

Bistrôt

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Change is
the only constant!

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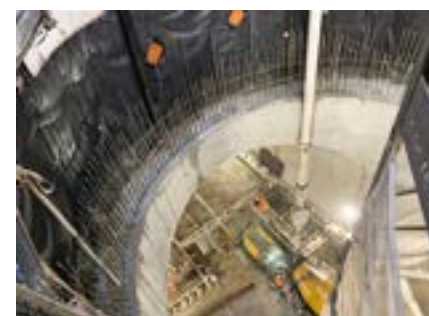
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You can then listen to the playlist inspired by the article. All the playlists can be found at this address: <https://spoti.fi/3ofTODK>. Enjoy listening... and (enjoy) reading!

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Editorial

Restart again, restart always

‘Restarting’ is one of the words we believe to be most commonly used these days, a term that tries to describe the desire to make a new start after a period of crisis. However, restarting does not always stem from a difficulty; sometimes it is simply the desire to put oneself to the test, to change, to follow a vocation. It is also the will to listen to the B side of one’s life. This issue of Bistrôt, the last of 2021, is dedicated precisely to those who decide to start again, even though they could easily have continued along a road already marked out. To those who choose not out of necessity, but out of enthusiasm.

As always, we give the floor to people who are involved in what we love to do: living, creating and living. They are witnesses to a willingness to always put themselves back in the game.

Sergio and Pier are the two Tami brothers who, after having founded successful engineering firms, have chosen not to sit in the manager’s chair but to do what they are most passionate about: the former as a consultant, the latter as a football coach.

Speaking of engineers, what about those who have chosen to move to Tunisia after retirement to cultivate olive trees?

On the border between Slovenia and Italy is the story of Edi Simčič, who, in the midst of life’s journey, decided to set up his own winery and fortunately so, as you might say when drinking his Rebula. Let’s stay in the gourmet sphere and talk about Alan Rosa, a chef who started out again in his family’s restaurant to surprise us with a marriage of tradition and innovation.

Always in the Moesano, there are those who arrived in the 1970s from Germany in pursuit of love, and went from a pizzeria to international trade, and has now discovered a passion for gazosa (soda).

Scientists, too, are not content and choose to start again. At CERN in Geneva, it was not enough to discover the Higgs boson, “God’s particle”. They are already working on a more powerful accelerator to discover the secrets of matter, including antimatter and dark matter.

Restarting also means starting to take care of your body organically, without looking for shortcuts or technological tricks. A personal trainer explains it to us.

That’s why “restart again, restart always”. Restart again, restart always is the key that the protagonists of this edition of Bistrôt seem to have in common. Perhaps the best way not to have to start from scratch, not to have to start again because you are in difficulty or have fallen down, is to anticipate change. Knowing how to listen to our visions of the future, comparing them with the voices of the changing society and then being ready for each new beginning as if it were the first.

Happy reading!





Why read this article?

To discover how the passion for your profession does not wane as the years go by. Because climate change also has an impact on damage to buildings.

➞ #engineering #sergiotami

THE BUILDINGS DOCTOR

It happens in many professions. For example, if you want to take care of people, you become a doctor and then you end up behind a desk as a health manager signing authorisations.

Sergio Tami was born with a passion for taking care of buildings. A civil engineer, he specialised in building physics, which also includes carrying out expert reports, thinking about the ever-increasing needs and expectations that people have of a simple building.

His response is crucial. On his 'diagnosis' and 'prognosis' are the basis for insurance and insurance companies to start treatment. But when you like to do your job well, you try to choose good helpers, to offer a better service to the client. So, it can happen that you find yourself at the head of a company with 80 employees and you have to think more about

running the company than going into the field. That's what happened to Tami. However, as the engineer over the age of 50, he realised that the desire to take care of buildings had not gone away. Not least because today there are new conditions that can facilitate the "ailments" of houses: from climate change to technological complexity. When his 21-year-old creature (IFEC engineering) came of age and got married, Tami preferred to continue working with Galli Partners Consulting SA rather than a future behind the desk as a multinational executive. He tells us about it in this interview, along with his passion for teaching the "profession" to the younger generation.

Soundtrack





Tami, you founded and developed IFEC, which has become one of Ticino's largest engineering firms. Three years ago IFEC joined a multinational group like AFRY, now you are involved in Galli Partners Consulting. What were the reasons that pushed you in this direction?

"To tell you the truth, I simply wanted to continue doing my job, the thing I like most: building damage appraisals, mediations to help people argue less. At the time of the integration with AFRY I would have had the opportunity to have a management position in Zurich, but I preferred to remain active in my profession. I was aware that IFEC had reached such a level of solidity that my departure was in fact painless."

So let's take a step back to 1994.

"It was my wife Sara, whom I will never cease to thank, who convinced me to open my own business. Then, until 2000, I was on my own. In that year, with my partner Dario Bozzolo, we founded IFEC consultancy. At the time, there was only the architect Giovanni Laube. Since we wanted to follow our customers well, we started to hire collaborators. Eighteen years later, when we joined AFRY, there were eighty of us."

Important numbers for Ticino.

"Without a doubt, these are important

numbers for the Ticino sector. Ticino has given us a lot, and I'm convinced that it will continue to do so, but if we wanted to take on mandates beyond Gotthard or at an international level, we inevitably had to grow and enter larger companies."

It was a choice to give continuity to IFEC, which could have led you to be a manager in a larger company. And instead?

"Instead, I love my job as an appraiser and the conditions have been created for me to be able to do it in Galli Partners Consulting, so as to avoid any potential conflicts of interest. Even if my collaboration with IFEC, on some mandates, remains, exploiting all those synergies that ultimately benefit the client."

So let's talk about your activity. What are the major emergencies today with regard to damage to buildings?

"One of the key issues is climate change. Last summer was exemplary in Ticino. Weather phenomena that were once thought of as extraordinary events in our area are becoming more frequent. Just to give you a couple of examples, we were involved in expert reports at Locarno civil airport, where the hangar1 was blown off its hinges by strong gusts of wind. In another case, damage was caused to a house by flooding due to an overflowing brook."

What do you do in such cases?

"First and foremost, it's about offering people help, to enable them to reuse their damaged property as quickly as possible. In this case, for example, by establishing the compensation due from an insurance point of view."

Are renovations then only conservative?

"It depends. Certainly that is the priority, but you can take advantage of the need for an intervention to try to increase the performance of the building. In the face of climate change, regulations are also adapting."

What are the other causes of damage to buildings?

"The other big issue is the complexity of buildings. In the last twenty years there are more and more materials being used and more and more professionals involved. Usually the problems arise in the connections, in the interfaces. For example, most damage is caused by water infiltration. It is not enough to have a perfect window or wall, because it is often at the junction that problems arise. In these cases, it is essential to understand the causes of the damage before looking into renovation."

The engineer, therefore, should not just make calculations.

"This is the point. Not only in my sector, but starting with the design team, the engineer's role must be interpreted as that of a consultant who has a global vision of the work. And, of course, you have to consider the other two elements that play a role in the construction of a building: the contractors and the client."

Meaning?

"Not always do contractors have all the necessary know-how and not always is the client clear about what he wants. In any case, there are tendencies to want more and more but not necessarily to invest more. One example: instead of adapting our bodies, we find technological inventions to do so. Who today would make a 300 km journey in a car without air conditioning? This generates a cycle that is not very virtuous."

In what way?

"As I explain to my students, we produce more energy-efficient light

bulbs, but we use ten in a room, whereas before there was only one (and people only turned it on when necessary). We should always approach issues with a global vision. There is no point in spending money on photovoltaic panels if the house is very bad in terms of energy loss. The same applies to land management. In Switzerland, in recent years, we have invested in structures, even at high altitudes, in unpopulated areas, in order to prevent hydrogeological instability and we have been far-sighted with regard to climate change. We must continue to do so."

