



UK NSE, Milan Community Newsletter



Welcome to the October Newsletter!

So seemingly, having only just waved off beloved offspring to various schools, this month we see them return for half term! I hope everyone has settled into the new school year and that we are all ready for the autumnal days ahead. This month we welcome Wng Cdr Derek James and his wife, Jane. We hope they have a lovely time in Italy. As the days draw in and get colder let's all do our best to keep warm by joining in with the monthly Strava challenge (more info below).

October 2021



This month we wish **Buon Compleanno** to Ady, Richard and Eric. We hope you all have a great day.

Book Club

Book Club will restart at the end of the month. The chosen books are

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.

Remembrance Sunday

There are no fixed details about Remembrance Sunday yet. I will post details on all groups once they are known.

Find the Pumpkins

To celebrate Halloween, I have hidden some pumpkins throughout the newsletter. Let me know how many you find and there will be a prize for the first correct answer.

BFPO Restricted Items

With Christmas post starting soon here is a reminder of a few things that must NOT be sent via BFVPO:

Explosives (including poppers, crackers, flares and fireworks), aerosols, alcohol (containing more than 24% vol), most types of batteries, financial documents, flammable liquids, matches, perishable food items, frozen food, plants and perfumes and aftershaves. This list is NOT exhaustive. Please see www.gov.uk for the full list.

Monthly Strava Challenge

September saw a slow bumble back into the world of exercise so it's time to up the ante!! Octobers challenge will be highest elevation gained. This can be done through walking, running, cycling or just going up and down the stairs (watch me do exactly that towards the end of the month!) Whatever discipline you decide to use, make sure you log all your activities on Strava so I can keep any eye on them all.

October 2021



Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5 Contingent Coffee 10am	6	7 Sacro Monte Walk 11am	8 Friday Fizz 6pm	9	10
11	12	13 Lake Como Walk 10am	14	15 Island Hopping boat trip	16	17
18	19 Contingent Coffee 2pm	20	21 Contingent Lunch 12pm	22 Lake Walk 9am	23 Kids Halloween Party 2pm	24
25	26	27	28 Book Club 8pm	29 Friday Fizz 6pm	30	31

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.

- 5th Oct - Contingent Coffee 10am Location Globe Cafe, Varese
- 7th Oct - Sacro Monte Walk 10am, I will send pin nearer the time
- 8th Oct - Friday Fizz 6pm, Prosecco Park
- 13th Oct - Lake Como Walk 10am, I will send pin nearer the time
- 19th Oct - Contingent Coffee 2pm, location TBC
- 21st Oct - Contingent Lunch 12pm, location TBC
- 22nd Oct - Lake Walk 9am
- 23rd Oct - Kids Halloween Party 2pm, Via Francesco Guicciardini 73, Varese
- 28th Oct - Book Club 8pm, location TBC
- 29th Oct - Friday Fizz 6pm, 136B Via Romeo Lanfranconi. All invited, including kids. Please RSVP to Matt Boomer by Friday 22 Oct. Dress—as you like but Halloween will be close so fancy dress of any sort is strongly encouraged!!





October in Italy

01st-03rd October - Cheese and Smiles, Cremona. This dairy foodie festival takes over the streets of Cremona. There will be shows, tasting sessions, exhibitions and workshops. An incredible opportunity to promote, know and taste the typical and original dairy products in this event dedicated to the Lombardy territory with its food and cultural tradition.

