





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

FAO Staff Coop Board

Enrica Romanazzo Chairman: Vice-Chairman Mario Mareri Valentina Delle Fratte Secretary: Treasurer: Adriano Fava **Publicity Officer:** Edith Mahabir Cynthia Edwards Members: Alessia Laurenza Patrizia Ragni

Auditor: Studio Tributario Associato

Patrizia Cimini Direttore Responsabile:

Editorial Committee: Edith Mahabir, Peter Steele.

Danilo Meiia. Alexia Di Fabio. Bouchra El Zein Enrica Romanazzo,

Cultural Activity: Patrizia Ragni

Sports Activity: Alessia Laurenza

For Advertising: STAFF COOP OFFICE

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

Printing by: EUROINTERSTAMPA - Roma

Via della Magliana, 295 - Tel. 06.55282956 Fax 06.55178798

Finito di stampare: Novembre 2012

NOVEMBER 2012

Cover:

Arles vista dai campi di grano, Vincent van Gogh

Poets Nook - Veder cadere le foglie di N. Hikmet

Arles at the crossroads by Peter Steele

5

13

14

16

19

23

27

28

30

Essay Winner - Congo

Essay Winners - St. Kitts

Fidal We Run Rome

Villa Sciarra and hidden corners

What makes a successful rural cooperative. by Renata Mirulla

FAO Staff Coop Library

Anime in pena di Flavia Carbonetti

Recipes: Pumpkin Tea Bread Cup Cakes

Gastroturismo LOW COST!!! Un gioco da...studenti

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 FAO-STAFF-Coop@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.

The FAO Staff Coop does not take any responsibility for commercial advertisements published in the Casa Gazette or for services rendered by third parties according to conventions stipulated with the FAO Staff Coop.







FAO STAFF COOP

STAFF COOP OFFICE

Bldg. E Ground Floor Ext. 53142 Monday-Friday 9.00 - 13.30 WFP 1st and 3rd Tuesday of each month

Services and Special Interest Group MEMBERSHIP

Full membership of the COOP is open to all staff of FAO/WFP. Associate membership is available for spouses and those who work with FAO and associated UN agencies. The COOP Share is € 25,00 "una tantum", annual dues for both categories are € 20.00 for singles and € 28.00 for families. Apply for membership at the COOP Office (E.016) Monday-Friday 9.00 - 13.30.

Staff Coop Services	Hours / Location	Extension
Housing Service	Monday-Friday 9.00 - 13.30 Coop Office E.016	54112
Information	Monday-Friday 9.00 - 13.30 Coop Office E.016	54112/53142
Library	Monday-Friday 11.30-14.00 E.008	53479
Theatre Booking	Monday-Friday 9.00 - 13.30 Coop Office E.016	53142
G.A.D.O.I.	Tuesday 10.00-12.30 (by appointment) E.014	52893
Garment Repairs	Tuesday 13.00-17.00 E.02 Friday 08.00-12.00 E.02	
Dry Cleaning	Monday 14.00-17.00 E. Thursday 14.00-17.00 E.	
Staff Lounge	Building D, Ground floor	
Language Classes: Italian	Monday & Wednesday 13.00-14.00 E.021 Monday to Thursday 17.00-19.00 E.021	53142
Russian	Friday 12.00-14.00 E.020	53142
INPS Consultant	Friday 14.30-17.30 (by appointment) E.014	53142/54112
Staff Lawyers	Thursday 13.30-15.30 (by appointment) E.014	53142/54112
Notary Service	First e third Tuesday 14.30-16.00 (by appointment) E.014	53142

JOIN OUR ACTIVITIES

Cultural	Contact	Extension
Adventures in Self Discovery	Mr M. Boscolo	54424
Ancient Budist Wisdom	Mr E. Kaeslin	53213
Antroposofia	Ms A. Vittorini	52422
Artists	Ms I. Sisto	53312
Caribbean Cultural	Ms S. Murray	56875
Childrens	Ms V. Delle Fratte	54015
Choir	Ms A. Alberighi	56651
Coro Ñ		
Dancing:		50000
Dancercise: Zumba	Ms M. Manuel	53820
Salsa	Mr A. Kohli Ms M. Derba	53374
Tribal Drama:	IVIS IVI. Derba	54589
English	Ms J. O'Farrell	56550
Italian	Mr P. Tosetto	53585
Feldenkrais Method	Ms G. Pistella	54629
Gospel Choir	Ms S. Mann	56168
Hispanic Cultural	Ms M.E. Gazaui	54072
Human Values	Mr A. Banzi	54817
Music Therapy	Ms N. Rossi	56253
Pet group	Mr P. Trippa	55150
Philippines Cultural	Ms D. Mendoza-Galasso	
Pranic Healing	Mr R. Krell	52419
Sensory Evaluation	Ms B. Burlingame	53728
Tai-Chi	Ms G. De Santis	53344
Hatha & Raja Yoga	Ms C. Spadaro	52255
Yoga Basic	Ms E. Donch	55715
Yoga Ayurvedica	Ms E. Mahabir	53142
SPORTS		
Angler's	Mr M. Evangelistella	52127
Athletics	Mr D. Gargano	54024
Basketball	Mr D. Catton	22273
Badminton	Ms I. de Borhegyi Mr F. Jimenez-Aureli	56174
Beach Volley	Mr F. Calderini	53908 53828
Cycling Darts	Ms C. Canzian	52617
Football Men	Mr M. Staffilani	53268
Football Women	Ms R. Nettuno	56742
Golf	Mr A. Stocchi	55276
Gymnastics:	7.11 01000111	002.0
Eutonic	Ms B. Bouyssieres	56453
Flowork	Ms C. Park	54734
Fitness &		
Muscle Toning	Mr C. Pardy	54087
Lotte Berk	Ms M. Van Arkadie	56835
Pilates	Ms C. Hirsch	54243
Table Tennis	Mr B. Bultmeier	53008
Tennis	Ms A. Gabrielli	53012
Volleyball Men	Mr G. Trobbiani	53142
Volleyball Women	Ms A. Laurenza	55344
A II 4	vition are	

All activities are for Staff Coop Members only





Arles at the Crossroads

Peter Steele

Southern France has always been at the cross-roads; there is this thing about location and access – adjacent to a benign captive sea, hemmed in by mountains, land in plenty and, with the estuary of the Rhone available the river has provided, until quite recently, an easy route north. These socio-geographical advantages have encouraged the invaders, traders and settlers over the years. The network of modern motorways that skirt the mountains and criss-cross the plains continues to attract people – with climate, food & wine, and the traditional hospitality of the region providing the basis of the tourist industries that have come to prominence in recent times.

Unlike the waterways and railways that once dominated travel in the region, however, the modern high-speed roads typically by-pass the ancient towns and villages and if you – the traveller – are not careful, you can cross the region in less than a day; and arrive in Spain none the wiser for the cultural and culinary treasures of all those towns that the Romans left behind – Nimes, Montpellier, Orange, Aix-en-Provence, Arles and many others.



<u>Van Gogh Bridge</u>. An abiding interest in Japanese culture and/or reminiscent of home, van Gogh spent hours painting and sketching the Langlois Bridge. The modern replacement looked dilapidated and unkempt, however, and ready for a make-over. It remains permanently open.

