

# Bistrôt



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### Impressum

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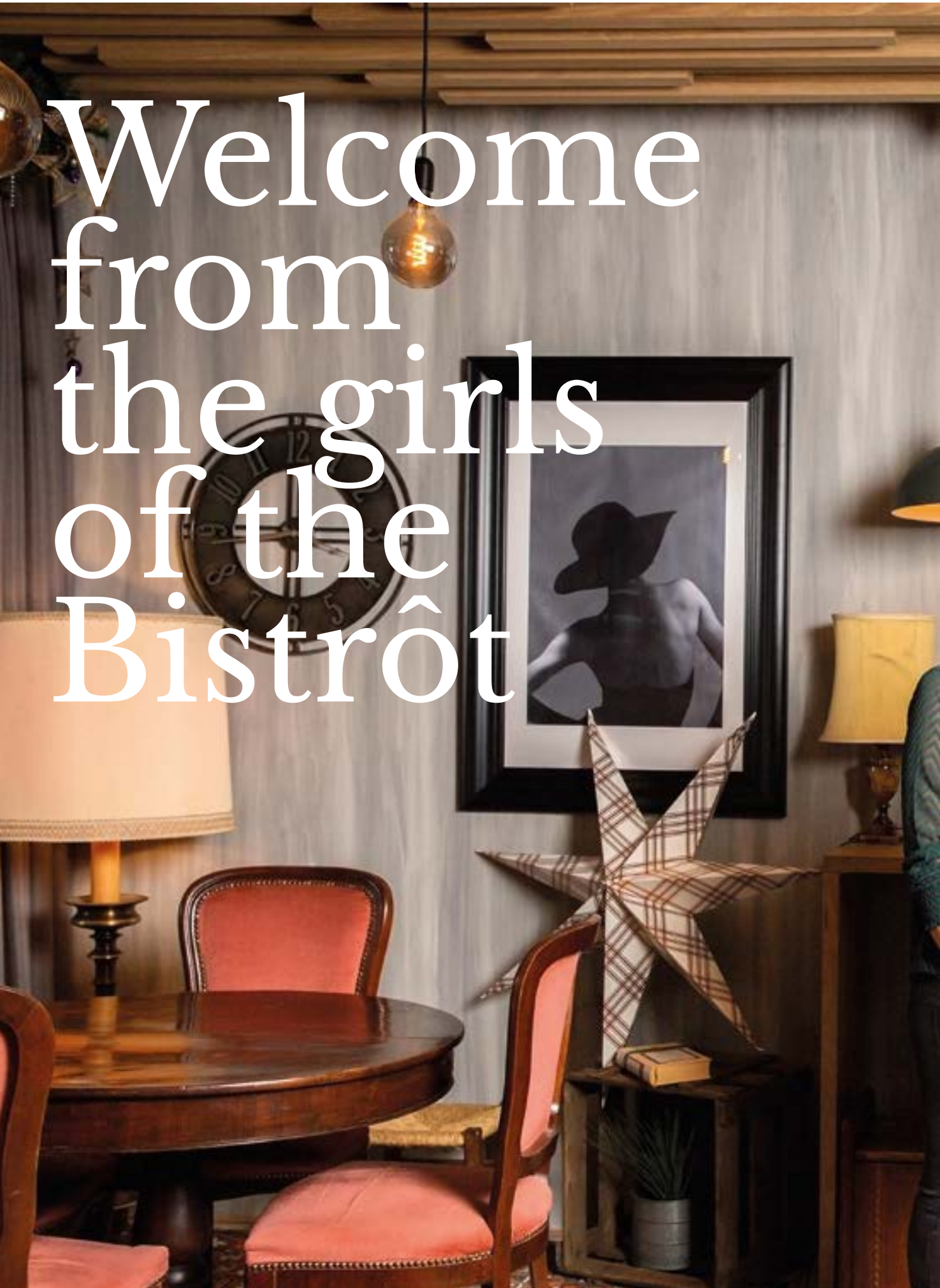
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# Welcome from the girls of the Bistrôt

Bistrôt





Karin Aimi

Serena Landrini

Ederina Hushi-Pestoni

Deborah Saccani

To our readers

# Editorial

Legend has it that the name “Bistrôt” came about in Paris at the beginning of the 1800s during the period of Russian occupation. It originates from the Russian word bystro that means “swiftly, as quickly as possible”. It was the peremptory plea of the Moscow army officers to Parisian innkeepers. Why such a rush? It was prohibited for them to drink alcohol and they didn't want to be caught red-handed by their superiors in mid toast. A quick down-in-one at the bar and away. As imaginative and palatable as it may be, etymological studies, however, seem to contradict this possible derivation. End of preamble. What do the drinking habits of mustached Hussars and Cossacks have in common with the magazine you are reading?

Bistrôt is inspired by the idea that made bistro bars, or rather no-frills restaurants/osterias successful – that is – they provide genuine fare and feed the customer without too many expectations. In other words: swift but substantial. And that is what every good newspaper should be: timely, providing the latest news and trends without too many refined or aesthetic frills, but making clear, explaining, connecting and therefore facilitating, simplifying and accelerating the digestion of facts, events, thoughts and ideas.

The Russians departed from Paris after Napoleon was rendered innocuous, and in successive decades, the French capital became the City of Light. And its bistrôts and cafés played a determining role in the development of the intellectual mix that forged many progressive ideas. Would we still have had the immortal works of scholars, artists and sculptors without those café tables lining the streets or boulevards? Reading a newspaper, drinking a coffee, watching the world go by in all its diverse humanity became a ritual. A ritual for reflecting on society, on our destinies, in order to be curious, to understand the unknown.

Nowadays the immediacy of communication has made us somewhat lose that pleasure, the privilege of being a “flaneur” - a detached observer – who can pause to study the worldview from a café table.

Bistrôt wishes to be the reason for you to regain this ability to pause for a moment, if only for a quick read

or listen (each article is accompanied by a short playlist we have created on Spotify, inspired by the issue, and by a brief content summary) – to then be able to view the world from a richer perspective.

Bistrôt will have a tri-monthly distribution and you will find the complimentary magazine mostly in public places, but if you can't find a paper version, you will be able to read it online at the website [bistrôt.biz](http://bistrôt.biz).

**What will you be reading in Bistrôt?**  
**We will take inspiration from three key words: Create, Reside, Live.**

We will therefore concern ourselves with all that has to do with creation and construction, from buildings to infrastructure, engineering and architectural stuff that we would like to explain to all – but also more artistic creations, and in general everything that attempts to transform our world to make it more beautiful and habitable. And after having constructed and created the new objects, we need to own them and make them comfortable, suited to our needs, and therefore we will deal with issues to do with the home, a home however that does not stop at the door, or at the main gate, but that becomes an element of our life, that interacts with our territory, reflects and connects our passions, starting from our tables, by eating genuine and healthy food, and drinking wholesome beverages. Because creating and residing has meaning if it serves to improve the quality of our lives. If we know how to enjoy the best fruits, that is.

In conclusion, it is important to explain that if we have chosen to focus our content on



Creating, Residing and Living, it is also because our magazine is published by the Galli Group, an entrepreneurial group well established on Swiss-Italian soil. Their activities range from real estate to engineering, from consulting to construction, to include also winemaking and catering (theirs is Grono's B Atelièr Bistrôt, the ideal reflection of our magazine). Bistrôt is therefore also a way to communicate a vision and a culture of doing business, founded on knowledge, curiosity and efficiency, but also on passion and the love for one's work and region. However, let's not get lost in compliments and pleasantries, because within us the voice of the Hussar urges: Bistro! Bistro! Quickly! Quickly! The magazine is being printed.

### Why read the editorial?

Because we explain how the idea for this magazine came about (involving the Russians and Napoleon), who the publisher is (an entrepreneurial group with strong regional links) and what you can find in the content (articles on creating, residing and living). But expressed in a much better way than that.

➔ #createresidelive

# QUARTIERE BIRRERIA (BREWERY NEIGHBOURHOOD), BIRTH OF A NEW COMMUNITY

## Why read this article?

Because towns and cities are rediscovering the value of the district. Because planners are giving ever more value to the sense of community, to sustainability and to local services. And because a famous Ticinese architect explains it all to you.

➔ #brewerydistrict #grono



The reason for the name? Being able to have access to everything one needs within 15 minutes of home, on foot or by bicycle. The idea taken on by the transalpine municipal administration came from a teacher at the Sorbonne, Carlos Moreno, who based it on this consideration: «We live in fragmented cities, where often we work far from home and don't even know our neighbours».

Cities today are composed of specialist areas with a central nucleus. Moreno imagines a sustainable,

multi-functional, polycentric city. What does this ambitious project from France and similar attempts to transform city life from Portland to Barcelona tell us? The "Ville du quart d'heure" - the quarter-of-an-hour city - demonstrates, as the major metropolises are rediscovering the value of the district dimension, the advantages of living in a community of relationships and vicinity to others, which is able to offer everything to hand, or rather, to foot.

**The Helvetic reality, starting from the Italian-speaking part of Switzerland, has always been based on hamlets, villages and towns with a robust identity.**

"The quarter-of-an-hour city". That's what they called the planning project to make Paris more livable and accessible to its citizens.





**Places with a strong sense of belonging and independence, that have tried to offer as many services as possible to those who choose to remain living in their native territory.** In the alpine and pre-alpine areas, the concept of urban trends has never been abandoned.

A model is able to continue being current, if it also supplies infrastructure and services adapted to contemporary demands and needs, as well as offering a renewed sense of community. For example? **We shouldn't bring back the village wash house, but instead think about a communal laundry for the district. The future is rediscovering**

**the values of the past with today's technology.** And therefore we should be thinking about the modern demands of co-working, smart working, services brought to our homes. The home, the district, or rather, the area where you live, the place you hold dear, becomes ever more important.

