

OCTOBER 2012



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Hunger run

10 km di corsa competitiva e 5 km non-competitiva

21
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Casa
gazette

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

21 ottobre 2012 – Roma - Terme di Caracalla

Ritrovo ore 8,30 partenza ore 10,00

Per ulteriori informazioni:

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Compagni della notte

di Patrizia Cimini

Stanno con la notte i loro sogni
Di gallinelle all'aia e tortore felici
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Stanno con piume
Un nulla di volo
Un'ala di scirocco
Non gonfia la feluca del colore
Non sono a prora.
Le creature hanno un fior di cipolla
Al becco ed un soffione.
Volano quelli con il sonno
Contro la volpe che li prende
Fantasmi di giornata e via
Li porta nel fitto della notte.
La corte bassa buia di latrati
Chiude a nido i compagni
Della fatica di ieri,
E
Li consola.



fao Casa gazette

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

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Contents

OCTOBER 2012

Cover:

Poster of Hunger Run 2012

- | | |
|----|---|
| 2 | Poets Nook
<i>di Patrizia Cimini</i> |
| 5 | Hunger Run 2012 |
| 9 | Hunger Run 2012
Programme of activities |
| 12 | Blue Hills of Provence
Lavender Country
<i>by Peter Steele</i> |
| 15 | Insert of various FAO Staff
Coop activity groups |
| 23 | Sudoku |
| 25 | Happy Retirement |
| 26 | Donne invisibili che...
<i>di Natalie Perisse</i> |
| 28 | 7 notes for 1.000 children |
| 29 | Recipes:
Quiche with champignon,
bresaola and Caciotta cheese.
Swedish Cinnamon Buns |

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.

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

Services and Special Interest Group

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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.

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Choir	Ms A. Alberighi	56651
Coro N		
Dancing:		
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. Gazau	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	56240
Pranic Healing	Mr R. Krell	52419
Sensory Evaluation	Ms B. Burlingame	53728
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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	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. Bultmeier	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**

HUNGER RUN 2012



Photo by © FAO/GIAMPIERO DIANA

One of the highlights of World Food Week this year will be **HUNGER RUN 2012**. Thousands of competitive and amateur runners are expected to participate in this popular 10K and 5K fundraiser.

Formerly known as the “Run for Food,” the event has been renamed and given an upgraded image to emphasize the partners’ shared objective of eradicating hunger. **HUNGER RUN 2012** this year will take place on Sunday 21 October, starting at 10:00 hrs.

HUNGER RUN 2012 is organized by Gruppo Sportivo Bancari Romani in collaboration with the Food and Agriculture Organization of the United Nations (FAO); the International Fund for Agricultural Development (IFAD); World Food Programme (WFP); Bioversity International, and the FAO Staff Coop with the support of Expo 2015, Roma Capitale and the Region of Lazio. The initiative also enjoys the sponsorship of the Youth and United Nations Global Alliance (YUNGA) and the United Nations Federal Credit Union (UNFCU).

Proceeds from registration fees this year will help poor rural communities in Kenya affected by drought and poor harvest.

The Race

HUNGER RUN 2012 consists of a 5K fun run (or walk), as well as a 10K competitive race – both in central Rome. The races will start from Viale delle Terme di Caracalla and end at the Caracalla Stadium in front of FAO headquarters.

Meeting point is Viale delle Terme di Caracalla, from 8.30 a.m. onward. The starting shot will be fired at 10.00 a.m.

Final courses will be published closer to the date, at www.HungerRun.it.

HUNGER RUN 2012 is one of many events taking place in Rome and around the world, as part of the larger annual observance of World Food Day (16 October).

Prizes

Top 10 men

Top 10 women

A range of prizes will be awarded to individual winners in various categories, according to FIDAL and each of the top ten participating clubs will receive a gift voucher:

1st Club:	€ 1,000	Gift voucher
2nd Club:	€ 800	Gift voucher
3rd Club:	€ 700	Gift voucher
4th Club:	€ 600	Gift voucher
5th Club:	€ 500	Gift voucher
6th Club:	€ 400	Gift voucher
7th Club:	€ 300	Gift voucher
8th Club:	€ 200	Gift voucher
9th Club:	€ 200	Gift voucher
10th Club:	€ 200	Gift voucher

In order to qualify for a prize a club must have a minimum of 20 entrants. For more information, visit the **HUNGER RUN 2012** website.



