

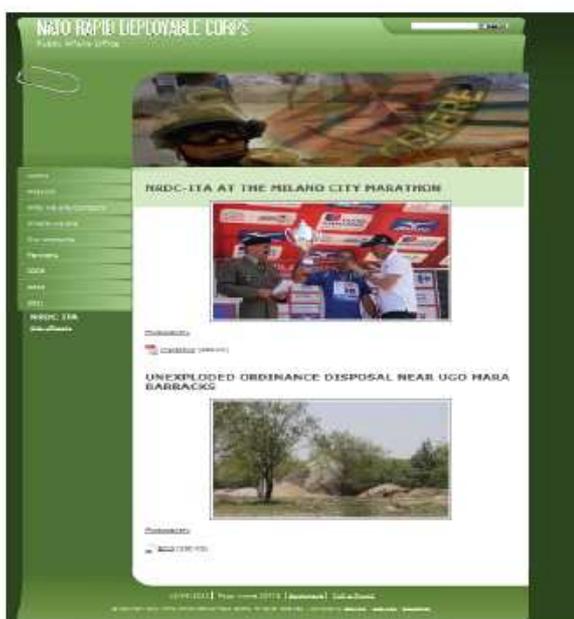


Everywhere Rapidly

Serving the NRDC-Italy Community in Solbiate Olona, Italy

Vol. 1, Issue 1
April 2011

Foreword



NRDC-ITA Home page (www.paonrdc.it)

It is with great pleasure that I introduce to you the newly redesigned "Everywhere Rapidly". The editorial staff has worked very hard to deliver this edition of the aesthetically improved newsletter. So I hope this new design will be easier to read, more informative and have a broader appeal.

Telling our story continues to be our goal. But beyond that, when it comes to serving the NRDC-ITA community, we want "Everywhere Rapidly" to be your primary resource to find out who is doing what around here.

This newsletter is a privileged forum to share thoughts, ideas and useful information on many topics.

I strongly encourage you to submit

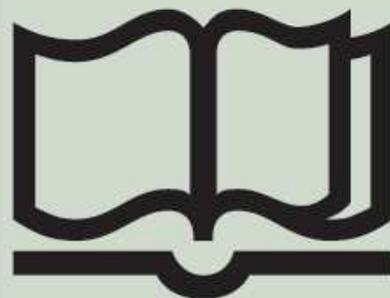
reading material to the Public Affairs Office in order to make "Everywhere Rapidly" more interesting, valuable and relevant to our community. In particular, we are looking for articles of interest, opinions on any topic, restaurant reviews, national recipes, pictures (that you've taken yourself), outdoor bits and bites, sport and training tips, locations, shops, and so on.

This newsletter is designed to go along with the NRDC-ITA website www.paonrdc.it in order to engage and inform internal and external audiences, as part of a comprehensive and far reaching strategic communication policy.

Please remember, this is YOUR newsletter.

**NRDC ITA Commander
Lieutenant General ITA
(A) Gian Marco Chiarini**

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EXERCISE "EAGLE SNOW MASTER 2011"



Trainees during the activity (provided by the author)

The yearly exercise "Eagle Snow Master" was conducted over the period 28 February – 7 March 2011 in Corvara, Bolzano. This is one of the most beautiful Italian Alpine valleys, and is a real paradise, not only for those keen on mountaineering. Almost 90 NRDC ITA personnel participated.

The activity proved to be very demanding for both skilled skiers and beginners because, in addition to skiing and snow board activities, the group practised "Ciaspolada" (marching on the snow with snow shoes). This latter activity was inserted in the programme for the first time and was particularly appreciated. All the activities, prepared brilliantly and performed perfectly, combined and enhanced the different aspects which form the basis of alpine training with professionalism and connection with social reality. Days of skiing and marching on snow, the social event and the participation of more family members of participants than ever before, enhanced social interaction, friendship and cohesion.

The term "Snow Master" can be tricky. The main aim of the exercise is to test the participants' ability to operate efficiently in a harsh mountainous environment. The ultimate goal was to train NRDC ITA personnel and make them fit to operate in harsh environmental conditions. The "test" was highly significant and involved a large number of people in both the training and the provision of technical/logistic support.