## Quartiere Birreria



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[quartierebirreria.ch](http://quartierebirreria.ch)

**The objective is to create a place to spend one's life where generations can mix. In order to achieve this, there needs to be a sense of belonging, of identity, social relations.**

The objective is to create a place to spend one's life where generations can mix. In order to achieve this, there needs to be a sense of belonging, of identity, social relations. This is the philosophy that led to the conception of the Quartiere Birreria, the transformation of a central area of Grono, which will create new places for people to get together, new properties and new services for citizens and firms alike. We spoke about it with the architect of the project, Michele Arnaboldi.

**Architect, how did the idea to develop a new district in the center of Grono come about?**

"It stemmed from a general study of the area by the municipal authorities when Grono merged with two other municipalities. This facilitated an analysis of the situation and enabled us to highlight the territorial centrality of the area, which is near to the school and to the old station plot, situated along the main road and adjacent to the primary services.

Moreover with the new junction to the North of Grono, it is now much easier to access the motorway network. From here a vision was born for a district that was not only residential, but had commercial activity, offices and in future also a hotel. It is a good example of how one should proceed in urban planning".

**What are the advantages of such a district?**

"The objective is to create a place to spend one's life where generations can mix. To achieve this, there needs to be a sense of belonging, of identity, social relations. In order for this to happen, each person in the different stages of their life, needs to find the most suitable living solution".

**With this in mind, does the project of the Quartiere Birreria plan for apartments of different sizes, both for rental and for purchase?**

"Yes, we can imagine a single person moving in who may need laundry services or home delivery and an apartment that is not excessively large. Then maybe he or she will get married, have children, and will need more space and different services. At the end of the day, when the children have grown up and will be living independently, it may be that this person will need a smaller apartment and other services still. If the specific needs are able to be satisfied within the district, then he or she will be more motivated to stay, and in this way will continue to forge relationships in the area, thus creating a strong sense of identity and belonging".

**The buildings will be clad in wood and there will be communal green spaces - is the idea to have a type of residential park?**

"Yes, we would have liked to construct wooden buildings to leave more of an ecological imprint, however there are budget limitations and also the fact that we would not have been able to follow the process from start to finish, but essentially the concept doesn't change. We can't think like seventy or fifty years ago when it was everyone's dream to have their own house, car and TV. This particular model uses a huge amount of land and resources and is no longer sustainable from an economic and ecological point of view, and moreover does not even contribute



The architect  
**Michele Arnaboldi**



**Michele Arnaboldi**  
Year of birth: 1953  
Profession: architect, urban planner and university professor

Having graduated as an architect at the ETH Zurich aged twenty-six, Michele Arnaboldi has had his own office in Locarno since 1985. Author of over a hundred projects, he has won numerous national and international competitions. Since 2002 he has been professor of architectural design at the Mendrisio Academy of Architecture (USI). He has lectured in Switzerland, Germany, Italy, Spain, Austria, USA, France and the United Arab Emirates.





to the sense of belonging or solidarity within the community. Is it better to live isolated in a detached house or within a residential park? In general lifestyles have changed and also the way in which priorities are perceived”.

**And what does that involve?**

“New means of communication have become information networks, and thanks to these, many activities can be relocated or carried out from home. A car becomes ever less necessary. With the creation of residential parks and walking routes for gentle mobility, the population is offered the opportunity to move about safely on foot or by bicycle, reaching everything they need for everyday life in a short amount of time”.

**What about the famous “ville du quart d’heure” that they would like to create in the metropolises?**

“Well, in Ticino we already have this concept of a diffused city. In a few minutes it is possible to be at the lakeside or in the woods or by rivers. We should give incentives to encourage a slow mobility with cycle and pedestrian routes to link to public transport”.

**Has Covid-19 changed the urban typology?**

“Of course living in places of natural scenery like Grono allows more freedom and safety when it comes to epidemic scenarios, as experienced with Coronavirus. However you need to have the right home services, available, otherwise you may risk feeling isolated. In the case of Grono however, there is no lack of infrastructure, roads and connections for slow mobility, and in the Quartiere Birreria there are a series of community projects planned ranging from a laundry to a meals on wheels service, that are all in the vision of community living. A community that, thanks to its new district, will also have pleasant green spaces in the open air to meet up and recreate the socialising typical of squares and parks”.

A new community is poised to take shape in Grono. And it will be the example of an urban-planning vision able to offer services, social life and sustainability in a single package.

**With the creation of residential parks and walking routes for gentle mobility, the population is offered the opportunity to move about safely on foot or by bicycle.**

# NEL BLU DIPINTO DI BLU

Also in 2021 we will see the trend of walls being painted dark blue. In fact navy blue has been singled out by magazines as a substitute for black to create elegant and contemporary spaces. But be careful, it is not only the choice of colors, but also the shapes and materials that will be inspired by the following principles: **Elegance, Sustainability and Personality.** But let's return to blue.

**Blue is a color that traditionally signifies wealth, both material and spiritual.**



## Short history of elegant blue

It seems banal to describe the sea as blue and the sky as light-blue, but it hasn't always been like that. Homer defined the sea in terms of wine-color, and in general, epic poems of various cultures do not refer to blue. Some tribal populations still today can recognise the slightest shade of green but are not able to distinguish them from blue. Is blue therefore a product of culture? It was 4 millennia ago when the Egyptians, by all accounts, invented the first blue dye. And it remained a precious pigment for many many years. For example, ultramarine blue derived its name from the lapis lazuli powder that reached Europe from the East crossing the Mediterranean, from "overseas". Painters started using these rare and precious dyes to convey values of spirituality: the veils of the Madonna, starry skies. If you have ever seen the

Scrovegni Chapel painted by Giotto in Padua, then you will know the kind of emotions different shades of blue can convey. From the pre-cubist portraits of Picasso to the skies of Chagall, blue continued to make its mark on the art world up to the 20th century.

In fashion, it is Goethe with the blue jacket of his young Werther, and Flaubert with Emma Bovary's clothes that give the color its romantic reputation. Then of course, we have blue jeans (but that's a different story – the story of indigo, which enabled clothes to be dyed affordably).

**In conclusion, blue is a color that traditionally signifies wealth, both material and spiritual. It is for this reason that it combines well with one of the design trends for 2021 – that of luxury and elegance with vintage elements** (especially if inspired by 20s' Art Deco style). In this vision of interior design, the preferred colors are refined and aristocratic, the details golden, objects are glass, there is an organized symmetry, and an abundance of mirrors. The materials? High-quality woods, particularly light in color, marble, and sleek metals. As for textiles, free reign for velvet.

### Why read this article?

To discover that not everyone sees blue, but that blue will once more be one of the dominant colors in home decor. To know which color trends are proposed for 2021. And why we should focus on marble, wood, and velvet.

➔ #design #homedecor



**The tendency is to source and experiment with items made from natural materials or those that have a low environmental impact.**

by French Blue (Paris sky), and by Cerulean. Red is proposed in tones of Rust or Raspberry Sorbet. The road is clear for Mint Green and Ash Green. There is also space for Burnt Coral, a type of orange verging on brick red, and Amethyst Orchid, inspired by the purple tones of certain orchids. Don't forget that it is not enough just to choose a trendy color to decorate your home, because fashions change on a seasonal basis, while the home stays. This is why a few fundamentals such as the wall colors and main items of furniture should have neutral shades, to be able to play about with accessories (primarily cushions, curtains, rugs) that are easily changed with wear and tear. Everyone is able to personalize and put their own stamp of color on the home through the use of these accessories.

## Not just blue

Beware, home decor does not just live for blue. Grey has been confirmed as one of the main trend colors, characteristically neutral and elegant. You can combine it with powder pink, navy blue, mustard yellow, raw sienna, olive green, chocolate brown. Neutral colors never go out of fashion in home decoration (home decor or rather interior design). Choosing a neutral palette indicates the desire to recreate a particularly intimate and welcoming ambience. Or you could allow yourself to be inspired by the Pantone company and their seasonal color-palette suggestions for the latest buzz. And designers (from web to home) often use these proposals as a reference. For Spring-Summer 2021 Pantone has proposed a dozen or so colors. Two are shades of yellow: Marigold, an orange infusion, and Illuminating, a sunshine yellow that combined with Ultimate Grey has been chosen as the 2021 color of the year. Light blue is represented

## Plastic free?

The commitment of recent years to become more sustainable and responsible for the environment has not fallen on deaf ears in the home decorating world. The tendency is to source and experiment with items made from natural materials or those that have a low environmental impact. With the use of natural products (such as wood, glass, stone, ceramics, and metal), plants, decorations and prints depicting flora and fauna are then added. The aim is to be able to integrate them into the spaces. The idea is to feel that nature is in our homes, that our connection with the environment is strengthened. The

### Soundtrack





home as a place for charging our batteries.

Any wood used should obviously be from a certified source and may be in the form of modern and abstract shapes. This can be used both in Boho-Chic (inspiration taken from the homes of bohemian artists) and in Industrial styles (where it is combined with bare metal). In particular, the Scandinavian-style wood, with its rustic tones, can be used not only on floors but also to clad walls and ceilings. Obviously, the smallest ecological footprint is made by encouraging a circular economy that is based on reuse and upcycling instead of manufacturing new products. The current trend for reclaiming old furniture or waste material in order to give it a new lease of life with restoration or creative customized touches is going in this direction.

## Beyond wood

Wood is our natural material par excellence. If coming from responsible forest management, then this is a sustainable product that regenerates. But there are other elements that influence furnishing trends. The use of glass and stone is becoming ever more popular. Decorated glass, both colored and textured, can be customized according to personal taste and to the furnishing style. The use of glass for doors, stairs and kitchen tiles is currently very much in vogue. Marble too has made a comeback over the last few years. It bestows an elegant

and refined touch to any space. Its use is recommended as a classic splash-back in the kitchen or as a table-top for a contemporary design, or for outdoor tables. Alternatively, it can be used in furnishing accessories such as lamps, candle holders or bathroom fixtures. There are however other types of natural stone, for example local ones “made in Ticino” that are able to convey the same sophistication and elegance. Metal has long ceased to be relegated to the bathroom and kitchen. Copper, bronze, and brass are present in every corner of the home and have become basic design elements. One sophisticated example is metal lamps suspended over glass and marble tables. Also, black metal, made popular by the industrial style, fits perfectly in any setting and is much favored by the design trends of the new year.