Photo by © FAO/GIULIO NAPOLETANO

(continued on page 8)



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(continued from page 6)

Registration

Online registration is strongly encouraged, at www.HungerRun.it, but other forms of registration are also possible, including on the day of the race. Visit the Hunger Run 2012 website for more details. Registration fee for either the competitive race or the non-competitive walk is €10 per person.

Athletic village

Runners, friends and family can visit the “Athletic Village” inside the Caracalla Stadium, where they will find multi-ethnic food prepared by FAO Staff Coop, musical entertainment, information about the Kenya field project being supported by **HUNGER RUN 2012**, sponsors’ and sister agency stands, handicrafts, demonstrations of Taekwondo and much more. Proceeds from priced goods and activities support the same Kenya field project as **HUNGER RUN 2012**.



Photo by © FAO/GIULIO NAPOLETANO



Photo by © FAO/GIULIO NAPOLETANO

Athletic Village
Hunger Run, Sunday 21 October 2012
Terme di Caracalla Stadium
10.00 to 14.30 hrs

Programme of Activities

- 9.30 hrs City of Rome Pipe Band will play bagpipes before start of Race outside Stadium, then inside Athletic Village
- 10.00 hrs Start of Hunger Run
- 10.15 hrs Opening of Food Fair with Bar Service and Stalls selling savoury finger food, cakes and sweets
- 10.30 hrs Opening of **Mercatino** selling African handicraft, silver jewellery with hard stones and Swarovski crystals, household linen, 4 types of bio produced honey.
Casa Loic will also be present with items in olive wood, candles, etc.
A **Lucky Dip** with exciting prizes will be sold during the events.
- 10.30 hrs ZUMBA session with Marlyn
- 11.15 hrs Taekwondo demonstration by FITA athletes
- 11.45 hrs Live Concert with Soul Revolution Band



Photo by © FAO/GIULIO NAPOLETANO

FOOD FAIR

As in the past years the Stalls will be selling finger food, cakes and sweets from around the globe. There will be chairs and tables in addition to the benches to sit down and enjoy your food while listening to the music. The list below gives information on this.

The Bar Service will be run by Mauro as usual who will make coffee and cappuccino. An assortment of Soft drinks, and ethnic beverage like sorrel (karkade) and ginger drinks and rum punch will add an African and Caribbean flavour.

The Cake Stall will offer a wide variety of cakes and sweets including: Baanana bread, Carrot cake, Upside down Pineapple cake, assorted Crostate, Makrouds, Ciambellone, Sponge and chocolate cakes, Brownies, Muffins and assorted cup cakes, strufoli and Etruscan biscuits, ...

The Savoury Food Stall will feature numerous tasty finger food and lunches including: Porchetta from Ariccia with bread, Suppli-rice croquettes, Cutliss and Patties (Sri Lanka), mini spring rolls (Philippines), Hot dogs in jacket on sticks, phulori with tamarind chutney dip, dhal puri roti with curry potato and chicken, potato pies (Indo-Caribbean), Haitian red beans and rice, Trinidadian Beef stew, Ingera and Zighini (Ethiopia/Eritrea), Falafel and Kibbè (Lebanon), Jamaican meat patties, Tunisian Brik, Chinese dumplings, Indian pakoras, Argentinian empanadas, Quiches and assorted pies. Macaroni pie, Ndole, rice and root vegetables from Cameroon, Fried plantains, Sicilian caponata, Arancini, ...

THE CONCERT

The Soul Revolution Band will be performing live the songs from their latest album titled *People*. The Band comprises a Vocalist, Debbie, and five musicians. They are a very talented group of young people who have produced a very good album with beautiful lyrics and music.





Photo by © FAO/GIULIO NAPOLETANO

ZUMBA Session

Marlyn Manuel is well known to most people in FAO as the Zumba instructor. She teaches twice a week a large groups in the FAO Gym and has a long waiting list of others wishing to join if a new time slot can be obtained. She will be giving a demonstration session with some participants from her classes and the public will be invited to join in and enjoy dance and exercise in a fun session.

TAEKWONDO Demonstration

The FITA will once again be sending a group of their athletes to give a demonstration of this popular discipline in which one of their athletes, Carlo Molfetta, won a gold medal in the London Olympic Games. The Federation has many palestre throughout Italy and several in Rome and Lazio.