You mentioned the students. You are also a lecturer at SUPSI, do you recommend becoming an engineer?

"At the base of everything is passion, as in any trade or profession. After that, I recommend learning languages well: English and German, above all. To travel around and gain experience in Switzerland, Germany or outside Europe. There is always time to go back to your roots."

Does the figure of the engineer appeal to the younger generation?

"In Ticino we have a shortage of engineers. Partly because many prefer to go beyond Gotthard to work, partly because it is seen as less rewarding than other professions. But good engineers earn good money and if you have a global vision, you can make an important contribution in design teams, seeing your role recognised."



Sergio Tami
Year of birth: 1967
Profession: Consulting civil engineer

After graduating from the Higher Technical School, the ancestor of today's Department of Environment, Construction and Design at SUPSI, where he currently teaches Building Physics for the Bachelor's degrees in Civil Engineering and Architecture, Sergio Tami left for Bern to improve his language skills and work in the energy sector. Back in Ticino, he started his own business, and founded IFEC Consulenze, specialised in the field of building physics and energy in construction and acoustics, together with his colleague Dario Bozzolo, specialised in physics. In 2018, IFEC joins the AFRY Group, Tami continues his collaboration with IFEC and at the same time in 2021 joins the board of directors and the board of directors of Galli Partners Consulting SA.



Why read this article?

To learn how the new accelerator at CERN in Geneva is being built. To find out what secrets of the universe are yet to be revealed.

➞ #cern #accelerator

FROM DRILLING TO DARK MATTER.

CERN, the daddy of the web

CERN stands for 'Conseil Européen pour la Recherche Nucléaire' (European Council for Nuclear Research), and is in fact the world's largest laboratory for particle physics, located on the border between Switzerland and France, on the western outskirts of the city of Geneva, with its headquarters in the town of Meyrin. The convention establishing it was signed on 29 September 1954 by 12 member states, today 23 plus a number of observers, including non-European states, are members.

Its main purpose is to provide researchers with the tools they need for research in high-energy physics, mainly particle accelerators, which take atomic nuclei and sub nuclear particles to very high energies and the detectors that make it possible to observe the products of collisions between beams of these particles.

CERN has not only given us important discoveries in physics, it was also the parent of the World Wide Web. The network we all use was born at CERN in 1989, the brainchild of Tim Berners-Lee and Robert Cailliau. It started as a fringe project in 1980 called ENQUIRE with the aim of efficiently exchanging data between people working on different experiments. Tim Berners-Lee developed the infrastructure for the Web, namely the first web server (running on HTML and the HTTP protocol) and the first browser.

On 30 April 1993, CERN announced that the World Wide Web would be free for all."

Soundtrack



CERN in Geneva, one of the most advanced centres for research into sub-nuclear physics, is working on an even more powerful particle accelerator.

However, investigating and discovering the secrets of the extremely small requires the use of gigantic equipment and systems. Between France and Switzerland, just a few kilometres from Lake Geneva, a 27 km long circular tunnel houses the LHC (Large Hadron Collider) particle accelerator, which provides the conditions that make the main experiments carried out by CERN scientists possible.

The years have gone by for it too, and it needed to be serviced. This was an opportunity to try to create a more powerful accelerator that could push research towards new frontiers and broaden the spectrum of possible particle collisions; to have new elements to analyse, to answer questions about dark matter or antimatter.

The dear old LHC is almost ready to start a second life and become HiLumi.

To accommodate the new parts of this technological jewel, however, it is necessary to ensure an

infrastructure that protects it and connects it to the world above. This is where the Pini Group's "made in Swiss" experience comes into play. But let's start at the beginning: what is the HiLumi project?

The HiLumi project

A particle accelerator is basically a big torch aimed at the sub-atomic world, in particular the world of elementary particles, the building blocks of the universe. It is used to understand how they are and how they behave, to validate or not our theories about how the world is made.

CERN's LHC accelerator has done this job brilliantly, leading, among other things, to the detection of the Higgs boson. Now, the HiLumi LHC (High Luminosity LHC) project aims to upgrade the CERN super-accelerator to increase its luminosity (one of the main indicators of a particle accelerator's performance), and that is the number of collisions per unit area in a given time. This will increase the probability of possible discoveries. While the LHC is capable of producing up to 1 billion proton-proton collisions per second, the HiLumi LHC will be able to further increase this number. It is assumed to increase the peak

brightness, that is the number of events produced per second, by a factor of 5 and the integrated brightness, that is the total amount of data collected by the experiments, by a factor of 10.

Work will be done to increase the power of the accelerator, but also of the detectors.

In total, more than 1.2 km of the current machine are being replaced with new high-tech components, such as magnets, collimators and radio-frequency cavities. Around 150 new magnets and 16 crab cavities will be installed. Their function is to tilt the proton packets so that they move sideways, just like a crab. There will also be major civil engineering work, with the construction of new buildings, shafts, caverns and underground tunnels, mainly at two locations, in Switzerland at the CMS (Compact Muon Solenoid) detector and in France at the Atlas (A Toroidal LHC ApparatuS) detector.

The super-accelerator is expected to return to investigate the secrets of the universe around 2026-2027.



Marco Ruggiero
Year of birth: 1976
Profession: Civil Engineer

After graduating in Civil Engineering - with specialization in Hydraulic Structures - he starts his professional career as Project Engineer / Site Engineer in the field of hydraulic constructions (dams and hydroelectric power plants) for international projects.

After 5 years of experience, he moved on to the Underground Works sector as Project Engineer and, immediately afterwards, he was engaged as Site Engineer for a large tunnel construction site in Switzerland (AlpTransit). He is currently deputy manager of the Construction Management Division within the Pini Group.

Wells and tunnels

This is where the Pini Group's experience in underground infrastructures comes into play. We talk about it with engineer Marco Ruggiero.

Engineer, what part of the project are you carrying out at CERN?

"Our construction site is in Cessy on French territory, about 10 km from Geneva. The accelerator is located in a 27 km long circular tunnel, one third of which is on Swiss territory and two thirds on French territory. We work in an area of countryside, where there are industrial adjacencies to CERN. In addition to the main office, every 3 km or so along the perimeter of the tunnel there are access shafts surrounded by industrial buildings."

What do you need to achieve?

"This is a project to extend the accelerator at point 5. It involves the construction of an 80-metre high access shaft with a diameter of more than 10 metres, a service cavern, a transformation corridor more than 300 metres long, various connecting tunnels, emergency exits and the infrastructure access facilities. CERN's equipment will then be located inside."

What stage are you at?

"The concrete part has been completed, now we have to install prefabricated modules and do metalwork. We expect to finish the underground work in January 2022. The construction site started in 2018 and during the peak phases it employed a total of a hundred people."

What are the difficulties in carrying out such a project?

