## Bistrôt



It's all about passion!

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The construction company becomes sartorial

The era of the temporary home

Slimming down by eating

Ambra, a little celiac in the kitchen

Symphony of wine in conservatory

Switzerland-Australia, in the name of the tunnels

Where the Montanara resonates

Alphorn, harmony of wood

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#australia #grono #lakegeneva #UNESCO #terroir #ambripiotta #HCAP #valascia #chasselas #engineering #tunnel #louisbovard #galligeneralcontractor #turnkeyprojects #app #living #diet #citypop #nutrition #glutenfree #glocal #alpshorns #alphorn #music #handicraft #andreablotti #ambragalli #sabrinakost #brunocattaneo #isaccodotti #vanessadaldini #jancereghetti #samuelecensi #fabiobongulielmi

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## Editorial

One of the features we have chosen to give to Bistrôt is to have a "glocal" approach. On our pages you will find stories of people who live on the other side of the world, but also those who breathe the same air as our Grono office. This is why, in this issue, we dedicate the editorial to a small evolving business. We are in Italian speaking Grisons, in Mesolcina Valley, a few kilometers from the border with the Canton of Ticino, a quarter of an hour from Bellinzona. There are around 1,500 souls living there and in recent years, the number of residents has always seen a positive balance.

The reason was not a birth boom but Grono's ability to attract new inhabitants. and businesses too, as the Birreria Quarter complex testifies. Because communities grow if there is a common vision, if the public and private sides each play their own role, with the first that directs and controls and the second that invests and realizes.

On the previous pages we presented a snapshot of the representatives of the Municipality of Grono. At the center there is Samuel Censi. For almost ten years, he has been the head of the Commune. As well as being mayor, he is also a member of the Grand Council of the Canton of Grigioni./Graubünden. He explains to us the strengths of the country, being able to attract residents and businesses. "We offer families education services, from the private nest until the end of elementary school, while the middle schools are in Roveredo, a couple of kilometers away, and in Mesocco. Also the offer of leisure, culture and sport is rich: group games, fields for sports, trails in the green, a municipal library that is also the center of cultural events."

Aid has also come from improved infrastructure links. "With the new junction of the A13" - explains Censi – "has offered an advantage to those who live in Grono to quickly reach the city, but also for the main economic activities, so much so that we have two craft-industrial areas in addition to several offices. Every day more workers arrive in Grono, than those who go out of the country".

Then there are the tax advantages offered in Grigioni./Graubünden and there is a willingness to continue investing.

"The cycle path from Arbedo-Castione, which follows the route of the old Rhaetian Railway in the direction of Grono, will soon be opened. This is an example of how it is now necessary to know how to cooperate between municipalities in order to plan large scale projects. The Ca' Rossa, a historic building in the town centre, has also been renovated and is ready to host the new cantonal and regional offices from July."



"In the future, new buildings, according to the new federal planning guidelines, can only be erected in existing built-up areas under certain conditions. For this reason, it will also be necessary to focus on renovation and redevelopment. We will be working on the Verdabbio town hall and the old railway station."

The mayor of Grono is also concerned about the future. "We are becoming an increasingly individualistic society and I notice that it is becoming more and more difficult to pass on the baton within associations. There are fewer places and opportunities for discussion. The loss of a sense of belonging and identity, a consequence of the times, is common to many associations."

Censi is a passionate cyclist and gives us advice for those who find themselves cycling around Grono, a place of his heart: "Traveling the canyon area along the River Moesa towards Leggia is very pleasant. Especially in the summer season". The mayor also praises the lake in Val Cama: "It's really worth a trip". The alpine lake is located in the valley of the same name, whose territory is divided between Cama and Grono (until 2017 was in the Municipality of Verdabbio, then it was the merger with Grono and Leggia). "We have noticed an increase in tourist arrivals even from outside the region. There is a wide range of hiking, mountain biking and canoeing trails in our valleys, and more and more people choose this type of natural discovery of the territory".

Perhaps Grono's little big secret is to be a place where you can feel free enjoying an excellent quality of life. Anyway, in this edition of Bistrôt, we are not just talking about Grono. We remain "glocal". There are stories from Australia, Europe, Geneva, Ticino because each adds another piece to the overall vision of Galli Group, to our world made up of Create, Reside, Live. Enjoy reading.

## THE CONSTRUCTION COMPANY BECOMES SARTORIAL

#### Why read this article?

To understand that the world of construction is evolving towards services that guarantee a result at certain times with predefined prices. To find out how technology and experience can assure you to build a home without surprises.

#galligeneralcontractor



PH: Fotostudio Hsaskia Cereghetti



Those who built their home will probably remember months, sometimes years, spent meeting designers, craftsmen and a myriad of subjects with which that person has to bargain, agree and then verify that your wishes are realized. In addition to those, multiple phone calls to offices, email exchanges and piles of paperwork. During those months that person will have wasted hours of time. lived anxieties and maybe in the end you will have forgotten, at a high price, some essential detail. Because it's one thing to see the building plan, it's another to live it. But what if that person had only one interlocutor with whom to fix features. times, methods and costs of the new building and then receive its turnkey? What if that person could qet into a 3D simulation to see if it was designed to his needs? That person would certainly have told us today that such a service would certainly have been chosen by them.

This service exists and is called 'general contractor', but what does it offer? We asked Jan Cereghetti, director of Galli General Contractor, about this.

## Cereghetti, what gave rise to the idea of a General Contractor company?

"I tell you a personal experience that I think is well exemplified. About 11 years ago I built my own house. I thought of everything: I am an engineer and so I made calculations, design and works management. I contracted the various estimates with the different suppliers, I coordinated them, I chose the materials, and so on. I think I lost ten years of my life! If there was someone who did it for me, I'd be willing to pay for that service. Building a house by yourself, without experience, can reserve many surprises and not those that are beautiful."

#### So in 2020 the idea became reality...

"Yes, with Andrea Galli and Gianluca Spaini, strong with our experience and knowledge in the field, we have created the Galli General Contractor. Being part of a group that goes from real estate to consulting on the house, through engineering, makes us able to actually offer a turnkey result. In practice, our company sells a service in the field of construction, developing tailor-made solutions, made to measure, for every type of ecomomic possibilities."

#### Who needs a general contractor?

"We can divide the customers into 3 main categories. The first is that of the pure investor. For example, we were asked by those who wanted to make a real estate investment that could guarantee a predefined return. He gave us the budget and we signed a contract in which we guaranteed the result within a certain time. We took care of everything from: finding the land, ap-plying for the building permit, planning, construction management, to choosing suppliers and materials.

The investor only had us as contact persons. In addition, thanks to the collaboration with Galli Immobiliare, we were able to deliver the property already completely rented. In this case we are talking about Total Contractor, as we were responsible for both the design and the construction.

#### What's the second category?

"It is an investor who already has his project, usually it is at the level of construction demand, sometimes he already has a building license. Contact us to achieve it with a specific budget. We take care to reach your goal. This can involve changes and optimizations to get what the investor wants. In any case we take care of it!"

#### The third category?

"In this category there is no initial customer. The real estate promotion is internal. We identify the land, carry out the project and build the building. Then we place it on the market. We are in this case real estate developers."



"One day is not the same as the other. That's what I like about my job."

Bistrôt 1

Cereghetti has crossed the ski slopes and beaten the football fields at a good level. Still today he says he can not live without practicing sports at least a couple of times a week and maybe that's also why in the work place he focuses on the team and the result, but also on the satisfaction of realiz-ing one's own passion, a passion born from childhood.

## In all cases, however, do you bear the business risk?

"Yes, if, for example, the cost of wood or metal increases, the client doesn't care, it's us who have to find solutions to meet the budget and we do this while guaranteeing quality, price, timing and safety."

