find pharmacies and discounts on medicines
- Access to the Italian healthcare network
- Access to foreign healthcare networks
- Italian healthcare network appointment management
- Health check

Another major innovation offered by Eltiq in its welfare model for pensioners, the elderly and frail but self-sufficient individuals is the **AIDA CARE** service.

Again in collaboration with ICC spa, AIDA CARE is a monitoring service that uses sensors and devices for the home and the individual, supported by an operations centre where a multidisciplinary team of specialised operators, psychologists and medical staff is ready to intervene 24 hours a day, 7 days a week, to assist members at various levels.

Constant monitoring for each member in case of need: from primary assistance to the coordination of any emergency services, the Operations Centre is ready to ensure the maximum possible support with the certainty of having the right person available at the right time.

Thanks to the app pre-installed on the tablet provided, members can easily access

to all services. The app is designed to be simple and intuitive, ensuring easy use for everyone and thus offering a single, practical point for managing your well-being and staying connected with AIDA CARE. This allows members to request a medical consultation by phone or video call and get in touch with a general practitioner 24 hours a day in just a few moments; they can measure their vital signs simply by looking at the tablet's camera

Aida Care. It only takes 60 seconds, without having to use any devices; you can request personalised advice from experts (nurses, psychologists, social workers) to assess the situation in detail and work together to find the most suitable solution to facilitate the care of your family member; request the Psychological Support service and speak to the Operations Centre in a matter of seconds to arrange a video or telephone consultation with a psychologist to discuss any issue you wish; A Friend for You designed to combat loneliness and give you the opportunity to talk on the phone or via video call with a qualified professional who is always available to listen; request emergency assistance to send a locksmith, plumber or electrician.

Finally, a series of devices complete the monitoring and assistance of the member and their home through the use of a Life-Saving Bracelet, Bed Strap to monitor sleep, and Home Monitoring.

In the unfortunate event of accidental damage during hospitalisation, misdiagnosis or other healthcare issues, Eltiq has a team of professionals, doctors and solicitors who will analyse your case and propose solutions, free of charge.

If the conditions for compensation are met, Eltiq will prepare the claim to obtain compensation for you. Only in the event of a successful legal action in favour of the pensioner will a percentage of the compensation be recognised, which will be agreed in advance.

In terms of innovation, Eltiq is the only mutual aid society



In the photo, Biagio Simonetti, Founder of ELTIQ daily welfare

non-profit course in Italy that covers treatments performed with ozone therapy.

In short, we have tried to guarantee our retired members the best solutions to give them the recognition they deserve for what they have done in the past and continue to do to ensure a better present for us. In fact, we wanted to dedicate this welfare model to those who, paradoxically, embody the daily welfare of their families, when their children are at work, looking after their homes or grandchildren, supporting children in difficulty or simply when, with a good lunch served on a table always laid for a feast, they express that family warmth that only a grandmother or grandfather can provide.

Thank you for all the well-being that your sacrifices have given us.

Benefits and agreements for CNA pensioners

Texts: Anna Maria DANIELI

On 3 December 2025, a conference was held at the **CNA (National Confederation of Crafts and Small and Medium-sized Enterprises)** in Rome on the theme: 'It's never too late to discover the agreements dedicated to you'.

Anna Maria Danieli, Secretary of CNA Pensioners in Rome, said, *'We do not have the power to increase pensions, but if the agreements are used, their purchasing power will certainly increase'*.

Danieli continued, *"We believe that the best way to offer benefits to our members is to enter into agreements with various organisations and, above all, to communicate them effectively. The greatest financial commitment we make to our members is to offer them free assistance in completing their 730 tax return forms."*

This can be done either at the CNA offices by making an appointment with the CAF operators, or by completing it independently online from home and contacting the CAF afterwards.

It will also be possible to complete other tax forms such as IMU (50% discount), ISEE for the reduction of utilities, university fees, urban sanitation, etc.), RED at the request of INPS for certain social security benefits, and DECLARATIONS OF RESPONSIBILITY. for civil disability or other welfare benefits.

Unipol insurance agreement

Thanks to the agreement with Unipol Insurance, CNA Pensioners members are covered against accidents 24 hours a day, both at home and away from home. A daily allowance of €20.00 will be paid for a maximum of 30 days in the event of hospitalisation. A daily allowance of €13.00 will be paid in the event of

plaster casts or other means of restraint. If the accident results in permanent disability, compensation of up to €6,000.00 is provided. A daily allowance of €21.00 is paid in the event of hospitalisation for 'major surgery'. For more detailed information on the various items, please contact the CNA operator.

