

JUNE 2012

fao
Casa
gazette

Visita a quel che resta di
Villa Sant'Angelo dopo
il Terremoto

Zumbathon 2012-05-28

Republic of San Marino

Caracalla Opera

Livingstonia Malawi –
Following David
Livingstone

Recipes:
Risotto con Asparagi e
Stracchino
Pork Roast with
Prunes

CILIEGIO

di Patrizia Cimini

La cantina ricettava da anni
un vecchio tronco, un trancio d'albero
staccato dalla terra dalla bomba
quella che tagliò dai rami di famiglia
i frutti migliori: un figlio, la casa, i lini.
E lui, raccolto dalla premura della specie rimasta
fu totem della guerra ai miei occhi
bambini
che non videro mai i suoi fiori
ma dalla corteccia ora rosa dai tarli
seppe immaginarli.
Molto grandi, sfarinati dal vento
sul terreno a cappa
mille su mille.



fao Casa gazette

The "FAO CASA GAZETTE" is the registered title of the journal of the FAO STAFF COOP

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Viale delle Terme di Caracalla - 00153 Roma
Tel: 06/57053142 or 06/57054112 - Fax 06/57297286
E-mail: FAO-STAFF-Coop@fao.org
Website: faostaffcoop.org

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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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Monday-Friday 9.00 - 13.30
WFP
1st and 3rd Tuesday of each month

Services and Special Interest Group

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VISITA A QUEL CHE RESTA DI VILLA SANT'ANGELO DOPO IL TERREMOTO

di *Enrica Romanazzo*
Presidente FAO Staff Coop

Sabato 5 maggio 2012: l'orologio della piazza del centro storico di Villa Sant'Angelo è fermo alle 3.32 del 6 aprile 2009, ora in cui il gravissimo sisma di magnitudo 6.3, ha colpito l'Italia centrale, in particolare l'Abruzzo. La torre dell'orologio è danneggiata ma non è crollata, mentre le case intorno sono ridotte ad un cumulo di macerie. Ci spingiamo verso ciò che rimane del vecchio borgo messo in sicurezza da un'impalcatura che sorregge edifici pericolanti in attesa di essere demoliti per dare avvio alla ricostruzione.

Scorrono davanti ai nostri occhi scorci di vita familiare che spunta tra le maioliche di quello che era forse un bagno, tra effetti personali abbandonati nel perimetro di una casa ormai priva di mura. La proprietaria di questa che una volta era una casa che si affacciava sulla piazza dell'orologio, sorpresa nel sonno, invece di uscire ha pensato di rannicchiarsi in un angolo, per consegnarsi alla protezione delle mura amiche. Non è forse la casa il luogo in cui ci sentiamo protetti dalle insidie del mondo? Ma il pesante tetto di cemento armato è crollato senza lasciarle scampo.



Il terremoto ha causato 17 vittime e distrutto il 90% degli edifici del centro storico. Mentre le case nuove costruite intorno al paese hanno superato l'evento sismico quasi senza un graffio. Intorno ad esse, nella pianura che circonda l'antico borgo, situata nella lunga vallata aquilana racchiusa tra le catene montuose del Sirente e del Gran Sasso, sono stati collocati gli chalet prefabbricati prontamente consegnati dalla Provincia Autonoma di Trento. Sono molto accoglienti ed ospitali. Se non si volge lo sguardo al paese ferito che ci siamo lasciati alle spalle, sembra di stare nel ridente villaggio vacanze di una comunità montana.