## Is the investor willing to pay for this extra service?

"Absolutely, because in reality the final price of the product that the customer goes to buy does not change. This is achieved by deploying experience to find solutions that are high in quality but simple at the same time. In addition, the economy of scale in the selection of trusted craftsmen and the speed of design and execution of the work means that we do not waste time. After all, we all know that time is money and we play on that. Whoever invests in this type of solution probably spends even less in the end, considering all the indirect costs linked to the business risk that each individual investor is called upon to take on in the case of the classic procedure."

#### As you take the business risk, do you have to be very careful in defin-ing what the client wants?

"Yes, the first meeting is crucial. Once

the customer's wishes and needs have been clarified, we can use our experience to find the best solution. The customer doesn't care where the main switchboard will be; the im-portant thing is that when he flips the switch he turns on the lights to create the desired effect. We use 3D technology for this."

#### What do you mean?

"Our projects are developed in BIM system, a software that allows you to show the floor plan of a house and the different floors in three sizes. You en-ter the building, you move around and you understand the layout of the interior walls, windows, accessories etc."

#### How can customers see that?

"When we meet them, we see the simulation render together and comment on it. They can still see it at home quietly. Thanks to a free app like Bimx you can view our projects in 3D on a tablet or smartphone. That's the only way to really understand what the building's gonna look like."

#### Where are you currently engaged?

"We have a construiction in site in Gentilino, a wooden building of 3 apartments. Then in Tenero-Contra we are building 5 apartments, while a building site for two small buildings, for a total of 12 apartments, is open in Roveredo in Italian Grisons. Finally, we have already started with a real estate promotion of ours in Sementina: Residenza Wilma."

#### Is there competition in your sector?

"Certainly there are many players in the construction industry, but at the lo-cal level we position ourselves in a range of investment that starts from 0.5 million CHF up to 10 million CHF. It is often considered an uninteresting interval by large companies, which for matters of economy of scale prefer to concentrate on large institutional or public investments above ten million Francs. Our competitors are often classic construction firms or craftsmen who promote general enterprise. On the other hand, our advantage is that we have no workers but only a technical office and just like the large total companies, we have more freedom in choosing the

technical solutions and materials to be used."

#### Is it a choice or a necessity to offer a service rather than just one technical service?

"I think it will be a trend that will be increasingly popular because laws, regu-lations, rules and bureaucracy in general are increasingly difficult to manage. Even the administrative field requires more and more professionalism and is a service sought after by private customers. Unlike public or institutional investors, private individuals do not have consultants for every subject. We, on the other hand, in the field of construction we can provide complete advice."

#### How will the market evolve?

"Having a real estate company in our group gives us the possibility of a privi-leged observatory at the local level of the main trends. Certainly the pan-demic has seen an increase in the demand for houses or cottages with an outdoor space, a piece of garden. That is why some of the next projects will be in this direction. We would like to offer something more than the usual terraced house, with some solutions, both aesthetic, functional and of great-er value. In any case, besides the result it is important how you get there and the choice of a General Contractor, if there are solid financial guarantees, guarantees a risk-free road."

## Will it be built more with the brain than with the arms?

"The field of construction has always been rather conservative and manual work will always be necessary on construction sites. Artificial intelligence will replace or reduce the intervention of many figures who today work on the project and in the pipeline. Automation, prefabrication, integrated design, automated numerical calculation will reduce time and simplify operations. What will still be necessary, however, is a figure who assumes the risk, Cereghetti grew up on bread and bricks, with excavators and houses taking shape. "My father, and my grandfather before, had a construction company," he recalls. So today he is always in charge of building, but offering an extra service -Turnkey service.

directs the project and completes the operation, in particular by managing all the interfaces with people and the bureaucracy generated by authorization and regulatory processes. So we will need people who combine the heart, the passion, the courage and the responsibility, with the brain, that is, to create the overall vision."

Cereghetti must have learned this over the years from footballers in the changing room: if you want a winning team, choose a good coach. Only in this way can so many individualities be able to give the maximum to realize a common project. The General Contractor is now the fundamental building coach.

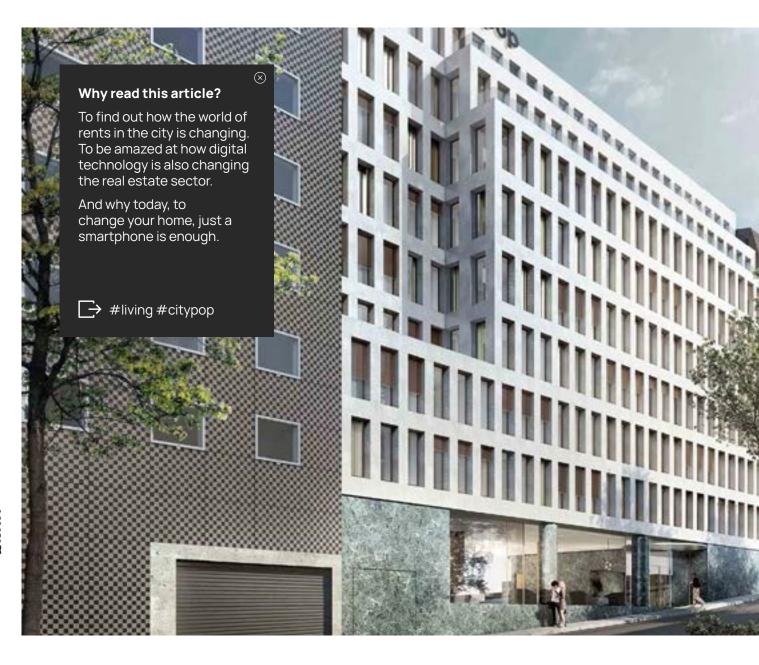
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Jan Cereghetti Jan Cereghetti Year of birth: 1978 Profession: director Galli General Contractor

After a successful career in sports: football and skiing, he began his studies as a physiotherapist. In the end, however, his passion for construction, inherited from his father and grandfather, was too strong to ignore. He became a civil engineer and since 2004 he has been working in an important engineering firm. In 2020, he decided with Andrea Galli and Gianluca Spaini to set up Galli General Contractor Ltd.



## THE ERA OF THE TEMPORARY HOME

Making a home was and remains a dream for many. Probably it will still be in the future because we humans identify with the things and places that we love, with the places where we grow up, where we cultivate the dearest affections.



Andrea Blotti Year of birth: 1981 Profession: Board member of Artisa Group and City Pop

Andrea Blotti, member of the Board of Directors of the Artisa Group, is one of the driving forces of the micro-living operator City Pop. Since 2010 he has been responsible for the development of business at the national level of the group, with particular attention to sales and acquisitions and he takes care of relations with institutional investors in Switzerland and Europe.



But the question we have to ask ourselves is: are we tied to bricks, doors and windows or to the experiences we live in homes? Well, more and more people respond that the value lies not in possession but in use. This means having flexible solutions in living.

We take a professional who has to move to another city for a few months for work, or a young couple who wants to start a cohabitation or, again, a freelancer who works in telework and wants to discover new metropolitan opportunities, what do they have in common? Well, today it is no longer necessary to imagine it because a Ticino start-up has realized it and intends to become a point of reference for the "micro-living" at a European level.

We spoke with Andrea Blotti, Vice President of the Board of Directors of City Pop AG.

Soundtrack



In addition to on-demand services such as cleaning, laundry, delivery, etc. we provide tenants with co-living and co-working spaces, designed to instil well-being, recharge the mind and increase the ability to concentrate. But not only that, for our customers we offer workshops and events, fun opportunities to create new bonds and discover the city together.

## Andrea, how did you come up with City Pop?

"The project started about 5 years ago within Artisa Group. After a careful analysis of the rental market based on demographic statistics, we have found that 40% of people in European cities live alone; a percentage that will increase by 10% in the coming years. Statistics show that half of the apartments will be inhabited by one person. These are people who, in many cases, choose the city for work reasons, perhaps for a limited period of time and therefore need comfortable, ready and flexible solutions."

#### Who are your customers?

"Our target group collects different profiles: from those who have to move for work or for an internship to those looking for a first home, alone or as a couple, but do not want to invest in purchases because they prefer to see how it goes. But also people who have separated and are looking for an apartment already furnished and with a range of services available.



