



The Poggio Post

UK Community Newsletter October 2022
EJSU - supporting service personnel and their families.
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Welcome October!



Benvenuti a Ferrara....

Katy and Adie Gibson

We hope you have a wonderful time here in Italy.

Coffee mornings continues every Tuesday 10:00 – 12:00 please pop in for coffee and chat.



Children's Library needs volunteers for it to continue. Please support the community in becoming a volunteer! I can help you with this process.



Italy In October!

Mornings are chillier and leaves are changing their colours. This means only one thing, "Autumn is here".

During October, you will find Italian food festivals (known as Sagra) featuring, mushrooms, chestnuts, chocolates and truffles which pair well with its wine harvesting season, "Tuscan vendemmia", the Italian word for the grape harvest. Italy's food festivals are not just a chance to taste fantastic regional specialities, but to also delve into their local culture. Autumn is the time!

In Italy, a sagra (plural:sagre) is a local festival, very often involving food, and frequently a historical pageant and sporting events. When the sporting event is a historical recreation, such a joust or horse race in costume or armour, it is called a palio. A sagra is often dedicated to some specific local food or produce. Here are some sagre in October.

Sagra dell'Uva di Marino/Marino wine festival.

This annual grape festival attracts thousands of people on the first Sunday of October with processions, period costumes, music and food stalls. The highlight of the festival is the towns Fountain of the Four Moors during the festival flows with white wine which is offered to the crowd free!

Sagra della Mela (apple festival) Valtellina, Lombardy.

The annual apple and grape festival a 3-day event hosted by the Villa di Tirano, that celebrates Valtellina's sweet and juicy apples from the slopes of the Alps.

Alba International White Truffle Fair, Alba – between Turin and Genoa.

The festival is held every weekend from October to November, it is Italy's largest food fair about truffles, offering the best place to buy truffles, from the Langhe, Monferrato and Roero areas. There are cooking shows, educational areas, wine tastings and a unique Truffle Sensory Analysis. Spend a day walking around and trying the local cheeses, cured meats, desserts, mushrooms and the famous hazelnuts from Piedmont and chestnuts from Cuneo.

EuroChocolate, Perugia.

The Euro Chocolate festival takes place in Perugia between the 14th and 23rd of October and is a must-attend if you love chocolate.

L'Oro di Spello/Festa dell'Olio e Sagra della Bruschetta, Spello.

If you attend this festival you will find out just how elaborate it can get to celebrate "Spello's gold" or extra virgin olive oil. For 5 weekends starting from the end of October. The festival has tastings, concerts, parades and educational workshops all about olive oil production. In Spello, the festivities are 3 main days across three rioni (districts), where bruschetta drizzled with new olive oil, regional legume soups, sweets and other delights enhanced with the olio nuovo are on offer.

Ottobrata Zafferanese in Zafferana Etnea, Catania.

October in Zafferana Etnea offers the opportunity to celebrate Sicilian fall foods, like Etna mushrooms, apples, cakes and wine.

MAST COT

If you love traditional balsamico di Modena and want to experience the making of it. Go to Spilamberto the first weekend in October for the MAST COT festival. The main event of the annual celebration is the boiling of the grape to begin the long aging process of becoming the sweet and delectable traditional balsamic vinegar.

EMILIA ROMAGNA

Chestnut Feast – Castel del Rio.

On Sunday 9th, 16, 23rd and 30th October the Sagra del Marrone (Chestnut Feast) takes place in Castel del Rio, in the province of Bologna. The feast celebrates the chestnuts served with different recipes, from the more traditional preparations such as "bruciati" or "capaltaz" to the new recipes invented by more creative chefs combining chestnuts with other flavours.

Mortadella – Bologna

October 20th-24th During MortadellaBo, the Pink Queen of Bologna is honored with pink and white decorations spread out all around the town square. For four days, the city centre hosts events based on Mortadella. Including tastings, guided tours, cooking shows and entertainment.

