

UK NSE, Milan Community Newsletter



Welcome to the July bumper edition of the Newsletter!

This will be my final edition of the newsletter before I hand over the reins to the new CLO. So it is a jam packed edition full of information for July and August! With restrictions being relaxed throughout Italy and the sun shining it's a fantastic time to be getting out and about and exploring this wonderful country. The 'Out and About' section has local events and some from further afield for all of the adventures that everyone is heading off to.

Over the summer we have the annual big change of personnel amongst the UK Contingent so we say a fond farewell and best of luck to the Smith, Bramble and Lucas families. We also welcome Jamie Beever who will be joining the UK NSE team. We hope that you enjoy your time here with us in Italy.

July 2021

Out & About

July 10– September 12 is the **Black & Tube Festival** held in **Gardini Estensi, Varese**. Combining four events that have previously been held separately in the area this is the second time that they have been held as the Black & Tube festival. Concerts and events that combine African American music, rock, Italian pop, folk and popular music. The full program and prices can be found at www.blackbluefestival.com

July 09-25 and August 19–September 05 sees the return of the **Stresa Festival** for it's 60th anniversary. Held in a variety of beautiful surroundings from venues on the water on Lake Maggiore to concert venues throughout the area. A mix of dance and theatre, visual arts and literature. As well as a wide variety of music for every listener. Details of the full programme can be found at www.stresafestival.eu

July–August is the time for the **Opera** programme to really take off in **Verona** with performances of *Aida*, *La Traviata* and *Requiem di Giuseppe Verdi* being just a few. For performance details and bookings go to www.arena.it/en/arena-di-verona

Throughout July and August Milan hosts the ninth edition of **Estate Sforzesca**, the festival 'of and for' Milan with live shows from world music to classical music, cabaret to jazz. With more than 80 events in the program it is the longest music, theatre and dance festival in Italy. Check out www.yesmilano.it for full details

Have a look at the Italy in July and August sections of the newsletter for more ideas of places and events to see.

Home Security

During prolonged periods of absence occupants are advised to arrange a house sitter from within the UK community or leave a key with a neighbour or friend whom they trust, so that the individual can check the property at irregular intervals. If, for example, the alarm system is tripped by a power cut and a key is not left with a neighbour or a friend, then there is no possible access to switch the alarm off. DIO **do not** hold spare keys, nor do they have authority to enter. If permission from the occupant is granted via the UKNSE, then there will be a barrack damage cost incurred to break the locks to access the property.

In addition, occupants are advised to take the following action:

- a. Lock all doors and windows.
- b. Close and lock all shutters.
- c. Close the curtains or blinds (at night).
- d. Take the keys out of the locked doors and windows.
- e. Set alarms.
- f. Lock the basement and/or garage.

Summer Leave

Please be aware that the NSE will at reduced manning over the Minimum Manning period.

Be aware that in cases of emergency, your first call should be to the UK Duty Officer.

Post will still be collected over the summer leave period and will be sorted for collection from the JPA suite in the NSE building.

July 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3 Trip to Milan Natural History Museum	4
5	6 Contingent Coffee 10am	7	8	9 Contingent Picnic Lunch 12:00	10	11
12	13	14 Walk and Kid Bike Ride	15	16	17 Summer Function	18
19	20 Contingent Coffee 11am	21	22 Book Club 8pm	23 Minimum Manning Begins	24 Contingent BBQ	25
26	27	28	29	30	31	

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).

3rd July— Trip to Milan Natural History Museum and picnic in Giardini Pubblici Indro Montanelli

6th July — Contingent Coffee, 10am, Location TBC

9th July— Contingent Picnic Lunch, 12 noon, Cerro.

14th July— Walk and Kid Bike Ride, 10am, Location TBC

17th July— UK Contingent Summer Function

20th July —Contingent coffee, 11am, Mylius Café, Villa Mylius, Varese

22nd July—Book Club, 8pm, Location to be confirmed

24th July—29th August (inclusive) Minimum Manning

24th July—Contingent BBQ, Monate Trenate, please RSVP to Maj. Ross for numbers

15th August—Ferragosto, Italian Public Holiday

There will be some spur of the moment events offered during the Minimum Manning period so keep an eye on the Facebook page and the WhatsApp groups.

Have a wonderful summer!

Best Wishes, Charis

Recipe Corner



Fig and Prosciutto

Pizzettas

A quick and easy snack for those days exploring, or a nice addition to the aperitivo menu.

