

UK NSE, Milan Community Newsletter



Welcome to the June Newsletter!

Whilst May was not as dry as it usually is, it was a wonderful month for final starting to be able to stretch our legs and explore. June promises more sunshine and exciting opportunities as the summer months really start to come in.

Thanks to the loosening of restrictions the 'Out and About' section of the newsletter is making a come back this month for those who are not planning on heading off too far every weekend. Also within the newsletter there are also details for anyone who is interested in becoming the new CLO for NRDC-ITA, as well as details about the next Strava Challenge.

This month we also welcome new members to our community, the Lavery family will join us at the end of the month. We all wish Adrienne and Claire the best with their move. Sadly, we also say a fond farewell to the Wheatley family this month, we all wish them the best of luck and hope that they will have a wonderful time in their new posting.

June 2021

Out & About

June 04 and 18 is an opportunity for free entry to the '*Impressionists at the Origin of Modernity*' exhibition running for the rest of the year at the 'Silvio Zanella' Modern & Contemporary Art Gallery Foundation (MA*GA) in Gallarate from 2-6pm. This is an exhibition featuring over 180 works by major French and Italian artists from the second half of the 19th Century, as well as original ceremonial dresses from the late 19th Century from a private French collection.

June 17-20 sees the return of the **Varese Beer Festival** for a four day extravaganza with more than 100 beers, live music in the events area and plenty of local food to sample. There is also plenty of green space for children to run around and enjoy themselves. The beer festival will be held in the Festival Area in Schiranna and is a free event. Full details can be found on the Facebook page.

June 19 the **Farmers Market** has returned to San Giorgio Su Legnano. This market is a regular calendar fixture for Legnano and happens on the third Saturday of every month in Piazza Mazzini

Until **June 28** whilst walking through Luino you will be able to enjoy a trip on the Ferris Wheel which offers you some spectacular views over Lake Maggiore.

The LongLake Festival in Lugano also returns June 01 for 111 days of music, art, cinema, animation and more. Hopefully we will be able to cross the border soon to experience some of it!

June Regulation Changes

As we find ourselves still in the 'Yellow Zone' for Covid restrictions but hopefully heading towards 'White Zone' the regulations have relaxed. Please make sure that you are aware of the most up to date information.

Face Masks must still be worn at all times when indoors (except your own home) within the Yellow Zone, 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.

Curfew is currently 2300-0500. From **June 7th** it is expected for the curfew to change to 2400-0500, and for the curfew to be fully removed from **June 21**

Visiting friends is allowed once a day excluding curfew. A maximum of 4 adults may visit another residence (children under the age of 18 years and disabled persons are excluded from the count). It is still required that you maintain social distance of 1m when sharing cars if you are from different households.

Restaurants, bars, cafes etc are now able to offer both indoor and outdoor service in accordance with the curfew timings.

Public and religious events/ceremonies, parties and weddings are allowed once more from **June 15th** for those who have the '**Green Pass**'.

Gyms are allowed to reopen for indoor activities from **June 1st** however, indoor swimming pools and spas will not reopen until July.

Travel, when returning from the UK it is no longer necessary to quarantine. Only a negative Covid test result is required. The certificate must be within 48hrs of your arrival. If you do not have a negative result or certificate you must quarantine for 10 days and test on the 10th day.

June 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2 Republic Day Public Holiday (Italy)	3	4 Contingent Coffee 10am	5 Virtual Archery 3pm	6
7 Contingent Walk and Picnic Lunch 11am	8	9	10 Lake Walk and Coffee 10am	11	12 NISIC Brunch 11am-3pm	13
14	15 NISIC Coffee Morning	16 Canal run/walk 9.30am	17 Contingent Coffee 10am	18	19 Lake Maggiore Zipline Time TBC	20
21	22 Trail run/walk 9.30am	23 Contingent Lunch 12.30pm	24 Book Club 8pm	25 Friday Fizz 6pm	26	27
28 Nature Reserve Walk 10am	29 Contingent Coffee 10am	30				

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).

