



co.as.it.
community
services

insieme

02 | 2024

OUR VISION

To be a leader in the provision of quality, accessible and affordable community care services for the general and CALD (Culturally and Linguistically Diverse) communities.

OUR VISION

To be the focal point in Queensland for the promotion and study of the Italian language and culture.



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LETTER FROM THE CEO

I am committed to building upon our strong foundation, driving further success, and continuing to make a positive impact on the people we support in our community.



It is with great honour and excitement that I step into the role of CEO at Co.As.It., following in the footsteps of our esteemed predecessor Dina Ranieri.

I want to express my deepest gratitude to our outgoing CEO for her exceptional leadership, which has shaped our organisation into the well-recognised provider it is today.

As she embarks on a well-deserved retirement, we wish her all the best and thank her for her invaluable contributions to both our organisation and the community.

While I may be new to this position, my journey with Co.As.It. spans over three decades. During this time, I've had the privilege of witnessing our remarkable growth and success firsthand.

This long-standing connection to our organisation gives me a unique perspective and a deep understanding of our mission and values.

As we look to the future, I am filled with enthusiasm for the new journey ahead. I am committed to building upon our strong foundation, driving further success, and continuing to make a positive impact on the people we support in our community. Our dedication to excellence and service will remain at the forefront of everything we do.

I look forward to working with our dedicated and talented staff, our partners, and the community as we write the next chapter in Co.As.It.'s story together.

There are exciting opportunities ahead, and I am confident that with our collective efforts, we will reach new heights and further strengthen our position as a leader in our field.

Tanina Softa

OUR HISTORY

A LEGACY OF LEADERSHIP: DINA RANIERI'S REMARKABLE JOURNEY AT CO.AS.IT.

When Dina Ranieri first stepped through the doors of what was once known as the Italian Australian Welfare Association in 1987 as a fresh-faced accountant, little did she know that she was embarking on a journey that would span over three decades and transform both her career and the organization itself.

As Dina prepares to bid farewell to her role as CEO, we look back at the incredible growth and impact she has had on this vital community institution.

From bean counter to visionary leader

Dina's early days were spent crunching numbers and balancing books. But as the years rolled by, her expertise expanded far beyond the realm of finance.

She became a master of navigating the complex world of funding, statutory requirements, and everchanging government regulations.

It was this wealth of knowledge that positioned her perfectly for the role of CEO in 1998. It was a decision that would benefit not only Co.As.It. but a multitude of Italian-Australian generations to come.

Once at the helm, Dina's vision for Co.As.It.'s future began to take shape. With the unwavering support of a strong committee and then a board of directors, she steered the organisation into uncharted waters, expanding its reach and impact in ways that would have seemed impossible in those early days.



Building an empire of care

Under Dina's leadership, Co.As.It. experienced a growth that can only be described as exponential. What was once a modest operation now boasts a workforce of 300 dedicated care staff and 200 office staff.

But the numbers don't tell the whole story – it's the breadth and depth of services that truly showcase Dina's legacy.

The organisation now provides aged care, disability, and community support programs that touch the lives of over 5,000 people every single week.

Dina's ambitious vision led to the expansion of services to the South Coast and as far as Stanthorpe, Cairns and Townsville, as well as the purchase, renovations, and construction of three social activity centres, two office buildings and a multitude of buses and vehicles that can be seen scooting around Brisbane and the Gold Coast in their distinctive orange and blue logos.

Amici House: A community hub like no other

However, the crowning achievement must be the community hub Amici House. On any given day, you'll find a bustling hive of activity. This flagship community centre and café welcomes an astounding 600 visitors each week, offering a smorgasbord of engaging activities, and a café that serves up delectable Italian treats.



It stands as a testament to Dina's commitment to creating spaces that foster community connection and celebrate cultural heritage.

A champion for language and education

Dina's influence extends far beyond the realm of social services. Under her guidance, the Italian Language Centre (ILC) has blossomed into a powerhouse of education, working hand-in-hand with Education Queensland and Italian authorities.

With over 26,000 students across Queensland, the ILC has established itself as the go-to resource for Italian language education in the state.

Festivals, fundraising, and financial wizardry

Not content with revolutionising care services and education, Dina also turned her attention to cultural celebration and community engagement.

Major Italian festivals and events flourished under her watch, bringing joy to countless Queenslanders while also bolstering the organisation's mission of promoting the Italian language and culture.

A lasting legacy

As Dina prepares to hang up her CEO hat, she leaves behind an organisation that bears little resemblance to the one she joined in 1987.

Through her visionary leadership, unwavering dedication, and ability to adapt to changing times, she has transformed Co.As.It. into a pillar of the community, touching thousands of lives every day.

While Dina may be stepping down, her impact will continue to be felt for generations to come. Presented with the Italian Cavaliere Award, Dina was formally recognised for the outstanding commitment to the needs of the Italian community.

As she closes this period of her remarkable career, the Italian Queensland community owes her a debt of gratitude for her tireless work in building bridges, fostering cultural understanding, and creating a support network that truly makes a difference.

Grazie mille, Dina – your legacy at Co.As.It. is nothing short of extraordinary.

We wish you the very best - that this next chapter of your life may offer you time with family and friends, travel, and of course happiness.



THE ETERNAL SYMPHONY OF LOVE

Music, it seems, is their secret language of love, breaking through the barriers of dementia to bring moments of joy in a world of constant confusion.



For people living with cognitive impairment, memories fade and connections waver. We want to share one couple's story that resonates with the eternal power of love and music.

Meet 92-year-old George and his partner of over 50 years. George's life has become a complex melody of advanced dementia.

George's story begins like a classic tune from the golden age of music. A talented musician, he once shared the stage with the legendary Bing Crosby, his fingers dancing across instruments, his voice harmonising with the greats. But it was off-stage where George composed his true masterpieces - love songs penned for his beloved partner, each note a testament to their enduring romance.

Now, as dementia clouds George's mind, those melodies seem lost in the fog of confusion. Communication has become a struggle, and even recognising his lifelong love is a challenge. Yet, in this apparent silence, a beautiful symphony still plays.

During a routine clinical assessment, George's partner revealed a secret that would make even Cupid blush. *"We still make love several times a day,"* she confided, her eyes twinkling with mischief and devotion. The statement hung in the air, seemingly at odds with George's

unresponsiveness. Our clinical nurse looked at George and questioned whether this was truly the case, but more importantly he was thinking *"What's your secret?"*

But then, magic happened. Leaning close to George, his partner began to sing - a love song he had written for her years ago. Like a spell being broken, George's face lit up with a smile, his eyes focusing with newfound clarity.

"Making love is not just for the young," George's partner explained, her voice full of wisdom and warmth. *"As you get older, you just get creative and find new ways to do it."*

In that moment, it became clear that for George and his partner, love transcends the physical. It's in the notes of a familiar tune, in the lyrics that have outlasted time and illness. Music, it seems, is their secret language of love, breaking through the barriers of dementia to bring moments of joy in a world of constant confusion.

Their story reminds us that love, like a well-composed song, has the power to endure. It adapts, finds new rhythms, and continues to play even when the world falls silent. For George and his partner, every day is a new verse in their lifelong love song - a melody that dementia may mute, but can never truly silence.

If we listen closely, it can be heard playing softly in the background of our lives, reminding us of the power of connection, creativity, and the enduring nature of the human heart.



ALLIED HEALTH

FROM PAIN TO PROGRESS: A PHYSIOTHERAPY SUCCESS STORY

With knee replacement surgery on the horizon, the physiotherapy team shifted gears, concentrating on pre-operative conditioning to optimise post-surgical recovery.



In a remarkable tale of perseverance and medical intervention, Robyn's journey from debilitating knee pain to renewed mobility showcases the transformative power of targeted physiotherapy.

When Robyn first hobbled into Amici House, her left knee pain had severely impacted her quality of life. Struggling with basic movements and unable to navigate stairs without discomfort, she epitomised the challenges faced by many individuals awaiting joint replacement surgery.