Generally, our guests are between 30 and 40 years old, but there are exceptions, for example an 80-yearold couple who have decided to live close to their daughter and grandchildren during the week and a nice 94-year-old lady."

#### What are the news represented by City Pop?

"The first is that you don't need agencies and intermediaries to choose the apartment and have a lease. You do everything with the app. All we need is an ID and a credit card as collateral.

The second is that an apartment is rented already fully furnished with high quality standards, where the customer only needs their own suitcase to move. The tenant has no surprises, he knows that, regardless of the location chosen, will always have the qualitative guarantee of a City Pop apartment.

The third is the services we offer, both in terms of simplification of daily life and ease of becoming part of an active community that helps to integrate into a new city."

#### For example?

"In addition to on-demand services such as cleaning, laundry, delivery, etc. we provide tenants with co-living and co-working spaces, designed to instil well-being, recharge the mind and increase the ability to concentrate. But not only that, for our customers we offer workshops and events, fun opportunities to create new bonds and discover the city together."

## On the side of the owner of the property, what are the advantages?

"First of all, thanks to the contract signed with City Pop, it has a guaranteed income for several years. Secondly, City Pop does not have to worry about anything regarding the management and maintenance of the building, it follows the state of the property and carries out the necessary maintenance, providing the property with an up-to-date list of amenities. City Pop offers an optimization of operating costs thanks to the use of the technology offered by the app and its back-office. In addition, thanks to this collaboration partners have access to a wide range of marketing services that support the property."

#### The heart of your system is the app. How does it work?

"You download it like any app from the App store or Play store; it's free, intuitive and secure. The search and booking of the apartment takes 5 minutes. The technology used for the locks allows to transform the smartphone into the access key, also giving the possibility to customers who prefer to view the apartment before booking it to visit it independently. Once inside the world of City Pop, the app becomes the tool to customize your stay with many services on demand, discover what the neighbourhood offers and get in touch with the other tenants of the building."

#### How are the apartments organized?

"We have aimed to maintain, in all our locations. the same minimal and elegant design based on an intelligent optimization of space and based on the experience gained by Artisa Group in designing homes. The choice of all materials used must meet very high requirements, not only in terms of aesthetics but also functional. The apartments differ in size, exposure, number of rooms and whether or not there is a balcony. It ranges from the smallest of 21 square meters up to 83 square meters for the largest. The majority of these, however, most of these are below 40 square meters because we are primarily targeting people who live alone or young couples."

#### What is the average length of stay?

"We have been in business for a year and a half, and the average rental period is 8 months, but it can vary from 4 to 52 weeks. After the first booking, 52% of our customers extend their rental period, a sign that the solution meets their expectations and responds to society's new needs."

#### You started and shortly afterwards the pandemic broke out, what were the results?

"Since the start of the pandemic, we have adapted the guest experience to make sure everything is as safe as possible, including upgrading our common areas. The ability to view the flat independently has made the booking process faster and safer, as the presence of a salesperson is not



necessary.

Since our opening, to our great satisfaction, we have maintained an occupancy rate of 98% despite the pandemic. For our market, I would therefore say that the pandemic has not led to any contractions and to accommodate customers who have had to cancel their bookings we have decided to reimburse all costs."

## Where are the City Pop apartments located?

"We choose to build or renovate, through Artisa, properties in city centres that are convenient to services and transport. City Pop takes care of the management and rental of the building in which the flats are built to the standards of the concept. These are structures with an average of a hundred flats.

To date, we have around 320 residential solutions available in the various complexes we manage. We are present in Lugano, Zurich and Lausanne."

## What will be the future developments?

"We want to increase the offer in Switzerland and we will open new City Pop facilities in Bern and Geneva. But not only that, we will soon inaugurate new buildings in Europe: in Prague, Milan, Frankfurt and Berlin. In the next 5 years we expect the construction of 15,000 apartments in major European cities.

Of course, we will have to adapt the offer model to the different national legal and regulatory frameworks on rental, but ease of use, flexibility and the provision of complementary services will remain our hallmark. We want to become the benchmark for the creation of a highly mobile community of people."

### Is the tourist market in your projects?

"We wanted to focus on this particular offer of micro-living linked to cities, but we are also considering other markets, such as the one related to tourist resorts, as always, however, for projects that are born in the Artisa area, the process will take the time necessary to carefully check all the details and have the guarantee to develop an excellent product for those who live there and for those who invest."

## Slimming down by eating

#### Why read this article?

To take out the daily stress on food.

To find out that to get the ideal shape weight it is optimal to eat 5 times a day properly because you need a food re-education.

#nutrition #diet

Vanessa Daldini Year of birth: 1989 Profession: nutritionist

After obtaining the certificate of consultant in nutrition and other titles she develops he rown method of slimming based on food combinations, where you can lose weight by eating 5 times a day. She is the founder of the Diamond Clinic centres in Lugano and Grono.



You don't have to be Proust to know that food is not just a matter of calories and nutrients, but also a catalyst of emotions and feelings. Colours, scents, smells, flavours and textures evoke memories in us, gratify us as the famous "Madeleines" of a lost time, while we are terrified of losing time.

It's one of the great powers that food has in human life. There is, however, a risk in remaining prisoners, dependent on that lost time, from that search for food as a remedy to the anxieties of everyday life. In this search for a relief at the end of the day, a panacea to stress, we dive into the conviviality of the aperitif and continue to swim in the anonymity of an ice-cream in front of the TV. Eating habits are so insinuated that they lead to an unbalanced diet, to not feel fit, to not recognize us in the mirror.



The slogan she chose: "Lose weight by eating," may seem paradoxical, but nutritionist Vanessa Daldini has made a method: "Diamond Diet", which involves eating 5 times a day. In this context the nutritionist is not to be seen as the specialist from the magic potion, but as a travel companion, a coach, a coach that helps us to maintain the pleasure that gives food, without succumbing to it.

#### We talked to Vanessa Daldini at Diamond Diet.

## What is the most common food error?

"The idea to skip the meal. Several people do not eat during the day and then empty the fridge in the evening... at dinner and after dinner."

#### Why does this happen?

"Because many people feel stressed, they live frantically with the commitments of the day. In the evening, the aperitif or dinner are seen as moments of gratification through food, moments that then move after dinner on the so-fa with



the tub of ice-cream or various snacks. From an early age, we are often educated about food as a reward and this triggers certain mechanisms in us."

#### How to prevent "couch syndrome"?

"It is necessary to carry out a food re-education, understanding that our body must nourish itself in a balanced way. Several times a day: breakfast, a snack in the middle of the morning, lunch, another snack in the middle of the afternoon and dinner. In this way you control the quantities and do not need to eliminate carbohydrates or any other food."

## Sounds simple when you say it like that.

"In fact, it is from a practical point of view, as my diets are customized but are based on foods that are normally found in stores; no pills or drinks. The difficulty is psychological, it is when you arrive home in the evening and you have to resist the urge to binge. That's why my phone is always on from Monday to Friday until 7 pm. And usually from 4.30 pm onwards, calls follow each other. Sometimes 10 seconds is enough for advice on aperitifs or what to order for dinner. It is a fundamental support for those who have chosen to change habits."

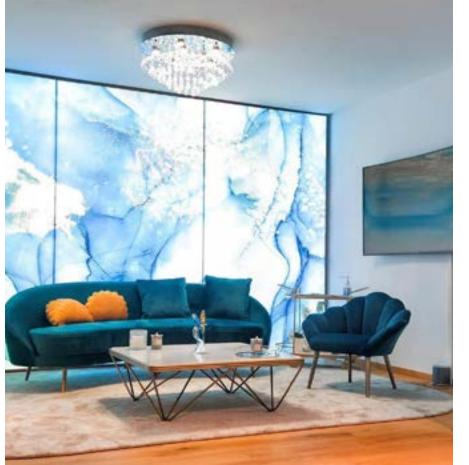
#### Some kind of tutoring.