Introducing Lawrence Durrell

Novelist, poet, travel writer, adventurer and perhaps best descriptor of all – 'man of the Mediterranean' – Lawrence Durrell spent 30 years of his life in the small community of

Sommieres a few kilometres north of Nimes. His final work 'Ceasar's Vast Ghost' contained stories, poetry and notes – in reality part autobiographical – and it was published just days before his death in 1990. In it he captures





Modern roads of earlier times. An old 'route national' in all its finery just outside Arles - still tree-lined but nowadays mainly empty of long-distance traffic.

the landscape, history, comedies and songs of the Midi - tracing them back to the time of the Ancient Greeks and before - to the Celtic and bronze- and iron-age communities that once occupied these lands.

Roman Gaul

But it is the Romans that dominate – both the book and the region - with the establishment of the first true Roman colony outside the Italian Peninsula. This was centred upon Arles. The Roman 'Provincia' quickly expanded reaching its zenith around 400 AD, but declined thereafter. Durrell describes the Provence of today as little more than a paradoxical overlay of the different cultures that make up the many traditions introduced, developed and left behind by the people that stretch back to the original Greek and Roman colonisers, and everyone else since - the Goths, Franks, Vandals and Saracens of earlier times and, more recently, the peoples of North Africa – from the Arabs in the early Middle Ages to the Pied Noirs - Algerian Europeans - evacuated from an independent homeland in their thousands – estimated 800,000 - during the early 1960s. Suburbs of

cheap housing were eventually constructed in towns throughout southern France to house them.

And if Marseille with its deep water port today's 'Le Vieux Port' - and access to the sea was first developed by the Greeks who settled the region, its position was quickly usurped by Arles once the Romans arrived. Not so surprising given the political rivalry between Julius Caesar and Pompey the Great; and the misfortune of the latter - based in Marseille who had chosen to back Hannibal of Carthage against the Roman Senate during the Second Punic War.

In a career spanning almost 40 years as soldier and politician, Julius Caesar never experienced a major defeat - until assassinated on the steps of the portico outside the Theatre of Pompey in Rome where the Senate was due to meet. At age 55, he was killed by a mob of >60. But this is to digress from Arles and Provence.

Before the Romans the Celts called it 'Arlarh'

(continued on page 8)









Insurance

Stefano Giannì

(General Agent)

Special agreement for UN staff, Embassies and NATO.

00151 Roma, P.zza del Sacro Cuore 19

Tel: 06/53272753 Fax: 06/53270798 Service mobile: 329/9452429

romamonteverde@groupama.it





(continued from page 6)



Arles amphitheatre. A glimpse of the roman structure – clean and presentable – at the top of the stone steps and looking much like a movie set amongst the more modern buildings. At night it's a sea of bright white lights with people dining at the outside restaurants that cover the pavements.

Originally located on the estuary of the River Rhone, Arles was a natural trading post providing sheltered lagoons with direct access to the sea for the small wooden ships that comprised the majority coastal traders of the day. Equally important was the movement of cereals and other foods, minerals and people and more southwards from Central France, from Paris, from the English Channel and from the mines of SW England; and, in the opposite direction, the ease with which the armies of occupation could move north.

The Roman 'Provincia' was settled in time-honoured fashion by parcelling out land to the veterans of the Sixth Legion around the mid-40s BC on the orders of Julius Caesar by way of gratitude for those who had backed him – estimated 6,000 officers and men. These were then quickly followed by the administrative, commercial and civilian populations that eventually transformed the small military post into a provincial city.

As suited the city of estimated 100,000 that eventually developed the citizens built themselves a forum, temples, triumphant arches, aqueducts, markets and more. And, during more than 150 years of settlement, the Provincial Arles eventually became a Provincial facsimile with theatres, public baths and a circus that provided the ubiquitous cultural lifestyle that matched the facilities of the mother city.

The Roman city was at the cross-roads of the three principal highways of the Roman world: Via Domitia, Via Agrippa and Via Aurelia, the latter linking Rome with Cadiz and crossing the Rhone by means of a floating bridge of pontoons linked one-to-the-other and towers at each end with integral draw-bridges. This was the only technical option of the day that provided for the sometimes violent floods that followed from the slow destruction of forests alongside the Rhone for construction timber and fuel, and snow melt each spring. Nothing of this original bridge now exists.

Walk the *centro storico* shoe-horned into the bend of the river of the modern city and surrounded in parts by the original Roman and medieval walls, and marvel at the extent of the roman infrastructure that remains –

and remains in use. During the summer evenings the ancient Roman theatre is a galaxy of sound and light as the beat from the electronic rock bands blasts off the walls of the surrounding buildings. And you don't have to buy a ticket to experience the music – standing with the crowds outside and watching through the iron railings set into the walls; not as comfortable, of course, and you can't see the entertainers front-on, but easy to listen to and equally easy to get up and move away after 20 minutes of strobes and deafening music.

The amphitheatre nearby dominates the centre of the ancient town and, at 450 metres in diameter with seating for 30,000 people, it is the largest in France - two stories high and comprising 60 arches – Doric on the ground floor and Corinthian on the upper floor that blend seamlessly one-to-the-other. Hemmed in by more recent medieval buildings, the amphitheatre dominates the narrow walkways that surround it, and you have to look up to appreciate design, status and origin. It was once higher too for, notwithstanding purpose as a place of entertainment, the structure has at times been commissioned as a fortress – to withstand siege – with a series of small towers built to provide strategic look-out points.

City of light

The modern-day Arles may have exchanged its ancient administrative functions for the services required of the modern-day tourist for this is a tourist city par excellence - but the light, colour and approach to life of the region remains, and was eventually captured by the revelation in art that evolved in Paris during the late Nineteenth century. This was led by Claude Monet and others and came to be known as 'impressionism'; and the artists as 'impressionists'. These were artists who shifted from the formality of lines and contours and, instead, captured pictures on the basis of short brush strokes, mixed colours and images that put visual before detail and impression before form. Much of this artwork was created out-of-doors wherein colour, play of light and sky came to dominate; and where time was of the essence - you had to work

quickly.

You can gain an inkling of this period in Arles by exploring the work of the Dutch painter Vincent van Gogh. Born in 1853, the young van Gogh spent his formative years in The Hague, London and Paris working as a dealer in art, before taking up painting in his late 20s. In little more than 10 years and before his death at 37 (from suicide) he produced >2,100 art works of which 860 were in oil.

Appreciating van Gogh

For two years of his life 1888-89 van Gogh lived and painted in Arles and, during his time there, produced >300 pictures and drawings. These were years of progress and quality and this, notwithstanding, the mental health problems that are always reported from this period of his life. That apart, Arles and the pictures painted by van Gogh in and around the town remain some of the most powerful of his legacy; and you can follow some of these pictures and their location courtesy of a guided tour described in a brochure produced by the local information office. Join the other wanderers and track the points at which van Gogh painted – the 'Yellow House' (bombed in WW2 and subsequently demolished), the 'Bedroom' and 'van Gogh's Chair' (both in the Yellow House), 'Starry Night over the Rhone' and, a personal favourite, the 'Cafe Terrace at Night' amongst many others.

