



# UK NSE, Milan Community Newsletter



## Welcome to the March Newsletter!

With a wonderful warm and sunny finish to February it is clear that spring has sprung in Italy and we can hopefully look forward to a bright and exciting Spring and Summer to come. This newsletter starts with us unfortunately in the Orange Zone, but the vaccinations are moving forward and with the good weather, hopefully it won't be this way for long. Please remember that if you need to leave your commune you can only do so for work, health or proven needs and must carry the self-certification with you.

This month we say a fond farewell to the Osmond family as they return to the UK and we wish them the very best for the future. We also welcome the Smith family and hope that Rob, Courtenay, Henry and Eloise will enjoy their time here with us in Lombardy.

We have added a few new sections to the Newsletter, so please do scroll all the way down.

## March 2021

### Post

Unfortunately, we are still not yet receiving regular post. BFPO are currently trying several different methods including DHL courier for delivery of post from the UK and collection of letter post to the UK, and returning to the previous method of BA direct flights to MXP.

There is still a parcel ban for several BFPO addresses, including ours, which means that parcels should not be sent to the BFPO 61 address but should instead be sent directly to your local address. Due to the lack of space at BFPO Northolt any new parcels sent to our BFPO address will be returned to sender. We are currently up to date with expected deliveries, however, there may still be parcels that were sent pre Christmas within the BFPO system.

### Book Club

It was lovely to be able to take advantage of the sunshine and Yellow Zone regulations to organise an in person Book Club meet in February. Fingers crossed we will be able to do this same this month!

The next meeting is **Wednesday 24th March, 8pm**. This month we are looking at 'The Silent Patient' by Alex Michaelides, the additional book is 'The Alice Network' by Kate Quinn. Very different books but both look absolutely brilliant. Hopefully you'll be able to enjoy the sunshine in the garden whilst you read.

### EJSU.net

Ejsu.net is a constantly evolving platform, as such we are looking at introducing a 'Top Tips' section to the Welcome Guides which are already available on the Milan Location page. Thank you to everyone who has already made suggestions for tips to be added. If there is anything that you wish you had been told or recommended before you began your posting to NRDC-ITA and think would be beneficial to new members please do get in touch with either myself or Q Andrews so that we can add to the document.

### Orange Zone Restrictions

As we find ourselves back in the 'Orange Zone' for Covid restrictions please be careful that you are up to date on the most recent regulations.

It is strongly recommended that you stay within your own municipality from 0500 to 2200, except for work, study, health or necessity reasons. In small municipalities (less than 5000 inhabitants) you are allowed to travel within 30km but not to Province capitals.

You are allowed to reach another municipality within the same region for **sporting activities only**, when those facilities are not available within your own municipality or when your activity involves travelling (such as cycling, running, or horse riding), as long as this exclusively serves the activity itself and the final destination coincides with the municipality of departure.

You may visit friends or family **once a day** between 0500 and 2200 and this is limited to 2 people, excluding household members and children under 14 years of age.

Self-certification is always required during curfew (2200 to 0500) and when travelling in a different municipality.

# March 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 <b>St David's Day</b>	2	3	4	5 <b>Contingent Coffee 10am</b>	6	7
8	9 <b>Lake Walk and Coffee 10am</b>	10	11	12 <b>Waterfall walk 10am</b>	13	14 <b>UK Mothering Sunday</b>
15	16 <b>Contingent Lunch 12.30pm</b>	17 <b>St Patrick's Day</b>	18 <b>Lake run/walk 9.30am</b>	19 <b>Italian Father's day</b>	20	21
22 <b>Contingent Coffee 10am</b>	23 <b>Trail run/walk 9.30am</b>	24 <b>Book Club 8pm</b>	25	26 <b>Contingent Bingo Night 8pm</b>	27	28 <b>Clocks change +1hr</b>
29 <b>Easter MM begins</b>	30	31				

## Diary Notes

As always, the diary is a 'living document' and changes will happen depending on the weather, general interest and the Covid restrictions... I will update as necessary on the NRDC Contingent Facebook page and WhatsApp chats as appropriate.