The physiotherapy team at Amici House quickly implemented a multifaceted approach. Initially prescribing a walking stick to ensure Robyn's safety, they developed a comprehensive treatment plan focusing on balance improvement and lower limb strengthening.

This strategy, coupled with a tailored home exercise regimen, proved to be a game-changer.

As weeks passed, Robyn's progress became evident. The walking stick was soon discarded, and her knee pain significantly diminished. A pivotal moment came when Robyn ascended stairs pain-free – a feat that had seemed impossible just months earlier.

With knee replacement surgery on the horizon, the physiotherapy team shifted gears, concentrating on pre-operative conditioning to optimise post-surgical recovery. This proactive approach paid dividends when Robyn returned for treatment mere days after her operation.

The post-surgical phase saw an intensive focus on range of motion exercises and pain management. Robyn's dedication to her treatment plan facilitated a recovery that was both swift and remarkably pain-free. Today, she participates in exercise groups and no longer requires ongoing physiotherapy, having achieved all her initial goals.

Robyn's case serves as a powerful reminder of the efficacy of well-executed physiotherapy in both pre- and



post-operative care. It underscores the potential for significant improvement in mobility and quality of life, even in the face of chronic joint issues.

As the global population ages, stories like Robyn's offer hope and inspiration. They demonstrate that with the right medical support and personal determination, it's never too late to reclaim one's mobility and independence.

This case not only celebrates Robyn's personal triumph but also highlights the crucial role of specialised geriatric care in fostering healthier, more active senior communities.



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LATIN DANCE CLASSES

- ✓ All Welcome,
 - ✓ Multi-level,
 - ✓ Professional Teacher,
 - ✓ No dance partner needed,
 - ✓ Fun and easy to follow,
 - ✓ \$20 - block of 4 classes,
- Booking essential | no walk-ins.**



2 LOCATIONS

Lutwyche Centre
Thursday
2:00pm - 3:00pm

Amici House
Wednesday
8:45am - 9:45am
9:45am - 10:45am

Contact Matteo (07) 3624 6100
mail@coasit.asn.au



 @coasitqld

 @coasit_qld

NATIONAL DISABILITY INSURANCE SCHEME

THE RENAISSANCE MAN OF THE MODERN AGE: CLINTON'S JOURNEY OF PERPETUAL GROWTH

In an era of specialisation, Clinton stands out as a true Renaissance man. With a mind as vast as the internet and a thirst for knowledge that rivals the great philosophers, this extraordinary individual proves that disability is no barrier to intellectual and personal growth.

Clinton, a participant in the NDIS, is a testament to the power of curiosity and determination. His days are filled with the voices of history's greatest thinkers and today's sharpest minds, courtesy of his extensive audiobook collection.

From political discourse to cutting-edge science, Clinton's mental library is a treasure trove of information that would make even the most seasoned scholars envious.

But Clinton's wisdom isn't confined to the realms of digital audio. His passport tells a tale of a man determined to experience the world firsthand.

"It was an important experience," Clinton reflects on his travels to the Philippines and England. *"I wanted to go deep and understand England's history and its impact on the world."*

His eyes light up as he recounts hours spent in museums, absorbing centuries of Western culture like a sponge.

But Clinton's renaissance isn't limited to intellectual pursuits. Recently, he's turned his curious mind and capable hands to the culinary arts, with a particular focus on Asian cuisine. *"I love cooking for people,"* he says, his eyes twinkling with enthusiasm. *"And sometimes, I give some tips to Sandra, my community support worker."*

One can almost imagine the delightful aromas wafting from his kitchen, a sensory representation of his diverse interests and global perspective.

Whether he's dissecting global politics, exploring historical landmarks, or experimenting with exotic spices, Clinton approaches each day with an insatiable curiosity and a drive to improve.

What remarkable achievement will this extraordinary man tackle next?





Rhythms Of life

Celebrating Queensland Seniors Month 2024



Lunch & Dessert - Music - Dancing - Raffle
Wednesday, 16 October, 2024
11.30am - 2.30pm

Kedron Wavell Club
21 Kittyhawk Drive, Chermide - (Kittyhawk Room)

\$25 Tickets ALL INCLUSIVE
Limited Space | BOOK before 9 October

(07) 3624 6100

Performance by Vince Gelonese and Musical Director Frank Debellis





Rhythms Of life

Celebrating Queensland Seniors Month 2024



Lunch & Dessert - Music - Dancing - Raffle
Thursday, 24 October, 2024
11.30am - 2.30pm

Southport Yatch Club
1 Macarthur Parade, Main Beach

\$25 Tickets ALL INCLUSIVE
Limited Space | BOOK before 9 October

(07) 3624 6100

Performance by Vince Gelonese and Musical Director Frank Debellis



QUEENSLAND COMMUNITY SUPPORT SCHEME

A TASTE OF HOME: SOFIA'S SHOPPING ADVENTURE

On a sunny Tuesday afternoon, Sofia steps out of her apartment, a bright smile lighting up her face. It's shopping day, and Sarah, her support worker, is waiting with a warm greeting.

For Sofia, a Somali immigrant adjusting to life in Australia, these weekly outings are more than just errands—they're a bridge to her new community.

As they stroll through the local market, Sofia's eyes dance with excitement. She pauses at a stall selling colourful fabrics, running her fingers over patterns that remind her of home.

Sarah notices Sofia's interest and encourages her to practice her English, gently correcting pronunciation as Sofia enquires about prices.

Their next stop is the grocery store. Here, Sofia's face lights up as she spots a familiar spice used in Somali cuisine. "*Cumin!*" she exclaims, proudly using the English word she learned last week. Sarah beams, celebrating this small but significant victory in Sofia's language journey.

As they walk, Sofia shares stories of her life in Somalia, her voice growing more confident with each English sentence. Sarah listens intently, occasionally introducing a new word or phrase, turning their grocery run into an impromptu language lesson.

Before heading home, they stop at a community centre to pick up a flyer for an upcoming multicultural festival. Sofia's eyes sparkle with anticipation—another opportunity to engage with her new community and practice her growing English skills.

As Sarah helps Sofia carry her shopping bags home, it's clear that today's outing was about more than just restocking the pantry. It was about building confidence, fostering independence, and nurturing a sense of belonging in a new land.

For Sofia, each shopping trip is a step closer to feeling at home in her adopted country.



AGED CARE VOLUNTEER VISITORS SCHEME

(formerly called Community Visitors Scheme)

ACROSS OCEANS, ACROSS GENERATIONS

Picture this: Two strangers, separated by decades and hemispheres, finding common ground over a steaming cup of tea and a plate of biscuits.



In the tapestry of life, sometimes the most vibrant threads come from the most unexpected places. Such is the case with Vanessa, a Colombian doctor who traded her stethoscope for a volunteer badge, and Janis, an Australian senior with a heart as warm as the sun.

Their story, woven through Co.As.It.'s Aged Care Volunteer Visitors Scheme (ACVVS), is a testament to the power of human connection that transcends age, culture, and continents.

Vanessa, fresh from the colourful streets of Colombia, found herself in a new world Down Under. Driven by a desire to combat the silent epidemic of elderly loneliness, she signed up as a volunteer, never imagining she was about to embark on a journey that would change two lives.

Enter Janis, affectionately dubbed "*Janicita*" - a linguistic cocktail of her name and the Spanish term of endearment "*cita*."

A Home Care Package client with a lifetime of stories and a mischievous pup named Mia, Janis was about to add a splash of South American spice to her golden years.

Their first meeting was nothing short of cinematic. Picture this: Two strangers, separated by decades and hemispheres, finding common ground over a steaming cup of tea and a plate of biscuits.

As Janis regaled Vanessa with tales of yesteryear, their laughter echoed through the room, punctuated by the excited yips of Mia, eager to join the fun.

For Vanessa, these visits became an oasis of joy in the desert of long workdays. "*I help her, but she is helping me, too,*" she muses, her eyes twinkling with the realisation that in giving, she has received so much more.