2nd June— Republic day, Public Holiday in Italy

4th June — Contingent Coffee, 10am, Location TBC

5th June— Virtual Archery, 3pm, Sant'Alessandro

7th June— Contingent Walk and Picnic Lunch, 11am, Sacro Monte

10th June— Lake Walk and Coffee, 10am, Lake Varese

12th June— NISIC Brunch, 11am-3pm

15th June — NISIC Coffee Morning, TBC

16th June— Canal Run/Walk, 9.30am, Madalena

17th June—Contingent Coffee, 10am, TBC

19th June—Lake Maggiore Zipline, time TBC

22nd June—Trail Run/Walk, 9.30am, Barasso

23rd June—Contingent Lunch, 12.30pm, Location TBC

24th June—Book Club, 8pm, Location TBC

25th June—Friday Fizz, 6pm, Varese

28th June—Nature Park Walk, 10am, Ticino Nature Park

29th June—Contingent Coffee, 10am, TBC

Recipe Corner—Aperitivo Edition



Caprese Bruschetta and Peach Bellinis

With the sun shining we can all start to enjoy the aperitivo again, so here is a quick recipe to enjoy with your evening cocktail.

Ingredients for Caprese Bruschetta

- 1/2 baguette, sliced
- 2 tbsp extra virgin olive oil
- Pinch of sea salt
- 2 tomatoes, sliced (even better if one is yellow)
- 1 ball fresh mozzarella, sliced
- Fresh basil, torn into small pieces
- Balsamic vinegar
- Toothpicks

Method

1. Using a serrated knife, cut baguette crosswise into 1/2" slices. Drizzle with olive oil and sprinkle with a little salt. Grill or toast the bread.
2. Cut toasted bread, tomatoes and mozzarella into 1" pieces. Arrange Caprese Bruschetta by placing mozzarella on top of bread pieces, then top with tomato and basil. Skewer with a toothpick and drizzle with balsamic.

Ingredients for Peach Bellinis

- 2 medium sized peaches, peeled and diced
- 1/2 cup water
- 1 tsp lemon juice
- Pinch of sugar
- 1 bottle of Prosecco

Method

1. Puree peaches, water, lemon juice and sugar in a blender until smooth.
2. Fill a champagne flute 1/4 full with the puree and then top off with Prosecco. Simple!

*For a Bellini Mocktail, simply replace the Prosecco with

June In Italy

June sees the start of the warm and wonderful weather in Italy, and a host of festivals and feasts!

June 2— *Festa della Repubblica* celebrates the founding of the Italian Republic and is celebrated across the country with a public holiday, parades and other festive events. In Rome, the day is celebrated with a parade down *Via dei Fiori Imperiali* and a flyover of military jets (*Frecce Tricolori*) which release green, white and red smoke behind them. *Palazzo Madama* and the gardens of the *Quirinale* are also open to the public on this day.

June 4— The *liberation of Rome* was on this day in 1944. It also marks the death of *Casanova* in 1798.

Early June— On the seventh Sunday after Easter Sunday, Rome's Pantheon holds a special mass in which rose petals are dropped through the ancient buildings oculus.

June 13— *Festa di Sant'Antonio da Padova*, Padua celebrates its patron Saint during *Giugno Antoniano*. In addition to religious processions and devotionals around the grand basilica there are secular events throughout the city including food fairs and concerts.

June 24— *Festa di San Giovanni* in *Florence, Genoa, Turin and elsewhere*. San Giovanni, a patron saint in many Italian towns, is celebrated with a feast each year on this day. *Florentines* mark the birth of *Giovanni Battista* with ***Calcio Storico Fiorentino***, an inter-neighbourhood football match with medieval costumes and modern day dirty tactics! *John the Baptist* is also the patron saint of *Genoa* where you will find food and entertainment on the night preceding the festival. On the 24th the city marks the day with a religious procession to the ancient port and a blessing of the sea. *Turin* celebrates with food and music as well as a ***farò*** (bonfire) that is lit on the eve of the festival.