Ingredients

Knob of butter

3 shallots, finely diced

250g crème fraiche

50g parmesan, finely grated

4 ripe figs, cut into chunks

125g ball of good quality mozzarella, roughly torn

2 handfuls of rocket

6 slices of prosciutto, torn into strips

2tbsp extra virgin olive oil

2tbsp good balsamic vinegar

For the Dough

400g strong white bread flour, plus extra for dusting

7g sachet fast action dried yeast

1tsp salt

4tbsp olive oil

Method

1. To make the dough mix the dry ingredients together, measure 250ml hand warm water into the jug with the oil. Mix together, then tip into the flour mixture. Mix together, cover with cling film and leave to rise for 1hr. Meanwhile, heat the butter, then soften the shallots and set aside.
2. Heat oven to 220oC/200oC fan/ gas 7. Tip the dough onto a floured surface, knead briefly then divide into 6-8 balls. Roll each out to a thin circle then arrange on flour dusted baking sheet. Mix the crème fraiche, parmesan and shallots with a little salt and lots of black pepper. Spread over the dough and bake for 10-15min until crisp at the edges and slightly puffed up.
3. Toss the figs and mozzarella with the rocket. Sprinkle over the pizzettas with the prosciutto. Mix the oil and vinegar, drizzle over the pizzettas and serve!

July In Italy

July sees the start of the musical festival season in Italy. There's certainly something for everyone!

July 1— 1863, Martini was founded in Turin.

July 2— Palio Horse Race, Siena the first of the two runnings of Siena's Palio takes place on this day. Tickets are free for the central part of the Piazza del Campo, you can also book a ticket for a view from one of the private balconies that overlook the square.

July 11—Fiat was founded by Giovanni Agnelli, 1899 in Turin

Mid July— Festa del Redentore, Venice the Festival of the Redeemer in mid July celebrates the end of the plague in 1577 with the opening of the Thanksgiving Bridge to Guidecca and a major fireworks display over Piazza San Marco .

Mid July— Jazz and more in Umbria, Umbria Jazz is probably the most important Jazz event in Europe and takes place mid July in **Perugia**. At the same time, **Spoletto hosts Festival Dei Due Monde**, one of the world's best known and longest running summer music, arts and theatre festivals.

July 25—Antifascist Pasta Day, recreates the *Cervi* family dinner from 1943 which celebrated the brief fall of Mussolini's Fascist regime.

July 26- Festa di Sant'Anna, Ischia. The feast of Saint Anne is especially vibrant in Ischia where fireworks explode over the sea and the island's Aragonese castle.

Opera in Verona. If you've never seen Verona's arena, which easily rivals Rome's Colosseum then July is the perfect time to visit. The annual **Verona Opera Festival** runs throughout the summer.

Music in Rome. The capital has numerous concerts in July. The **Teatro dell'Opera di Roma** offers the opera-archeology combo at the *Baths of Caracalla*. Meanwhile, **Rock in Roma** features concerts from Italian and international rock and rap artists at various locations, primarily the *Ippodromo delle Capannelle* but also at the *Circus Maximus* and the *Auditorium Parco della Musica*. Here you can also experience the **Roma Summer Fest**.

Torino Estate Reale, Torino Classical music, ballet, theatre and other performances make up the **Torino Estate Reale** which takes place in Torino at the *Piazzetta Reale*. The festival is part if a grander collection of performances grouped under the heading of *Palchi Reali*, which puts on shows at various royal residences around the Piemonte region.

Puccini Festival, Tuscany This long running festival held in *Torre del Lago* and *Viareggio* is considered one of Italy's most refined Opera events. It celebrates the works of Tuscan born Giacomo Puccini. Concerts run from July through August.

UK Contingent Strava Challenge Group



The July Strava Challenge will really let you get your creative juices flowing as well as encouraging you to get going even when it's a tad warm out there. Personally, I'll be heading out early before it gets too warm. Please make sure that you keep hydrated along the way as well.

The goals for July are ANY three activities each week be that walking, cycling, climbing, cycling...you name it, it's a goer! ONE of those activities though MUST create a piece of STRAVA art. It can be as elaborate or simple as you please. It's all for fun!



Sunflower Challenge

The EJSU Sunflower Challenge continues to grow from strength to strength as do the sunflowers across the EJSU locations. Last month SHAPE created a very impressive display board to show the leaders with Ramstein topping the board with 64cm.

Whilst some of our sunflowers have succumbed to enthusiastic strimming and mowing, many are still fiercely fighting on! Thank you for all of the measurements that I have received, they have been passed on to SHAPE to be added to the leaderboard and I will update once I know where we are in the competition.

There is not a measuring date for July as the competition comes to an end in August. The final measurements will be needed for Friday 6th August.

Pop over if you haven't already to the Sunflower Challenge fb group to have a nosey at the other locations <https://www.facebook.com/groups/368659081160899>



Book Club

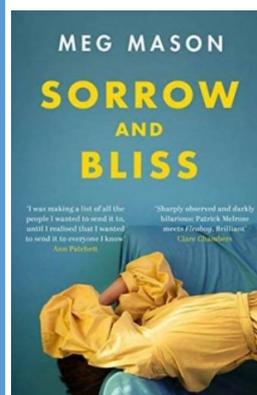
June's books were 'The Midnight Library' by Matt Haig and 'The Girl with the Louding Voice' by Abi Dane. Both books were very well received and are highly recommended by the book club group.