The simple act of bestowing the nickname "*Janicita*" became a bridge between cultures, a tiny linguistic gesture that brought immeasurable delight to Janis.

And Janis? Her face lights up when she speaks of her mornings with Vanessa.

"*It fills my heart,*" she says, her words carrying the weight of a life renewed by friendship.

In a world that often seems fragmented, Vanessa and Janis show us that connections are possible, no matter how different our backgrounds or age may be.

So, the next time you see an opportunity to volunteer, remember Vanessa and Janicita. Who knows? Your next great adventure in friendship might be just a cup of tea away.

AGED CARE VOLUNTEER VISITORS SCHEME

(formerly called Community Visitors Scheme)

RISATE ED EREDITÀ: CELEBRANDO LO SPIRITO DEL VOLONTARIATO

Quest'anno si è assistito ad una impennata di volontari maschi, che hanno portato nuova energia ed entusiasmo al team.



In una toccante celebrazione di dedizione e spirito comunitario, volontari nuovi ed esperti si sono riuniti per una giornata speciale di riconoscimento per la Settimana nazionale del volontariato 2024 a Brisbane e sulla Gold Coast.

I volontari esperti hanno intrattenuto i nuovi arrivati con toccanti racconti delle loro "Nonne" e "Nonni" adottivi, i cui anni di servizio hanno suscitato stupore e ammirazione.

Quest'anno si è assistito ad una impennata di volontari maschi, che hanno portato nuova energia ed entusiasmo al team.

Il momento clou della sessione a Brisbane è stata un'inaspettata esplosione di gioia attraverso lo Yoga della risata, guidato da Nerelie Teese. Mentre il gruppo si impegnava in movimenti bizzarri, esercizi di respirazione e suoni giocosi, sono esplose delle risate genuine, abbattendo le barriere e unendo il gruppo eterogeneo.

Sulla Gold Coast un delizioso tè mattutino ha contribuito a creare un coinvolgente incontro.

Queste celebrazioni non solo hanno onorato il prezioso contributo dei volontari, ma hanno anche rafforzato la gioia e il legame che sono al centro del loro servizio, dimostrando che a volte il modo migliore per apprezzare un impegno serio è attraverso risate spensierate... e cibo!

THE TIMELESS TINKERER: MEET CORNELIUS



In a world obsessed with the latest tech gadgets, one man's passion for old-school mechanical marvels is stealing hearts and turning heads. Meet Cornelius, the 88-year-old Dutch-born Australian whose inventive spirit refuses to retire.

Cornelius traded wooden clogs for kangaroos when he moved Down Under in 1953. Though officially a retired mechanical engineer, retirement for Cornelius is anything but idle. His hands, weathered by decades of creation, still dance with the energy of a man half his age.

Step into Cornelius' world, and you'll find yourself in a wonderland of wheels, wires, and wonders. So what's he currently working on?

Breathing new life into a vintage Volkswagen Golf and conjuring motorised scooters from spare parts like a mechanical alchemist! It's no wonder some of his creations have found homes in museums across the state!

But for Cornelius, the real magic happens when he's crafting for family. *"There's no greater joy than seeing my grandchildren's eyes light up when I fix their toys,"* he beams. It's this passion that keeps both his mind sharp and his body spry.

Just when you think you've got this octogenarian figured out, he'll surprise you. At 88, when most folks are settling into their favourite armchairs, Cornelius enrolled in a welding course at TAFE. *"You're never too old to learn,"* he winks, torch in hand.

Venture into Cornelius' shed, and you'll find yourself in a tool lover's paradise. With over ten thousand tools at his fingertips, the collection keeps growing! Every month, Cornelius makes a pilgrimage to local shops, insisting on inspecting each new addition personally. *"Quality matters,"* he insists and if he can't find the perfect tool, well he simply invents one!

But even inventive geniuses need a helping hand sometimes. Cornelius credits the domestic assistance from Co.As.It. for giving him more time to tinker.

"They keep my house spick and span, so I can keep my mind and hands busy in the workshop," he chuckles.

In a fast-paced digital age, Cornelius reminds us of the timeless joy of creation, the thrill of problem-solving, and the importance of lifelong learning. He's not just fixing machines; he's mending our connection to the art of making and mending.

So the next time you're tempted to replace rather than repair, remember Cornelius. In his capable hands, every broken item is an opportunity, every spare part a possibility. Who knows? With a little Cornelius-inspired ingenuity, you might just engineer your own joy!



COMMONWEALTH HOME SUPPORT PROGRAM

HOW A SHARED LANGUAGE OPENED A WORLD OF CONNECTIONS

In the tapestry of multicultural Australia, some threads can become isolated, their vibrant colours hidden from view. Such was the case for Lucija and Jakov, a Bosnian couple who found themselves in a new country, surrounded by unfamiliar sounds and customs.

Their story is one of isolation and loneliness. But it also tells how this isolation was transformed into connection, proving that sometimes, all it takes is a familiar word to bridge the gap between worlds.

Imagine arriving in a bustling Australian city, unable to understand a single word spoken around you. This was the reality for Lucija and Jakov, who only spoke Croatian.

As the years passed, they became each other's entire world – a safe haven, but also an island cut off from their new homeland.

"They fell into a mundane routine," explains their daughter Marta, her voice tinged with concern. *"They only spent time with each other, missing out on the beauty of social engagement."*

Our first meeting with the couple was met with smiles but silence – a poignant reminder of the chasm language can create. Lucija and Jakov, set in their ways, were reluctant to accept help.

But sometimes, magic happens when you least expect it.

With gentle persuasion, Lucija agreed to trial a weekly service. Little did she know that this small step would lead to a giant leap in her quality of life.

We paired her with Cindy, a Croatian-speaking community care worker, and suddenly, a door that had long been closed began to creak open.

"Mum loves having Cindy," Marta now reports, her voice brimming with joy. *"She's excited knowing she's coming now and would love to adopt her!"*

The transformation has been nothing short of remarkable. Lucija, once confined to her home, now takes walks around the block with Cindy, her world expanding with each step.

This newfound connection has had a ripple effect. The pressure on the family has eased as Lucija embraces the support offered.

And the story doesn't end there: buoyed by this success, we recently introduced a service for Jakov with Nihada, another Croatian-speaking care worker.

Their story serves as a powerful reminder of the importance of cultural familiarity in overcoming social isolation.

It's not just about providing services: it's about creating bridges of understanding, one shared word at a time.

As Australia continues to welcome people from all corners of the globe, the lesson from Lucija and Jakov's journey is clear: sometimes, the key to unlocking a world of connection is as simple as a familiar phrase in a mother tongue. It's a testament to the power of culturally sensitive care and a beacon of hope for others who may feel lost in translation.

In the end, Lucija and Jakov's story is more than just a tale of overcoming isolation. It's a celebration of the human spirit's capacity to adapt, connect, and thrive, no matter the language barriers that may stand in the way.

**names changed.*



WARMTH IN WINTER: CO.AS.IT.'S HEARTWARMING HAMPER INITIATIVE

As the chill of winter settles over the community, Co.As.It. is bringing warmth to those who need it most.

The organisation's coordinators have embarked on a touching mission, delivering specially prepared Winter Hampers to clients facing social isolation, economic hardship, or depression.

These aren't your ordinary care packages. Each hamper is a thoughtfully curated collection of comfort and nourishment, tailored to suit the individual needs of each client. Inside, recipients find an assortment of hearty soups, comforting biscuits, rich hot chocolate, aromatic coffee, warm blankets and winter socks, and a variety of other carefully selected products.

The impact of this initiative is already being felt. One client, eyes glistening with gratitude, shared, *"I loved the hamper and the initiative. It makes us feel loved and cared about."*

This sentiment echoes the core purpose of Co.As.It.'s efforts – to remind vulnerable community members that they are not forgotten, especially during the coldest months of the year.

