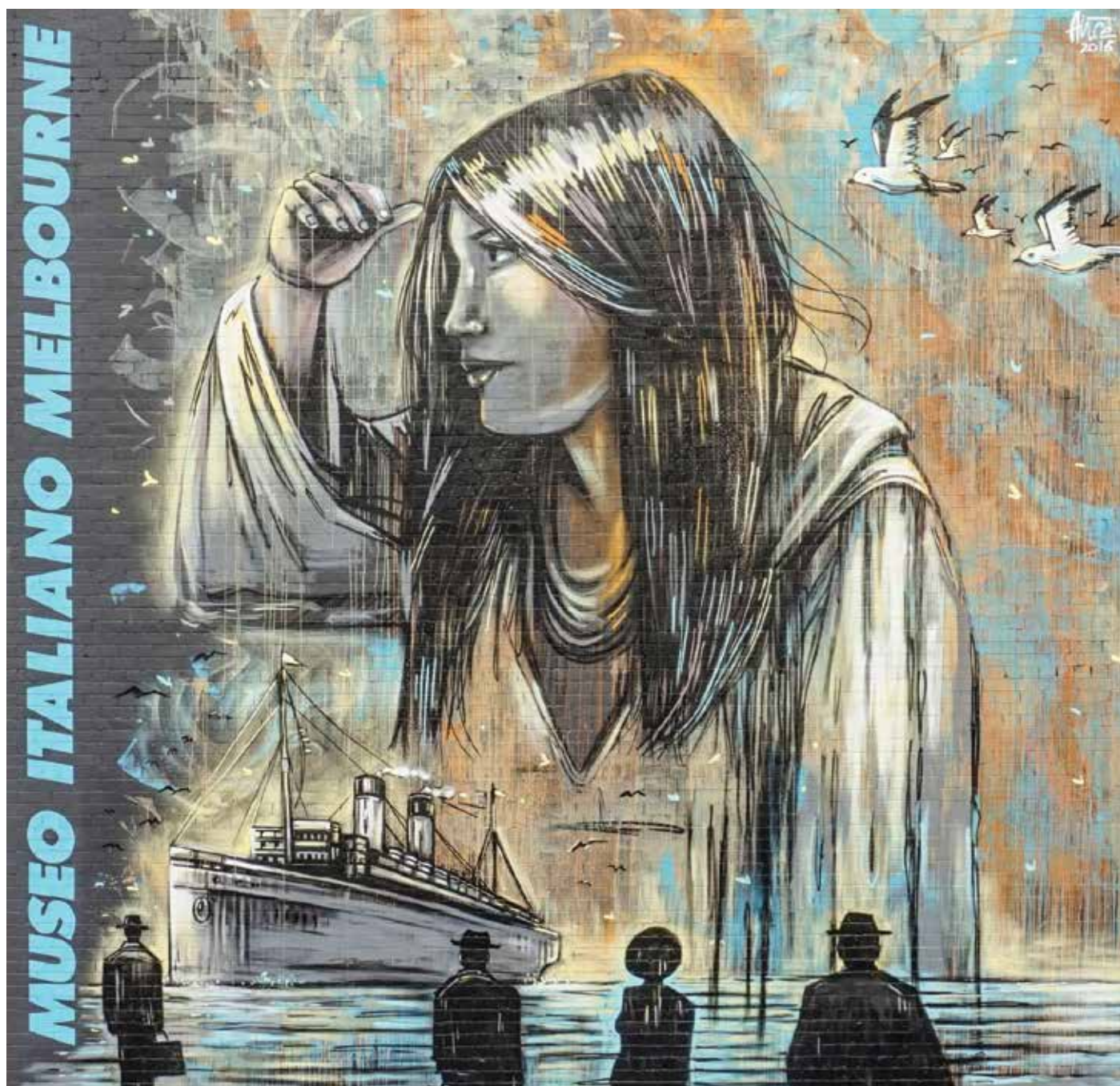


MOSAICO

issue 1



winter 2019



CO.AS.IT.'S MAGAZINE

Message from the President



Prof. Mauro Sandrin
President

Thank you for supporting CO.AS.IT.

We need your passion and dedication, we need your membership and we need to be your choice for services. You are very important to us, therefore we are committed to you, whether you are a member, a volunteer or a consumer of our services.

CO.AS.IT. is committed to continuing to offer quality services to the Australian community, to keep improving our governance to safeguard the Italian-Australian community and more importantly, to respond to you, your needs and your aspirations, in the area of aged care, education and heritage. As a peak body for the delivery of services to the Italian Australian community, we are recognised for our unique contribution to the Australian lifestyle and the well-being of people and our consumers.

CO.AS.IT. promotes a comprehensive qualitative approach, involving all sectors: education, culture, social services, communication and information. MOSAICO, our newsletter, is designed to achieve the objective of establishing communication with you. Feel free to use the feedback form included with this publication and let us know your opinions, ideas, complaints and proposals to improve our services.

Grazie per il vostro sostegno. Il CO.AS.IT. ha bisogno di voi.

Abbiamo bisogno della vostra passione e del vostro impegno, della vostra attiva partecipazione e abbiamo bisogno della vostra scelta, che ci scegliate come ente erogatore servizi. Siete fondamentali per noi.

E noi ci impegneremo per voi – sia che siate nostri soci, volontari nei nostri programmi o utenti dei nostri servizi. La nostra organizzazione continuerà a offrire servizi di qualità alla comunità australiana. Continueremo a migliorare la nostra capacità organizzativa per tutelare sempre meglio la comunità italo-australiana e rispondere a voi, ai vostri bisogni e aspirazioni, nei settori dell'assistenza agli anziani, della formazione continua e della raccolta delle testimonianze storiche.

Siamo un'organizzazione importante nella società australiana per profilo multiculturale, per il nostro contributo originale allo stile di vita australiano e al benessere delle persone e dei nostri utenti.

Il CO.AS.IT. promuove un approccio qualitativo che coinvolge tutti i nostri settori: la formazione, la cultura, la socializzazione, i programmi e i servizi per gli anziani, la comunicazione e informazione. MOSAICO, la nostra pubblicazione, si prefigge di ottenere esattamente il risultato di comunicare con voi informando. Sentitevi liberi di utilizzare il modulo incluso per condividere con noi lamentele, opinioni, idee e proposte per migliorare i nostri servizi.

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Welcome to MOSAICO



Marco Fedi
Acting CEO of
CO.AS.IT.

You're about to enter a world of information, rich and diverse in content, that tells you CO.AS.IT.'s story. We accomplished 50 years of presence in Australia with a strong and unchanged commitment to an open and multicultural Australian society, to the Italian community and to each one of you, our consumers.

We have established a partnership with you that we intend to develop further. Listening and improving constantly our services and making certain you are the centrepiece and the protagonist in our stages: developing, planning and delivering.

CO.AS.IT. engages, empowers and safeguards the Italian-Australian community to enhance their quality of life.

In aged care, as well as in education, we maintain very high standards. We have a vision and a strategic five year plan to achieve it. The new standards introduced in aged care start with you and basic human rights and dignity that must be respected always. We welcome the changes and look forward to a full implementation with your support.

State per entrare nel mondo del CO.AS.IT. – un mondo di informazione diversa e ricca – che racconta chi siamo e cosa facciamo. In cinquanta anni di presenza in Australia il nostro impegno per una società australiana aperta e multiculturale, per la comunità italiana e per ciascuno di voi, individualmente, i nostri utenti, non è mai venuto meno.

Abbiamo stabilito un partenariato con voi che vogliamo sviluppare ulteriormente. Ascoltando e migliorando costantemente i nostri servizi e assicurando che voi rimaniate al centro – protagonisti – dei diversi momenti: ideazione, sviluppo, progettazione ed erogazione di servizi.

Il CO.AS.IT. coinvolge, rafforza e protegge la comunità italo-australiana per migliorarne la qualità della vita.

Nei servizi agli anziani, come nel settore della formazione continua, abbiamo adottato elevati livelli di qualità, abbiamo una visione ed un piano per raggiungere gli obiettivi strategici che ci siamo dati.

I nuovi parametri di qualità introdotti nel settore dell'assistenza agli anziani rappresentano una sfida nel settore del pieno rispetto dei diritti umani e della dignità della persona e sono pertanto benvenuti. Con il vostro sostegno ci impegneremo per implementarli in pieno.

Aged care department

A very warm welcome to our fresh new look for the winter newsletter. Do you like it? Let us know. Don't be shy!! Your feedback, thoughts, contributions and ideas for future content are highly sought and appreciated.

Just letting you know the Aged Care Services department staff is heavily involved in the preparation for the triannual Department of Health Quality Review. I anticipate to be reporting a good result once again in the next newsletter.

In the meantime, keep well, I hope you've all had your flu shots.... If not, I urge you to call your family doctor promptly.

Un caloroso saluto ai lettori della nostra newsletter invernale nella sua nuova veste editoriale. Vi piace? Fatecelo sapere. Non abbiate remore!! I vostri commenti, pensieri, contributi di idee per la prossima edizione saranno molto graditi e apprezzati.



**Warm regards,
Emma Contessa**

Desidero solo farvi sapere che il personale dei servizi di assistenza agli anziani si sta preparando con il massimo impegno all'indagine sulla qualità dei servizi condotta, tre volte all'anno, dal Dipartimento della Salute. Sono certa che nella prossima newsletter comunicheremo ancora una volta il buon esito dell'indagine.

Nel frattempo, mantenetevi in buona salute. Spero che abbiate provveduto a vaccinarvi contro l'influenza... In caso contrario, vi raccomando di recarvi quanto prima dal vostro medico di famiglia.

Aged Care services update

From the 1st July 2019, the Australian Government is introducing a new Single Charter of Aged Care Rights, replacing the current charters of Aged Care Rights and Responsibilities for consumers receiving government subsidised aged care services.



This new Charter aligns with the new Aged Care Quality Standards also commencing on the 1st July.