Trail round the city and van Gogh's 'Cafe Terrace' is still there in the Place du Forum the site of the original Roman Forum - but you have to look hard to find the remnants of the ancient porticoes that once lined the square, and to imagine the markets - including the slave market – and the importance of this socio-commercial discourse of those days. Better still, you can take a break and a coffee and sit in that image of the painting – you and 2,000 others, of course, for this is a popular site and the cafe owners have dressed up their modern dwelling to look much like the one in the picture (and renamed it 'Cafe van Gogh'). Follow van Gogh around the town and at each key location there is a concrete pillar with a picture of the original van Gogh painting and a





<u>Rhone in Arles.</u> Draining central France, but with low mid-summer flow the river is peaceful and unassuming. The retaining walls capture high flow in winter and spring. The main town is to the left and, across the steel bridge, the suburb of Trinquetaille – where the richer Romans once maintained second homes to escape the heat of the coast.

brief description attached.

A brisk 45-minute walk south of the town on the Arles-Bouc canal at the site of a defunct lock - with the motorway in the distance and houseboats parked nose to tail in places – is the bridge now called 'Pont van Gogh'. This bridge replaced the original Langlois Bridge that features in four paintings by van Gogh (and was called after the bridge-keeper of the day). The original bridge no longer exists – it was replaced in the early 1930s by a reinforced concrete design that was later destroyed in WW2 by the retreating German Army – with the replica Langlois Bridge of today much photographed by the travelling van Gogh fraternity. The setting is different, however, and you would have to look hard to imagine the washer-women and that miniscule coach crossing the deck – artistic licence with scale. But the Dutch artist and his French bridge resulted in some of world's best-known paintings.

European wetlands

The 930 km2 of water, land and marshes that

make up the delta of the Rhone are the largest wetlands of their kind in Europe. This is the Camargue in all its biological importance as one of Western Europe's richest ecological regions – the home of bulls, horses, beavers, owls, gulls, terns, herons and wading birds many of which are unique to the area. It is an ornithological delight with >400 species of birds found there, and it's just south of Arles.

The wetlands and the river have long been contained, however, and the sea has retreated >50 km during 2,000 years since the time of the Romans, and the pivotal role of Arles as a sea trading centre has long since been lost to Marseille; and particularly since the dawn of the industrial age and the demise of wooden ships. The delta has been captured and managed relatively recently - exploited originally for its reeds, thatching materials, grasses, cane and bull-rushes and, in more modern times, for the agricultural crops that can be grown there on large mechanized scale. The delta between the 'Grand Rhone' to the east and the 'Petite Rhone' to the west in no longer the unmanageable swamp country of





Trilingual Child Care Center and Nursery School (3 mos - 6 yrs)

English - Français - Italiano

La scuola nasce nel 1980, è nido e scuola d'infanzia ed accoglie i bambini dai 3 mesi ai 6 anni. L'approccio naturale al trilinguismo Inglese - francese - italiano distingue La Maisonnette da tutte le altre Scuole. L'apprendimento delle lingue segue il principio "Une langue, une personne" ed il nostro metodo prevede un trilinguismo con immersione precoce totale con uso veicolare della lingua. La scuola dispone di una cucina interna e offre un'alimentazione biologica.







Varifocali and Stigmatic contact lenses

Viale del Monte Oppio, 7 - Tel. 06.4873185 - Fax 0647826024 - infocolleoppio@lamaisonnette.net Viale dell'Umanesimo, 72/74 - Tel. 06.5910339 - Fax 06.54229393 - infoeur@lamaisonnette.net



L'ottica migliore con cui quardare il mondo



- Personalized Eyewear all the best makes
- Ultra-fine Lenses
- High-quality Service
- Special Prices for Sunglasses
- Open August

Open from 9.00 to 19.30 non-stop, Monday to Saturday

Computerized eye test-free of charge. Special Prices for FAO staff

Viale Aventino, 78 • 00153 Roma • Tel. 065.758.413 • Fax 065.713.7451 • info@ottica-aventino.com • www.ottica-aventino.com



Michela Spinelli

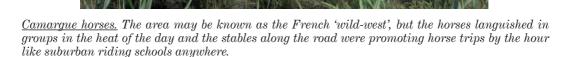
Centro Estetico

Lady Lei e Mr Lui

Strepitose offerte per le nuove clienti della fao!! Vieni a trovarci!!!

Via Licinia n. 1 (ang. Viale Aventino) info: 3317835107 - 065748045 ladyleirom@libero.it - www.ladylei.it Aperti dal lunedì al venerdì ore 9,30-18,30 sabato ore 9,00 - 14,00





before, but the basis for recreational heritage industries and cereal growing – mainly rice. Salt harvesting from evaporation pans has continued through from prehistoric times to the industrial systems employed today.

That said, the freshwater marshes, sea beaches, lagoons and reed beds continue to attract wild-life – including flamingos – unique to the Camargue, and these waters form the basis of the 'Parc naturel regional' that takes management responsibility for 820 km2 of the region, i.e. >90% of the Camargue.

Whether you are there to ride one of the famous white horses, catch a glimpse of the bull mania that fires the passion of locals and tourists alike – attending a bullfight ('bullplay' or 'bull-appreciation' may be better describe this terms to traditional entertainment – for these small black Camargue bulls are humiliated and outmanoeuvred rather than killed) – or simply to stand and watch the colours change where beach, reed beds and sky meet of an evening; the choice is a personal one. Most of us rush in and out with a couple of road circuits; others find time to walk the trails and to discover turtles, stilts or sea daffodils.

And modern Arles?

Half the population of the Roman town at its height, Arles today is simply small town France and, in reality, small town anywhere. Apart from the heritage town centre, there are suburbs of dusty roads lined with trees and shaded town houses, blocks of apartments scattered across open space, low-rise commercial-industrial zones and those ubiquitous new supermarkets surrounded by parked cars that have replaced the small urban shopping centres of just 25 years ago. The Leclercs, Intermarche, Monoprix and their like represent the most recent in a long line of colonizers.

Staying with the locals

Just across the fields from where we had hired an apartment in a local farm-house was an enormous power station – gas fired presumably – that dominated the horizon with five wind generators in line; exemplifying – yet again – the technologies, like the aqueducts and the motorways and before them, that continue to impact upon this ancient land; and change the way people chose to live









联合国粮食及农业组织

Food and Agriculture Organization of the United Nations



Organisation des Nations Unies pour l'alimentation et l'agriculture Продовольственная и сельскохозяйственная организация Объединенных Наций Organización de las Naciones Unidas para la Agricultura y la Alimentación

REPRESENTATION EN REPUBLIQUE DEMOCRATIQUE DU CONGO

Boulevard du 30 Juin n° 936. Kinshasa/Gombe

Tel: +243 (0) 812606089-(0) 813330177

E-mail: FAO-CD@fao.org

www.fao.org

Kinshasa, le 15 juin 2012

A l'occasion de la « **Journée Mondiale de l'Alimentation** » FAO Staff COOP organise chaque année, à l'intention des élèves des écoles et lycées de tous les pays membres, un concours international de

dissertation sur le l'année 2011, le thème denrées alimentaires, Deux catégories d'âges ans) étaient ciblées. A candidats ont exprimé droit à l'alimentation et alimentaires, comment stabilité et suggéré faim dans le monde. Au





thème de la journée. Pour était axé sur « *Le prix des de la crise à la stabilité* ». (11 à 14 ans et 15 à 17 cette occasion, les leurs idées et visions sur le les prix des denrées passer de la crise à la comment combattre la terme de l'évaluation,

deux jeunes congolais ont été retenus parmi les 3 premiers lauréats au monde. Il s'agit de **Exaucée Panzu** du Lycée Liziba et **Mudiay Kalala Kizito** du Complexe Scolaire les Loupiots, tous de Kinshasa.



