



UK NSE, Milan Community Newsletter



Welcome to the May Newsletter!

As we finish April and move into a slightly damper than usual May we can celebrate the new level of freedom that the Yellow zone regulations allow us, as well as hoping for our Green Passes to enable us to move throughout Italy and continue on the adventures we all enjoy so much. This is a fairly packed edition of the newsletter so please do scroll all the way through. Lots of exciting events and opportunities for everyone :)

This month we also welcome new members to our community, the Richards' family will join us mid month. We all wish Eric, Natasha and Jabari the best with their move and look forward to getting to know them.

May 2021

Post

A quick reminder that whilst we have had our parcel service restored by BFPO, it is still a rather delicate balance and it is important that the system is not overloaded whilst restrictions are still in place globally. The advice is still to try to shop locally or to have deliveries sent to your SFA rather than through the BFPO system if possible. Please ensure that you are aware of what can and cannot be sent from the UK (a link to the full lists is available on EJSU.net as well as the pinned post in our Facebook group). Customs forms will need to have been completed correctly by the sender or the parcel may be returned by BFPO.

Letters can still be sent to the UK through the BFPO system, please ensure that these have the correct postage. Unfortunately we are not able to use the pre pay print out facility, which has a 7 day validity, from RM due to BFPO not offering a guaranteed time delivery.

Outgoing mail should be placed in the mailbox in the JPA suite and is checked weekly. Collections are organised through BFPO regularly but are not, unfortunately, weekly.

Book Club

The next book club meeting will be held **Wednesday 26th May**, location to be confirmed. May's books are 'Beneath A Scarlet Sky' by Mark Sullivan and 'Where the Crawdads Sing' by Delia Owen. 'Beneath A Scarlet Sky' is a wonderful book set in Northern Italy during the Nazi occupation. Lots of local references!

May Yellow Zone Restrictions

As we find ourselves back in the 'Yellow Zone' for Covid restrictions and more venues and opportunities open, please be careful that you are up to date on the most recent regulations.

Face Masks must still be worn at all times when indoors (except your own home), they can however be removed when outdoors and you can remain appropriately distanced from those around you and circumstances allow. You must still ensure that you have a protective face mask on your person at all times.

Moving between regions is now allowed for yellow and white regions. However, please be aware that the curfew is still in place. Whilst you do not need the self-declaration to move around or between yellow regions it is always required during curfew (2200 to 0500).

Visiting friends is allowed once a day between 0500 and 2200 hours. A maximum of 4 adults may visit another residence (children under the age of 18 years and disabled persons are excluded from the count).

Restaurants, bars, cafes etc are open and able to offer outside service from 0500 until 2200 hours. **Hotels and B&Bs** are now also allowed to open and are able to open restaurants to serve those staying at the establishment.

Cinemas and theatres are able to open for outdoor performances as long as anti Covid-19 measures are being met and seating is pre-assigned.

Outdoor swimming pools will be able to open **from May 15** provided that preventative measures are respected. Indoor pools will remain closed for now.

Retail shops and commercial centres are open all week. This includes the larger shopping centres which were previously closed on weekends and festas.

Museums and exhibitions are open all week to people who have booked online at least 24hrs in advance.

May 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 Labour Day Public Holiday (Italy)	2
3 UK Early May Bank Holiday	4 Lake Walk and Coffee 10am	5	6	7 Contingent Coffee 10am	8	9 Italy Mother's Day
10	11	12	13 Lake run/walk 9.30am	14	15 Contingent Walk and Lunch 11am	16
17 Contingent Coffee 10am	18	19 Contingent Lunch 12.30pm	20 2nd COVID Vaccinations	21 Trail run/walk 9.30am	22	23
24	25 Waterfall walk 10am	26 Book Club 8pm	27	28 Friday Fizz 5pm	29	30
31 UK Spring Bank Holiday						

Diary Notes

As always, the diary is a 'living document' and changes will happen depending on the weather, general interest and 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).