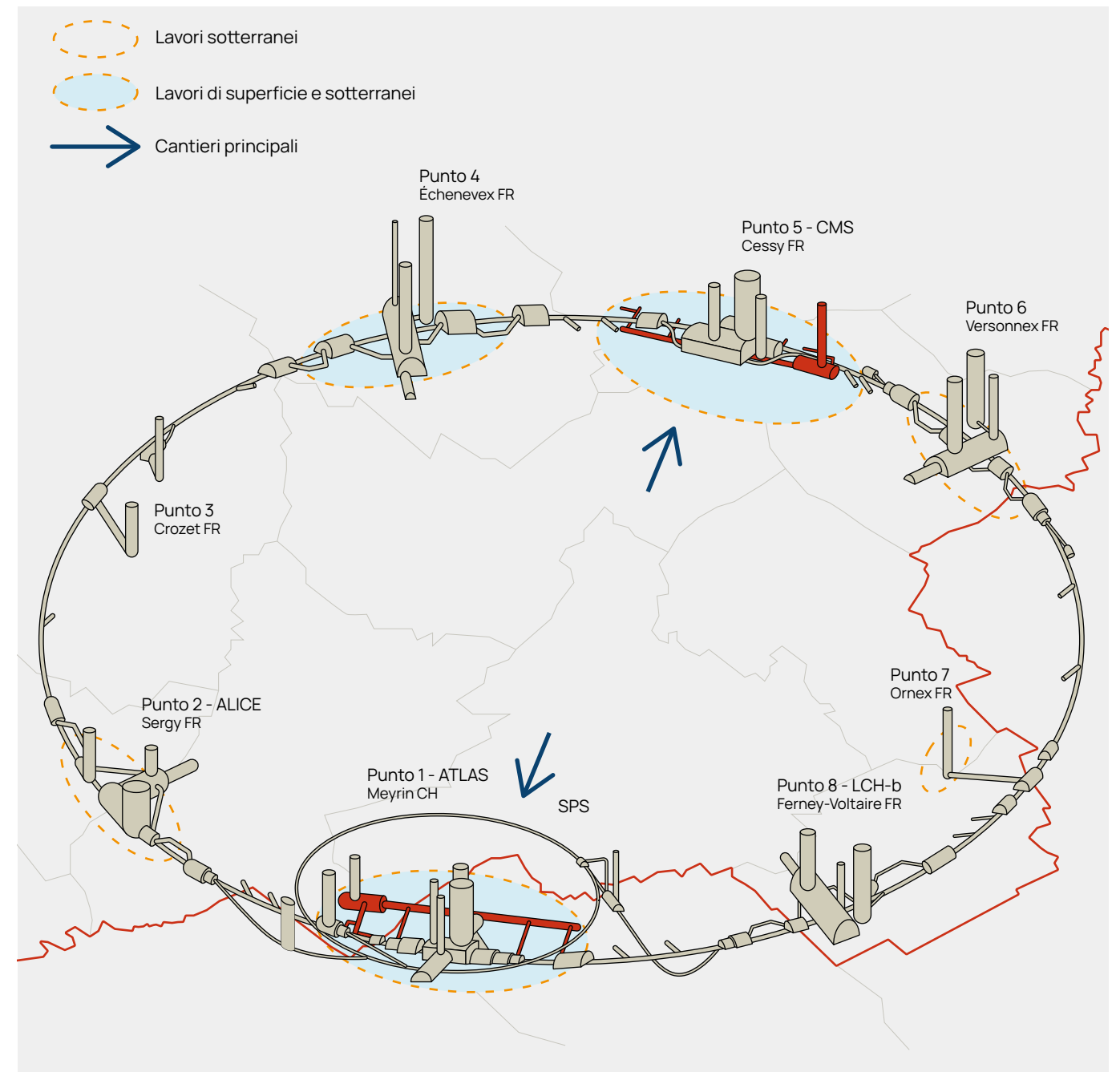
"Basically, we have to work in the vicinity of an existing technologically advanced structure, so we have to be very careful that the vibrations produced by the excavations do not damage the LHC equipment."

Is a client of international standing and the highest level of research particularly demanding?

"The client required the project to be managed using BIM (Building Information Modelling). Our BIM manager worked constantly with the developers of Autodesk Revit to optimise specific tools for underground construction. Let's say that there was a continuous dialogue, with a high demand for precision."

It is curious that in order to analyse the infinitesimally small, it is necessary to build cyclopean structures?

"The destination of our work is certainly fascinating. But personally, I'm mainly interested in large-scale projects, in managing large construction sites. That's one of the reasons why I switched from hydroelectric construction to underground infrastructure. Because nowadays it is the latter that see the greatest challenges, the most important projects from an engineering point of view. With Pini, for example, we are working on the Brenner tunnel and the Turin-Lyon high-speed train. Large connection works and complex underground projects."



Beyond the Boson

CERN's LHC accelerator has become famous in mass culture as it led to the first detection of the Higgs Boson (improperly called the 'God particle') in 2012. The Higgs Boson was theorised in 1964 and plays a key role in the Standard Model of physics, as it gives mass to elementary particles.

Following the demonstration of the Higgs boson's existence, physicists all over the world are now aiming to use the LHC (in the HiLumi version) to get answers to various questions they consider fundamental. According to Wikipedia, the questions they would like answered are

- What is the origin of the mass of baryons? Will generating quark and gluon plasmas result in the non-perturbative origin of a large fraction of the mass of the universe?
- Why do elementary particles have different masses? In other words, do particles interact with the Higgs field?

- According to some evidence, 95% of the mass-energy of the universe has a nature different from the known one. What is this? In other words, what are dark matter and dark energy?
- Do supersymmetric particles exist?
- Are there dimensions other than the three spatial and temporal dimensions, as predicted by various string theory models?
- What are the characteristics that can explain the asymmetry between matter and antimatter, i.e. the virtual absence of antimatter in the universe?
- What can be known, in more detail, about already known objects, such as the top quark?

Grape harvest on the border

The twentieth century has moved several times the border in the lands of the Collio, when the imperial eagle of the Habsburgs was lowered, the green slopes found themselves disputed between Italy and Yugoslavia. Then Yugoslavia broke up and, since the 1990s, there has been an Italian Collio in Friuli and a Slovenian Collio: Goriska Brda.

Why read this article?

To discover a story of passion for wine passed down from father to son. To be fascinated by the history of aromas and flavours between the Alps and the Mediterranean.

→ #edisimcic #ribolla #vineyards



For lovers of white wines, all this translates into a wine with two names: Ribolla and Rebula. Two ways of calling the same vine, grown in the hills on either side of the border.

And on the Slovenian side, just under a kilometre from Italy, is the land of Edi Simčič. There are thirteen and a half hectares, which, since the late 1980s, have led to the creation of labels made of passion and love for their territory.

Edi is now 88 years old and his son Aleks, who contributed to the birth and growth of the family business, has taken over the helm for some time. It is with him, that we talk about how it all began with a choice to change one's life, or rather to do better what one loves to do.



Mr Simčič, when did you start bottling the first bottles with your labels?

"It was 1989, we started with a production of 4 thousand and now we are at about 60 thousand."

You were a young man, your father was already over 40, why did you choose to embark on this adventure?

"He had worked in an agricultural cooperative since his youth and didn't want to retire. He wanted to do what he liked best, to put his experience to good use. So he took his grandmother's family land and together we started to cultivate vines."

So he went back into the game to prove that better wines could be made?

"Yes, that's what he did and he succeeded in communicating this love for the vineyard, the wine and the terroir to me as well. I hope I have passed it on to Jure and Jacob, my two sons who help me run the business."

What did your father pass on to you?

"A credo/"A belief: to do well whatever you do. Then he said that nature speaks to those who can listen to it. It is only by listening to it that you can make predictions, understand how best to develop the vineyard, make the necessary changes."

Speaking of territory, what is the difference between Collio Friulano and Goriška Brda?

"Let's say that we feel more the

influence of thee are exotic, mineral, more saline, full-bodied and fresh at the same time. In the case of the whites, they have an ageing potential of up to 10-15 years."

And what about winemaking?

"We do everything in barrels, we have completely removed the steel."

How did the 2021 vintage go?

"We were lucky. There were no hailstorms or weather events that caused any damage. Very good grapes. We start harvesting the white grapes just before mid-September and continue with the other grapes for a period of 4-6 weeks."

You describe yourself as stubborn, persistent, hard-working and open-minded. Do you need technique or imagination to make wine?

“I plan where we will be in ten years, how we will get there, who will drink our wines. The organisation and the technical aspect are fundamental. But wine is passion, a love that warms the soul and sanctifies work. That’s why it’s only right that emotions should have a place. Because the right wine is the one that wins me over with the first glass. It’s love at first sight.”

Is wine made in the vineyard or in the barrel?

“The character of a vintage is shaped during the period of flowering and ripening; and it is never influenced by exactly the same relationships between the heat of the sun, the rain or the storm. With our care and work, we are only supporting the vine in giving the best that was intended for the grapes. After that, our wines simply rest in their cellar. We let them become according to the quality of the vintage. This is the foundation of our style of wine.”