Matteo, Community Services officer at Co.As.It., reflects on the deeper significance of the program: *"Helping others in need often brings a sense of fulfilment. Knowing that you're making a positive difference in someone's life can be incredibly rewarding."*

He adds, *"Our actions might inspire hope in others who are struggling, showing them that there are people who care and are willing to help."*

Indeed, these hampers represent more than just material goods. They are a tangible expression of community support, a lifeline of hope for those



who might otherwise feel isolated or overlooked.

As each hamper is delivered, it carries with it a message: You are not alone. You are valued. You are cared for.



In a world that can sometimes feel cold and indifferent, initiatives like Co.As.It.'s Winter Hampers serve as a powerful reminder of the warmth that human kindness can bring.

It's a beautiful example of how small acts of care can illuminate the darkest of seasons, fostering a sense of connection and community that transcends the winter chill.

As the hamper deliveries continue, Co.As.It. is not just distributing goods – they're spreading hope, one doorstep at a time.

COMMUNITY AND INDIVIDUAL SUPPORT SERVICES

THE TRANSFORMATIVE POWER OF “NOURISHING THE SOUL” GROUPS

In the heart of Brisbane's Bracken Ridge, a quiet revolution is taking place. Twice a month, women from all walks of life gather at Amici House, the bustling community centre and café run by Co.As.It. They come seeking solace, understanding, and a path to renewal in a group aptly named 'Nourishing the Soul'.

This women-only self-help group gives hope for those navigating the turbulent waters of life's challenges. From the ashes of trauma, grief, loss, and illness, participants are finding strength and vigour, embarking on journeys of self-discovery and healing.

"'Nourishing the Soul' is more than just a catchy name," says Laura, one of the group's facilitators. "It's about diving deep into the essence of who we are, learning to know and love ourselves at a profound level."

The group's success lies in its responsiveness to the needs of its members. Topics range from the raw and painful, such as domestic violence and unresolved trauma, to the universal challenges of aging and managing complex family dynamics. Each session is a carefully crafted response to the expressed needs of the women who attend.

Led alternately by two seasoned counsellors and an experienced registered nurse, the group has become a crucible for transformation. Facilitators speak with awe about the changes they've witnessed.

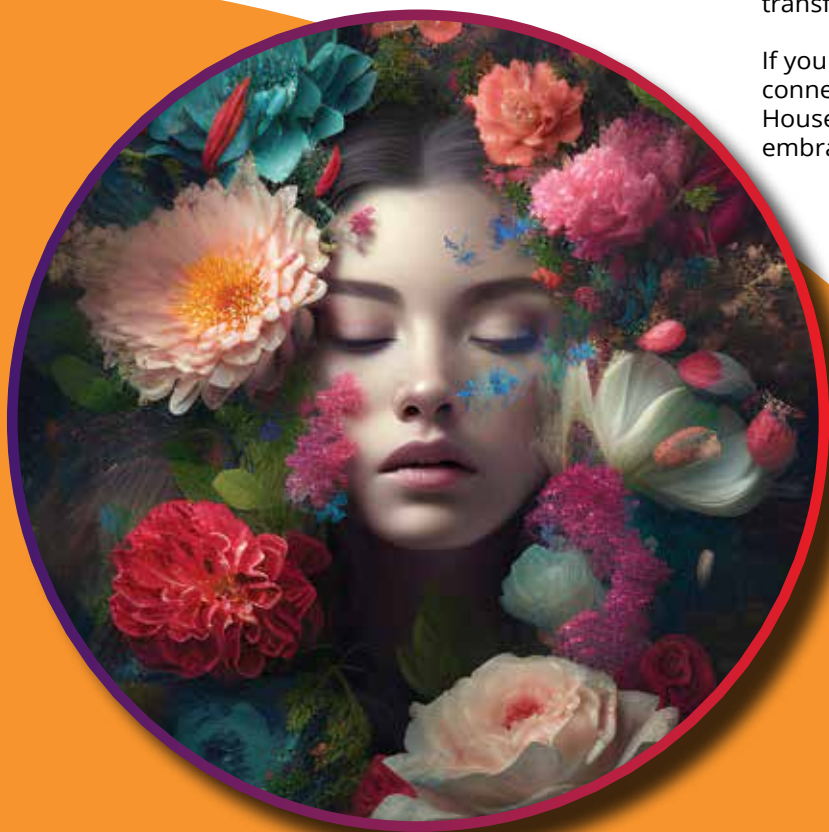
"It's an honour and a privilege," shares Rita, the nurse. "We've seen women who arrived broken and withdrawn blossom into confident, engaged members of their community. The progressive positive changes are nothing short of miraculous."

But perhaps the most beautiful outcome of 'Nourishing the Soul' is the bond that forms between participants. What begins as a group of strangers quickly evolves into a tight-knit support network. Life-long friendships are forged in the crucible of shared experiences and mutual understanding.

As the women grow stronger individually, they also develop a new awareness of their place in the world. They begin to see themselves as essential, dynamic parts of their community and society at large. This ripple effect extends far beyond the walls of Amici House, touching families, neighbourhoods, and the broader Brisbane community.

'Nourishing the Soul' supports women, and their transformative pathway to self-discovery.

If you are seeking renewal, strength, and a deeper connection to yourself and others, the doors of Amici House are open, ready to welcome you into the embracing circle of 'Nourishing the Soul'."



FEELING FRAZZLED? BOOST YOUR BUZZ

Time to give your grey matter a makeover! Science says these five fabulous tricks can turn your brain from blah to ta-da!

1. Get your social groove on

Ditch the hermit life and connect! Whether it's family dinner sans screens or a long-overdue bestie brunch, human connections are your mental health's BFF. Pro tip: Real hugs beat emoji hugs every time!

Embrace tech to keep in touch (FaceTime is great for showing off your new haircut), but remember: actual face-to-face time trumps FaceTime. Don't become that person who thinks LOL is a verbal response!

2. Move that beautiful body

No need to channel your inner Olympian – just get moving! Dance like nobody's watching, chase your dog around the park, or finally master that TikTok dance. Your body and mind will high-five you for it.

And hey, unless you're training to be the next Arnold Schwarzenegger, ditch the gym guilt. The best exercise is the one you'll actually do. Couch-to-fridge sprints count too, right?

3. Flex those brain muscles

Learning isn't just for school kids! Cook up a storm with a new recipe, become the office DIY guru, or finally learn to speak Klingon. Your neurons will be doing happy dances in no time.

4. Sprinkle kindness like confetti

Be a real-life superhero! Help a neighbour, volunteer at the local animal shelter, or simply smile at a stranger. Kindness is the ultimate mood booster – for you and everyone around you.

5. Embrace your inner zen master

Mindfulness isn't just for monks! Take a moment to savour that first sip of coffee, feel the sun on your face, or simply breathe deeply. It's like a spa day for your brain, minus the cucumbers on your eyes.

Remember, a happy mind is just five steps away. Now go forth and conquer, you mental wellness warrior!

And if all else fails, there's always chocolate (in moderation, of course – we don't want your body cursing your newfound mental bliss!).



POP UP STORE LUTWYCHE MIND WELLNESS TEAM

"Join our impactful monthly pop-up at Lutwyche Shopping Centre, every second Thursday from 10:30 AM to 12:30 PM. We're here to support our community, especially older Italian men seeking guidance in their native language. Get help with My Aged Care (MAC), access referrals, and find support to combat loneliness and isolation. Our team also offers counselling for dementia carers and those recently diagnosed.

We've already made a difference - successfully helping clients access MAC and join our social groups. In one touching case, we supported a man's transition to a Nursing Home with dignity, working closely with his grateful family. Whether you need assistance or just a friendly chat, stop by and connect with us.

Let's continue building a stronger, more connected community together."

CIAO PROGRAM

ITALIAN SENIORS ARE SPICING UP AUSSIE CARE HOMES

Picture this: Nonna Lucia, with her perfectly coiffed silver hair, takes aim. Her eyes narrow, her arm swings back, and with a flick of her wrist, she sends a ring sailing through the air.

It lands with a satisfying clank around the target. *"Mamma mia!"* she exclaims, throwing her hands up in triumph as her fellow residents cheer.