1st May— Labour day, Public Holiday in Italy

4th May — Lake Walk and Coffee, 10am, Comabbio

7th May— Contingent Coffee, 10am, TBC

13th May— Lake run/walk 9.30am

15th May— Contingent Walk and Lunch, 11am, Lago di Como

17th May— Contingent Coffee, 10am, Castronno

19th May — Contingent Lunch, 12.30pm, TBC

21st May— Trail run/walk, 9.30am, Sacro Monte

25th May - Waterfall Walk, 10.30am, Cascade Ferrera

26th May—Book Club, 8pm, Location TBC

28th May—Friday Fizz, 5pm, Location TBC

Best Wishes, Charis

UK Contingent Strava Challenge Group

The Contingent Strava Group have been smashing through the distances throughout April and not only successfully made it as far as Folkestone, they covered enough distance to leave the Eurotunnel area, take a trip to Tesco to stock up on those Brit vitals (tea bags, squash, cheese and bacon...) and head back again! They made fantastic progress and were back past Nancy in France on Monday 26th April still with 5 days to go.

The May Challenge is designed to really encourage everyone to get together and get moving, It's a whopping 6,166km along the Grand Italian Trail and includes walking, running and cycling. Families are encouraged to go out together, friends to meet and explore the area so that we can achieve this goal as a contingent. Children's distances will be manually added to the overall distance so there is no need to create additional Strava accounts! Further information is available in the Strava group posts so join up and lets get going!



Sunflower Challenge

The EJSU wide sunflower competition begins in earnest on **Saturday 1st May**. Kits have been available in the JPA suite. If you have not received a kit and wish to take part please let me know.

The EJSU CLOs have also started a Sunflower Challenge Facebook group which they are keen for entrants to join so that they can share progress pictures as well as tips and tricks!

<https://www.facebook.com/groups/368659081160899>

On the last day of each month, everyone will measure the height of their sunflowers and the tallest from each contingent will be added to the overall leader board. So don't worry if your sunflower is a little slower to start, it could



well catch up and take over the competition!

The competition will run until the end of August.

Royal Mail 'Design A Stamp'

Royal Mail have launched a stamp design competition open to children living within the UK. They are also keen for children of Serving Personnel overseas who have a BFPO address to take part! Full details can be found here:

<https://www.stampcompetition.ichild.co.uk/>

The deadline for entries is **Friday 28th May** so lets get creative!

Royal Mail would also like to see our children busily designing their stamps. If you would like to send a picture of your child in action please email the image to me so that I can forward it to the correct department.



Future Events

An update on potential future events!

I am currently looking into organising a Saturday trip to **Milan** in June to visit the **Natural History Museum**. The cost for entry to the museum is €5 per adult, under 18yrs have free entry. Hopefully the weather will be on our side and we will be able to visit the museum in the morning and have a contingent picnic in the gardens behind the museum before going our separate ways and exploring Milan. Due the restrictions, tickets will need to be booked in advance for the museum tour and will be restricted to specific time slots.

There is also the potential for an **archery** session held in the woods between Caidate and Castronno which is something a little different. They offer several packages, so I will be looking for numbers of interested people to help to decide on preferred days.

The **Zipline at Lake Maggiore** is currently still closed but they are hoping to be able to open in June. Once they have reopened I will gather fresh interest for the Zipline experience and lunch that we had initially planned for last year. For those new to the contingent, you can find more information about the Zipline here: lagomaggiorezipline.it

We were able to gather enough people last year that we could benefit from the group booking discount.

For those interested in **horse riding** there is also a possibility of a hack around Lago di Varese! The riding school have horses suitable for all abilities from novices to experienced riders and will tailor the experience to our needs. They are also able to offer hats so you don't need to provide any equipment of your own :) More details to follow!

Polls to gather interest will be posted in the Facebook group. If you are not on Facebook then please do email. As always, if you have any suggestions for events then please do get in touch with me.

Recipe Corner



Vegan Banana Bread

A flash back recipe to this time last year where Banana Bread was all you would see on your social media feeds. Perfect to bring back now that we can enjoy it with friends!