"Let's say yes. In any case my diets are one week, then with the customer, you resend it and you reset the diet. Lifestyles must also be taken into account. The nurse who takes turns can not have the day marked by five meals with the same timing, for example, a kindergarten teacher who eats with children."

## Is your clientele predominantly female?

"80 percent. Men are more secretive and do not like to let people know that they go to a nutritionist. In general, you could also say that usually the man with a few extra pounds does not create problems, unlike women. In addition, men are





usually less emotional, live situations with less anxiety and as a result are less prone to compensate for frustration by taking refuge in food. Although each of us is a case in itself and you can not generalize."

## Is it true that it's not okay to lose weight drastically?

"It depends. If I lose it because I only eat protein, it's not good. But if I lose it because I eat five times in a balanced way it means that my body is eliminating what's in excess. Weight loss is only harmful if done recklessly for one's health."

#### Can vegetarian, vegan or glutenfree diets be integrated with Diamond Diet?

"Of course. According to people's dietary choices, the important thing is that, if you eliminate certain foods, they are compensated by others.

A vegan diet, for example, can make you fat if you let carbohydrates prevail."

## Is your diet just for people who need to lose weight?

"No. I am in charge of teaching people how to develop an adequate diet for themselves. In several cases we start from overweight situations. But there are also simply those who want to reeducate themselves to a healthier and more varied diet and above all, a more aware diet. Moreover, a balanced diet, eating 5 times a day, is also suitable for those underweight. In the case of food intolerances or people with digestion problems we try to identify how to replace foods that create health problems with others that can compensate in a balanced way their diet."

## Are there also young people who turn to you?

"I must say that my clientele is predominantly between 30 and 45 years old and usually young people come to me if they are brought by their parents. But I can't help in noticing the change in lifestyle that has taken place in recent years. More





and more children at the age of 12 are accustomed to eating out of the house at all hours of the day and do so by feeding on cheeseburgers, chips or kebabs. They risk becoming the obese of tomorrow. I see many girls of 13 or 14 years old already overweight. Once we used to go play in the park, today we go to the fast food."

Yes, the question is always that, food is not only nourishment for the body but occasion of socialization, sharing, exaltation and consolation, and many other things that we pour into. Nothing wrong with that, the important thing is to correctly choose the quality and quantity of that food. It means learning to eat again.

#### Why read this article?

To smile with who at 11 is managed to transform a limit in an opportunity for discovery and knowledge. And to learn all secrets for a rolled biscuit perfect and gluten-free.

→ #glutenfree #recipes

## AMBRA, A LITTLE CELIAC IN THE KITCHEN

Can diversity be transformed into a strength, into a dream to be realized? Yes, if what may appear to be a limitation becomes the stimulus to learn new things, to discover other flavours of the world.

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Ambra Galli is 11 years old and two years ago, she discovered she was celiac. Since then she has had to remove gluten from her diet (i.e. pasta, bread, pizza and desserts as we normally know them). The celiac condition is in fact an autoimmune disease. which attacks and destroys the digestive system if food containing gluten is eaten. For two years Ambra has learned to choose food with care and in the end what is a necessity for her. She wanted to transform her condition into a virtue so she learned to juggle cooking by preparing gluten-free dishes. She started experimenting with new ingredients, new dishes, discovering recipes from around the world, from cultures that do not put wheat (some food rich in gluten) at the centre of their diet. Today her dream is to grow up to open an ethnic restaurant, with dishes in-spired by world cuisines and strictly gluten free. But let her tell us how her passion for cooking came about.

Secreto Iberico is a cut that is "hidden" between the lard, the ribs and the shoulder blade of the pig. It is only found if the muscle is cut horizontally; hence the name secreted.

#### THE AFRICAN PLANT SORGHUM

A cereal native to Africa, sorghum is mainly produced in the United States where, for some years now, its cultivation has been expanding, to the detri-ment of maize, wheat and cotton.

Sorghum flour, also known as 'durra flour', is naturally gluten-free, highly digestible and contains important vitamins and minerals. A food rich in nutri-tional properties, it should be rediscovered and added to the list of gluten-free flours to keep in the pantry!

## Ambra, what made you go near an oven and a stove?

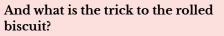
"It was Grandma who got me involved in baking when I went to see her at her house. The love that she put in to her cooking with us grandchildren im-pressed me."

#### Which is your favorite dessert?

"Without a shadow of a doubt the rolled up biscuit. It is a soft sponge cake with raspberry jam inside, covered with sugar and rolled up. It was one of the first ones I made with my grandmother. We children love it."

#### Can you explain the recipe?

Ambra smiles, "Well, I can't remember it by heart, so when I have to make it I look on the Internet to verify the process. For the ingredients I look in my grandmother's notebook, which often has tricks to make the cakes taste better."



"You have to add an extra egg compared to the classic recipes found in cookbooks, to make the dough softer. Also, if you replace the white flour with corn flour, you need to add a little more water. The choice of jam is important. I like to mix a bit of strawberry jam with raspberry jam."

## So every recipe is revisited to make it gluten-free?

"Yes, and often you discover new ingredients that allow you to achieve the same result. Or you get to know new dishes and new flavours, which without this passage would not have been found. For example, we often cook quinoa, which is a cereal that can replace pasta in the menu, or dry cereals for breakfast. Buckwheat is also very useful for creating succulent recipes."

## What other foods have you included in your diet that you didn't know before?

"It's not that I didn't know them, I just didn't use to eat them. I learned to eat more fish, for example. My favourite dish is salmon tartare. But I also like dishes from more distant traditions, such as Thai cuisine with rice or bean noodle dishes or rice with vegetables and boiled meat."



## Has the celiac disease changed your habits?

"Being celiac has helped me to be more aware of my choices and to be-come independent in assessing what is right or wrong for me. After all, I lost some of my innate shyness and I gained courage to face the challenges of life!"

## And where will this passion for cooking take you?

"When I grow up I would like to become a teacher or a chef and have my own restaurant, a place where people with food intolerances can feel at ease. You will find ethnic dishes revised according to the eating habits of those who can't afford to eat everything."

#### We already know the house dessert, what menu would you pair it with in your dream restaurant?

"A starter of tartare of wild salmon from Mesolcina, with avocado and cherry tomatoes. A taste of buckwheat spaghettini with Lumino pesto, made with basil, nettle, pecans, extra virgin olive oil, grana padano, garlic, ice and a drop of white truffle oil. The main course is Iberian pig secreto grilled - which Dad usually cooks - with a side of aubergine and caramelised onions. Our beautiful rolled biscuit for dessert and all accompanied by a Virgin Mojito."





## Recipe for rolled biscuit

#### Ingredients:

4 egg yolks 1 egg white 5 tablespoons of water 150g sugar q.b. vanilla sugar q.b. jam 100g flour (rice and sorghum) 50g cornstarch 1 teaspoon yeast (gluten free)



#### **Preparation**:

Beat the egg yolks and add the water, then slowly add two thirds of the sugar until you get a mass of light colour. Beat the egg white with a third of the sugar. Mix everything by adding the flour and corn-starch. On a baking sheet covered with parchment paper, spread the dough to a thickness of one centimetre. Put in the oven at about 200°C for about 30 minutes. Once cooked, remove from the oven, let it cool, spread with jam (the large can add a little grand marnier), sprinkle with vanilla sugar and roll. The biscuit is ready to be cut and served."



## Symphony of wines in conservatory

The wine of the future has ancient origins. To fully understand what this phrase means, it is necessary to go to the conservatory, not the musical one, but the one created thanks to Louis-Philippe Bovard in the upper part of the village of Rivaz, overlooking the banks of Lake Geneva.

