



*Celebrating 30 years as Melbourne's
Leading Italian Language School!!*

October 2009 Newsletter:

Dates to remember

29th October: Study Holiday Info Night @ 7:45pm
Cup Day: 3rd November - **NO CLASSES**
Da Vinci Exhibition: 7th November @ 2pm
End of Term 4: 12th December

Reminder: There will be no classes on Tuesday 3rd November, Melbourne Cup Day. Classes will run as normal on Monday 2nd November. All ADULT students are welcome to come along to any class during that week to make up the one they miss.

Ciao a tutti!!! Welcome to Term 4! We hope you have settled in nicely to your classes and are learning lots!!

It's now week 4 and you know what that means: **FREE EXTRA CLASSES!!!** From this week onwards adult students can come along to any other class, provided that it is not full. We have included an adult timetable on the back page of this newsletter for you. Remember: Practice makes perfect (and who wouldn't want to be perfect???)!! Another way to get more practice (for levels 5-8) is to come to **Conversation Classes** on Monday at 7:45pm! It's a way to practice your Italian in a relaxed environment and enjoy some good wine and delicious food!! If you'd like to come along, please give your email address to Louisa.

VIP cards have been handed out to all Level 1 students, if you did not receive one, or you are in another level and do not have one, please come to the office. Did you know that with your VIP card, you also get \$7 all day parking at the Women's Hospital Carpark on the corner of Grattan and Cardigan Streets? As you know, here at CIS we like to support all worthy causes. One of our teachers, Maria Masini-Barry is participating in the **Oxfam Trailwalker**. If you'd like to support this charity, see page 3 for more information.

We have had lots of great feedback about our new website. Thanks to everyone who has let us know what they like and dislike about it! If you haven't seen it yet, check it out at www.italianstudies.com.au and let us know what you think. We welcome 2 new teachers this term! Check out their profiles below! Feel free to say *Ciao!!* and have a chat if you see them around!!

This month we have lots of information for you about **restaurants in Italy** from Maria Liuzzi-ScalPELLI our Centre Manager, who just returned from her trip to Italy a couple of weeks ago! To find out more, go to page 2. If you're interested in studying in Italy, we have a **free Study Holiday Information Night** on the 29th October at 7:45pm. Please book in the office.

Some students may not be aware, but we have a **VCE class** that runs on a Monday evening. These girls have been studying with us once a week for the whole year and now they have their Year 11/12 exams coming up! Let's wish them all "in bocca al lupo!!" We will be having a VCE Summer Intensive Course in January next year so if you know anyone who is doing year 11 or 12 next year, please pass on our details. It's a fun-filled, educational week for them and a big help going into the year.

The Da Vinci exhibition recently started on Southbank and we're organising a group to go and see it on the 7th November at 2pm. If you'd like to come along, please book with Maria or Louisa in the office. Tickets are normally \$25.50, excluding the audio tour but for CIS students and teachers, it's only \$17 including the audio tour!! Take advantage of this great saving and book now!!

We will also be organising the **cooking class** on the 27th November, check page 7 for more information. Please book in early as places are limited!!!

Graziell

New Teacher Profile: Simone Bettoni

Simone is 24 years old and comes from a beautiful town at the foot of the Northeastern Mountains of Italy, Bassano del Grappa. He is a happy-go-lucky person who loves to travel and even more, to experience and learn about different cultures. So, how has he ended up living in Melbourne? Not by chance, it was a very conscious choice. After graduating in Translating and Interpreting at the University of Udine in 2007, he was immediately on the lookout for any possible opportunities to come and discover first-hand this beautiful country that had always fascinated him. After months of looking for employment in Melbourne from Italy, he was touched by the hand of fate when he received a scholarship from his University to work as a Language Assistant in Australia. He jumped at the chance and arrived in April 2008! He worked for almost a year at Mont Albert Primary School and then decided to extend his stay by pursuing his passion for teaching languages. In his free time Simone likes going to the beach and looking for niche movies otherwise unknown to the public. He also tries to keep fit by swimming as much as possible and always enjoys a yummy home made Italian meal!