Please feel free to share any outings or walks that you go on to the WhatsApp groups if you would like company (within permitted restrictions and regulations).

**5th March**— Contingent Coffee, 10am, on Zoom

**9th March** — Lake Walk and Coffee, 10am, TBC, restrictions dependent

**12th March** - Waterfall Walk, 10am, TBC, restrictions dependent

**16th March** — Contingent Lunch, 12.30pm

**18th March**— Lake run/walk 9.30am

**22nd March**— Contingent Coffee, 10am

**23rd March**— Trail run/walk, 9.30am

**24th March**—Book Club, 8pm

**26th March**—Contingent Bingo Night, 8pm

**29th March—12 th April (Inclusive)** - Easter Minimum Manning Period

**\*\* Within in March it is possible that British Serving Personnel and their eligible dependents will be able to receive the Covid 19 Vaccination at Ugo Mara Caserma. Dates are to be confirmed.**

## Recipe Corner



### Chilli-Lime Meatballs

The sweet and spicy sauce makes these bite-size meatballs a tempting Thai-influenced appetizer or aperitivo

#### Ingredients

##### Teriyaki Sauce

120g stir-fry teriyaki sauce

2 tbsp lime juice

2 tsp Thai curry sauce

2 cloves of garlic (pressed)

##### Meatballs

500g minced beef (or non meat alternative)

1 egg

1 clove garlic, pressed

2 tsp finely chopped (peeled) root ginger

¼ tsp cayenne pepper

2 tsp Thai curry paste

1-2 spring onions

Lemon wedges to garnish (optional)

#### Method

1. For the sauce, whisk all ingredients together and place to one side

2. For meatballs, combine all ingredients mixing well. Scoop mixture to form approx. 40 meatballs. Place meatballs in pan on the hob over a medium heat for 8-10 mins or until evenly browned and cooked through, turning frequently.

3. Reduce heat to low. Pour prepared sauce into pan; heat gently for about 1 minute, gently stirring meatballs to coat. Transfer meatballs and sauce onto serving dish; scatter over spring onions. Garnish with lime wedges, if desired. Serve.

## March In Italy

March is a jam packed month in the Italian Calendar with lots of interesting events!

**March 8**— International Women’s Day or La Festa Della Donna, La Feste delle Donne or Giornata Internazionale della Donna, International Women’s day is observed widely in Italy and is noticeable for the yellow mimosa flowers.

**March 9**— Feast of Santa Francesca Romana, Rome

On March 9th, Romans celebrate the local saint , Santa Francesca Romana by visiting the Tor de’ Specchi which is only open on her feast day.

**March 15**— Ides of March Commemoration of Caesar’s Death, Rome

Small commemorations and cultural events mark the Ides of March, the date on which Julius Caesar was assassinated.

Usually the Gruppo Storico Romano stage a re-enactment of the infamous event near the site where it happened in the Largo di Torre Argentina.

**March 19**— Festa di San Guiseppe

The Feast Day of Saint Joseph is also known as Father’s Day in Italy. Traditions include children giving gifts to their fathers and eating *zeppole* (a fried dough similar to a doughnut)

**March 25**—Florentine New Year aka Feast of the Annunciation

The official arrival of spring is celebrated in Florence on the Feast of Annunciation, which would usually include a parade from the Palazzo Vecchio to Piazza SS Annunziata. It is custom to pay a visit to the church of Santissima Annunziata to see its richly decorated interior.

**March 25**— Dantedi National Dante Alighieri Day

On January 17 2020 the Italian Government declared 25 March as National Dante Alighieri Day or Dantedì. 2021 is the 700th anniversary of the poet’s death. March 25 was chosen because it is the “date scholars put as the start of the journey to the afterlife in the Divine Comedy”.

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