## From Covid to Co-sharing

Still in the theme of sustainability, though imposed and not voluntary, 2020 has been marked by the Covid emergency. Learning to co-exist with the pandemic has caused us to take to extreme certain evolutions already underway for some time concerning our relationship with the home. Having to resort to smart-working for example, the home has had to become a space for not only rest, family, preparing meals or spending leisure time, but also work. The need to be able to quickly transform spaces into multi-functional places of recreation and work has never been so keenly felt.

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**Metal has long ceased to be relegated to the bathroom and kitchen. Copper, bronze, and brass are present in every corner of the home and have become basic design elements.**



**Because living in a beautiful (and therefore harmonious) space is one of the best ways to improve the quality of one's life.**

Rooms no longer have a sole function. Kitchens and living rooms overlap one another without clear distinctions, and open plan triumphs. The bathroom is the room for relaxation and listening to music, hi-tech but welcoming. If need be, the bedroom can become an office for smart-working. The industry is attempting to provide solutions for these requirements with convertible furniture or modular multi-functional structures for the walls.

No longer therefore is the home a stationary object, but a space that transforms over the course of a day to be able to accommodate the latest activity. This versatility also applies to communal spaces, thus accelerating the push for co-living, especially in larger residential complexes. From communal laundry rooms to shared kitchens, the home is no longer only regarded as a nest for the family, but also as a place for the wider community to be able to enjoy and design new lifestyles. This is also sustainability in action.

## **Personalities and connections**

Furnishings should always be inspired by the quest for beauty and elegance. This is because living in a beautiful (and therefore harmonious) space is one of the best ways to improve the quality of one's life. Having said that, beauty is not only harmony, but also a detail - even glaring imperfections can be alluring. Think for a moment of the beauty spot, yes, that mole that nowadays we get checked out at the dermatologist's. Ladies of the 1700s would buy false ones made of silk and velvet to apply to their faces as a fashion statement. Fast forward a couple of centuries and Marilyn painted one just under her lips or on her cheek to transform herself into a star.

Therefore, in order to personalize spaces and adapt interiors, we shouldn't limit ourselves to one style, but consider our own personalities, tastes and interests, however quirky, to create a really original atmosphere. So, home decor should also be creative. The personality of the person living there should stand out. As is the case for artists, each one of us should express our own personal style. In order to communicate that signature style though, we need to tap into a communal language, be connected to our surroundings and the community, and share a context.

Nowadays the language of home decor is based on trying to blend nature with technology, through the use of recycled materials or sustainable production in a minimalist and functional space.

## **Less is more**

A minimalistic environment can be a great help to adding one's own creativity and a personal touch. A few essential pieces of furniture without superfluous and bulky objects can become the ideal canvas for showing off the design pieces that personalize our homes with elegance and great character.





Minimalism is not only elegant but offers various advantages. The perception of a clean and tidy environment creates less stress and lifts our mood. Moreover, the minimalist space allows us to understand that real luxury is not quantity but quality. Simplifying spaces is the first step in this direction. The other aspect to consider when creating our "canvas" is lighting. The more natural light we let in, the better. Open plan areas, wide glass panels and light curtains are obviously elements that make it easier to obtain this result.

Now, go forth and create, personalize. If possible, use tin cans, newspaper, or glass bottles to create unique and original designer pieces which convey the message of value through recycling. Alternatively add plants, stones, and crystals to the decor – or other elements that recall a connection to the natural world. The main point is to remember the golden rules of minimalism and design: "less is more" and "less but better".



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**Minimalism is not only elegant but offers various advantages. The perception of a clean and tidy environment creates less stress and lifts our mood.**

# Galli real estate agency, a female alliance



Bisnèt





A close-knit all-women team founded on the principle that it is possible to find the right balance between work and private life. This is a reality at Galli Immobiliare, an agency that has been active in Ticino and Grisons for many years, in particular in the Sopraceneri and Mesolcina regions. There are nine women involved in the agency's activities of property sales, letting, and administration at the head office in Grono, and the Riviera branch. Director **Fabiana Galli** leads the team. Here is our interview with her.

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immogal.ch

### Is it a coincidence or a choice to have an agency composed of solely women?

"About ten years ago I started working at the agency where I am co-owner, and I understood that for a woman it is preferable to have a job that allows her a certain flexibility. In this way she is able to obtain professional recognition as well as having a satisfying private life, starting from a family. Therefore, based on my own experience, I considered giving the possibility to other women to work in an all-female environment, which in order to organize the workload means taking into account the requirements of those who have children, in my case two. And the majority of our colleagues are mothers".



**Fabiana Galli**  
Director of Galli Immobiliare



**So, in this way even if they continue to be the focal point of the private realm, are women able to work without too much stress?**

“Yes, that’s the aim. To create a workplace that is sympathetic to female needs when it comes to organizing the day, and this enables quality of life to be greatly improved”.

**What type of roles do you have in the agency?**

“There is an accountant and a human resources manager. One colleague deals mostly with the technical side, while the other women in the team are all estate agents and take care of client relations, to do with letting or sales. Last but not least, we have a second-year commercial apprentice working with us”.

**In real estate, is it better to have women in the role of estate agents?**

“As in all things skillset and character is what matters, not the gender of the person. In general, however, I can say that on a personal level, women on the whole are better at empathizing with clients. Especially when talking about property, they don’t get lost in the technicalities but are able to give useful advice regarding everyday living requirements. They are sensitive and have a more practical approach to problems, as well as being more emotional, and clients appreciate this”.

**Primarily, what type of property do you deal with?**

“Mostly we deal with our own real estate promotions, from the acquisition of land to the construction, but we also manage third-party property. Apartments and commercial offices are the most prevalent types. For example, the Parco Lunghi Neighbourhood in Rivera, and the New Quartiere Birreria under construction in Grono”.

**What kind of relationship do you have with tenants?**

“As always it varies from person to person, with some we have a very friendly rapport, with others it is more neutral. In general, the thing that people are most interested in is an immediate response to maintenance, and a quick solution to any breakages, damage or replacements. Apart from this, I have noticed that the people who live in districts that have been designed as types of residential parks, such as Rivera, and the soon-to-be Quartiere Birreria of Grono, tend to maintain long-term tenancies in the same place, rather than those who live in anonymous apartment blocks, where there is more turnover. Good neighborly relations plus a connection with other inhabitants of the area, the sense of belonging to a community, is certainly an important factor when choosing a place to live. In any case, there was not much happening in 2020, due to the Covid-19 epidemic. Many people decided to put their move or change on hold till a later date”.

**Just one last question, will there ever be a male colleague in your agency?**

“Yes, I don’t see any reason why there shouldn’t be. The fact is however that we are used to the philosophy that I explained earlier, that of a work mentality tailored to women. And at the end of the day, I believe that particularity is also a fine business card, capable of conveying female entrepreneurial expertise”.

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**Creating a workplace that is sympathetic to female needs when it comes to organizing the day enables quality of life to be greatly improved.**

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**Fabiana Galli**  
**Year of birth: 1983**  
**Profession: real estate fiduciary, real estate manager AFC (Federal Diploma of Vocational Education and Training)**

She studied at the Bellinzona Cantonal Business School. During an internship at an architect’s studio in Canton Fribourg, she developed an interest in the appreciation of construction and interior design. Following a period of work and study in Munich, in 2012 she began working in the real estate agency that today she manages.

Soundtrack





## Cornmeal bread

### Ingredients

320 g cornmeal maize flour  
 90 g rice flour  
 10 g salt  
 360 ml milk  
 40 ml olive oil  
 1 egg  
 10 g bicarbonate of soda  
 12 g brown sugar

### Method

Mix the flours with the salt and bicarbonate of soda, add the egg and mix, then add the milk and finally the oil. Bring together until smooth. Leave to rest for 30 minutes. Transfer to a tin lined with baking parchment. Brush the top with olive oil and make small incisions with the tip of a knife. Cook in a pre-heated oven at 180°C for 30 minutes.

# Living without gluten

It is estimated that approximately 6% of the western population suffers from gluten intolerance and 1.1% is affected by celiac disease. Whereas two in a thousand have allergic reactions, some serious, to wheat (just by inhaling minute particles). In the face of these statistics, there are mainly two courses of action. The first is to make sure that whoever has difficulty assimilating gluten is aware

