

for me) with Franco and Matteo. It was nice to hear them talking about their experiences in Southern Italy although Franco wanted to mostly talk about Holland.

Yesterday I updated my project and ate some porridge with Myrthe before driving to Amersfoort. There we parked the car near Arjian's apartment and I took Myrthe to the city center where she met a friend. I then walked alone through the city taking a lot of videos and finally got out following the river north and finding at last a very nice landscape with deer and swans and distant small hills. Back to the city I was very hungry and joined Arjian's birthday talking to his sons in law who were very interested about my project. After playing with the kids finally we got some lasagna. As Myrthe was tired we drove home and stopped briefly at the supermarket. It was rainy and cold but the house was warm and we watched some more series.

Yesterday I updated my project and walked with Myrthe to the supermarket to get some croissants we ate for breakfast. For lunch we ate a salad and then took a walk to the small zoo in the village despite the wind and gray weather. Later we stopped in a cafe where I again updated the Juridic part of my project before going home and draw. In the evening I played rummy with Myrthe and then cooked salmon with mushroom. We also got some fries to eat with them but they were too much. After watching the news we kept watching a series and interacting with little Livia soon ready to come out of Myrthe's round belly.

The other day I wanted to go for a run but the weather was once again bad and I updated my project and painted. For lunch we ate a salad and then walked to the library and to a cafe where I updated the Juridic part of my project. Back home I got to talk briefly to August about the new school he has picked. After drawing I played rummy with Myrthe and cooked a pasta with cauliflower the way Franco taught me and relaxed with her on the sofa watching the new and then our series.

Yesterday I updated my project and went for a run enjoying a bit of sun. I then showered and followed Myrthe to the midwife. Back home we ate the leftover pasta and then I painted before going for a small walk along the river. It was actually quite flooded with the actual path underwater and we had to turn back to the city where we stopped at the library. Back home I did a watercolour and my drawings before cooking a veggie wok and relax with Myrthe on the sofa watching a series.

Yesterday it was again gray and I quickly updated my project before driving Myrthe to Utrecht to be with Petra and little Janna. We then took a little walk to pick Pepjin at school and then got some Turkish pizzas on the way home. After eating and playing a bit with the kids I took a walk to Utrecht and got to also arrange the selling of my Swedish apartment, likely to my Greek tenant if she finds the money. On the way back I picked Myrthe and drove home. While I often feel it would be safer for our family to stay in the Netherlands yesterday I particularly felt shit about not being able to go back to the alps. Myrthe was also not so happy that August is coming so soon and she might still have to give birth. After talking to August and Marco on the phone my mood got better again and Myrthe and I went to do quite some grocery for the coming days. Back home she made a salad with grilled veggies and I drew before watching TV and eat a macedonia with popcorn.

The other day I updated my project the entire morning and wanted to go for a run but the weather was too rainy. Myrthe woke up late and we ate a salad before walking to the second hand shop and later to the city to buy a bag of food for Nero and a microwave. Back home she baked cakes and I updated the Juridic part of my project before painting and drawing. In the evening we ate a slice of salty cake and watched TV.

Yesterday I updated my project and went for a run to the fort. The river was still heavily flooded making me feel more assure I want to move to the alps. For lunch Myrthe was gone with Francis and ate a salad and a slice of salty cake I warmed with the new microwave. In the afternoon there was finally some sun and I was ready to walk out to record my thoughts but met Myrthe on the way and we strolled around together. Back home I did some drawings an played some rummy with her before cooking a soup with tortellini. The rest of the evening we spent watching the news and our series and caressing Livia who is due in a few days.

The other day I updated my project, painted and prepared an illustration. Pregnant Myrthe woke up quite late and took at easy before taking a walk to the biological farm. It was closed but we anyway managed to do a little walk through the sustainable neighborhood and then back home where I reused the leftover soup to make another soup with risoni pasta. Myrthe's father also came by to eat it. After he left we watched TV.

