



Everywhere Rapidly

Serving the NRDC-ITA Community in Solbiate Olona, Italy

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May 2011

Milano Relay Marathon



The teams (photo provided by author)

The Milan City Relay Marathon, held on 10 April 2011, has confirmed to be an important event and it has become part of the international calendar of running events. It represents the sport discipline par excellence where true values of sacrifice, struggle and self improvement come before the competition among athletes. It is also an important forum to show the true face of people, considering the aim of the event: to support good causes and to do something for people in need. And running is just the sport that better identify NATO values, an organization that "run fast" but never leaves anyone behind. But NATO also focus its efforts in raising the awareness of values and the promotion of solidarity. NRDC ITA could not miss the opportunity to participate in the competition and express its support for solidarity.

This year more than 1200 Relay Teams have participated in the event. Among them 15 NRDC ITA relay teams and 3 more people in the 42 Km race have competed successfully. In a day bewitched by hot weather, under a desert sun, competitors have never

given up, boosted also by their shirts that remembered they are running for "something important". The shirt worn by our teams read "World's Children Affected by Cardiovascular Diseases". Due to this pathology, millions of children in the world cannot live adequately their childhood.

Milano City Relay Marathon has represented a moment of aggregation. Our aim was, and remains, that of sending a strong message of solidarity and stir even the most waterproof consciences. The NRDC ITA runner teams had a terrific result. Our teams have "fought" with the same stubbornness with which our colleagues are fighting in Afghanistan and other operational theatres. The values that push us and that make everything possible are the same. RACE GOES ON.

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Lieutenant Colonel ITA (A) Vincenzo Dell'Aquila

NRDC-ITA Sport Boards - GOLF

NRDC-ITA Golf Society



NRDC ITA Golf Society members (photo provided by the author)

The NRDC-ITA golf society recently had their annual spring golf tournament at the beautiful and challenging Le Robinie Golf Club. This two day tournament consisted of the "masters" individual 9 hole tournament Thursday afternoon followed by a family BBQ at the NRDC-ITA Officers Club. Friday morning saw the second day of play with a Louisiana "best ball" tournament.

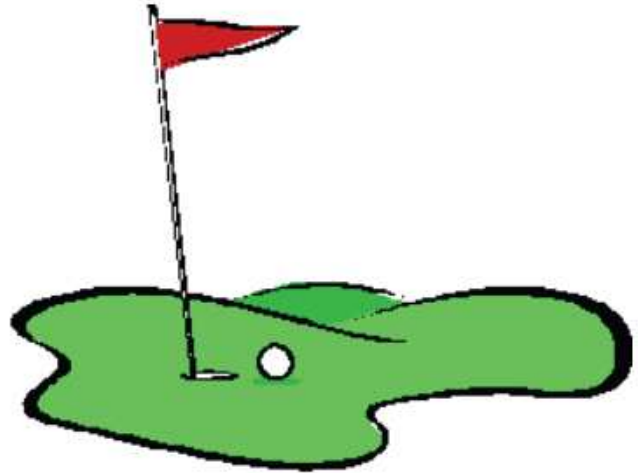
Day one, there were 10 experience golfers who came out to play in the "masters" tournament Thursday afternoon. The sun was shining with a light breeze as the player took to the course. Play was slow but it was a very good day to play golf. At the end of the first day of play, there was an amazing four way tie with 18 points between LTC Stoccutto, LTC Carlini, LTC Epstein and SGT Cartone. The society decided to make things fair in determining a winner by scheduling a play-off for these four players in exactly one weeks' time. Another day of golf didn't upset any of the finalists.

Following a great round of golf, the society sponsored a BBQ for the players and families. The menu consisted of fresh bruschetta, vegetables, different panini, pasta with zucchini and shrimp and of course lots of Carne straight off the grill. The family members in attendance on this cool spring evening were entertained by stories of great shots and missed opportunities from the tournament earlier.

The Louisiana Tournament began early on the following Friday morning. "Best ball" tournaments are where a team of two players (one experience and one beginner) both shoot, but only use the best combination of the teams two shots. The results were close at the end but CAPT Gianfilippo Vagnoni (the NRDC-ITA golf society treasurer) and LTC Robert Epstein took the pole position by winning the tournament for the day. LTC Marco Stoccutto and MAJ Domenico Tomasiello came in a close second place, and finally BG Roberto Perretti (the NRDC-ITA golf society president) and LTC

Corrado Carlini (the NRDC-ITA golf society secretary) rounding out the top in third place.