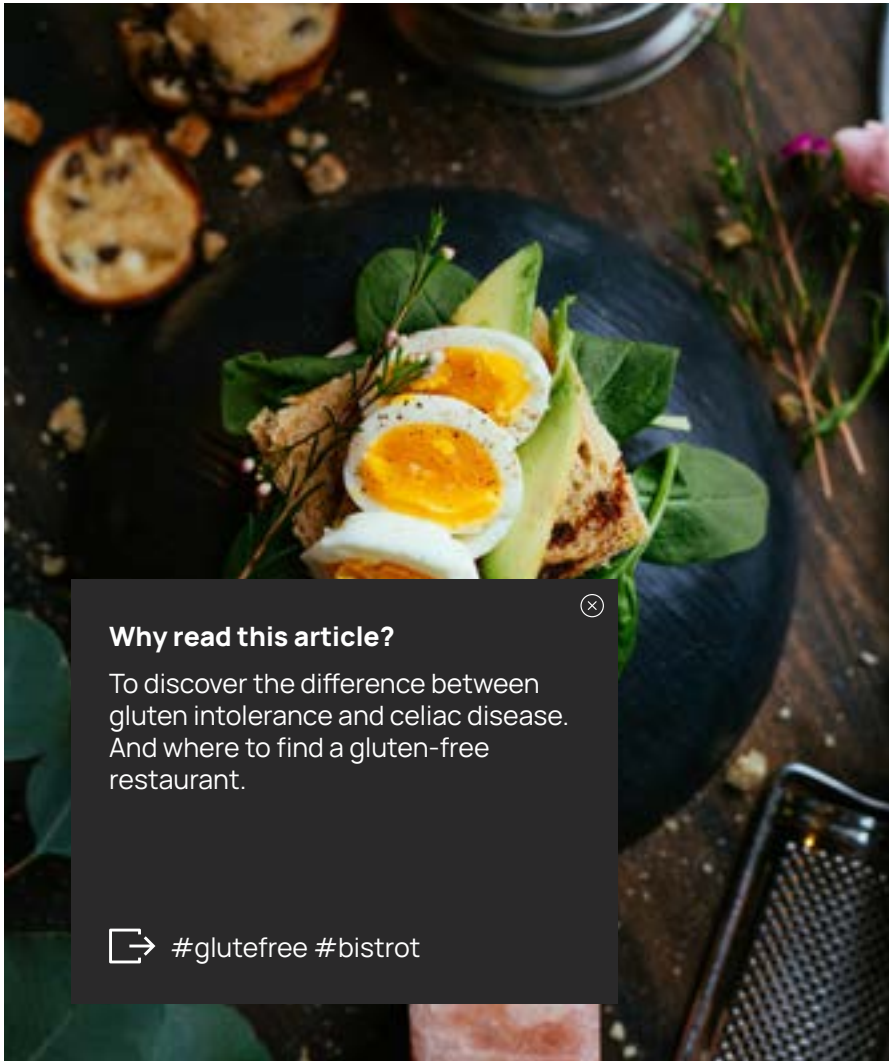
of the problem (many don't even know they have it and associate the symptoms with other causes), then that person should discover how to change eating habits in order to improve quality of life. The second is to provide a choice of gluten-free foods also in restaurants. But first of all, we need to understand what is gluten? What is celiac disease?

### What is gluten?

Gluten is a complex protein that is found in some cereals, most commonly wheat. From a strictly nutritional point of view, it is a compound containing proteins. It also gives dough its viscosity, elasticity and cohesion, all useful characteristics for successful leavening or bread making. So, what's the deal with gluten? The problem is that not everyone has a digestive system that can tolerate it. Indeed, gluten can cause reactions that weaken the body and reduce quality of life. For some people it's a case of intolerance, others an allergy, and in some cases a condition known as celiac disease.

### What is celiac disease?

It is an autoimmune disease caused by the exposure to gliadin, a gluten protein. In those affected by celiac disease, gliadin can cause an inflammatory reaction in the small intestine, which leads to a progressive reduction in the villi that line the intestinal walls, until they completely disappear. The result is difficulty in absorbing nutrients (that are taken up by the villi).



### Why read this article?

To discover the difference between gluten intolerance and celiac disease. And where to find a gluten-free restaurant.

➔ #glutefree #bistrot

The only effective known treatment is a gluten-free diet.

### What celiacs can eat

In order to avoid damage to the body and the symptoms associated with the disorder, whoever suffers from celiac disease should not eat foods containing gluten. Even small amounts of gluten can cause inflammation. For this reason, even when eating gluten-free foods, it is necessary to check the origin. What does that mean? They must not have been manufactured in the same place as products containing gluten, to avoid there being any traces.

Celiacs therefore can eat vegetables, pulses, fruit, and animal products (meat, fish, milk, cheese, eggs) and must only be careful with products made from cereals. For example: bread, pizza, pasta, cakes. Moreover, bakery products normally contain yeast which includes gluten. Celiacs though don't necessarily have to do without a plate of pasta, a bruschetta or a dessert. There are cereals and raising agents (such as bicarbonate) that do not contain gluten. The most common gluten-free cereals are rice and corn (so no worries about risotto or polenta). You can also easily find buckwheat, quinoa, sorghum, amaranth, and millet in grocery stores (even non-specialist ones) and supermarkets. Oats are also a gluten-free cereal and have important nutritional value, but make sure they are certified gluten-free, as in some cases they are processed in factories that also handle wheat, and some cross-contamination is possible.



### The gluten-free alternative

The quantity and quality of gluten-free cereals on offer allows one to be creative in the kitchen and to prepare some mouthwateringly delicious dishes. A celiac however needs to have absolute certainty that the dish does not contain gluten, and assistance in this regard comes from specialist gluten-free restaurants, where there is an assurance that ingredients containing gluten do not contaminate those without. In the Mesolcina region, B Atelièr Bistrôt in Grono (GR) is an example of a gluten-free premises (a rarity in the Italian-speaking part of Switzerland). This choice was dictated by the experience of the Galli family, and was recently the subject of an article in the Cooperazione magazine. 9-year-old daughter Ambra was diagnosed with celiac disease, and then her father discovered he couldn't eat gluten either. The family quickly realized that if you wanted to eat out, the selection of

gluten-free dishes was almost non-existent. And so, the idea came about to open a bistro, that would shine a light in the catering world and offer an alternative for people affected by gluten disorders.

# In the name of maize



Baldolomero Alejandro López Zazueta  
Chef



Bistrôt

There is a cuisine that is traditionally gluten free, and that is Mexican. The reason is simple: in the preparation of the typical recipes of this South American country, they use a cereal that is almost exclusively deficient in gluten: maize (otherwise known as corn, sweetcorn, corn on the cob). This is also why Grono's B Atelièr Bistrôt decided to ask for advice on possible gluten-free restaurant offerings from chef Baldolomero Lopez. Originally from Mexico, Lopez has international experience, and is currently in charge of food service at the Mauri Concept restaurant in Lugano. Here is our interview with him.

**Chef, have you always had a gluten-free cuisine in Mexico?**

"Gluten is present in a few cereals, but not in maize. In Mexico, we use maize to make tortillas, which are the basis for most of our typical dishes. A gluten-free cuisine is quite normal for us Mexicans, a daily reality and legacy from our culinary tradition".

**You are the proof that even a gluten-free cuisine can be delicious and flavorful.**

"Yes, for example tacos are served with meat, chicken and vegetables. In general, we use a lot of vegetables like sweet potato, beans and lentils. And then of course we add spices, onions, tomatoes, bell peppers, and hot chili pepper, but also avocado, almonds and coconut".

**How do you make tortillas?**

"First and foremost, you need to use cornmeal maize flour. Nowadays they also make them out of wheat flour, but besides not being suitable for celiacs, it's not in our tradition either".

**Baldolomero Alejandro López Zazueta**  
Year of birth: 1987  
Profession: Chef

Having initially trained in electronic engineering, he decided to pursue his passion for gastronomy and enrolled at the Vizcaya de las Americas University in the state of Sonora (MX).

After obtaining his diploma, he worked in numerous gastronomic restaurants in Mexico, Spain and England, where he studied techniques and different culinary cultures. He is currently working at the Mauri Concept in Lugano.



**So do you use the same flour that we in Europe use to make polenta?**

“No, absolutely not. The flour we use is Masa Harina, a traditional maize flour that undergoes a special treatment called nixtamalization”.

**What’s the process?**

“The maize is cooked in a solution of slaked lime (calcium hydroxide), left to rest, washed, and a light-colored dough is obtained, which is then dried and ground into Masa Harina (editor’s note: this process allows the vitamin niacin to be unlocked, that normally wouldn’t be assimilated by the body)”.

**So that’s why in our valleys where the staple food was polenta, the disease pellagra was rife - you on the other hand have never been affected by this as you have been eating maize for thousands of years. What type of dishes do you make with tortillas?**

“The most well-known ones are fajitas, burritos, tacos and nachos. We also have enchiladas, tlayudas and quesadillas.”

**What’s the difference?**

“Fajitas are small bite-sized pieces of meat, chicken or beef, or both, with pepper, onion, chili and spices, which can be served with tortillas or rice or beans (also gluten-free). Burrito is a stuffed meat tortilla, but can also be filled with other ingredients, folded, and sealed. Tacos are tortillas folded into a U, which in Europe are known as Tex-Mex, but in Mexico are not fried. Enchiladas are stuffed tortillas, rolled and served with salsa (chili sauce). Quesadillas are tortillas with a cheese-based filling. Tlayudas are tortillas covered in cheese, meat, bacon, beans, avocado, and vegetables. Nachos are instead well-known in Europe as the wedges of fried tortillas that we normally dip into guacamole sauce or cover with melted cheese and salsa”.



**And for those celiacs who don’t want to give up bread?**

“I would recommend baking an oatmeal loaf. Oats also contain a lot of fiber and help to reduce cholesterol levels. As well as water and oatmeal, you need to use bicarbonate instead of yeast, which can also be added to yogurt. The raising agent used for baking is not suitable for celiacs because it is derived from wheat flour and therefore contains gluten”.

**Have you noticed restaurants paying more attention to celiacs’ needs?**

“There are definitely more restaurants these days that offer celiac-friendly menus or dishes. And overall, in the industry there is more care taken in preparing food. However, there is still plenty of room for improvement, especially when it comes to pasta – not all restaurants offer a gluten-free alternative”.

Soundtrack





Why read this article?

To discover where and when grapes are harvested in the Southern Hemisphere. Which are the vineyards to follow. And when is the perfect moment to go on vacation to celebrate the grape harvest.

➞ #harvest #vacation

Down under  
it's already  
grape-harvest  
time

In our latitudes during the winter months, vines are sticklike and covered in frost. They rest awaiting the Spring when they will be ready to burst into bud. However, at this time it is possible to see vineyards laden with bunches of grapes. You just need to cross the Equator into the Southern Hemisphere. Because it's summer in South America, South Africa and Oceania until March 21st, and preparations are well underway for the grape harvest. Depending on the area and the vineyards, harvest takes place between February and March, but can also be brought forward to January, or delayed until April. So here is a mini tour to discover the grape harvest in some of the Southern countries that are the world's major exporters of wine.

