

the afternoon. As Livia did not want to sleep we walked to the river and threw stones in the water before walking back to the city via the harbour. There we met at a cafe with Roberto and Sarah. Myrthe and Silvester also joined after having spent all day at Hanneke's place. It was nice to see little Livia and Sarah seating together and sort of beginning to play with one another. On the way back home we got some grocery for a pita and back home we prepared all the ingredients and ate them. Later I walked to the library to print a few articles I found about the many illegal and unpunished burd hunting scandals in Santa Caterina, material I will share with Bird Life today. Back home I sat on the sofa with Livia to watch some TV and she fell asleep on my chest. I then put her to bed and went to the attic to draw and finished to colour and illustration while listening to interviews with Moravia. In bed I kept reading Herodotus.

Yesterday I updated my project very early in the morning and then laid next to Livia who started crying also way too early. After showering we drove to Zeist where I met Lars Soerink, an activist and photographer who is part of Bird Life. Together we discussed his possible contribution to the documentary on my installation in the alps and the hunting community against me. Later I reached Myrthe and the kids in the city center and I ate some bread while Livia played in a jumping carpet. After checking a few second hand shops I carried sleepy Silvester in the carrier bag and got Livia in an indoor place where she jumped a bit with her mom in an inflatable slide. Later we stopped in a cafe to feed Silvester and after buying some falafel we drove home. There I cooked the falafel with veggies and we ate it before I went upstairs to put Silvester to sleep. After drawing I bought an on-line documentary on a group of Italian activists freeing birds caught in traps in the Mediterranean region.

Yesterday I was again awake in the middle of the night and had to lay next to Livia who cried for some time. As she fell asleep I went up to the attic to update my project. Later it was raining but we went out anyway to buy a present for one of Myrthe's friends who just got a kid. For lunch I prepared spaghetti with cherry tomatoes and then after eating Myrthe drove with Silvester to her friend in Haarlem while I put Livia to bed and also took a nap. After managing to draw and finish a painting I also got to talk to the anti-bird hunting NGO in Germany asking if they know of any illegal hunting going on in the Tretto given how reluctant they are to host my installation. As Livia woke up it was still raining and we walked first to the library and then to the city center where there was bit of Christmas festivity with music and a fire. In the evening we ate salmon with green beans and then went out on the street where the neighbours were drinking hot wine. I did not really mingle with them and focused on Livia playing with the other kids. Back home I took care of Silvester and watched a bit of yet another American movie over-representing Americans. Myrthe tried to put Livia to bed alone but she kept crying and in the end I laid next to her and wrote in my fable book.

Yesterday both Myrthe and I had to take turns to sleep next to Livia who kept waking up. At last we all slept until late for our standards and I managed a quick update before walking out with the kids. It was raining and we soon made it back home to eat the leftover spaghetti. In the afternoon Livia slept and I was able to draw and record a lecture. I also finished a painting before going out for a run pushing Silvester in the stroller. I was expecting to get a stiff back from it but actually it was my left knee to start hurting. Later we went back out with the kids and bought some vegetables at the Arab shop to make Vietnamese wraps. Back home I showered also with Silvester and then prepared the ingredients for the wraps. After eating Silvester went to sleep and Livia also managed to sleep this time with Myrthe on her side. Later I watched a very well written movie about sex obsessed French Canadian professors and then went to bed to keep on reading Herodotus.

Yesterday I again woke up very early with Silvester breastfeeding. I then updated my project and later tried to go back to bed but only rested a bit before Livia started crying. As we got all up we went out for a little walk under the rain discussing on how to suspend the car license so that we can be a little less poor. Livia got herself all wet playing the puddles and we did some quick grocery before going back home where I cooked tortellini with spinaches. After eating I took Livia to bed and laid next to her reading Herodotus. As she fell asleep I wen to the attic to draw, write an essay and paint. Later we went again to the supermarket to buy some chicken for a soup I made using leftover noodles. Livia was not feeling well and I laid next to her writing in my fable book but she did not fall asleep. Silvester instead kept sleeping and at last Myrthe laid next to Livia and I got to watch some TV before going to bed to read more Herodotus.