02nd-03rd October - The Gran Fondo Tre Valli Varesine On Road competition. This cycling road race is in the ranks of 'one of the best events' of the Union Cycliste International (UCI). Get the opportunity to cycle on the same course as the World Championship Gran Fondo Varese 2018 while discovering breathtaking views. More information at www.granfondotrevallivaresine.it



08th Oct - Big One The Voice and sound of Pink Floyd at Teatro Di Varese. More information at www.allevents.in

09th-10th Oct - Varese Half Marathon!! A combination of breathtaking views, streets and places that smell of history. Varese CityRun will surprise you; you will combine sport, social life and fun. More information at www.join.endu.net

Until 10th Oct - Stradivari Festival. This exhibition dedicated to the greatest luthier in history lights up the Cremona autumn. Various shows and concerts dedicated to Antonio Stradivari. More information at www.stradivarifestival.it

Until 31st Oct - Guided tours of Rocca D'Anfo. The largest Napoleonic fortress is open for guided tours. There are 3 different types of tours from family orientated to those who like a more in depth one. More information at www.roccadanfo.eu



Recipe of the Month: Vegan Sausage Rolls



- 1 onion
- 1 (vegan) stock cube
- 1 garlic clove, crushed
- 55g breadcrumbs
- 1 tsp mixed herbs
- 250ml water
- 1 medium carrot, finely grated
- 1 rectangle puff pastry
- 85g red lentils



1. Sauté onion for about 8 mins until nice and soft
2. Add garlic and fry for another 5 mins
3. Add herbs and carrot for another 5 mins
4. In a separate pan, cook the lentils in the water and stock for about 15-20mins until soft and mushy
5. Mix with onion & carrot mixture
6. Add breadcrumbs to make sausage roll filling
7. Lay out pastry—divide into strips and spoon filling along strips then roll up and cut into sausage rolls
8. Place on a baking tray and bake at 200c for about 10-15mins.

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HQ NRDC – ITA LEGAL OFFICE



Summary of the latest Decree on COVID-19

(DRAFT approved by the Italian Government, 16 September 2021, due to take effect after formal approval by the President of the Republic and publication on the State “Official Gazette”)

ART. 1. Urgent regulations on the use of the Green Pass within the public working environment

Paragraph 1.

From 15 October 2021 and until 31 December 2021 (the current end date of the COVID-19 national emergency), all personnel of any Branch of the Public Administration must have gotten and provide, upon request, a COVID-19 certificate (Green Pass) to access their place of work or duty.

Paragraph 2 and 3.

This also includes those who for any reason disengage their work, formation or voluntary activity within the above mentioned Branches of the Public Administration even if by virtue of external contracts (Paragraph 2), unless exempt from the vaccination campaign under Italian national law (Paragraph 3).

Paragraph 4 and 5.

Public Employers and private employers shall verify adherence to the rules set forth in Paragraph 1 (Paragraph 4). Accordingly, by 15 October 2021, employers will establish specific operational checks and other methods and will formally appoint personnel to manage and enforce this responsibility and to notify the relevant authorities of any breaches. The checks must primarily occur at the initial point of access to the place of work or duty. (Paragraph 5).

Paragraph 6.

Personnel who communicate the lack of a Green Pass or who find themselves in a temporary unavailability of a Green pass while accessing their place of work or duty are considered on an unauthorized absence. From the 5th day of absence from work or duty these employees shall be suspended by act of the Employer, until the employee demonstrates the required certificate. During the period of suspension, no retribution whatsoever can occur and no disciplinary consequences are foreseen and the right to retain a post is ensured.

Paragraph 7 and 8.

In case of breach of the provisions under Paragraphs 1 and 2, the guilty individual will incur in a 600,000 – 1.500,000 Euros fine and will be subject to disciplinary measures under the relevant regulations. An employer not abiding by the above explained rules will incur the formal sanctions provided by Italian national law on the responsibilities of employers within COVID-19 emergency. Said sanctions are to be imposed by the local Representative of the National Government (Prefect) upon notification by the responsible personnel.

Chief LEGAD

Maj. Massimo FERRARI



Additional direction and guidance from the NRDC-ITA Chief of Staff:

SNRs with personnel who are not projected to have a Green Pass by the effective date of this decree, (15 October 2021) should assume that personnel without Green Passes will not be allowed to access UMB from that date. Accordingly, SNRs in this situation will confer with their national authorities to determine the actions required regarding these personnel and directly report updates to the Chief of Staff (as required).





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