Huge estates, often owned by North American and European wine-maker investors, have made Argentina the world's fifth largest wine producer.

Bistrôt's wine recommendations



La più belle 2015

With a vivid and precise taste, the aroma of ripe blackberries and plums, and delicate spices that lend freshness. Twenty-four months of aging in French oak.

Blend of grapes:  
45% Cabernet Sauvignon,  
40% Carmenere,  
10% Syrah,  
5% Merlot.

Provenance:  
Millahue, Cachapoal valley, Chile.



Naudè 2006

Aged in sessile oak barrels without the addition of chemicals apart from the sulphate for bottling. You can taste citrus fruits on the palate that give it the right acidity.

Blend of grapes:  
54% Chenin Blanc,  
37% Semillon,  
9% Sauvignon Blanc.

Provenance:  
Western Cape,  
South Africa.



## Chile

While not everybody has the opportunity to travel to Chile in March, those who do should not miss out on a trip to the Colchagua Valley. Situated a few hour's drive from Santiago of Chile, the capital, it is the most renowned wine-producing region in this Andean country. Cabernet Sauvignon accounts for 75% of the production from the Colchagua Valley, followed by white wines such as Chardonnay and Sauvignon Blanc. There are also Merlot and Carménère vineyards. In addition to wine-tasting in the local estates, you can also take the cable car to Mount Chaman, not far from Santa Cruz. At the summit there is an astronomical observatory and a reconstruction of sample villages of the ancient Andean populations.

The other Chilean wine region of great interest and renown, especially for its white wines, is the Casablanca

Valley. This is situated slightly north of the Colchagua Valley and extends to the oceanic coasts. You can easily reach it from Valparaiso, which is about forty kilometers away.

The introduction of vines to Chile dates back to the mid-sixteenth century with the arrival of the Spanish conquistadors, and today annual wine production has reached 12 million hectoliters.

## Argentina

The good fortune of Argentine vineyards, as of Chilean ones, is to not be vulnerable to particular diseases or parasites. In these great open spaces organic cultivation is extremely easy. The predominant grape varieties are Criolla Grand and Cereza, derived directly from the first grapes introduced by the Spanish missionaries in the sixteenth century and are used prevalently for the production of white table

Soundtrack



wine. More refined varieties are used for export wines. The main grape type for white wines is Chardonnay, whereas Torrontés is of particular interest for pleasant aromatic wines similar to Gewürztraminer. Among the black grape varieties, there are quite a few types of vines introduced by Italian and Spanish emigrants, as well as international varieties such as Cabernet Sauvignon, Merlot and Malbec (the most promising grape variety among Argentine reds). To see the harvest, it is necessary to travel to one of the wine regions, which are all close to the Andes towards the Chilean border, except Rio Negro (which is the southernmost, in the middle of the Pampas grasslands). The principal regions are Mendoza, San Juan, La Rioja, and Salta. 70% of the wine production comes from Mendoza. The region is situated on an 800-meter-high plateau, and the vineyards are cultivated up to 1,200 meters above sea level, and in some rare cases even higher. Huge estates, often owned by North American and European wine-maker investors, have made Argentina the world's fifth largest wine producer, number one in the Southern Hemisphere with production ranging between 13 and 15 million hectoliters a year (to put this into perspective, it is approximately a third of what the world's main producer Italy supplies).

### South Africa

If you are able to fly to Cape Town between January and April, you can take the Route 62 and tour the Winelands. Route 62 is considered the longest wine route in the world as it connects 850 kilometers of road between Cape Town and Port Elizabeth. Route 62 cuts through the wine regions of Wellington, Tulbagh, Worcester, Robertson, and Klein Karoo, meandering through enchanted landscapes and cities brimming with attractions: starting with safaris and adventure sports such as riding with ostriches. Those who love Port wine can stop for a tasting at Calitzdorp. The most

commonly cultivated grape in South Africa is the Chenin Blanc, called "Steen", which is used in particular to produce ordinary everyday wines. In any case white grapes are cultivated the most in South Africa, especially the "international" Chardonnay and Sauvignon. Among varieties of red grape, the most important is Cabernet Sauvignon, followed by Cinsault, Merlot and Shiraz. There is however a local peculiarity, now present in California and New Zealand: Pinotage, a cross between Pinot Nero and Cinsault, which produces good wines of a medium-high quality. 2020 was a memorable year for South Africa's harvest, with a growth in yield of grapes for wine production of over 8%. The weather conditions were very favorable in the majority of the ten wine regions and also the quality of the wines is very promising. Exceptional wines are expected in particular from Chenin Blanc and Chardonnay. The reds on the other hand look to be full-bodied with concentrated taste profiles. Therefore, there are high expectations also for the 2021 harvest.

### Australia

If you have decided to overwinter in Australia, not far from the major cities (Sydney, Canberra, Melbourne, and Adelaide) you will find the wineries that produce most of the wine to come out of the cellars of this island-continent (which competes with Chile and South Africa for sixth place among world wine producers).

Barossa Valley is an unmissable place for lovers of viticulture. Around seventy kilometers from Adelaide, in an area of outstanding natural beauty, Barossa hosts the biggest names in Australian enology, such as Penfolds, Wolf Blass, Jacob's Creek and Henschke Cellars. Here you will also find Seppeltsfeld, the only winery company in the world to offer each year a single vintage wine aged 100 years: the 100-Year-Old Para Vintage Tawny. In this

area the most popular varieties are Shiraz, Cabernet Sauvignon, Mataro (which corresponds to the French Mourvèdre), Grenache, Red Malbec, Riesling, Sémillon, Hermitage Blanc and Clare-Riesling. Furthermore, there are numerous award-winning restaurants in the Barossa Valley.

Note: wine making also occurs in Western Australia near Perth, and even on the island of Tasmania. Vineyards are rare in Queensland and in the Northern Territories. Australia's close relation, New Zealand also puts up some fierce competition: a long dry Fall (our Spring) allows for slow maturation that gives the wine intense aromas.



# Grape-harvest wine festivals

**In rural culture, the grape harvest is connected with moments of celebration and drunkenness. Here is a brief guide to the main wine festivals of the Southern Hemisphere.**

## **Santa Cruz, Chile**

The wine festival in Santa Cruz takes place during the first days of March. It is Chile's most important Creole festival and for three consecutive days the city reclaims the rural traditions and cultural heritage of the mid-South of the country. During the festival, visitors are invited to participate in activities at the wine cellars of the Colchagua vineyards and to find out how the experts go about making their excellent and characteristic Colchagua wines. But it is essentially a folk festival, where people meet up in the squares and parks to drink and celebrate together. It is an opportunity to discover the gastronomy and local crafts, traditional games, and to watch the Miss Grape Harvest contest.

## **Mendoza, Argentina**

Mendoza's National Harvest Festival has been described as one of the five biggest events on the planet, up there with the likes of The Dragon Boat Festival in China; Rio de Janeiro Carnival in Brasil; Venice Carnival in Italy, and the Pamplona San Fermin Festival in Spain. It is without doubt the most important world festival held in honor of wine and the first edition dates back to the 1930s. Celebrations take place throughout the 18 regions that make up the

province at the foot of the Andes during February and March, and culminate in a massive public street party in Mendoza. The most important events take place between the first Friday and Saturday of March: the "Carrusel" and "La Via Blanca" (the procession

of carnival floats through the streets of the city); the great Central Act, performed in the Frank Romero Day Greek amphitheater. Hundreds of actors and dancers take part in this grand-scale extravaganza of lights, dance and music, with spectators numbering tens of thousands.

The festival concludes with the crowning of the National Harvest Queen and a spectacular fireworks display.

## **Robertson, South Africa**

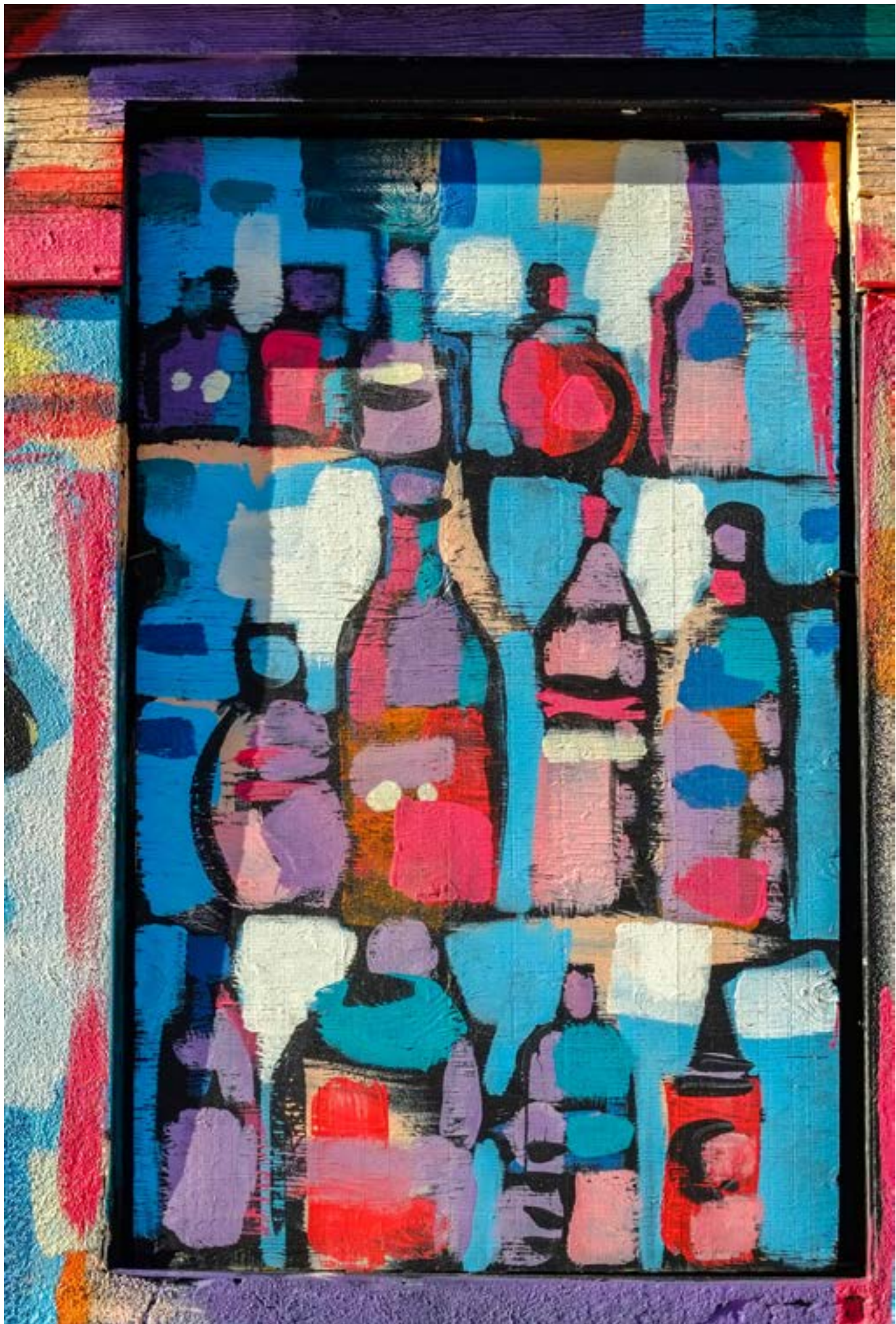
At the end of February, Robertson on Route 62, the South African wine route, hosts the Hands-on Harvest Festival, a celebration of wine. The towns of Ashton, Bonnievale, McGregor, Montagu, and Robertson in the Valley of Wine and Roses, offer the possibility to follow the journey of grapes from vine to barrel through grape picking and pressing and obviously also tasting the wines and local produce.

