

APRIL 2012

fao
Casa
gazette

Riding Africa on Two Wheels

Parfum d'Italie

**The Revival of the FAO Staff
Coop Women's Football Team**

Ikebana

**Are we Sinister, or just Left-
handed?**

Charity for Haiti, Art Exhibition

In Memory of Erna Bennett

Mensile - No. 4 2012 - Reg. Trib. N. 574 dell'8/10/1990

fao Casa gazette

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An 800 old petrified tree in the desert of Namibia.

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Typewritten electronic contributions for the FAO CASA Gazette are welcome. These can be in English, French, Italian or Spanish - articles, poems, drawings, photographs, etc. in fact anything interesting that staff members and/or their families in Rome or the field may like to contribute. No anonymous material will be accepted, and the Editor reserves the right to choose and/or reject material that is not in keeping with the ethics of the Organization. Send contributions electronically to the Editor at jill.stevenson@fao.org or leave signed copies with the COOP Office on the ground floor of Building E. The deadline for editorial material is due on the 1st of the month preceding the date of issue. The Editor may schedule articles according to the priorities and editorial requirements of the FAO Staff COOP. The FAO CASA Gazette is published every month.

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Riding Africa on Two Wheels

by Peter Steele

You ride a motorbike for a number of reasons most of which are concerned with convenience, savings in time and/or cost and, importantly, for the pleasure of being outside with the sky overhead, the sounds and the smells of the country around you and the open road ahead. Sure, this is hardly the image to treasure commuting to the office or the factory on a cold winter's day with the prospects of rain to come and the traffic building up. Most regular riders have shared this kind of experience, however, and if not recently then - perhaps through those rose-tinted glasses that remind them of when they were younger; when the roads were emptier and when they were riding that favourite bike that they had always wanted – and then bought.



Africa route map. *Everyone is familiar with images of the continent that makes up >20% of the world's land mass. A patchwork of countries that the colonial powers left as a legacy of their tenure over a hundred years or so, but much more when you consider the traditions and heritage that have developed from this cradle of mankind. The 'line in the sand' as-it-were shows the estimated 15,000 km route planned.*

Bike riding for fun

Long distance travel takes motor-biking to another level, and many enthusiastic two-wheelers have taken biking holidays, used their bikes regularly to travel back to the family home or to ride in groups - to share in the company of people with like-minded interests. Attend any moto-grand prix and count the number of bikies that turn up in groups.

Whilst the world has become ever more connected – whether in real life or cyberspace – it has also become more uniform; with the same western-like images that have begun to dominate the way that people see themselves – dressing, eating, shopping and living in much the same kinds of urban space. The airlines link these city-states worldwide and you have to make a real effort to escape the blandness of modern society; to seek to discover and explore the traditional richness that remains in distant places with the communities that live there. This is where the motorbike remains supreme – it provides access.

And this is *not* riding the bike, for example, from Rome to Copenhagen – tracking the main highways and motorways, and arriving a couple of days after you started, but making an effort to escape the paved roads of North America, Europe, Australia and elsewhere and to seek out the wilderness, the unusual, the



Kristian – the Steele’s team leader. Working on the bikes before travel, and responsible for buying the bikes and all of the mechanical preparatory work required. Kitting out the bikes for the ride with long range fuel tanks, bash plates on everything, pannier racks, lowered rear suspension (Anna’s bike) and more. Other riders are Anna (Kristian’s wife), Peter (Kristian’s dad) and Shaun (a friend from New Zealand)

unknown (leastways to you) and the challenges of riding somewhere completely different. The reality is one in which Africa, Asia and Central and South America beckon.

Africa from a different perspective

Sure, you may already have been there – one of the advantages of working within an international organization; you get to visit a host of interesting places that

others can only read about or see on television. But, ask yourself, how much do you really see of the everyday communities in a place within a whistle-stop mission – checking with representatives of the host government or attending a workshop, even providing technical backstopping to a project or investment shared with the country? Supported – protected even – within the confines of an official mission there simply isn’t time to see further than the routines required within the terms of reference that apply.

And, in any case, there is this thing about missions that means working with the intellectually competent, the minority decision-makers, the national power brokers and others; there is simply no opportunity in which to meet the vast majority of ordinary people that make up the country. At the end of the working day, typically, it’s back to that four star hotel and the international cuisine in the capital city – and reports preparation. The reality of official missions becomes one of social exclusion - for all the best of reasons.

Adventure motor-biking

Motorbike travel can change all this. In the parlance of modern tourist industries travel of this kind has come to be called ‘*adventure motor-biking*’. Just about *everywhere* outside the main industrial countries offers opportunities for riding mountain terrain, deserts, steppes, rainforests and more. Not so much that you won’t find people already there – of course you will – but they won’t be your people, they won’t represent the familiar background that you know and they will, inevitably, see the world differently to you. They won’t be the people that you met earlier on those technical backstopping missions. This in itself is a reason for going.

No issue, adventure motor-biking is what you make it but, in general terms, it

(continued on page 8)

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(continued from page 6)



Collecting the bikes. *More than a month in delivery, the bikes arrived safe and sound in Cape Town. It took an hour to collect and check them and put some petrol in to start them. The 9th March and the journey to Cairo has begun.*

means venturing into the relatively unknown with little more than your own resources – a well-kitted out bike, spare parts and a handful of tools, a change of clothing and, for when you can't (or don't want to) find local accommodation – sufficient resources to sleep and cook on the road – meaning tent, sleeping bag, cooking equipment and portable food.