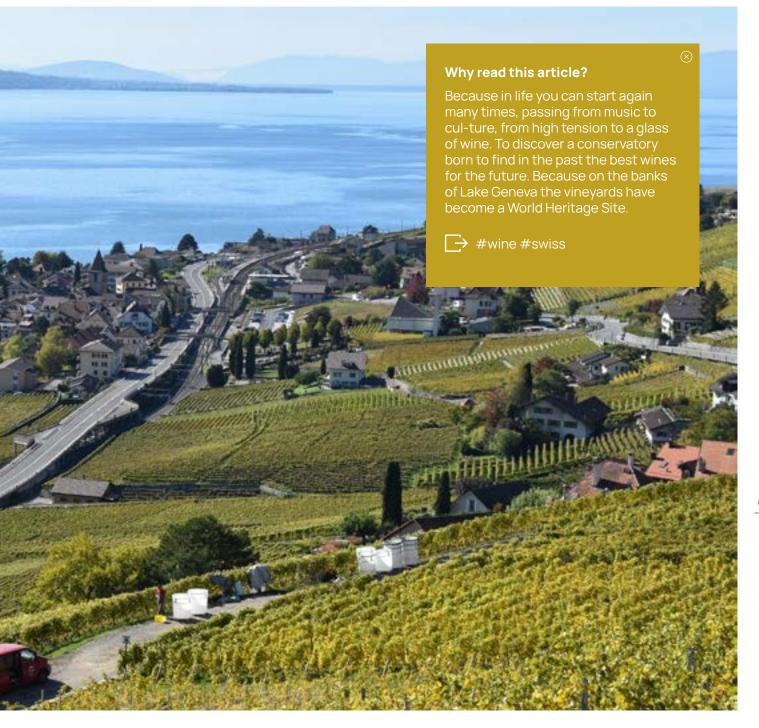
It is the Chasselas World Conservatory. Chasselas is a vine that has been present for over two millennia in the lake's basin, giving rise to numerous varieties. In the plot of 4,500 square meters, made available by the Domaine Louis Bovard, are gathered 19 historic varieties of the vine, but it has been worked mainly on the five that were once more widespread in the Vaud: Fendant roux, Vert de la Côte, Blanchette, Giclet and Bois rouge.

The last two turned out to be the most interesting. They seem to

adapt better to climate change. The wine of the future is therefore born from the rediscovery of the old vines. In an area that is UNESCO World Heritage Site, the Bovards have been taking care of those vines planted on the scenic terraces that look like a staircase that disappears in the waters of the lake for ten generations.

They select the grapes, parcel by parcel, in order to obtain wines of a great quality. Fabio Bongulielmi, director of Domaine Louis Bovard, tells us.

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At 44, he has a master's degree in musicology, has organised cultural events in Germany, worked for five years at the Swiss General Consulate in New York and worked for over seven years for a large electricity infrastructure company. He has already lived three lives, but his passion drives him to get back into the game. So, 4 years ago, Fabio Bongulielmi attended a programme at the Hotel School of Lausanne in order to devote himself to the world of wine. At the end of his studies, he found an advertisement in an agency looking for a sales manager,

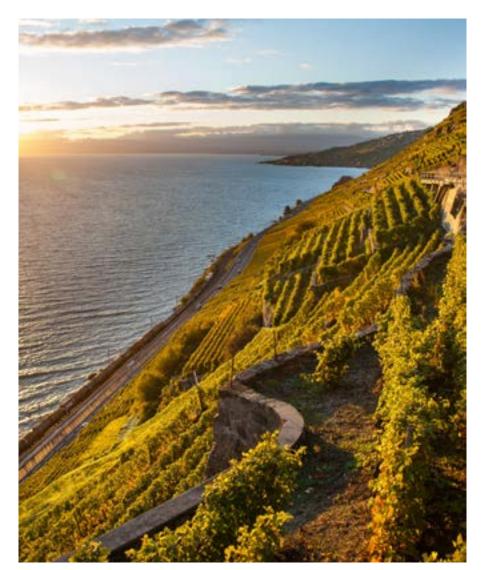
the sector was not specified; he answered. They asked him if he liked wine; he smiled. He had hit the jackpot. For him, the doors of one of Switzerland's oldest wine cellars opened because since the 17th century, the Bovard family has devoted body and soul to producing wine from the Lavaux terraces created by monks in the 11th century.

## Bongulielmi, a fascinating world that you live in Lavaux?

"Without a doubt, the landscape is wonderful, a UNESCO World Heritage Site. There are centuries of history in these places, which exploit the three suns of Lavaux to ripen the grapes in the best possible way. The territory is shaped in such a way that the viticulture takes place practically all by hand on the terraces".

#### What are the three suns?

"Direct irradiation, the reflections of Lake Geneva waters and the irradiation produced by the stone walls of the terraces, which at night release the heat accumulated during the day. However, the different plots



The Domaine Louis Bovard is located in Cully and extends along the shores of Lake Geneva, between Lausanne and Vevey, in one of Switzerland's most prestigious vineyards: Lavaux, a UNESCO World Heritage Site.

Since 1983, Domaine has been run by Louis-Philippe Bovard, the tenth generation of winegrowers, who has aimed to bring the winery's wines to international levels through careful study of the terroir, grape varieties and microclimates. The vineyard is oriented from south-east to south-west, on vertiginous slopes varying from 30 to 50%. Domaine Bovard has two Grand Cru zones -Dézaley and Calamin - and four appellations of controlled origin.

In 2010 the Chasselas World Conservatory was founded in Rivaz on land made available by Domaine. can have different microclimates. Even small variations in altitude and exposure can change the conditions."

#### You have a great past to protect.

"Sure, but thanks to the Domaine Louis Bovard you can also feel the desire to look to the future, continuing to improve from year to year."

#### Does the Chasselas World Conservatory go in this direction?

"Yes, we have been able to identify grape varieties that seem to be better adapted to climate changes; the average temperature in recent decades has risen by about a degree.

Gradually we will insert the new varieties in our plots."

## How is your production differentiated?

"The main one in the region is Chasselas, 70% of which is produced. Then we have 15% Sauvignon Blanc and Chenin Blanc, the remaining 15% are the reds, for which we have chosen non-traditional varieties in the area: Merlot, Syrah and Pinot. We produce about 100,000 bottles a year, divided into about fifteen labels."

#### When does the harvest take place?

"Usually between the end of September and the end of October. From the end of August, however, the monitoring of the grapes begins in order to understand their degree of ripeness and consequently assess the best period for harvesting. However, from internal testimonies it seems that some time ago it was not unusual to harvest even in November, sometimes even in the middle of the snow."

#### Is ageing done in barrels?

"Yes, all our wine is matured in wood, both in large barrels and in Burgundy-type barriques for the finest crus."

#### When to drink a Chasselas?

"It depends. A classic Chassleas is drank relatively young, but if you

#### Soundtrack



switch to wines aged in barriques, they can age up to ten years or 'Dézaley' with an ageing potential of over 30 years."

#### How was the year 2020?

"It was a good year. The yield was lower in terms of volume, but qualitatively excellent."

#### Preferred pairings with Chasselas?

"On our site there is a whole range of suggestions for food and wine pairing. I, for one, love a Dézaley tasted with a 36-month-old Gruyère. With Chasselas less structured and aged, I prefer fillets of lake fish or a nice fondue instead."

## How do you see the future of Chasselas?

"Thanks to the open-air research institute created with the World Vine Conservatory and thanks to the field research carried out on the Domaine's 65 plots, covering an area of 13 hectares, we know exactly which vines are best adapted to each plot. In addition, by harvesting the grapes separately for each plot, we can then create increasingly personalised wines."

#### A sort of Chasselas à la carte?

"In a way, yes. Nowadays, we are trying more and more to focus on individual work to create something unique and personalised."

The Chasselas, thanks to the Domaine Louis Bovard, is increasingly proving to be a unique and evolving wine. The scenery in which it was born has been sculpted for a millennium in the slopes that sink into Lake Geneva, but the passion that nourishes it continues to shape it incessantly. True to tradition, but always surprising.