Une cérémonie de remise des médailles de bronze a été organisée à la Représentation de la FAO en présence du représentant du FNUAP, des délégués de l'UNESCO, du PAM et de l'UNICEF. La partie gouvernementale a été représentée par le Secrétaire général de l'Agriculture Monsieur Ali Ramazani et de la Vice-ministre de l'Enseignement Primaire, Secondaire et Professionnel Madame Maguy Rwakabuba.

Pour le Représentant de la FAO en RDC, Exaucée et Mudiay qui représentent la jeunesse congolaise méritent une grande admiration et symbolisent le « **Congo qui gagne** ». Derrière un brillant élève, a-t-il dit, il y a toujours et surtout de bons professeurs qui créent de la valeur et qui fécondent les esprits. Ils méritent aussi des félicitations. Aux parents qui investissent dans l'éducation des enfants au prix d'énorme sacrifices, Ndiaga Gueye leur a demandé d'être fiers de leurs enfants. « Il n' y a de richesses que des hommes », a-t-il conclut.

Madame Maguy Rwakabuba a remercié FAO Staff Coop pour avoir donné l'occasion aux enfants congolais de s'exprimer et de prouver à travers le monde leur intelligence.



Remise des médailles à Mudiay par Mme Maguy Rwakabuba et à Exaucée par Mr. Ali Ramazani.



Students awarded for top FAO essay pieces

by Precious Mills



BASSETERRE, ST. KITTS: Last Wednesday morning, three students from the Washington Archibald High School (WAHS) were awarded medals and cash prizes following winning entries in the 3rd Food and Agriculture Organization (FAO) World Food Day essay competition. The students placed in category A (11 to 14 years) and also B (15 to 17 years). The award ceremony was held on the school's compound located at Taylor's Range, Basseterre. The Telefood Projects were also launched.

In category A First Prize winner: Rénell Agard received US\$500 and Fifth Prize: Zoe Cheyenne Quinlan received books for the school's library. In category B, Second

Place Prize: Kayla Farrell received US\$400 and some books. Miss Farrell is now a student of the Clarence Fitzroy Bryant College (CFBC).

Mr. Agard won the gold medal and Miss Quinlan and Miss Farrell won bronze medals.

In August 2011, the competition day theme titled 'Food Prices: from Crisis to Stability' was launched.

Education Officer attached to the school, Mrs. Lisa Pistana, told the students how fortunate they were as it relates to food security and education.

"One of the things I want you to realise is how truly privileged we are here in this Federation. Many of us wake up every morning and do not have to think about what we are going to eat. We do not have to think about a lack of food choice because we have a choice, but in other parts of the world, they do not have a choice. Day in and day out, they wake up and go to sleep without a meal because they have nothing at all to eat."

She pointed out that many of those unfortunate persons, do not have the opportunity to go to school, adding that here in the Federation we have been able to have free education for years "And so we have the freedom and love to read, to attend school," she stated further.

Mrs. Pistana encouraged students to value education. Many times, you are fearful that what you write, your friends will scoff at or people might not think it as important. Imagine, if these winners thought that? If they believed that, then they would not be here today. Each one of you has the potential to do great things, and it starts with the education that you are receiving. You have to realise how valuable it is to treasure it and then utilise it, apply it," she added.

FAO's Sub Regional Co-ordinator for the Caribbean, Mrs. Florita Kentish, of Barbados said, "FAO is pleased of your achievements at this school, and on my own behalf as the Sub Regional Co-ordinator in the Caribbean region I am distinctly pleased, and even more so as a Kittitian by birth."

Permanent Secretary in the Ministry of Agriculture, Marine Resources and Constituency Empowerment, Mr. Ashton Stanley, informed that the two Telefood projects have been awarded to six schools in St. Kitts and Nevis. He explained further that Telefoods projects are small projects of US10, 000 that can help augment activities on food production.

As understood the six schools are divided -3 primary and 3 high schools.

Mr. Stanley clarified a misconception that some persons think that agriculture only deals with crops and livestock, noting that marine and forestry are also involved. School Principal, Mr. Clifford Govia, thanked all who participated in the competition; he saw the winnings as "a milestone in the life of the school"





December 31st: the celebration of the II edition of the *We Run Rome* begins at the Terme of Caracalla

A suggestive itinerary which was already tested last year, the athletes will start from the Terme of Caracalla at 11.00 A.M. and finish at the Circo Massimo, crossing through Rome's historic center, the streets, the squares, and the ancient monuments which are envied by the entire world. Those running through the streets will treat themselves to an incredible experience on the last day of the year. This is what awaits those who will participate in the II Edition of the We Run Rome. The idea, in 2011, was to bring back a running event to the world's most beautiful historic center. Last year over a thousand competitors took part, and this year the expectations are even higher. Appointment at 11.00 A.M. at the Terme of Caracalla: participants will cross through the forum of Imperial Rome, to then sprint to the finish line at the Circo Massimo. Ten kilometers of pure adrenalin, organized by the Track and Field Regional Committee of the Lazio region and Nike, to line up Rome with the other world capitals where running on the last day of the year has become a tradition. London, Prague, Madrid and Buenos Aires: every year thousands of passionate marathoners never miss the date. To promote the We Run Rome event, the Tiber Track Running Club has been founded to support the passion which is common to those who wish to bring running to the ancient residences and to the sporting venues in Rome. The Tiber Track Running Club welcomes all those who wish to learn the art of running with the help of experts, capable of providing technical know-how, and giving information on where to run in the Eternal City. Whoever is interested in receiving such information can meet every Thursday at the Nike Store in Via Cola di Rienzo 156 in Rome. The Regional Committee's intent is to increase the number of athletes, young and old, who want to practice sports in a healthy and amusing manner.



Dr Gabriel E. Buntin Munich University Orthopedic Trauma Surgeon X-ray and Ultrasound facilities

English – French – Italian - German Van Breda and De Besi-Di Giacomo affiliated From Monday to Friday

Viale Aventino 38 – 00153 Roma Tel: 06.57289413-501 Fax: 06.5759483 info@aventino38.it www.aventino38.it



Dr Gian Piero Delzoppo Pediatrician (Specialization in Homeopathy and Pediatric Allergology)

> Italian – English Van Breda affiliated Every Friday on appointment

Viale Aventino 38 – 00153 Roma Tel: 06.57289413-501 Fax: 06.5759483 info@aventino38.it www.aventino38.it



Dr. Livio Antinucci Osteopath

Italian - English De Besi-Di Giacomo affiliated Every Monday and Friday by appointment

Viale Aventino 38 – 00153 Roma Tel: 06.57289413-501 Fax: 06.5759483 cell: 338.7709048 info@aventino38.it www.aventino38.it