The four experienced golfers who tied in the first "masters" tournament headed to Le Robinie for a second time to have a tie breaker in order to determine the final spring tournament winner. The tie breaker round of golf was played exactly one week later, starting right after duty hours on the same 9 holes in an attempt to match the same conditions. As play began, LTC Epstein took an early and commanding lead by getting a birdie on the first hole. His early successes on holes 10, 11, and 12 were short lived, as SGT Cartone's distance and consistency won in the end. The final results were Angelo Cartone taking first place, along with winning the closest to the pin and longest drive awards. Second place was Carrado Carlini, who again tied Cartone's overall points, but fell off at the end and lost by competition tie breaking rules. Third place was taken by LTC Marco Stoccutto, making the masters' tournament a clean sweep for the Italians. In the end, everyone had a good time and enjoyed the spirit of competition and camaraderie. Look for the NRDC-ITA golf society's next summer tournament sometime later in June.



NRDC-ITA Sport Board - GOLF

Lieutenant Colonel USA (F) Robert Epstein



Social events for Golf Society's members (selection of photo provided by the author)



Tips for the week-end

A trip to Solferino



San Martino della Battaglia Museum (photo provided by the author)

Being a part-time nerd is sometimes rewarding, especially when you find a not so modified old battlefield as the one that covers the battle of San Martino-Solferino. South of Garda Lake, on the way to Vicenza and about 160 kilometers from "Ugo Mara" Barracks, just under two hours driving if you don't have a bad day in Tangenziale, you can find Solferino hills, full of farmhouses marking the countryside and the few towns and little villages which form the scenario where on 24th June 1859 French and Piedmontese Armies fought the Austro-Hungarian Imperial Army in the biggest clash of the Second War of Italian Unification. Divided in three separated encounters throughout the whole day, from north to south, San Martino della Battaglia – Solferino – Campo di Medole, it was the battle that moved the Swiss citizen Mr. Henri Dunant to create the International Committee of the Red Cross.

Skipping the Southern part of the battlefield, is the one which has suffered more from modern constructions and being a valley it is difficult to find your way because of lack of clear references, you can walk the town of Solferino, visiting the Monumental Tower/Museum called "La Spia d'Italia" (from its terrace at the top you can have panoramic views of the landscape around for more than 10 kilometers with your bare eyes on a clear day), the Cemetery

and Cypress Hill, where the most intense combats

were fought, and in the centre of the town the Risorgimento Museum and the Ossuary (a rather sobering experience).

Then, if you or your family have not had enough yet, you can drive north to San Martino della Battaglia where the Piedmontese Army faced the right wing of the Austrian forces, or if you are brave/nerd enough you can just walk, passing through the Madonna della Scoperta and marching for about 12-13 kilometers until you arrive to the other Tower/Museum and Ossuary in San Martino, guess what? Yes, I walked all the way up and down.

All the countryside is dotted with plaques explaining the main events that occurred on those locations. The plaques and museums are cared by the "Societa Solferino e San Martino", a non-profit foundation created in 1871 to honor the fallen soldiers. You can find at the Ossuaries flowers wearing the colors not only from Italy, but also France, Hungary and Austria. Just as a reminder, this year 2011, the celebrations for the 150th Anniversary of Italian Unification are being held, and on Sunday 26th June 2011, an special event will take place in San Martino della Battaglia with some Re-enactors Associations recreating the battle wearing uniforms and weapons like the ones used on 1859.

If military history is not your family hobby, you can always leave them in "Gardaland Resort" that is near, and be aware that Peschiera del Garda is also close, so you know that wine and food are good.

More info at: www.solferinoesanmartino.it

Cabo 1° ESP (A) Oscar Puebla





Memorial to Bersaglieri Units in San Martino Ossuary



"on Sunday 26th June 2011, a special event will take place in San Martino della Battaglia with some Re-enactors Associations recreating the battle wearing uniforms and weapons like the ones used on 1859"



San Martino Hill and Tower seen from North



Exhibition room in San Martino della Battaglia Museum

"South of Garda Lake, on the way to Vicenza and about 160 kilometers from "Ugo Mara" Barracks, just under two hours driving..."

Selection of pictures provided by the author

Summer of "Feste"

With the weather improving, temperatures climbing, thoughts move to the summer and enjoying the best of Italy with its café society, regional foods and wines. For my family, discussion inevitably moves to which feste we are going to attend this year as almost every town and village in Umbria seems to have its own festa or sagra with themes ranging from medieval banquets to sagre for lumanche (snails), cipolle (onions) or even eels.

Each festa is different, in size they range from larger towns divided into separate quarters each competing to be the best, with displays of traditional works (such as glass blowing, archery or making pottery); to smaller village events, highlights of the social calendar where locals gather to eat, enjoy its others company, and dance. In most cases the money raised is used to improve the local area and preserve some of the traditional ways of life. Of course for my family, and I would think most Italians, the centre piece has to be the food, it is fresh, local and great value. Cooked by local chefs, or the ubiquitous Nonna, it is served by local children and young adults, often outdoors in superb surroundings with stunning views of the valleys and mountains of central Italy. Costs are low, normally around €20 per person would cover everything including wine and you will leave knowing you really will not need to eat for another 24 hours.