Una signora ci apre la porta della sua abitazione per mostrarci orgogliosa l'interno del prefabbricato e ci spiega che gli abitanti di Villa Sant'Angelo devono molto alla Protezione Civile della Regione Emilia-Romagna ed alla Provincia Autonoma di Trento che sono intervenute con tempestività in aiuto alla comunità colpita dal sisma. La signora mi consegna il santino della Madonna Della Libera per la quale sono in corso i festeggiamenti. E' un suo modo per ringraziarci del contributo che anche noi abbiamo dato al suo paese. Le note della banda comunale accompagnano la gente che sale in processione verso la vallata, mentre noi lasciamo le casette di legno di **"Borgo Trento"** per dirigerci verso il centro di aggregazione che il sindaco Pierluigi Biondi ha prontamente realizzato per favorire l'incontro di giovani ed anziani che qui vogliono continuare a vivere per stare insieme e condividere esperienze passate e presenti. Perché l'aggregazione è l'elemento portante della rivincita sociale che l'amministrazione di Villa Sant'Angelo ha promosso con interventi e progetti rivolti alla cittadinanza colpita dalla tragedia. In quest'area è stata allestita una scuola dell'infanzia, un centro polifunzionale ed una struttura che è in corso di realizzazione donata dalla Caritas dove andranno localizzate le attività commerciali che oggi sono ancora dentro i container. A queste strutture si è aggiunto il poliambulatorio, inaugurato nel marzo scorso, che è stato costruito grazie alla raccolta fondi promossa dalla Rappresentanza sindacale unitaria (Rsu) della G.D Spa di Bologna, estesa poi a tutte le aziende di Coesia e a **cui ha contribuito anche il generoso popolo della FAO**. Dopo mesi di lavoro, finalmente il poliambulatorio è stato consegnato alla cittadinanza. L'apertura della struttura rappresenta un momento fondamentale della rinascita locale della popolazione gravemente colpita dal sisma in quanto fino ad oggi l'assistenza sanitaria di base alla popolazione è stata assicurata attraverso la localizzazione degli studi medici all'interno di container, che finalmente potranno essere dimessi. Il sindaco ci mostra l'interno della struttura e ci spiega che nella stessa è stato finalmente allestito un ambulatorio pediatrico che non era incluso negli studi medici operativi nell'edificio comunale ormai distrutto.

(continued on page 8)

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(continued from page 6)

Nel constatare la passione e l'impegno civile di questo giovane sindaco che il giorno stesso della tragedia si è attivato immediatamente per ricostruire soprattutto il senso di comunione ed appartenenza della comunità di Villa Sant'Angelo, mi rallegro di aver potuto dare il mio personale apporto attraverso la FAO Staff Coop, che seppur in piccola parte, ha contribuito alla resurrezione di uno dei comuni maggiormente colpiti dal sisma del 2009.

Quello che abbiamo fatto rappresenta una goccia nel mare dei bisogni dei terremotati d'Abruzzo, ma abbiamo scelto di contribuire in modo diretto alla rinascita di una delle comunità più colpite, nella speranza che la tragedia non fosse dimenticata dopo i primi giorni di clamore mediatico. Per questo abbiamo voluto sostenere un progetto realizzabile nell'immediato futuro, e per farlo abbiamo proposto di consegnare i fondi raccolti al sindaco di un paese dell'Aquilano, segnalatoci da un collega che aveva eletto Villa Sant'Angelo a residenza estiva e che dopo il sisma, si è prontamente attivato per raggiungere i campi dei terremotati e portare il suo carico di generi di prima necessità alle genti con cui ha condiviso piacevoli momenti di aggregazione nei periodi di vacanze, quando lasciava la città per rifugiarsi nella sua casetta appena acquistata e che ora è ridotta ad un cumulo di macerie.

Le note liete della banda continuano a risuonare nell'aria in questo clima di festa che questa gente difende con tenacia per ricordare ai propri figli che il paese è vivo ed ha voglia di proseguire con la vita di sempre.

Non possiamo che apprezzare l'orgoglio e la dignità con i quali questa comunità ha affrontato la tragedia. E prendere ad esempio la forza e la determinazione con la quale gli abitanti di Villa Sant'Angelo sono riusciti ad affrontare le difficoltà e a perseguire il processo di ricostruzione del loro amato borgo natío.