CABINET DENTAIRE / DENTAL CLINIC

Dr Benoît Brunet Chirurgien-Dentiste - Docteur en Chirurgie-Dentaire Diplômé de la Faculté de Médecine Toulouse III Soins Conservateurs et Esthétiques, Traitements Prothétiques Chirurgie Parodontale et Implantologie (Straumann) - Orthodontie

Viale Aventino, 102 (FAO) - M° Circo Massimo ou Pyramide Tel : 06 57 25 06 25 Cell : 339 57 97 543 French Dental Clinic Rome (Odontiattra-Ortodontisa) / Email : dr.b.brunet@gmail.com WebSite : frenchdentalclinicroma.com

> CONSULTATION / DEVIS GRATUIT Member VanBreda Langues parlées : Anglais, Italien, Français

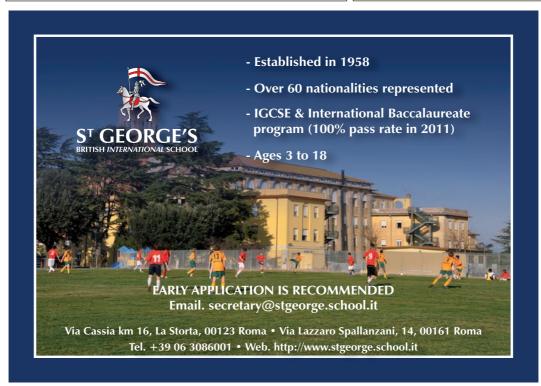
Please enter this new address in the address line of your browser, remembering to save it in your favourites



Fabio e Luca

Roma - Fiumicino - Ciampino
Airport
Transport shuttle car service
Transfer da e per tutte
le destinazioni
Auto: Mercedes classe S
Mini Van

Fabio - Cell. 347-1707798 Gianluca - Cell. 338-3644737







IL 31 DICEMBRE ALLE TERME DI CARACALLA APPUNTAMENTO CON LA II EDIZIONE DELLA WE RUN ROME

Un percorso suggestivo già sperimentato lo scorso anno, che partendo da via dalle Terme di Caracalla (il via alle 11,00) per arrivare al Circo Massimo attraversando tutto il Centro Storico di Roma, le strade, le piazze, le vestigia storiche che tutto il mondo ci invidia. Correre per le strade di Roma, in tanti, tantissimi, per regalarsi un'emozione speciale e trascorrere seguendo la propria passione il giorno dell'ultimo dell'anno. La We Run Rome, giunta alla sua seconda edizione, è già tutto questo. Nata nel 2011 per riportare nel centro storico più bello del mondo una gara podistica, è già un cult. Più di mille al via nella I edizione e quest'anno i numeri saranno ancora più alti. Si partirà alle 11,00 dalle Terme di Caracalla, si attraverserà la parte più suggestiva della Roma Imperiale, per poi sprintare sul traguardo posto davanti al Circo Massimo. 10 chilometri di adrenalina pura, organizzata dal Comitato Regionale Lazio della FIDAL e da Nike, per allineare Roma ad altre capitali europee dove correre nell'ultimo giorno dell'anno è ormai una irrinunciabile abitudine. Londra, Praga, Madrid e Buenos Aires dove ogni anno si danno appuntamento migliaia e migliaia di festanti maratoneti. Per promuovere la We Run Rome è stato costituito Tiber Track Running Club, un team che vuole aggregare sotto il denominatore comune della passione per la corsa e portare nelle ville e negli impianti sportivi romani, chiunque volesse dedicarsi al running, iniziare a correre sotto l'esperta guida di tecnici e podisti esperti capaci di fornire nozioni tecniche, sanitarie e dare indicazioni su dove correre a Roma, l'appuntamento, per tutti è per ogni giovedì presso il Nike Store di Via Cola di Rienzo 156 di Roma. Il Cr Lazio in questo senso vuole riuscire a portare alla pratica dell'atletica un numero crescente di persone, giovani e meno giovani, facendo del proselitismo sportivo nel modo più sano, divertente ed aggregante.

Villa Sciarra and hidden corners of Rome



Ophoto by Alessandro Fabbr

Hidden corners of Rome: inside Porta San Paolo

Villa Sciarra is one of the urban villas of Rome and covers an area of seven and a half hectares on the slopes of Mount Granicolo between the districts of Trastevere and Monteverde Vecchio against the Mura Gianicolensi. It is named after the aristocratic papal family of Sciarra.

To get there from Viale Trastevere at the Ministero della Pubblica Istruzione turn into Via E. Morosini, then turn onto the first street on the left – Via Dandolo – continue all the way uphill and turn left into Via Calandrelli. From Via Calandrelli there are two entrances: the first one on Piazzale Wurts, designed by Pio Piacentini and is named after the last owner, George Wurts who is responsible for the present day setting of the garden and the monuments which it contains. The second entrance is on Largo F. Minutilli.

Some History

Its story began in an epoch prior to Roman times when that area was ocupied by a sanctuary dedicated to the Ninfea, Furrina. Later on in the same area the famous "Orti di Cesare" were planted which, descending from Monteverde, terminated at the Tiber River (*Il Tevere*).

In 1549 the land and property was bought by private citizens who built on it a first building. Then in1575, the area on which the Villa was situated was bought by Monsignor Innocenzo Malvasia, who built a Casino with his name, a building with two storeys an a loggia, now situated on the site owned by the American Academy.

In 1614 the property was purchased by Gaspare Rivaldi, constructor of the *Dogane* Pontificie. Subsequently the area gained much value and importance, since after the construction of the Gianicolense Walls it passed from extraurban to urban status.

In 1647 the Villa was bought by Cardinal Antonio Barberini, who already owned the



® photos by Alessandro Fabbri

Esedra Arborea



Casino Malvasia, while in 1710 it was sold to Cardinal Pietro Ottoboni, who kept it until his death in 1740.

Afterwards it became once again the property of the Barberini Family, namely of Cornelia Costanza Barberini, wife of Giulio Cesare Colonna di Sciarra, under whom the Villa was enlarged, so much so that it occupied the entire Gianicolo area including that part of Monteverde situated between the ancient Mura Aureliane and the new Mura gianicolensi, and beautified with the purchase among others of the Orto Crescenzzi in 1811.

During the period of the Republica Romana (1849) the Casino Barberini and the Casino

Malvasia were badly damaged by the battles between the Italian and French troops. The Barberini later renovated the Casino restoring it to its original form, but the propertry was subsequently lost by Prince Matteo II Sciarra due to erroneous financial speculations. The land surrounding the VIlla was divided up into lots in accordance with the conventions stipulated in 111889 betweem the Comune of Rome, the Compagnia Fondiaria Italiana and the same Pince, and beame open to new constructions, while the villa remained the property of the Sciarra family, but was sold in 1896 to George Clarke and hence of the Societa di Cedito ed Industria Fondiaria Edilizia who sold it on 15 May 11902 to the last owners, namely George Wurts, an American with a passion for gardens



A quality education from ages 2 to 18

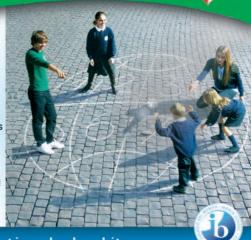
OPEN DAY

Middle and High School November 25, 2011

Our Open Day is designed to give prospective students and Parents a preview of school life here at RIS. This will include general information meetings at the appropriate levels, specific didactic presentations and guided tours of the school with access to the classrooms and chance to observe lessons taking place.