Yours is a wine that is very much inspired by natural rhythms.

“Yes. Nature teaches us to think naturally in our daily work. Morning dew says something about the brevity of life and roots can teach you a lot about persistence. The sun encourages a wealth of thoughts about abundance; frozen grains remind us that pause and reflection also have their purpose. Our approach to the work takes inspiration from nature and this obviously influences the production as well.”

Your signature is the Rebula, but you also offer other blends and you don’t just have whites. Tell us about your labels.

“We have Rebula in purity, but we also offer it in a blend in which it meets Chardonnay and Sauvignon; it is Triton Lex, a structured, aromatic and balanced wine. We also have labels of Malvasia, Pinot Blanc and Pinot Gris. Our red is

the Duet with Merlot, Cabernet Sauvignon and Cabernet Franc. We are also working on producing wine labels made from grapes from individual vineyards. Such as Fojana Rebula, Fojana Sauvignon, Kozana Chardonnay and Kozana Merlot.”

Recommended pairings?

“With Rebula, cold dishes or raw fish, anything that enhances its salinity is perfect. Triton Lex, on the other hand, is a more structured wine that can age and can also be drunk throughout a meal.”

Objectives for the future?

“We are increasing the area under cultivation to 15 hectares and we want to be able to continue transmitting our passion for wine and the land, making better and better wines in harmony with nature.”



Aleks Simčič
Year of birth: 1968
Profession: viticoltore e produttore di vini

Aleks Simčič is the son of an artist. At the end of the 1980s he started working with his father Edi in the new family business to produce wines on the estate in the Slovenian Collio on the border with Italy. Over the years he learned the art of winemaking from his father and now runs the business with the help of his two sons. He describes himself as stubborn, persistent, hard-working and open-minded.

A brief history of Ribolla gialla or Rebula.

The first written documentation of the existence of this grape can be found in a notarial contract of 1289 concerning wine-growing land in the Friuli region. 'Indulgence' towards Ribolla wines was mentioned in the 14th century as one of the sins of gluttony by the Italian poet Giovanni Boccaccio, and when the Duke of Austria, Leopold III of Austria, established his kingdom over Trieste, the city had to provide him with 100 urns of the best Ribolla wine in the region every year.

In 1402, the reputation of wine made from the grape was such that the city of Udine was forced to pass a law

prohibiting the adulteration of any wine made from Ribolla. Then the phylloxera epidemic of the 19th century destroyed many Ribolla plantations and many owners then chose to replant their land with imported French wine grapes such as Merlot and Sauvignon Blanc. In recent years, however, there has been a return to the indigenous grape variety, with excellent oenological results.



Venison is served

Why read this article?

To discover how to combine innovation and tradition in the kitchen.
To hear how a passion for game dishes is born and to be tempted by a dinner with ibex.

➞ #alanrosa #ibex #groven



Those born at the foot of the Alps associate autumn with the smell of fireplaces, steaming cauldrons, toasts with a glass of red wine and the chatter of hunters at the table telling of their latest catch. But it takes skilled cooking skills to transform venison into succulent dishes. An art that is rooted in tradition and that is preserved and handed down at family level, even by those who have worn the chef's hat in renowned hotels with a wealthy international clientele, but then wanted to bring innovation to the family restaurant, without forgetting the lesson of the territory.

For many, it is the memory of a well-known face from the small screen, a main dish to be served on TV. He is Alan Rosa and his Groven in Lostallo is a reference point for those who want to delight in tasty and refined dishes and above all don't want to go wrong when it comes to game. In Bistrôt he tells of his work horses, from the saddle of chamois to the ibex dinner.

Soundtrack



Chef, let's start from when you were wearing short trousers, you grew up in the kitchen...

"Yes, at Groven, my grandmother Maria was in the kitchen, then my father Giacomo inherited it and now there's me. I've always had a passion for being in the kitchen, ever since I was a boy. It was natural for me to go to hotel management school."

But then, for the apprenticeship, the scenery changed, no longer the family kitchen, but the lights of the grand hotel.

"Yes, I went to the Palace in St. Moritz. One of the most renowned hotels in the world, with an exclusive and international clientele. I learnt to work in a brigade, to cook

everything, because there, the client's every wish had to be catered for, at all times."

There was no shortage of star experiences.

"Yes, I was in Küsnacht at the Rico's of chef Rico Zandonella, two Michelin stars. A great master from whom I learnt how to innovate while respecting and enhancing the raw materials."

Finally, the return to Mesolcina.

"Yes, in 2006 I returned to the Groven to propose my idea of cuisine. Today those who come to Lostalio know what they are getting, it's not the menu that matters, but the way the dishes are presented."

In the mid-2000s, he was one of the first chefs to appear on cooking shows, which then became very popular.

"Without a doubt, television was certainly an experience that made me popular and helped to communicate my own identity. There are many pros and also some cons. When I tried to get a young chef to work alongside me, the customers, when they saw me outside the kitchen, had the prejudice that it wasn't me who cooked and therefore the dishes weren't perfect. So in the end I went back behind the cooker. Becoming a character means that customers come to the restaurant not only for the dishes, but also because they know that you cook them."

What is your ideal menu?

"Let's say that autumn is the most popular time for us, because we offer our game meat dishes. At other times of the year there is often no menu, I set the menu according to the best products I find on the market, or I ask the customer if he

has any preferences. I like a cuisine that also follows instinct, that is the result of conviviality, not just of exasperated research."

Tradition or innovation?

"When I reintroduce traditional recipes, it's not to lighten them up but to make them the way they used to be made. While those I create have an eye that looks to the territory, but also one that respects contemporary cooking and processing methods that combine taste with lightness."

Let's come to the signature dish: venison.

"The saddle of roe deer. Here we mainly source our supplies from game meat reserves in Austria and Germany."

Are there not enough roe deer in Mesolcina?

"Yes, it is impossible for locally hunted roe deer to meet all the demands of the Moesana restaurant industry."

Chamois and deer?

"In this case they come mainly from the Mesolcina and the Poschiavo valley."

Should game always be marinated?

"It depends on the cut and the recipe. For a saddle of roe deer it is not necessary. For jugged chamois, on the other hand, marinating in wine is necessary."

Do you also offer special game?

"Yes, when hunters bring them in we also have marmots and ibex. The ibex comes from selective hunting. The hunter can take two. Usually one he keeps for himself and the other he gives away. Sometimes it is a male, sometimes a female. Sometimes it is 3-4 years old,



sometimes 8 years old. This has a big impact on the taste of the meat."

When can you eat ibex?

"We normally serve one dinner a year, all based on ibex. There are 10-12 courses: carpaccio, tartare, first courses, main courses: ossobuco, braised beef, saltimbocca, and so on. It's a particular meat, which in some cuts, such as rump, is reminiscent of beef in consistency and colour. The main thing is to clean the animal properly after slaughtering."

What does this mean?

"First of all, when you shoot game, it can suffer trauma from the fall, for example if it is shot on a rock and falls down and this can affect the quality of the meat. Also, I give the example of the marmot; if instead of shooting the head, you shoot the body, there's not much left to eat once it's clean. The most important thing, however, is that the animal is immediately cleaned of its innards in the correct way, otherwise its preservation and flavour is compromised. In short, there are many factors that play a role in the taste of a venison dish. That's why the starting material is fundamental for excellent dishes."

IBEX, A DELICACY FOR OVER 5,000 YEARS

Do you know what the last meal of Ötzi, the Similaun mummy found in 1991 on the Schnalstal valley glacier and who lived around 5,300 years ago, was? Ibex speck. This was revealed in a study conducted by mummy expert Albert Zink and his colleagues at the Eurac in Bolzano, who analysed the nano-structure of meat eaten by Copper Age man, comparing it with various types of meat and processing. The presence of fibres in the mummified food leads to the assumption that it was raw and dried meat, as the fibres are lost when cooked.