Throughout June— There are many ***medieval and renaissance pageants***. *Tuscany* boasts two events ***Giostra del Saracino*** takes place in *Arezzo* in June. The second is in September. In *Umbria* the city of *Orvieto* celebrates ***Corpus Domini*** with a medieval parade. While *Foligno* holds the ***Giostra della Quintana***.

Late June— *Festival dei Due Mondi*, in *Spoletto (Umbria)* is one of the most famous summer music festivals in the world. It is also known as the ***Festival of Two Worlds***.

June 27— *Festa di Sant'Andrea* is celebrated in *Amalfi*.

June 29— *Santi Pietro e Paolo* are the patron saints of *Rome* and are celebrated with vats of ***lumache*** (snails) available for consumption around the *Piazza di San Giovanni* in *Laterno*. This is a local holiday in Rome.

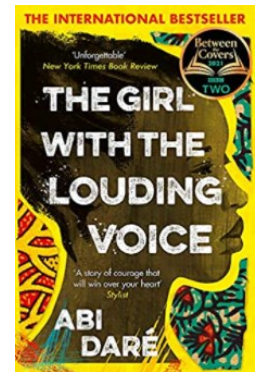
Book Club

The next book club meeting will be held , on **Thursday 24th** June, 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 was a definite hit with the group who all now want to go on a tour to see the areas mentioned in the book.



June's books are 'The Midnight Library' by Matt Haig, a story that raises the question if you have infinite choices, what is the best way to live?

The second book is 'The Girl with the Louding Voice' by Abi Darè. Shortlisted for the 2020 British Book Awards Debut of the Year and Radio 2s 'Between the Covers' Book Club book of the month. A story about never giving up.



VACANCY – UKNSE MILAN

COMMUNITY LIAISON OFFICER POSITION AT UKNSE MILAN

The position of part-time (16 hrs per week) Community Liaison Officer (CLO) Grade S5, will soon become vacant with the UKNSE Milan. This post is open to entitled dependents of UK military personnel or UK Ministry of Defence civilian employees, as referred to in Article 1 of the NATO Status of Forces Agreement. This post is not open to others.

Working hours will be Monday to Friday (specific working hours to be decided with Line Manger). The starting salary will be € **767.69** gross per month, going up to € 1082.82 in 8 annual increments. The salary is subject to UK National Insurance deductions but not UK or Host Nation Income tax.

This is an exciting job for an individual who enjoys meeting and helping people. The CLO will work to provide a Community Support function to the UK contingent based at HQ Rapid Reaction Corps at Varese (Milan) and will assist with welcoming families/personnel to Milan and supporting them throughout their assignment. The CLO is a focus for the integration of UK families into the local military community.

Primary tasks will include:

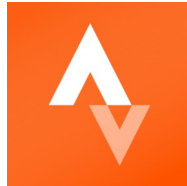
- establishing a link between families and the UKNSE Milan, disseminating information to families, providing advice on the facilities and resources available within Italy, signposting any concerns up through the EJSU Command Chain as appropriate. The CLO will also be responsible for coordinating events to cater for the various sectors of the community and carry out other administrative tasks as required.
- The CLO must be a dynamic and proactive individual able to relate to all Services, ranks and ages. Personal qualities required for this post include good interpersonal skills, good oral and written briefing skills and the ability to work effectively in both a small closely-knit team and independently.
- The individual will be required to self-drive official vehicles, so a current and valid driving licence is essential. They will also need to pass the European Highway Code Matrix test in order to obtain an FMT 600 - MOD Driving Permit to allow the driving of MOD vehicles.
- Candidates should have good computer skills to include the use of MS Office Suite.

The position requires a Category 2 Security Clearance, which means that UK security requirements preclude the employment of non-UK nationals in this post, and Disclosure Barring Service (DBS) clearance (ex CRB).