Yesterday it was finally a bit sunny and I updated my project before driving with Myrthe on the other side of the river and to the small village of Doorn. It wasn't that interesting and Myrthe too tired too explored so we ate two pancakes at a family restaurant and then visited the pyramid of Austerlitz. I was quite impressed about it, particularly in the flat Dutch landscape. I was inspired by the new iron staircase, something to look for my alpine project despite the mound being on the verge to deteriorate. It was nice to drive back home taking the boat across with the river quite flooded. At home I watercoloured an illustration with the window open trying to get some sun despite the cold wind. Afterwards Myrthe and I went to do grocery and back home I cooked spinach and lentils before drawing. In the evening we played rummy and then ate the spinach and lentils with tomatoes and feta cheese before watching some TV.

Yesterday I updated my project and went with Myrthe for a walk in the ugly modern suburb of Culemborg. On the way back we ate the leftover spinach and then we sat outside to enjoy a bit of sun while I prepared a new illustration. Back inside I finished to write a description for each of my 36 works. I then took a walk by the river recording my thoughts and back home played rummy with Myrthe before doing more drawings and a paint. In the evening she made Asian noodles. After eating I scanned a pile of drawings while watching a documentary on ancient Rome and prior to lay again on the sofa to caress her pregnant belly watching more episode of the American series.

The other day I updated my project and then drove with Myrthe to Nederijn. It was an unusually sunny day and we parked next to the peculiar church to then walk along the big and agitated Waal and down to a cafe where we ate sandwiches. Back home it was still sunny and I went for a walk along the river to record my thoughts. I then colored an illustration but got a flickering eye coming down to cook food. I then laid in bed waiting for the migraine to come but it didn't really.

Yesterday I updated my project and walked with Myrthe to the midwife. She had nothing really to tell us even though it is now time for Livia to come out. After eating bread and some leftover pasta we drove to Groninchem. It was still sunny and nice along the Waal. We explored the city and got Myrthe in a cafe for some coffee and cake she ate also to distract her a bit from always thinking of the baby. Back home I again went out to take a walk and record my thoughts and in the evening I drew and watercoloured before playing rummy with Myrthe and eat the very nice meatballs she made using local meat.

Yesterday I updated my project, baked bread and then went for a run. Back home I showered and we ate the bread with a bean soup. Myrthe was a little down of the fact Livia was not yet born and I took her for a fun walk in the city where people were still celebrating carnival. It got sunny and I took her home to go again for a walk by the river and record my thoughts. At home I did some drawings and then ate a spinach salad with Myrthe before caressing her in front of the TV.

Yesterday Myrthe woke me up that her waters had broke. We then stood up, showered and I cooked her some scramble eggs. At six in the morning we called the midwife who only came at 9. As Myrthe started having painful contractions I stood on her side and updated my project and painted an illustration in between. For lunch I cooked some tortellini and at two in the afternoon Myrthe cervix was still quite closed so we had to go to the hospital were she got an epidural anesthesia after which she was no longer in pain. They also gave her hormones to stimulate the opening of the cervix and I had the time to go down to the cafeteria to eat a salad. After drawing and watching some TV at last the cervix was big enough and the nurses and doctor came in the room again this time to have Myrthe to push the baby out. They used a fan to suck her head up and at the fourth contraction the doctor called me to pull her out and give her to Myrthe. Baby Livia thus was born and I spent some time sending the news to my relatives and friends as well as getting to hold her after Myrthe's first attempts to breastfeed her.

Two day ago it was the first for Livia. In the morning we coddle with her and ate some breakfast before Myrthe's mother arrived to visit us. I then went to the municipality to register and on the way back bought some yogurt, cookies and mandarins. Myrthe's father was next to visit and he felt really proud of the new born. In the evening I went out again in the modern downtown to eat a Turkish pizza and in the hospital Cas paid a visit.