New Teacher Profile: Nathalie Stanford

Nathalie was born in Australia, but moved to Italy at a very young age. She grew up in Lucca, where her family is from but moved to Venice to go to University. She studied languages and linguistics at the prestigious Ca' Foscari University and speaks 5 languages, including French, Spanish and Japanese. In Italy, she taught English to people of all ages, including her nonni (who apparently were very funny)!! From Venice, she moved to Dublin and lived and worked there before moving back to Melbourne to continue her career in teaching. In her spare time Nathalie loves to read just about anything, travel and eat pizza! At the moment she's reading "Nel nome della rosa" (In the name of the rose) by Umberto Eco. Some interesting facts about Nathalie...she has a brown belt in Karate from the Martial Arts Center of Lucca and performed for 2 years as a juggler with the group "Giocolarte" at children's parties. So far she loves teaching at CIS and is amazed by how wonderful all our students are!!

Italia... Bella come sempre!

I thought I would tell you about some of many wonderful experiences. This time when I visited Italy it was, for the first time, as a married woman. I must say, it was a very different experience to my other trips. It was fantastic. It was incredible to share the experience with someone you love! We spent time with family and friends and enjoyed driving south then to the centre! Of course we went to many yummy 'ristoranti'. This is exactly what I'd like to share with you. Great restaurants in Italia! Here are some details of a few of the best restaurants we ate at.

Roma...

Is undoubtedly my favourite city! There is so much to do and see and even though I was there for most of my trip, I don't feel as though I spent enough time there. Of course, there is a lot of pizza to be eaten in Italia. "**Pizza Ciro**" is in Via della Mercede No. 43-45. It's off Via del Corso and very close to **Piazza di Spagna** and Via Condotti. Italians don't want tourists to know about it as they want it for themselves but what they fail to realise, is that they even have a website www.pizzaciro.it and that's where I found out there is a second Pizza Ciro near **Piazza Navona**! They have an extensive menu and there are LCD screens around the restaurant for diners to watch the '**pizzaioli**' in action making their mouth-watering '**pizze**'! On average a pizza margherita is around 6-10 euro. I highly recommend it!

Still in Rome is another '**ristorante**'... "**I Laureati**", which is on Via Luigi Zambarelli No.35-37. This **ristorante** is a little out of the centre of Rome but well worth it! Usually the best restaurants in Rome are the ones out of the centre where most Italians prefer to dine! As its name states "**I laureati**(the graduates) is run by graduates who were looking for work in their fields of study but couldn't find anything and therefore in the meantime decided to open a restaurant. Their restaurant really took off and they decided to never look back! It has a great atmosphere with a very youthful vibe and is also very family friendly. They have an extensive menu but specialise in fish and their desserts are a must! If you get stuck and would like to try all of them, you can! Choose "**il gran trionfo**" where you have small portions of each dessert from the menu. Check out their website www.ristoranteilaureati.com

In the same area as 'i laureati' (zona Monteverde) is a magnificent **parco** called **Parco Pamphili** or **Villa Doria Pamphili**. It is the biggest park in Rome and is divided by a main road. You can definitely get lost in there for hours, if not days! From one of the main entrances you can find "**Vivi Bistrot**". By day it's a café` but turns into a restaurant by night. It is in gorgeous surroundings and of course they have great coffee (**illy caffè`**) and fabulous desserts (**cuore caldo di cioccolato**). They can also organise a picnic lunch for you to enjoy anywhere in the park. Most weekdays they have a 10 euro set buffet lunch with loads of yummy food. On the weekends it is very difficult to get in unless you have a reservation. Check out www.vivibistrot.com It's a good website with a map of the park and is packed with loads of information.

Firenze...