The Unipol policy provides compensation of up to €1,050.00 in the event of theft or robbery of the pension withdrawn by the pensioner or their representative at post offices or banks, including through ATMs.

In addition, it compensates up to €260.00 for material damage resulting from theft or robbery of money outside or inside the home.

CNA Pensionati members can obtain the following from Unipol Assicurazioni agencies:

- A welcome discount (welcome bonus) of 6% on the first year's motor vehicle liability insurance premium, applicable to new contracts provided they are from insurance companies not belonging to the Unipol Group
- A 30% reduction on fire and theft cover for motor vehicles
- 20% discount on accident insurance
- 25% discount on home insurance.

Holidays and leisure

For holidays and leisure, the CNA has entered into an agreement with

CTA The Club organises carefully planned and organised group tours abroad; guided tours of museums, neighbourhoods and alleys in Rome with an accredited guide; group tours in Italy, beach and mountain holidays; day trips.

University culture and training

Also for those who love and are passionate about cultural knowledge and training

The CNA has entered into an agreement with UPTER, the Popular University of Rome, for attendance at courses ranging from the most common to the most specialised. Some examples: Art History, English, French, Spanish, cooking, oenology, ancient Rome, itinerant courses for sites in Rome, architecture between modernity and tradition; criminology, 20th-century history, philosophy, from Paganism to Christianity, etc.

Friends of ALZHEIMER

The CNA has developed an agreement with the Friends of ALZHEIMER Association. The hope is that we will never have to use this agreement.

However, when this problem arises, we must know that thanks to this agreement, we can receive guidance and assistance in managing patients who still live at home through courses aimed at maintaining autonomy, cognitive stimulation and communication with the patient, as well as services and quality of life for caregivers.

'WELLBEING – Health Gym'

CNA agreement also with "BENESSERE – Palestra della Salute" for: Traditional physical activities (pilates, yoga, weight room, posture training, etc.); Preventive activities including activities dedicated to people with chronic diseases and disabilities. 20% discount for members.

Benessere Palestra della Salute also has high social added value, as the places where the sports activities are carried out have been confiscated from the mafia.

Driving school – Hiron

Thanks to an agreement with Hiron Driving School, the CNA offers discounts on all categories of driving licences: AM, A1, B1, B, KB, C, D and E.

25% discount on registration, theory test, driving lessons, driving test and certificates.

Licence renewals, duplicates, reclassifications

Licence renewals, foreign licence conversions, tachograph card renewals. Transfers of ownership, special powers of attorney, loss of possession, duplicate vehicle documents.

Madonna della Fiducia Polyclinic

The CNA has also entered into an agreement with the 'Madonna della Fiducia' Polyclinic to provide physiotherapy and robotic rehabilitation services for people who have been inactive for some time following a fall or accident. The subsequent rehabilitation will be discounted by 20%.

In addition, fall risk assessment is carried out using Hunova robotic equipment by examining four primary receptors (labyrinth, oculomotor function, foot support, temporomandibular joint). This type of examination costs €20 instead of €35 under the agreement.

In addition, everything performed within the 'Madonna della Fiducia' nursing home, including hospitalisation, robotic rehabilitation and physiotherapy, will be discounted by 20%.

For healthcare services, the agreement established with Eltiq Daily Welfare, discussed in the editorial of Eltiq Informa, is relevant.



Taiwan: without Trump, the Asia-Pacific axis weakens

Texts: Pierangelo PANOZZO

Tokyo with Taipei as the EU with Kiev: political support, limited capabilities the risk is that Washington may give in too much to Xi Jinping.

East Asia is heading towards a phase of instability that increasingly resembles the European tensions of the early years of the conflict in Ukraine. The crisis is centred on Taiwan, but its strategic implications directly involve the United States, Japan and – by geopolitical reflection – the entire West.

The deterioration in relations between Beijing and Tokyo, triggered by the Japanese Prime Minister's statements that she would "not rule out any option, including military action" in the event of a Chinese attack on Taipei, has provoked a wave of economic retaliation by the People's Republic. This is a sign that China intends to increase diplomatic and commercial pressure, reserving itself much more incisive room for manoeuvre in the coming weeks.

According to **Giuseppe Morabito, founder of IGSDA and member of the board of directors of the NATO Defence College Foundation and the Machiavelli Foundation**, a growing fear is emerging in Taipei: the possibility that the new Trump administration, committed to redefining its global strategy, may choose a transactional approach towards Beijing.

The crux of the matter concerns the major Trump-Xi summit scheduled for April in Beijing, considered by many analysts to be the most delicate moment in American diplomacy in 2025. If the United States decides to obtain economic or industrial advantages by granting Beijing a reduction in military support to Taiwan, the entire regional balance would be upset.