La costruzione di questo presidio socio-sanitario è stata possibile grazie all'impegno del sindaco ed alla solidarietà di noi tutti.

Non mi resta che ringraziare tutti coloro che, all'interno della nostra Organizzazione, hanno contribuito alla realizzazione di questo progetto.

INIZIATIVE A SOSTEGNO DI ALTRE POPOLAZIONI AQUILANE

ONNA : Colgo l'occasione per segnalare che il contributo residuo di EURO 1227 raccolto grazie ad una seconda colletta a sostegno dei terremotati Aquilani, è stato destinato al piccolo paese di Onna, divenuto simbolo del disastro naturale che ha colpito l'Abruzzo.

Il terremoto ha trasformato questo piccolo paese di 300 abitanti, situato a sette chilometri dal centro dell'Aquila, in un borgo fantasma, un luogo spettrale, quasi irreale. La fase di ricostruzione di questa frazione che é andata completamente distrutta, ha privilegiato la sistemazione dei terremotati nei prefabbricati consegnati dalla Protezione Civile della regione Trentino. Il nostro contributo é stato devoluto alla ONLUS Tendopoli Onna snc, (organizzazione no profit operante sul territorio, in collaborazione con il presidente della Pro Loco, Dr. Vincenzo Angelone e la D.ssa Silvia Pezzopane, Presidente della Provincia dell'Aquila) che lo ha destinato all'acquisizione dell'attrezzatura della nuova palestra in costruzione.



**LISTA DEI PAESI COLPITI DA CALAMITA' NATURALI CHE HANNO
BENEFICIATO DELLE COLLETTE ORGANIZZATE DALLA FAO
STAFF COOP in COLLABORAZIONE CON ISCC e FFOA**

Philippines (2009); L'Aquila (2009); Haiti (2010); Pakistan (2010);
Japan (2010); Turkey, Thailand & Liguria (2011).



I proventi della raccolta per Haiti sono stati consegnati all'Associazione Medici Senza Frontiere

Zumbathon 2012

by Marlyn Manuel



The Zumba instructor Marlyn Manuel (3rd from left) and members of the Zumba group handing over the cheque for the amount of €950 to the FFF representative Livia Cellini (5th from left). Also present was the President of the FAO Staff Coop, Enrica Romanazzo (7th from left).

On the evening of 2 May 2012, a different type of charity event - probably the first of its type - took place in the Cafeteria of FAO. It was organized by Marlyn Manuel, the instructor of the Zumba classes held in-house every Wednesdays, supported by the FAO Staff Coop.

How was this concept conceived? Last year, the Medical Unit initiated a health promotion campaign during which occasion it was stressed out that a moderate physical activity is necessary to stay in shape. With this in mind, Marlyn came up with the idea that the event could be a good opportunity for the staff to actually witness, get the feel of it and hopefully be inspired to join at least one of the many activities that are done in-house through the FAO Staff Coop, at the same time, a chance of making charity event(s) with it.

What is Zumba Fitness? Zumba is composed of easy-to-follow fast and slow dance movements that tone muscles and burn hundreds of calories. It's an integration of steps from all styles of Latin dance (Salsa, Cha Cha, Cumbia, Lambada, Mambo, Samba, Bachata, Merengue, Reggaeton), Bollywood, Hip Hop, Rock & Roll and Belly Dancing - combined with a few aerobic steps. Zumba is suitable for all ages and abilities.

At the Zumbathon, there were about 70 FAO/WFP/IFAD staff members who gathered in the Cafeteria at 17:30 to participate in the one-and-a-half hour Zumba Fitness event.

Everybody had a lot of fun and most even managed to keep going for the full 90 minutes!

The net amount of Euro 950 collected from this event was added to the Fasting For Food fund for the three approved projects for 2012-13: a) Hargeisha Project for Women in Somaliland (Somalia), b) Food and Knowledge, Buddha Kasettra School (Thailand) and c) Wells Project, Africa Sottosopra (Malawi).