In the **Santo Spirito area** in the same street as our partner school "**Centro Firenze**" is a stunning restaurant called "**Il Santo bevitore**" (The saintly drinker). The address is Via Santo Spirito 64/66R It is a mix of enoteca and restaurant. Its walls are full of wine bottles! They are experts and can help you match any dish. It is well priced and has a warm atmosphere. Next door is "**Il Santino**" which is owned by the same people as **il Santo bevitore**. **Il Santino** (little saint) is a cosy place where you can drink wine by the glass, eat a selection of cheeses, cured ham and lots of other gastronomic treats. **Il Santo bevitore** also has a website: www.ilsantobevitore.com.

"**Vini e Vecchi sapori**" (wines & old tastes) is a small and charming **osteria** close to "**Piazza della Signoria**". You must book as it only has approximately 10 tables and I was told by the locals it's always busy! The food is simple and they generally have a different menu everyday with true Tuscan dishes. They help you match your wines with the dishes you choose. It is very well priced (min. 10 euro max. 30 euro). The address is Via dei Magazzini, 3/R.

Another great place to eat is "**Trattoria Nella**" near **Ponte Vecchio** on Via delle Terme, 19/R. This trattoria has a very nice ambiance and has a real family feel to it. There are 2 brothers running the show and they are very animated and friendly. I recommend any of the specials. They are also very busy. I didn't have a reservation as I stumbled across this place and had to wait more than 30 minutes for a table but it was definitely worth the wait! Check out their website: www.trattorianella.com

NOTE: If you hadn't noticed, in all the restaurants names in Florence, there is an "R". What does this mean?? In Florence only there are two types of street numbers: red and blue. When looking up directions or an address, you can usually tell the difference between the two as there is a "/r" or "-r" after a "red number". Red numbers are generally for businesses, while blue numbers are for residences. Blue numbers tend to have a white background with a blue number. Red numbers are carved into stone, are smaller and painted red. They are also independent of each other, and may not go in order. Good luck, because it can be confusing!

Siena...

In Siena I ate at one great restaurant. I was only there for 2 days and one of the evenings I attended the cooking class at our partner school, *Dante Alighieri Siena*. I learnt new recipes and the cooking teacher Luisa was fabulous! She was very helpful to the students and when they couldn't understand her, I lent my teaching skills and helped them understand.

'L'Osteria del Gatto' is on Via San Marco, No. 8 around the corner from the school which is on Via Tomasso Pendola and about a 10 minute walk from *Il Campo*. Siena is best visited on foot. *L'Osteria del Gatto* specialises in traditional Sienese food, mainly game meats and they have a local fisherman that delivers fresh fish from the sea or surrounding lakes.

Milano...

What a cosmopolitan city! There's always so much to do and see and so much shopping to be done!! One amazing restaurant I ate at is called "*Terrazza Visconti*". This was a truly fine dining experience. It's on the roof top of the Swiss consulate building on Via Palestro. It has great views of Milano (great by night...not so good by day with all that smog!) As soon as you enter you are treated like royalty. Everyone is so soave and elegant! The service is prestigious. The food is presented in such a stylish manner and of course they bring the wines to match each dish. To view their menu and photo gallery check out their website: www.terrazzavisconti.com

Pizza, Pizza, Pizza. Every corner you turn you will find "*una pizzeria*" but you don't always find a pizzeria/ ristorante that has a **gluten free menu** and a standard menu and is close to the beautiful '*navigli*' in Milano. "*Be Bop*" is exactly this place. I have heard people say that when you are a celiac or cannot eat gluten, it's a little difficult to eat out. Rubbish! This is a myth! There are plenty of gluten free restaurants in Italy and if they are not fully gluten free they certainly cater for us! 1 in 100 people in Italy suffer from celiac disease. *Be Bop* is the perfect place to eat if you are one of them. They have every angle covered. They have gluten free bread, bread sticks, absolutely yummy pizza and even yummiier dessert! It is very well priced with a pizza costing around 7-10 euro. *Be Bop* is known as a '*ristorante con Pizzeria e Giardino*' on Col di Lana No.4 just a short walk from the Navigli which has a great night life.