Yesterday I woke up at a decent hour and updated my project. I then went quickly out with Myrthe and the kids to fetch a cake for her friend who came with her kids to visit little Silvester. I then went to the attic to talk to the architect asking him if everything was fine with the geological and landscape investigations that had to be carried for my tebah in the alps. He said all seemed in order and I then paid the technicians becoming now officially poor. Later I went out for a quick bike ride down the old dike and on the way to Beusichem before turning back. At home I ate tortellini and a salad. Laying next to Livia waiting for her to fall asleep I read Herodotus long account on Xerxes expedition against Athene. Later I went to the attic to draw and prepare a painting but soon had to take care of little Silvester. In the afternoon we took another small walk through the city and then to the supermarket to buy tofu which I used with aubergines and zucchini and potatoes to make an Asian dish. After eating I put Silvester to sleep and then played with Livia on the sofa. Later we watched a documentary showing the dark side of modern Canada with polluting oil refineries and the drug addicts of Vancouver, the same I was helping out as a young artist strolling the city with my shopping chart and the homemade bread I baked for them. Later I also got to watch Investigation of a Citizen Above Suspicion, a really good Italian movie from the 1970s beautifully portraying the degeneration of power figures. In bed I read more Herodotus.

Yesterday I updated my project before the family woke up. It was raining outside but Livia and I anyway went for a walk, her wearing all the waterproof gear to jump in the puddles. After visiting a local gallery in one of the many shops closing down in the city I got Livia a pizza bread and then slowly walked through the market where we bought pears and fried fish. We also visited the small old catholic church where Livia got a cookie. Back home I warmed up the leftover chicken soup and then ate the fish. Later Livia did not want to sleep so I went back out with her walking through the city and eventually ending up in the library to protect ourselves from the heavy rain. From there we walked to a cafe where she ate a cake together with Hanneke, Koen and Oscar who came for a visit. They also followed us briefly back home and then we ate the leftover tofu with veggies and rice. In the evening Livia when straight to bed after a bath and I drew and finished an illustration before going to bed to read more Herodotus.

Yesterday I was awake in the middle of the night to take care of Livia. We spent some time in the living room and then she finally slept but I could not sleep and just updated my project. Later I laid next to Silvester but he was on his way of waking up so I just went downstairs with the whole family and got ready to go to Breda to celebrate Christmas. We first went to Myrthe's mother to eat a soup with her brothers families. Cas also made some nice Christmas cakes and after eating I took care of Livia. As she did not want to sleep and we still had to go to Myrthe's father I decided to walk there with her in the stroller. It was a nice walk across the city and I also got a phone call by Francesco. After Livia fell asleep it started raining quite hard but I anyway kept walking across the nice yet quite fancy area south of the city. I did manage ate last to reach Toine's house and kept Livia outside to sleep while I went in to eat some soup and later some kind of Belgian dish with chicken and pees. Livia was quite wet when she woke up and not so happy. I then took care of her feeding her chips, mandarins and chery tomatoes. I did not feel so happy though as ██████████ family also tried to get in contact with me but I anyway tried to keep jolly and eat another cake Cas baked for us before driving back home to Culemborg.

Yesterday I woke up at a decent hour and updated my project before Livia woke up. We then prepared the double stroller with the bed for Silvester and the seat for Livia and then took a small walk to the chicken zoo. On the way back we checked a tree with many owls and took some photos before walking to the supermarket to buy tomatoes and feta I used to make a salad with lentils. In the afternoon Livia slept and I drew. Later we took another small walk and then got home where I prepared some pasta with pesto. In the evening I drove to Schipol airport and waited for August to land. I waited a long time but he got out of a different exit than the one announced on the screen and could not get his phone to work. At last we managed to meet in front of a fast-food and we drove back home happy to be reunited after so many months apart.

Yesterday I woke up at a decent hour once again and I was able to update my project before going down with Livia to prepare pancakes and bubble tea for August. After eating all together we took a nice walk down the river. It was quite muddy very enjoyable and we finally got to walk on the asphalt road with Livia constantly on my shoulders. We finally reached the cafe at the old fort where August and Myrthe drank a cappuccino. Back home we walked on the other side of the dike and reached the supermarket where we bought ingredients for a vegetarian hamburger now that August no longer eat any meat like his mother. In the afternoon Livia slept and I took care of August's face removing all the black dots. As Livia woke up again we went to the cefe where Myrthe was meeting her girlfriends. There August and I played chess and back home I prepared a lentil salad and waited to go to a party organized by Roberto with his old tango students. Myrthe had to first get Silvester to sleep but it took a long time and finally August and I sat out in the freezing night to reach the place. There was good food and the people seemed nice but I also had to keep next to August not to get him too bored. It did happen however since Roberto got me to try to dance Tango with his girlfriend Clara. I was certainly very bad at it and later I got to play shuffleboard with August and some other guests. Finally we walked back home and August got to tell me of all his aspirations to become a hacker while I tried to understand if he was still up to help me with my cube project this summer as he might do an internship instead.

