

## Veder cadere le foglie

di N. Hikmet

Veder cadere le foglie mi lacera dentro soprattutto le foglie dei viali Soprattutto se sono ippocastani soprattutto se passano dei bimbi soprattutto se il cielo è sereno soprattutto se ho avuto, quel giorno, una buona notizia soprattutto se il cuore, quel giorno, non mi fa male soprattutto se credo, quel giorno, che quella che amo mi ami soprattutto se quel giorno mi sento d'accordo con gli uomini e con me stesso. Veder cadere le foglie mi lacera dentro soprattutto le foglie dei viali dei viali d'ippocastani.




FAO Staff Coop Board


| Chairman: <br> Vice-Chairman <br> Secretary: <br> Treasurer: <br> Publicity Officer: Members: | Enrica Romanazzo <br> Mario Mareri <br> Valentina Delle Fratte <br> Adriano Fava <br> Edith Mahabir <br> Cynthia Edwards <br> Alessia Laurenza <br> Patrizia Ragni |
| :---: | :---: |
| Auditor: | Studio Tributario Associato |
| Direttore Responsabile: | Patrizia Cimini |
| Editorial Committee: | Edith Mahabir, Peter Steele, Danilo Mejia, Alexia Di Fabio, Bouchra El Zein Enrica Romanazzo, |
| Cultural Activity: | Patrizia Ragni |

## 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:

Arrles vista dai campi di grome, Vimeent van Gogln

Poets Nook - Veder cadere le foglie di N. Hikmet

Arles at the crossroads
by Peter Steele
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-STAFFCoop@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 $1^{\text {st }}$ 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 <br> Bldg. E Ground Floor Ext. 53142 <br> Monday-Friday 9.00-13.30 <br> WFP <br> and $3^{\text {rid }}$ 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 $\boldsymbol{€} \mathbf{2 0 . 0 0}$ for singles and $\boldsymbol{€} \mathbf{2 8 . 0 0}$ for families. Apply for membership at the COOP Office ( $\mathbf{E} .016$ ) MondayFriday 9.00-13.30.

| Staff Coop Services | Hours / Location | Extension |
| :---: | :---: | :---: |
| Housing Service | $\begin{aligned} & \text { Monday-Friday } \\ & 9.00-13.30 \\ & \text { Coop Office E. } 016 \end{aligned}$ | 54112 |
| Information | Monday-Friday <br> 9.00-13.30 <br> Coop Office E. 016 | 54112/53142 |
| Library | $\begin{aligned} & \text { Monday-Friday } \\ & \text { 11.30-14.00 E. } 008 \end{aligned}$ | 53479 |
| Theatre Booking | Monday-Friday 9.00-13.30 <br> 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. 020 Friday $\quad 08.00-12.00$ E. 020 | 56069 |
| Dry Cleaning | $\begin{array}{ll} \text { Monday } & 14.00-17.00 \text { E. } 020 \\ \text { Thursday } & 14.00-17.00 \text { E.020 } \end{array}$ | 20 56069 |
| Staff Lounge | Building D, Ground floor |  |
| Language Classes: Italian <br> Russian | Monday \& Wednesday 13.00-14.00 E. 021 Monday to Thursday 17.00-19.00 E. 021 Friday $\text { 12.00-14.00 E. } 020$ | $\begin{aligned} & 53142 \\ & 53142 \end{aligned}$ |
| INPS Consultant | Friday 14.30-17.30 (by appointment) E. 014 | 53142/54112 |
| Staff Lawyers | Thursday 13.30-15.30 (by appointment) F. 014 (by appointment) E. 014 | 53142/54112 |
| Notary Service | First e third Tuesday 14.30-16.00 <br> (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 |
| Arists | Ms I. Sisto | 53312 |
| Caribbean Cultural | Ms S. Murray | 56875 |
| Childrens | Ms V. Delle Fratte | 54015 |
| Choir | Ms A. Alberighi | 56651 |
| Coro N |  |  |
|  |  |  |
| Dancercise: Zumba | Ms M. Manuel | 53820 |
| Salsa | Mr A. Kohli | 53374 |
| Tribal | Ms M. Derba | 54589 |
| Drama: |  |  |
| 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 Cutural | Ms D. Mendoza-Galasso | 56240 |
| Pranic Healing | Mr R. Krell | 52419 |
| Sensory Evaluation | Ms B. Buringame | 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 |
| Athetics | Mr D. Gargano | 54024 |
| Basketball | Mr D. Catton | 22273 |
| Badminton | Ms I. de Borhegyi | 56174 |
| Beach Volley | Mr F. Jimenez-Aureli | 53908 |
| Cycling | Mr F. Calderini | 53828 |
| Darts | Ms C. Canzian | 52617 |
| Football Men | Mr M. Staffilani | 53268 |
| Football Women | Ms R. Nettuno | 56742 |
| Golf | Mr A. Stocchi | 55276 |
| Gymnastics: |  |  |
| 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. Butmeier | 53008 |
| Tennis | Ms A. Gabrielli | 53012 |
| Volleyball Men | Mr G. Trobbiani | 53142 |
| Volleyball Women | Ms A. Laurenza | 55344 |
| 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.


