

## NEED TO KNOW

- Milano Marathon 10 of April 2011
- Try to breathe underwater every Thursday of March with NRDC-ITA SCUBA Diving Club

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# “Everywhere Rapidly”

**-NRDC ITA-**

**PUBLIC AFFAIRS OFFICE**

*Test and Adjust Edition*



00/11

## “Everywhere rapidly” - COS introduction

Welcome to the “Test and Adjust” edition of NRDC-ITA’s new community newsletter entitled “Everywhere Rapidly”. Written by us for us, this prototype newsletter provides a flavour of what you can expect to see in the coming months. That is not to say, however, that this initial layout and content will remain fixed. The newsletter is for you and your family, and I hope that as well as including community information you will all take time to promote activities that may be of general interest to NRDC-ITA. Northern Italy is a fantastic place to live and there is lots going on. Similarly, we have many internal sports clubs.

Therefore, to make the most of our assignment in Solbiate Olona, we need to promote them amongst ourselves; this is the purpose of this newsletter. You will see in this taster edition articles of general interest and between now and the go-live version, which will hit the streets in April, I hope you will take time to make

recommendations to improve its composition and content, as well as to submit articles. Additionally, please feel free to use this means of communication to tell us about a meal you had in a local restaurant, whether positive or negative, or even advertise a personal possession you no longer require. You can even Ask Mario if you want. Finally, please remember that while “Everywhere rapidly” is edited by the Public Affairs Office. It’s a newsletter for you, supported by you. Please engage.

**MG Leonardo di Marco**  
**CHIEF OF STAFF**



## Brits will change their spots

The new “Multi-Terrain Pattern” or “MTP” camouflage or has been introduced by the British Army to replace the old Disruptive Pattern Material (DPM) camouflage that the British military have been wearing since the 1960s. The new six-colour camouflage has been scientifically designed to offer better camouflage properties than current designs. MTP has been

on issue for troops in Afghanistan for some time and has proven to be particularly well suited to the varied environment of Afghanistan where soldiers can find themselves moving between desert, green zone and mud-brick villages all within a single patrol.

The MTP will be issued to all three British military services.. Despite the new look the British Army will con-

tinue to observe the individual dress traditions of its regiments guaranteeing variety, colour and, as the joke goes, ensuring that no two British officers dress alike!

**Maj Alan Sweeney – NRDC-ITA**  
**PAO**

# NRDC ITA Cycling Team



NRDC ITA Cycling Team

The NRDC-ITA cycling team has been founded in 2006 by the first president LTC Michele IONATA with the great collaboration and passion of some other riders belonging to the Support Brigade. Since then the team has grown both in terms of participants (34 at the moment) and in terms of competitions. On the 24<sup>th</sup> October the 8<sup>th</sup> edition of "Valle Olona Day" has been held in Valle Olona, Gorla Maggiore, Gorla Minore and Marnate municipality areas very close to the NRDC-ITA HQ. This important cycling event is linked with "Giro d'Italia", the main Italian cycling tour. It's

a 11.2 Km charity race, based on a team time trial of 4 participants each, 2 professional racers (1 male and 1 female) and 2 amateurs. 32 teams took part at the successful competition that link the cycling passion and the charity importance.

Charity it's an NRDC-ITA mile stone and, once again, the cycling team demonstrate this attitude joining the race with 6 participants : OR9 Cosimo GNONI, OR9 Cristian DEIANA, Sgt Gianni CINELLI, Sgt Angelo BARTOLI, Cpl Christian CARUSO and the new provincial Champion Cpl Antonio SCIMONIELLO.

The final results for the NRDC-ITA

teams are : Sgt Gianni CINELLI and Cpl Antonio SCIMONIELLO in the same team with Rosane KIRCH and Paolo BAILETTI professional racers closed the 11,2 Km in 16'45" for the 7<sup>th</sup> places with the incredible average of 42 km/h,

OR9 Cosimo GNONI and OR9 Cristian DEIANA with Samantha GALASSI and Daniele RATTO took 17'26" for the 15<sup>th</sup> places,

Sgt Angelo BARTOLI and Cpl Christian CARUSO plus Barbara VENERITO and Alessandro RAISONI reached the 18<sup>th</sup> places with the final time of 17'40".