Interested applicants will be given information about our entrance test and when it is taking place. Scholarships are available for the academic year 2012/2013 for international students of merit.

Please see out website for more details.



Tome International School is connected to LUISS Guido Carli

www.romeinternationalschool.it

Via Panama 25, 00198, Rome | tel: 0039 0684482650 | email: office@romeinternationalschool.it

C.E.F.



SPIROTIGER: ginnastica respiratoria TECARTERAPIA - IPERTERMIA CLM -ATMMO

GINNASTICA POSTURALE INDIVIDUALE

Via G. de Vecchi Pieralice, 43 00167 Roma Tel. 06.39671253 - Fax 0645490976

Sconto del 30% ai dipendenti FAO ed ai loro familiari.



RENT A CAR WITH DRIVER

Transfer to airports

From €35,00

Limousine service

Car-Van-Bus

Transfer for all destination-sightseeing Cell.0039 3384461581 Cell.0039 3396112430

e-mail: marco.marcucci68@gmail.com

Dr. Corinne Perissé

Medico Psicoterapeuta Francese - Italiano

Aventino Medical Group

Via S.Alberto Magno 5, Roma Tel. 06 57 80738 06 57 288349 Via Etruria 22, Roma Cell: 349 50 49960

AMERICAN DENTAL STUDIOS Our Practice is composed of 4 Specialists: Our American Dentist with a degree from U of M.

Avialable everyday including Holidays for all emergencies. Our Canadian Endodontist who uses the latest computer technology completing a Root Canal in only one visit. Our Orthodontist is specialized for adults & children.

Our implantology specialist uses only American Implants.

Viale Europa 331 (100 meters from MEUR Fermi) (only 12 minutes by Metro from FAO)
Viale Castel Porziano 434/f, Infernetto

> By Appointment Only - Tel. 3339.06.1799 or contact@americandentalstudios.com www.americandentalstudios.com





Departures for Airports € 38,00

Auto per rappresentanza Auto per cerimonia Tel: 06 39378725 Cell: 338 3288452

E-mail: fortuna.cs@katamail.com www.fortunacarservice.it Via delle Fornaci 133/B, Roma



and his wife, Henriette Tower, a rich heiress from Philadelphia.

The couple had the building completely renovated in neo rinscimental style and redesigned the garden, they installed numerous statues from the Seventeenth century from the Palazzo Visconti from the owner, Brignano Gera d'Adda, who went bankrupt and sold them at an auction in 1892.

In 1906 the peoject for the construction of the Castelletto in neogothic style was initiated and subsequently built in 1908-1910. Alsays in 1908 the works for the construction of the entrances in Via Calandrelli began.

George Wurts died in 11928 and two years later his widow donated the Villa to the Italian State on the condition that it be destined to become a public park..



Description Today

Entering the gate in Via Calandrelli you find yourself in a small *slargo*, with on the left a beautiful fountain with motivi rupestri.

From the *slargo* three avenues branch off. If you go to the right, along Viale Klitsche you come to a huge metal bird cage "*iuccelliera in ferro*" costructed by G. Wurts to rear white



Ruins behind Fori Imperiali

peacocks. Directly opposite this you find the Fountain of the *Satiri*. This fountain also comes from Palazzo Visconti di Brignano Gera d'Adda, and was entirely reconstructed in Villa Sciarra

photos by Alessandro Fabbr

Viale Wern instead leads along the Fontana di Diana ed Endimione. The foundain is a little lake decorated with a group of sculptures featuring Diana, goddess of the hunt, the

characteristic shepherd-hunter Endimione, and a dog, their faithful companion.

At the confluence of the two avenues you meet the Esedra Arborea, a very picturesque corner of the villa. It is formed by a hedge of lauro arranged in a semicircle or esdra in there you find ywelve niches each containing a statue in arenaria, representing the twelve months of the year.

After the confluence of Viale Wern and Viale Leducq you come to another slargo where the Casino Barberini is situated, it is the main building of the Villa and is presently occupied by the *Istituto Italiano di Studi Germanici*. From the little tower on the terrace, which has remained unchanged

from the original one can see the entire city of Rome and in the distance as far as the Colli Albani. In front o the Casino you find the Fontain of the Sfinges, inside which is an oval tub with four sfinges represnting the human passions and vices.and ther is also the Fontana dei Putti.

The villino called "il Castelletto", situated near the entrance of the Villa should soon house on a permanent basis the Museum of Mathematics ■



What Makes a Successful Rural Cooperative?

by Renata Mirulla, FSN Forum Moderator

Rural cooperatives are usually established to improve the socio-economic conditions of the people who comprise their members – they reason that people working together for their common good are more productive than when working in isolation. Reality can sometimes be different, however, and notwithstanding the boost in social capital that may follow the establishment of a cooperative, if this same group is unable to compete in the commercial trading markets in which they sell their goods or provide services, then that cooperative will not be successful. An FSN Forum on-line conference recently explored the key elements that are required for success.



Cooperative Capital. With >40 cooperatively-owned businesses located there, the Central Canterbury town of Ashburton has proclaimed itself the Cooperative Capital of New Zealand in support of the UN 2012 International Year of Cooperatives. Check out the original article at: http://www.thenews.coop/article/ashburton-crowned-cooperative-capital-new-zealand. Photo Courtesy: Cooperative Press Ltd., Manchester, UK.

Value of debate

In the context of the UN 2012 International Year of Cooperatives and because the theme of the forthcoming World Food Day is "Agricultural cooperatives – key to feeding the world", an on-line conference further explored and shed light on this intriguing reality. Organization and management was provided by the FAO 'Global Forum on Food Security and Nutrition' – usually called the 'FSN Forum'; you can find out more about us at

http://www.fao.org/fsnforum.

The on-line conference was a shared venture between two FAO Divisions - Agricultural & Development Economics (ESA) and Gender, Equity & Rural Employment (ESW) - wherein over 4,000 members worldwide were invited to debate the issues raised. These are people from all walks of live – development practitioners, farmers and their advisors, professors and students alike, people representing the public sector and a smaller but growing





Rural services. Not your original images of farmers discussing options around a table, but one from the motorbike cleaning cooperative established by a group of like-minded village people on national highway 5 out of Battambang in Cambodia. Their name translated from Khymer means 'Fast low cost motorbike cleaning cooperative'.

percentage from the private sector.

Two former FAO Technical Officers - John Rouse and Janos Juhasz - both of whom have worked for many years with cooperatives, rural communities, farmer groups and similar - provided guidance for the debate - facilitating, stimulating, encouraging direction and. necessary, challenging a particular point-ofview. The debate ran for 25 days between 12 July and 6 August this year and attracted the attention, amongst others of NGOs, consultants familiar with cooperatives, financial institutions, development agencies, ministries, R&D groups and commercial companies.

Strength in numbers

At the core of the on-line debate were

questions of why so many cooperatives seem to fail rather than thrive in practice and, further, why they seem unable to attain the viability that is typically found in commercial similar-scale enterprises working in the same sectors/markets? What does it take to make ventures owned and managed by cooperative societies successful and, from this, what lessons can be learned that can be shared to boost the likelihood of success in the marketplace?