Morabito points out that it is precisely this uncertainty that is creating a climate of apprehension in Taipei similar to that experienced by the European Union with regard to Ukraine: great political solidarity, but an inability to independently guarantee the level of military support necessary for defence.

The comparison is clear: Japan today appears to be in a similar position to that of the EU with Kiev.

Tokyo strongly supports Taipei's cause, but does not yet possess the strategic capabilities to compensate for a possible downsizing of the US commitment.

The escalation of tensions with Beijing, combined with the fragile maritime balance in the East China Sea, risks exposing Japan to increasingly aggressive economic and diplomatic pressure. The Japanese government is aware of this, but it also knows that without US strategic cover, any defence of Taiwan would remain more symbolic than substantial.

The comparison with the situation in Ukraine seems inevitable: while the EU struggles to support Kiev at adequate levels and awaits signals from Washington, the same pattern is repeating itself in East Asia, with Tokyo attempting to unite the regional front but lacking the tools to fill any American gaps.

For Morabito, the real risk is twofold:

1. that Taiwan loses its perception of credible protection, precisely at a time of greater Chinese assertiveness;
2. that Xi Jinping interprets any Western hesitation as a green light, accelerating

plans that Beijing describes as 'historic and inevitable'.

Conclusion: April in Beijing will decide the future of the Pacific

The Trump–Xi summit in April is set to become a sort of Asian Yalta.

If Washington chooses the path of balanced negotiation and containment, the regional order will be able to hold.

If, on the other hand, a negotiation logic oriented towards economic exchanges prevails – sacrificing part of the commitment to Taiwan – then Tokyo, Taipei and the entire Indo-Pacific framework will have to prepare for a phase of profound instability.

As Morabito observes, without a clear American position, no regional actor is currently in a position to support Taiwan

alone.

And this, beyond official statements, is the fact that most concerns both Taipei and its Western allies.



ISTAT warns that 6 million Italians have foregone specialist visits or examinations

Service provided by
the Editorial Staff

In 2024, approximately 6 million Italians gave up specialist visits or tests, mainly due to long waiting lists and, above all, difficulties in paying for healthcare services.

The renunciation of healthcare services is on the rise both compared to 2023 and compared to the pre-pandemic period (2019), mainly due to longer waiting times for public services.

This is what **ISTAT** wrote in its *2025 annual report*. ISTAT reported data and testimonies showing that in the last 12 months of 2024, one in ten Italians gave up public medical care.

The renunciation of treatment affects mainly women and adults aged 45-54, and is also growing in the North among people with higher education, in contrast to traditional social, economic and territorial advantages.

Also worrying is the data reported by ISTAT, according to which bearing the entire cost of the last service without reimbursement from insurance or mutual aid societies affected a larger proportion of people, rising from 19.9% to 23.9% of the population.

Despite these difficulties, the desire to live in Italy is strong. Life expectancy at birth has in fact increased, reaching an all-time high: 85.5 years for women and 81.4 years for men. There is also good news in that Italy has one of the lowest avoidable mortality rates in the European Union, with 17.7 deaths

per 100,000 inhabitants, a figure that places Italy second only to Sweden in Europe.

However, the percentage of years lived in good health is declining, especially for women. In 2024, the average life expectancy in good health for men will be 59.8 years, in line with 2019. For women, however, the figure has fallen to 56.6 years, the lowest in the last decade. Within the European Union, Italy is losing ground in terms of treatable diseases, highlighting a slowdown in the healthcare system's ability to guarantee timely diagnosis and treatment.

The ISTAT report also points to the lack of spending in the healthcare sector. Italy ranks last among the G7 countries in terms of per capita public healthcare expenditure and 14th out of 27 in Europe. Our expenditure stands at 6.3% of GDP, well below the OECD average (7.1%) and the European average (6.9%).

The ISTAT report warns that the right to health is becoming increasingly difficult for many people to obtain.

Waiting lists are getting longer, there is a shortage of healthcare personnel, salaries are stagnant and workloads are becoming increasingly unsustainable.

Among the possible solutions for the overall sustainability of the National Health Service (Servizio Sanitario Nazionale, SSN), the 5th edition of the Health Outlook (2025) carried out and published by Deloitte highlights the need to ensure equitable access to care, while improving the organisation and assistance of health insurance policies or mutual aid societies.

Deloitte's Outlook shows that 44% of Italians are aware of health insurance policies, while only 18% have one.

74% of policyholders used their policy at least once in 2024.

Specialist visits and dental care are the main reasons for using the service.