Ötzi therefore ate the dried meat of ibex, which may have been hunted with a bow similar to the one found next to the mummy. In his stomach were also remains of ferns, deer meat and spelt. Researchers think that his diet was not a glutton's choice, however, but a high-fat diet to cope with the days spent at altitude, although it is not yet clear what work he did.





IBEX HUNTING

In Graubünden, hunters who wish to participate in the selective ibex hunt must register at the beginning of April by filling out a registration form. As a rule, hunters who have registered are informed around 10 June whether they have been selected and can therefore participate in that year's hunt. Then, hunters who have been selected must attend a compulsory course in mid-August.

Ibex hunting takes place in the period from 1 October to 15 November. It lasts for each hunter a maximum of 20 days. There are exceptions for particular colonies. The costs are 200 francs for the licence and between 160 and 660 francs for the cull. Young Ibex to be hunted are allocated to the youngest hunters, the oldest to the oldest.

CHF 200.00 for the basic fee (licence). Ibex hunting "requires a great deal in terms of ability to move in high mountains, stamina, evaluation of the game and shooting skills."

What do we drink with a game dish?

"Definitely full-bodied reds, an aged Merlot would be great. With certain raw dishes such as carpaccio, a structured white wine would also be good. Then there are also those who drink Barolo with fish. I don't recommend it."

Strangest request from a customer?

"I don't usually get any because people who come to Groven know what we offer. There are also vegetarians who come to try our range of side dishes and then maybe they'll add a slice of cheese instead of venison. But I remember once at the palace, where they said they always had to please the customer, a group from, I don't know which country, came asking for dog food. We told them that this was not possible in Switzerland."

Will the family tradition continue?

"My son is 16, he loves to eat well, but he told me he doesn't see himself in front of the cooker. But who knows. Maybe in 10 years he will change his mind or not. The world changes very quickly!"

It's true, tastes are always changing, but we are sure that even if we went to Mars, we would hardly forget the memory of the scent of Groven's juggled chamois."



Alan Rosa
Year of birth: 1975
Profession: chef

He grew up in the family restaurant in Lostalio. After experiences in grand hotels and starred kitchens, he returned to Groven to offer his cuisine based on tradition interpreted in a contemporary way. For several years, he was a well-known face on TV, participating in the programme Cuochi d'artificio.

Game meat, nutritional values.

When it comes to taste, everyone has their own opinion - some people love it and others can't stand the taste of wild game. But apart from the taste, from a nutritional point of view there is a difference between the different species that end up on the plate as game and farmed meat.

In general, the diet of hunted species is low in calories and very varied, and provides large amounts of vitamins and micronutrients with antioxidant and anti-inflammatory effects. Wild animals therefore have low amounts of fat and their muscles are dominated by red muscle fibres (types I and II) and strong vascularisation, which contribute to the characteristic dark red colour of the meat (also called 'black meat').

The meat reflects the conditions in which the animal has lived. Meat from animals raised in the wild carries the characteristic flavours and smells of the land on which the animals have lived for years, feeding on berries, chestnuts, acorns, mushrooms and fruit peculiar to each area.

	Deer	Roe Deer	Wild board	Breeding cattle	Breeding swine
Protein	23	21	22	19	17
Fat	2	1	3	16	20
Calories	120	93	122	227	256

Why read this article?

To discover the green charm of Tunisia. To listen to the voice of those who, after retirement, have started a new life with new rhythms. To imagine the scent of almond trees in bloom.

➞ #tunisia #newlife

Living among almond and olive trees

If you think of Tunisia and you think of the image of the Sahara and the dunes, you could be very wrong. Yes, the desert is part of the Tunisian landscape, but only in the south. In the north, on the other hand, the valleys are green, the meadows are full of flowers and olive, almond and wheat fields are cultivated. The landscape is Mediterranean, reminiscent of Sicily or other places in southern Europe. Instead, you are already in the land of Africa. A place where, at the age of 70, you can start the second half of your life again, leave behind your engineering projects and devote yourself to farming. This is the choice made by Giulio Belletti, originally from Grono. For his work, he had travelled the length and breadth of North Africa, Angola and the Middle East. He also met a new love there. And so, seven years ago, when he reached retirement age, he chose to live among almond and olive trees.

We interviewed him.



Giulio Belletti
Year of birth: 1946
Profession: engineer and farmer

A native of Grono, Italian Graubünden, after decades of work in the field of civil engineering, both with his own studio and with the entire group, in 2014, when he reached retirement age, he moved to Tunisia, to an estate near Le Kef, where he and his wife Jasmine began to cultivate olive and almond trees.



Tunisia in pills

From Hannibal to Bourghiba

Tunisia is about four times the size of Switzerland, has over 11 million inhabitants and a long history. On the coast of present-day Tunisia, the Phoenicians founded Carthage, which, with the Barca family, in particular Hannibal, gave the Roman expansion a hard time. Destroyed by Scipio the Aemilian, it was rebuilt by the Romans, who founded several cities along the coast. It then went from Christianisation (St Augustine was originally from a town not far from the borders of present-day Tunisia) to Arab conquest. It became a French protectorate at the end of the 19th century and gained independence in the 1950s under President Habib Bourghiba.

Liquid Gold

40% of its surface is occupied by the Sahara Desert, but much of the remaining land is made up of particularly fertile soil, in which the cultivation of olive trees has found an ideal place. The cultivation of olive trees in Tunisia dates back to the eighth century B.C., even before the founding of Carthage. According to the FAO, olive groves occupy one third of Tunisia's arable land (34%) and are evenly distributed throughout the country. In fact, the production of oil and its derivatives accounts for 12.3% of the wealth derived from agriculture and absorbs 16% of the workforce employed in the agro-food sector, providing a livelihood for over a million people. Despite its modest size, Tunisia is the world's second largest producer (after Spain) of olive oil, contributing 12% of global production. 75% of production is destined for the foreign market and olive oil has become the country's main agricultural export, accounting for 50%. In 2020 alone, Tunisia export 365,000 tonnes of olive oil.

From the Moesano valleys to the Tunisian countryside. How he got there.

"I moved here when I was 69, after retirement. That was in 2014. There were several reasons. Two in particular: I had already known the Tunisian lifestyle for several years and my wife Jasmine is from here".

And between Switzerland and Tunisia you chose to live in the latter.

"I love Switzerland, but the climate is much better here, the cost of living is lower and Tunisians are very attached to their family, their clan, and I didn't want to deprive my wife

of her environment, her ten brothers and sisters. Besides, it takes an hour and a half or two by plane from Tunis to Switzerland. Tunisia is no further than Sicily, Spain or Greece. Finally, today, with technology we can be connected with any part of the world in any place. I live in Tunisia, but through the internet I follow everything that happens in my country."

But your passion for Arab countries comes from afar...

"Yes, for about 15 years I travelled extensively in the Middle East, North Africa and Angola for work, discovering the beauty of these places and learning about their cultures. Then, around the age of 40, I stopped in Switzerland, where I continued my work as an engineer. But since 1999, I have not stopped visiting Tunisia.

You are a retired engineer, you worked for Toscano for several years, you worked on construction sites and infrastructure design. What do you design now?

"I took courses in olive cultivation and pruning, one of which was on Lake Lugano at Morcote Castle. Then I read up on it in books. So we planted 4 hectares of olive trees on our estate. There are about 800 trees of different varieties: Italian, French, Spanish and Tunisian.

Have you already started olive oil production?

"The olive trees say they come adult of age at 35. Olive production starts to be stable around ten years. In short, we are just at the beginning of the adventure. That's why we planted olive trees seven metres apart, and in the middle of each square of olive trees we put an almond tree. This way, while waiting for the olive trees to grow we can harvest the almonds. Here they are used a lot in confectionery."

So for now you are at self-consumption levels.