## Suggested wines from Bistrot



Grande Cuvée Dézaley Grand Cru AOC

Uvaggio: Merlot e Syrah

Fr. 35.00

Médinette Dézaley Grand Cru AOC VAUD

Uvaggio: Médinette Dézaley Grand Cru AOC VAUD

Fr. 29.00

shop on-line: worldwidewine.ch





Fabio Bongulielmi Year of birth: 1977 Profession: Director Domaine Louis Bovard

Originally from the Italian Grisons, after a master's degree in Musicology he worked in the organisation of cultural activities in Germany and then at the Swiss Consulate General in New York. He then worked in PR for Swissgrid. For the past two years he has been manager of Domaine Louis Bovard, one of the oldest wineries in the canton of Vaud.

## SWITZERLAND-AUSTRALIA, IN THE NAME OF THE TUNNELS

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#### Why read this article?

To find out how the underground infrastructure is transforming kangaroo land. To listen to the reasons for choosing Australia to start a family in. Also, what are the opportunities today for a female engineer on the other side of the world?

→ #australia #engineering

An underground hydroelectric power station, 700 metres underground, capable of producing thousands of megawatts by piping water from surface reservoirs through 27 kilometres of tunnels. Road tunnels crossing one another in the heart of a metropolis. These are some of the projects that are becoming a reality in Australia. As in other high-engineering solutions that are gaining ground in the land of kangaroos, there is the contribution of knowledge gained in Switzerland.

Bringing Swiss know-how to the other side of the world was Sabrina Kost. She has been living with her husband and two children in Sydney for 13 years, but her adventure in the world of design began in Ticino. We interviewed her to find out what it's like to live and work on the fifth continent.



Once complete, the Scheme will provide 2000 megawatts of dispatchable, on-demand renewable energy and approximately 350,000 megawatt hours of large-scale storage to the Australian National Electricity Market.

The project involves linking two existing dams/reservoirs, Tantangara and Talbingo, through 27km of tunnels and building a new underground power station, at approximately 700m depth.



#### Which company do you work for?

"I work for SMEC Australia (Member of the Surbana Jurong Group). SMEC is a global consulting firm. I am personally located in the Sydney Office. SMEC is an engineering consultancy firm. In Australia, SMEC's core service offering covers the lifecycle of a project across urban renewal, transport design and energy sectors, providing specialist expertise and technology-driven solutions across road, rail, aviation, greenfield communities, hydropower and solar energy, geotechnics and tunnelling, environmental services and asset management."

### What position do you have in the company?

"I am a Principal Tunnel Engineer and currently also Managing the Tunnels Team in Sydney in an acting capacity."

#### What projects did you participate in?

"I've worked on some of the most complex and diverse projects in Australia including the iconic Snowy 2.0, the WestConnex Works, the multi-award-winning Sydney Metro City and South West Tunnels Stations and Excavations (TSE), NorthConnex, Legacy Way, Melbourne Brisbane Inland Rail (MBIR) and the Adelaide Desalination Plant.

A big focus for me personally at the moment is Snowy 2.0, the largest committed renewable energy project in Australia, which is not only extremely rewarding but also technically stimulating. Snowy 2.0 is of national importance and will shape the future of the country's renewable energy strategy which I am really proud to be a part of. I'm also involved as a subject matter expert for Transport for New South Wales on Sydney's Rozelle Interchange (part of the Westconnex Project Works). The Rozelle Interchange project is a unique and very complex underground motorway interchange, forming the centre piece of Sydney's future road network. The biggest challenge on this project is having multiple tunnels crossing over each other in a very small area underneath the city."

### What are some of the construction peculiarities of the projects?

"Snowy 2.0 is the next generation of the iconic Snowy Mountains Hydroelectric Scheme, and construction of this major pumpedhydro project is well underway. Once complete, the Scheme will provide 2000 megawatts of dispatchable, on-demand renewable energy and approximately 350,000 megawatt hours of large-scale storage to the Australian National Electricity Market.

The project involves linking two existing dams/reservoirs, Tantangara and Talbingo, through 27km of tunnels and building a new underground power station, at approximately 700m depth. Water will be pumped to the upper reservoir when there is surplus renewable energy production and the demand for energy is low, and then released back to the lower reservoir to generate energy when electricity demand is high.

It will provide flexible, on-demand

There is currently a big focus on promoting females in our industry and supporting them. In Australia, businesses are aiming at reducing the imbalance and are working hard on the gender equality agenda. power while reusing or 'recycling' the water in a closed loop and maximise the efficiency of renewables by using excess solar and wind energy to pump water, to be stored for later use."

## What is the situation in Australia respect to underground infrastructure?

"Australia is currently undergoing an unprecedented infrastructure spend and the government is investing heavily towards infrastructure. In NSW only, spending forecast is \$107B to FY24, of which \$72.2B is dedicated to Road and Rail projects. This represents a 50% increase in this sector compared to the FY20 forecast. Some of the country's largest infrastructure project include the \$20 bn plus Sydney Metro program of works; Perth's Metronet train line project; Brisbanes \$45.4bn Cross River Rail; Melbourne's \$11bn Metro Tunnel project and \$6.7bn West Gate Tunnel; and Sydney's \$17bn WestConnex project, billed as the biggest road project in the world - all heading towards completion within the next four years. With Australia's population forecasted to reach 30 million as soon as 2029.

Australia will continue to witness major infrastructure projects, such as these, transforming our cities. Tunnel construction represents a vital part of these projects and is complimented by world-class feats of engineering.

Due to the current situation of underground infrastructure being built, there is a generalised skills shortage, partly also due to the COVID border restrictions and Australia's strict local hire requirements."

#### When did you arrive in Australia?

"I moved to Australia (with my now husband) from Switzerland in 2008 and have worked for SMEC since then. Previous work involvements in Switzerland were with Edy Toscano (now AFRY) in Lugano/Rivera as a Structural Engineer."

## What motivated you to go to Australia?

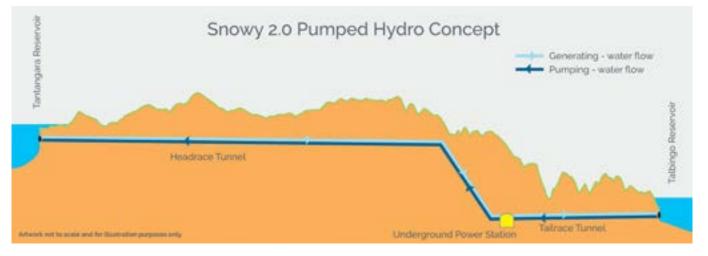
"Initially the motivation was the work experience, the English language and the sunshine/beach and warmer weather. Ultimately my husband and I really fell in love with this country, with its amazing and abundant nature and wildlife, its beaches and with the life style that comes with it. Since arriving here, we have built an amazing network of friends that have become our 2nd family, we have become Australian Citizen and are raising two beautiful boys (9 & 7) that are tri-lingual, speaking Swiss German, French and English."

#### What do you prefer about Australia?

"What I love about Australia is its casual-ness, its ease to make friends/ connections and its family and kids' friendliness. I also love the beautiful nature that surrounds us and keeps amazing us."

### What do you miss most about Switzerland?

"I most miss my family and best friends, with whom I am still in close contact. We do try to visit every 2 years or so, but COVID has obviously put a bit of a spanner into those plans. My parents and sister fortunately also pay us a visit every now and then, and luckily with social media and face time/skype, we do still feel very much



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connected to Switzerland. Our family language is French at home and I speak Swiss German to our children, as I want them to be able to talk to their grandparents and cousins!"