These Standards provide a framework of core requirements for quality and safety which the Commonwealth Department of Health expects from all organisations providing these services.

The new Charter of Aged Care Rights is in an easy to read format and focusses on high-level consumer rights. It is also easier for you and your family, or carers, to understand what you can expect from an aged care service provider regardless of the type of Commonwealth subsidised care and services you receive.

The Charter places you at the centre of care, giving you choice as well as recognising your right to be treated with dignity, respect, and having your identity, culture and diversity valued and supported.

In the next few weeks your case manager or program coordinator will provide you with a copy of the Charter, explain what it means, answer your questions and invite you to sign it as an acknowledgment of having received a copy and understanding your rights.

The new Aged Care Quality Standards that come into effect on 1st July 2019 focus on quality outcomes for consumers rather than provider processes. It will also make compliance simpler for providers working across multiple aged care services, and encourage innovation, excellence and continuous improvement.

The Older Persons Advocacy Network (OPAN), has received funding to support the Department of Health with raising awareness and providing education about the Charter. OPAN can be contacted Monday to Friday 8.00am to 8.00pm on 1800 700 600.

Further information about the new Charter of Aged Care Rights and Aged Care Standards is available www.agedcare.health.gov.au or you can contact CO.AS.IT on 9349 9000 or visit our website www.coasit.com.au

Novità sui servizi di assistenza agli anziani

Dall'1 luglio 2019, entrerà in vigore un'unica Carta dei diritti relativi all'assistenza agli anziani che sostituisce sia quella attualmente vigente, sia la Carta delle responsabilità degli utenti dei servizi di assistenza agli anziani sovvenzionati dal governo.



Questa nuova carta si conforma ai nuovi standard di qualità di detti servizi che entreranno in vigore l'1 luglio.

Tali standard costituiscono il quadro di riferimento dei requisiti essenziali di qualità e sicurezza che il dipartimento federale della salute prescrive per tutte le organizzazioni che forniscono i servizi.

La nuova Carta dei diritti relativi all'assistenza agli anziani è disponibile in un formato di facile lettura e sancisce un alto livello dei diritti degli utenti. Essa rende anche più facile agli utenti e alle loro famiglie avere cognizione della prestazione che possono esigere dagli operatori dei servizi di assistenza agli anziani quale che sia il tipo di assistenza e dei servizi prestati.

La Carta mette l'utente al centro dell'assistenza, attribuendogli la facoltà di scegliere i servizi, riconoscendogli il diritto di essere trattato con dignità, rispetto e sancendo che la sua identità culturale e la sua diversità siano onorate e sostenute.

Nelle prossime settimane l'operatore che amministra o coordina la prestazione dei servizi vi fornirà una copia della Carta, ve ne spiegherà il significato, risponderà alle vostre domande e vi inviterà a firmarla come prova che l'avete ricevuta e che avete acquisito consapevolezza dei vostri diritti.

I nuovi standard di qualità dell'assistenza agli anziani che entreranno in vigore l'1 luglio 2019 danno rilievo alla qualità dei servizi resi piuttosto che alle procedure cui sottostanno i prestatori dei servizi. Essi inoltre rendono più semplice a quest'ultimi l'osservanza delle norme che devono osservare nell'espletamento di molteplici servizi di assistenza agli anziani promuovendo l'innovazione, l'eccellenza e continui miglioramenti.

La rete dei servizi di tutela dei diritti degli anziani (OPAN - Older Persons Advocacy Network) ha ricevuto fondi pubblici per assistere il dipartimento della salute ad attrarre l'attenzione e fornire informazioni sulla nuova Carta. La rete OPAN è contattabile al numero telefonico 1800 700 600 da lunedì a venerdì tra le 8.00am e le 8pm.

Ulteriori informazioni sulla nuova Carta dei diritti relativi all'assistenza agli anziani e sugli standard di qualità di tale assistenza sono disponibili nel sito web www.agedcare.health.gov.au, rivolgendosi al CO.AS.IT tel. 9349 9000 o nel nostro sito web www.coasit.com.au.

Consumer survey feedback

Annually, the Aged Care Services Department of the Italian Assistance Association – CO.AS.IT. formally conducts a consumer survey across all program areas. The findings from the 2018 Consumer Questionnaire indicates that consumers are satisfied with the services they receive from the Association and they would recommend the organisation's services to other people. This finding is both rewarding and supportive of the answer that the majority of newly referred consumers heard about CO.AS.IT. from word of mouth promotion.

The Aged Care Services Department is also pleased to learn that consumers report improved quality of life with respect to increased independence at home, confidence and self esteem improvement, enhanced capacity to participate in community activities and opportunities to build on community connections. In fact, many reported concurrent quality improvements on these indicators and 85% of the total respondents expressed these sentiments.

Of the one thousand consumers surveyed, 8% of responses identified with the LGBTI+ community group. Overwhelmingly the majority of the Italian speaking LGBTI+ community are "satisfied" to "very satisfied" with the level of service they receive from the point of view of involvement in the care and cultural appropriateness of the services. Even so, the Association is committed to inclusive and accessible services for all community groups including those with Italian Indigenous heritage are explicit.

The Association recognises that the Italian speaking community is made up of a diverse and vast group of people from many walks of life, socio-economic status, religious and political backgrounds. It acknowledges that a number of consumers, family members, primary carers, community members identify as Lesbian, Gay, Bisexual, Transgender, Intersex and or Queer (LGBTIQ+) and it anticipates an unidentified number of people from Indigenous background with Italian speaking ancestry.

Therefore, continuing to deliver inclusive and non-judgemental assistance services and valuing CO.AS.IT.'s consumers and stakeholders, helps us to improve your visibility. Tell us how we can improve and see you; let us know the things that are important to you so that we can best deliver the services you require.

Opinione degli utenti

Ogni anno, il reparto dei servizi di assistenza agli anziani del CO.AS.IT. conduce formalmente un sondaggio d'opinione degli utenti di tutti i servizi forniti attraverso il programma di assistenza. I risultati del questionario distribuito nel 2018 mostrano che gli utenti sono soddisfatti dei servizi forniti dal CO.AS.IT. e sono inclini a raccomandarli ad altre persone. Questo risultato è gratificante nonché indicativo dei commenti positivi che la maggioranza dei nuovi utenti ha ricevuto riguardo al CO.AS.IT. tramite passaparola.

Il reparto dei servizi di assistenza agli anziani è inoltre lieto di apprendere che gli utenti riferiscono di aver raggiunto una migliore qualità della vita che trova riscontro in una maggiore indipendenza nella vita domestica, un maggior senso di fiducia e stima di sé, un'accresciuta capacità di partecipare a attività comunitarie e maggiori opportunità di sviluppare relazioni sociali. Di fatto, molti hanno manifestato simili miglioramenti qualitativi rispetto a questi indicatori e l'85% degli intervistati si è espresso in tal modo.

Su mille utenti consultati l'8% ha dichiarato di appartenere alla comunità LGBT+. La stragrande maggioranza degli italiani di questa comunità si dicono "soddisfatti" o "molto soddisfatti" del livello dei servizi che ricevono sotto il profilo della voce in capitolo che hanno in merito all'assistenza che ricevono e all'appropriatezza dei servizi. Ciò nondimeno, il CO.AS.IT. è impegnato a fornire servizi che vadano incontro alle esigenze di tutti gli assistiti a partire da quelli di estrazione culturale italiana.

Il CO.AS.IT. riconosce che la comunità di lingua italiana è composta da un gruppo eterogeneo e vasto di individui di varie categorie sociali, condizioni socio-economiche e idee religiose e politiche. Esso prende atto che un certo numero di utenti, loro familiari, badanti e sodali si dichiarano Lesbiche, Gay, Bisessuali, Intersex e/o Queer (LGBT+) ed è pronto a fornire i propri servizi ad un numero non identificato di utenti di ascendenza italiana con tali connotati esistenziali.

Pertanto al fine di continuare a fornire servizi di assistenza inclusivi e esenti da pregiudizi e rispondere alle aspettative degli utenti e delle parti interessate al buon nome del CO.AS.IT., vi chiediamo di aiutarci ad accrescere la vostra visibilità. Diteci come possiamo migliorare e conoscervi; fateci sapere le vostre priorità in modo che possiamo rendervi al meglio i servizi di cui necessitate.



Compliments, Complaints and Suggestions

We value your feedback; it is a vital part of our Continuous Improvement Program. The information you provide will be treated confidentially (not for public knowledge). Care recipients, representatives, staff and other stakeholders are encouraged to offer Compliments, Complaints and Suggestions.

Compliments: Please let us know what we do well. This is very important to us.

Complaints: We welcome these as opportunities for improvement.

Suggestions: Your input is important and assists us to find ways to improve what we do.

Please have your say here:

Name of person completing this form (optional):

--

Contact details (optional):

--

Date:

Log No:

--

Post to CO.AS.IT. Aged Care Services Department
1st Floor 189 Faraday Street, Carlton Vic 3053 or
Email: coasit@coasit.com.au



Complimenti, Reclami e Suggerimenti

La vostra opinione è importante per noi ed è una parte essenziale del “Continuous Improvement Program” (Programma di Continuo Miglioramento) del CO.AS.IT. Le informazioni fornite da voi saranno trattate con la massima riservatezza. In veste di consumatori, voi, i vostri familiari, i vostri rappresentanti, il personale ed altri soggetti interessati, siete incoraggiati ad esprimere i vostri complimenti, reclami e suggerimenti.

Complimenti: Fateci sapere cosa facciamo bene. Questo è molto importante per noi.

Reclami: Noi accogliamo favorevolmente queste opportunità per migliorare i nostri servizi.

Suggerimenti: Comunicateci i vostri suggerimenti, le vostre idee. Il vostro contributo è importante e ci aiuta a trovare modi per migliorare quello che facciamo.