Finally, this event in the Olona valley has been a brilliant success for the organizing committee and has been an amazing way to underline one of the main focus of the NRDC-ITA cycling team : increase the cooperation between civil and military sport association taking part to the competition and amateur races.

**LTC Giovanni LIPPOLIS -  
NRDC-ITA cycling team  
President  
Ext: 5557**

## Ever tried to breathe underwater?



NRDC-ITA SCUBA Diving Club would like to offer the opportunity to anyone, who has never dived before, to try the experience of breathing underwater. The club will hold sessions every Thursday during March at the pool where anyone may try the SCUBA equipment, accompanied by a certified instructor, free of charge. Basic courses will start in April and you can easily come and see yourself what you have missed so far!

**For informations, questions and anything in between please do not hesitate to contact OR-8 Luca MODENA (5157) or OR-8 Cristoforo PROTO (5193).**

## Rugby: a way of living

The first team was born in 2007. Thanks to a genuine passion, that is not related exclusively to body activity, but is a fascinating way of life, an increasing number of people got involved. So it was that a training with no fixed site grew up till involving a considerable number of players. The mounting number of people involved in the activity led to a twinning with Ambrosianae Rugby Club in 2009, so to share existing territorial structures. During Spring 2010 the team became stronger and more winning, as Mr Pastonesi remembered last 25<sup>th</sup> of October in a meeting in Ferno: "A team is not built by the score wrote on the yellow card by the referee, but what makes the difference is the continuous incoming of fresh players and the interior harmony".

There are a lot of activities needing improvement in a wise and fruitful

manner, and there is also a solid good willingness available to reach good goals.

Personal commitment, willingness, team-spirit, respect for the opponent and the referee, continuous support for the buddy: these are only few of the characteristics of the play. Currently, the Società Sportiva promotes rugby by organizing soirées, exhibitions, instructive meetings and tournaments in order to attract new players and let the group keep on growing.

This is the first year that we can see a solid team keen to challenge itself in a positive and constructive way. The activity is promoted in local schools and Sunday schools, so to involve the children in the teen-agers environment.

NRDC Ambrosianae took part successfully at "International Day", at

"Echi della Valle Olona" and at the Sport Party 2010 in Vanzaghello. It has been praised by Italian Rugby Federation and by all of those people who appreciate the enthusiasm, the seriousness and the professionalism that characterize the club. Apart from the Campionato Regionale Seniores Serie C lasting till May, next challenges will be the right occasion to approach rugby as a sport: in April, at the presence of other three sport activities and of JFC Naples Lions Rugby Club; and in June, when a three-day long series of rugby matches will be played at the local team home field. At the end, it represents a winning bet that is becoming a certainty in the area.

### The Rugby Team

**To join the Team please contact Capt. Ivan IACCA Ext: 5079**

## Nato International Wives Club



Members of NIWIC

NIWIC is a recognized voluntary Membership Association within the NRDC- Italy Morale & Welfare Programme. Every spouse or partner who holds an NRDC ID card can be a member, as well as any female military personnel serving in the NRDC.

Who Are We And What Do We Do?

We are a friendly, informal, multinational group, where you will always find someone to talk to and the opportunity to make new friends. We organize trips, such as visits to beautiful places, art galleries, villas, gardens, and, of course, shopping!

We often meet for lunch and arrange

various other events when we get together to enjoy each others company. We also raise funds for charitable purposes.

A coffee morning currently takes place on the first Thursday of the month from 10:30 to about 12:00 in the Summer Garden. This is the large yellow building beside the laundromat on the base. When it has been too cold, we have been meeting in the O Club.

Children are welcome at the coffee mornings, although we do recommend that you bring a drink and toy for your child. Unfortunately, we do not have a day care facility.

On the third Thursday of the month, usually in the morning, we get together for either a social or cultural event. A current list of upcoming events is as follows:

1. Museo del Novecento in the center of Milan or some other Milan sight to be determined!
2. Hike up Sacro Monte
3. Hike up to Forte di Orino

in Campo dei Fiori

4. Shopping excursions to Apex for handbags and leather, Missoni for clothes or housewares, Principe for handbags and purses, Parabiago for shoes.