Due to the Covid-19 pandemic in 2020, the festival did not take place, but sometime in the future when the emergency is over, those who choose a trip to South Africa in February must surely put a note in their diary to celebrate Robertson's grape harvest. Also, not to be missed is seeing how a Pinotage Rosé is produced.

## **Barossa, Australia**

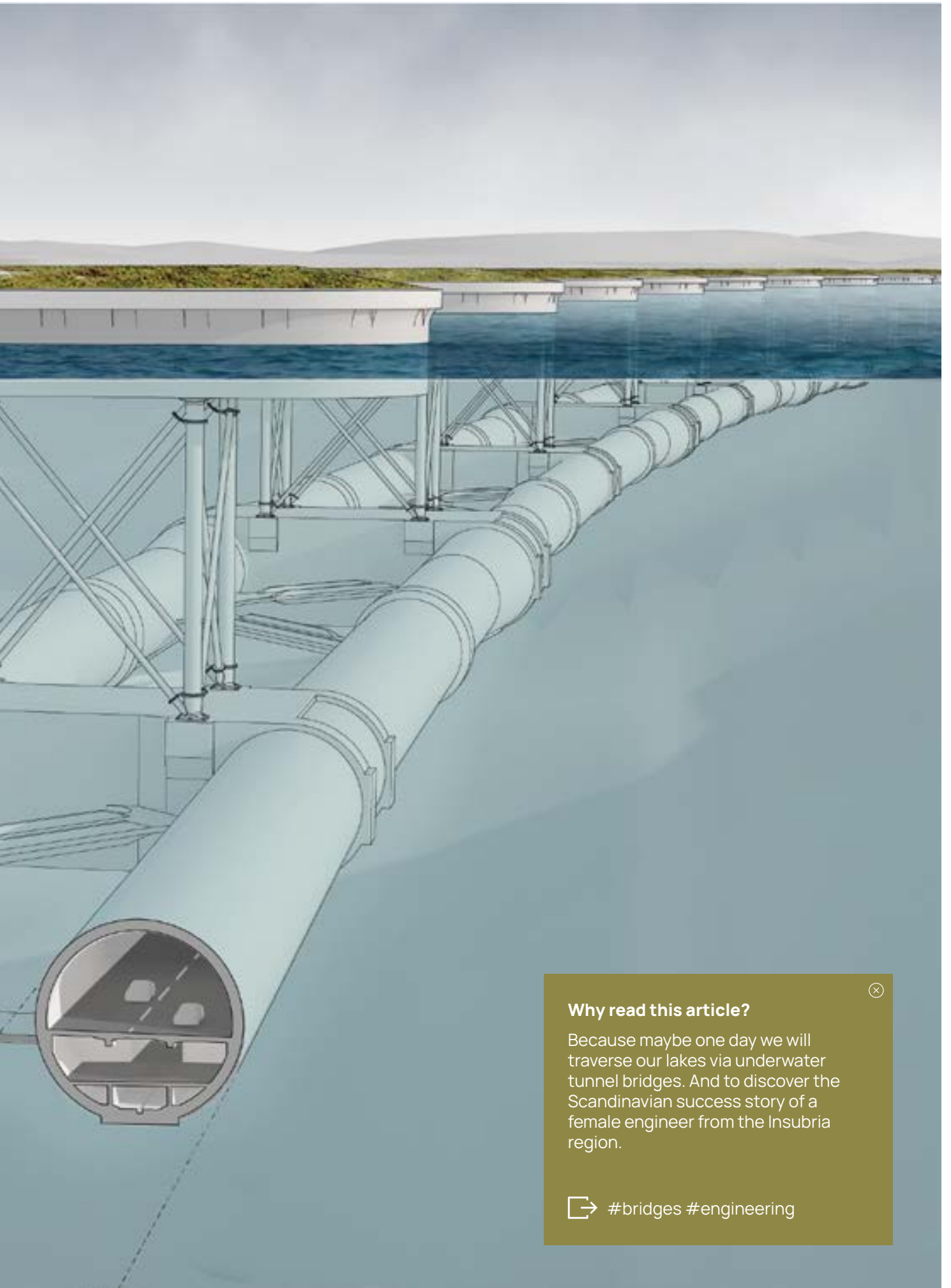
If you happen to be in Australia on April 17th 2021, make sure you end up in the Barossa Valley, and in particular on the sidewalks between Tanunda and Coulthard House in Nuriootpa. That way you will be able to watch the Vintage Festival Parade. Fanfare, carnival floats – over 60 took part in 2019 - and thousands of people will live up one of the most renowned areas of the Australian wine industry.

The Barossa Vintage Festival is an event that has been taking place every two years since 1949 and enjoys huge popular support. Besides typical products, markets, and wine tastings, one of the attractions of the festival is the exhibition of homemade original scarecrows along the valley roads. The scarecrows start appearing in the fields and vineyards in March and are one of the icons of the Barossa Festival.



# THE BRIDGE THAT EXISTS, YET IS NOT SEEN





**Why read this article?**

Because maybe one day we will traverse our lakes via underwater tunnel bridges. And to discover the Scandinavian success story of a female engineer from the Insubria region.

 #bridges #engineering

Norwegians have been a race of intrepid navigators ever since the time of the Vikings. The necessity to be so then and still today is dictated by the immense fjords that plunge into the North Sea. Instead of climbing lofty peaks, it is much easier to part the waves to cross from one side to the other. This familiarity with sea water, explains why over the last couple of years Norway has invested in the construction of tubular floating bridges below sea level. Engineering jargon refers to them as Archimedes' bridges and the person leading the research is a female engineer hailing from a freshwater city not far from Ticino – Como. Her name is Arianna Minoretti and she works for Statens vegvesen, Norway's public roads administrator, and lives in Trondheim, the third largest city of this Scandinavian country. We conducted an interview with her for Bistrôt.

Soundtrack





**An Archimedes' bridge is a tubular structure for the transit of vehicles that is positioned under the surface of the water in order to connect two opposite shorelines.**

**First of all, what is an Archimedes' bridge?**

"It is a tubular structure for the transit of vehicles that is positioned under the surface of the water in order to connect two opposite shorelines. It may cross a stretch of sea or lake, and it uses the famous Archimedes' principal. We can describe it as a submerged floating tube bridge. It doesn't sink because it receives an upward push from the liquid in which it is immersed, the same per intensity as the weight of the volume of the displaced liquid".

**Do Archimedes' bridges already exist?**

"They are not a new idea, as they were designed at the end of the 1800s but have never been built as the necessary technology was not available".

**Is it available now?**

"Yes, the technology has been around for approximately 40 years. Capitalizing on investments made in research to anchor petroleum platforms to the seabed, there have been developments in technology that allow us to plan and build an Archimedes' bridge safely".

**But so far, you're only at the feasibility-study stage.**

"Yes. There are no concrete projects underway as yet. Norway, however,

is at the forefront of these studies as we have already conducted research and testing to connect the banks of some fjords via these Archimedes' bridges with a view to redefining the E39".

**What is the E39?**

"It is a 1,100-kilometer-long European highway that runs from Trondheim in Norway, following the coastline, and ends in Aalborg, Denmark. The majority of Norway's freight traffic uses this North-South route, but at certain points the journey is winding and arduous, and along the way there are various ferry crossings from one fjord to another. This is why Norway has been working for some time on a project to find alternative connection solutions. Archimedes' bridges figure among the possible contenders".

**What is your role in this project?**

"I'm head engineer, responsible for the feasibility studies into an Archimedes' bridge along the E39".

**How did you get involved in this project?**

"In 2013 my husband, a professor who was a researcher at the time, got a job at a Norwegian university. As I was self-employed in Italy, at the end of 2013 I began to look for employment in Norway. I applied for a job advertised in Norwegian public administration, they were looking



**Arianna Minoretti**  
Head engineer, responsible for the feasibility studies into an Archimedes' bridge along the E39



**Arianna Minoretti**  
Year of birth: 1979  
Profession: Civil engineer

After graduating in Civil Engineering from the Milan Polytechnic, she was project/construction manager for Studio Minoretti from Como and collaborated with other firms at an international level. In 2014 she was hired by Statens vegvesen and subsequently relocated to Trondheim in Norway. She is chief engineer at the Norwegian public roads administration, responsible for the feasibility studies into an Archimedes' bridge along the E39.

for an engineer with experience in the design of reinforced concrete structures. I had that experience and was hired in 2014".