Vi preghiamo di dire la vostra:

Nome della persona che ha compilato questo modulo (facoltativo):

Il vostro indirizzo e recapito telefonico (facoltativo):

Data:

Log No:

Spedire a CO.AS.IT. Aged Care Services Department
1st Floor 189 Faraday Street, Carlton Vic 3053
oppure inviare email a: coasit@coasit.com.au

CO.AS.IT.'s Social Support Groups



I would like to thank the staff and participants of all CO.AS.IT.'s Social Support Groups, Emma Contessa, Aged Care Services Manager and Marco Fedi, Deputy CEO for their warm welcome in my appointment. I am delighted to have accepted the position of Social Support Group (SSG) Program Coordinator and I look forward to working with consumers, family members and staff to develop programs which reflect consumers' individuality, likes, strengths and wellbeing.

To this end we have introduced targeted gentle exercise programs at all our social support group centres which are aimed at restoring and maintaining physical mobility and independence.

We are also developing a creative expression program which stimulates imagination, restores confidence, and improves communication and socialization skills. This is a 'snap shot' of a very exciting time at CO.AS.IT.'s SSG Centres, as we support people living long and fulfilling lives.

If you wish to participate in one of these centres you need to call MyAgedCare on 1800 200 422 or visit their website: www.myagedcare.gov.au and register your desire to participate. Your eligibility will be assessed and a referral will be sent to CO.AS.IT.

If you have any queries don't hesitate to contact me during business hours, Rossella Frezza, Social Support Group Program Coordinator, ph: 9349 9000, mobile: 0438520725 or send an email to: rfrezza@coasit.com.au

Desidero ringraziare il personale e i componenti di tutti i gruppi di sostegno sociale del CO.AS.IT., Emma Contessa, direttore dei servizi di assistenza agli anziani e Marco Fedi, vice-amministratore delegato per avermi calorosamente accolto nel mio incarico di coordinatore del programma di sostegno sociale (SSD). Non vedo l'ora di mettermi al servizio degli utenti, dei loro familiari e del personale per sviluppare attività che riflettano la realtà individuale, le propensioni, i punti forti e il benessere degli utenti.

A tale scopo abbiamo introdotto programmi con leggeri esercizi fisici in tutti i nostri gruppi di sostegno sociale che mirano al recupero e mantenimento della mobilità fisica e all'indipendenza delle persone assistite.

Stiamo anche sviluppando un programma di espressioni creative che stimoli l'immaginazione, rafforzi la fiducia in se stessi e migliori le capacità di comunicazione e socializzazione. La foto a lato è stata scattata durante una entusiasmante sessione di un gruppo SSG del CO.AS.IT., indicativa del nostro impegno nell'aiutare la gente a vivere una vita lunga e appagante.

Se desiderate unirvi ad uno di questi gruppi, dovete rivolgervi a MyAgedCare, tel. 1800 200 422 o collegarvi con il portale www.myagedcare.gov.au e registrare il vostro desiderio di partecipazione. Sarà fatto un accertamento della vostra idoneità il cui esito sarà comunicato al CO.AS.IT.

Loneliness and Isolation

a new public health epidemic

Loneliness is recognised as a public health problem in terms of poor health outcomes similar to obesity and heart disease.



The Australian Loneliness Report published in 2018 reports that 1 in 4 Australians are lonely and the physical health effect has disastrous consequences which is supported by international research studies comparing the effect of loneliness to smoking 15 cigarettes a day.

The Visitation Program, coordinated by CO.AS.IT. is an example of a practical health intervention aimed at addressing the burden of loneliness in the Italian speaking community residing in the Melbourne Metropolitan area and the Greater City of Shepparton.

'When Don meets John' is a friendship story capturing the magic between two people sharing cheerful time together.

Giovanni, born in Italy, lived his life as an Italian until he migrated to Australia in 1951. Slowly, adapting and embracing the new Australian way of life, he became John.

Don instead was born and raised in Australia. In 1972, he began working with Italian migrants. This exposure ignited in him a passion for all things Italian which he has nurtured for nearly 50 years. Working in the marble and terrazzo industry, Don was exposed to the Italian language, food and traditions by his friends and workmates. Further still, he travelled to Italy many times over the years developing a rich and deep appreciation of the people and the culture.

In 2015, when Don first joined the Visitation Program, he spent many afternoons with his Regional Coordinator, Catia, fine-tuning his skills of playing scopa at Brunetti's Café. Don's commitment to help alleviate loneliness and isolation saw him travelling from Brighton to the west side of Port Philip Bay playing cards and conversing with several charming gentlemen.

So when Don met John he had been a volunteer with the program for four and a half years. To the visitation friendship Don would bring his passion and love for the Italian literature, the arts, music and food of course.

When John's daughter first referred her father to CO.AS.IT.'s friendly visiting program she was met with some staunch resistance. John was a bit worried about who would be entering his home. What would they have in common? What would they talk about? And he definitely he *did not* want to talk about politics.

Still, he agreed to give visitation a go. They were determined to conduct their relationship in Italian but soon realised English was a common language for them. Today English has become the language of their friendship and the Italian culture their common subject. John is vision impaired so playing cards was not an option but John's vegetable garden is a prolific ground for conversation and storytelling.

Since meeting John in 2017, Don is now preserving olives – the Italian way. He has learned about wine making – the Italian way and they have shared seeds and seedlings.

Giovanni (John) looks forward to Don's weekly visits. He respects Don's appreciation of his customs and traditions and he enjoys the conversations they share about each other's life experiences. This has made it easy for John to share the stories of his struggles and achievements in his adopted country. He is comfortable in the knowledge that Don is a good listener and understands the challenges he has faced. Nowadays they even discuss politics sometimes.....

Solitudine ed Isolamento

un nuovo problema di dimensioni epidemiche

La solitudine è riconosciuta come un problema di salute pubblica in termini di ripercussioni dannose sulle persone come quelle causate dall'obesità e dalle malattie cardiache.



L'indagine nazionale sulla solitudine (Australian Loneliness Report) condotta nel 2018 indica che uno su quattro australiani vive in solitudine con effetti disastrosi sulla salute fisica supportati da studi internazionali che paragonano l'effetto della solitudine al fumo di 15 sigarette al giorno.

Il Programma di visite a domicilio coordinato dal CO.AS.IT. è un esempio di come si possa concretamente alleggerire il peso della solitudine nella comunità italiana residente nell'area metropolitana di Melbourne e nella zona urbana e extraurbana di Shepparton.

La foto che correda questo articolo cattura il momento magico di "quando Don incontra John" ovvero l'effetto dell'amicizia tra due persone che trascorrono del tempo spensierato assieme.

Giovanni, nato in Italia, si è adeguato al sistema di vita italiano fino a quando è emigrato nel 1951. Lentamente, adattandosi al modo di vivere in Australia, è diventato John.

Don, invece è nato e cresciuto in Australia. Nel 1972 cominciò a lavorare a fianco di immigrati italiani e tale esperienza ha infuso in lui una passione per ogni usanza italiana che ha alimentato per 50 anni. Lavorando nell'industria della pavimentazione in marmo e granito, Don è entrato in contatto con la lingua, la cucina e le tradizioni italiane tramite i suoi amici e compagni di lavoro. Inoltre ha visitato l'Italia molte volte sviluppando simpatia per la sua gente e interesse per la sua cultura.

Nel 2015, quando Don ha aderito come volontario al Programma di visite a domicilio, ha trascorso molti pomeriggi al Caffè Brunetti con Catia, coordinatrice regionale del programma, imparando a giocare a scopa. Le dedizione di Don a contribuire ad alleviare la solitudine e l'isolamento lo ha portato a spostarsi da Brighton alla costa occidentale della baia di Port Phillip per visitare diversi affabili signori anziani giocando a carte e conversando con loro.

Quando Don ha incontrato John, aveva già svolto l'attività di volontario del programma da quattro anni e mezzo. Le amicizie che Don ha allacciato come visitatore sono state arricchite dal suo appassionato interesse per la letteratura, le arti, la musica e naturalmente la cucina dell'Italia.

Quando, invece, la figlia di John incoraggiò suo padre a partecipare al programma di visite a domicilio, lo trovò fermamente opposto all'idea. John era preoccupato di ricevere visitatori estranei nella sua abitazione.

Che cosa mai poteva avere in comune con loro? Di cosa avrebbero parlato? E non aveva assolutamente alcun interesse a discutere di politica!

Tuttavia, alla fine acconsentì di mettere il programma di visite alla prova. Al primo incontro i due interlocutori decisero di comunicare in italiano ma si resero presto conto che si sarebbero trovati meglio a parlare in inglese. Oggi l'inglese è la lingua che tiene viva la loro amicizia e la cultura italiana l'argomento che entrambi prediligono. John ha una ridotta capacità visiva e quindi il gioco alle carte non è un'opzione praticabile. L'orto di John è un fertile argomento di conversazione e aneddoti.

Da quando cominciò a visitare John nel 2017, Don ha imparato a conservare le olive alla maniera italiana. Ha anche appreso come si fa il vino sempre alla maniera italiana e i due si scambiano sementi e piantine.

Giovanni (John) sta sempre in aspettativa delle visite settimanali di Don. Egli rispetta l'attaccamento di Don alle proprie usanze e tradizioni e trova piacere nel conversare con lui delle loro rispettive esperienze di vita. Tutto questo ha reso facile per John raccontare le difficoltà che ha incontrato e i successi che ha avuto nella sua patria di adozione e si sente a suo agio sapendo che Don è un buon ascoltatore e in grado di comprendere gli ostacoli che John ha dovuto affrontare. Oggigiorno capita loro di discutere anche di politica.

A Healthy Mind in a Healthy Body

At CO.AS.IT., on the 6th April, World Health Day was commemorated by discussing the notion that a healthy mind resides in a healthy body.



The guest speaker, a well-known and acclaimed local health practitioner and a wholistic nutritionist, Dr Kristian Ronacher, lead the conversation from a simple platform inspired by the limerick word: "ANSWER"

He presented how to integrate the elements of A – Air; N- Nourishment & Nurturing; S – Sunshine; W – Water; E – Exercise & Movement; R - Rest & Relaxation; in day to day living to gain healthy benefits and behavioural modification change.