Ingredients

3 large black bananas

75ml vegetable or sunflower oil, plus extra for the tin

100g brown sugar

225g plain flour (or if using self-raising then reduce the baking powder to 2 heaped tsp)

3 heaped tsp baking powder

3tsp cinnamon or mixed spice

50g dried fruit or chopped nuts (optional)

Method

1. Heat oven to 200c/180c fan/gas 6. Mash 3 large black peeled bananas with a fork, then mix well with 75g vegetable or sunflower oil and 100g brown sugar.
2. Add 225g plain flour, 3 heaped tsp baking powder and 3tsp cinnamon or mixed spice, and combine well. Add 50g dried fruit or nuts if using.
3. Bake in an oiled, lined 2lb loaf tin for 20 minutes. Check and cover with foil if the cake is browning.
4. Bake for a further 20 minutes, or until a skewer comes out clean.
5. Allow to cool before slicing. This is delicious freshly baked but develops a lovely gooey quality the day after.

Serves 8-10

*Try toasted with peanut butter!

May In Italy

May is a month of festivals and celebrations in Italy, with several focusing on the medieval era...

May 1— Primo Maggio is a national holiday in Italy is traditionally commemorated with demonstrations by various labour unions. In Rome, the day is usually celebrated with a huge televised concert in Piazza San Giovanni.

In Cocullo, Abruzzo it is also **Festa dei Serpenti** (Festival of Snake Catchers) where a wooden statue of San Domenico is draped with dozens of wild snakes and paraded through the town. San Domenico is the patron saint protector against snake bites and toothaches!

May 8-11— would usually see the **Calendimaggio** in Assisi, Umbria. This yearly event with medieval origins celebrates the return of spring and includes friendly competitions between the upper and lower sections of Assisi. The festival features food and parades, with many centered around the Basilica of St Francis.

May 13— The first **Giro d'Italia** started from Milan on this date in 1909

May 15— Gubbio, in Umbria holds the **Festa dei Ceri** where the running of the 'ceri' or candle is a highlight. The medieval candle race has costumed participants race up Mount Ingino carrying enormous wooden candles. There is also a crossbow tournament and food fairs.

May 18— Usually held around 18th May **Noto Infiorata** is an event in which the UNESCO World Heritage City of Noto, Sicily, is carpeted with flowers in a variety of designs based on a theme.

Late May— This is when the **Palio** began to be held. These medieval races are held in numerous cities throughout Italy. *Ferrara* boasts the oldest Palio in the world. Whereas *Amalfi*, *Genoa*, *Pisa* and *Venice* fight it out as the four ancient Italian maritime powers with the **Palio delle Repubbliche Marinare** being held in one of the four cities. This event is also known as the *Regata Storica delle Antiche Repubbliche Marinare d'Italia*

May 26— on this date in 1805 **Napoleon** assumed the title King of Italy and was crowned in the Milan Duomo.

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UK Contingent Strava Group

The Grand Italian Trail RUN, WALK & CYCLE

Saturday 1st May -
Monday 31st May

Prizes for furthest
distance Adult and
Child categories

6,166km! Sardinia, Sicily, the Apennines,
the Alps Ranges, all the way to Trieste!

For more info join the
UK Contingent Strava
Challenge Group

*Everyone is
invited! Child
distances
count!*

Made with PosterMyWall.com

Grow the tallest
sunflower possible
before the end of
August

Also in competition
with other EJSU
locations, who are
all trying to beat
SHAPE!

Starter kits available!
Just add water and sunshine

To request a kit please email
charis.lucas109@mod.gov.uk

SUNFLOWER CHALLENGE

Made with PosterMyWall.com

VOLUNTEERS NEEDED!

DO YOU HAVE SKILLS TO SHARE AND TIME TO SPARE?

The British Community is looking for
volunteers to join the
EJSU Registered Activities Group, Milan

Bring the community
together for guaranteed
fun!

Help to organise groups,
outdoor activities,
cultural events and
more...

Learn transferable skills

Acquire an up to date DBS
and obtain safeguarding
training

Attend volunteer
workshops and more!

FOR MORE INFO CONTACT

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