The *Navigli* is the river-area in the south of Milan. It will take about 20 minutes to go through the area, and during that time you'll have seen hundreds of bars, discos and restaurants. There is a fantastic *gelateria*! The best time to go there is during the late spring or summer, when all traffic is forbidden and you can sit in the middle of the street and have a few drinks with friends. It is famous, like all of Milan, for it's aperitivi. From 7-9 pm all bars have buffet food for free with drinks, like pasta, pizza-slices and so on. A lot of people go there after work to relax or before going to dinner.

We'd like to hear from anyone who has been to Italy recently and eaten somewhere fantastic and would like to share it with other students and teachers!

Ciao a tutti,

My name is Maria Masini-Barry and I've been teaching at CIS for almost 10 years. In 2006 I participated in the *Oxfam Trailwalker* - a 100 kilometre fundraising walk over 48 hours. Well, this past weekend I registered to do it all over again in 2010. Last time my team raised nearly \$5000, and we're hoping to do even better this time.

If you'd like to support the great work that Oxfam does around the world and encourage me in this challenge, please donate at the CIS office or on-line at <http://www.oxfam.org.au/trailwalker> and Click 'Donate' under the Melbourne event. Enter my name (**Maria Masini-Barry**) and my team name (**Brunswick Reds**), then fill out the form. All donations are tax deductible.

Grazie mille for your support!

Wine Night and Enoteca Sileno

On Monday 14th September, 25 level 5-8 students & I attended the Wine Tasting Class run by Elio Guarnuccio here at CIS. Elio & I were very lucky to have the incredibly knowledgeable staff at Enoteca Sileno help us out by taking the time to give us a tour around the Enoteca and teach us about all their products, including the Italian foods and wines from different regions that they sell, how they are made and the correct foods to match, they even gave us a very strong, but excellent espresso in the Vino Bar (so we could absorb more information of course!!).

Did you know that Enoteca Sileno only stocks products from very small suppliers, not from large food companies??

All the food and wine is 100% authentic Italian! Enoteca Sileno was founded in 1953 and quickly established a reputation in Australia as an importer of fine Italian food and wine. Since then, the business has grown and diversified and now has a retail showroom and restaurant where you can sample traditional regional foods and wine.

Learning about Italian food and wine is not the only way to learn the language and culture, but in my opinion, it is a great way. You can learn the language by saying the names of the foods, *prosciutto!*, (tricky "sci") or *torrone!* (roll your r's), you learn about geography by seeing where all the products come from and why they are made there, and finally, you learn about culture by imagining how and what Italians eat and their traditions!!

It is a great experience to walk around the store and immerse yourself in the delicious smells and rich colours of the coffee, chocolate, pasta, cheese, nougat, wine and much more!! I would recommend all students go and see for themselves and practice their Italian with the fantastic staff!! Before this, I knew very little about wine, other than the colour (white and red), the taste (sweet and dry) and my personal preferences (yes, it's nice or yuk, I don't like it) however I am learning that it's far more complex than I thought.

On the night, we tried 6 different wines, starting with a Marsala Superiore from Sicily which most people think you drink after a meal, but it is actually an aperitivo. We enjoyed the Marsala with some delicious Sicilian Green Olives. We then tried 2 white wines; Il Coroncino Verdicchio and 'Jacot' Ronco Calaj Bianco IGT Russolo, both with an *insalata di tonno fresco, cipolla e rucola*. After that, we had 2 red wines, Regaleali Nero D'Avola and Barbera D'Alba with a platter of cheeses, including parmigiano reggiano and salumi. Finally we finished up (all of us a little lighter in the head) with a dessert wine, Zaccagnini Plasir Rosso accompanied by some delicious dark chocolate. As we tasted the wines, Elio explained where they all came from and informed us about wine making and tasting (ALL in Italian, of course!!).

