



UK NSE, Milan Community Newsletter



Welcome to the September Newsletter!

Hello, my name is Helen Wallace and I am your new CLO, I hope my first newsletter is up to scratch!! With the summer Minimum Manning period almost over, schools will be returning shortly and we can start to look forward to Autumn - crisp leaves, bonfires (with toasted marshmallows) and cooler days. This month we will be welcoming Maj Gen Bennett, Maj Black and family and WO2 Richie Harris and family to the contingent, we hope they enjoy their time here. There are plenty of events still happening both locally and nationally some of which are listed below.

September 2021

BFPO

Please remember we are a Limited Service BFPO here and as such the only post that can be sent to the UK through BFPO is correctly addressed and stamped letters and parcels that are returns from companies who have an arrangement with the BFPO. Other parcels or packages should be sent by the Italian Mail service or services such as DHL, UPS or SendmyBag (SendmyBag.com works well for large parcels both to and from the UK).

Book Club

Book Club will restart at the end of the month. The chosen books are Because of You by Dawn French and Shuggie Bane by Douglas Stuart.

Details of both books are available on the Facebook page, The Patch Reading Group. There are hard copies of each book available to borrow or alternately you can download each on Kindle and Audible.

Future Events

I am always looking for different event ideas both during the week and at weekends. Please do message me if you have an idea or a location that you think other contingent members would enjoy :)

NRDC ITA Spouse's International Club (NISIC)

This is a recognised voluntary membership association within the NRDC Italy Morale & Welfare programme.

Every spouse or partner who holds a NATO card can be a member. NISIC organises activities and multinational events to bring together everyone involved in the NRDC. Activities include fund raising for local charities, Italian and English courses, an annual Christmas Fair, monthly coffee mornings, cultural trips, cookery demonstrations and guided visits to various areas of interest. Joining NISIC is free and you can participate as much or as little as you like.

If you are interested in joining in please speak to Sally Cheetham and check out the web page <https://nisicialia.wordpress.com/>

Monthly Strava Challenge

With minimum manning coming to an end its time to get back out there and work off the holiday excesses. This months challenge will be an accumulative challenge for distance walked. Please join the September 50km walking challenge and make sure you change any activities to followers so that they get added to the group leader board. I have requested to follow those of you that I do not already follow on Strava, can you please accept these so I can keep track of all that you are doing. As in previous months, there will be prizes for various achievements - not necessarily furthest or fastest so get those trainers on and get walking!!

September 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3 Contingent Coffee 11am	4	5
6	7 Lake Walk 9am	8	9	10 Lunch Aperitivo 12pm	11	12
13	14 Contingent Coffee 10am	15	16	17 Battle Of Britain Friday Fizz 6pm	18	19
20	21	22 Macmillan Coffee Morning 1030am	23 Contingent Lunch 12pm	24	25	26
27 Contingent Coffee 10am	28	29 Lake Walk 10am	30 Book Club 8pm			

Diary Notes

As always, the diary is a 'living document' and changes will happen depending on the weather and general interest... as well as, unfortunately, Covid restrictions and regulations.

I will update through the NRDC UK Contingent Facebook page as well as the WhatsApp groups as and when necessary.

Planned events will be uploaded to Facebook as an event, if you have access to Facebook please do respond so that I am able to book tables etc. If you do not have access to Facebook, then please do message me.

I am also happy to organise and co-ordinate car shares so that nobody feels unable to attend due to not having a car that day.

3rd September - Contingent Coffee 10am, location TBC

7th September - Lake Walk 9am, location TBC

10th September - Lunch Aperitivo 12pm, location TBC

14th September - Contingent Coffee 10am, location TBC

17th September - Battle of Britain Friday Fizz at Hills 6pm

22nd September - Macmillan Coffee Morning at Hills 1030am

23rd September - Contingent Lunch 12pm, location TBC

27th September - Contingent Coffee 10am, location TBC

29th September - Lake Walk 10am, location TBC

30th September - Book Club 8pm, location TBC

Best Wishes Helen

September in Italy

- Sept 1st** - **I Solisti Veneti for FAI** will perform in concert with music by Antonio Vivaldi, Giuseppe Tartini and Edvard Grieg at Villa Panza. More information at www.allevents.in
- Sept 4-5th** - **Centomiglia del Garda** may just be the most beautiful race in the world. Some of the newest and fastest boats can be seen on Lake Garda on the day of the race. For more information contact the centre on info@centomiglia.it
- Sept 10-12th** - The **Eroico Rosso Sforzato Wine Festival** means three days of tasting, guided tours, music and folklore for everyone. More information at www.eroicorosso.it
- Sept 13th** - **International Chocolate Day** - as if we need an excuse to eat more!!
- Sept 19th** - **International Talk Like a Pirate Day**: Ahoy there me hearties!
- Sept 19th** - **Gliding Open Day** at Aero Club Adele Orsi, Varese with lots of activities for everyone both gliding fans and those trying the sport for the first time. More information at www.acao.it
- Sept 24-26th** - **Cremona Musica** is a big global marketplace for high quality string instruments. You can meet the best string instruments makers and distributors in the world. This is the place to discover, try and buy the perfect instrument. More information at www.cremonamusica.it

Recipe of the Month: Pork with Chillies and Garlic

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| 650g fresh lean pork mince | 3 Tbsp sunflower oil |
| 1 Tbsp Thai fish sauce | 2 Tbsp dark soy sauce |
| 5 fresh Red Bird's eye chillies | 2 Tbsp Oyster sauce |
| 3 garlic cloves | 1-2 Tbsp chicken stock |
| 1 Tbsp soft brown sugar | |



- 1. Mix the pork and fish sauce and let marinate for 10 mins.**
- 2. Halve & partially deseed the chillies. Pound the chillies and garlic into a paste. Heat the oil in a wok and add the pork, chilli paste and stir fry over a high heat for 2-3 minutes or until meat has browned.**
- 3. Add the sugar, soy sauce and oyster sauce and cook, stirring constantly for 3-4 minutes until pork is cooked. If the mixture seems a little dry, add the stock. Serve with boiled rice.**

To make this recipe vegan/vegetarian replace the pork mince with tofu/soya, oyster sauce for Hoisin sauce, fish sauce with vegan fish sauce and chicken stock with vegetable stock.

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