"Just for fun" days in October

1st International Coffee Day
4th International Ships-in-Bottles Day
6th National Noodle Day
7th World Smile Day
16th National Fossil Day
24th- 11th Nov World Origami Days



Contact Bing if you have any suggestions for any bar events in October.

What's on in October?

Click on images for all the information.
Keep checking CLO FB page for more events, it is always being updated.

Barcolana-Trieste

The largest
sailing
regatta in
the world.
1-9th Oct



DAL 6 AL 16 OTTOBRE 2022
OKTOBERFEST
FERRARA



Organizzato da **Pro Loco Ferrara**

Autunno Ducale

NELLE TERRE ESTENSI
VII Edizione

22 23 Ottobre 2022
FERRARA
Piazza Castello
Piazza Savonarola
Largo Castello

Le tradizioni del Ducato Estense in una rassegna di piante, fiori, frutti dimenticati, eccellenze enogastronomiche tipiche delle terre degli Este.

Itinerario nei sapori e nella storia, mercati, laboratori, conferenze, visite guidate, rievocazioni storiche, degustazioni e spettacoli.

CON IL PATROCINIO DEL
COMUNE DI FERRARA
CASA DELLO SPETTACOLO

PRESENTANO
FERRARA FESTIVAL SHOW
22/23

DAL 15 OTTOBRE 2022 AL 15 APRILE 2023
CENE SPETTACOLO | COMMEDIE MUSICALI | FESTE A TEMA | TALENT SHOW
CORI E CONCERTI DAL VIVO | MUSICA DA ASCOLTARE E DA BALLARE
questo e tanto altro... per una stagione indimenticabile!

Teatro "Rivana Garden" • Ferrara | Info e prenotazioni: 370 361 8173

*Per le cene la prenotazione è **OBBLIGATORIA**.
Per gli Show è vivamente consigliata.

È possibile sottoscrivere abbonamenti!

JAZZ CLUB ferrara

Events throughout October



Some photos of the RAF Families Federation Visit.

The RAF Families Federation visit in September was a great success. Thank you to those of you that could attend. Both Richie and Ian were grateful for your company. I hope it was an informative discussion. There is a free online mental wellbeing course available to all that are, "Finding it Tough"! [Finding it Tough? - The Royal Air Forces Association \(rafa.org.uk\)](https://www.rafa.org.uk) I have also posted their link under the support section of the newsletter.



If you have any photos you would like to share, send them to my email address. It's always a nice addition to the newsletter.

Children's Fun!



1. Whales swallow half a million calories in a single mouthful.
2. "Dreamt" is the only English word ending in "mt".
3. It snows metal on Venus.
4. The tongue is the strongest muscle in the human body.
5. A cat has 32 muscles in each ear.
6. Your nose and ears continue to grow your entire life.
7. Apples float because they are one-quarter air.
8. Giraffes only have bottom teeth.
9. Snakes can't blink.
10. Slugs have 4 noses.



1. What is the largest state in America?
2. What food do pandas eat?
3. Can you name the closest star to Earth?
4. What is the tallest mountain in the world?
5. Which bird can fly backwards?
6. Are worker bees male or female?
7. Who was the first man to step on the moon?
8. What do you call animals that eat both plants and meat?
9. What do you call a baby rabbit?
10. What is the capital of Germany?

1. Alaska.
2. Bamboo.
3. The sun.
4. Mount Everest.
5. A hummingbird. They can flap their wings 80 times per second.
6. Female. Drone bees are male.
7. Neil Armstrong.
8. Omnivores. Humans are omnivores.
9. Kittens.
10. Berlin.

Answers to quiz



L'autunno in Italiano-Autumn in Italy

Some words a phrases you might hear in Autumn.

Colours

Fogli (leaves) rosso (red) arancione (orange) giallo-oro (gold) marrone (brown)

Le foglie stanno cambiando colore. (The leaves are turning colour.
Gli alberi sono bellissimi in questo periodo dell'anno. (The trees are beautiful this time of year.)