Welcome to the vibrant world of the CIAO Program, where Italian immigrants who once crossed oceans for a new life in Australia are now crossing cultural boundaries in their golden years. They are now discovering joys they never knew existed – like the thrill of a perfect ring toss or the satisfaction of crafting a heartfelt card.

"I never thought I'd be so excited about glue and glitter at my age," chuckles 85-year-old Giuseppe, his weathered hands carefully applying sequins to a handmade birthday card. *"Back in my day, we were too busy building a life to play these games. Now, it's like we're bambini again!"*

As many as ten aged care homes across Brisbane are buzzing with the sound of Italian chatter mixed with hearty laughter. The CIAO Program has transformed these residences into hubs of creativity and friendly competition.

But it's not just about the activities themselves. For many residents, it's a chance to bridge the gap between their rich Italian heritage and their adopted Australian home.

"It's like mixing the perfect risotto," muses Maria, a spry 90-year-old with a wicked sense of humour. *"You take a bit of the old, a bit of the new, and stir it up with love. That's what we're doing here – and let me tell you, it's delicious!"*

The residents love nothing more than recreating recipes they love. Always a highlight for the cooks and consumers alike!

They may have left behind the rolling hills of Tuscany or the bustling streets of Naples many decades ago, but thanks to the CIAO Program, they've found a new zest for life.

Who knew that the secret to keeping the dolce vita alive was as simple as a game of ring toss and a pot of craft glue? For these seniors, it's proof that you're never too old to learn new tricks – or to perfect your aim!

As many as ten aged care homes across Brisbane are buzzing with the sound of Italian chatter mixed with hearty laughter.



LEGACY IN ARTWORKS

The experience of walking into Gloria's house is the equivalent of visiting any prestigious art gallery around the world. Gloria (86) is a Co.As.It. client receiving services under the Home Care Package and Mind Wellness program.

Over 100 paintings are displayed on the walls and carefully kept in her studio. The images in oil, acrylic and pastels span from vibrant common wildlife aspects to melancholic everyday life. It is a mix of colours and brush strokes that portray Gloria's journey through art.

The artist has accumulated prizes and exposure in the media throughout her years behind the canvas. Unfortunately, Gloria put the brushes aside ten years ago due to health reasons.

Gloria's first steps towards craft life began when she was seven, and, at her parents' request, she joined the local art school in Victoria. At that time, she used to doubt her own artistic abilities.

She was in her 20s when she met who would become her most enthusiastic support, her husband Laurie. *"We first met at the Frankston RSL in Victoria on a Saturday. It was dance night when all boys and girls attending were supposed to hit the dance floor,"* Laurie recalls.

"Our life has always been busy as she used to be part of a collective of artists. I remember loading lots of frames into the car and taking them to the shopping centres where she would exhibit them."

Laurie estimates that Gloria has produced more than 1,500 paintings. Art, as he details, means everything to her. *"She would have half of the work done, but because of some simple things that she didn't like, she would wipe off the canvas and start the process all over again,"* he explains.

During an interview given decades ago, Gloria emphasised her desire to leave her mark on the world.

She wanted to leave something behind to prove her existence. To the journalist, she said: *"I don't believe in tombstones. I want to make my kids remember me and be proud. Leave something so they can say Mum did that."*

"We first met at the Frankston RSL in Victoria on a Saturday. It was dance night when all boys and girls attending were supposed to hit the dance floor,"



AGED CARE | SOCIAL OUTINGS

UNEXPECTED STARS: A DAY OUT WITH “THE BRONCOS”

What started as a simple outing for a group of friends turned into an unexpectedly thrilling adventure, complete with a case of mistaken identity and a brush with local fame.

The day began with a trip to the iconic Yatala Pies, a destination that never fails to satisfy. As the group arrived in their Belbaker Bronco's bus, they were met with an unusual sight: people running towards them, cameras flashing, and excited waves coming from all directions.

“We were completely baffled,” chuckles Tom, one of the group members. “Then it hit us – they thought we were the actual Broncos team stopping for coffee and pies!”

The group played along, basking in their fifteen minutes of fame before revealing the humorous mix-up.

Fuelled by laughter and delicious pies, they continued their journey to the serene Enoggera Reservoir in D'Aguilar National Park.

Here, the accidental celebrities traded their moment in the spotlight for the tranquillity of nature.

A leisurely walk through the forest rewarded them with sightings of diverse wildlife.

“It was like stepping into a different world,” says another group member. “One minute we’re local celebrities, the next we’re wildlife spotters in this beautiful forest.”

As they reflected on their adventure, the group agreed that the unexpected turns had made their outing even more memorable.

From being mistaken for sports stars to exploring the wonders of nature, this day out proved that sometimes the best adventures are the unplanned ones.

And while they may not have been the real Broncos, this group certainly scored a try in creating lasting memories.



A DAY OF HEAVENLY ARCHITECTURE AND EARTHLY DELIGHTS

Who says you can't mix the sacred with the spirited? In April, our adventurous social outing participants embarked on a trip that can only be described as divinely inspired – with a dash of devilish fun.

The day began at the awe-inspiring Our Lady of the Southern Cross in Springfield Lakes. Far from your typical Aussie church, this architectural marvel transported our travellers straight to the heart of Italy. Gone were the expected gum trees and open skies. Instead, they found themselves enveloped in a space where light danced through painted glass - drawing eyes and souls upward.

"It felt like stepping into a sixth-century masterpiece," whispered Maria, her eyes glistening with emotion. The air, thick with reverence and the soft strains of religious music, moved many to silence. For a moment, Springfield Lakes disappeared, and our group found themselves in a timeless sanctuary that could have been nestled in the hills of Tuscany.

But this was no ordinary church outing. Oh no, for after basking in the glow of stained glass and mosaic, our intrepid explorers set their sights on a very different kind of spirit – the Beenleigh Rum Distillery!

Talk about going from one extreme to another! The heady aroma of aging rum replaced the lingering scent of incense as our group dove into a world of copper stills and oak barrels. A delicious lunch fortified them for the true test of faith – rum tasting.

"I haven't laughed this much in years!" exclaimed Giovanni, his cheeks flushed with mirth (and perhaps a wee dram of rum). The tasting room echoed with joyous chatter as friends compared notes on flavour profiles and debated the rum merits of different ages.

Our fearless organiser Luisa, caught between the angelic and the spirited, confessed, *"The smell alone was enough to make me feel tipsy!"* But it was clear from the smiles and lively banter that this unconventional pairing of experiences had hit the spot.

As the sun began to set on this most unusual of outings, our merry band of travellers boarded their transport home, their hearts full of both heavenly inspiration and earthly delights. It just goes to show, that sometimes the most memorable adventures come from embracing life's delicious contrasts.

So, the next time someone tells you that you can't mix the sacred and the spirited, just smile and tell them about the day one of our groups found a little piece of heaven – in both a church and a distillery.



AGED CARE SOUTH COAST | SOCIAL GROUP ACTIVITIES

THE GOLDEN GIRLS OF THE GOLD COAST

Their bond, forged in laughter and strengthened through support, is a beacon of hope for anyone who thinks their best friendships are behind them.

In the sun-drenched paradise of the Gold Coast, a group of remarkable women have discovered that age is just a number when it comes to forging lifelong friendships.

Meet Shirley, Elsie, Diane, Lillian, Silvana, and Maureen, the golden girls of Co.As.It.'s Social Group Activities (SGA) program, who prove that it's never too late to find your tribe. Three years ago, these ladies were strangers, each joining the Monday social group at different times. Little did they know that they were about to embark on a journey of friendship that would rival any rom-com storyline.

"It's become the highlight of our week," Elsie beams, her eyes twinkling with mischief. "We laugh so much, sometimes I worry we'll get kicked out for disturbing the peace!"

But their bond extends far beyond the confines of the SGA program. These spirited seniors have taken their show on the road, organising monthly outings to various coffee shops along the Gold Coast. It's during these excursions that Diane notices something that never fails to tickle her funny bone.