Fifty-five per cent of those without insurance policies or mutual aid services do not seem interested in taking out a policy, mainly for cost reasons.

With regard to the sustainability of healthcare reimbursement costs, Eltiq Daily Welfare offers some very interesting insights. (www.eltiq.it)



Istat Report 2025
<https://www.istat.it/statistiche-per-temi/societa-e-istituzioni/salute-e-sanita/>

Deloitte Health Outlook 2025 <https://www.deloitte.com/it/it/Industries/government-public/perspectives/outlo-ok-salute-italia-v-edizione.html>

eltiq.
daily welfare

Let's go back to the old ways, it will be progress

Texts: Cesare ZAMPARINO

'I didn't choose to become an opera singer, it was almost a calling, a vocation'. Thus begins the testimony of tenor Cesare Zamparino.

"When I was a boy," he said, "my father, who had a beautiful voice, used to hum the invective from the second act of Rigoletto at home. A great opera lover, he would take me to important village festivals, in front of a sound box full of lights where many Apulian bands performed. Apulia has a long tradition of excellent bands. It should be noted that bands in Puglia were once municipal, complete with schools to teach people how to play the various instruments. Conductors were selected through public competition. A striking example is that of Maestro Pietro Mascagni, former conductor of the band in Cerignola, where he wrote 'La Cavalleria Rusticana', inspired by the rural life of the area. I was fascinated by the brilliance of the instruments, their sounds, the vast lyrical-symphonic repertoire and the amazing voices, which I later learned were great singers in 'disguise' who performed to train their breath and vocal cords before singing a new opera in a large theatre. Carlo Bergonzi told me that he had sung in Bitonto with Del Monaco. One fine day, as I was on my way
On my way to class, I saw a Ricordi shop (now closed) on Via Sparano in Bari, full of sheet music, records and musical instruments. It was impossible not to go in. As I looked around this place with curiosity, like Alice in Wonderland, my eye fell on the holy of holies of opera, as far as I knew: 'IL RIGOLETTO'. A box set of 33 rpm records performed and sung by Maria Callas, Giuseppe Di Stefano and Tito Gobbì, conducted by Tullio Serafin. I had the last £20,000

lire in my pocket and bought it, happy as a clam. After three days of listening to it over and over again, I had worn out the records, with the result that I knew the opera by heart. It was like being initiated into the Holy Grail. I couldn't help singing along with the record, from 'pari siamo' to 'veglia o donna' and the invective included. On that occasion, I discovered that, strangely enough, I could reach the high notes the high notes, strangely enough for me. After some time, in a parish room where there was a piano played by a student from the singing class at the Conservatory of Bari, the miracle happened. This girl, having learned of my passion, asked me if I wanted to perform some opera pieces I knew. After singing almost the entire opera, she told me that I had an important tenor voice. The next day, she took me to her teacher, who confirmed my vocal range. I studied singing privately for a year and then applied for admission to the Santa Cecilia Conservatory in Rome, where I continued my studies.

Opera is about telling the story of life through song and music, in all its emotional nuances, whether dramatic or joyful.

During the performance, the audience becomes emotionally involved, especially if the singer is skilled at conveying the composer's exact intent. The music transcends and opera with words emphasise a fascinating performance.

Music, sounds, words and singing express a language that touches the heart.

I have sung in many theatres around the world, particularly in Northern Europe, South and North America, and I have also performed in Africa at the El Jem festival in Tunisia (a wonderful experience), in Italy at the Rome Opera House, La Scala in Milan, the San Carlo in Naples and many others. No performance is more significant than another; every performance, wherever it takes place, is unique and unrepeatable, like a celebration.

I know that today there are many prejudices and opera is seen as an 'obsolete' art form, long and at times boring.

In reality, Italian opera has had an extraordinary influence on people's lives, its social impact has been staggering. For us Italians, opera has been an instrument of emancipation and civic education. Just think of how much the Italian Risorgimento enjoyed opera as a tool for educating citizens about the unification of Italy. Today, opera still enjoys great consideration, even if its performances are perceived as too long and demanding. It is true that opera combines instrumental music, singing and theatre in a form that may seem too demanding and heavy, but it remains a cultural expression of great charm and broad-mindedness. Classical and operatic music in Italy seems to be limited to older people, but in reality, on the tours I have done in Austria, Germany, other Northern European countries and Latin America, there is a greater presence of young people. We need to look back a little and relearn from history what is beautiful. As Giuseppe Verdi said, 'let's go back to the old ways, it will be progress'.

Regarding my relationship with Eltiq daily welfare, I was delighted to discover that an organisation inspired by mutualistic ideals can promote well-being and quality of life through reliable, innovative and sustainable services that focus on people, solidarity and community growth.