On 6 March, the day before the end of exercise, the group moved to the Belluno province (Veneto region) to visit the place where Italian and Austrians

fought against each other during the 1st World War. Our ski instructor, a born Friulano Alto Atesino, improvised himself as "cicerone" (guide) giving not

only the standard historical background but also a detailed narration of the historical facts in accordance with his grandfather's accounts. This particularly enriched our historical knowledge.

Without any shadow of doubt, the "march with snow shoes", was particularly appreciated by the participants and proved to be a valid alternative to any winter sports activity. Marching on the snow allowed everyone to search for a different way of living in the mountains, away from the groomed pistes to discover again the plays of light and perfume that only nature can deliver. Participants walked hard up and downhill, wandering through the Alta Badia valley wood, sharing moments or simply achieving complete harmony with themselves and the surrounding nature.

The exercise was a unique opportunity for NRDC ITA personnel to better understand each other and to improve our physical and professional skill. Moreover, it particularly enhanced the relationships with the multinational members of the headquarters. Participants in the exercise can be rightly proud of their contribution and the event provided to be an exciting moment from any point of view.

The success of the exercise is also the result of the essential support provided by the Italian Alpine Corps who have continued to support this activity since 2002. The combination of military and civilian ski instructors is a very effective method of ensuring ski classes were kept small in number, and allowed all participants to ski the entire Alta Badia ski area at the pace most suited to their ability. The proximity of the barracks to the resort and the facilities in the barracks, whilst relatively basic, make this an ideal location for this type of training.

Finally it is worth mentioning our highly esteemed visitors. We welcomed the visit of Deputy Commander of NRDC-ITA, General Beckett, who had the opportunity to challenge himself during two days skiing and meet the participants who exchanged their impressions on their training opportunity.

Eventually, the resort of Corvara proved to be an impressive location for a challenging opportunity to conduct winter training.

Lieutenant Colonel ITA (A) Vincenzo Dell'Aquila



A beautiful landscape of the Alps near Corvara



EXERCISE "EAGLE SNOW MASTER 2011"



After an hard day of training it is time to relax (trainees during dinner)



The "Ciaspolada" snow march (a group of trianees testing their abilities)



Selection of pictures provided by the author

NRDC-ITA Ski & Snowboard Club



Some of the kids of NRDC-ITA personnel having fun on the slopes (provided by the NRDC-ITA Ski & Snowboard club)

The temperature is up at 28° Centigrade as I sit in the garden trying to eat a cornet before the ice cream melts completely. The moment reminds me of the last time I was eating a melting ice cream. It was during my trip to Pila in the Italian Alps with the NRDC Ski Club in late March when the snow at the bottom of the slopes was thawing under the intense glare of the sun in a cloudless dark blue sky. My wife Debbie and I had enjoyed a great day's skiing and we decided to treat ourselves to gelati in a cafe before catching the gondola to get down the mountain.

Pila was our fifth trip with the NRDC-ITA Ski & Snowboard Club, which we had joined in November last year. The March trip to Pila followed the same format as the other superbly organised events by the Ski & Snowboard Club Committee. Our skis were safely packed away and we boarded the coach to join the other enforced insomniacs who had also left their beds at an hour that was far too early for what is normally the day of rest. Unfortunately the one drawback of skiing with the Ski & Snowboard Club is that the coach

departs from the Barracks at 06H30 on a Sunday!! However, this is no military coach - the comfortable and modern civilian alternative, complete with reclining seats ensures that there is still the chance to catch a bit more sleep before reaching the slopes.