Yesterday I woke up rather late after the crying of the kids at night. I anyway managed to quickly update my project and then cooked some rice to mix with the leftover lentils. After feeding August and Livia I kept Silvester in my arms and then drove with the first two to Gorinchem. There I parked at a commercial center and then walked in the nice city stopping at the usual cafe to give August some cake and Livia a croissant. We then went around the harbour and played at a small beach on the big Waal with the sun shining on its waters. Back in town Livia cried a bit but then we bought her some blueberries and she fell asleep. We then drove back home talking about the future of humanity and making a point with August that we should lay our hopes on individuals and not on the society. After buying some veggies and tofu at the supermarket I cooked back home and then we ate before watching an American movie on TV about an Olympic athlete with his parents originally from my Italian area who got imprisoned by the Japanese. Later in bed I read Herodotus description of Xerxes retreat from Greece.

Yesterday night I had to be twice next to Livia telling stories to calm her down but I anyway managed to wake up rather early and update my project. Later I cooked tortellini to bring to an excursion with August and Livia on the other side of the river. We actually drove there going with the car on the boat across and reaching the cute Elst. From there we walked in a nice hilly landscape with wild cows and horses. Livia kept alway on my shoulders and on top of a hill I got the food out but she got really cold and we had to walk back with her crying. In the car she slept and we drove back to Culemborg this time crossing the Rhenen bridge. At home I gave Livia food and then put Silvester in the carrier bag and went out for a walk with August. Silvester slept almost immediately and I took August to play card in the small cafe by our house. There he drank some cappuccino while I drank a fresh apple juice. Later I took August to see the owls and then to the chicken zoo to see the animals there. Walking back home we stopped at the supermarket to get endive salad, small potatoes and Brussels sprouts which I cooked in the oven after feeding Silvester the milk that Myrthe had pumped before going to Hanneke with Livia. As the girls came back we ate the vegetables and then put the kids to bed. After drawing we got to see a most stupidly patriotic Clint Eastwood movie about American marines on holiday blocking a terrorist on a train. Later we went to bed and I gave August some magnesium and told him to avoid using his phone in the night as he cannot fall asleep so easily. Before falling asleep I read quite some Herodotus.

Yesterday I managed to properly update my project before taking a walk with Myrthe and the kids leaving August at home to sleep. After disputing of the fact that Myrthe decided to leave me both the kids to go to Amsterdam with her friends in a few days we checked the trees with the owls and then walked back stopping by the butcher to get some meat I used to make bolognese sauce for a pasta. After eating I took Livia to bed and also fell in a deep sleep while reading Herodotus. As I woke up I took August for a bike ride to Beusichem and we stopped at the lake there to chat and enjoy some sun. Back home Livia was desperate and it took me quite some time to calm her. As she finally did so I prepared a salad with tofu and grilled veggies while Myrthe prepared a salty cake to bring to the New years eve party at Peter and Rea. August made a cake with apples which we ate after the salad. Livia felt much better after she made a big pooh and played a lot especially with August after he finished watching Requiem for a Dream, the nice movie I told him to watch. As Silvester also fell asleep Myrthe took Livia to sleep and August and I kept downstairs to play chess but Livia was just in pain or sick and I had to lay next to her reading quite some Herodotus.

Yesterday I updated my project and got ready to go with Myrthe, the kids and August to the dunes in North Holland. The night was quite tough with the kids crying and Myrthe tried to pull back but in the end we drove all together to Castricum and walked in the beautiful dunes there going north among horned sheep and wild horses eventually stopping to eat some bread with humus and change the kids diapers. Livia kept in the backpack and I managed to carry her all the time until we reached the sea and I let her play on the long beach with August. It was a long walk back but pleasant now facing the warm sun, a low tide and no wind. We only stopped once on the dunes to eat some nuts and drink some water before making it to a cafe on the beach where August and Myrthe got a cappucino. On the way back I slept between Livia and Silvester both asleep with the latter sucking on my pinkie. At home Livia was very upset and perhaps with a throat pain. I tried to calm her down seating alone in her room with her. Finally she ate some of the leftover pasta and we were able to go without showering nor any fancy clothes to Peter and Rea who had a very cozy new year's eve party in their colorful house with colorful people like us and a refugee family from Sudan. I got to talk to the Sudanese people eating the nice food their mother cooked and then kept outside with August by the fire. The latter was already talking to other people like a big man, certainly the tallest of all. As midnight approached we walked up to the dike to see the insanity of people turning from highly civilized to totally barbarian with hundreds of fireworks blowing every second till late in the night. At home I was amazed that both kids kept sleeping despite a total war raging outside.