Dr Ronacher supported his information and advice using practical examples and common sense actions like: deep diaphragmatic breathing to reduce the effect of stress, eating natural unprocessed foods, taking time to chew food properly, drinking sufficient water during the day to effectively break down nutrients in food, maintaining mental alertness, promote healthy weight management and body function regularity to name a few.

At the World Health Day meeting Rosa Morabito, volunteer of the Visitation Program, led a laughter group activity with the audience and Dr Ronacher, which was uplifting and invigorating leaving everyone on a high level of endorphin activation. Sure, it is fun to have a good laugh, but laughter is actually recognised by research studies to have beneficial health outcomes like relief of physical tension, stress and lowering blood pressure.

But alas! The contest to good health does not solely rest on healthy lifestyle habits, often it requires routine screening management as well, which needs to be initiated by individuals, for example keeping one step ahead of prostate cancer.

In the absence of a National Screening Program for prostate cancer and the fact that by the age of 85, 1 in 5 Australian men are affected by this life-threatening condition, the health promotion industry in September (Prostate Cancer Awareness Month) and again in November by the Movember Foundation focus on raising awareness and encouraging men over the age of 50 to speak to a General Practitioner (GP) about their prostate health. Individuals with a first degree blood relative with prostate cancer are urged to initiate screening at the age of 40 years.

Prostate cancer is the most common form of cancer in men and the risk of developing the disease increases with age. Early detection enhances the chance of survival beyond five years by 98%.

Early onset symptoms and signs might not be apparent in the initial stages of the disease and can be quite varied from person to person. A diagnosis is reached through a series of tests which includes a prostate specific antigen (PSA) blood test, a digital rectal examination (DRE) and possibly a biopsy. For this reason, get involved in encouraging male family members and friends to reflect on their prostate health and to speak to their GP if they haven't had a prostate check.

Mente sana, in corpo sano

Il 6 aprile scorso al CO.AS.IT. è stata celebrata la giornata mondiale della salute con un dibattito sul concetto *mente sana in corpo sano*.



Il relatore ospite, Dr Kristian Ronacher, rinomato professionista della salute e nutrizionista olistico, ha animato il dibattito partendo da un acronimo basato sulla parola inglese "ANSWER".

Egli ha mostrato come integrare gli elementi rappresentati dalle lettere: A - Air (aria); N - Nourishment & Nurturing (nutrire & coltivare); S - Sunshine (energia luminosa del sole); W - Water (acqua); E - Exercise & Movement (esercizio fisico e movimento); R - Rest & Relaxation (riposo e rilassamento); nella vita quotidiana per guadagnare salute e migliorare il modo in cui viviamo.

Il Dr Ronacher ha convalidato le sue idee e i suoi consigli utilizzando alcuni esempi pratici e comportamenti di buon senso come - menzionando alcuni - respirare dal profondo del diaframma per ridurre l'effetto dello stress, mangiare alimenti non lavorati, masticare senza fretta il cibo, bere quantità sufficiente di acqua durante il giorno per assorbire le sostanze nutritive del cibo, mantenere la lucidità mentale, mantenere regolarmente sotto controllo il proprio peso e le funzioni corporee.

Durante la conferenza per la Giornata Mondiale della Salute, Rosa, volontaria del Programma di visite a domicilio ha condotto un'attività di gruppo assieme al Dr Ronacher che induceva a ridere sollevando lo spirito e attivando un alto di livello di endorfine nel pubblico. È sicuramente piacevole fare qualche bella risata e studi scientifici hanno seriamente riconosciuto che ridere ha effetti benefici sulla salute determinando una riduzione della tensione fisica, dello stress e abbassando la pressione del sangue.

Ma la ricerca di una buona condizione di salute non si basa esclusivamente su abitudini di vita sane e

spesso richiede anche regolari controlli diagnostici che, per esempio, sono da raccomandare alla popolazione maschile che voglia premunirsi contro il cancro alla prostata.

In assenza di un programma di prevenzione diagnostica contro il cancro alla prostata e il fatto che al di sotto dell'età di 85 anni, un australiano su cinque è colpito da questa rischiosa patologia, l'industria di promozione della salute nel mese di settembre (dedicato all'informazione sul cancro alla prostata) e nuovamente nel mese di novembre con un'iniziativa della Movember Foundation è stato posto l'accento sulla necessità per gli uomini di acquisire consapevolezza di questa malattia potenzialmente mortale e si è incoraggiato gli uomini ultracinquantenni di controllare le condizioni della propria prostata parlandone con il proprio medico. Gli uomini cui parente stretto sia stato colpito dal cancro alla prostata sono incoraggiati a sottoporsi ad una esame diagnostico a partire dall'età di 40 anni.

Il cancro alla prostata è la forma più comune di cancro negli uomini e il rischio di contrarre questa patologia aumenta con l'avanzare dell'età. La diagnosi precoce aumenta la possibilità di sopravvivenza per più di cinque anni nel 98% dei casi.

Sintomi e segnali di preavviso possono non essere evidenti nelle fasi iniziali della malattia e variare da persona a persona. La diagnosi viene raggiunta attraverso una serie di test che include l'indice del PSA nel sangue, un esame rettale digitale (DRE) ed eventualmente una biopsia. Per questo motivo, curatevi di incoraggiare familiari e amici maschi a pensare alla salute della prostata e a parlarne con il medico di famiglia se non hanno ancora provveduto a farla controllare.



First aid

CO.AS.IT. in line with the Continuous Improvement Guidelines for staff, offers Cardiopulmonary Resuscitation (CPR) and First Aid courses on a regular basis. This is particularly important to all Italcare and Social Support Group employees.

CPR skills are renewed annually whereas the First Aid course is updated every 3 years.

This year, these are the dates available for selection:

First Aid Course
Saturday, 22 June, 2019
Saturday 14 September, 2019
(all day)

CPR Refresher
Wednesday, 11 September, 2019
(from 6.00-8.00pm)

To ensure you don't miss out please book your attendance by emailing: admin@italcare.com.au.

Periodically CO.AS.IT. through the national accredited provider Brite Institute also organises specific courses for the Italcare Home Support Staff to gain the necessary skills and proficiency as a qualified worker in the Aged Care Services industry.

We would like to thank the following staff members: Filomena Pacca, Santina Rizzo, Annie Di Julio, Anne Marie Loreface, Angela Chimenton and Christine Pruscino for the hard work and dedication shown towards their studies in the last six months and successfully achieving their Certificate III in Individual Support.

Primo Soccorso

Il CO.AS.IT. è in linea con le direttive riguardanti il costante miglioramento delle prestazioni lavorative del personale alle sue dipendenze, tiene corsi regolari sulla rianimazione cardiopolmonare (CPR) e sugli interventi di primo soccorso (First Aid). Tale addestramento è particolarmente importante per tutto il personale di Italcare e dei gruppi di sostegno sociale.

Ogni anno il personale è tenuto ad aggiornarsi sulle tecniche di CPR mentre l'addestramento sugli interventi di primo soccorso avviene ogni tre anni.

Queste sono le date dei corsi in programma quest'anno:

First Aid Course
Saturday, 22 June, 2019
Saturday 14 September, 2019
(all day)

CPR Refresher
Wednesday, 11 September, 2019
(from 6.00-8.00pm)

Per non perdere queste opportunità si consiglia di prenotare la propria partecipazione scrivendo a admin@italcare.com.au.

Periodicamente il CO.AS.IT. tramite l'ente di accreditamento nazionale Brite Institute organizza anche corsi specifici per il personale Italcare addetto all'assistenza domiciliare che consentono di acquisire capacità e abilità come operatore professionale nel campo dei servizi di assistenza agli anziani.

Desideriamo ringraziare i seguenti membri del personale: Filomena Pacca, Santina Rizzo, Annie Di Julio, Anne Marie Loreface, Angela Chimenton and Christine Pruscino per il duro lavoro svolto e la dedizione mostrata nel seguire un programma di studio di sei mesi per il conseguimento del Certificate III in materia di assistenza individuale.



Il Castagnaccio Pugliese

The castagnaccio is an Italian autumnal classic gluten-free cake made with chestnut flour, olive oil and perhaps dried fruits and nuts. It can be served with a cup of coffee, a dessert wine like vin santo or perhaps drizzled with a little honey as it is done with "castagnaccio pugliese".

Reported to have originated in Tuscany, this chestnut flour cake was a typical rural dessert along the Apennine regions of Italy where chestnuts were part of the staple food diet of the country folks of these areas. Today it is prepared and sold mostly as an autumn delicacy.

Chestnuts are naturally sweet and low in carbohydrates. They are high in protein, they contain vitamins such as Vitamin C which boosts the immune system; folic acid and Vitamin B to help generate and maintain healthy levels of blood cells. They are also rich in minerals which are important for healthy skin, hair and muscle conditioning.

Il castagnaccio è un tradizionale dolce autunnale italiano senza glutine che si ottiene cuocendo al forno farina di castagne mischiata con olio d'oliva e, volendo, frutta secca e noci. Può essere servito accompagnato da una tazza di caffè, vino da dessert tipo vin santo o anche cospargendolo con un po' di miele come si usa fare per il castagnaccio pugliese.

Ritenuto di avere avuto origine in Toscana, questo dolce di farina di castagne era un tipico dessert diffuso nelle regioni appenniniche dell'Italia dove le castagne erano uno degli alimenti base della gente di montagna. Oggi viene perlopiù preparato e venduto come specialità pasticceria autunnale.

Le castagne sono per natura di sapore dolce e povere di carboidrati. Abbondano di proteine, contengono vitamine come la vitamina C che potenzia il sistema immunitario e acido folico e vitamina B per aiutare a generare e mantenere livelli sani di cellule del sangue. Sono inoltre ricche di minerali importanti per la salute della pelle, dei capelli e dei muscoli.