"You should see our four-wheeled walkers all lined up outside the café," she chuckles. "It's like a biker gang, but

instead of Harleys, we've got mobility aids. We're the Silver Wheelers!"

Their friendship, however, isn't just about laughter and lattes. When one of their group recently faced health challenges and couldn't attend their regular Monday meetups, the ladies sprang into action. Instead of their usual coffee shop rendezvous, they organised a heart warming house call, each bringing a dish to share.

"We're more than friends," Silvana explains, her voice soft with emotion. "We're family now. When one of us is down, we all rally around. That's what true friendship is about."

Their story is a testament to the power of social programs like Co.As.It.'s SGA. In a world where loneliness among seniors is a growing concern, these six women have found a lifeline of companionship, support, and joy.

"I never expected to make such close friends at this stage of my life," Maureen admits. "But here we are, proving that it's never too late for new beginnings."

As they continue to paint the town red (or should we say, silver?), the Silver Wheelers remind us all that friendship knows no age limit. Their bond, forged in laughter and strengthened through support, is a beacon of hope for anyone who thinks their best friendships are behind them.

So, the next time you're out and about on the Gold Coast and spot a line-up of four-wheeled walkers outside a café, smile. Chances are, you've just stumbled upon the meeting spot of the coolest girl gang in town.

These golden girls are redefining what it means to grow older, one coffee date at a time.



LOTS OF FUN FOR EVERYONE!

As you can tell, it has been an amazing and fun-filled period for our seniors. And yes, there is always something new and exciting to do at the groups!



AGED CARE | SOCIAL GROUP ACTIVITIES



INTERGENERATIONAL CHIT CHAT



Imagine a scene where Italian opera meets TikTok dances! That's exactly what happened when two secondary school groups visited Casa Serena recently.

Laughter and joy filled the air at Casa Serena as students from Kelvin Grove State College and St John's College (Nambour, Sunshine Coast) spent two unforgettable days with Italian-Australian elders.

The students dove into a world of rich cultural exchange, playing lively games of bingo, cards, and bocce and singing songs.

Sharing lunch, both groups listened in awe to captivating stories of migration and resilience. The day not only provided invaluable material for their assessment project but also bridged generations, creating lasting memories and newfound appreciation of migration history and how it's affected Australian society.

Armed with their budding Italian skills and an appetite for adventure, these youngsters traded textbooks for real-life stories, interviewing Co.As.It. clients about their migration sagas.

The air crackled with laughter as generations collided: elders teaching pronunciation, kids explaining memes, and everyone having a great time!

By the end, quite a number of students were plotting Italian getaways to study overseas, while the elders were busy planning their next social media debut.

Who knew learning Italian could be this deliciously chaotic?



AGED CARE | SOCIAL GROUP ACTIVITIES

FROM DARKNESS TO LIGHT: JUNE'S JOURNEY OF RENEWAL

June was once shrouded in grief, but now has genuine enthusiasm for life.

It was only a year ago when June's world crumbled. The loss of her beloved husband left a void so vast, it seemed impossible to fill.

"I felt like I was drowning in silence," June recalls, her eyes misting with the memory. "The house that once echoed with laughter now felt like a tomb."

When Co.As.It. got involved, we invited June to come to a weekly social group, but she was very reticent.

"I wasn't sure I was ready to face the world again," June admits. But sometimes, the bravest thing we can do is take that first, trembling step.

And what a step it turned out to be.

The weekly gatherings became June's lifeline. *"It was like finding an oasis in the desert,"* June beams. *"Suddenly, I wasn't alone anymore."*

But Co.As.It.'s support didn't stop there. Recognising the complex nature of grief, they offered June a holistic suite of services. From counselling sessions that helped her navigate the turbulent waters of loss, to practical assistance that eased the burden of daily life, Co.As.It. became June's steadfast companion on her journey.

Today, June has that spark back in her eyes, once dimmed by sorrow, she now shines with renewed vigour. *"I never thought I'd feel joy again,"* she confesses, a soft smile playing on her lips. *"But here I am, looking forward to each new day."*

In a world that can sometimes feel isolating, organisations like Co.As.It. and individuals like June, remind us of the profound impact of community support.

So, the next time you see a neighbour struggling or feel the weight of loneliness yourself, remember June's journey.

Remember that there are hands ready to lift us up, hearts open to understanding, and communities waiting to welcome us home.



FRI.SA.LI. STUDENTS COME TO BRISBANE



A student delegation from the Istituto Istruzione Superiore Rita Levi-Montalcini in Italy visited Casa Serena as part of their History and Memory Project.

For the past three years, Italian students have been visiting and interviewing Italian immigrants who move somewhere else in the world.

Casa Serena's clients were excited to share their rich life stories with the young students and to leave their footprints in such a renowned project.



AGED CARE | SOCIAL GROUP ACTIVITIES

HAPPY 100TH, ANGELINA!



Angelina celebrated her 100th birthday in grand style at Casa Aurelia, surrounded by friends and her surprise guest—her son.

Despite receiving services from Co.As.It., Angelina fiercely guards her independence, tending to her garden at home and relishing visits to Casa Aurelia for relaxation and camaraderie.

There, she and her friends of three decades enjoy games, exercise, and shared meals under the care of attentive staff.

Reflecting on her journey from Italy to Australia in 1933, Angelina expresses contentment with her life, acknowledging the loss of her husband 30 years ago but cherishing the constant presence in her life of friends and family.



ILC STUDENTS CELEBRATE END OF SEMESTER 1

ILC
ITALIAN
LANGUAGE
CENTRE



After sixteen intense weeks, Semester 1 Italian language courses have drawn to a close with students being awarded Certificates attesting to their engagement in class throughout the semester.

Adult students celebrated the end of semester 1 by attending the ILC PPP movie night on 14 June and enjoying pizza, pasticcini and Prosecco followed by the hilarious comedy "Smetto quando voglio".

Many are now eager to further their language learning by jumping onto the ILC website to enrol in one of the Italian courses on offer in Semester 2.



ITALIAN LANGUAGE TEACHING

YEAR 11 AND 12 HOLIDAY WORKSHOP

During the second week of the June-July holidays, students studying Italian in Years 11 and 12 attended an intensive workshop at ILC delivered over five days to boost their Italian fluency in preparation for the Italian Senior assessment.

Following the success of this initiative, ILC teachers are now offering FREE ongoing workshops on Saturday mornings from 9:30 to 11:00.



ITALIAN LANGUAGE TEACHING

IN SCHOOL SUPPORT AT ST. MARTIN'S



On 30 May 2024, ILC teacher Francesca Cerniglia hosted an in-school support intervention for Year 4 students at St Martin's Primary School in Carina.

The vibrant culture of Italy was brought to life through a delightful pretend hands-on activity of pasta making and the session concluded with a real tasting session, where the children sampled a pasta in the colours of the Bandiera italiana, green (basilico) white (bocconcini di mozzarella) and red (cherry tomatoes) prepared in advance by their talented teacher Miss Enza Camuglia.

The students were given aprons to wear, just like a real chef as well as colourful props of cut outs with which they embarked on their culinary adventure.

Thanks to a simple yet engaging activity, students had the opportunity of reinforcing the vocabulary learnt throughout the term, work together and apply their problem solving skills as well as becoming familiar with the steps that involve preparing "la pasta al pomodoro", a favourite Italian dish.

The students recognised that food is connected with culture and were thrilled to say "buon appetito" while eating a real Italian meal all together like a big Italian family.

The Italian session at St Martin's was more than just a Cooking Class, it was a celebration of the culture, a reproduction of difficult sounds (spaghetti/ **gnocchi**), a repetition of instructions and a testament to the power of experiential learning.

Principal Peter Pashen was pleased to see the students so engaged and enthusiastic about learning something new.

All activities prepared by ILC were in line with the Acara Australian Curriculum requirements: Understanding Language and Culture AC9LIT4U01 and Interacting in Italian AC9LIT4C02.