Sharing the ride

The choice of travelling alone or with a partner or like-minded friend always crops up – a personal issue really, and largely dependent on the kind of character you are. Therein are the images of hard-core aging bikies from another era – tracking the world for years at a time in their dusty leathers – and these people actually exist and have written the books or established the blogs that have stimulated the rest of us. The reality of the modern-day traveller, however, is typically someone who may simply have taken a break from routine, checked out

on a sabbatical and decided to do something different. This is the 'gap-year' scenario for those who are no longer students. Clearly, a period away has to be stacked around the demands of a working routine, family and schools or it has to be made later when this period of time has passed. Again, these are personal choices but, for most people, there is simply no logical time when rides of this kind can be undertaken - it may always be inconvenient.

Classic bike routes

You can '*adventure bike*' just about anywhere outside your normal routines and geography – bikes can be shipped reasonably cheaply by air to just about anywhere on the planet. You can't do this easily with a car, however, and then you become dependent on the long-distance container ship or a network of ferries that will take you there – wherever '*there*' happens to be. Europe to North Africa is a popular route for European bikers, and

Mexico and all places south for US and Canadian riders. Short rides provide options for 'looping' into a neighbouring region or wilderness, and this can be done relatively cheaply and easily. Long one-way rides require a deal more planning.

Planning is everything from the kind of bike to ride, to the investment that you need to make to prepare the bike and yourself for the time away, and for the practicalities of the paperwork that will enable you to get away, stay away and return safely. The correct paperwork will also enable you and your bike to cross borders with minimum hassle.

There are a handful of classic international adventure routes – the Americas from Alaska to Patagonia, Africa from north to south and this typically means Ceuta or Cairo to Cape Town (taking western or eastern continental routes respectively) and the Europe-Asia run from anywhere in Western Europe to the East Asian coast – usually to Vladivostok in Russia (where

you can catch a ferry to Japan) or further south to China – to Hong Kong or Shanghai, for example. But then too, you may prefer India as a destination (say, en route to Australia).

Been there – done that

Which neatly introduces the '*big one*' – the round the world (RTW) ride. People are doing it all the time, so it's not *that* unusual – only more of a commitment. Want to read/see a recent well-documented ride? Catch the commercial venture of Ewan McGregor and Charley Boorman and their '*Long Way Round*' movie. It's described at <http://longwayround.com> - you may want to buy the CD. It's a great visual experience for those who enjoy their armchair travel. More recently, the same two riders completed the Africa route – following the Nile south. Again, it's available on CD as the '*Long Way Down*'. No issue that this was a great ride, with the added advantage of the excellent visuals that resulted from their

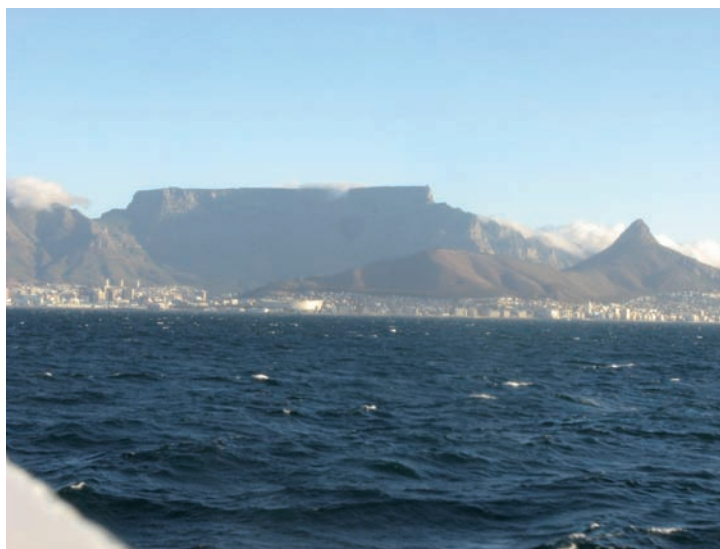


Table Mountain Sea View. *The classic view of Table Mountain from the sea - returning from Robben Island where Nelson Mandela was incarcerated during the apartheid era.*



Kristian & Macky Fish River Canyon. In Namibia. Meet Macky - a 50 year old German rider and on the road for >18 months riding down West Africa. At Cape Town he is due to turn round and ride up the east coast. He has a great web site - check it out.

supporting team including a third motorbike rider cameraman. The helicopter footage along the coast road to the Cape of Good Hope at the end of the ride accompanied by hundreds of South African riders is a motorbike treasure.

More pertinent to the likes of you and me is the south-north ride undertaken by the South African couple Tania & François Steyn. Their journey is described at <http://www.crossingafrika.co.za>. During 90 days October-December 2011 they completed the Cape Town to Alexandria run on light Chinese-made road bikes. We came across their blog as our own planning took place – following what is likely to be exactly the same route.

We too have a blog – courtesy of Anna one of the four riders scheduled to take part – with three of us sharing different sections of the journey and Kristian riding the whole way. Want to know more? Check out the [blog](http://crossafrica.wordpress.com) at <http://crossafrica.wordpress.com>. It

describes some of the many basic issues required of planning – choice of bikes, preparatory work, documentation and more. As I write these notes in late February the bikes are somewhere off Morocco en route for Cape Town. As you read these words – assuming some key timing for publication in March – we'll be somewhere in Namibia or Zambia, and at the end of our first leg for change of rider.