"Yes, I go to a press about 20 kilometres away to squeeze them. There is still a stone mill, although it is mechanical. The acidity is very low, less than 0.2 per cent."

Is the engineering profession now just a memory?

"Yes, although there is plenty to do here. For example, we have built a 93-metre well that draws 3 litres of water per second. It is used to irrigate the fields."

Exactly which part of Tunisia are you in?

"In the north, move towards the border with Algeria. The nearest town is Le Kef. We are inland. About 180-200 kilometres from Tunis and the coast, at an altitude of 600 metres."

Did you learn Arabic?

"Let's say that people from high school upwards speak French without any problems. Then, yes, I have learned some Arabic, I just need to learn some vocabulary and be able to read it better."

What is the situation in Tunisia? We read about the president suspending parliament and the government.

"Yes. But I must say that President Kais Saied enjoys a popular consensus. It is as if he has done what the people expected. Prices were rising and people didn't feel represented, they didn't see any way out and they wanted a change, a greater guarantee of honesty."

So, no homesickness?

"I was a mountain enthusiast, a hunter and I certainly have wonderful memories of the valley. But I don't regret the years when I was involved in my profession and also in politics, from the City Council to the Grand Council. I was in a whirlwind, but today I feel free.



And when I miss the Swiss debate, I just go on the internet. I'm one of those engineers who studied by doing calculations on the slide rule, but now we live in the global village."

Belletti says goodbye, but not before sending us a few shots of his estate. Green meadows and olive trees, and 'remember, here's a picture of my three lions' - three beautiful German shepherds. They too breathe the carefree air of freedom between the Mediterranean and the Sahara.

Soundtrack



THE 'MISTER' WITH THE RULER

EUROPEAN
QUALIFIERS

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Why read this article?

To discover how passion for profession and sport can coexist for a long time. To learn that from football to engineering, people are the best.

➞ #football #national #piertami



Pierluigi Tami

Year of birth: 1961

Profession: director of the SFA national teams.

Trained as a sportsman with Tenero, he then wore the jerseys of Chiasso, Locarno, Bellinzona and Lugano. In 1994 he bade farewell to football.

In the Nineties he started his career as a trainer in Gordola, then in Lugano as deputy and youth teams' trainer. After a parenthesis on the bench of Locarno, he came back on the Ceresio's shores to train the first team.

In 2003 he entered the national team. He led the Under 21 team to the European final and the Olympic tournament. From 2015 to 2018 he returned to coaching clubs: first Grasshoppers and then Lugano. Since 2019 he has been director of the national teams of Switzerland. The sporting activity has long been side by side with the professional one with an engineering firm that became over the years from Tami e Associati to Tami e Cometta, and then merged into IFEC.

Engineering and the ball. If you had to find one thing in common, it would be geometry. On the one hand, the geometry of calculations made with a slide rule, and on the other, the invisible geometry of patterns and movements on the football pitch. Certainly, in the world of hyper-specialisation and professionalism, they seem to be two worlds apart. However, there are those who have been able to live together for a long time, obtaining satisfaction in both fields.

Today, at the age of 60, the choice has fallen on one person and it could not be otherwise, since we are talking about the man who led the Swiss national under-21 team to the European final (2011), who coached it in its only Olympic participation (2012) and who is now director of the national teams of the SFA (Swiss Football Association). He is Pierluigi Tami, known as Pier, and we interviewed him.

Soundtrack



Some people go through life keeping a professional plan B, but you started with both plans right away.

"I've always loved football, but when I was playing in the 1980s few people in Switzerland could live on football alone. When I was at Chiasso we trained every day in the late afternoon, precisely because everyone had another job. It was only towards the end of my football career that sport became my most profitable activity."

What was the other one?

"I was a designer, particularly of heating systems. When I stopped playing as a footballer, I decided to open my own business in Gordola. In the meantime, I enrolled at SUPSI and qualified as an energy consultant."

And he wasn't alone...

"No, I set up an engineering studio and other professionals came in, then we merged with the Cometta studio in Mendrisio and later with my brother Sergio's IFEC. When life as a professional coach no longer allowed me to follow the activity, I left, but by then we were a reality with 80 collaborators."

Yes, because his love for football had not waned; he had stopped as a footballer and had become a 'coach'.

"Again, I started coaching the village team, in the Fourth Division. The profession had become the main income again. Coaching, however, quite suddenly, going up in the leagues, required more and more of my time. That's how, through mergers with other firms, I was able to give continuity to the business, remaining a shareholder."

Footballer and engineer, is there any similarity?

"Any profession, even though technically it may be completely different, starts with people. The success of an engineering firm or a football team is based on the same foundations: you can grow if you can manage people in such a way as to create a healthy and positive working environment."

Not only technical skills but also relational skills, then?

"Technical skills are needed, otherwise they don't last, but management skills make the difference. So I've always brought my experience as a coach to both camps. Both a footballer and an engineer, like anyone else, has ambitions, personal goals, a need to be recognised and to have a role. You need to know how to recognise all that and channel it. So, I brought a certain rigidity as an engineer to football, because you need rules there too and the competitive spirit in the study, because it helps you to improve."

What have been your greatest achievements in both areas?

"In the engineering office, at a time when it was difficult to reconcile the two activities, I was able to start out as a studio with one table and together with others, create a studio recognised in Ticino for its reliability and competence, with 80 employees. And today my son Alessandro is the head of the heating and climate control systems sector, in a company that continues to operate throughout Switzerland and Europe".

And in football?

"From a football point of view, there have been satisfactions both as a player and as a coach, which are two different aspects of the same world. You can be a great footballer, but not necessarily a great coach, who must have management skills and the ability to manage expectations. In football everything is fast, every week you expect results, not just at the end of the year. The pressure is greater. However, I think the best results were reaching the European final with the Under-21 team and qualifying for the Olympic Games after 84 years. And even now there is the challenge of carrying out new projects with the national teams."

The difference between coaching a club and the national team?

"There is a big difference. The club coach, as well as managing the group, has the power to change or improve the player, because you work with them every day. Beyond the results on the field, which are important, you can also show your work by enhancing and increasing the value of the players in your squad. Especially in Switzerland today you have to play football to achieve sporting goals that give you income, but above all you have to enhance the youth sector so that they can enter the major teams and can be sold abroad bringing resources to the club."

And in the national team?

"Players arrive but you can't change them. Your role is mainly in management. In just a few days you have to be clear on how to make them play at their best. You have to be, above all, a good tactical strategist. Understand the weaknesses of the opponent, know how you want your team to play and dress them in their best clothes."

What is your opinion of the European Championships?

"Positive, because we achieved a result that had been expected for years, reaching the quarter-finals after knocking out the world champions France. And versus Spain we went out of the tournament, but with our heads held high. You can accept defeat



if you know that you have put all your energy and skills into it. And the team, after a first moment of adjustment, I must say that they really gave everything."

Has the touring formula, which has seen you grind out kilometres between matches more than others, also played a role?

"It's a fact. We have never said this, because we did not want to trigger justification mechanisms in case of negative results, but in the end, if you look at the semi-finalists, you discover that they are the teams that have travelled the least, then obviously they have been good. You can also make a formula in which you play in several countries, but they can't be 2,000 kilometres away, with trips like the one to Baku, moving a group of 50 people, with changes in climate and time zones."

Now a new course begins.

"Petkovic has carried out a project that has produced very interesting football with constant additions of valuable youngsters. Now Yakin arrives full of experience of great international success with Basel, I

think no one has brought a Swiss club so far in Europe. He also knows the national team environment, having made around 50 appearances as a player in the past. He will undoubtedly continue the work he has done in recent years. After all, Tami revealed the secret to doing this - put people at the centre, manage relationships, create a healthy and positive environment, using a few good engineering rules."





MY FREE BODY

Why read this article?

To discover that working out is not just about doing weights or using equipment because we need to develop our motor skills in a comprehensive manner.