Consensus emerged quickly among the participants that cooperatives are a powerful and important player in national food production, and that they deserve to be supported governments and development agents alike. The participatory nature of cooperatives was highlighted as particularly valuable for

(continued on page 26)



GRIMALDI MEDICAL CENTRES All services for pregnancy and birth

Full prenatal assistance, ultrasound, Amniocentesis, genetics

Have your baby naturally as you wish Water childbirth Day Hospital Home delivery



Phone 06 8559577 06 8551166 fax 06 8413733 00198 Roma Via Velletri, 24 www.grimaldimedical.i Director: Prof. Giuseppe Grimaldi Autorizzazione n. 163 del 01/09/1999



GRIMALDI MEDICAL CENTRES

All infertility treatments The widest and complete assistance to couples IUI IVF ICSI HATCHING Internationally trained medical staff English, French, Spanish, Portuguese, Arabic and Russian spoken. Phone 06 8559577 06 8551166 fax 06 8413733 00198 Roma Via Velletri, 24 www.grimaldimedical.it

Autorizzazione n. 163 del 01/09/1999



P

R

D

E

R



STUDIO DENTISTICO DR CECILE HELENE CHARPENTIER A DR SERGIO BRESCIA N Medico Chirurgo Specialista Protesi Conservativa Chirurgia Implantologia B Ortodonzia English, French and Swedish spoken R Piazzale Ardeatino n. 6, Roma E Zona: San Saba (5 mins. from FAO) D tel: 06 5748070 (Preferably by appointment)

cell. 338 4655835 - www.sergiobrescia.com

(Free estimates given)





FUTURE SAT s.r.l.

Satellite system specialists

Tv / sat system / optical fiber Audio video / sat broadband call us 392 5234090 - 339 6234275

> info@futuresat.it www.futuresat.it



shared decision-making, as it encourages a more democratic approach to community responsibilities, and provides, at least to a certain extent, security for smaller producers. This helps to reduce the disadvantage of many small producers working in isolation, provides a forum for improving knowledge and exchange of information and, crucially, it helps to attract investment, technologies transfer and new commercial opportunities.

Elements of success

That said, it is not all roses in the world of cooperatives. Many participants in the debate, especially those from Africa, complained about the top-down approach often adopted by those responsible for design, implementation and evaluation of projects that provide support cooperatives. They also drew the attention of the Forum to the lack of support, lack of clarity with legislation, rules and direction and lack of technical assistance from the appropriate public sector people. Governments frequently promote cooperatives as a preferred option for boosting smallholder production, but then fail to provide the essential guidelines of how to do so and, importantly, the financial and technical resources required to enable cooperatives to compete in commercial markets.

For cooperatives to become successful players in the fight against hunger there needs to be transparency, shared common goals, and official *and* concrete recognition of cooperatives as key players within national agro-food industries. And commitments of this kind need to extend into the long-term.

Business acumen

Last but not least, cooperatives need to adopt a business-oriented approach that can help them better understand and to better integrate with markets at all levels – from the local community to the regional town or

capital city and, where opportunities exist, to competition overseas. This is easy to say and to understand, but it is usually much harder to mobilize the resources that will enable smallholder producers to integrate into agricultural product value chains, to meet the standards required of national and/or international certification and, importantly, to introduce the essential good agricultural practices that will point them in the right direction. Sure, challenges of this kind are formidable, but successful cooperatives continue to develop and to compete in all kinds of markets – so it *can* be done; and *is* being done.

In a nutshell, successful cooperatives will, in reality, tend to look like any other successful business enterprise; the members of the cooperative share common goals for the success of their venture and adopt the technical competence, transparency of management and decision-making and goodwill that is essential for competitive production, processing and/or trading.

Many examples of cooperatives that have achieved successes of this kind were highlighted during the debate, providing feedback and information that will help further support the work required of the Rome-based development agencies into the next period.

Want to know more?

To find out more about the FSN debate on 'Cooperatives' please visit the FSN webpage at: http://www.fao.org/fsnforum/forum/discussions/rural-cooperatives or contact: FSN-moderator@fao.org. If you would like to follow or to participate in future FSN debates you should register on-line at our website. Everyone is welcome. The more people from all-walks-of-life that we can attract to the FSN Forum, the better our exchange of information, the more we learn and the better the messages that we can disseminate and share

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)



Dr ANNA MARIA SCALABRINO

PSICOLOGA

Counselling Psicodinamico Psicoterapia Psicoanalitica

STUDIO: Roma/Trastevere Via Natale del Grande 12 Cell. 330 716687 / Tel: 06 58310640

Italiano, Francese, Inglese



STUDIO DENTISTICO MARULLO





PAOLO MARULLO DDS Ca. License n.º 2542

Ca. License n.º 2542 Oral Surgery Implantology Prosthodontics Periodontics



S.I.E. Società Italiana di Endodonzia



VANBREDA PROVIDER www.healthysmileinrome.com



CREDIT CARDS - BANCOMAT - FREE DENTAL CHECK-UP - ENGLISH SPOKEN for APPOINTEMENT or Emergency: 06.44291526 or 335.6236809 (9am to 9pm - mon. to sat.)

Via Imperia n.°1 - 00161 Roma - E-mail: info@healthysmileinrome.com line B - Stop Policlinico (directly 5 stops from Circo Massimo) - walk down 3 mins.

Aut. n. 115 del 28 Giugno 1999





Anime in pena

di Flavia Carbonetti

L'uomo conta sull'immortalità.

E dimentica di mettere in conto la morte.

Milan Kundera

E' difficile accettare la morte tanto più quando ti riguarda e sopraggiunge inaspettatamente.

Mi recavo verso nord all'unica succursale della ditta per la quale lavoravo e avevo deciso all'ultimo minuto di andare in macchina. Percorrere una strada che attraversa un deserto è senza dubbio noioso, il panorama di solito è piatto ed al massimo quello che può rende una strada di questo tipo "interessante" sono i colori e le macchine che incroci. Anche se le strade che attraversano il deserto sono poco trafficate potrebbe comunque succedere di essere fermati dalla polizia oppure quello di fermarsi per un guasto o per soccorrere un veicolo in panne.

Mi rimisi in macchina dopo una sosta per bere un caffè. In quell' interminabile pomeriggio l'unico veicolo che incrociai ero un piccolo Van con una ruota bucata che stazionava in senso contrario al mio. In quella zona stranamente non c' era campo il mio cellulare era muto e dunque non avevo scelta mi fermai e gli offrii aiuto. Era una coppia giovane, il Van era carico di bagagli , taniche di acqua e cibarie varie ed un piccolo e buffo cagnolino faceva capolino dal finestrino posteriore abbaiandomi contro con insistenza. Il giovane uomo stava trafficando con la ruota.

"Salve, vi posso aiutare a cambiare la ruota?"

"Buongiorn, grazie. La ruota di scorta purtroppo è anche lei bucata. Pensavo di riuscire a sistemarle con questo kit ma sembra non funzioni!"

"Non si preoccupi, ho un kit miracoloso che vi aiuterà ad arrivare al prossimo distributore. Da dove venite?" chiesi sorridendo mentre armeggiavamo insieme sulla ruota.