Tenor CESARE ZAMPARINO is internationally renowned. After completing his studies at the Santa Cecilia Conservatory in Rome, he won several prestigious singing competitions. His Latin-Mediterranean temperament and his vocal technique, based on the ancient Italian bel canto school, have led him to perform in a vast repertoire of opera and oratorio as a leading tenor in all the major theatres of the world. Music critics have written extensively about his vocal qualities, such as his beautiful tone, rich and adamantine phonation, and measured, flexible and elegant style, with which he perfectly embodies the characters he portrays. His remarkable stage presence has always been praised. He is the founder and conductor of the vocal and instrumental group 'Atalia', with which he aims to explore the vast repertoire of Italian folk songs and to disseminate their most fascinating aspects, in terms of emotional potential and formal beauty.

Politics as the highest form of charity

Texts: Cardinal Baldassarre Reina

Vicar General of His Holiness for the Diocese of Rome

The social teaching of the Church is an actualisation of the Gospel in view of what men and women of all times experience. The Gospel is always the same, but history changes. The pillars of this precious ecclesial heritage are the sanctity of human life, solidarity, subsidiarity, peace, justice and the common good.

Politics, by its very nature, is called to develop around these great pillars, but for various reasons, it can happen, and has happened, that over time they have been trampled on or exploited. We recall the famous expression of St Paul VI, which remains, even today, one of the most beautiful definitions of 'politics as the highest form of charity'.

With these words, Cardinal **Baldassare Sare Reina, Vicar General of His Holiness for the Diocese of Rome**, opened the conference '**Politics as a path to holiness**', which took place in Rome on 29 September 2025 in the Zuccari Room of the Senate of the Republic.

The conference celebrated two politicians of enormous moral and civil stature **the Italian Carlo Casini and the Pakistani Shahbaz Bhatti**.

Cardinal Baldassare Reina said:

"Shahbaz Bhatti and Carlo Casini said and demonstrated that there is no solidarity without subsidiarity, that peace cannot be achieved without the protection of human life, that there is no common good without justice, that there is no dignity of the person without

respect from conception to natural death, that there is no family without the complete expression of the social thought of the Church.

They were credible witnesses and for this reason they should be celebrated.

Bhatti and Casini - exemplary figures of Christian lay people, each faithful to their own history and calling - not only acted in accordance with the social teaching of the Church, but each, according to their own charism, enriched and updated it, accepting the Word of

Jesus: '*Whatever you did for one of the least of these brothers and sisters of mine, you did for me*'.

Shahbaz and Carlo took seriously this Word of the Lord without neglecting all the others, and on the Word they cast the nets of their lives. Man is the first and fundamental way of the Church.

Charles and Shahbaz recognised the face of the Lord in their brothers and sisters sisters who were persecuted, even legally, because of their faith, and in those - also our sisters and brothers - who are conceived and not yet born: they too are persecuted by the throwaway mentality and unjust laws.

Both were convinced that the life-giving power of the Gospel is for the whole of society, for the whole community of men and women, and that no area of civil life - including politics - is foreign to the gaze of man.



understand the meaning of what is written in Paul VI's apostolic letter Octogesima Adveniens: '*Politics is a demanding, though not the only, way of living out one's Christian commitment to the service of others*'. Their example is a message for all those who have political and institutional responsibilities.

Their testimony unites them deeply, even though Bhatti and Casini were apparently so different. They differed in age (Casini was born in 1935 and Bhatti in 1968), time lived on earth (Casini was 85 and 43 years for Bhatti); nationality (one Pakistani, the other Italian); marital status (Bhatti unmarried, Casini married with children); institutional positions (Bhatti Minister for Minorities, Casini Italian and European parliamentarian). They were different in terms of cultural, political, religious and social context. They were also different in the way they came to Heaven: one was assassinated on 2 March 2011 outside his home for his opposition to blasphemy laws,

Heaven on 23 March 2020, consumed by a terrible and unforgiving disease.

Yet both are, in fact, essentially united. They are united by the common source of the Gospel from which they drew strength, courage, perseverance, hope, and the ability to love the marginalised, the oppressed, the forgotten, the rejected, and those expelled from society. They are united by their constant fidelity to the Church, which reflects its universality in the faces of saints from all ages and all continents; they are united by their consistency with the Magisterium, their desire to overcome evil with good, and their trust in God's mercy. Of both, we could say with St Paul: '*I have finished the race, I have fought the good fight, I have kept the faith*'.

They are united by a rigorous moral framework that is not moralism, but an intimate adherence to the truth of man, imbued with charity towards all.