The students and I learned how to taste wine with various senses, smell, sight & taste, and we participated in a competition to see who could identify the correct flavours in the wines, which most students gave up on and continued eating and drinking instead! It was great to see everyone using their new vocabulary to describe the textures, flavours and colours of the wines in Italian!! It was a fun and educational night for all who attended and I hear that the fun continued onto Lygon street for some more 'wine tasting' and lots of coffee before heading home!!

Keep reading for more information on the wines, all provided to us by Enoteca. Enoteca Sileno also runs cooking and degustation classes, check out their website for more info at www.enoteca.com.au.

We hope to run another wine tasting night early in the new year!

Louisa Biviano.

Marsala Superiore (Ambra Secco S.O.M.)

Classification: Fortified Marsala D.O.C.

Grape Varietals: Inzolia and Catarrato

Characteristics: Aged in small oak casks for at least 2 years. It has an intense bouquet with delicate dry and harmonious nutty flavours.

Il Coroncino Verdicchio Classico Superiore DOC

Grape Varieties: 100% Verdicchio

Region: From a vineyard close to the Adriatic coast in Le Marche. The grapes are harvested later than most other varieties. The grapes are hand harvested into small wooden crates so as not to damage the bunches. Total production in a good year is about 1,500 cartons.

Characteristics: Green toned straw in colour, distinct floral and slightly nutty fresh bouquet. The palate is dry and crisp with flavours of ripe fruit, honey and apple. It has a soft and a well-balanced mix of fragrant acidity and alcohol having full fruit and pleasing delicate bitterness. Due to careful vinification, this wine is suited to medium ageing having complex honey characteristics over time. Try it served at 10-12 degrees Celsius with oysters or some lightly smoked trout. Also as an aperitif.

Jacot' Ronco Calaj Bianco IGT Russolo

Grape Varieties: Made from 100% Tocai Friulano planted in 1976.

Region: The grapes are grown in San Quirino, Venezia Giulia in the north east of Italy.

Production: The grapes are hand picked and undergo fermentation at a controlled temperature in stainless steel tanks. The wine is matured in part in stainless steel tanks for 5 months with 10-15% spending a brief period in French barrique.

Characteristics: Straw yellow in colour with greenish sparkles. The bouquet is fine, lightly floral, a wine where the typical perfume of bitter almond is mitigated by the use of the acacia wood. In the mouth it is dry, fresh with a great structure. Try it chilled to 10-12°C with first courses or fresh cheese.

Regaleali Nero D'Avola IGT

Grapes: 100% Nero d'Avola

Region: Regaleali, Northern Sicily.

Vinification: Fermented in stainless steel tanks on skins for 8-10 days at a controlled temperature of 26-28°C.

Characteristics: Ruby red in colour, full and persistent bouquet, with a delicate almond aroma and notes of black fruits, cherry, vanilla, cinnamon, mint and sage. Palate is dry and fragrant with excellent length. Try it served at 18-20°C with grilled or roasted red meat, and strong cheese.

Barbera D'Alba DOC 'Torriglione' 2006

Grape Varieties: Made from 100% Barbera D'Alba from the Torriglione vineyard in La Morra Piemonte.

Vinification: After the grapes are hand picked going through a rigorous selection process, fermentation occurs for 7 days at a controlled temperature. Malolactic fermentation occurs in oak barrels. The wine spends one year in a mixture of new and old French oak before a further 6 months in the bottle before sale.

Characteristics: Rich in body and in color, warm and robust, pleasantly tart when young, as well as being a wine suitable to age. The bouquet has scents of ripe plum and an undercurrent of mixed spices. Full flavor with long persistence. The particular soils of La Morra yield to it a measured acidity along with superb elegance. Try served at room temperature with hearty dishes as well as refined meat dishes and aged cheeses.

Colline Pescaresse Passito Rosso IGT 'Plaisir'

Grape Varieties: 100% Cannonau

Region: Commune of Bolognana in Abruzzo, from south-facing vineyards.