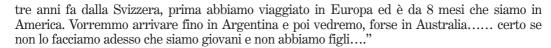
"Siamo Svizzeri, stiamo facendo il giro del mondo in macchina" rispose il giovane con un accento molto gradevole".

"Il giro del mondo in macchina? Che esperienza interessante deve essere anche faticoso, da quanto tempo viaggiate?"

"Si faticoso. Ci vuole molto spirito di adattamento ma è veramente interessante. Siamo partiti







"Ma come fate per sopravvivere?"

"Ogni tanto ci fermiamo in qualche città, facciamo piccoli modesti lavori per guadagnare un po' di soldi, aggiustiamo la macchina, ci riposiamo e poi ripartiamo per la meta seguente. Abbiamo un sito web glielo lascio così ogni tanto, se lo desidera, potrà seguire il nostro itinerario. E stato veramente gentile ad aiutarci. Grazie, non so proprio come avremmo fatto senza di lei!"

Mentre chiacchieravamo, la ruota fu riparata alla meno peggio e li salutai augurando loro tanta fortuna e consigliando loro di fermarsi a riposare al bar del prossimo distributore che aveva anche delle stanze per i viaggiatori. Erano cosi giovani, mi fecero tenerezza.

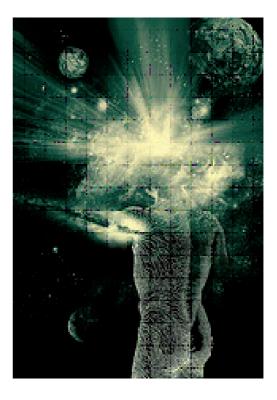
Ripartii. Nel frattempo si era messo a piovere; era inusuale in quella stagione, una pioggia battente. Fulmini e tuoni accompagnarono il resto del mio viaggio ed in cuor mio mi augurai che quei due ragazzi fossero al riparo. Una volta a destinazione andai subito a riposare per essere in forma il mattino seguente. Quando arrivai in ufficio c'era molta agitazione nella sala riunione. Un collega che doveva partecipare alla conferenza e che veniva dal quartiere generale era rimasto ucciso in una disgrazia. Un fulmine aveva colpito l'unico distributore della super strada che era saltato in aria insieme al punto ristoro e la polizia aveva trovato la targa della sua macchina poco lontano dal luogo del disastro.

Cercai di avere più dettagli ma nessuno mi dava retta, era come se non ci fossi. Invisibile ai loro occhi mi allontanai dalla sala riunione, ero stordito, i pensieri si accavallavano gli uni sugli altri e

poco a poco incominciai a ricordare il mio viaggio; la lunga interminabile strada, il temporale, la stazione di servizio ed i due ragazzi. Improvvisamente rividi una scena; io al bar, bevevo un caffè e chiacchieravo con quella giovane coppia di Svizzeri, avevo anche accarezzato il loro cane e poi ci eravamo salutati perché avevano fretta, soprattutto lui era nervoso malgrado la pioggia voleva partire velocemente erano praticamente scappati via, fuggiti, disse "siamo molto in ritardo sulla tabella di marcia, buona continuazione". Io decisi di restare per gustare un piatto caldo e poco dopo mentre mangiavo, successe qualcosa, ricordai...... un rumore assordante.

Anime in pena, incastrate ai confini dell'altro mondo che si raccontano storie inventate per non accettare il trapasso; anime in pena, che ripetono gesti ed inventano situazioni per rivivere una vita ormai conclusa; anime in pena che inventano gesti altruistici per espiare i propri peccati.

Anime in pena, sole nel loro dolore.





Pumpkin Tea Bread

by Edith Mahabir

In this period there is an abundance of pumpkin in the markets, this is a recipe from Trinidad to treat your families to something different.

Ingredients

450 gr plain flour
1 teaspoon Angostura Bitters
1 tbsp baking powder
230 gr cooked, mashed pumpkin
½ tsp salt
100 gr candied mixed fruit or seedless raisins
350 gr sugar
1 egg beaten

Method:

Sift the flour together eith the salt and baking powder in a bowl. In a separate vowl cream the butter an sugar until the mixture is light and fluffy. Add the egg and Angostura bitters, mixing well, then incorporate the mashed pumpkin and the flour alternating until the bater is smooth. Toss the candied fruit or raisins in a tablespoon of flour to coat and add to the batter. Pour into a buttered loaf pan (as for plumcake or bread)and bake in the middle of oven at 170°-180°C (ifelectric) or Gas 5 for about 30 minutes or when a cake tester comes out clean.



Muffin Golosi con Cioccolato e Castagne

Chocolate Muffins with chestnuts

di Sara D'Offizi

Ingredienti per i muffin con cioccolato e castagne (dosi per 4 persone)

1 tavoletta da 200 g di cioccolato fondente

100 g di burro

80 g di zucchero

120 g di farina

1 bustina di lievito per dolci

3 uova

100 ml di latte

4 marron glacé

Preparazione

Spezzettate 150 gr di cioccolato e scioglietelo a bagnomaria. Nel frattempo prendete una ciotola e mettete dentro zucchero, farina e lievito. In un altro recipiente mettete gli ingredienti liquidi, quindi uova, burro fuso, latte e cioccolato fuso. Versate nella ciotola con il cioccolato gli ingredienti secchi e mescolate fino ad avere un composto omogeneo. Unite due marron glacè spezzettati e mescolate con un cucchiaio. Dividete l'impasto nei pirrottini e riempiteli per 2/3, poi cuocete i muffins in forno preriscaldato a 180°C per 20 – 25 minuti.

Sciogliete il cioccolato rimasto a bagnomaria e usatelo per coprire i vostri muffin, decorate con i marron glacè rimasti e servite.





Per la salute della donna

- ASSISTENZA GINECOLOGICA E OSTETRICA
 Alla gravidanza, al parto e al puerperio
 - PREVENZIONE E CURA DELLE MALATTIE
 DELL'APPARATO GENITALE FEMMINILE
 Paptest, colposcopia, isteroscopia
- DIAGNOSI PRENATALE E FISIOPATOLOGIA FETALE
 Amniocentesi, ecografia ostetrica
 - DIAGNOSTICA ULTRASONOGRAFICA
 - FERTILITÀ E STERILITÀ
 - Pediatria, chirurgia generale, endocrinologia, dermatologia, urologia, oculistica, osteopatia



- CORSI DI PREPARAZIONE ALLA NASCITA E DI SOSTEGNO AL PUERPERIO CON ASSISTENZA DOMICILIARE
- CONSULENZA ALIMENTARE CON LA BIOTERAPIA NUTRIZIONALE FIN DALLA GRAVIDANZA
 - Sovrappeso, disturbi del metabolismo
- CONSULENZA PSICOLOGICA PER LA COPPIA Problemi della sfera affettiva e sessuale conflitti nei casi di separazione e/o divorzio
- CONSULENZA PSICOLOGICA PER LA FAMIGLIA DALL'INFANZIA ALL'ADOLESCENZA Disturbi del sonno e psicosomatici, aggressività, disagio scolastico ecc.

00183 ROMA - Via Sannio, 61 - Tel. 06 70476220 (3 linee) orari segreteria: dal lunedì al venerdì 10:00/19:00 - sabato 10:00/13:00 www.artemide95.it-info@artemide95.it