On arrival at the Pila gondola car park at about 09H00, there is a flurry of activity as all the passengers disembark, recover their skis and start putting on their boots. However, everyone is relaxed and there is no pressure to try and get in the queue to buy the ski passes. One of the Committee members, on this occasion Lt Col Aldo Vergano, has arrived early in his own car to collect all the passes and his sacrifice is much appreciated. Aldo very patiently hands out all the passes, but no money changes hands. All the skiers paid their money at some stage the week before, handing over their cash to WO Stefano Vergari who organises all the ski trips. Stefano and his Committee colleagues – Lt Col Marco Stoccutto completes the team – assess the snow and weather forecast early in the week before choosing the ski resort which will be the

venue for the Sunday trip. The Committee try and add variety to enable the NRDC membership to experience different resorts during the ski season which generally runs from late November through to April. Debbie and I had never skied in Italy before joining the Ski Club, but we have now sampled the pistes at Champoluc, Alagna, Valtournenche and Pila despite not being able to join all the trips.

Believe it or not, all this special treatment and service is actually cheaper than if you were to go skiing on your own!! Thanks to funding from the Morale & Welfare Committee, the Ski Club is able to offer discounted trips to the slopes. An initial one-off payment of 10 euros per person was required to join the Club. Thereafter, a payment of 10 euros was required for the annual fee for the 2010-2011 season and the same amount again if you wish to take out the insurance for skiing in Italy. After this initial outlay, the cost per person for each trip, which included transport on the coach and a day's ski pass, was only 25 euros to experience excellent skiing in beautiful scenery with great companions. If anyone wanted to have ski lessons, these were also organised in advance by the Committee at the discounted rate of 15 euros per person for a group session with a fully qualified instructor for three hours.

After a full day's skiing on the slopes, the bus would depart around 17H00 to make the windy trip through the mountains to rejoin the Autostrada and normally arrive back at the Barracks at about 19H45. The return journey was normally a quiet affair. Whilst most adults would eventually drop off to sleep, as the early start and the exertions on the slopes caught up with them, the children with their boundless energy would be kept entertained watching a DVD on one of the TV monitors on the coach. The trip is very family friendly and children of all (skiing) ages are welcomed and encouraged. Therefore the Ski & Snowboard Club is a great way for children of all ages - including adults!! – to learn how to ski or snowboard. The only disappointment experienced this season by the Club was that low cloud and snowfalls at Torgnon prevented the annual race and prize giving ceremony from going ahead, but there is always next year. Hope to see you on the slopes next season.

Wing Commander GBR (RAF) Robert Whitworth



NRDC-ITA Ski & Snowboard Club

Tips for the week-end

A trip back to ancient times: VIGEVANO



Piazza Ducale (photo provided by the author)

Imagine the feeling of being transported to another time and totally immersed in the most typical Italian Renaissance. Impossible? Not really. A trip to Vigevano can do the trick.

The city of Vigevano is located in Lomellina district (Lombardia), at approximately 35 km from Milano. The historic center of Vigevano The Piazza Ducale was built between 1492 and 1494 by Ludovico il Moro Sforza, Duke of Milan, and is rightly considered one of the most beautiful Renaissance squares in Italy. 138 meters long and 46 wide, the square is surrounded on three sides (the fourth is occupied by the Cathedral Church of Saint Ambrose) with homogeneous buildings. A perfect rectangle paved with cobblestones taken from the Ticino riverbed, the piazza was cut to fit into the urban fabric of Vigevano. On one side of the square stands the seventeenth-century concave facade of the Duomo, designed by the bishop-architect Juan Caramuel de Lobkowitz. Some believe the facade was renovated because it is not in alignment with the church but is accentuated by four great arches and perfectly integrated into the square.

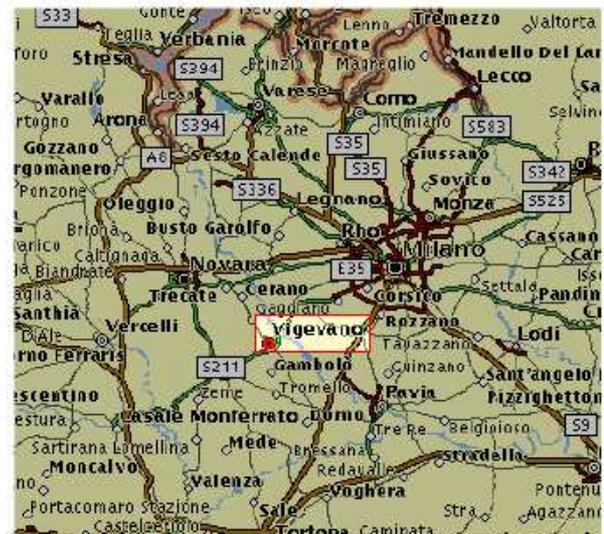
The current form is the result of the intervention of 1680. The paving stones and slabs of gneiss are dating back to the mid-nineteenth century. The present church was begun by Francesco II Sforza in 1532 but was finally completed at the end of the seventeenth century when was built the magnificent Baroque facade designed by the great polygraph Juan Caramuel y Lobkowitz who was bishop of the city from 1673 to 1682.