End Note

That's the introduction then – now the reality of the ride, although we are still trying to organize that freight forwarder in Alexandria. At this point it's the mindset that dominates – not so much that it can't be done, but can *you* do it. Therein is the romantic image of the long-distance rider in Africa, but can *you* hack the sometimes gruelling practicalities that will be involved – physically and mentally. *Watch this space for more* ■

Parfum d'Italie

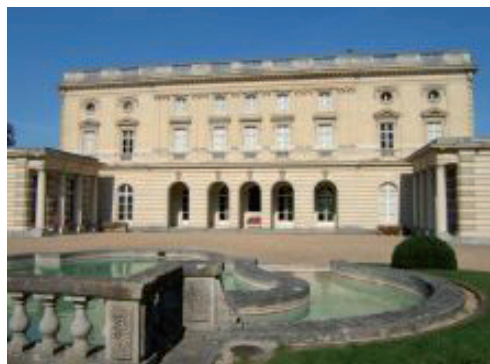
de Fabio Perfetto

Bien que je ne sois plus un jeune garçon, j'aime encore étudier. Étant donné que pendant ces mois je suis un cours de français, j'ai pensé d'aller en France pendant un week-end : je pouvais vérifier le niveau de ma connaissance. J'ai trouvé un vol économe pour Beauvais et une auberge de jeunesse à Vernon. J'ai lu ma guide et je suis parti au début de l'automne.

L'auberge de jeunesse de Vernon est propre, et j'ai eu l'opportunité de parler avec des touristes françaises. En particulier, j'ai connu un homme qui aimait aussi tant cette ville que quand il avait du temps il prenait le train à Paris pour atteindre cette auberge et longer la Seine. Ensuite, j'ai parlé avec une famille de Cannes qui aimait le climat d'Italie.

J'ai eu de la chance quand j'ai visité le château de Bizy. La guide, une femme mince et très sympathique parlait très clairement et j'ai ainsi pu comprendre toute sa description. Elle nous a raconté des histoires avec des anecdotes amusantes sur la noblesse française qui avait habité le château.

Quand je lui ai posé une question, elle a tout de suite compris que je n'étais pas français et elle m'a demandé d'où je venais. Quelques minutes après elle nous a montré la façade du château et nous a dit que l'architecte s'était inspiré à la Ville Albani à Rome, en soulignant que je venais de ce pays.



Ensuite, je suis allé au centre ville de Vernon, où j'ai visité la cathédrale et j'ai admiré plusieurs vieilles maisons. Sur l'autre côte de la Seine, j'ai photographié le petit château de Tourelles et le Vieux Moulin.

Près de la Mairie, il y avait le syndicat du tourisme où j'ai trouvé des informations sur le château d'Ambleville, qu'un dépliant définissait « Un parfum d'Italie en Ile de France ». J'y suis allé, le parc était très soigné. Quand j'ai vu la façade du palais, j'ai pensé d'être en Vénétie.

Enfin, je suis allé au Domaine de Villarceaux, un parc avec des jardins, de petits lacs et surtout un château sur une colline modelée comme un vêtement avec la crinoline.

Bien qu'il soit la fin septembre, il faisait chaud, et la visite a duré deux heures. La guide nous a montré une fontaine et elle nous a dit qui avait de l'eau miraculeuse : si on en avait bu, nous serions restés jeunes. Étant donné que j'avais soif, je l'ai bu, peut être on verra les résultats.

Puis nous avons monté la colline du château, et quand on a atteint le jardin, on a appris que l'architecte qui avait réalisé le jardin avec des statues s'était inspiré à la Villa D'Este près de Vérone, encore un peu d'Italie.

Si vous avez encore du temps, je vous rappelle que sur l'autre cote de la rive de la Seine à Vernon, il y a le village de Giverny, avec la maison de Claude Monet, où je me suis promené dans de jardins luxuriants. Et si vous cherchez le parfum d'Angleterre, vous devez aller à la ville d'Andelys et visiter les ruines du Château Gaillard, du Roi Richard Cœur du Lion. Avec le soleil, vous verrez un panorama incroyable sur la vallée de la Seine e vous entendrez l'importance stratégique du château. Bien, alors, bon voyage !

ONCE MORE WITH FEELING

ART NEWS – STOP PRESS – ART NEWS – STOP PRESS

This will be the last chance to see water colours in The Studio opposite FAO.....

Clara Hemstead and Edna Howe have again joined forces to show their latest work.

The dates to remember are from 8 – 12 May.

The **MOSTRA** will be open from 11.00 to 13.30 mornings –
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The vernissage to be held at 17.00 hrs on Tuesday 8 May

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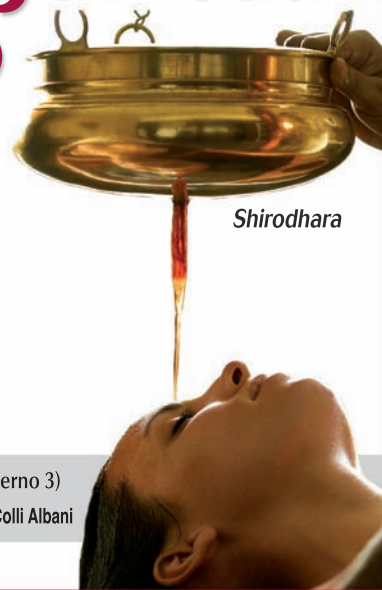
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LANGUAGE



Shirodhara

The revival of the FAO Staff Coop Women's Football Team

by *Stefania Maurelli*



The official FAO Women's Football Team was originally founded for the occasion of the 2006 Inter-Agency Games (IAG), held in Pesaro, Italy. That year and the next one in Seefeld, Austria, we reached the top of the podium. In 2008 new people joined the Team and we participated in the IAG in Biarritz, France; even if we did not get the same result, the spirit remained the same: playing and having fun!