**Let's return to technicalities. At what depth is the bridge positioned?**

"At approximately twenty meters from the surface, but it is possible to cross seabed even hundreds of meters deep".

**How long can an Archimedes' bridge be?**

"It depends. Up to a few hundred meters the bridge does not need anchorage or particular support, but for longer distances it is possible to build one tens of kilometers long, provided there are pillars or vertical stabilizing elements in place".

**What is the diameter of the tunnel and the construction material?**

"This also depends on the use intended for the tunnel: road traffic only or railway as well. The project

we have designed here in Norway would have two separate tubes and a diameter of 12.5 meters. The structure would be in reinforced concrete".

**What is the cost of an Archimedes' bridge?**

"There are quite a few variables. In general, this type of bridge has the advantage of costs remaining stable regardless of the length, whereas the cost of other bridges increases with length. If we apply the proposed technology for the Norwegian fjords, for example Bjørnafjord, a reference figure could be 600,000 Euro (editor's note: approximately 650,000 Swiss Francs) per linear meter. However, in the absence of central elements, the cost could be reduced to 170,000 Euro per linear meter, as in the design proposed for the Digernessundet".

**So are we talking about investments in the billions? Are they likely to ever come to fruition?**

"Yes. We have studied scenarios for three connections in three different fjords. In one case, due to the Covid-19 situation and the resulting world economic crisis, the project has been postponed. In another, an already-tried-and-tested floating bridge option has been decided, and in the third case, Sulafjord, we are awaiting the outcome of the decision. The distance to be covered would be over four kilometers, and we consider our proposal to be a valid solution".

**What are the advantages of this engineering solution?**

"First of all, there is no impact on the landscape, and it can't be seen from the mainland. Moreover, while floating bridges have to be closed in very rough seas, closures of Archimedes' bridges are envisaged only in extreme conditions, normally you can't feel any swaying. This is because bridges above the surface of the water are exposed to environmental load factors, that can be partially reduced if the structure is immersed in water. We are also carrying out a whole series of specific tests against fire and explosions, which are stress loads that we normally calculate at the design stage".



Ever since the 1960s there have been proposals also for lakes such as Como, Lugano or Geneva, but the necessary technology was not yet available. Now there are studies for Archimedes' bridges in various places in the world.

**Have you also studied the impact on plant and animal marine life?**

"This requires a case-by-case analysis. The ecosystem must be studied at a certain depth, and this changes according to area, as it depends on the type of sea or lake, the currents, and temperatures. An in-depth study is definitely required for each specific application. In any case we are already aware of some general recommendations to apply, for example concerning the reduction of impact during the construction phase".

**Do you know about any other international projects for Archimedes' bridges?**

"Ever since the 1960s there have been proposals put forward for lakes such as Como, Lugano or Geneva, but they have never had the right technology. Now there are ongoing studies for Archimedes' bridges in various places of the world, like, for example, in South Korea, or for the Red Sea. The International Federation for Structural Concrete (Fib) will shortly publish the first guidelines for this type of infrastructure project - a document written by an international

group of experts, which I had the honor of coordinating".

**When will we be able to drive through an Archimedes' bridge?**

"It's difficult to say. The technology exists, we have done all the tests and studies. Now it depends on political choices. In some cases, they may be reluctant to invest in an innovative project that has never been tried before, when there are available alternatives. We will see".

Without doubt the first of these structures to be built will be a trailblazer for many other possible applications and will open up a whole new market for the construction and pre-fabrication industry. "It could be that the first one is built to cross the Straits of Messina...", Minoretti comments, mindful of the fact that an English architect had already proposed a similar solution for crossing the whirlpools of Scylla and Charybdis. After all, the good Archimedes was a Greek from Syracuse, and if names have destinies, then the first bridge inspired by his principle should take shape in his homeland: Sicily.



# ONE MORE VUELTA

## Why read this article?

To discover that behind every great champion, there is a manager capable of understanding the person. And because cycling is ready to thrill Switzerland once more.

➔ #cycling #sport



**Mattia Galli** (on the left, champion Primož Roglič)  
© Bettini Photo

**In order to have a special insight on professional cycling, you need to knock on the door of Mattia Galli.**

**Shareholder of the agency WSP Worldsport Promotion SA, he manages the interests of several professional athletes from his office in Grono.**

**The most famous name is that of Primož Roglič, current number one in the world ranking of the UCI, the Union Cycliste Internationale, and twice consecutive winner of the Vuelta a España, one of the three Grand Tours together with the Tour de France and the Giro d'Italia. What's the driving force behind a champion?**

**We discussed it with Galli.**

**Galli, let's start from the road, from the races. Which one was the most emotional?**

"I could mention a few; from Jan Tratnik's victory, in the vesture of team member in the sixteenth leg of the Giro d'Italia, Attila Valter's first tour as a professional in the Tour of Hungary, to the Liège-Bastogne-Liège, first classic title for Primož. Perhaps I ought to say the thirteenth leg of the Vuelta, November 3rd against the chronometer, when he took back the red jersey and wore it to the end was unforgettable. He won the chronometer by a second and this was a liberating moment for him as it meant he had banished the ghosts of the 2020

Tour. In September in France, he had lost the yellow jersey on the last chronometer. Victory in Galicia had significance, to be able to say: I am back. I can still win the race against time".

**Do you follow many professional cycling races?**

"I attend numerous events throughout the year. From a professional point of view, it is essential for me to be close to the athletes and be present in this environment, in order to strengthen relationships or strike up new ones, and also to follow the future generations. Cycling is an itinerant sport and apart from team retreats,

in general there aren't any places where cyclists meet up when they are not competing. There are team headquarters, but everyone trains on their own wherever they live".

The first thing to do is to secure a contract for them with a cycling club. But in actual fact we take care of all sorts of details to do with the smooth running of an athlete's daily routine



**Mattia Galli**  
Year of birth: 1980  
Profession: UCI Riders' Agent

After graduating from the Bellinzona Cantonal Business School, he dedicated himself to economics studies in Fribourg, where at the same time he also pursued a career in competitive cycling. After a few seasons of competitions in the Under 23 category, he began to manage the interests of some fellow cyclists and made preparations to become a FIFA Players' Agent. He is active in the world of cycling and football. He manages WSP Worldsport Promotion SA and MG Players Agency SAGL.

### How do you become a manager for professional cyclists?

"You need a license issued by the UCI, the Union Cycliste Internationale. In my case I entered the profession because I had taken part in cycle races in my youth up to the first years of 2000. I didn't turn professional and while studying, I started managing a few of my friends, like Patrick Calcagni, today my associate, and also other cyclists".

### Are your clients all cyclists?

"Mostly yes, but I am still partially active in the football sector, albeit less than before".

### Is there a difference between the two types of athlete?

"Well, every athlete has his or her own character with qualities and flaws. Football is a pure team sport, and cycling is an individual sport where you need the team to win. In general cyclists are probably more independent and obliging."

### Apart from Roglič, who else is on your books?

"I am agent for eighteen athletes. Thirteen professionals, four in the youth category U23, and one mountain biker. Hungarians, Norwegians, Slovenes, Colombians and also Swiss, starting with Matteo Badilatti, who competes for Groupama-GDJ, and Ticinese mountain biker Filippo Colombo".

### What service do you offer them?

"The first thing to do is to secure a contract for them with a cycling club. But in actual fact we take care of all sorts of details to do with the smooth running of an athlete's daily routine.

It is also our responsibility to provide the person with psychological support".

### Does professional cycling still attract sponsors?

"Cycling with its international connections has always been an attractive sport for companies from diverse sectors. Insurance,

### Soundtrack





## Many cyclists like champions Nibali and Aru live in Ticino. The Italian part of Switzerland offers them the perfect conditions to be able to pursue their interests as well as enjoying a good quality of life

telecommunications, energy, banking, supermarket chains, lotteries, the service industry etc. These days it has also become an opportunity to promote particular countries. Israel, Bahrain, Kazakhstan (editor's note: Astana), and the Arab Emirates have teams in the World Tour and are eager to affiliate themselves with an eco-friendly sport that is widespread and ever more present in society like cycling”.

### Coming back to Switzerland, when will there be another Cancellara?

“There are already many young emerging talents, such as Marc Hirschi. This 22-year-old competes for Team Sunweb and this year he won a leg of the Tour and the Freccia Vallone, and also finished third in the Road World Championships and at the Liège-Bastogne-Liège. With his ability, he will be able to give his best performance concentrating on the Grand Classics and also, why not, in the stage races. And what a coincidence – he is from Ittigen, the same municipality as Cancellara”.

### Ticino is also a land of imported cyclists.

“Yes, it's true, many cyclists like champions Nibali and Aru live in Ticino. I don't think it is solely for tax reasons, but also because the Italian part of Switzerland offers them the perfect conditions to be able to pursue their interests as well as enjoying a good quality of life. This year also the world time-trial champion, Filippo Ganna has moved to Ascona. You can often bump into him peddling around the Mesolcina region”.

### There are some small countries like Slovenia, approximately 2 million inhabitants, that churn out champions: the person who beat Roglič at the Tour is a fellow young Slovene, Pogacar. Is there a secret for success?

“Slovenia has made great investments and really believes in sport, it boasts world-class athletes in numerous disciplines: Doncic, Dragic, Maze, Gajser, Stuhec, Prevc, to mention a few. In cycling, they are reaping the benefits of a movement that is growing continually. There is also the emulation factor – today sportsmen and women are increasingly seen as role models for younger generations”.