ITALIAN LANGUAGE TEACHING

LE FIABE DI DISNEY IN ITALIANO

Il 31 maggio scorso si è concluso, con uno spettacolo nella scuola secondaria Mount Alvernia di Kedron, un percorso didattico che ha coinvolto quattro classi di year 7 e le loro due insegnanti, Sara Tuan (insegnante di italiano) e Maria Conway (insegnante di recitazione). Si è trattato di un esempio di multidisciplinarietà nato appunto dalla collaborazione tra la scuola Mount Alvernia e l'Italian Language Centre.

Poco prima dello spettacolo, Sara ha fornito ulteriori dettagli su questa iniziativa durante una breve intervista:

Come è nata l'idea di abbinare l'unità didattica sulla fiabe prevista per l'anno 7 dall'Australian curriculum con l'insegnamento dell'italiano?

L'idea mi è venuta dopo aver notato che molte studentesse che decidono di continuare con italiano scelgono anche drama. Inoltre anche il curriculum di italiano richiede agli studenti di essere in grado non solo di capire una varietà di testi, verbali e non verbali, ma anche di interpretarli e di creare delle presentazioni. Allestire uno spettacolo basato su canzoni in italiano è quindi perfettamente in linea con i requisiti previsti dal curriculum.

Come si è sviluppato il progetto?

Io e la mia collega Maria abbiamo pensato di creare qualcosa di legato alle fiabe, perché è l'argomento principale del settimo anno. Ho discusso anche con Giovanna Amatruda, Language Program Liaison Officer presso l'Italian Language Centre di Brisbane per avere delle idee su come procedere ed è emerso che creare una coreografia con le canzoni della versione Disney delle fiabe in italiano sarebbe stata una bella idea. Dopo avere ascoltato varie canzoni, abbiamo concluso che *'Aspettando una nuova vita'* di Rapunzel e *'In fondo al mar'* della Sirenetta erano le canzoni che più si adattavano a questo progetto, in quanto si potevano facilmente adattare dei gesti alle parole delle canzoni.

Lo spettacolo di oggi a quale pubblico è rivolto e con quale obiettivo?

Lo spettacolo di oggi è rivolto agli studenti del quinto anno della Saint Anthony, la scuola primaria adiacente al Mount Alvernia College, poiché anche loro studiano l'italiano. Vorremmo mostrare loro che anche nella scuola secondaria si può continuare a imparare l'italiano in modo divertente e creativo.

Come hanno accolto questo progetto le studentesse di Year 7 che vi hanno preso parte?

Con grande entusiasmo! Le studentesse si sono divertite molto ad imparare dei gesti da abbinare a precise parole delle canzoni. La maggior parte delle ragazze già usa app come Tik Tok e si divertono nel loro tempo libero ad imparare balletti e coreografie

sui social media, quindi è stato facile catturare il loro interesse e coinvolgerle in questo progetto.

Quali sono secondo te i vantaggi di un approccio multidisciplinare nell'insegnamento?

Secondo me, è molto importante la collaborazione tra le diverse materie scolastiche, in particolare, tra le lingue e le discipline artistiche. È anche più coinvolgente per gli studenti poiché hanno la possibilità di lavorare su aspetti legati alla vita di tutti i giorni. Il vocabolario su cui le ragazze hanno lavorato è proprio quello delle azioni quotidiane e delle emozioni.

Quali sono state le sfide da affrontare?

Le difficoltà sono state per lo più di tipo logistico: è sempre difficile riuscire a trovare abbastanza tempo per fissare degli incontri tra insegnanti e tra insegnanti e studenti. Però devo dire che quest'anno siamo state fortunate perché avevamo italiano e drama alla stessa ora con le stesse sezioni. Se così non fosse stato, sarebbe stato molto difficile portare a termine questo progetto.

Quali sono gli obiettivi futuri?

Mi piacerebbe intraprendere progetti simili con altre materie, in modo da coinvolgere più studenti con lo studio della lingua italiana, creando magari anche dei corsi CLIL (Content and Language Integrated Learning) con altre discipline. Sarebbe molto utile e aiuterebbe gli studenti e la scuola a sviluppare un maggiore interesse verso le lingue straniere.



ART COMES ALIVE AT ST. COLUMBA'S

Italian teacher Isabella Soto, under the guidance of mother-tongue ILC teachers Giovanna Amatruda, Ornella Roveda and Francesca Cerniglia, delivered her first CLIL unit of work entitled: Sentiamo il colore! (Let's feel/hear the colour!) in which students of Year 6 Maroons explored the artistic movement Astrattismo, and the Art of Wassily Kandinsky, as well as an in-depth study of colour theory.

Students engaged with language related to feelings and a Kandinsky-like, multi-sensory technique where they used Italian language to comment on their own emotional responses to the use of line, shape and colour.... inspired by music!

Students each created powerful artworks and worked tirelessly to build Italian language to describe their choices and inspirations.

Guided by Giovanna from ILC, students engaged with the popular song 'Supereroi', developing a beautiful dance choreography to accompany their multifaceted artistic exploration of this Art movement.

Using Italian language, they explored the deeper meaning of being Supereroi – that is, wonderful friends who support each other, every step of the way through their journey as students and lifelong friends.

The students' efforts were on public display at St Columba's School Fete in an Italian Creative Arts showcase, featuring the students' artworks, their written responses to the creative process (in Italiano!) and a dance performance.

This was indeed an important cultural component adding to the already packed day of fun and excitement! According to Signora Isabella, the innovative CLIL sessions were "an absolute joy to work with this inspiring group of students".

She looks forward to sustained and fruitful collaboration with the ILC team to ensure the Italian program at St Columba's becomes a beacon of quality language education in Brisbane, combining enthusiasm, innovation and deep appreciation for the teaching and learning of the bella lingua, *"simbolo di bellezza ed orgoglio che ci unisce ovunque noi siamo"*.



ITALIAN LANGUAGE TEACHING

FESTA DELLA REPUBBLICA A ST MARTIN'S



On 4 June, San Sisto College and St Martin's School Carina marked the Festa della Repubblica (Italian National Day), with a vibrant celebration that brought together students, teachers, and dignitaries.

The event was graced by the presence of the Italian Consul for Queensland and Northern Territory, Luna Angelini Marinucci, her parents, Signor Lucio and Signora Nadia, Francesca Cerniglia representing the Italian Language Centre (ILC), and representatives of the Dante Alighieri Society, Bernadine Leon and Rosalia Miglioli.

The event began with students forming a love heart shape in the colours of the Italian flag and sharing their knowledge about the celebrations of the Festa della Repubblica.

The schools then congregated in the Auditorium, where Mona-Pizza (2 students dressed as Mona Lisa and a Pizza), welcomed the special guests and invited Year 10, 11, 12 San Sisto students on stage for the Acknowledgement of Country in Italian and English, followed by a Prayer from Year 6 students at St Martin's School.

The event continued with all participants standing for the Italian National Anthem sung by 3 marvellous voices from San Sisto and the Australian Anthem.

The Principal, Mr Warren, proceeded expressing his gratitude for the wonderful opportunity given by Consul Luna Angelini Marinucci, highlighting the significance of her presence *"in an Auditorium filled with young female students on such an important day, where thanks to the vote of women, many years ago, the Republic replaced the Monarchy"*.

Mr Warren continued his speech talking about the impact of the made in Italy in Australia and in the world, as well as sharing his appreciation and love for the city of Firenze, la citta' del Rinascimento.

The presence of the Consul of Italy was the highlight of the celebration and her speech reminded us that The Festa della Repubblica is more than a political change.

In her speech, she spoke about the historical significance that the 2nd of June marks in Italian history, and how the decision of voting for a Republic, which followed the tumultuous years of World War II, represented a collective desire for a better future of young citizens, and for the first time ever, women.

The speech was followed by a video where students explained why they are learning Italian and concluded with a performance on stage of year 5 students singing to BELLA BIMBA and a year 12 student playing the piano and performing Nuvole Bianche, by Ludovico Einaudi.