This year the Team is undergoing serious changes and getting a new look! Seven new members have been registered for the 2012 year, while some key-members still remain... Everybody is welcome to join this very dynamic group of 10 women, coming from all different divisions of FAO.

We usually train on Mondays, at 18:00 hrs in Viale di Porta Ardeatina 108, a 5-minute walk from Piramide Metro stop, in a very cheerful atmosphere. Alessio and Mino have both volunteered to be our coaches. Sessions consist of technical exercises (dribbling, shooting, tactics, etc.) as well as physical preparation (sprint, coordination exercises).

Every Wednesday we organize two games between 18.00 and 20.00 hrs, often mixed. If you happen to be interested do not hesitate to contact us. On Thursdays we usually meet at 12.30 hrs in front of the stadium for a 20-30 minute jog. We are trying to regularly meet with other womens teams, and have already organized several official games against the WFP Team and other teams active in Rome.

Among other activities, we are planning to organize a tournament next April and we have now just launched a raffle to collect enough money to allow all the players to participate in the next IAG, that will be held in Biarritz, France next May. The drawing will be done at the end of this tournament.

Please support our Team and buy a raffle ticket from us. We appreciate your support!

For further information and/or to buy us a raffle kindly contact us:

Stefania : 06-570-53061 stefania.maurelli@fao.org

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Roberto Baggio's message

Sono Roberto Baggio, Ambasciatore di buona volontà della FAO, e sono lieto di porgere il mio più cordiale saluto a tutti voi ed in particolare alla squadra di calcio femminile della FAO.

E quindi ciao a Anni, Lorrie, Laura, Carolina, Lauren, Stefania, Marion, Inge, ai loro allenatori Alessio e Cosimo. A tutti voi auguro un grande e veramente soddisfacente 2012, che so pieno di bellissimi progetti.

Permettetemi una piccola riflessione. Ogni giorno, nel mondo, una persona su sei va a dormire affamata. Questo è inaccettabile.

Il calcio, con la sua capacità di raggiungere un vasto pubblico e di coinvolgere grandi masse di persone, ha il potere di spronare la gente ad unirsi per aiutare coloro che ne hanno bisogno. Il calcio ha questa capacità grande, di mobilitare la gente.

Sono stato un campione di football, ed è con particolare orgoglio che ho ricevuto, due anni fa, il *Peace Summit Award*, il riconoscimento per me più significativo, più importante per me del Pallone d'Oro, e rispetto al quale ogni altro successo personale e professionale impallidisce. Per questo, per essere all'altezza di questo riconoscimento, desidero ora più che mai usare qualsiasi influenza io possa avere presso il mio pubblico, in modo concreto e propositivo, cercando di attirare l'attenzione del mio pubblico, e in particolare quella dei giovani, sul problema della fame che oggi affligge 925 milioni di persone nel mondo.

Io, nella pratica quotidiana di cittadino consapevole dei suoi diritti e dei suoi doveri, ho un'idea ben precisa rispetto alla regola fondamentale che dovrebbe guidare l'esistenza di ciascuno: il diritto di tutti gli uomini ad un'appropriata alimentazione.

Nel mio ruolo di Ambasciatore di buona volontà della FAO, in questi ultimi otto anni ho imparato che la solidarietà mondiale è necessaria e possibile, che lo sviluppo dipende in definitiva dal rispetto dei diritti umani fondamentali, e che questo è realizzabile solo se si lavora assieme con una responsabilità collettiva e reciproca, poiché il futuro dei diritti umani è nelle mani di tutti i nostri cittadini in tutte le nostre comunità. Ho visitato di persona, in particolare in Laos e in Peru, i progetti di sviluppo della FAO, e so che è possibile trasformare in realtà, il sogno di un mondo senza fame.

E quindi forza, ragazze e ragazzi. Sono lieto di sostenervi e "tifare" per voi, perché lo sport, a qualsiasi livello, offre un palcoscenico ideale per il raggiungimento di un vastissimo pubblico e il coinvolgimento dei cittadini nei programmi umanitari intrapresi. So che voi porterete con voi questo messaggio. Ad maiora!

Con stima,
Roberto Baggio
Ambasciatore di buona volontà della FAO

FAO STAFF COOP'S Escursione sul Monte Cavo – “Via Sacra” (Parco Regionale Castelli Romani)

Sabato 10 Marzo, un gruppetto di volonterosi camminatori si è riunito a Castelgandolfo per la salita al Monte Cavo; durante la passeggiata si è sentito parlare tutte le lingue, essendo i partecipanti di varie nazionalità.

Dapprima è stato percorso il lato sud del cratere del lago Albano, quindi sono arrivati al Convento di Palazzolo, in splendida panoramica posizione a picco sul lago.

Poi sono passati vicino alle grotte dove una volta si rifugiava il temibile bandito Gasperone; subito dopo hanno affrontato la salita al monte che si compie sul bellissimo e antichissimo percorso della **Via Sacra**, una via tracciata dai Romani per arrivare al tempio di **Giove**, che era in cima al monte.