INGREDIENTS

250gr sifted chestnut flour
2 eggs
150gr sugar
200ml milk
40gr sifted cocoa powder
50gr olive oil (or other preferred type)
8gr of baking powder
A handful of pine nuts to sprinkle over the top before baking

Optional

- the rind of a lemon or orange;
- a small shot glass of rum/ cointreau
- a handful of preferred nuts or dried fruit
- rosemary tufts for the Tuscan flavour



INGREDIENTI

250 gr. di farina di castagne setacciata
2 uova
150 gr. di zucchero
200 ml. di latte
40 gr. di polvere di cacao setacciata
50 gr. di olio di oliva (o altro tipo di olio preferito)
8 gr. di lievito in polvere
Una manciata di pinole da spargere sopra l'impasto prima di infornarlo.

Ingredienti opzionali

- scorza di limone o arancia
- a bicchierino di rum o cointreau
- una manciata di frutta secca preferita
- qualche ciuffo di rosmarino per dargli un'aroma toscano

METHOD

1. Beat the eggs and the sugar until light and fluffy. You can use an electric mixer, a fork (historic tool used by the country folks) or a whisk.
2. Add the chestnut flour together with the baking powder while continuing mixing the mixture on low speed and then add the milk with the oil combined ahead of time.
3. Add the sifted cocoa powder and your desired optional items e.g. a small shot of cointreau liquor
4. Ensure the mixture is well combined but do not over mix
5. Place in a pre-warmed oven for baking cakes and cook for about 35 minutes or until the skewer stick withdraws not too wet.
6. The castagnaccio needs to be cooked BUT not overcooked otherwise it will taste dry.
7. You can enjoy it warm or cold and if you choose with a chestnut sized double cream blob on the side, lightly drizzled with your favourite honey.

METODO

1. Sbattere le uova con lo zucchero fino a formare una crema leggera e soffice. Potete usare un miscelatore elettrico, una forchetta (utensile tradizionalmente usato dalla gente di montagna) o il frullino a mano.
2. Aggiungete alla farina di castagne il lievito in polvere continuando a frullare l'impasto a bassa velocità e quindi aggiungete il latte con l'olio che avrete provveduto a mischiare anzitempo.
3. Aggiungete la polvere di cacao setacciata e l'ingrediente opzionale prescelto tipo un bicchierino di liquore cointreau.
4. Assicuratevi che l'impasto sia ben amalgamato ma non troppo.
5. Mettete la teglia con l'impasto nel forno già caldo e cuocete per circa 35 minuti o fino a quando il bastoncino di verifica della cottura non venga fuori troppo bagnato.
6. Il castagnaccio ha bisogno di essere cotto MA non troppo cotto altrimenti risulterà secco.
7. Potete gustarlo caldo o freddo e se lo desiderate, accompagnato da un po' di panna leggermente cosparsa con miele di vostra scelta.

Education department



**Dott. Ferdinando
Colarossi
Manager,
Department of
Education &
Heritage**

Language Culture and Heritage Department

The mission of this Department is the promotion of the Italian language and culture in schools and the wider community. It plays a vital role in the collection, preservation and sharing of the Italian-Australian story and the Italian Australian culture that is clearly evolving and manifesting itself in many and varied artistic, academic and popular endeavours.

The Department continues to support and nurture these contributions to the Australian multicultural family by staging exhibitions, holding book launches, staging concerts and promoting the overall Italian and Australian culture through lectures and workshops with renowned academics and scholars in the field.

An integral part of the Department's focus is the support of the teaching of Italian in our schools through the provision of resources, professional learning opportunities for teachers and special events for students.

The Italian-Australian story continues to be collected and preserved by the Italian Historical Society and shared through the permanent and temporary exhibitions housed in the Museo Italiano.

“La cultura è l’unico bene dell’umanità che, diviso fra tutti, anziché diminuire diventa più grande”

(Hans Georg Gadamer)



Make sure you keep reading to find out more about us and how we “make” culture.

Since its foundation in 1968, CO.AS.IT. has aimed to achieve the full potential of our community through the delivery of culturally appropriate services and the promotion of the Italian language, culture and heritage. Today, CO.AS.IT. is still committed to promoting quality education and culture for all, strengthening cooperation and building better communities by preserving our cultural heritage and our history.

But how do we do that? And what is *culture* for us?!

The Department of Italian Language, Culture and Heritage within CO.AS.IT. serves this purpose with passion, translating culture in many ways. It would be impossible to define the Department in one sentence only, as it encompasses multiple services and expressions of culture itself.

Culture is *language*! That’s why we offer a wide selection of Italian classes at all levels for students and adults. Knowing a language opens the door to a whole new world, a new culture and a new perspective.

Culture is *schools* and *education*! That’s why we offer programs to primary and secondary school students on the history of Italian migration and on Italian culture. How could we engage with the younger generations otherwise? We are here to foster the existing intergenerational connections within the Italian Australian community, but also to raise awareness and to support the curriculum in the wider community.

Culture is *resources*, printed and human! That’s why we constantly enrich our catalogue with new publications and we produce teaching material and activities. We also “import” young Italian graduates directly from Italy to work as Language Assistants in some schools, which will benefit from the most up-to-date Italian language and culture.

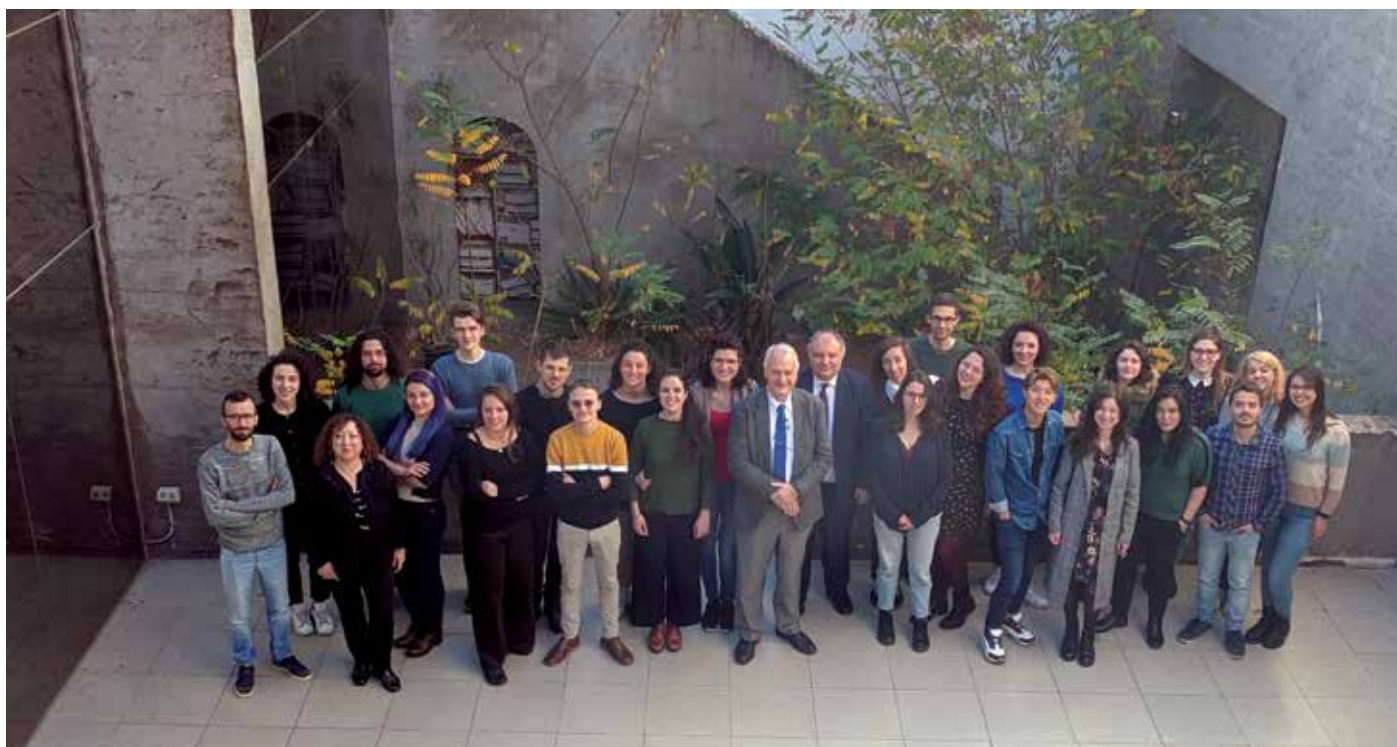
Culture is *exhibitions* and *collections*! That’s why we’ve been proudly running the Italian Historical Society since 1980 and we opened Museo Italiano in 2010. Together with temporary exhibitions, the display attracts visitors and generates knowledge and appreciation. The significance of objects in preserving our shared memory and in telling stories is truly invaluable.

Culture is *music*, *film*, *food*, *history* and *literature*! That’s why our rich cultural program offers diversity by promoting concerts, book launches, film forums, lectures...you name it. Our events are a favourite gathering place for a huge portion of our community, but they also try to reach out to a new audience and embrace emerging interests.

Culture is *travel*! That’s why at CO.AS.IT. you will also find Carlton Travel, whose passionate travel consultants will help you organise your next trip to Italy...and beyond! When you travel you explore; when you explore you learn; when you learn you grow!

Italian *Language* Assistant Program

The CO.AS.IT. Language Assistant Program brings 20-30 bright, young Italian graduates to Australia to work alongside teachers of Italian in our Victorian schools.



The program is now in its 25th year! It is financed by CO.AS.IT. with funding support from the Italian Government and the Department of Education and Training of Victoria.

Currently selected through a formal application process from eight Italian universities, the assistants invigorate and refresh the Italian programs through their input of current language usage and cultural trends.

The program is a classic win-win initiative: the Australian students benefit from the fresh enthusiastic input of the assistants and the graduates return to Italy with new skills and broadened culture.