5. Clothing swap day- Bring a still good item of clothing to swap and take home an item.

6. A language improvement swap day- English for an hour, then Italian.

7. Market visit with the Italian ladies for a tour of Italian products.

8. Demonstration of how to make the fabulous fruit and nut cookies that Tanja made for the Christmas market

9. Visit to Villa Litta

So please come along and join in the fun!

**To become a member and be put on our mailing list, or for more information, contact Lisa Dubik-Epstein, NIWIC Secretary at [ldubikl@mac.com](mailto:ldubikl@mac.com)**

# Family Support Centre

The FSC has always been deeply involved in supporting all families of the NRDC-ITA members. Here there are some examples of provided support:

**-linguistic assistance:** provided for all international NRDC-ITA personnel and their dependants to face everyday life problems;

**-car pass renewal:** assistance in filling in the forms and collecting the new passes;

**-personal ID renewal:** assistance in filling in the forms and collecting the new IDs;

**-tax free procedures:** assistance for the families in order to provide them

with a better understanding of the buying procedures and supporting them in their implementation;

**-insurance problems:** assistance in contacting insurance companies in order to stipulate or modify contracts or define other bureaucratic details;

**-information technology:** assistance for problems related to new software installation, software crash, internet connection, software management and, when necessary, "on-site" assistance;

**-telephone companies:** assistance in different situations when stipulating or modifying contracts during land line installations, define other bureaucratic details;

**-electric companies:** assistance in contacting electric companies in order to stipulate or modifying contracts or define other bureaucratic details;

**-electrician/plumbers:** assistance in finding appropriate contractors within Busto Arsizio / Gallarate area in order to fix minor domestic problems;

**-medical issues:** assistance in finding a physician within Varese area in support of family requests for routine medical examinations.

**Further information available at FSC telephone number: 6601/3/4**

## Tour of the month - The Uffizi Gallery - Galleria degli Uffizi -



### The Uffizi Facade overlooking the Arno

The most important art collection in Italy, and one of the richest in the world, was started in 1580. Since the beginning it was arranged (with many changes along the way) in the majestic Uffizi Palace, erected by Vasari and completed by Buontalenti. It contains much of the fundamental production of Tuscan artistic schools from the 13th c. onward, as well as works by Venetian, Roman, Emilian, German, Flemish, Spanish and French painters. Masterpieces by Cimabue, Duccio ("Madonna Rucellai"), Giotto ("Madonna with the Holy Child, Angels and Saints"), Simone Martini ("Annunciation"), Daddi, Gaddi, Orcagna, Lorenzo Monaco, Gentile da Fabriano,

Paolo Uccello, Masaccio and Masolino, Domenico Veneziano, Piero della Francesca ("The Dukes of Montefeltro"), Angelico, Filippo Lippi, Baldovinetti, A. and P. Pollaiuolo, Botticelli, ("Birth of Venus", "Primavera", etc), L. di Credi, Ghirlandaio, Rogier van der Weyden, Hugo van der Goes (Portinari Triptych), Leonardo ("Adoration of the Magi", "Annunciation"), Verrocchio, Signorelli, Perugino, Berruguete, Pontormo, A. del Sarto, Bronzino, Melozzo da Forli, Durer, Cranach, Giambellino, Holbein, Altdorfer, David, Correggio, Mantegna, Luini, Moroni, Rosso Fiorentino, Michelangelo ("Holy Family"), Raphael ("Madonna of the Finch", "Pope Leo X", etc), Titian ("Venus of Urbino" and other paintings), Parmigianino, Lotto, Veronese, Tintoretto, Bassano, El Greco, Rubens, van Dyck, Caravaggio, A. Carracci, Rembrandt, ("Old Rabbi" and two self-portraits), Ruysdael, Guardi, Canaletto, Chardin,

Nattier and Goya. Also very important are the classical and hellenistic statues, witnessing the collectioning passion of the Medicis and the Lorenas ("Venus", "Knife-grinder", the group "Niobe and the Niobides"). Collections of tapestries (16th and 17th c.), ancient marbles and miniatures. On the ground floor, in the premises of the former church of S. Pietro Scheraggio, valuable frescoes, including the series of the celebrities by A. del Castagno (around 1450), and "Annunciation" by Botticelli.