## Is female professionalism adequately recognized?

"There is currently a big focus on promoting females in our industry and supporting them. In Australia, businesses are aiming at reducing the imbalance and are working hard on the gender equality agenda. SMEC is committed to developing and maintaining a workforce that respects the diversity of our clients we serve and the communities in which we operate. I was part of SMEC's inaugural Inclusion and Diversity Committee, that has achieved the Employer of Choice Gender Equality Citation for SMEC (voluntary leading-practice recognition program designed to encourage, recognise and promote organisations' active commitment to achieving gender equality in Australian workplaces) at the end of last year, of which I am very proud of. In that sense, I guess it's not a bad time to be a female professional in our industry right now, when a lot of effort is put into promoting and supporting us. However, I guess there is still a journey ahead of us, before we reach overall equality and recognition, independently of whether male or female."

### Are there any benefits for a career in engineering for women?

"As a woman in the engineering and particularly in the tunnelling field, I have obviously had to overcome some hurdles and probably had to prove myself more than a male equivalent would have had to prove himself. But ultimately, I think it is what made me stronger, more resilient and allowed me to become the underground expert and leader, I have grown into and I am proud to be today.

The journey I have gone through has also encouraged me to mentor and coach younger female engineers, something that I am really passionate about."



Sabrina Kost Dubois Year of birth: 1981 Profession: Civil Engineer

Sabrina grew up in St.Gallen in Switzerland and moved to Lausanne to study Civil Engineering at the Swiss Federal Institute of Technology Lausanne (EPFL) in 2001. She graduated with a Bachelor and Master of Science in civil engineering in 2006, and subsequently moved to Lugano to start with her first job as a Structural Engineer with Edy Toscano SA (now AFRY) in Lugano/Rivera. She moved to Australia (Sydney) in 2008, where she lives since then with her husband and two children (7 and 9yo.), enjoying life by the beach.

Since arriving in 2008, Sabrina has been involved in the design, planning & management of major complex underground infrastructure projects. She has experience in the design of tunnels, shafts and cavern linings in challenging ground conditions, ranging from hard rock to soft ground including subaqueous environments. Projects include TBM, roadheader, drill & blast pipe jacking and raise bore construction techniques. Sabrina also has a strong background in undertaking proof engineering, design review and compliance verification, certification roles and due diligence. Sabrina is also currently Group Manager of the Tunnels Team in Sydney in an acting capacity.



#### Why read this article?

To find out how dreams can come true on a hockey field. Because in sport you can fall and get up. Because in Leventina, a mythical place is about to disappear and a new jewel is about to be born.

<u>AIRO</u>

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→ #HCAP #valascia

## 22



Isacco Dotti Year of birth: 1993 Profession: civil engineer and hockey player

He started to hold the stick in the HCAP files when he was 7 years old. After his debut in the first team, he had to leave professional hockey for surgery on his hips. However, he quickly recovered and after a few seasons returned to the military in the Swiss National League with the colours of Ambri Piotta.

He works as an engineer for the Afry branch of Rivera.

Sometimes the most beautiful Christmas gift can arrive early. For example, December 23rd. In this story, however, the landscape is not snowy but icy and hymns are heard, but they are not the sacred ones. Then suddenly the coach tells his deputy: put the boy on. He says it in English. The boy hears those words echoing and wonders if he has translated the phrase well.

And then yes, the guy who debuts in the first team is just him. It happened ten years ago and that boy was Isacco Dotti.

This is how he made his debut in the National Hockey League in front of the Valascia audience. On that rink, the blades of his skates had started to slip since he was 7 years old. For him, it was a dream come true. The dreams that you realize can be beautiful but hockey is a sport that requires sacrifices, team spirit, courage and dynamism, and teaches that you can always fall, but also that from the hardest falls you can get up.

For this reason, in a historic year for the Ambri Piotta Hockey Club, which will see the inauguration of the new stadium and finally retire the legendary Valascia, we have chosen to tell the world of white and white by a privileged observer: Isacco Dotti.

Soundtrack



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#### Dotti, born with skates?

"Since I can remember I have always skated. Then at the age of 7 I started to play in the youth of Ambri and since then I never stopped until my debut in the first team."

#### How did it happen?

"We played at home against Bern. I was a member of the first team, I didn't expect to play. But at some point the coach, who was Kevin Constantine, told Diego Scandella to let me play. We ended up winning in overtime and being there on the rink, with the fans singing the Montanara, it gave me goose bumps. I said to myself: I want to continue experiencing these emotions."

#### Instead?

"The following season I had surgery on my hips and ended up playing in the First League in Biasca. I also had a lot of fun, I played carefree. I went on to study engineering and had almost given up all hope of returning



to a higher level. But then came the promotion to the Serie B.

I worked 50% as an engineer to be able to keep up with the training. Finally, after two years, the HCAP offer arrived and so I returned to play at Valascia."

## How does sport reconcile with the profession?

"Playing in the major division, I have had to reduce my company commitment to 30%. I deal mainly with projects in the field of civil engineering."

### Can sport also be an aid to the profession?

"When you play two games a week plus practice, it is obviously hard to think of being able to work fulltime. But even sport, like with family, taught me to work as a team, to seek a shared solution, to pursue the best compromise for the group."

#### From next season will you say goodbye to the historic whiteblue house with regret?

"Of course, Valascia represents not only the history of the HCAP for me and many of my comrades, but it is linked to many personal moments of joy or suffering, sport and life. But I do not deny that it is as both a player and an engineer, I am curious to see the new arena. In the past few months when we finished training we sometimes went to see the construction site, for example in autumn-winter when they laid the roof. It's a great project and we all want to test ourselves on the new rink."

### The hope is to see her immediately full of audience?

"Yes, having played a year without a crowd made me feel that when you say that fans give you an extra boost, it's not just a figure of speech.

Playing with the public is another emotion. Not only on the track. For me it is essential also after the game, meet the supporters outside and comment on what happened. It gives

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me a sense of how many people care about what we do. It's hard to explain in words but it gives you an incredible awareness to face the next games."

Who knows if the first time he hears the Montanara being sung in the new arena, like that time ten years ago, his first time, Isaac will come back to feel those shivers that make you feel to occupy the only place in the world?



#### Valascia, good-bye

In the period after World War II, Valascia was created as a natural ice rink in order to replace the old Cava track, which stood nearby and which had hosted the exploits of Ambri Piotta since 1937. Then, in 1959, the plant for the production of artificial ice was put into operation. Twenty years later, the arched roof was built and the capacity was increased to 6,000 seats. The South Curve, that of the local fans, is known as one of the most passionate of the National Hockey League. Not only the "Leventinese" but also supporters from the rest of Italian Switzerland and from beyond Gottardo.

It is a cheer that next season will have a new home. In fact, the works of the new plant are in the pipeline, which, in the absence of sponsors, could be called Gottardo Arena. It can accommodate up to 6,775 spectators (3,000 standing and 3,775 seated), a number not by coincidence, since it is the zip code of Ambrì. Inside the structure there will be 4 restaurants, 8 buvette, 11 lounges and 23 dine & view places for a total of over 500 places to eat. Other events (entertainment and culture) can also be hosted and it is hoped to become an opportunity to revitalize the local economy.