Dopo il pic-nic, con una facile discesa hanno raggiunto i Campi d'Annibale (Rocca di Papa) dove era stata lasciata una macchina per il rientro ■





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Ikebana

Japanese Floral Art

by Edith Mahabir



Ikebana is the Japanese art of arranging cut flowers, known in antiquity as Kadô or “path of flowers”. Ikebana literally means “living flowers” and is the name of the antique art of Japanese origin which aims at the spiritual upliftment of the individual according to the principles of Zen. The natural element dominates in the construction of Ikebana, whether they are branches, leaves, grasses or flowers, and they are arranged in a trio system, almost always to form a triangle. The three aspects represent the sky, earth and man; how they have to be in harmony to form the universe, the flowers and the branches also necessitate an equilibrium in space.

History of Ikebana

Ikebana is a very ancient art and has its origins in the Far East, namely India and China, but it is only in the artistic and religious context of Japan that it found fertile ground for its development, transforming from an initial offering into a multiform artistic expression, fruit and

reflection of present day culture. Its origins date back to the Sixth Century A.D. and specifically in the period when Buddhism through China and Korea arrived in Japan introducing the ritual custom of offering flowers to the spirits of the dead. The truth about the origin of Ikebana is unidentified. However, when Buddhism reached Japan in the Seventh century, it is thought to have come to Japan as part of Buddhist practice. The offering of flowers on the altar in honor of Buddha was part of worship. At its origins the art of flowers was practised mainly by aristocratic nobility and by Buddhist monks, who represented the upper classes of Japan, and it is only much later that it became diffuse among all social classes becoming popular with the name Ikebana.

The first style was the *Rikka in* which the arrangement was composed of seven elements: three principal branches and four secondary branches. Afterwards a more simple style was elaborated called *Nageire*.



This was followed by the *Seika*, a type of simplified *Rikka*, less austere than the *Nageire*. In modern times each school adopted its own personal style and began using also short vases with low sides, various elements such as stones, dry branches and other natural materials.

The Materials

All the materials utilized in the construction of ikebana must be strictly of organic nature, whether they are branches, leaves, grasses or flowers. In Ikebana arrangements branches and flowers are arranged according to a ternarian (trio) system, almost always to form a triangle. The longest branch, the most important, is considered something similar to the sky, the shortest branch represents the earth and the middle sized branch represents man. Thus in the same way these three forces have to be in harmony to form the Universe, also the flowers and the branches must be balanced in the space without any apparent force or effort.

The Approach of Ikebana

More than simply putting flowers in a container, ikebana is a disciplined art form in which nature and humanity are brought together. ikebana often emphasizes other areas of the plant, such as its stems and leaves, and draws emphasis toward shape, line and form. Though ikebana is a creative expression, it has certain rules governing its

form. The artist's intention behind each arrangement is shown through a piece's colour combinations, natural shapes, graceful lines, and the usually implied meaning of the arrangement.

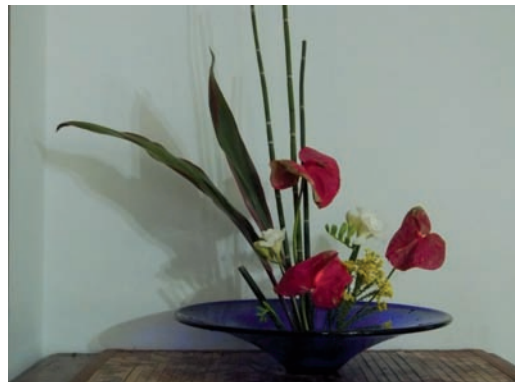
Another aspect present in ikebana is its employment of minimalism. That is, an arrangement may consist of only a minimal number of blooms interspersed among stalks and leaves. The structure of a Japanese flower arrangement is based on a scalene triangle delineated by three main points, usually twigs, considered in some schools to symbolize heaven, earth and man; and in others the sun, moon and earth. The container used is a key element of the composition, and various styles of pottery may be used in their construction.

Spirituality of Ikebana

The spiritual aspect of ikebana is considered very important to its practitioners. Silence is a must during practices of ikebana. It is a time to appreciate things in nature that people often overlook because of their busy lives. One becomes more patient and tolerant of differences, not only in nature, but also in general. Ikebana can inspire one to identify with beauty in all art forms. This is also the time when one feels closeness to nature which provides relaxation for the mind, body, and soul.

The Ikebana Schools

The most famous schools each with its own style are: *Ikenobo, Ohara and Sogetsu*.





Ikenobo - The history of ikebana dates back approximately 500 years ago and the history of *Ikenobo* - the oldest school of ikebana. The school dates its beginnings from a priest of the Temple (the official name is *Shiun-ji* or Purple Cloud Temple in Kyoto, who was so skilled in flower arrangement that other priests sought him out for instruction. As he lived by the side of a lake, for which the Japanese word is 'Ikeno bô', the name Ikenobô became attached to the priests there who specialized in these altar arrangements.

Evolution of styles

Patterns and styles evolved so that, by the late Fifteenth century, arrangements were common enough that they were appreciated by ordinary people, not just the Imperial family and its retainers.

Ikebana in the beginning was very simple, constructed with only a very few stems of flowers and evergreen branches. This first form of ikebana is called *Kuge*. Styles of ikebana changed in the late Fifteenth century and transformed into an art form with fixed instructions. Books were written and *Sedensho* is the oldest one, covering years 1443 to 1536. Ikebana became a major part of traditional festivals, and exhibitions were held occasionally.

The first styles were a tall, upright central stem that had to be accompanied by two shorter stems. During the Momoyama period, 1560–1600, splendid castles were constructed. Noblemen and royal retainers did large decorative *Rikka* floral arrangements that were the most appropriate decoration for the castles.