Vigevano is located in the heart of Lombardy's

picturesque Ticino valley, at the crossroads between waterways and artificial canals that bear witness to the city's agricultural core. Vigevano's principal calling, however, is the production of shoes-for every size and price, from the cheapest that end up in flea markets to the custom-made that adorn the most stylish feet in the world. The art of *conzare le scarpe* (shoemaking) in Vigevano can be traced back to a document from 1392 that prohibited the tanning and working of leather on the public square.

The complex of the Palazzo Ducale is imposing, but hidden from sight by houses, even on the side where once a long ramp connected it with the square; only its high tower betrays its presence. Luchino Visconti, the powerful ruler of Vigevano in 1337, began the transformation of the medieval center to make room for a castle. With the help of Gian Galeazzo Visconti, Galeazzo Maria Sforza, and Ludovico il Moro, the castle became one of the most elaborate residences of the fifteenth century and included stables, the Palazzo delle Dame, and even a falconry. Among the artists and architects who contributed to the project were Leonardo da Vinci (1452-1519) and, arguably the greatest architect of his time, Donato Bramante (1444-1514). The stables appearing in Leonardo's drawings were designed to hold up to three hundred horses.

Vigevano: how to get there.



Road map to Vigevano

Visiting Vigevano is an easy half-day trip from Milan, you can get there by car in about half hour, or you can take the train from the station Milano Porta Genova, it takes 27 minutes by train, and the trains run at least once every hour. Check with the

Italian state railways company Trenitalia site <http://trenitalia.com> for updated train schedules. Milano Porta Genova can be easily reached with the "metropolitana" (underground) line 2, green. With the suburban line S9 you can reach the station immediately after Porta Genova, Milano San Cristoforo. The S9 line connects locations from the North of Milan, in the direction of Como and Switzerland, through the East, and the South of Milan. In Vigevano the train station is in the center of the city, an easy 7 minutes walk from Piazza Ducale, follow the yellow tourist direction signs for "Piazza Ducale".

If you decide to drive to Vigevano, you arrive with the car from Milan on the road SP494, immediately after the bridge on the Ticino River. There are on the banks of the river small outlets that sell fried river fish in summertime, don't miss them. You must enter in the city and pass the railroad to get close to the monuments and the Piazza Ducale. A number of yellow tourist signs will direct you to the Piazza. Remember that the Piazza Ducale is a pedestrian zone, and you need to park outside the pedestrian area and walk to the Piazza. The most convenient place to park is Piazza Sant'Ambrogio, in the back of the Duomo, two easy steps from the Castle

Lieutenant Colonel ITA (A) Stefano Sbaccanti



Cathedral Church of Saint Ambrose



A detail in Piazza Ducale

Selection of pictures provided by the author



Piazza Ducale

In case you get hungry...



**C.so Cavour, 97
27029 Vigevano (PV)
038184401
3337877150**

NCO and Soldier of the first Quarter 2011

Sirs, Ladies and Gentlemen,

It gives me great pleasure to announce that Warrant Officer ITA (A) Davide Paolini - NRDC-ITA OPS Div. and Lance Corporal ITA (A) Benedetto Fabio Trapani - Support Regiment, have been nominated NCO and Soldier of the first Quarter 2011. In accordance with what is stated in SOI dated 10.08.2008 NCO/Soldier of the quarter/year, they are now candidates for NRDC-ITA NCO and Soldier of the Year 2011.