Vinification: The grapes are allowed to ripen on the vines which are then cordon cut, and the grapes left to dry and increase in sugar content. The grapes are soft pressed and the wine held in steel tanks before bottling.

Characteristics: Pomegranate red with a delicate bouquet of the Cannonau grape. The palate is ample and harmonious with soft tannins. Try it served at 12-14°C with chocolate or chocolate desserts.

TIMETABLE - Term 4, 2009

From Monday 5th October to Saturday 12th December, 2009

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
10.00 - 11.30am		1-Simone-5* 4-Maria M-4 5/6-FULL 6/7-Maria L-1* 8-Lyn-6	6SI-Nancy C-3 6&7-Maria L-1 7&8-Eleonora-2	3-Maria M-1* 4-Louisa-3 5/6-FULL 6-Lynden-6	1-Chiara-4* 2-Giovanni-5 5-FULL 5-Simone-8 6-FULL 8-Lyn-6
11.40 - 1.10pm		5-Nancy-2* 5-Simone-5 6-Maria L-1 7-Lyn-6	(Levels 6SI** cont) (level 6&7**cont) (Levels 7&8** cont)	2- Nancy- 2* 5-Louisa-3	3-Chiara-4 4-Giovanni-5 5/6-Barbara-9
6.00 - 7.30pm	1-FULL 2-Mariangela-2 5-Giovanni-5 5/6-Barbara-4* 6/7-Louisa-3	1-FULL 1&2-FULL 2-FULL 3-FULL 6-Barbara-1	1-Maria L-1 3-FULL 4-FULL 5/6-Lyn-4* 6/7-Louisa-6 7-Eleonora-2 7/8-Ginevra-3 8-Barbara-7	1-Nathalie-1* 2- Stefania-4* 3-Giovanni-5 4-Lynden-7 5-FULL 5/6-Barbara-9* 6/7-Louisa-3	
7.40 - 9.10pm	1-Giovanni-5* 2-Mariangela-2 3-Maria L-1 4-FULL	5/6-Barbara-1 7-Ginevra-3 (Levels 1 & 2** cont.)	5-Ginevra-3 6-Eleonora-2 6/7-Barbara-1	1-Giovanni-1 2-Louisa-3 5-Nancy-2*	**Semi-Intensive courses where two levels are completed in one term. Each class runs for 3 hrs.

SPRING INTENSIVE: 28TH SEPTEMBER- 2ND OCTOBER; TERM 4: 5TH OCTOBER- 12TH DECEMBER, 2009;

**WE KINDLY REQUEST THAT STUDENTS ATTENDING EXTRA CLASSES
AVOID CLASSES MARKED 'FULL' AND BOOK INTO CLASSES MARKED
WITH AN ASTERIX. THANK YOU.
EG: LEVEL-TEACHER-ROOM**

Conversation Classes

Students in Levels 5 to 8 are invited to attend conversation classes.



When?

Monday evenings at
7.45 - 8.45pm
with wine and cheese.



Cost: \$10 per session.

Students participating are asked to book and pay at the office

1 week before the class to be able to collect class notes.

Pomodoro Italian Cooking School

Experience the Italian lifestyle and cuisine through one of Pomodoro's cooking classes. Based in Melbourne, the Pomodoro Italian cooking classes teach the techniques of home-style, Italian cooking in a friendly and relaxed atmosphere. The teachers grew up in migrant households where cooking and eating Italian food was a ritual, a way for the family to bond and share the stories of the day. This is where they were taught the basics of their culinary background and their passion for cooking great Italian meals. We will be participating in 'A Southern Italian Feast'.

The class will be held on Friday 27th November at 6:30 - 9:30pm at the school in Bentleigh.

For a three hour lesson including 3 course dinner and a CIS apron will cost \$139.

Places are limited, so please book and pay in the office by the Thursday 19th November.

If you would like more information you can visit Silvia's website at www.pomodoro.net.au