Yesterday I woke up early enough to start updating my project and later took a walk with Myrthe and the kids in the town devastated by fireworks. As machines were already operating to remove any trace of the barbaric mess I managed to pick some trash on the sidewalk and the walked back home with Livia in my arms. For lunch we ate the salty cake Myrthe had prepared for New Year's eve and then I took Livia to bed finishing to read all the nine books by Herodotus laying next to her bed on the floor. Later I went up to the attic to finish my update. August kept sleeping and at last I went down with him to feed him and also do some drawings. Later I had Silvester in the carrier bag and I walked with August to do some grocery. In the evening we showered and then ate the stampott Myrthe cooked for us. After playing with Livia I bathed her and then went to August room to watch a stupid American movie we pretty soon stopped watching. In bed I begun reading Thucydides.

Yesterday I woke up way too early and updated my project before going to bed. As the kids woke us up we got ready to drive to Gouda where August, Livia and I took a walk while Myrthe with baby Silvester went shopping. At last we ended up in the main city church to admire all the painted glass work and let Livia run around. After giving Livia a sandwich I brought from home she fell asleep in the stroller and August and I walked around the city talking a lot and doing much reasoning together about life. He also ate some fries and then with Myrthe we reached the public library at the former chocolate factory to feed Silvester. There I also had a good time with August looking through computer magazines and discussing about his dream to become an ethical hacker. As Livia woke up we let her play a bit and then drove back home. As I felt very sleepy I took a nap with the kids in the back and then once at home I drew and then we got ready to go to the Chinese restaurants where we shared three dishes, one with tofu and veggies and the other with a nice a crispy pork. In the evening Myrthe took the kids to sleep and August and I could play chess and then watch a nice movie about a British soldier caught in a Belfast Catholic neighborhood.

Yesterday I woke up very early again and updated my project before walking with Myrthe and the kids to the city center to get some bread. Back home Cas and Petra arrived with the kids and August and I went to the supermarket to get ingredients for a cesar salad and a smoothie. Back home I focused on the salad and August on the smoothie. We also got to eat some of Cas' bread and muesli cake. Livia played well with her cousins but got soon quite tired and I took her to bed. In the afternoon I drew and recorded a lecture before Myrthe went to Amsterdam to her friends. I then went back to the supermarket with August and the kids and back home we made a pizza although Silvester was quite tired. As he started crying I fed him with the milk his mom pumped for him and then took him to bed. It was his first night without his mom but did in the end fell asleep. I could then eat some pizza and also brought Livia to bed since she felt a little weak. Later August and I had a lot of fun playing the table game Monopoly together. In bed I kept reading Thucydides but found his writing too dry and dense of information.

Yesterday I had to lay next to Livia in the middle of the night and was too tired to get up to update my project. I then went out with Myrthe and the kids to the biological farm to fetch Camil and Francis' vegetable box who are on holiday and just gave it to us. There we also met Franco and chatted with him before making it back. At home I tried to feed Livia some green beans but she seemed sick and without any appetite. I then used them to make myself a salad and later brought her to bed. I then updated my project and went downstairs to draw and keep August some company after he slept till very late. Livia was soon awake and the three of us walked to the chicken zoo despite the cold wind and the gloomy sky. After feeding the bird and the hamsters with the little leaves remaining on some bushes we ventured further up the old dike and then back to town where Myrthe was feeding Silvester and drinking a coffee. On the way back we bought the ingredients for a pasta with fresh pesto and cherry tomatoes. I then prepared the pesto and gave Livia a plate of pasta without it. After we ate we played Silvester went to bed and we played with Livia before I took her to bed. As all the kids were asleep Myrthe, August and I had a fun evening playing Monopoly.

Yesterday I woke up early and could properly update my project before eating an English breakfast with eggs, beans and bacon with the whole family. We then sat out by car to a village on the other side of the Maas river where Myrthe's uncle has his small farm. With his wife we walked downstream checking out what survived from the German bombing. Livia still felt sick and I carried her most of times playing with August until also Silvester woke up ad we walked in the cozy farm to eat a carrot soup. There were a lot of toys for Livia to play with but we stayed only briefly as Myrthe had to make it back to Culemborg to meet her friends. In Culemborg I put Silvester in the carrier bag and with August we walked down the river and then back to the city through the harbour. We discussed about what kind of tagging we should use in the tebah and then talked about all the new inventions and how they affect humanity. Back home I took care of Silvester feeding him the milk Myrthe had pumped and trying to put him to bed while August watched a documentary on planet Mars. As Myrthe and Livia also came back from their coffee date