Le foglie stanno cadendo dagli alberi (The leaves are falling off the trees.)

Il tempo (The weather)

Il tempo (the weather) fresco (chilly) piovoso (rainy) grigio (grey)
E piovoso e nuvoloso. (It's rainy and cloudy.)

Le giornate sono fresche e le notti fredde. (The days are chilly and the nights are cold.)

Il cielo e grigio. (The sky is grey.)

Le giornate sono piu corte. (The days are getting shorter.)

Il sole sorge prima. (The sun rises earlier.)

Il tramonto (the sunset)

Ti sei ricordato di riportare indietro l'orologio? (Did you remember to turn your clock back?)

Il sole sorge piu tardi. (The sun rises later.)

Il sole tramonta prima. (The sun sets earlier.)

Abbigliamento autunnale (Autumn clothes)

Giubbotto (jacket), maglione (sweater), felpe (sweatshirt), guanti (gloves), stivali (boots), impermeabile (raincoat), sciarpa (scarf)

Ho bisogno di un giubbotto stasera. (I need a jacket tonight.)

Dov'è il mio impermeabile? (Where's my raincoat?)

Abbiamo bisogno di una coperta stasera. (We need a blanket tonight.)

Sensazioni d'autunno. (Autumn mood)

Una tranquilla serata. (A calm quiet evening.)

Le luce solare. (Sunlight) Le calde temperature. (Warm weather)
deprimente (depressing) triste (sad) primavera (spring)

Mi piacciono le serate tranquille d'autunno. (I like the quiet evening of fall.)
Amo l'autunno, e la mia stagione preferita! (I love fall, it's my favourite season)

Non mi piace l'autunno, e buio, freddo e deprimente. (I don't like fall, it's dark and cold and depressing.)



EJSU



World Mental Health Day is held on 10th October each year. The goal is to help raise mental health awareness so that people living with mental illness can live better lives.

HOW YOU BREATHE AFFECTS ANXIETY, AND ANXIETY AFFECTS HOW YOU BREATHE!

Here are 5 basic breathing exercises.

Natural breathing-set a timer for 60 seconds and do nothing but breathe naturally. Simply notice how your body and mind feel when just breathing.

Bahya pranayama- sit upright in a quiet place and take a deep inhale; exhale forcefully to where you feel comfortable and hold your breath. Focus on the sense of

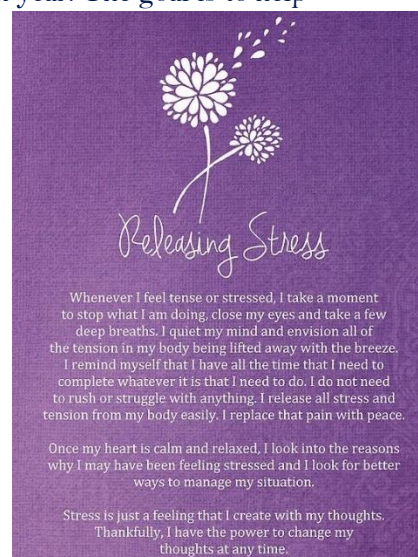
holding your breath.

4-4-4 breathing-simply inhale through your nose for 4 seconds, hold for 4 seconds and exhale through your nose for 4 seconds.

4-7-8 breathing- inhale through your nose for 4 seconds, hold the breath for 7 seconds, exhale for 8 seconds.

Abdominal breathing-place one hand on your chest and the other on your belly, take a deep breath in through your nose, allowing diaphragm (not chest) to inflate. Go to your own level. Slowly exhale.

Lion's breath-sit comfortably leaning forward slightly. Hands on knees, fingers spread as wide as possible. Inhale through your nose, open your mouth wide with tongue out. Exhale forcefully, carrying the breath across your tongue. While exhaling make a "ha" sound from deep within your abdomen. Breathe naturally for a few moments. Repeat up to 7 times.



If anyone would like to run any events and needs my support, drop me an email or message. Please reach out if you need anything.
Have a fantastic October!