Some decide to remain and in doing so refresh and reinvigorate the existing Italian language teaching cohort.

Antonio

I applied for this experience in a moment of great apprehension for my future. In fact, after my graduation, a period of great uncertainty followed the serenity of university years. I don't know what I was expecting to find here, but this experience has positively awoken the dullness of my days.

Hillary

The decision to return to Australia, four years after my first trip here, was not easy. Last time, I struggled with farm work, unskilled jobs and discrimination. Returning as a teacher's assistant, I already feel like this was one of the happiest choices I have ever made."

Martina

I arrived in Australia with no expectations about this place, I just wanted a new experience where I could learn as much as possible of a place so far from mine. So far, I can say I'm very happy: people's kindness is warm and honest and they really try to make you feel at home.

Giulia

I took this job to start a career abroad, but I was quite scared at first. Now, after just one month, I am the most self-confident I've ever been: everyone at school welcomed me in the warmest way and I feel like I'm doing something important for them in return.

Chiara

I decided to take this opportunity because, after graduation, I felt that I needed an international experience and I wanted to put into practice what I had learnt. As a matter of fact, I'm specialising in teaching Italian as a second or foreign language. This is my first time overseas, but Melbourne doesn't seem like an unfamiliar place to me: its multiculturalism makes me feel at home.



Alessandro

I've never been to Australia before, and this experience has allowed me to immerse myself in the rich and varied culture of this country. It has given me the opportunity to realise how much the culture of my country is appreciated abroad and pursued with passion even by young high school students.

Brunilde

Teaching my fabulous language to foreigners is my dream and being in Australia is such a great opportunity to test my abilities in an education system that is so different from the Italian one. From the very first moment here I knew that I was going to grow both professionally and personally, learning to appreciate the differences between our countries.

Daniela

I see this working experience as a good launch pad for my future career as a teacher in my home country. Starting abroad certainly makes it more challenging but also stimulating.

My initial impression is very positive, I have received such a warm welcome! CO.AS.IT, the Italian teachers and the school staff in general have been friendly and extremely helpful.

Omar

I left from Italy full of enthusiasm to undertake this decisive experience but trying not to have expectations and to live an adventure. Working as a Language Assistant represents an opportunity for me to deepen my interest in teaching Italian to foreign learners and at the same time to experience a personal and professional enrichment in the country that has always had a strong personal appeal. And so far, a month after my arrival in Melbourne, the premises and first impressions are

YNam

This time I decided to step out of my comfort zone and dip into a new world, where seasons are all reversed and distances are all longer. By working in Doncaster Secondary College I realised how multicultural Australia is. Living with a local teacher is making me experience the country in the most authentic way possible. For example, after just one day I got to learn how the Aussie Footy works.

Serena

Expectation: provide authentic language and cultural experiences for Australian students in order to increase their knowledge and understanding of Italy.

Motivation: gain more experience in teaching Italian language to foreigners and promoting Italian culture abroad.

First impression: Australia is a completely different world that must to be discovered and lived.

Francesca

I am so happy to be here!

I have to admit that I was initially scared about this experience, but it turns out that it was one of the best experiences of my life. I decided to come to Melbourne because I have always been fascinated by this beautiful city and Australia in general.

I really want to be a good Italian language teacher and so the idea of living in another country and teaching Italian was very appealing to me.

I had high expectations about living Melbourne and fortunately the city has met them. I was hoping to find a good school, nice students and feel comfortable in Australia.

I have been very lucky to have found a generous and beautiful family to host me for the time I will be in Melbourne as well as the other Italian language teachers who I have befriended.

I feel incredibly useful right now as the teachers have given me many ways to help students who wish to learn Italian and, as a result the students have treated me as though I am one of their teachers.

Lorena

When the University of Genova called me to tell me that I had been selected for this project I was leaving Italy to spend a few months in South America, so I had to change my plans. I was in Argentina when I got the Visa and I must admit that I really was excited. It was quick and a bit hard because I had to organise everything at the last minute but honestly now that I'm here I can say that it was totally worth it. I am getting along really well with my host family and I am very happy because I feel that my English skills are improving and I feel that the school has appreciated me and the students have embraced me. My tutor is a fantastic mentor. It seems to be, so far, a wonderful experience to grow professionally and of course to live in another country and get used to a different

Italian Historical Society

Showcasing and Sharing Australia's Rich Italian Immigration Story

Established in 1980, the CO.AS.IT. Italian Historical Society remains the first and only cultural organisation of its kind in Australia.

From the beginning the aim is to place the Italian immigration story within the wider context of Australia's history by working closely with the Italian Community to collect, preserve and promote the Italian-Australian immigration story. Thanks to the generous support of CO.AS.IT., and countless donors and lenders from the Italian community, the Society's Collection continues to grow and includes over 8,800 images, almost 400 oral histories, and a wide range of objects which ensure this important history has an authentic and united voice.



The Society's well-earned reputation for creating innovative, popular and memorable exhibitions began with two major touring exhibitions, *Victoria's Italians 1900-45*, held at the State Library of Victoria and *Australia's Italians 1788-1988*, which was launched in Canberra by the then President of Italy Francesco Cossiga. The Italian version of the exhibition is still touring Italy today. The first joint community exhibition, *Bridging Two Worlds: Jews, Italians and Carlton*, was held at the Melbourne Museum. It was highly popular and was created in partnership with the Society, the Jewish Museum of Australia and Museum Victoria.

One of the greatest achievements has been the establishment of Museo Italiano in 2010, Australia's only major permanent exhibition dedicated to the Italian-Australian immigration experience. Museo Italiano was developed with the financial support of the Victorian Government and would not have been possible without the invaluable support of the Italian Community which is clearly visible in the many and varied stories and artefacts on display.



The Italian Historical Society also works closely with organisations in Italy to ensure that the Australian immigration experience is part of wider Italian Diaspora story. As well as having provided a range of unique images from its Collection to the Museo dell'Emigrazione al Vittoriano in Rome, the Society is now also looking forward to the opportunity of working with the staff of the Galata Museo in Genoa in the development of the Museum's inaugural Australian gallery.



The Society's long tradition of creating innovative and highly popular temporary exhibitions continues with the award winning Multicultural Museums Victoria joint *Grandmother's Exhibition* in 2018. More recently the Society staged the highly successful

Carlo Catani: Visionary, Creator, Genius Exhibition, (20 November 2018 to 5 April 2019) and has just launched its newest exhibition, *WWI: The Knights of Vittorio Veneto* in Australia which runs until 3 August 2019. Created in collaboration with the Museo della Battaglia di Vittorio Veneto, Italy and the Embassy of Italy in Canberra, the exhibition has already received great public interest. Key features include Italian WWI images, the Luigi Marzocchi Collection and a special donation from the Museo della Battaglia to the Italian Historical Society of a rare internationally significant publication which lists the names of approximately 2,000 Italian WWI veterans who received the Knighthood of Vittorio Veneto and were living in Australia at the time.



We are looking forward to many more exciting projects which engage, support and promote all aspects of the Italian-Australian immigration story and we are keen to hear from anyone interested in donating relevant material and stories to the Collection. If you would like to know more about the Society and its activities or would like to donate memorabilia or share your family history you can either visit the CO.AS.IT. website or contact us at the details below:

www.coasit.com.au
Email: ihs@coasit.com.au
Phone us on: 9349 9000.

Photos from The Knights of Vittorio Veneto in Australia Exhibition Launch, 20 May 2019.



Youth Engagement

As the spearhead of CO.AS.IT.'s new direction this year three staff members of the Carlton-based non-profit organisation brought its presence and showcased its services to three Melbourne campuses: Swinburne University, University of Melbourne and Monash University.

This engagement with the universities and the younger generation was agreed on in late 2018 as the start of a three-pronged long term strategy to bring young Italians and Italo-Australians into the fold as well as a way to indirectly strengthen the bonds between CO.AS.IT. and the universities which have supported us over the years.

The strategy aims to initially bring the Italian societies into close and regular cooperation with CO.AS.IT. with targeted events for the younger generation in the hope that they will be able to re-discover and maintain their Italian identity as well as making Italian culture and lifestyle flourish in Melbourne once again.

The first stop was Swinburne University which saw both CO.AS.IT. staff and the resident Italian student club (Swinburne Italian Club) develop a close camaraderie in the space of a few short hours.

Two days after the initial hectic trial by fire CO.AS.IT. faced the horde of new and returning students at the University of Melbourne with almost uninterrupted engagements from the start of the day to pack-up time and a hectic to and fro between the Melbourne University Italian Social Club stall and CO.AS.IT.'s.

Monash University was the last stop for Team CO.AS.IT. on a day that announced the end of Summer. However in spite of the cold and rainy weather many students attended and the experience was made all the better by the hot chocolate stall being just a few minutes' walk away.

CO.AS.IT. is now looking at expanding their partnership with the student clubs by engaging directly with VITA (Victorian Italian-Australian Tertiary Association) in the next few months to create a strong network between CO.AS.IT. and the future of Italian culture and heritage in Melbourne.

Should you wish to know more, take part in or have any questions about the project please do not hesitate to e-mail your queries to Francesco Contardo at fcontardo@coasit.com.au or call him at 9349 9029 during business hours.

Come iniziativa di primo piano dei suoi nuovi obiettivi, il CO.AS.IT. ha avviato un piano di collaborazione con tre associazioni studentesche di tre università di Melbourne: Swinburne University, University of Melbourne e Monash University.

La collaborazione con le suddette associazioni studentesche universitarie e gli studenti iscritti ai corsi di italiano fu concordata sulla base di una strategia a lungo termine finalizzata a favorire l'aggregazione di giovani italiani e italo-australiani e creare un clima di sinergia tra il CO.AS.IT. e le università.

La strategia, nella sua fase iniziale, mira a creare un'interconnessione tra i circoli studenteschi e il CO.AS.IT. tramite l'organizzazione di eventi concepiti per permettere ai giovani di riscoprire e coltivare la loro identità italiana dandone piena espressione nello scenario sociale e culturale di Melbourne.