It must be mentioned and well noted by the members of the Zumba group that, as usual, there were also a good number of staff who contributed generously to this worthy cause even though they were unable to come or participate in this event.

As a request is being made by those who participated in the event, another session is now being organized for a date in the near future, and any income will be intended fully for charity. So....stay tuned!!!

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(continued from page 12)

The Landscape



“The azure vision...”, thus the famous poet Giovanni Pascoli quite rightfully described the view of San Marino. Mount Titano is a great balcony offering a wide-angle view of the surrounding area: from the Upper Marecchia Valley and Montefeltro to the Adriatic Coast and on to the coastline of Croatia, visible on particularly clear days.

A very suggestive spectacle is that of the setting sun. A thousand colours that fade and mix for hours in a suspended space/time dimension.



Not to be missed is a walk along the ridge of the mountain, surrounded by greenery, with an absolutely unique view of the Romagna coastline

History

Over the centuries, Popes, potentates and even the emperor Napoleon have shown respect for the liberty of this country which is today a fully-fledged member of the United Nations Organisation and the Council of Europe, as well as of other major International Organisations, in which it strives to defend human rights and peace.

According to legend, the small community was founded by a stone cutter, a native of the island of Arbe in Dalmatia, who climbed Mount Titano to escape the Christian persecutions of the Roman Emperor Diocletian. What is certain is that the area has been inhabited since prehistoric times, while evidence of the existence of an organised community dates back to the Middle-Ages.

The historical peculiarity of San Marino is revealed in its **ancient institutions, unique in the world**, starting with the two Captains Regent. The first Regents were appointed in 1243 and the institution is still in force today. The two Captains Regent remain in office for six months and their institutional role corresponds to that of Heads of State.

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(continued from page 14)

Every year, on **1 April and 1 October**, a suggestive investiture ceremony is staged. This is regulated by a strict protocol that has never changed over the centuries.

It was thanks to the wisdom that inspired the ancient San Marino Commune that the people were able to tackle dangerous situations and strengthen their independence. The Republic was twice occupied by foreign armies, but only for a few months: in 1503 by Cesare Borgia and in 1739 by Cardinal Giulio Alberoni.

In 1797, Napoleon offered to extend the country's land area as far as the sea, but this offer was wisely refused. In 1861, Abraham Lincoln showed his friendship for San Marino by writing to the Captains Regent "Though your country is small, nevertheless it is one of the most honoured throughout history..."

San Marino boasts a **tradition of great hospitality**. Right of exile has never been refused, whatever the condition and ideas of the refugee. Two emblematic episodes can be recalled: the exile given to **Giuseppe Garibaldi** and his men in 1849, after they were surrounded by three armies following the fall of the Roman Republic and the hospitality given during the Second World War to **100 thousand Italian refugees** from the surrounding districts.

The old-town centre

The old-town centre is located on the top of Mount Titano, 750 m above sea level. The mighty medieval stone walls enclose the original settlement, it too built entirely of stone and closed to traffic. The old-town centre is criss-crossed by narrow streets lined with buildings and monuments.



The three Fortresses at the top of the Mount give San Marino its best-known image and are linked by a path that runs along the entire ridge of the mountain. Inside the second Fortress is the museum of historical weapons. Piazza della Libertà is the heart of the country's institutional life.



Piazza della Libertà

Here stands the Government Building (1894), where the Great and General Council (the Parliament) sits. The Building was restored for the 2004 centenary by the internationally renowned architect, Gae Aulenti.

CRAFTS AND SHOPPING

The old-town centre is a MECCA for shoppers, a feast of colours and lights. Shops offer tax-free goods for foreigners

Ceramics can well be considered one of the oldest traditional crafts of San Marino, together with stone-working. There are still workshops in the Republic that make art and craft ceramics: plates, amphorae, tiles, frames. These often represent the symbols of the history and legend of San Marino and are strictly hand-painted: the Patron Saint with the Mount, the Official Coat of Arms, the Mount, the three Fortresses, Saint Agata, the other Patron Saint.