So I hope I have stirred your interest in visiting a festa this year but where and when should you go??? Well here are our top five, but to be honest we have rarely left any festa disappointed:

- Foligno (PG) Giostra della Quintana. Street parades in medieval dress, jousting and great food. 4-18 June 11

- Bevagna (PG) Il Mercato delle Gaitte. This beautiful walled medieval town is completely changed back into its medieval state, animals, food and artisan shows (candle making, spinning, glass blowing, etc). 17-26 June 11

- Montefalco (PG) Agosto Montefalchese. Nightly events, including parades and even a bull race (the Fuga del Bove), locals dressed in period costume,



Giostra della Quintana (courtesy of www.winecountry.it)

great food, wines and views. 6-21 August 11

- Cannara (PG) Sagra di Cipolle. A street market for local produce and everything made from onions. If you have never tried desserts made with onion, this is your chance, (they are really quite nice – honest). 2-13 September 11

More information is available online:
www.umbriaonline.it.

So in case you have a spare weekend why not sample the local delights of Italy's Green Heart Umbria and the feste.



Il Mercato delle Gaitte (courtesy of www.agried.it)

Special offers

The NRDC-ITA Swimming Club is pleased to inform you that AQUAM Swimming Pool located in Oleggio (Novara), Piazza Atleti Azzurri d'Italia, 6 has offered to NRDC-ITA Swimming Club members and their own relatives (NATO ID CARD owners) the following services at the following prices (Final prices):

FREE SWIMMING (all inclusive*):

Monthly subscription:	€ 48,00
Four-month subscription:	€ 165,00
Yearly subscription - all inclusive	€ 330,00
Yearly subscription - over 18 - within 16.30:	€ 300,00
Yearly subscription - under 18:	€ 270,00
Yearly subscription - weekend only:	€ 180,00
Yearly subscription - lunch time:	€ 210,00

SWIMMING COURSES:

Until August 2011

Monthly subscription - 1 time a week:	€ 28,00
Monthly subscription - twice a week:	€ 56,00

From September 2011 until August 2012

Four-month subscription - 1 time a week:	€ 120,00
Four-month subscription - twice a week:	€ 210,00
September- June subscription - 1 time a week:	€ 208,00
September- June subscription - twice a week:	€ 335,00
Monthly subscription - 1 time a week:	€ 32,00
Monthly subscription - twice a week:	€ 64,00

PROMOTIONS 2011

"SUMMERTIME"

From 1st June to 31st August 2011 entrance to Summer Swimming pool, solarium and beach volley	€ 78,00
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"RELAX SUMMER"

From 1st June to 31st August 2011 entrance to Summer Swimming pool, solarium, beach Volley and reserved umbrella and deckchair.	€ 133,00
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"SWIMMING COURSES PURCHASE IN ADVANCE"

<u>Monthly subscription</u> - 1 time a week + entrances at Summer swimming pool + five entrances for an adult :	€ 219,00
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<u>Monthly subscription</u> - twice a week + entrances at Summer swimming pool + five entrances for an adult :	€ 351,00
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Enrolment fee and insurance € 25 per person (to be paid directly to the swimming pool reception).

Medical certificate is required.

(*) The access to every area/facilities of the Centre is allowed, pre-swimming (fitness) courses included.

Further, only for military personnel, in case of 30 days absence due to duty reasons subscription "freezing" is allowed, by informing the Centre in advance.

Lieutenant Colonel ITA (A) Salvatore TAGLIATA

President of NRDC-ITA Swimming Club
Ext. 5431



OutandAbout



Milan...

Brocantage



when:	10 - 12 Jun 2011 (various dates)
where:	Parco Esposizioni Novegro
cost:	€8
time:	Daily 10am-7pm
Full Name:	Parco Esposizioni Novegro, Milan, Italy
Address:	Via Novegro 20090
Directions:	By Bus: 73 from Piazza San Babila towards San Felicino. The nearest stop is Novegro, the 5th after Linate airport.

The quality-controlled Brocantage is an antiques fair at the Parco Esposizioni Novegro in Milan. It is full of interesting old things, and certainly worth browsing for those with a streak of curiosity or collectors' mania.

Milano Food Week

when:	7 - 15 Jun 2011 (annual)
where:	Galleria Vittorio Emanuele II
Full Name:	Galleria Vittorio Emanuele II, Milan, Italy
Address:	Piazza del Duomo 20123
Directions:	By Metro: to Duomo.



Milano Food Week celebrates the pleasures of the table at selected shops, art galleries, showrooms, bars and restaurants in the heart of the city. Art, music and debates on the theme of food accompany a huge variety of tastings.