An application form and a copy of the job description can be obtained from Mrs Melanie Giannolo, CPO Italy, by emailing melanie.giannolo100@mod.gov.uk Applications should be returned to the CPO by **1200hrs Friday 11 June 2021. Late applications will not be accepted.**

- Applicants need to be aware that a paper sift may be carried out and that the EJSU recruitment policy will be observed at all times.
- In accordance with adapted EJSU recruitment policy, all recruitment interviews must be conducted virtually by Skype, Zoom or other means. Specific arrangements for interviews will be notified to shortlisted candidates.
- Interview date as well as employment starting date and handover/training period will be confirmed via email.

UK Contingent Strava Challenge Group



The UK Contingent Strava group made a concerted effort to complete The Italian Grand Trail which is 6,166km long. Unfortunately we just couldn't quite get there! Still, by May 23rd there was a run, walk and cycle combined distance of 2,788.23km which is a phenomenal distance and it certainly helped having non-strava spouses and children involved!

Prizes for furthest runner, walk and cyclist (both adult and child) will be sent out by the end of the first week of June. There will also be spot prizes to be handed out so keep an eye on the group for the award giving post!

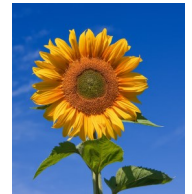
The challenge for June is slightly different. It is personal challenge month!

Do you want to set a new personal record for a 5km run? Cycle your furthest distance to date? Set yourself a target for how far you can run/walk/cycle or dance throughout the month! Whatever you would like to challenge yourself to do, put it in the group and let us all support and encourage you along the way.

Sunflower Challenge

The EJSU wide sunflower competition started strong on Saturday 1st May and the competition is already looking fierce! Accusations of cheating have already been made and there is talk of drug testing the sunflowers that are already looking particularly tall only a month in. The EJSU Padre was found guilty of faking his sunflower picture when he posed with a flower that still had the IKEA price tag on it! All of the drama and more can be found in the EJSU Sunflower Challenge Facebook group. Pop over if you haven't already! <https://www.facebook.com/groups/368659081160899>

Whilst our own sunflowers are growing at very different rates, and some have already met a sticky end...don't be discouraged! A healthy dose of tomato feed (sshhh don't tell the drug testing squad) could give your sunflower the boost it needs. Thank you for all of the measurements, I have passed on to Shape House our tallest sunflower for the month and will share the leader board once it has been published.



Next measurements will be needed for Wednesday 30th

CHOOSE YOUR OWN CHALLENGE
WHAT WILL YOUR GOAL BE?

- Furthest distance?
- Fastest sprint?
- Highest climb?
- Daily steps?
- You decide!

Tuesday 01 -
Wednesday 30 June

for more info
join the UK Contingent Strava
Challenge Group

WELCOME AT THE INTERNATIONAL FELLOWS BRUNCH!

SATURDAY 12 June
11 am - 3 pm

20 Euro INCLUDING

- ◆ COFFEE & CAPPUCCINO
- ◆ VEGGIE TOASTS
- ◆ SAUSAGES AND BEANS
- ◆ OMELETTES
- ◆ DESSERTS
- ◆ ROSEMARY POTATOES
- ◆ SCRAMBLED EGGS
- ◆ ITALIAN CHEESE
- ◆ FRESH JUICES
- ◆ SOFT DRINKS
- ◆ ...AND MORE

Draft programme:
- Start at 11 am
- Chief IFT opening
- End of event at 3 pm



Sign up by writing to
segreteriaift@mwanrdcitta.it
NLT 30 May

Useful Numbers:

Head of NSE : WO2 A Andrew	+39 (0) 331 329300
	+39 348 4528754
HNLO : Fausta Razzano	+39 348 2251727
CLO : Charis Lucas	+44 7447 496839
Duty Works Service	800 940008
	+44 1454 806957

EMERGENCY SERVICES IN EUROPE : 112

EJSU Duty Officer	+32 (0) 477 354 381
UK Duty Officer	+39 349 8519140
JCCC	+44 1452 519951
Emergency Duty Italian Speaker	+39 331 6112140
HEALIX	+44 (0) 208 481 7800
Big Word	+44 (0) 113 212 4116