The stamp and coin issues of the Republic are truly one of a kind and prestigious. They are widely sought by collectors the world over and can be purchased from the State Philatelic and Numismatic Office, located in the old-town centre, in Piazza Garibaldi.



The old-town centre is a MECCA for shoppers, a feast of colours and lights. No street or square is without its shops, selling articles of all kinds, from traditional souvenirs, to crossbows and refined gold and silverware. Hundreds of shops and kiosks, in the summer months also open in the evening hours, line the streets of the old-town centre in a glory of souvenirs without equal.

Outside the old-town centre, along the main highway, stand a succession of sales outlets – shopping arcades, shopping centres, outlets and shops specialized in electronics. In San Marino, some shops offer tax-free goods for foreigners.

The flavours of the land of San Marino

San Marino's economy which was based on farming and animal breeding today still produces high quality products.



“Agriculture, Art the most ancient, the most noble, the more useful than others, taking its principles from Physics, Chemistry and Natural History, is not as easy as ignorant people sometimes think...” So begins Domenico Mengozzi’s preface to the Agrarian Statute of 1813 of the Republic of San Marino.

For centuries, San Marino’s economy was based on farming and animal breeding. Today, these activities involve a minimum part of the population, but are present and produce high-quality products.

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The culinary traditions of San Marino are those of Romagna, with some influx from the Marche region, as close ties have always existed with Montefeltro. On San Marino tables, piadina and homemade pasta are never missing, nor are vegetables prepared in various ways.

San Marino food and wine products include extra-virgin olive oil, cheeses, meats, milk, wines and honey. All the products are guaranteed by a quality seal which identifies San Marino manufacturers through a single food certification mark called “Consorzio Terra di San Marino”.

The Consorzio Vini tipici di San Marino is one of the founders of the group and today produces over 13 wine labels. Among the most important of these are the classic Moscato di San Marino, sweet fresh and aromatic, a number of reds such as Brugneto di San Marino and the more prestigious Tessano, aged in oak barriques. Not to be missed are the whites such as Biancale and Roncale, with their fresh and fruity taste. All these products are available from wine shops and in the best restaurants. San Marino cooking is based on simple ingredients. Traditional hand-made pasta: stringhetti, tagliatelle, ravioli, strozzapreti, are prepared with different sauces depending on the time of year; wild asparagus and peas in spring, tomatoes and “stridoli” in summer, beans and mushrooms in autumn, classic mincemeat is meat broth served with cappelletti or passatelli, a traditional Sunday lunch dish in the winter months. Main courses include rabbit and cockerel prepared in various ways and mixed grilles. Fresh fish dishes are also popular given the vicinity of the sea ■

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Livingstonia Malawi – Following David Livingstone

by Peter Steele

Ride north across Africa on a motorcycle with direction in mind and one eye on the calendar; and there is always a choice of where to go within the general pattern of days that pan out and those key dates that have to be met. And there are many hidden gems to be discovered amongst the better internationally-known features of this most challenging and relatively little-known continent. The little township of Livingstonia Malawi is a classic example.



Technical College. The original centre for advanced learning has remained relatively unchanged since inception. An original proposal to establish a 'University of Livingstonia' remained unfulfilled for almost 100 years, but came to fruition just 10 years back.

Focus upon the achievable

Forget the seemingly endless international news items that concentrate on the negative and focus instead on the many successes and triumphs of everyday people that call Africa home.

This is a continent that is rapidly developing and this is manifest in all walks of life - from the network of tar seal highways that are replacing the old gravel roads, from the rising urban middle classes with their American-style shopping malls and from the general confidence of people that you meet everywhere.