The *Rikka* (standing flowers) style was developed as a Buddhist expression of beauty of nature. It includes seven branches representing hills, waterfalls, valleys, and other objects of nature arranged in a specific way.

When the tea ceremony emerged, another style was introduced. The style used for tea ceremony rooms was called *Chabana*. The *Chabana* style is the opposite of Momoyama style which emphasized on rustic simplicity. The simplicity of the *Chabana* helped create the *Nageire* or "thrown-in" style.

Nageire is a non-structured design which led to the development of the *Seika or Shoka style*. The style is characterized by a tight bundle of stems that form a triangular three-branched asymmetrical arrangement which was considered classic.

Seika or Shoka style consists of only three main branches, known as 'ten' (heaven), 'chi' (earth), and 'jin' (human). It is a simple

(continued on page 22)



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(continued from page 20)

style that is designed to show the beauty and uniqueness of the plant itself.

Jiyuka is a free creative design. It is not confined to flowers; every material can be used.

Modern styles

In the Twentieth century, with the advent of modernism, the three schools of ikebana partially gave way to what is commonly known in Japan as **Free Style**.

Moribana upright style is considered as the most basic structure in ikebana. *Moribana* literally means “piled-up flowers” that are arranged in a shallow vase or suiban, compote, or basket. *Moribana* is secured on *kenzan* or needlepoint holders, also known as metal frogs.

Moribana slanting style is the reversed

arranging style that can be used depending on the placement of the display or shapes of the branches. Branches that look beautiful when slanted are mostly chosen for this arrangement. This style gives a softer impression than the upright style.

Nageire upright style is arranged in a narrow-mouthed, tall container without using *kenzan* or needlepoint holders. *Nageire* literally means “thrown in”. This is a simple arrangement that can contain just one flower and does not use frogs to hold the flower(s).

Nageire slanted style presents a gentle touch and flexibility. It is ideal for ikebana beginners.

Nageire cascading style arrangements have the main stem hanging lower than the rim of the vase. A flexible material will create beautiful lines balancing with flowers

Ikebana Course at FAO – Artist: Ms Bhawna Maru

The FAO Staff Coop now offers Ikebana classes at FAO Headquarters every Tuesday for beginners and those already initiated - two classes during lunchtime: 12.00 to 13.00 hrs and 13.00 to 14.00 hrs in Room E-021 (near Coop Office). Also Evening classes on Monday, Wednesday and Friday from 17.15 to 18.15 hrs, Room E-021.

Cost: €20.00 which includes flowers which you take away with you for home or office.

Special classes also organized for seniors, retirees and youths 10-16 years old by request.

Register at the FAO Staff Coop Office from 9.00 to 13.30 hrs daily. Coop Membership is required to participate in the courses ■



Are we sinister, or just left-handed?

by Suzy Saint

When it was first noticed that I was left-handed, back in the 1950s no effort was made for me to change, unlike earlier times when children's hands were tied behind their backs. In Victorian times left-handed children were punished and made to use their right hand and in ancient times being left-handed was seen as the sign of the devil.

Historically, the left side, and subsequently left-handedness, was considered negative in many cultures. The Latin word *sinistra* originally meant "left" but took on meanings of "evil" or "unlucky" by the Classical Latin era, and this double meaning survives in European derivatives of Latin, and in the English word "sinister".

A "left-handed compliment" (also known as a "back-handed compliment") is considered one that is unflattering or dismissive in meaning. The Polish expression "mieć dwie lewe ręce", Dutch "twee linkerhanden hebben", German "zwei linke Hände haben", Bulgarian "dve levi ratse", French "avoir deux mains gauches", Hungarian kétbalkezes and Czech "Mít obě ruce levé" all mean "to have two left hands" – in other words, that one is clumsy or is a very poor handyman. And in sailing terms, a "left-handed ship" means the ship is considered unlucky.

People tend to have most strength and control in their lead hand - whether left or right. Because the vast majority of the world population is right-handed, most everyday items are mass-produced for

expected use with the right hand. Tools, game equipment, musical instruments and other items must be specially ordered for left-handed use, if they are available at all. I adapted to "ordinary" scissors as left-handed ones weren't available. My mother tried, with difficulty, to teach me to sew, to knit and to crochet but I was always going "the wrong way"! A friend also noticed recently that I lace up my shoes the opposite way to right-handed people. I'd never realized before!

Other "handed" items which could prove to be inconvenient for left-handers include cameras, train-station turnstiles, can openers, potato peelers, corkscrews, rulers, computer mice, watches, cheque books, spiral notebooks, lever arch files, fishing reels, boomerangs, measuring cups and pencil sharpeners. Not to mention the awkward position of unlocking my front door with my left hand, the lock being on the right hand side. Friends also comment on the fact that the plates in my plate rack over the sink are "the wrong way round"! Firearms are also designed for right-handed shooters but luckily this doesn't affect me!

However, when I drive in England I'm at an advantage as in countries with right-hand drive vehicles, left-handers benefit from having more of the dashboard controls being managed by their dominant hand, as well as the gearstick when driving a manual transmission vehicle.