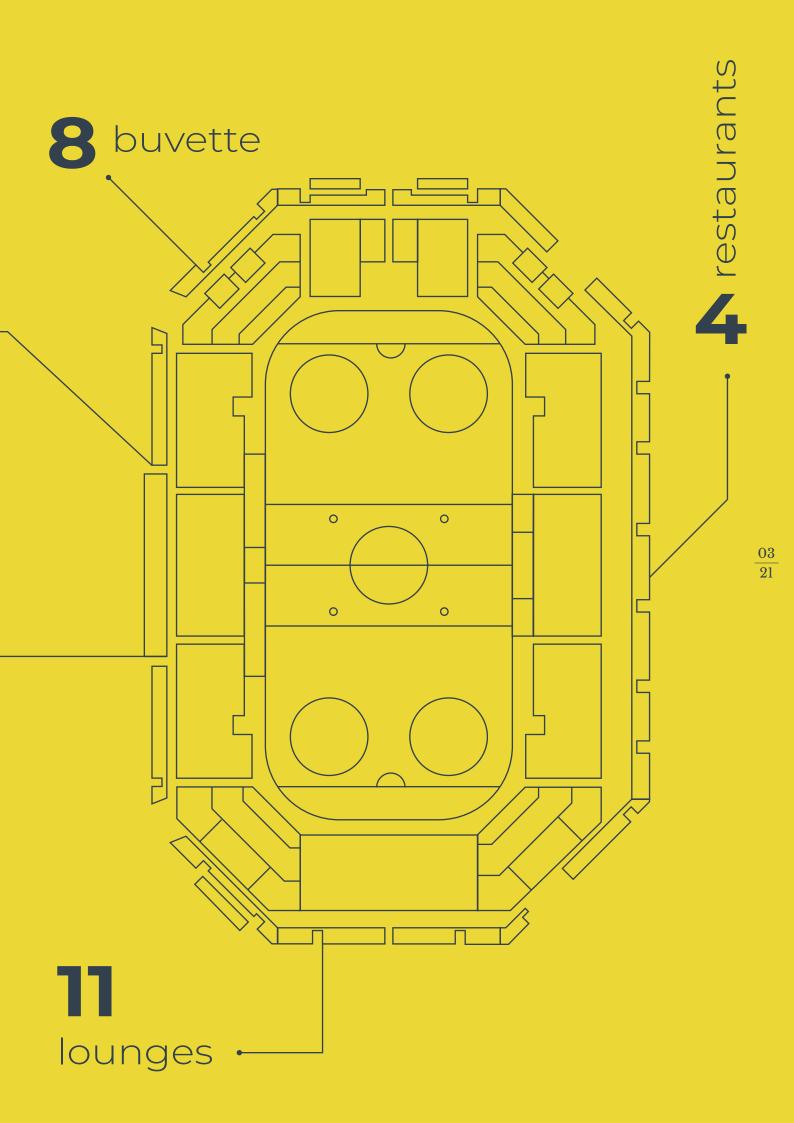
#### What about old Valascia?

The ice machine has already been turned off, not without a hint of emotion from many, by the president of the HCAP, Filippo Lombardi. Soon there will be only one memory. With the "launch" of the new arena, it will be dismantled. However, the nostalgia will have a consolation. A chalet-restaurant will be built in the stadium's south bend with the wood of the old arena. The Valascia, not only metaphorically, will remain in the heart of white-blue fans.

# **6'775** spectators

**23** dine & view places

Biotrôt



#### Why read this article?

To learn how one of the iconic instruments of traditional Swiss music was created. Because not everyone knows that the best resonance wood is spruce. And to be fascinated by the passionate craftsmanship behind an alphorn.

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 $\rightarrow$  #alphorn #grono #artisans

## Alphorn, harmony of wood

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When the mercury column lowers and the trees slow down their develop-ment to face the winter, in the woods of Grisons forests you can meet him, in the company of a forester. It observes the spruces, scrutinizes them, hears them "singing" and finally, when the moon is waning, cuts the most suitable ones, those of resonance. In his hands they will become horns of the Alps. Nine years ago, Bruno Cattaneo was the first in Italian Switzerland to start producing alphorns. With the firm Cattaneo & Kunz of Grono, during the year he deals with building work, carpentry work. Then in winter, when the activity of construction site decreases, he hollows out the fir boards, shaping them, treating them. A limited production, at most a dozen pieces a year, which was born from passion and experience gained in the field.

When he talks about it his eyes sparkle, a smile breaks out between his beard and he takes the opportunity to choose the most suitable mouthpiece and tune a harmonic staircase with his latest alphorn. Then he tells us how these unique musical instruments are born.

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## Cattaneo, when did the passion for the horns of the Alps begin?

"They always fascinated me. Then a decade ago it was my brother-inlaw who convinced me to try one. Together with a friend, who has played it since he was a child, we went to Switzerland and bought one instrument each. I, except in Guggen, had never played before. With my ear I learned how to play and then we formed a quartet in which my son also plays."

## How did he go from being a player to an instrument producer?

"Nine years ago I looked for the right wood, tried and tried again to find the right size. In short, I was selftaught because there are no schools. However, in the end, making them was a great satisfaction for me."

## Did the horns always used to be one-of-a-kind?

"Yes, in the old days you would look

<image>

for the plant with right curvature and size, you cut it and you dig the trunk. I have one about 200 years old on display that was made with this technique. Now we make horns in several parts with aluminium inserts. In this way they can be disassembled and transported with their case. It is also possible to vary the length by changing one end. 90% of the performances are done with the tone in G flat, which corresponds to a horn of about 3 meters and 40 cm. Changing the length you get horns in A flat, G, F and E. The longest horns can exceed 4 meters."

#### Who are your clients?

"A few years ago in Ticino there was a sort of fashion, the canton promoted courses and several people wanted to try their hand at it. Now, however, having also refined my technique, I must say that to book the instruments are mostly experienced musicians resident beyond Gottardo. For me, it is a great satisfaction because it means that I am considered worthy of other historic craftmen of German speaking Switzerland. From the most famous, it is necessary to wait even two and a half years, while others have "industrialized" the production. In all the Confederation I think there are twenty of us able to build alphorns."

#### What is its annual output?

"I usually make them by appointment and only in the winter, so there are never more than 10 or 12 per year."

#### How is an alphorn made?

"Around November, when the plants are less rich in sap, with the right moon, together with a forester, I go to look for the most suitable spruce trees. Some spruce trees have the characteristic of being resonant wood, excellent for musical instruments. Then there are also horns made with walnut, chestnut, even in olive, but they do not have a full sound like those of fir."

Bistrât

Soundtrack

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Bruno Cattaneo Year of birth: 1983 Profession: construction work and alphorn making

He started playing the alphorn in 2011 and the following year, as a self-taught musician, began the artisan manufacture. As well as making musical instruments, he also works for Cattaneo & Kunz, a company in Grono that renovates houses, farmhouses and cottages. He also does small carpentry and tiling work.





**Brief history of the Alphorn**: The horn of the Alps, also known as alphorn or alpenhorn, has its origins in the history of Alpine culture. The first documents in which it is mentioned date back to the sixteenth century, but the origin is certainly older. It is imag-ined that it was born from the evolution of a pastoral instrument, used essentially for the call of animals to pasture and for the communication of sound messages through the valleys. It was expanded in length and extension during the nineteenth century for the performance of folk melodies, becoming an icon especially in the Swiss valleys and entering the Guinness Book of Records. In 2018 in Piazza Duomo in Milan, there were 420 Swiss horns for a record concert.

Does the wood have to be seasoned? "Yes, I use 12 cm boards. I hollow them out, then I join them together and turn the outside back. For boards with a similar size, it takes at least 4 years of seasoning, I wait 5 years before using them."

#### Are all horns the same?

"I usually finish the exterior with natural rattan, but in one case I was asked for a zebra finish and I made it."

How much time does it take to make a horn? "About a week's work".

### When the horn sounds, what do you like to perform?

"The horn is a special instrument. Everything must be done by modulating the sound with the pressure of the lips. It's a bit like playing the trumpet, but without the keys. However, it only develops harmonics, so we are talking about fifteen notes. For this reason, some scores must be adapted to be played with the horn of the Alps. For example, the Swiss anthem is almost impossible to play with horns. Personally, I prefer performances related to music written especially for horns, when you hear certain arrangements you realize that something is missing. It's a different matter if we talk about concerts with orchestra and not just for horns."



### The best interpreters of the horn of the Alps?

"Lisa Stoll is certainly a point of reference today. Despite her youth she has already recorded several record and played in important international cities. Her repertoire includes both traditional Rhani for Alpine horn but also concert works, adaptations of modern music and her own compositions."

## What are the opportunities to perform?

"During the year many gatherings were held in different locations in Switzerland. The Covid-19 in the past months has cut the calendar a bit over the past few months, but now we hope to restart with normal programming. These meetings are always very pleasant because of the atmosphere. It's great to meet up with people who love the same instrument, to discuss things, listen and play!"





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