In many senses, things are so new that there is no time to appreciate the changes before society-at-large rushes on to the next development challenge. The role of the mobile phone is a case in point - boosting communications, opening up markets, and providing information and banking services everywhere. For example, in Kenya >25 percent of domestic financial transactions are estimated on-line - more than can be said for many industrial countries.


People communicating – governments controlling

During the 70-odd years up until the mid-

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Twentieth century much of the continent - the entire eastern, central and southern parts of Africa for example - were 'coloured' red on international maps; signifying control by Great Britain. Other patches of the continent were coloured differently and attributed to the French, Spanish, Portuguese and others. In the Nineteenth century 'scramble' for Africa, only a handful of territories remained 'independent'. But it was the British with their colonial ambitions that first proposed the roads, railways and telephones that would link Cairo in Egypt with Cape Town in South Africa. The Nineteenth century was the hey day of merchant adventurers and explorers who had the vision and sometimes the funds, and certainly the political clout, to encourage the governments of the day to invest in proposals of this kind.

The railways made it in patches - but these remained (and remain) regional; the roads were largely wishful thinking on the maps of the time, notwithstanding the delight of the cartographers with their red, yellow and white lines criss-crossing the continent but, rains

permitting, you could travel these routes; but it was the telephone lines - with their short steel poles, ceramic insulators and fragile twin wires that first followed the track of the Great African Rift down the continent.

And you can today, if you look carefully in the more isolated terrain, still find traces of this most pragmatic and visionary enterprise: this includes Livingstonia in Malawi. And if the telegraphic line was not actually finished sufficient to enable the two cities at the extremes of the continent to communicate, the national and regional networks that developed played key roles within the political management of the territories through which they passed. You have to appreciate the role of the runner (even the horseman) of those earlier times to realise the opportunities that telegraphic coded signals and then voice messages provided.

Coming to Malawi

The journey north had taken the riders from Lundazi in Zambia to Malawi - straight into the north of the country. Looking across the



Stone House. The original stone house in which Dr Laws lived for most of his life remains a feature of the township and, for those interested, provides overnight accommodation for travellers. The local mushroom farm provides camping facilities in addition to a host of adventure tourist related ventures.



Main road. Once just off the main road north of Mzuzu, Livingstonia is at the end of a gravel road that is barely maintained and no longer suited to heavy traffic – but essential for local communities.

shimmering waters of Lake Malawi to Mozambique or along a vista of distant purple hills that seem to stretch into infinity in Northern Malawi this is a land of staggering beauty - one of Africa's best kept secrets.

Away from the lake shore, Northern Malawi is high country centred on the Nyika and Viphya plateaux. Nyika rises to >2 000 metres and contains the largest game park in the country; the Viphya to the south of Mzuzu the regional capital is lower, and was extensively planted to pines over >30 years in preparation for a pulpwood industry that never materialized. The forests, however, have been a boon for the environment, for livelihoods and for the engaging beauty of this little known country. The Viphya forests represent one of the largest plantation forests in Africa.

The north remains empty – unlike the south – the result largely of focus and investments in the south during the time since the British protectorate of the 1890s, but also the difficult terrain in the north, fewer people and their relative isolation from the main commercial centres of Blantyre/Limbe, Zomba and Lilongwe. Whether as Nyasaland or Malawi (after 1964), the country has always been administered from the south.

Livingstonia

Established by missionaries from the Free Church of Scotland at the turn of the Twentieth century, the Livingstonia mission station celebrated the exploratory work of the Scotsman David Livingstone and his journeys >30 years earlier in what is now Malawi and Zambia in an effort to expose and help eradicate the East African slave trade. More than 100 years later, the small town of Livingstonia continues to reflect the style and austerity of the original protestant founders with the severe lines and stone or red brick of the matching houses, church, schools and hospital.