**Opening Hours:** Tuesday-Sunday 8:15am - 7:00pm

**Closing days:** every Monday, January 1, May 1, December 25.

**Services:** cloak room, bar, bookshop.

### Notes:

Visits to the Vasarian Corridor are possible for groups of minimum 10 people. Request, indicating date and time, must be faxed to: **011-39-055-264406**

**Website:** [www.galleria-uffizi.museum-ticket.it](http://www.galleria-uffizi.museum-ticket.it)

The FSC has received a proposal for a special discount rate to NRDC-ITA personnel and families members from the Hotel “SHERATON MALPENSA” located at the Malpensa International Airport, terminal I. The proposal is focused on a special price as follow.

| ROOM TYPE        | SINGLE    | DOUBLE    |
|------------------|-----------|-----------|
| Classic          | 89 (251)  | 98 (279)  |
| Mountain         | 102 (288) | 113 (317) |
| Club             | 124 (346) | 141 (380) |
| Junior Suite     | 149 (456) | 149 (456) |
| Diplomatic Suite | 233 (712) | 233 (712) |

Further information available at FSC telephone number: 6601/3/4

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Circulation is 200 copies.

# International recipes

In Italian, tiramisu means "pick me up" or "cheer me up." And when you taste the delicious combination of mascarpone cheese (sometimes referred to as Italian cream cheese), cream cheese, lady fingers, espresso and Kahlua it will be hard not to smile. The tiramisu is very dense, which sets it apart from most tiramisu recipes that require the cheese mixture to be folded into whipped cream. This technique, however, makes a tiramisu that is too fluffy and light to be a decent clone. Besides, the whipped cream hides the cheese flavors, and that's just not a good way to make tiramisu. So get out your double boiler for the egg yolks (a metal bowl over a saucepan of simmering water will also do) and snag some lady fingers (lady fingers are miniature cakes about the size of two fingers side-by-side). You can either make your own espresso, use extra strong coffee as a substitute, or, next time you're at Starbucks, order up a double shot of espresso to go.

3 egg yolks  
 1/4 cup whole milk  
 1 cup sugar  
 3 cups mascarpone cheese  
 8 ounces cream cheese  
 1/4 teaspoon vanilla extract  
 20 to 24 lady fingers  
 1/4 cup cold espresso  
 1/4 cup Kahlua coffee liqueur  
 2 teaspoons cocoa powder

1. Fill a medium saucepan halfway with water and bring it to a boil over medium/high heat, then reduce heat so that the water is simmering. Whisk egg yolks, milk and sugar together in a medium metal bowl, then place the bowl on top of the saucepan (you can also use a double boiler for this step). Stir the mixture often for ten minutes. After the sugar dissolves the mixture should



begin to thicken and turn light yellow. Remove it from the heat to cool.

2. Use an electric mixer to combine mascarpone, cream cheese and vanilla in a large bowl. Mix until mostly creamy, but with a few small chunks remaining.

3. Add egg yolk mixture to the cheese mixture and mix just until well-combined.

4. Combine espresso and Kahlua in a small bowl. Pour this mixture onto a dinner plate. One-by-one touch the bottom of each lady finger in the espresso. The lady finger will quickly soak up the espresso/Kahlua mixture, but you don't want the entire lady finger soaked -- just a dab will do ya. The top half of each lady finger should still be dry. Arrange the soaked lady fingers side-by-side on the bottom of an 8x8-inch serving dish or baking pan.

5. Spoon about half of the cheese mixture over the lady fingers, then add another layer of soaked lady fingers on top of the cheese mixture.

6. Spoon the remaining cheese mixture over the second layer of lady fingers and spread it evenly.

7. Put two teaspoons of cocoa powder in a tight-mesh strainer and gently tap the side of the strainer to add an even dusting of cocoa powder over the top of the dessert.

8. Cover and chill for several hours. To serve, slice the dessert twice across and down creating 9 even portions (the first serving is always the hardest to get out).

NRF 16...stand-by period!