It is not a question of 'imposing' a particular religious approach or defending the Church, its institutions or its territories; rather, it is a question of offering the world the energy and clarity of faith to defend humanity in as such, from threats and attacks of all kinds; to promote civil values, to base human rights on man and not on ideologies.

And it is precisely in the defence of human rights that their figures shine with intense light. They have welcomed the Gospel cry in defence of the world's poor, of those who are threatened, despised and oppressed in their fundamental human rights: the right to life, the right to religious freedom.

This is what Bhatti did by defending religious minorities who were victims of injustice in politics; this is what Casini did by giving voice to that great multitude of weak and defenceless human beings, such as unborn children in particular.

United because they were both branches grafted onto the vine. That is why their lives bore much fruit even after their birth into Heaven. Of both, we can say with the Psalmist: '*He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever he does prospers*' (Psalm 1).

Other aspects they have in common are evangelical realism, the fruitful tension between contemplation and action, the search for dialogue even with political adversaries, frequenting the halls of power without this affecting their sobriety, far as they were from the vanity of honours, the pursuit of personal success, and the pleasure of riches. Their humble , intelligence enlightened by faith, meekness in adversity, and the intimate joy of union with Christ the Saviour and Redeemer - Way, Truth and Life - gave Bhatti and Casini that confident inner strength that sustained them in adversity.

in misunderstandings, in disappointments, and which remained so even in the face of violent death for Bhatti and incurable illness for Casini.

I was struck by some of the testimonies I read about Bhatti and Casini respectively. For example, we read about Bhatti: *'He continued to meet with everyone: the poor, Islamic scholars, political and religious leaders, ordinary people. His office was constantly flooded with people who came to talk to him or seek his advice. And he never turned anyone away'*.

Similarly, we read about Casini: 'I was always struck by his incredible kindness in his relationships with all the people he met, whom he never shunned and with whom he agreed to spend time, even when he was in a hurry or had a lot of work to do.

In Florence, poor people often came to tell him about their troubles, which he always took seriously. He would say, *'I must answer to God for my behaviour: the poor who knock on my door must never be turned away'*.

Blackmail, pressure from political parties, but above all the siren calls and certain worldly temptations of politics are strong. Casi-ni and Bhatti bore witness through the qualities typical of the lay believer called to *'order the storm according to God's will'* and which make politics a fascinating adventure: courage, conviction, credibility, competence and consistency.

They were politicians motivated by a deep spirituality and a Christian vision of life and public service. They lived their apostolate with joy, in the spirit of hope. Their deep faith, founded on rock-solid foundations, was a constant guide that inspired every choice and action

always aimed at building a civilisation of truth and love. This is what it means to be a Christian in politics and, in fact, it is no coincidence that both Carlo Casini and Shahbaz Bhatti were esteemed and appreciated even by their most bitter opponents, during and after their lives.

Bhatti and Casini leave an important legacy at a time in history when there is a need for credible and consistent leaders. Is it possible, then, to live politics as a 'high form of charity'? Bhatti and Casini show that it is possible. It is enough to know that it is a difficult road, all uphill, with few travelling companions, almost alone, because many, at the first difficulties, and there are many, stop at 'base camp'.

Problems also arise from the press, public opinion and a mentality that views condescendingly, if not with contempt, at those ventures into politics. Pope Leo XIV also said: *'I am not unaware of the pressures, party directives and ideological colonisation to which politicians are subjected. They must have courage, the courage to say "No, I cannot" when the truth is at stake'*. Here the Pope has shown us the way. the road. The words of the Holy Father can only comfort those who want to engage in politics for the common good, in the hope that there will be many followers of Carlo Casini and Shabbaz Bhatti. Let us pray that their example will inspire and encourage those who strive to bear witness to the Gospel in today's society through their lives and who place themselves at the service of others, especially the least among us.

Ettore Ballardini, the veterinarian who treats horses with ozoneTherapy

Ettore Ballardini, veterinary surgeon, specialising in orthopaedics, sports medicine and ozone therapy.

I graduated in Veterinary Medicine from the University of Bologna in July 1999 with a thesis entitled *'Application of the Conconi test to trotting horses'*.

As soon as I graduated in veterinary medicine, I specialised in orthopaedics and sports medicine, and I am currently the most advanced veterinary surgeon in the use of ozone therapy for the treatment of horses.

The first person to tell me about the use of ozone in veterinary medicine was my father Vittorio, a driver and trainer of trotting horses. My father had heard good things about ozone therapy and advised me to learn more about it and try it out for myself.