➞ #personaltrainer

When we talk about the gym, our imagination may run to futuristic visions of more or less sophisticated equipment. But if we talk about training or functional work, we have to forget about them. All we need is our bodies and the use of small equipment: dumbbells, elastic bands, Swiss balls and so on. No gears, no electronics.

The aim is 'only' to develop our motor skills globally, through what are called primitive postural patterns, i.e. the gestures that man has perfected in his evolution to be able to cope with basic needs. Since the dawn of time, moving has been necessary to survive, to find food, to escape from enemies, to go further. We could say that there is no real human life without movement, so reclaiming movement means reclaiming your life. It is not just a question of figure, muscles or performance. It's about restoring a psycho-physical balance undermined by hours at your desk or on the sofa.

You don't need a gym worthy of NASA to do this, you just need a small space in your home and some perseverance. However, it is important to have professionals who understand and correct

our mistakes. They can explain and monitor us as we regain our primitive postural patterns. The figure of the personal trainer fits into this context, and we talked about it with Simone Ferrero.

Ferrero, you are a personal trainer, what are the main problems you see in people who are starting to work out?

"Today, many people do desk work, they spend many hours sitting at the computer. This puts a lot of stress on the lower back. It may seem counterintuitive, but it is easier to develop a lumbar hernia by sitting than by working out in the gym. Sitting removes resistance from the back. The natural curvature they have when we stand is lessened. Sitting also affects the cervical area, you stretch your neck and this curvature of the spine is also cancelled out."

What can be done to remedy these problems?

"We need exercises to strengthen the lower back and abdominal area, for example. But also stretching to lengthen the spine."

What about the legs?

"Prolonged periods of sitting can lead to water retention, to swelling of the legs. Women are more prone to this. My advice is to drink a lot but not to keep your water bottle on your desk. It's better to leave it a few metres away, so that you can force yourself to get up, stretch and move."

Does functional work also improve intellectual performance?

"Not directly, but when people come to the gym they generally do it to switch off, to blow off steam. I notice that if you ask them to do more complex exercises, they say they don't want to concentrate too much."

This means that not only the body has been stressed during the day with the sitting posture, but also the cognitive aspect. Functional work allows you to recreate a balance between movement and thought.”

Is it suitable for everyone?

“Yes. There are no gender or age restrictions. It’s simply a matter of tailoring the exercises to each person’s condition and ability, but it’s a type of exercise that anyone can do.”

When do you feel the benefits?

“Normally, between 24 and 72 hours after the activity, you may experience some fatigue, but after 4-5 training sessions you can already notice improvements. The body rediscovers its primitive movements, we regain possession of them, and minor pains disappear.”

An example of an exercise?

“Let’s take the plank. It involves leaning on your elbows and extending your body by resting your feet as if to form a straight line from your head to your heels. On the surface it may seem like a simple exercise. But if done correctly for a minute, involving all the muscles, it can bring great benefits. If you are just starting out, it is advisable to place your elbows not on the ground but on a box 60 centimetres high, then move down to 45 centimetres and so on. At the beginning you can also bring your knees into support. Then you can do the exercise as described at the beginning.”

Are these just anaerobic exercises?

“No. They are interspersed with activities, such as mini-circuits, that lead to an increase in heart rate causing higher peaks.”

Apart from the gym, what sports do you do?

“Obviously it depends on your own passions. I used to play football in the past and still do when I can, and then I play a game of five-a-side football, ski and ski mountaineering, running, spinning. I like to feel the fatigue.”



What about when you don’t go to the gym? Any advice on how to sit?

“Compared to a chair, it’s better to have a swiss ball, or those ergonomic seats without a backrest and with the knees forward, which keep the back with the correct curves.”

Last question. Is it true that people go to the gym to lose weight?

“I think that’s what 70% of them go for, and 10% to develop their muscles. But I can say that everyone goes there to feel better about their bodies.

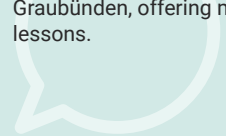
Often concentrated in intellectual activities, to which we are called by our professions, transformed into seeing, speaking and typing, sometimes digesting beings, we forget where we started from. Millions of years ago. From getting up on the savannah, from looking over the tall grass, from setting out on the road, from movement.”

Simone Ferrero

Year of birth: 1987

Profession: personal trainer

Born in Biella, Piedmont, after graduating in Motor Sciences from the University of Pavia, he dedicated himself to the activity of personal trainer and specialised by attending the Functional Training School. A Courses instructor, he has been working in Italian Switzerland for 5 years, dividing his time between Villa Sassa in Lugano, Ticino, and the Quartiere Birreria gym in Grono, Graubünden, offering mainly personalised lessons.



Soundtrack



The four pillars of functional training

1

Functional kinetic chains

There are two types. The first is open kinetic chains, those where hands and feet can move freely in space. An example is single joint exercises such as when stretching a leg.

The second is closed kinetic chains, which are multi-joint exercises that train the overall movement of the body in a better way. For example, the Squat (leg bends).

2

Mechanical proprioception and motor control

Proprioception is the awareness of one's position in the surrounding environment. Accessories such as mini-trampolines, fitness balls, obstacles and proprioceptive platforms are very useful for improving the quality of proprioception.

Motor control or coordination, on the other hand, can be trained with specific exercises and with continuous training of the technical gesture over time so that the body memorises automatic response patterns to any external stimulus.

3

Abdominal belt activity

The human body works with a set of interconnected muscles, although many believe that these act in isolation. The fundamental muscles are those that comprise the torso area or 'core': the pelvic floor muscles, the abdominal wall, the column erectors, the multifidus, the hip abductor group, the hip adductor group, the gluteus maximus, the lumbar fascia and the diaphragm. Motor gestures of all kinds always start in the centre of the body, moving towards the periphery. Once the centre of the body is stable, the limbs will have greater mobility and strength, which means greater efficiency and therefore better performance. Core training with the help of equipment such as the bosu (half ball) and Swiss ball (ball).

4

Similarity or equality to natural movement structure

You do not train individual muscles, but improve and strengthen the movement. Exercises of this kind must therefore be, for example:

- Polyarticular exercises: because they involve several joints, more muscle groups are used in the movement.
- Polyaxial exercises: i.e. motor gestures that also include rotations, twists and translations of the torso to create greater instability.
- Exercises performed in dynamic conditions.
- Exercises with control of posture, stability and proprioception.

Source: Wikipedia

Why read this article?

To discover how a family tradition has quenched our thirst for a century. To get to know those who have chosen Mesolcina over Germany, for love and passion.

➞ #lafiorenzana #gazosas

Effervescence moesana

Soundtrack



Peter Pfisterer
Year of birth: 1953
Profession: Commercial manager

Originally from the German town of Heidelberg, he moved to the Moesano, for love, in 1975. After running a pizzeria in Lostallo until 1979, he devoted himself to commercial activities, specialising in sales. Since 2020 he has been the sales manager of the Ponzio Tonna company.

HEIDELBERG

On the banks of the Neckar River in northern Baden-Württemberg lies the city of Heidelberg. Famous for its castle, it is an industrial centre of around 160,000 inhabitants. About a fifth of its residents are students. It is home to the oldest German university (which also saw the teaching of the philosopher Hegel) and was one of the major centres of German Romanticism.



The bottle has the silhouette of that of an Alsace beer, with a hermetic cap, vending machine, but the glass is transparent to reflect the vibrant colours of the contents. If you imagine it on a stone table, under a pergola, you will think you are sitting on a hot summer's day in a grotto in the Ticino or Moesano, in search of refreshment. We are talking about the gazosa, and one in particular, which is celebrating its 100th anniversary this year. This is La Fiorenzana gazosa, produced in Grono by the Ponzio-Tonna family for four generations now.