July's main focus book is 'Sorrow and Bliss' by Meg Mason.

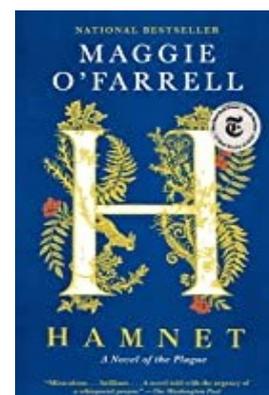
Martha Friel is a brilliant writer who has been loved all her life, but finds herself at the edge of 40 with everything going wrong. Can she work out where things went wrong? Can she fix it? Does it even need to be fixed? Or can she start over and write a better ending for herself?

The alternative book being 'Hamnet' by Maggie O' Farrell.

Hamnet is a novel inspired by the son of a famous playwright: a boy whose life has been all but forgotten, but whose name was given to one of the most celebrated plays ever written.



The next Book Club meet will be held on Thursday 22nd July.



1 PIECE OF 'STRAVA ART' EACH WEEK

CARRY OUT ANY 3 ACTIVITIES EACH WEEK

Welcome

JULY STRAVA CHALLENGE

SET YOUR ARTISTIC SIDE FREE!

For full details join the 'UK Contingent Strava Challenge Group'

Made with PosterMyWall.com

August In Italy

August is truly the start of the summer holiday season in Italy. With the tourist tide turning to Rome, Milan and Florence, whilst the Italians head for the beaches and mountains.

August 5— *Festa della Madonna della Neve, Rome* the papal basilica of *Santa Maria Maggiore* in Rome holds an unusual festival. The 'Feats of the Madonna of Snow' commemorates a miraculous August 5th snowfall in the 4th century, an event which prompted the church faithful to build a church where Santa Maria Maggiore now stands. Each year a re-enactment of the snow fall at the church is carried out.

August 6— *Birth of Nicola Salvi (1697)* architect of the Trevi Fountain

August 7— *Feast day of San Donato of Arezzo* this is celebrated in Arezzo, Tuscany and widely throughout the Salento sub region of Puglia

August 10— *Feast day of San Lorenzo*, celebrated in Rome

August 15— *Ferragosto (Assumption of Mary)* is the old Pagan name for the mid august break that coincides with the Assumption of the Virgin Mary. This day is a public holiday throughout Italy.

August 16— *Palio Horse Race, Siena* this is the second running of Siena's Palio. The winning contrada of this event gets bragging rights for the rest of the year.

August 24— In 2016 an earthquake hit central Italy and devastated the town of Amatrice

August 31—Birth of *Caligula (12AD)*

UK Contingent Library

Fancy something to read, but don't want to wait for Amazon or BFPO? Then have no fear! The Contingent Library is up and running and has lots of choices for everyone.

The library is currently being held by Julie Shephard-Walwyn. A list is in the process of being compiled.

It's not just fiction! Maps and guidebooks of the area are also available.

Summer Reads

With everyone heading off on holidays, now could be the time to sit and relax in the garden, at the beach or even on a mountain with a good book! Here are some recommendations from the Contingent.

Survive the Night: A Novel by Riley Sager

'There's just something about a serial killer story to capture the imagination. It's 1991, and Charlie's heartbroken over the loss of her best friend, a victim of the Campus Killer. When she hitches a ride from Josh, he claims to be heading to care for his sick father. But something doesn't add up. Charlie gets increasingly uneasy as they drive and with every mile the tension rises toward a deliciously unbearable pitch'

Dandelion Wine by Ray Bradbury

'Summer has a way of making everybody nostalgic, and science fiction Ray Bradbury was no exception. His 1957 novel Dandelion Wine is a fond look at the summer of 1928 in small town Illinois, told through the eyes of 12 year old Douglas Spaulding. It's one of Bradbury's most winning and straightforward novels, though there's still a touch of magic in the book.

For the children:

Red Rising by Pierce Brown is the first book in a 5 book saga centring about Darrow who is a Red, a member of the lowest caste in a colour coded society of the future. He discovers that he people have been betrayed and inspired by a longing for justice, and driven by the memory of lost love sacrifices everything to infiltrate the legendary 'Institute'. This book is aimed at children 11 years+

The Dragonsitter by Josh Lacey is another series of books. The Dragonsitter is the first book about a boy named Eddie and his Uncle Morton's rather unusual pet! Told through emails (making it nice and easy for the younger children to read by themselves, and short enough chapters for parents to read quickly...) Eddie tells the tale of empty fridges, curtains blazing and mailmen fleeing down the front path.

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