These Gentlemen had not reached such results just for a case but they demonstrated very wide professional and technical skills. All of us must be very proud to have Warrant Officer Davide Paolini and Lance Corporal Benedetto Fabio Trapani serving with at NRDC-ITA.

Their dedication and professionalism significantly enhanced the performance of the NRDC-ITA and Parent Units.

I would like to invite all of you to pass your congratulations to them.

HQ Sergeant Major

Warrant Officer ITA (A) Antonio Puglisi



Warrant Officer ITA (A) Davide Paolini



Lance Corporal ITA (A) Benedetto Fabio Trapani



What's next?

Easter Celebration

Saturday the 16th of April at 18:00 there will be at NRDC church, the Holy Mass, celebrated by Don Marco, our chaplain. During the celebration there will also be the Via Crucis (Stations of the Cross).

Everybody is invited to join!

For further information please contact Don Marco Galanti, tel. 6038



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!

Recreational Board

15/04/2011	Theater "La Turandot"	"Alla Scala" theater (Milan)
17/04/2011	Football match MILAN-SAMPDORIA	Meazza stadium
23/04/2011	Football match INTER-LAZIO	Meazza stadium
29/04/2011	Theater "Gala des Etoiles"	"Alla Scala" theater (Milan)
01/05/2011	Football match MILAN-BOLOGNA	Meazza stadium
05/05/2011	Theater "Quartett"	"Alla Scala" theater (Milan)
08/05/2011	Football match INTER-FIORENTINA	Meazza stadium
15/05/2011	Football match MILAN-CAGLIARI	Meazza stadium
19/05/2011	Cenacolo Vinciano	Milan
22/05/211	Football match INTER-CATANIA	Meazza stadium
18/06/2011	Theater "Aida"	Arena in Verona
23/05/2011	Theater "Romeo and Juliette"	"Alla Scala" theater (Milan)

If you wish to know more or book an event please contact Warrant Officer ITA (A) Francesco Miele (tel. 5063, 5064, 5072)

International Recipe: Risotto alla Milanese



Courtesy of www.foodgeeks.com

INGREDIENTS

2 cups uncooked Arborio rice *
5 tbsp. butter
1 tbsp. olive oil
1/2 cup onion, finely chopped
1 cup dry white wine
5 tbsp. butter
2 dashes saffron
2 cups chicken broth
1/2 cup Pecorino Romano cheese, grated

INSTRUCTIONS

In a large pan cook the onion in 3 tablespoons of butter and 1 tablespoon of olive oil until they're translucent, being careful not to brown them. When the onions are ready, add the rice. Mix well and toast it for about 2-3 minutes on high heat. Add

wine and mix well until it evaporates. Add about 2 cups of broth and reduce the heat to medium. Mix it well and frequently, until absorbed. Continue to add broth and mixing frequently, until the rice is nearly cooked.

About 1/2 way through the cooking add a healthy pinch of saffron to the broth before mixing into the rice. When the rice is almost cooked, about 15-20 minutes, add 2 tablespoons of butter and the cheese. Mix it in well, remove from the stove, cover the pan and let it stand for a few minutes before serving.

CHEF COMMENTS

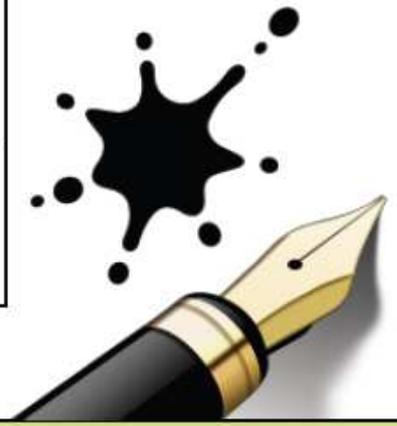
This is a famous dish in Milan. You will find it on most of the restaurant menu's in that city. The recipe here is just one of the ways to make risotto. It should be creamy, not too dry and certainly not soupy. It may take a little practice to get it right, but once you do it is well worth the effort.

* Do not use instant nor minute rice.



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Photographer: *Warrant Officer Francesco Civitelli;*
Language assistant: *Major Alan Sweeney*

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And...Happy Easter!!!

Easter bunny?!