Thanks to its oxidative properties, ozone promotes and regulates antioxidant enzymes, stimulates the immune system and inactivates pathogens, including bacteria, fungi, yeasts, protozoa and viruses. It is safe, inexpensive and effective.

From that moment on, I studied the ozone treatment protocols that were used for the treatment of human pathologies. I then began to experiment with ozone therapy for the treatment of countless diseases affecting horses.

Between intravertebral and intravenous infiltrations, rectal insufflations and some autohemotherapy, I experimented with ozone therapy on various arthropathies, splints, shin splints, Tying-up syndrome, stress anaemia, carpal hygroma, tendinitis, deep flexor desmitis and even corba.

With ozone, I treat all orthopaedic and metabolic conditions, from anaemia to respiratory problems, to muscle problems that particularly affect racehorses.

For each of the pathologies that affect horses, I have developed and tested a clinical treatment protocol with ozone.

Over the last twenty-three years, I have used ozone to successfully treat thousands of horses, without ever having any problems with side effects or toxic residues.

As a veterinary ozone therapist, I have also been called to Austria, Germany, France, Slovenia, Belgium, Denmark and the Netherlands. In Italy, as in the countries where I have been invited, I have given lectures on the use of ozone in veterinary medicine.

I have published around twenty articles in national and international scientific journals on the importance of ozone therapy in veterinary medicine, and I have just published the first **"Manual of Ozone Therapy for Horses"** in Italian and English.

In the manual, along with a specific analysis of each pathology and the subsequent treatment with ozone therapy, I recount how I cured anaemic horses due to bacterial causes, which, after two or three ozone therapy treatments, were able to run fast again, and of laminitis causing lameness, which was resolved with three or four ozone treatments.

The main reason that convinced me to use ozone therapy is its proven effectiveness in human medicine and the excellent results I saw from the very first clinical trials in veterinary medicine.

I immediately grasped the novelty and prospects of an innovative clinical practice, even though very few people were using ozone therapy, and indeed some of my colleagues were opposed to it.

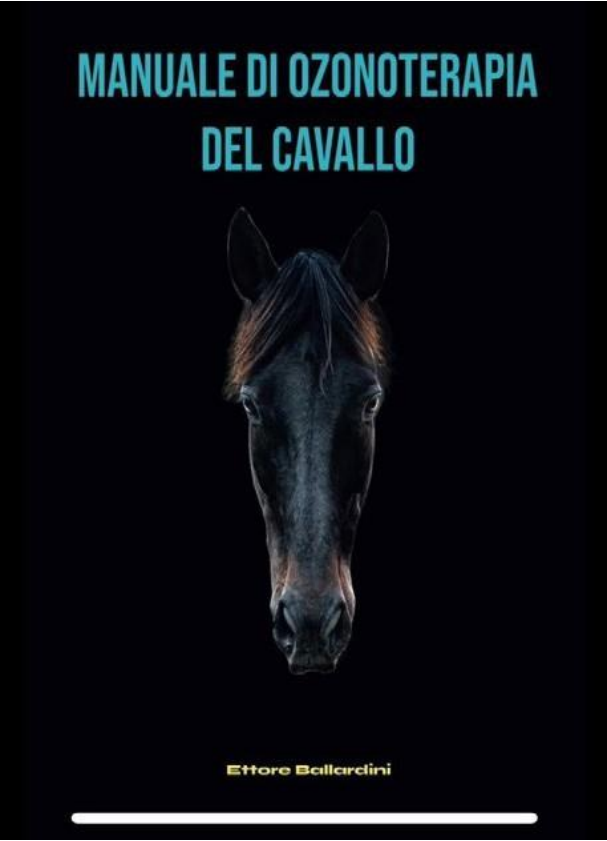
In a situation that is still characterised by partial knowledge, prejudice and a certain obscurantism regarding the use of ozone in veterinary medicine, I was prompted to gather the fruits of many experiences and publish a manual covering more than 34 equine pathologies that are treated and resolved with ozone therapy.

Each chapter deals with the various diseases that affect horses, together with diagnosis and veterinary analysis. I have explained in detail the administration technique, the treatment protocols used, the mechanism of action of ozone, and I have described individual cases that have been treated and resolved.

With the publication of this manual, I hope to spread knowledge, practice, and the many benefits of ozone therapy, so that it becomes the heritage of all veterinarians worldwide.

My goal is to make ozone therapy known and practised more quickly in order to facilitate knowledge and clinical practice, especially for younger colleagues.

The manual is aimed at all veterinarians and people working in the field of horse care, with the hope that ozone therapy will be practised in all areas and that we will not have to wait another twenty years to raise awareness of such an important innovation.