Il CO.AS.IT. si propone adesso di alimentare i rapporti con i circoli studenteschi coinvolgendo nel progetto l'associazione VITA (Victorian Italian-Australian Tertiary Association) al fine di creare una rete di collegamento con gli organismi impegnati a preservare e promuovere il patrimonio culturale e linguistico italiano nella città di Melbourne.

Se interessati a far parte del progetto o se cercate ulteriori informazioni rivolgersi a Francesco Contardo via e-mail (fcontardo@coasit.com.au) o al tel. 9349 9029 dalle 9 alle 17 dal lunedì al venerdì.

Memories That Make Us

Earlier this year CO.AS.IT. engaged into a long term partnership with Deakin University to collect, archive and preserve the memories of Italian post-war migrants in Victoria.



This wealth of knowledge is at risk of being lost forever as members of that initial wave of migration begin to age and pass away. The inestimable wealth of knowledge being lost due to no prior collection existing is immeasurable. By collecting the real life stories of these members of our community not only will we be setting the foundations for future ethno-related research in Australia and internationally, but a wealth of knowledge that will forever live on. Preserving these memories is essential to the wider preservation of Italian identity in Australia. The experiences faced by Italian post-war migrants directly influenced the way Australia changed decades later. Future generations, when asking themselves “who am I and where do I come from?”, will be able to get a clear answer thanks to these archives that we are putting together. The preservation of our identity as either Italian migrants ourselves or as descendants of Italian migrants (Italo-Australians) hinges on the continuous collection of the memories and experiences on those who came before us.

CO.AS.IT. and Deakin University will be conducting initial questionnaires, focus groups and interview sessions with over 200 Italian post-war migrants aged over 70 years of age. Following the collection of these stories, an archive will be put together and made accessible to all through an online portal as well as various podcasts, radio presentations and a documentary to be set up following data collection.

Preserving these memories is but the first step in cementing the legacy of the generations that came before us for the benefit of generations to come.

Should you wish to take part in or have any questions about the project please do not hesitate to e-mail your queries to Francesco Contardo at fcontardo@coasit.com.au or call him at 9349 9029 during business hours.

Il CO.AS.IT. assieme alla Deakin University ha intrapreso un progetto ambizioso che raccoglierà le storie di oltre duecento migranti Italiani, immigrati nel Victoria nel dopoguerra, mappandone le esperienze, le vite, i ricordi, le difficoltà e i successi. In futuro, oltre a rappresentare un patrimonio di inestimabile valore culturale, questa raccolta comprensiva di memorie rappresenterà non solo la storia dei nostri connazionali ma una piattaforma, un prototipo, da usare per altri progetti simili per altre ricerche condotte per simili scopi da altri gruppi culturali.

Il progetto è solo il primo passo di una lunga serie che permetterà la collezione e la conservazione di memorie appartenenti a coloro che ci precedettero oltre alla pubblicazione di materiali di significato internazionale.

CO.AS.IT. Resource Centre:

a place to connect

In our technological world how important is it to still have a space, a physical space where one can connect with others and be nurtured in language, culture and history?



CO.AS.IT. Resource Centre Library provides such a place. A place where on the peripheral events happen, exhibitions demonstrate and history is respected and recorded while one can be immersed in the Italian language and connect with others.

For over half a century CO.AS.IT. Resource Centre has provided an area where young people gather after school, teachers venture in and out of shelves collecting resources, plan lessons or study while others simply browse or sit quietly to read. With circa 13,000 resources, the biggest task for the CO.AS.IT. library is not just to collect and catalogue but rather to provide access and be relevant. However, the value of the collection is not to be measured in numbers or capacity but rather in the service it delivers. R.David Lankes, Professor and Dean's Scholar for New Librarianship in Syracuse University's School of Information Studies, expressed it perfectly when he wrote:



“Bad libraries
build collections,
good libraries
build services,
great libraries
build communities.”

So when students of all ages and teachers gather at CO.AS.IT. Resource Centre, they link up with the Italian language via association with each other and via quality modelling either in written or oral forms. Teachers can retrieve authentic materials which support current curriculum initiatives in a myriad of varying formats – books, DVDs, audio resources, realia, kits and games. As the entire collection can be accessed via the online catalogue, those who cannot visit the centre personally because of distance can have resources dispatched via post both within the metropolitan area, to country Victoria and interstate. Access to the centre is further increased by extended opening hours with late night opening once a week, Saturday opening once a term and the library fully operating during the school holidays.



Length, breadth, width and accessibility are of no consequence to any library however, unless material is relevant to its patrons. With this aim in mind over one hundred editions of the educational magazine “Orizzonti” have been produced by CO.AS.IT. Resource Centre as a means of providing teachers and students with educational material for the teaching and learning of Italian in the classroom. Originally in paper format it is now distributed to schools electronically. Being the 500th anniversary of the death of Leonardo Da Vinci, the first edition for 2019 has the title “Celebrando Leonardo 500” and focuses on the timeless genius of Da Vinci.

Similarly, the translation of texts, both factual and fictional, is another important task undertaken by the Resource Centre as it provides simple texts appropriate to the language level of students.

CO.AS.IT. Resource Centre aims to be more than a repository for books and more than shelves stacked neatly in correct order. It aims to showcase Italy, its language, culture and history...a place where anyone of any age can connect with all things Italian.

“We’re all connected by a love for travel”

Carlton Travel is well known as a cultural travel specialist delivering unique itineraries for individuals and families traveling independently, as well as for those who prefer guided and escorted tours.



Targeting individuals of Italian background, the broader Australian community of students and teachers as well as native Italians, Carlton Travel endeavours to bring travel and culture together.

The past

Carlton Travel Service (CTS) is part of the Cultural and Heritage Department of CO.AS.IT.

It was first established in the 1950s with the aim of offering to the Italian community and those who have a passion for all things Italian, a travel department.

The agency was operated by Gianni (John) and Filippo (Philip) Gangitano. The two brothers migrated from Valguarnera in Sicily in 1949 with their mother to join their father Alfonso Gangitano who had migrated to Melbourne twenty years before. The business also incorporated John Gange Pty Ltd, Real Estate Agents. John Gangitano helped to establish two Italian language newspapers Lygonista Italiana and Rivista Italiana. He was also politically active as founder and president of A.L.I. (Associazione Liberale Italiana or Italian Liberal Association).

In March 2004 Carlton Travel became part of COASIT. In 2011, Mariella De Paolis joined Carlton Travel after many years of overseas experience in the travel industry.

Mariella knows how to tune in with her clients when organising group and individual travel itineraries. Her fundamental belief is to get to know the clients so that the best travel arrangements can be put in place with a personal touch: “My priority is the satisfaction of the client”.

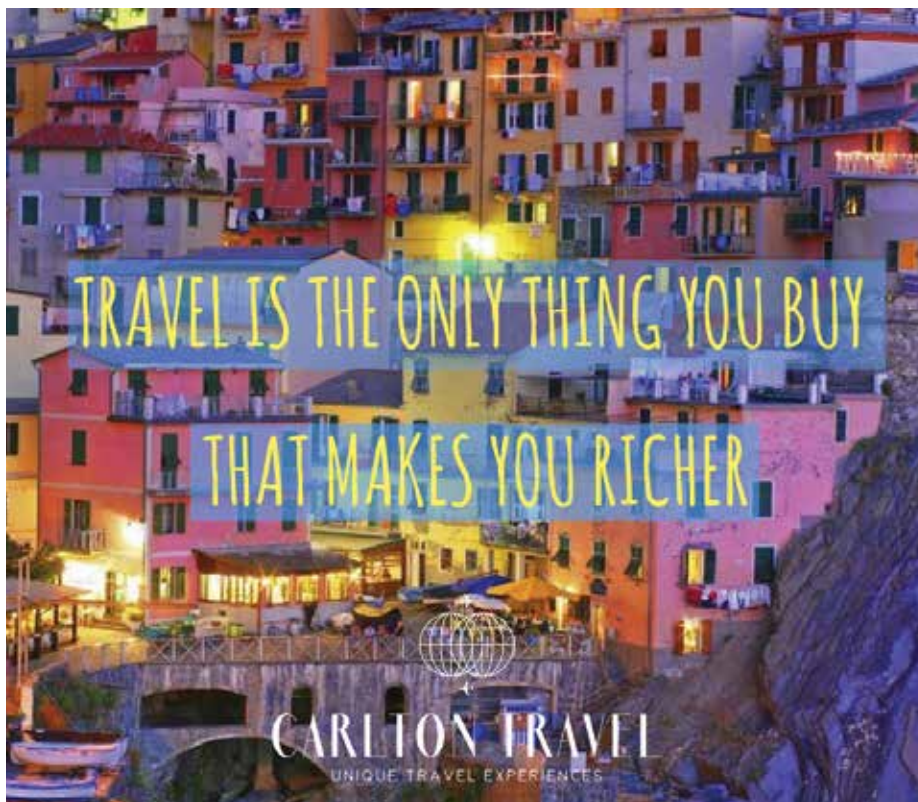


In the last couple of years Carlton Travel has invested time and resources in order to increase its presence on social media and the internet. A new staff member, Barbara Zoroddu, has been hired. Barbara comes from a long experience in the IT industry in Italy and a life spent travelling the world, preferably on a sailing boat. Her love for communication and social media helped her develop a new website and a social media presence for Carlton Travel. There are many ways to communicate values and love for Italy and its culture but in today's world we also need to be part of the digital scene to better enhance, further promote and develop Italian culture through travel.

The present

“After many years our goal at Carlton Travel hasn’t changed” says Mariella. “We love organising unique travel experiences for individuals and groups. We also create unique cultural travel experiences for students thus consolidating the strong relationship that CO.AS.IT has built over the years with the education world here in Australia.”