A local drink, made from spring

water, which for about a year now has seen an adopted Moesano at the helm of its marketing: Peter Pfisterer. We talk to him about gazose, but also about how a young German ends up on holiday in Italy and finds a new home at the foot of the San Bernardino. He goes from running a pizzeria, to trading in fine clothing, to travelling the world and then toasting with gazosas

Mr Pfisterer, you are originally from Heidelberg, but have lived in Mesolcina for over 45 years. Why this choice?

“For love. I moved to the Moesano to follow the woman who would become my wife. We were young and had met on holiday in Lignano Pineta, on the Adriatic. I didn't know anything about Mesolcina, but I wanted to know everything about her. Imagine if she had been from Novosibirsk...”

What year was that?

“When I arrived in Switzerland it was 1975 and I had studied to be a grocer, but being a foreigner at the time, I couldn't do certain trades or professions. So I started running a pizzeria in Lostallo. The Gotthard motorway tunnel wasn't there yet, almost everyone went through the San Bernardino. I remember that we worked 20 hours a day. We only closed for four hours at night, just long enough to do the cleaning.”

Did you then change profession?

“Yes, in the early eighties I got into the clothing trade with a partner. We used to bring in valuable samples from Italy, then I had various experiences, always as a sales manager, and I worked for a long time in the packaging sector at an international level.”

When did he get into gazose?

“It was last year, in 2020. Mutual acquaintances contacted me and I was offered the opportunity to work at Ponzio-Tonna in Grono.”

And he said yes?

“Of course, I knew the reality, because it is a historical activity in the valley and I like the sampling.”

With the pandemic, the start must not have been the best?

“We invested in a new site (gazosa-lafiorenzana.swiss, ed.), in a new production line and we stayed on the market, maintaining our shares. The proportions have changed. Whereas before, sales were 70% in bars and restaurants and 30% in shops, now it's more or less 60 in shops and 40 in restaurants. People have continued to choose us even though the bars and restaurants are closed.”

You've been living in Italian-speaking Switzerland for more than 45 years, do you miss anything about Heidelberg and Germany?

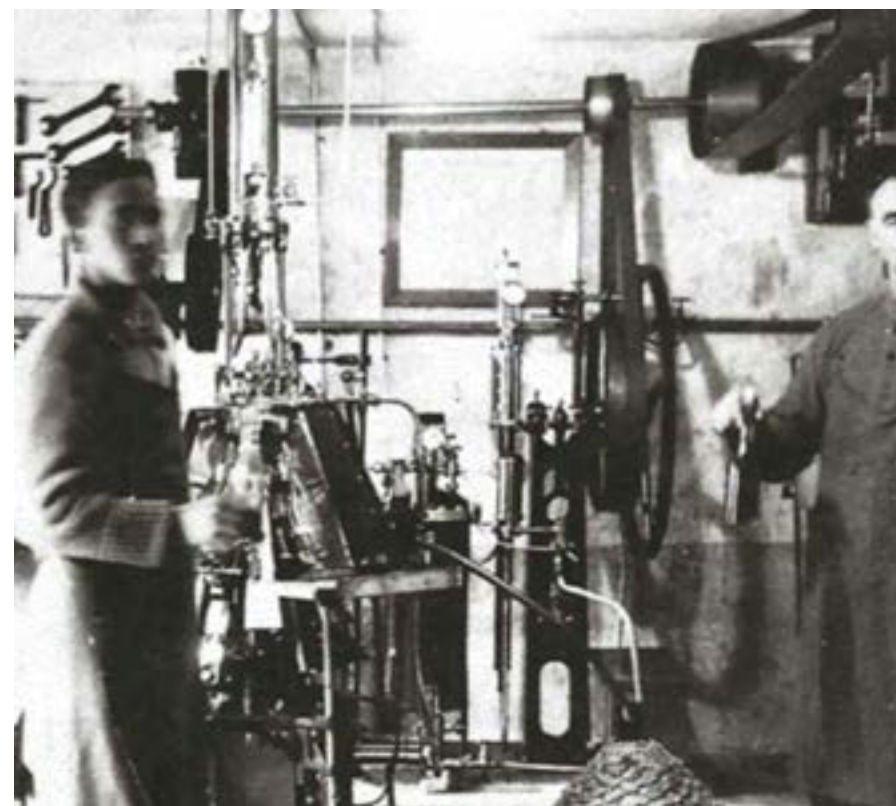
“No. When I was 18 I went to France for a while, then I came to Mesolcina. I've never felt the desire to go back.”

And when you are away from the valley, what do you miss it?

“In the past, I used to go to fairs and exhibitions for work. When I came back to the valley, I was heartened because I found friendly, frank and sincere people, the kind you can talk to and discover true values.”

Since you have travelled a lot, how do you rate Mesolcina compared to other areas?

“It has great potential, and if we could agree more easily, a lot of



important things could be done. If I think of similar areas, such as the Poschiavo valley, they have an edge over the Moesano.”

Back to the gazosas, do you have your own recipe for using them in a different way?

“I like to use them a lot to make the blue mojito, using the blueberry gazosa instead of soda, or the brown mojito, in which case you use the chinotto gazosa. To balance the cocktail, however, you need to put a little less sugar than in the normal recipe.

The story of Peter Pfisterer and the gazosa produced by Ponzio-Tonna is one of how the charm of tradition and the strength of the land have met the passion of choosing a house where the heart beats.

Well, are you ready to step on the ice and uncork the Fiorenzana to try Peter's cocktail?”

History of the gazosa

The history of gazosa in Grono began in 1921, when Francesco Tonna, known as Cècch, transferred the production of seltzer there from Mesocco; the latter disappeared over the years, while the production of gazosa became more and more established. From the cart with which Cècch travelled the roads of Mesolcina to serve the grotti with his drinks, time passed, and the activity developed with Mario Ponzio, who married Francesco's daughter, Matilde Tonna, and then with their son Orlando and grandson Fabrizio.

Four generations that would soon be joined by a fifth: Ivan, son of Fabrizio, feels the call of tradition having written his thesis for maturity right on the gazosa La Fiorenzana, which contains anecdotes about the production of a hundred years ago. Ivan writes: "The operation of the Seltz machine was as simple as it was dangerous.

The bottle was turned upside down inside the machine. By weighing the bottle and pressing the pedal at the bottom, the spout of the bottle opened, allowing water and carbon dioxide to enter at a great pressure of 6.5 atmospheres. Filling, due to the enormous pressure, was divided into two

stages as it was impossible to fill the bottle at once. Therefore, first the first two thirds of the bottle were filled, then the excess air was let out through a small channel, allowing the bottle to be filled to the remaining third. The greatest danger was due to the pressure exerted on the bottle, which, despite its great thickness, was still in danger of exploding.

To overcome this problem, a container was constructed to wrap around the bottle when it was being filled."

The symbol

The Fiorenzana takes its name from the tower of the same name that stands behind the Ponzio-Tonna factory. It is the oldest building in Grono and dates back to 1286; in the 14th century it was owned by the de Sacco family, at that time the lords of Mesolcina. Currently owned by the Museo Moesano, it was restored at the end of the 20th century, can be visited from April to October and is often the ideal setting for art exhibitions.



If nine is not enough

Over the years, the production of gazosa flavours has increased. The initial lemon and mandarin flavours have been joined over time by bitter and sweet orangeade, chinotto, grapefruit, blueberry, bergamot and raspberry. In the next few months, another may be added. Peter Pfisterer explains: "To mark our 100th anniversary, we would like to include a new flavour in our production. We are carrying out tests to find the best solution, both in terms of quality and feedback from the public."

At present, production can reach around 20,000 bottles a day, with the peak being during peak demand periods such as summer. The gazosas are made using: water from the Grono spring, sugar, carbon dioxide and natural flavourings and in some cases pulp, to suit the desired taste. We use guaranteed, controlled raw materials," says Peter Pfisterer, "and we are one of the few producers of gazosas that use a pasteurisation process to ensure that the product is perfectly preserved."



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