At the end of the event, after the school song, performed by all the young female students from the San Sisto School, the Year 5 and 6 students of St Martin's were treated to a gelato from the Gelato Van, whilst the guests and Year 11 and 12 students were invited to Morning Tea.

Here the students had the pleasure of talking to Consul Luna about their future plans and teachers were proactive planning future collaborations with ILC.

The Festa della Repubblica at San Sisto was a success, leaving a lasting impression on all who attended.

Buona Festa della Repubblica!!!!



FESTA DELLA REPUBBLICA A ST COLUMBA'S

On Tuesday 4th June, ILC teacher Giovanna Amatruda was a special guest at St. Columba's Primary School in Wilston.

She visited 4 classes of eager PREP students, where she explained the significance of la Festa della Repubblica.

Students discovered the meaning of the Italian flag and its colors: VERDE, BIANCO, ROSSO, and took part in an exciting TARANTELLA workshop.

They were delighted to find similarities between Italian and English words like TARANTOLA (tarantula) and TAMBURELLO (tambourine).

In the weeks preceding this day, their teacher Isabella had worked with students on crafting some BELLISSIMI drums: each student showed Giovanna their own unique tamburine, personalised with drawings inspired by Italian iconic landmarks and food, such as il Colosseo, il gelato, la pizza. It was a memorable day, filled with joy, music and laughter!



ITALIAN LANGUAGE TEACHING

THE GRAND ADVENTURE OF PIMPA AND BLUEY

A delightful project is blossoming, uniting Italy and Australia through the magic and imagination of childhood.

This tale began during an ILC Professional Development session for Italian teachers. The session focussed on utilising children's storybooks as teaching tools. Each participant received a complimentary storybook "Pimpa travels to Italy".

Little did anyone know, this session would plant the seed for an innovative educational journey: The Grand Adventure of Pimpa and Bluey.

The project is result of collaboration between ILC, teachers of Italian in schools and the magic of storytelling. An Australian school in Brisbane and an Italian school in Sicily have partnered in an exchange that transcends geographical boundaries and linguistic barriers.

At the heart of this exchange are two beloved soft toys: Pimpa from Italy and Bluey from Australia. The characters are about to start a journey representing the bond between Italy and Australia, while also acting as a symbol of cultural exchange and education.

The journeys of Pimpa and Bluey go beyond ordinary travels; they are an elaborate narrative brought to life by the skilled language teachers at these schools. Documented through photographs, each step of the Grand Adventure will unfold a new chapter, engaging students in language activities that mirror the experiences of the two characters.

As Pimpa discovers the wonders of Australia and Bluey explores the rich heritage of Italy, children are not just spectators but active participants in a story that teaches them about language, culture, and the joy of discovery.



This educational initiative shines a light on the magic of learning languages through engaging storytelling.

This project became possible with the generous "Pimpa travels to Italy" books donated by the Italian Ministry of Foreign Affairs, MAECI (Ministero Affari Esteri e della Cooperazione Internazionale), presented by the Italian Consul for Queensland and Northern Territory, Dott.ssa Luna Angelini Marinucci.

ILC expresses gratitude to St Columba's Primary School and Isabella Soto for initiating the project in collaboration with ILC teachers and welcoming Pimpa to Brisbane.

Special thanks also go to il Liceo Regionale Ciro Michele Esposito, Coordinator Daniela and children from the town of S. Stefano di Camastra for their involvement with Bluey in Sicily.



ITALIAN LANGUAGE TEACHING

LA PIAZZA ITALIANA

On Wednesday, 12th June, the ILC teachers from the Sunshine Coast had an incredible immersion day with the Year 5/6 class at Eumundi Primary School, exploring the vibrant world of La Piazza Italiana.

Throughout the day, students delved into the heart of Italian culture by learning about the central role of la piazza—the bustling town square. They discovered the various shops and activities that make these squares the beating hearts of Italian communities.

From ordering a delicious gelato or a pizza at the pizzeria to shopping for supplies at the cartoleria (stationary shop), the students were fully immersed in the Italian experience.

The interactive sessions included role-playing in different settings, singing traditional songs, and applying innovative teaching methods recently learnt at a PD by renowned linguist Dr. Gianfranco Conti. The energy and enthusiasm were palpable as students practiced their Italian language skills in real-life scenarios.

In the afternoon, the creativity soared as students teamed up to design and build their own piazza, showcasing not only their language abilities but also

their artistic talents. The day concluded on a sweet note with students enjoying real gelato in a variety of flavours, ordered in Italian and paid for with 'fake' euros.

The ILC teachers were incredibly impressed with the students' abilities and engagement throughout the day.

A special thank you to Eumundi Primary School for the warm welcome and the light refreshments that kept everyone energised.



ITALIAN LANGUAGE TEACHING

THE ITALIAN CUISINE ON THE SUNSHINE COAST

Recently, students on the Sunshine Coast have been treated to a delightful series of food experiences with the assistance of the ILC team Giulia and Sonia, bringing the authentic flavours of Italy right to their schoolyards.

Two schools, the year 4 students of Talara Primary College and from year 8 to 12 of Siena Catholic College, had the unique opportunity to indulge in real Italian pizza-making with Pizza Coppola's portable wood-fired oven.

Pizza with Andrea, the Pizzaiolo

Andrea, the passionate owner and pizzaiolo of Pizza Coppola, provided an immersive pizza-making experience that left students both educated and delighted. The day began with Andrea demonstrating the creation of a classic pizza Margherita, showcasing the elegance of simplicity combined with high-quality ingredients.

Students watched in awe as Andrea masterfully combined fresh tomatoes, mozzarella, and basil, all atop a beautifully stretched pizza dough. The excitement grew as each student received their own pre-made dough ball from Andrea. With instructions delivered in Italian, the students learnt how to stretch the dough and layer the toppings in the traditional order. This hands-on experience was not only educational but also fun, as students interacted with the Italian language in a practical and engaging way.

The highlight of the day was undoubtedly watching their own creations bake in the portable wood-fired oven. The aroma of fresh pizza wafted through the air, creating an unforgettable sensory experience. As the pizzas cooked, students participated in various pizza-related activities, making the day a comprehensive culinary adventure.

Tramezzino Treats at Sunshine Beach State School

Meanwhile, the Year 4 students at Sunshine Beach State School had their own Italian culinary adventure, learning to prepare a traditional Italian snack called tramezzino. This delightful sandwich, made with crustless bread and filled with mayonnaise, tuna, tomatoes, and basil, was a hit among the students.

Under the guidance of their teacher, and with all directions given in Italian, the students mastered each step of the preparation. The tramezzino was then sliced

in half, revealing a visually appealing and tasty snack. The novelty of this Italian treat was thoroughly enjoyed, with many students eagerly coming back for seconds.

Cultural Enrichment Through Cuisine

These cultural food experiences have proven to be invaluable for the students. Not only did they get to taste delicious Italian dishes, but they also learned about the cultural significance and traditional methods behind them. These activities have enriched their understanding of the world and broadened their culinary horizons.

To all the students who participated, we say: BUON APPETITO! These memorable experiences are sure to leave a lasting impression, sparking a lifelong appreciation for the art of Italian cuisine.



Servizi comunitari per anziani e giovani bisognosi di sostegno.

**Avete bisogno di aiuto nei lavori domestici?
Avete bisogno di aiuto per cucinare?
Volete incontrare nuovi amici?
Assistete qualcuno a domicilio e
avete bisogno di aiuto?**

Il Co.As.It. Community Services fornisce assistenza alle persone anziane e ai giovani dal 1987 e il nostro personale esperto e qualificato è capace di prestare un servizio culturalmente e linguisticamente adeguato.

La maggioranza del nostro personale è bilingue e capace di assistervi nel vostro ambiente familiare in casa vostra.

I nostri gruppi sociali offrono un pasto casalingo e la possibilità di incontrarsi con gli amici e chiacchierare dei tempi andati.

Attività di arti manuali, canzoni e balli, tombola e gite fanno parte del nostro programma giornaliero.



Contattate il nostro centro al

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