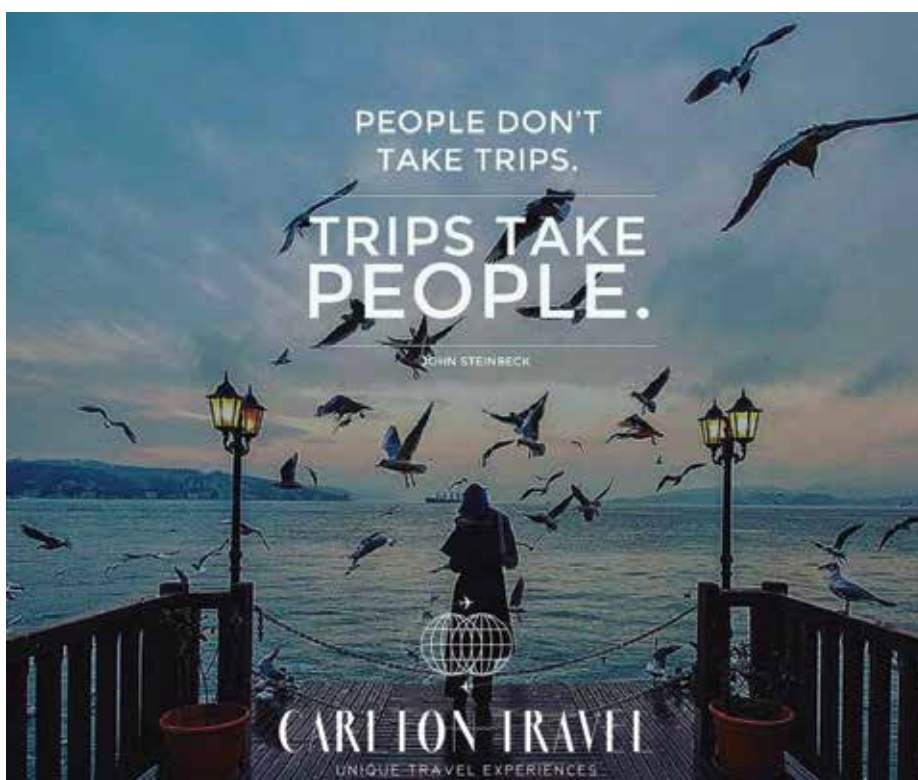
Thanks to a well-established network of experienced and professional local correspondents, Carlton Travel is able to deliver tailor made travel experiences that suit any interests, desires and needs. “We love inviting our clients over and meet them to find out what kind of experience they are after, what really interests them.” Mariella and Barbara’s knowledge of Italy, its hidden gems, its amazing cultural scene has inspired unforgettable trips so far.



The future

The love for Italy is shared by many in Australia, especially by Australians of Italian background. As stated by Elizabeth Triarico, head of the Italian Historical Society (IHS), “The Society receives many family history enquiries and many are interested in carrying out research overseas.” That’s one reason why Carlton Travel and the IHS are promoting Family History Travels to Italy. A way to connect to our ancestors’ homeland is through a fully customised vacation which includes the services of professional genealogists based in Italy.

Research in Italy can be challenging given the multitude of records and local information that is not available on the internet. It is therefore vital to choose a professional genealogist who has an in-depth knowledge of Italy, its history and people.



The reasons why people set out on the journey to research their family histories are many and varied. Most want to unlock decades, sometimes centuries, of unconfirmed stories, others just want to find ‘home’. Others just want to research their lost relatives. Some want to know what kind of people their ancestors were, their names, how and where, when and how they lived. Others want to know what led to the decision to leave behind everything that they held dear and embark on long dangerous journeys to strange lands they knew nothing of, often with little more than the clothes they stood up in.

Using the Italian State Archives with its collection of family land records, deeds, leases and most importantly surviving civil and Parish Church records of birth, marriage and burial, the family history part of your trip to Italy will be entrusted to a professional genealogist based in the area where your family comes from.

Italian *Australian* Culture

In the period in which we are living, characterised by global mobility on an unprecedented scale, the traditional distinction between centre (the homeland) and periphery (the spaces of the diaspora, i.e. where migrant communities live) is being renegotiated worldwide.



In the Italian case, sheer numbers show the overwhelming and growing importance of diasporic contexts, with Italics (in Piero Bassetti's expression) outnumbering Italians by something like 4 to 1. In recent decades, Italy has been impacted by very significant migrant influxes, with the result that Italian society and culture too are progressively becoming hybrid and transcultural.

This renegotiation of the distinction between centre and periphery has important cultural consequences.

In a nutshell, traditional, "purist" notions of a culturally hegemonic (superior) centre and subaltern (inferior) periphery are no longer tenable. As well as almost by definition minor and outsider with respect to the national cultures it often uneasily straddled, migrant identity was typically viewed as a temporary phenomenon, bound to disappear with the physical demise of migrants and the assimilation of their children into the mainstream of the host country. This view too appears increasingly problematic.

In Australia, as the cohort of post-war Italian migrants dwindles and the community enters the third and fourth generation in large numbers and with increasing phenomena of miscegenation, it is clear that the connection with Italy, both through memory and through free, creative (re)appropriation is here to stay as a core element of this community's identity.

Indeed, a distinctive Italian Australian culture appears to be in the making – proud of its migrant heritage and its values of resilience and hard work, conversant with

contemporary Italian culture and thoroughly modern in outlook. This Italian Australian culture, far from a ghetto or backward-looking phenomenon, is an integral part of Australian culture since it is by its very essence shared within the multicultural weave of Australian society. This culture – the culture of the well-integrated Italian community of Australia – is, of course, the catalyst of all sorts of relationships – cultural, but also economic, commercial, touristic – between the two countries.

How often have we, migrants and children of migrants, felt – how often have we heard others say that they feel, *né carne né pesce* [Neither fish nor fowl]? This is a way of expressing the uneasiness of the migrant condition. But this feeling also firmly situates the migrant experience in a “third space,” a meta-level, if you wish, with respect to the spaces to which people in the country of origin as well as in the country of destination may seem to belong in a relatively non-problematic way.

This feeling can, and needs to be, turned on its head. When one struggles because one finds that one does not belong to a cultural group with a pre-defined identity defined by relatively fixed paradigms, chances are that the reason is that one is involved in the difficult, groundbreaking work of building new paradigms, of making a new culture (to which one cannot belong simply because it is under construction).

Every migrant or diasporic subject who lives, evaluates and compares different cultural options, is thereby offered the opportunity, indeed, is provoked to become a rational agent of cultural choices and creativity. In parallel, cultural identities emerge, insofar as they are options and not givens, as historical constructs, this-worldly products of the human imagination.



Traditional notions of cultural identities as fixed essences, often anchored to metaphysical notions such as blood, the land or divinity lose their grip, as the emancipatory potential of migration and diasporic contexts comes to the fore.

CO.AS.IT.'s cultural programs bear witness to the vivacity and calibre of Italian Australian culture, as well as to the volume and quality of scholarly work in this field.

By steadily nurturing Italian Australian culture, CO.AS.IT. supports the Italian community become and remain a confident and distinctive voice in the multicultural dialogue of 21st century Australia. CO.AS.IT. is guided in all its activities by the democratic principles of dialogue-based reason and migrant values that are, as suggested above, inbuilt in the context in which it operates.

The After Hours *Doposcuola* Culture

Italian Language Program

The teaching of Italian is pivotal to the many services offered by COASIT.



The After Hours Italian Language Program is well-established and offers classes from preschool to Year 12 level, in the perfect surroundings of the local Italian precinct of Carlton.

The classes held on Saturdays are filled with students from Italian and other cultural backgrounds, all eager to learn the Italian language. The qualified 'Doposcuola' teachers not only provide a rich quality language program but also immerse the students in the love and appreciation of the Italian culture, including the celebration of Carnevale, la Festa Della Repubblica and La Befana. A highlight of the Doposcuola Program is the annual Italian concert for families, where students showcase and celebrate their language learning.

Parents will experience the growth and development of their children's language skills in the Italian language and their knowledge of its culture. Let your children come and experience this wonderful language program at CO.AS.IT!

Museo Italiano Educational Program

The Museo Italiano is a great place for a school excursion, not only for students learning Italian but also for students learning English, History, multicultural and diversity studies!



The Museo Italiano offers education programs based on the permanent exhibition related to Italian migration to Australia and their contribution to the community, particularly in the local area of Carlton, where it is suitably located.

The programs offered include staff-led presentations conducted bilingually or in Italian and school self-guided programs. Teachers can use the related Museo Education Resource kit with related student activities to ensure their visit is a success and a valuable learning experience for their students.

The Museo Italiano is a rich hub for the community to explore including not only students, but also community groups, adult learners, aged care providers, tourists, interstate and international visitors.

Adults Italian Language Program

Amidst Carlton's boutique cafés and delis CO.AS.IT. has been a shining beacon in the provision of quality Italian language classes for adults for the past 23 years.



Adults of all ages and levels of proficiency can easily find the right class in which to settle in and improve their Italian all the while making new friends – more than one knot has been tied within the walls of CO.AS.IT.'s classrooms!

Most of our teachers are native speakers and all of them are qualified Italian teachers and have specialised in the provision of language instruction to adults.

Whether you are starting out from scratch or are already an advanced speaker, whether you are interested in Italian culture, music and history, or simply in having the opportunity to practice your conversation skills in view of an impending trip to the Old Country, CO.AS.IT. Adult Italian Language Program has the right class and teacher for you.

CO.AS.IT. also organises private intensive one-on-one lessons and caters to corporate language learning needs – one of our latest clients has been the head office of Telstra!

And finally, if you really want to challenge yourself and test your abilities, why not sit a CELI language proficiency exam with us? CO.AS.IT. is the first and – for now – only centre in Victoria authorised by the University for Foreigners of Perugia to provide the Certificate of Knowledge of Italian Language (CELI) exam through which you can earn an international language certification that will hold you in good stead for any Italian language study at university.



**EXCELLENCE IN
AGED CARE SERVICES AND EDUCATION**

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