Villa Arconati Festival



when:	Jun - Jul 2011 (annual)
where:	Villa Arconati
time:	9.30pm
Full Name:	Villa Arconati, Milan, Italy
Address:	Castellazzo di Bollate 20021
Directions:	By Train: on the Milano-Saronno line to Bollate nord stop.

Located on the outskirts of Milan, Villa Arconati Festival was initially dedicated to classical music alone, but now welcomes performances across various genres. The villa itself is beautiful, providing the perfect backdrop to summer concerts by outstanding musicians.

...and surroundings



Swiss Beer Festival



when:	2 - 4 Jun 2011 (annual)
where:	Salle del Castillo
cost:	Free
Full Name:	Salle del Castillo, Vevey, Switzerland
Address:	Vevey , Switzerland

If you think only Germany is famous for its beer festivals, think again, as Vevey puts a refreshing sparkle into the summer with the Swiss Beer Festival. Live music accompanies the free-flowing pints and shows held at the Salle del Castillo.

Rose Competition

when:	Jun 2011 (annual)
where:	Parc La Grange
cost:	Free
time:	Competition begins 2pm
Full Name:	Parc La Grange, Geneva, Switzerland
Address:	Avenue William-Favre 1207



Geneva's international rose competition brings colour and excitement to the city's Parc La Grange. Rose growers from a number of different countries test their green fingers, but only one will win the rose d'or...

Torino MotorFest



when:	Jun 2011 (annual)
where:	Oval Lingotto
time:	Daily 10am-12am
Full Name:	Oval Lingotto, Turin, Italy
Address:	330 Via Nizza 10127
Directions:	20 minutes' walk from Lingotto station.

Motor capital of Italy, Turin is also the host city for Torino MotorFest. Free-style contests, motocross displays, a test drive zone and absolutely everything for the serious motorist fill the event with adrenaline, attracting thousands to the Oval Lingotto.

International Recipe: Paella



Basic cooking method

Paella is cooked in a paella pan, which is a large, shallow, flat pan.

An important part of the flavor comes from the addition of saffron and the sofrito, or the combination of tomatoes, and garlic (and sometimes peppers). First the meat, and then the vegetables are stir-fried in olive oil; subsequently water is added and brought to a boil, and left boiling for half an hour or so. (This, however, is not the sole method utilized in the preparation. Many chefs add the water, allow it to come to the boil and at that moment add the rice.)

Later, after checking the obtained broth flavour and adding salt if required, the rice is added. The rice in Valencian paella is never stir-fried in oil, as pilau, though the paella made further southwest of Valencia often is.

Once the rice is nearly done, the paella is removed from the heat and left to absorb the remaining water. Traditional paella has a crispy, caramelized, toasted bottom (called socarrat in Valencian) that is considered a delicacy. To achieve a socarrat, one either needs to time the evaporation of the water properly with the completion of the rice being cooked or turn up the heat to high and listen to the bottom of the rice toast. Once the aroma of toasted rice comes from the pan, but before the rice burns, the heat is removed once again. The paella is ready to be served after having cooled for several minutes.

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Related paella traditions

It has become a custom for mass gatherings

in the Valencian Community (festivals, political campaigns, protests, etc.) to prepare an enormous paella, sometimes to win a mention in the Guinness Book of Records. Ad hoc wide-diameter pans are commissioned for these cases.

Largest paella

The largest paella measured 20m (65ft 7in) in diameter and was made by Juan Carlos Galbis and a team of helpers in Valencia, Spain on 8 March 1992. It was eaten by 100,000 people.

Paella and its variations are typical picnic dishes for the Spanish spring and summer. The dish is also typically consumed during the *Falles* in Valencia



Article and pictures provided by Colonel ESP (A) Juan Antonio De Ramon y Casado

Good to know...



Selection of pictures from the previous edition

International Day is coming!



The annual International Day will take place in June the 25th and it will be a great opportunity for members of the local community, Italian and foreign soldiers and their families to meet, share each others cultures and have some fun. Each national contingent will provide a stand that demonstrates the culture, traditions, national dress and food of their nation. There will be also performances of national dance and music. **Come and have fun!!**



NIWIC Italian Conversational Group

Want to practice your Italian in a friendly environment? Join the Italian Conversational Group. This group meets once a week to provide informal practice for non-native Italian speakers. Reaching out to our ever-growing international community, we try to give you the confidence to branch out to your Italian hosts and local communities.

It is a great way to meet ladies from other countries and practice your Italian.

It doesn't matter what level of Italian you speak, everyone is welcome!

Date: Every Monday, from 10,00 – 12,00.

Location: alternatively, rotating between a room at Support Brigade HQ and a NIWIC member's house.

For info: NIWIC Community Coordinator,
communitycoordinator@ymail.com

We look forward to seeing you there!

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