Van Gogh Bridge. 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'


## * Groupama

## 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

viale di porta ardeatina 119 ( м piramide) - info \& reservation 06.5743772 - www.heaven.it


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 timehonoured fashion by parcelling out land to the veterans of the Sixth Legion around the mid40 s 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


Rhone in Arles. 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 $d a y)$. The original bridge no longer exists - it was replaced in the early 1930 s 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 km 2 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 $>50 \mathrm{~km}$ 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



Camargue horses. The area may be known as the French 'wild-west', but the horses languished in groups in the heat of the day and the stables along the road were promoting horse trips by the hour like suburban riding schools anywhere.
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 km 2 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 terms to describe this 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

| منظمة <br> الالغذبة والزراعة للأمر المنحدة |  | 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) $812606089-(0) 813330177 \quad$ 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 I'UNESOO, du PAM et de I'UNICF. 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 $n^{\prime} y$ 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"


15


## 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

## A 1 NENTINO

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

## 人 <br> AVENTINO

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 ${ }^{\circ}$ Circo Massimo ou Pyramide
Tel : 0657250625 Cell : 3395797543
French Dental Clinic Rome (Odontaiatra-Ortodontista) / 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
AUTONOLEGGIO
CON CONDUCENTE
FAbIO LUCA
Roma - Fiumicino - Ciampino
Airport
Transport shuttle car service
Transfer da e per tutte
le destinazioni
Auto: Mercedes classe $\mathbf{S}$
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



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


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 Vllla 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 bcame 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

C.E.F.

## Centro Europeo Fisioterapico

SPIROTIGER: ginnastica respiratoria TECARTERAPIA - IPERTERMIA CLM-ATMMO
ginnastica posturale individutale
Via G. de Vecchi Pieralice, 43 00167 Roma
Tel. 06.39671253 - Fax 0645490976
Sconto del $30 \%$ ai dipendenti FAO cd 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. 00393384461581 Cell. 00393396112430
e-mail: marco.marcucci68@gmail.com

Dr. Corinne Perissé

Medico Psicoterapeuta Francese - Italiano

## Aventino Medical Group

Via S.Alberto Magno 5, Roma
Tel. 065780738
0657288349
Via Etruria 22, Roma
Cell: 3495049960

## FORTUNA <br> car service

## 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

Van Breda Accepted 1

Departures for Airports € 38,00
Auto per rappresentanza
Auto per cerimonia
Tel: 0639378725
Cell: 3383288452
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..


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

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 Leduca 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

## 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
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, where 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 similar-scale commercial 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 by governments and development agents alike. The participatory nature of cooperatives was highlighted as particularly valuable for


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 068559577068551166 fax 068413733
00198 Roma Via Velletri, 24 www.grimaldimedical.it Director: Prof. Giuseppe Grimaldi Autorizzazione n. 163 del 01/09/1999



| FUTURE SAT S.r.I. <br> Satellite system specialists |
| :---: |
| Tv / sat system / optical filber <br> Audio video / sat broad lband <br> call us $3925234090-3396234275$ <br> info@futuresat.it <br> 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 to 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/discussi ons/rural-cooperatives or contact: FSNmoderator@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 $\mathbf{5}$ 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)


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. ${ }^{\circ} 1$ - 00161 Roma - E-mail:info@healthysmileinrome.com line B - Stop Policlinico (directly 5 stops from W 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
tre anni fa dalla Svizzera, prima abbiamo viaggiato in Europa ed è da 8 mesi che siamo in America. Vorremmo arrivare fino in Argentina e poi vedremo, forse in Australia...... certo se non lo facciamo adesso che siamo giovani e non abbiamo figli...."
"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. $\qquad$ . 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
$1 / 2$ 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 $170^{\circ}-180^{\circ} \mathrm{C}$ (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 $180^{\circ} \mathrm{C}$ 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.


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
CONSULENZA MEDICA SPECIALISTICA
Pediatria, chirurgia generale, endocrinologia, dermatologia, urologia, oculistica, osteopatia

## Per la mamma e la famiglia

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. 0670476220 (3 linee) orari segreteria: dal lunedì al venerdì 10:00/19:00-sabato 10:00/13:00 www.artemide95.it-info@artemide95.it