The other day it was very sunny and we drove Livia home. It was nice to pack the car and bring Myrthe and her on a wheelchair to the garage. Thirteen years ago when I drove August back from the hospital in Uppsala it was also unusually sunny. In Culemborg Myrthe's brothers and their families all came for lunch. Ivo prepared a pasta with pesto and I plated a bit with the kids before sleeping a bit with Livia. A nurse arrived to assist Myrthe and I took a walk by the river recording my thoughts. In the afternoon I went for several errands and posted the baby cards and bought a cream fro Myrthe's soar nipples at the pharmacy. I also bought an expensive stake I cooked for Myrthe with some veggies. Livia was very hungry in the night and cried. After singing songs to her to tranquilize her I was finally able to update my project.

Yesterday I was quite asleep when Livia woke up and the nurse arrived. I managed to update my project and go for a run in the crystal clear sky. Back home I showered and took care of Livia now changing her diaper and measuring her temperature between the changing of breasts and giving her a bottle of extra milk after the feeding. Myrthe's mother was also hear and did some grocery for us. I ate the leftover pasta and prepared sandwiches with cheese, avocado and tomatoes also for Arjan who joined us. The nurse didn't do much and when she left Myrthe decided to call the state subsidies company to replace her. In the afternoon Livia slept a lot and we had to wake her up to feed her. I was very active sterilizing and cleaning and steamed salmon with sprouts for Myrthe and I. We ate next to Livia and received the neighbours after she fell asleep.

Yesterday I woke up after a crazy night of changing diapers and feeding Myrthe with bottles. The new nurse came and Myrthe really liked her. She was in fact very hard working and I had the time to update my project. I also had to rewrite the last journal entries as I accidentally saved an old file on the new one I wrote while in the hospital. The day was quite gray and I did some bureaucratic things and watched Livia taking her first bath. She slept a long hours and in the afternoon I went out to buy a cabbage for Myrthe to heal her breast. As some sun came out I went for a walk by the river and recorded my thoughts. In the evening I cooked some chicken schnitzel and broccoli before Francis, Camil and the twins came to visit us.

Yesterday night Livia kept waking up and crying and Myrthe and I had to take shifts to respectively feed her and change diapers. In the morning we got up and I updated my project while Myrthe kept with the nurse to learn new things about infants. It was sunny out and after doing grocery for Myrthe I went for a run but my heart rate watch did not work properly. back home I ate a salad and some bread before applying for some jobs in Italy, quite bad in comparison with my qualifications but necessary to keep up a few more months of unemployment benefits. After Francis came to visit again with her kids I took a walk down the river to record my thoughts and appreciate a beautiful sunset. Back home I cooked a veggie soup with risoni pasta, ate it with Myrthe and then drove to the airport to pick August up. The flight was delayed and we were both very tired but happy to see each other.

Yesterday Livia slept good and we also. I then updated my project and went with August out for a walk through the old town and to the biological farm. On the way back home we bought grocery and flowers for Louise, the nurse who assisted us in this first week at home with Livia. After eating the leftover soup and some salad I played some rummy with August outside in the sun and wanted to take him to the river but he ran away and I had to walk alone. Back home I took Livia for the first time out with Myrthe to the river. There was a beautiful sunset but we soon walked back home to feed her. In the evening I was tired and we made burritos. I barely managed to do my drawings and set up August in the living room to watch a movie.

Yesterday Livia slept quite long in the night and I was not so tired. I then updated my project and was ready to receive Matteo and Franco's families who came to visit our baby. The sun was shining and we went out to play a bit in the playground with August being also very playful. For lunch I improvised a pasta with spinach and beans and later August and I walked to Roberto, the tango dancer from Naples living in the immigrant side of town. He had his two boys there and it was nice to talk all together and play some darts. Back home I did a smoothie to Myrthe and August and then walked with the former to the river to throw stones and enjoy the sunset. For dinner we bought some expensive sushi to celebrate Myrthe who can finally eat raw fish after her pregnancy. In the evening I put an old English comedy for August to watch and ran up and down the stairs to help Myrthe with crying Livia.