Author of the 'Manual of Ozone Therapy for Horses' published in Italian and English. (<https://www.amazon.it/Manuale-Ozonoterapia-del-cavallo-Ballardini/dp/B0D7QSHKCC>)

Eltiq Daily Welfare is pleased to inform readers that it has developed a mutual aid service to cover veterinary expenses, including ozone therapy treatments.

Italian tennis at the top of the world

Texts: Antonio GASPARRI

By beating Spain in the final on 23 November, Italy lifted the **2025 Davis Cup**. This is Italy's fourth Davis Cup title, the last three of which have been consecutive, an unimaginable achievement that has secured Italian tennis a place in history.

The Davis Cup, known until 1945 as the International Lawn Tennis Challenge, is the world's premier national team competition in men's tennis.

Organised by the **International Tennis Federation**, it is held annually. The tournament is named after American tennis player **Dwight Filley Davis**, and the first edition took place in 1900.

Since the tournament's inception, the country that has won it the most times is the USA with 32 victories. Australia follows with 28, Great Britain and France with 10, then Sweden with 7, Spain with 6, and finally Italy with 4.

With a billion players, tennis is the fourth most played and followed sport in the world, after football, cricket and hockey.

In Italy, tennis, with over 1,600,000 players, ranks third among the most practised sports after football and swimming.

From a historical point of view, the first forms of games similar to tennis date back to the Middle Ages, when jeu de paume was played in French courts, a game in which players hit a ball with the palm of their hand. Over time, rackets were introduced and the game spread to England, where it became popular among the aristocracy.

Modern tennis, known as lawn tennis, was born in 1873 thanks to British Major Walter Clopton Wingfield, who codified the rules and

designed a game to be played on grass. In 1877, the first official **Wimbledon** tournament was held, now considered the most prestigious tennis event in the world.

Throughout the 20th and 21st centuries, tennis has undergone numerous changes. The introduction of synthetic rackets, more rigorous athletic training, improved technique, and easier access to courts, along with the performances of legendary champions such as **Rod Laver**, **Björn Borg**, **Pete Sampras**, **Roger Federer**, **Rafael Nadal**, and **Novak Djokovic**, have led to the **global spread** of this sport. **Borg**, **Pete Sampras**, **Roger Federer**, **Rafael Nadal**, and **Novak Djokovic** have led to the global spread of this sport.

As for Italy, champions such as **Nicola Pietrangeli** (who recently passed away) and **Adriano Panatta** have been followed by a generation of athletes who are now among the best in the world.

For the first time in history, the ATP (Association of Tennis Professionals) rankings feature eight Italian players in the top 100.

The ATP rankings are the world rankings of professional tennis players in singles and doubles.

In the ATP rankings, Italy's spearhead is **Jannick Sinner**, who in 2025 alone spent 66 weeks as world No. 1, won two Grand Slam titles, the Australian Open and Wimbledon, won the ATP Finals, where the top 8 players in the world compete, for the second consecutive year without losing a single set. He also won the China Open, the Vienna Open and the Paris Masters. At the end of 2025, Sinner reached first place in all performance rankings: points won on serve, on return and under pressure: break points, tie breaks,

Italian tennis at the top of the world

decisive sets, becoming the first tennis player to achieve this since 1991, when this type of data began to be compiled.

But Italy does not only have Sinner. In the ATP rankings, we also find **Lorenzo Musetti**, No. 8 in the world, **Flavio Cobolli**, No. 22, **Luciano Darderi**, No. 26, **Lorenzo Sonogo**, No. 39, **Matteo Berrettini**, No. 56, **Matteo Arnaldi**, No. 61, and **Mattia Bellucci**, No. 74.

But it is not only men's tennis that has reached such high levels.

Women's tennis is also achieving unprecedented results. For the second consecutive year, the Italian team won the **2025 Billie Jean King Cup**, the women's equivalent of the Davis Cup, beating the very strong United States team in the final.

The star player on the women's team is **Jasmine Paolini**, ranked number 5 in the WTA world rankings. At the Rome Internationals, she won both the singles and doubles titles alongside

Sara Errani. Together with Errani, Paolini also won the doubles at Roland Garros in Paris.

Confirming the strength of both the Italian men's and women's teams, in 2025 **Sara Errani** and **Andrea Vavassori** won three mixed doubles tournaments, including the US Open and Roland Garros.

Errani also triumphed in the Billie Jean King Cup with the Italian national team, consolidating her status as an icon of world tennis.

In short, in 2025, Italian tennis proved to be the best in the world, and considering the many talents it has at its disposal, a future full of victories awaits us.



In the photo, Antonio Gaspari, Editorial Director

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