In spite of the above difficulties I've

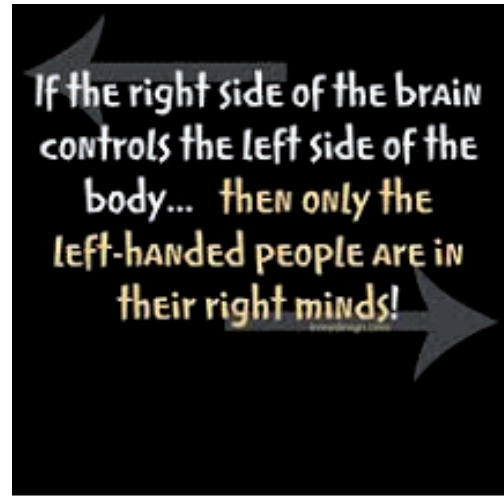
mentioned, I've got so used to being left-handed that I don't think about it anymore in spite of the comments I've heard all my life such as "Is it difficult for you being left-handed?" or "You look so cack-handed"!

But recently it all came back to me when my little grandson, who was showing a tendency to be left-handed, started to feed himself, and the baby spoon available was curved to make it easier for him to find his mouth, but actually it was pointing in the opposite direction! Now he's nearly three and going to pre-school and was trying to cut paper with his left hand but the scissors wouldn't work.

Left-handed items can be purchased on the Internet but it surprises me that, with so many left-handed people around nowadays, schools and shops, etc. don't

provide/sell the items necessary.

So all of you Lefties out there, just remember:



FAO STAFF COOP LIBRARY

As from 2 April the Library has increased its fees as follows:

The fee for borrowing a new book will be **1 euro** per week.

Fines for late new books will be **1,20 euro** per week

Fines for late old hardbacks will be **1 euro** per week.

We will also be charging a **small fee of 5 euro** for new members to join the library.

** If you or anyone you know has any newish good condition paperbacks they would like to donate to the library we would be very grateful.
(English, French, Italian)

Bring back any memories?

Someone asked the other day, 'What was your favourite 'fast food' when you were growing up?'

'We didn't have fast food when I was growing up,' I said, 'All the food was slow.'

'C'mon, seriously, where did you eat?'

'It was a place called 'home,'" I explained.

'Mum cooked every day and when Dad got home from work, we sat down together at the dining room table, and if I didn't like what she put on my plate, I was allowed to sit there until I did like it.'

By this time, the lad was laughing so hard I was afraid he was going to suffer serious internal damage, so I didn't tell him the part about how I had to have permission to leave the table.

But here are some other things I would have told him about my childhood if I'd figured his system could have handled it:

Some parents NEVER owned their own house, or wore jeans, or set foot on a golf course, or travelled out of the country or had a credit card.

My parents never drove me to school... I had a bicycle that weighed probably 50 pounds, and only had one speed (slow).

We didn't have a television in our house until I was 10.

It was, of course, black and white, and the station went off the air at 10 PM, after playing the national anthem and epilogue; it came back on the air at about 6 a.m. And there was usually a locally produced news and farm show on, featuring local people...

Pizzas were not delivered to our home... But milk was.

All newspapers were delivered by boys and all boys delivered newspapers —My brother delivered a newspaper, seven days a week. He had to get up at 6AM every morning.

Film stars kissed with their mouths shut. At least, they did in the films. There were no movie ratings because all movies were responsibly produced for everyone to enjoy viewing, without profanity or violence or almost anything offensive.

If you grew up in a generation before there was fast food, you may want to share some of these memories with your children or grandchildren. Just don't blame me if they bust a gut laughing.

Growing up isn't what it used to be, is it?

MEMORIES from a friend:

My Dad is cleaning out my grandmother's house (she died in December) and he brought me an old Lemonade bottle. In the bottle top was a stopper with a bunch of holes in it.. I knew immediately what it was, but my daughter had no idea. She thought they had tried to make it a salt shaker or something. I knew it as the bottle that sat on the end of the ironing board to 'sprinkle' clothes with because we didn't have steam irons. Man, I am old.

How many do you remember?

Headlight dip-switches on the floor of the car.

Ignition switches on the dashboard.

Trouser leg clips for bicycles without chain guards.

Soldering irons you heated on a gas burner.

Using hand signals for cars without turn indicators.

Older Than Dirt Quiz:

Count all the ones that you remember, not the ones you were told about. Ratings at the bottom.

1. Sweet cigarettes
2. Coffee shops with juke boxes
3. Home milk delivery in glass bottles
4. Party lines on the telephone
5. Newsreels before the movie
6. TV test patterns that came on at night after the last show and were there until TV shows started again in the morning.. (There were only 2 channels [if you were fortunate])
7. Peashooters
8. 33 rpm records
9. 45 RPM records
10. Hi-fi's
11. Metal ice trays with levers
12. Blue flashbulb
13. Cork popguns
14. Wash tub wringers

If you remembered 0-3 = You're still young

If you remembered 3-6 = You are getting older

If you remembered 7-10 = Don't tell your age

If you remembered 11-14 = You're positively ancient!

I must be 'positively ancient' but those memories are some of the best parts of my life.

Don't forget to pass this along!!

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Erna Bennett

Erna passed away in Scotland on 3rd January 2012. Erna was a unique Irish woman from Derry brought up in Belfast. Her life was rich and colourful, varied and so meaningful and she made an impact whatever she did and on whomever she met, such was the force of her charismatic character, the strength of her beliefs and her innate sense of justice. She did not suffer fools lightly and her words contained no euphemisms that disguised the truth. Yet behind her forceful character was the gentlest of natures and the kindest of hearts as the people she taught, the people she fought for and cared for and the people she loved can testify.

Erna was a woman of great courage. During the second World War she served in the Middle East and Greece in the intelligence service and was an accomplished pilot. She was not afraid to confront danger. Her experience fighting the fascist enemy strengthened her passionate belief in an egalitarian society.