Yesterday I was quite tired after a night hugging little Livia in pain with her tummy. After updating my project I went to buy few things for Myrthe in the city and did grocery. Later we ate some sandwiches and a salad before I played some table games with August. In the afternoon we tried to repair the bikes to go for a ride but we missed a connector for the pump and the shop was closed. In the evening I took a small walk with Livia and Myrthe downtown and then prepared a macedonia and veggie noodles with August.

Yesterday I updated my project then went out with August, Myrthe and Livia in the stroller to the market downtown. There August and Myrthe got some fish to eat at home while I contented myself of bread and humus. In the afternoon I prepared the bikes. Livia was sleeping but we had to wake her up to make sure she was hungry when a nurse came to give Myrthe tips about breastfeeding. August and I went out again with her and he pushed the stroller. After playing some cards at home we did more grocery and then cooked some cabbage with sausage and rice before watching with August a silly documentary about American soldiers in Afghanistan.

Yesterday I updated my project and sat off with August for a very long bike ride in the sun. We first hit south and found a very beautiful dyke along the Liege. We even got to bike on a path in a forest and followed the small river down going through small villages and eventually reaching Leerdam where I bought August some fries. It was nice to feel the sun on our skins but the ride back to Culemborg was a bit hard against some wind and with the saddles starting to hurt. In Culemborg we bought ingredients for a tiramisú and then reached Myrthe and Livia at home. Hanneke was visiting, really impressed of the little baby. She even cooked a past with ragú for us while Myrthe made a salty cake and us the tiramisú. After eating August and I watched an old America comedy which made us laugh really hard.

Yesterday it was sunny again and I updated my project after a rough night with Livia crying. I then was able to go on a walk with her and August pushing the stroller. We went down the old dyke and up the new one back to Culemborg. There we ate the leftover pie and waited for the Italian professor and his wife and friend to visit us. We again went for a walk downtown and ate tiramisú back home. I was little distressed of the professor boring monologues and tried to be funny and playing cards with August. After they left I went with him to the river to see the sunset and throw stones. Back home I cooked a pasta with cauliflower and showed August another good movie.

The other day I updated my project and we all drove to Utrecht where Myrthe and baby Livia stayed with Petra and baby Janna at home and August and I took a walk in the city. I first got August some Turkish pizza from a Kurdish guy who could speak Italian. The we walked through the mall and managed several small things such as buying Livia a better hat and some expensive gloves for August. We also went to the library to return my Italian books and checked a laser game place where August wanted to play. It was closed and we played in a park with a tennis ball before finding that the laser game place was too empty and too expensive. Back in the Arab neighborhood we ate yet another fresh pizza and went back to Cas and Petra to pick Myrthe and Livia. Home in Culemborg I warmed the old pasta up and got August in front of a comedy while I helped Myrthe with crying Livia.

Yesterday I updated my project and went with Myrthe, Livia and August to town to buy a few baby things. We also walked all the way to the second hand shop with a freezing wind but it was closed. On the way back we bought grocery and at home ate a salad with lentils before goign back out and getting a ride from Roberto to a fort dedicated to video-games. There we left August and his son Antoine play and we had a nice discussion about life finding a lot of things in common such as our previous wives jealous of our art and our fathers abandoning us and so forth. Back home I played some games with August and eventually cooking some salmon with steamed potatoes and asparagus. In the evening again Livia cried and I consoled her all night long with his momy feeding her almost every hour.

Yesterday it was sunny and cold. After updating my project I went with August and Livia for a stroll in the deserted downtown. Back home we ate more salad with lentils and sat off to the train. It was quite sad to once again depart after a beautiful period together. We anyway reached the airport and there August ate a big hamburger before getting a nice fellow to take him to his gate. As I was taking the train to Amsterdam I felt quite emotional about all the people I was closed to in my life and from which I had to depart. In Amsterdam I took my usual big walk across the city all the way to Amstel, picking trash and filming. i then took the train back to Culemborg where i met Myrthe and Livia in an unusually cold weather and did some grocery with them to cook at home spaghetti with a beacon sauce.