At one time a thriving centre of learning in support of the people of the region, the modern day town remains something of a sleepy backwater perched on a ledge 1 600 metres above the lake and below the heights of the Nyika Plateau. Wander the wide gravel roads around the compound that contains the township, stand in the shade of the mopane and eucalyptus trees that dominate the open spaces between the main town buildings and the lines of houses, and marvel at the dedication and faith of the people who established the mission – the second Livingstonia – 20 years after the first lake-



Christian Church. The church in all its glory as the original centre of Christianity in Northern Malawi and the catalyst for much of the social development that followed in the region during the ensuing 100 years.

side mission in the south of the country had been closed; beaten by the malarial mosquito.

For more than 50 years the Livingstonia mission was led by Dr Robert Laws a follower of David Livingstone and a visionary educationist who encouraged the development of high quality schooling that influenced people and their development across the entire region.

Paradoxically, the re-development of the main highway north-south along the lake shore in recent times has left Livingstonia more isolated than ever – circumventing the township – and leaving it at the end of spur of gravel road. This was once the main road from Mzuzu to Karonga but, just below the mission, the original escarpment road takes you through a series of hairpin bends that drop down to the lakeshore near to Chilumba. This used to be the only road north right up to the 1970s, with all manner of unsuitable vehicles making their way up and down – in the dry; and less so during the rains, when it becomes/became 4x4 country. The track remains open, but it is not for the faint hearted.

David Livingstone: thumbnail sketch

The Livingstonia mission was established just two years after the death of David Livingstone in 1873. He was a man of his times – one of a handful of Nineteenth century Victorians who did much to explore the African hinterland on behalf of European governments, commercial enterprises seeking access to land and other key resources, missionary groups looking for converts and others keen to patch together the geography of the continent. Whilst the coastline had been well known for >300 years, the interior remained a mystery and known only to the people who lived there. Inter-regional trade in all manner of goods – including ivory, spices and slaves – was, however, buoyant and caravans of all kinds serviced the main sea ports. The interior simply remained unknown to the Europeans.

Born into a poor family in Blantyre Scotland, Livingstone spent the early years of his life as a mill worker contributing to the family income from long hours of labour but, crucially, taking on the believes and drive of his father and others who influenced him in support of the Christian Church. This included self-education and, latterly, formal education to provide a better understanding of

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David Livingstone window. The most prestigious of tributes to David Livingstone – missionary, explorer and man of his time – in the window of the church showing Lake Malawi and Chilumba Bay in the background.

the complementary role of science and technologies within the prevailing religious beliefs of those times. Livingstone switched to medical studies when opportunities arose to serve as a missionary overseas; and he started work at a mission station in what is today Botswana.

When the mission station closed as a result of drought, Livingstone took his spiritual calling

on the road and, travelling lightly, put his faith in the spread of Christianity and 'legitimate trade' as a means of combating slavery. Paradoxically, the further north he travelled into the interior of the continent during 20 years of exploratory missions from the 1850s on, the more he became dependent upon those self-same slave traders and the security of their caravans. His first-hand witness reporting of the brutality, hardship and



Mission houses. Typical design – made of brick and corrugated steel with outside veranda and kitchen attached through a covered walkway. This is the land of rain and damp enveloping cloud, and these are cold houses during winter-time.

desolation of slave raiding did, however, stir the conscience of the public back home sufficient to catalyse government action for abolition of the trade.

The Livingstone legacy would probably have remained largely unknown to the public at large at the time, but for the reporting of Henry Morton Stanley sent to Central Africa by the New York Herald with what amounted to a blank cheque – to discover the whereabouts of the intrepid traveller. The greetings exchanged between the only two whites in the entire region remains something

of an enigma – ‘Doctor Livingstone, I presume?’ – and may have been nothing more than newspaper hype. These words have, however, been handed down for almost 150 years unchanged as a humorous aside to the unusual nature of the meeting.