Although Erna began her career as a genetic scientist, her work led her to become an outspoken advocate of the rights of farmers to maintain traditional seed varieties. She was one of the early pioneers of the genetic conservation movement and warned the world about the tragedies of plant erosion. Her missions to Afghanistan and Greece in the early days of the movement in 1966-67 have become legend.

Erna joined FAO in 1967 and was awarded the Meyer memorial medal in 1971. Her work influenced the 1972 UN Stockholm Conference on the Environment and led to its call for a global programme on the conservation of plant genetic resources. She resigned from FAO in 1982 because of her concerns that the work she had helped to initiate, to conserve the genetic diversity of the world's agriculture, was being hijacked by private companies.

Erna was indeed a controversial and revolutionary figure in FAO. She had also played a leading role in joining the general service and professional staff organizations to form a Joint Action Committee to establish dialogue on an equal footing with Management. It led to a three-day strike with support coming in from several UN and other international organizations and resulted in establishing a new and constructive relationship between the Staff and Administration.

After leaving FAO, Erna continued to be active on public issues, journalism, lecturing, advising and writing poetry. She changed homes frequently living in Italy, Australia, Greece and finally in Scotland.

Many people have left moving dedications to Erna, reflecting her incredible and admirable life. She is sorely missed but, as shown in the following poem, written by Erna, would not want us to mourn. A book of her poems is shortly to be published.

Mourn not

Mourn not that I am dead.
Doubly rejoice instead
That I have lived
who now have ceased to be.
Here I have survived
my last remaining doubt.
Tranquil I am, though mute,
released from all dispute
“about it and about”
or when or how or why.
I miss, it must be said,
a fragrant loaf of bread,
a book of verse,
wine to make a feast,
and you, my love, not least.
But believe me when I say
there is no way
to justify your sorrow.
Do tell me though,
what’s the news today?
And what about tomorrow?

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UNA SANA INSALATA CON I FRUTTI DORATI

di Enrica Romanazzo

Un'idea sfiziosa per un pasto all'insegna del gusto, della salute e della... leggerezza!!!

Propongo un mix di **pomelo**, anacardi, peperoncino fresco e cipollotto, per una stuzzicante insalata in agrodolce, da gustare a fine pasto. E' un piatto sano, rinfrescante e gustosissimo, da presentare al posto di dessert ipercalorici che appesantiscono i pasti. Torte, crostate, crème caramels... mangiamoli a merenda oppure riserviamoli alla prima colazione....

Alla fine di un lauto pasto, serve qualcosa di gradevole e leggero per chi voglia alzarsi da tavola senza appesantirsi troppo e con il retrogusto di questo frutto meraviglioso, lievemente acidulo..

Se il frutto è maturo il gusto è piacevolissimo. La sua polpa, meno acre del pompelmo e dell'arancia amara, è gustosamente dolce. Ha un sapore complesso e semplice allo stesso tempo, che si adatta anche al salato perché riesce a esprimere qualità diverse. In questo magico contrasto è racchiuso il segreto di un frutto speciale.

Provare per credere.

CITRUS MAXIMA
CITRUS MAXIMA



Il Pomelo (Citrus Maxima) appartenente alla famiglia degli "Agrumi", è uno dei più grandi e succosi frutti del pianeta. Originario della Cina, presenta una polpa carnosa dolce e leggermente acidula. A differenza degli altri agrumi, il pomelo non è sferico, ma si presenta con una forma di pera. Ogni spicchio del frutto è piuttosto grande, presenta piccoli semi e una spessa buccia facile da togliere.



E' un frutto benefico ricchissimo di **vitamina C**, **beta-carotene**, **vitamine del gruppo B** **compresa la B9 "acido folico"** Consigliato alle giovani mamme durante la gravidanza per un buon sviluppo del nascituro. E' anche molto ricco in **potassio**, elemento tonificante e benefico per il cuore. Inoltre i **limonoidi** contenuti nel pomelo svolgono un'azione più potente dei preparati chimici **nell'arrestare lo sviluppo delle cellule cancerogene**. Contribuisce a regolare la **pressione arteriosa** e a **prevenire l'arteriosclerosi**. E' ottimo nelle diete per il trattamento e la prevenzione dell'**asma**. E' un frutto salutare a basso contenuto calorico che dà senso di sazietà e accelera la sintesi delle proteine e dei grassi, nell'organismo, quindi utilissimo per coloro che desiderano o devono mantenere una **dieta ipocalorica**.

Dove trovarlo? Al mercato di Piazza Vittorio, oppure ordinarlo al fruttivendolo sotto casa.

LIGHT DESSERT: INSALATA DI POMELO ED ANACARDI

Ingredienti: **Pomelo, Peperoncino verde fresco, cipollotto, anacardi, olio d'oliva.**

Condite la polpa del pomelo con poco olio d'oliva, aggiungete qualche anacardo salato spezzettato, mezzo cipollotto e poco peperoncino fresco sminuzzati.

ULTRA LIGHT DESSERT: INSALATA DI POMELO E FINOCCHI

L'insalata di finocchi e pomelo, conditi con sale, olio ed una spolveratine di pepe, è una variante ipocalorica.

ANTIPASTO LIGHT - INSALATA DI PESCE E POMELO

Oppure provatelo per un antipasto di pesce facile e veloce da realizzare. Servono dei gamberetti cotti al vapore, cuore di lattuga, pomelo. Condire con poco olio e sale ■



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