### Will Roglič try again to win the Tour in 2021?

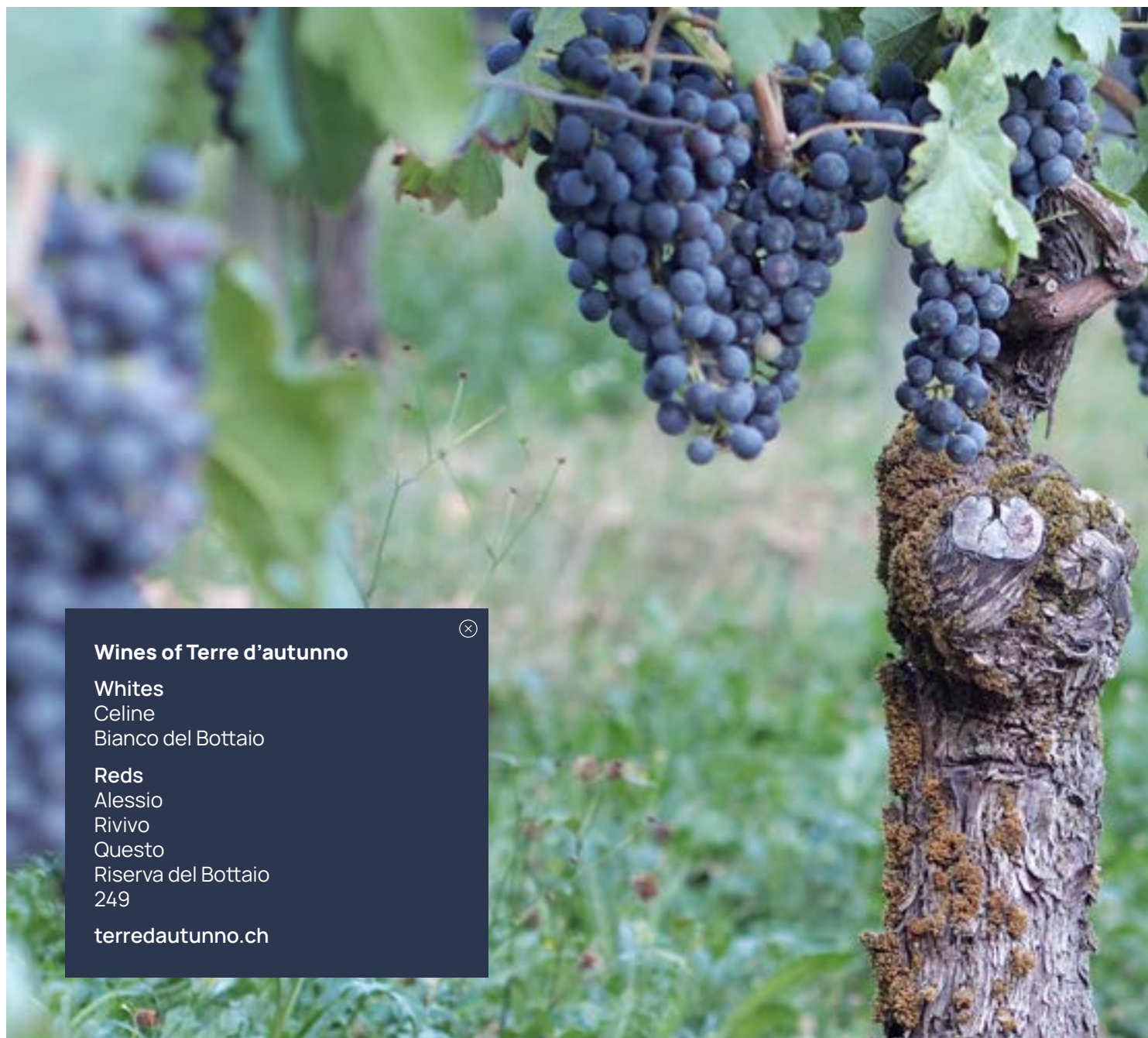
“It's too early to plan a definitive program, it will depend of course on how the season turns out, given the unpredictable Covid situation, and on the strategy of the team (JumboVisma, editor's note). Certainly, after fourth place in 2018 and a bitter second in 2020, the top step of the podium on the Champs Elysées remains his primary objective”.

So, in 2021 Galli will continue to support his champions in the most exciting cycling challenges, and who knows, maybe one day in the not too distant future he might return to Grisons with a yellow jersey in his suitcase.



# The wine that has aromas of the Ticino woods

Bisnò



## Wines of Terre d'autunno

### Whites

Celine  
Bianco del Bottaio

### Reds

Alessio  
Rivivo  
Questo  
Riserva del Bottaio  
249

[terredautunno.ch](http://terredautunno.ch)

A popular saying is that good wine comes in small barrels. But rather than the dimensions, it is the quality that matters in Lumino, where the preference is for the wine to be refined with the aromas of the Ticino woods. The result is a wine that tastes of terroir from grape to barrel. All credit to Davide Biondina, who decided that it wasn't enough just to be a skilled grower of vines and expert winemaker, but also an experienced barrel maker. We interviewed him.




## Soundtrack



**Davide Biondina**  
Year of birth: 1978  
Profession: forester, vine grower-  
winemaker-barrel maker.

After his apprenticeship as a forestry worker, he obtained the technical professional diploma and attended the Maienfeld Forestry High School. Since 2001 he has been active in cantonal administration as a forester. Between 2000 and 2010 he took various courses in viticulture and winemaking. Self-taught he learnt the profession of barrel maker which he still practices today in the winery he founded with his wife in 2016.



 **Davide Biondina**  
Viticulturist and winemaker

### **You run the Terre d'Autunno Vineyard and Winery with your wife, Rahel Kuhn. When did you get a passion for vines?**

"It's a family tradition. I grew up watching my parents cultivate vines in Monticello and Lumino. Ever since my childhood I have always been involved in grapes and winemaking, and I am lucky to be able to share this passion with my wife".

### **So, did the passion for barrique barrels come later?**

"Yes, it's a characteristic of our winery that that we have introduced over the years, when we decided that our wine should have a 100% local taste".

### **So presumably you use local wood, do you?**

"Yes, ours is a zero-kilometer wine. We select the tree and cut it, wait 36 months to complete the drying and

seasoning process, and then we craft the barrique barrel. At this point we need to toast it by placing a brazier inside the barrel".

### **A long, laborious process. How many barrique barrels do you produce?**

"About 10 a year".

### **And how long does a barrel last?**

"We change them every 3 years".

### **Do you need a specific type of wood?**

"Oak is the best wood. We have also tried larch or chestnut, as they are typical local trees, but they don't offer the same guarantees as oak wood does".

### **How large are the barrique barrels?**

"Classic French barriques contain 225 liters, but the ones we produce hold 300 liters. This is a deliberate winemaker's choice, in order for the oak to impart a more delicate flavor to the wine".

### **You have to fill them though.**

### **What type of grape do you grow?**

"The vast majority are Merlot grapes. This is a variety that has acclimatized well in Ticino over many years, and produces a good wine, and this year again we have had a few of our labels win awards at a national level. Nowadays Ticino Merlot is well known and identifiable. However, we would like to try growing new varieties. You need to experiment to see if a grape is suited to the area, and if it can produce good wine. For example, we have just recently planted the white-grape variety Sauvignac, which is particularly disease resistant and hardy. It can produce well-structured white wines (like Riesling, editor's note)".

### **How did the 2020 harvest go?**

"I have to say that in general it was an excellent vintage, one of the best in the last decade. We can already start drinking the whites in Spring. The reds however will be barrique



aged for 12 months, to be then refined in the bottle, so overall it takes a few years from harvest to market. Reserve reds however are barrique aged for two years”.

**When is the best time to open Reserve red wines?**

“I would say after 5-7 years”.

**How many labels do you have?**

“Seven. Five red and two white. The whites are a Bianco di Merlot and a pure Viognier. Then we have three pure Merlots: “Alessio”, “Riserva del Bottai” and “Rivivo”. This last one is aged in barrels made of sessile oak from the Monte Verità Foundation Park, Ascona. “Questo” on the other hand, is a Merlot with a small percentage of Cabernet Sauvignon. We co-produce it with the Mondò winery in Sementina. Finally we have “249”, which is the only wine not originating from local Ticino grapes. This Barbera d’Asti is produced in collaboration with the historic Coppo wine cellars of Piedmont and is aged in our barrels of Ticino sessile oak stored in the wonderful “underground cathedrals” of Canelli”.

**How do your particular wines take shape?**

“We make wines from the single varieties of each vineyard, then only afterwards consider our options to barrique age them”.

**Has the wine industry suffered as a result of the pandemic?**

“We have managed quite well despite everything. As well as our local client base, including restaurants and grottos, we are seeing an increase in online purchases, also from a clientele beyond the Gotthard”.

**It’s time to sit down and eat. Which dishes combine well with your wines?**

“Fresh and fruity Alessio would be excellent to accompany a platter of cured meats, a typical dish of our valleys. To stay with our local culinary specialties, a reserve Merlot



goes well with polenta and stew. I would combine a Viognier with cheeses that are herby or slightly piquant with chili or pepper”.

**One last question – does a wine grower have a rest in winter?**

“Not really. After the grape harvest we have vinification, followed by pruning, then it’s the arrival of Spring and bottling. There is always something to do”.

Thus, Biondina bids us a quick farewell and rushes off to his next appointment. Wine doesn’t make itself, commitment and wisdom are required, but through the words of this wine producer, the enthusiasm and passion he conveys, we understand that this activity can be enormously satisfying.





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# End—

#bistrotwines #grapevariety  
#sauvignonblanc #chardonnay  
#johanniter #doral #dezaley  
#nebbiolo #negroamaro  
#pinotnoir #merlot #syrah  
#tempranillo #glera #erbaluce  
#viognier #pinotbianco  
#pinotmeunier #barbera  
#monasterell #gamaret #diolinoir  
#areni #malbec #carmenere  
#cabernetfranc #petitverdot  
#sangiovese