And the legacy remains in the region of this powerful and self-determined man in the reverence shown in the names that have remained – in roads, towns, statues and plaques that record his time in history – including Livingstonia Mission in Malawi ■



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Mettete la cipolla, carota, sedano, in un tegame, aggiungete acqua e, fate sobollire per circa 30 minuti, salate a piacere, in questo modo avrete il brodo per la cottura del risotto.

Dopo averli ben lavati, lessate gli asparagi in acqua salata per circa 10 minuti, scolateli ma non buttate via l'acqua di cottura; tagliateli a pezzetti di circa 2/3 cm. (mantenete da parte qualche punta per la guarnizione) e, ripassateli in padella per circa 2/3 minuti con un cucchiario di olio extravergine di oliva ed un pezzettino di peperoncino; man mano che si asciugano aggiungete un po' di acqua di cottura che avete messo da parte fino a cottura ultimata. (non devono essere troppo morbidi)

Mettete la noce di burro ed il restante olio extravergine di oliva in un tegame con mezza cipolla tagliata finemente, fate soffriggere finché la cipolla inizia a dorarsi, aggiungete il riso e mescolate con un cucchiario di legno facendolo tostare leggermente.

Quando vedete che il riso inizia ad attaccarsi al tegame iniziate ad aggiungere il brodo un mestolo alla volta; appena si asciuga un po' aggiungete altro brodo e, così via fino a tre quarti di cottura, circa 15 minuti. A questo punto aggiungete gli asparagi e sempre mescolando ultimate la cottura del riso di altri 2/3 minuti. Togliete il tegame dal fuoco e unite al riso lo stracchino a pezzettini mescolando velocemente con il cucchiario fino a farlo sciogliere completamente (sarà cremosissimo), spolverate il tutto con il pecorino romano, mescolate per altri 30 secondi e servite. BUON APPETITO

Pork Roast with Prunes

Polish style

by Teresa Stankiewicz

Ingredients

1,500 gr pork arista or neck
12 prunes pitted
Fresh rosemary and sage leaves
4 cloves garlic peeled
salt, black pepper
1 glass white wine
4 tbsp olive oil
Transparent baking bag* and kitchen string

Method

The pork arista should be in one piece. Season uniformly with salt and ground black pepper. With a sharp knife make holes in the meat and insert a pitted prune (i.e. without seed), repeat this for all sides of the meat leaving about 3 cm between each one. Peel the garlic cloves, cut into two and remove the eventual growth in the centre. Wash and pat dry the rosemary and sage leaves and distribute evenly around the meat.

In a large enough pyrex or oblong baking dish put the transparent baking bag with the seasoned meat inside (*Rekaw do pieczenia in Polish*), ensure that there are slices of garlic, sage and rosemary leaves both beneath and on top of the meat. Pour the olive oil on top and also the glass of white wine. Tie the ends securely with kitchen string – there should be about 5 cm space on each side of the meat. Using a toothpick prick the bag to make several holes to allow steam to escape during baking. Bake the roast in a hot oven at 170-180°C for about 90 minutes. During the last 20 minutes raise the oven temperature to 200°C to allow roast to get some colour on top.

Remove the pyrex or oven dish from the oven and let it stand for about 5 minutes. The bag will flop down (during cooking it swells up). Cut one extremity and pour out the cooking sauces which would be abundant, check the salt level, adding some if necessary and simmer in a separate pot to reduce a bit (if preferred the sauce can be thickened with cornflour).

Cut the roast into medium sized slices, arrange on a hollow serving plate, pouring some of the sauce on top and passing the remainder separately for those who desire more. Accompany this roast with Roman style artichokes, (Ref. Cooking Fantasy cookbook, pages 94) or potato puree or special baked potatoes.

● *Rekaw do pieczenia in Polish* – a special transparent plastic bag for roasting meats in the oven – it resists heat up to 230°C. It can be bought from the numerous Polish vendors in Ostia or Tiburtina Station in Rome.



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