IKEBANA Display and demonstration

Bhawna Maru, who teaches Ikebana flower arrangements at the FAO Staff Coop will do a demonstration and display some Ikebana creations. These may be sold to interested persons.

Proceeds from the above activities and sales together with donations will go towards this year's project to assist rural women and children in Kenya.

Blue Hills of Provence – Lavender Country

by Peter Steele

Traditional small-scale rural industries have to be sharp to survive the onslaught of modern large-scale or more efficient and technically-advanced manufacturing, no matter their historic interest and their economic value for the sometimes large numbers of people employed. Commercial development, by definition, is profit-based and those watching over the interest of these sometimes fragile agro-industries need to keep pace with the socio-economic and technical changes that impact upon production and markets. Fail to make money and no amount of goodwill, image or heritage status will ensure survival into the next period – no matter the short-term funding support provided by a sometimes benign public sector.

Lavender country in Provence France has a visual image second-to-none, but the core industry – oil production - continues to remain vulnerable notwithstanding tourist industries that have captured the region.



Harvesting. Mauve before and green after harvesting – technologies that boost the productivity of people on the land; with those essential services that require Engineers, R&D, equipment and investment.

Depending on plants for healthcare

The relationship between herbs and medicines has always been a close one; before the industrial age *all* medicines were derived from the flora that could be grown, found or collected from the areas in which people lived. For the modern day the herb garden remains a popular addition to the vegetable garden where there is sufficient space and not simply for the culinary

pleasures of taste, seasoning and aroma. From ancient times the healing properties of selected plants and their extracts mixed with oils, wines, vinegars and salts represented the traditional knowledge that families shared and passed down through the generations. Until quite recently, many rural communities depended upon the skills and knowledge of those people – many of whom were linked to the church - who

(continued on page 14)



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(continued from page 12)



Products. Doesn't matter what the customer is buying; this is the interface between economic security and the lavender industry – the tourist in the tourist shop at the cash register.

specialized in preparing concoctions for the common ailments of the day.

Much of this earlier knowledge has been carried through to the modern day, but you would need to look carefully and to keep an open mind for the gradual shift from rural traditions to industrial processing (and industrial manufacturing) that has transformed many of these earlier products.

Lavender

Lavender is an aromatic shrub grown or harvested for its medicinal properties since the very *earliest* times. The modern name is thought to come from the Latin – *lavare* - meaning to cleanse and wash, since the antiseptic and healing properties of the plant were already known during Roman times, and the dried plant and its extracts were widely used at the time.

Lavender is typical of the *labiate* group of plants that are found growing wild in the dry and relatively barren mountainous regions of the Mediterranean and the Middle Eastern countries; other aromatics include thyme, mint, marjoram, sage and rosemary. The plant grows as a woody bush

with blue-mauve flowers that appear as spikes at the end of long stalks that project above the mass of the foliage. A number of species are found in the wild and have been selected for growth, oil production and tolerance to temperature over the years, and this has resulted in parallel developments for *Lavandula spica* and *Lavandula vera*. These are known in the trade, respectively, as aspic lavender and true lavender.

Hybridization between the species resulted in the development of *lavandin*, which produces up to seven times the yields of essential oils when compared to wild lavender. Lavandin varieties now dominate production - with *Lavandin grosso* grown on >80% of the crop area.

Lavender grows in Provence

You don't have to go to Provence to see lavender growing on commercial-scale (it's also grown, for example, in Tasmania and Moldova), but Provence provides those long traditions of the people and their crop, and the sometimes ancient villages that cling to the slopes with the lavender fields scattered around. *Gorgeous*. None of this makes the

(continued on page 20)

CYCOM

The FAO Staff Coop Cyclist Community – CYCOM was born in January 2007. It is made up of FAO cyclists and common people living in Rome. The objectives of CYCOM include the promotion of the bicycle as a sustainable means of transport, especially for day-by-day commuting to work, lobbying activities to improve safety and cycling conditions for commuting to work and, in general, information sharing about cycling in Rome and surrounding areas. The mailing list can be used by any CYCOM member to inform about any bicycle related opportunity or issue.

In September, CYCOM contributes actively to the “European Mobility Week”. CYCOM is a member of the “Coordinamento Roma Ciclabile” and liaises with Rome’s cyclists organizations for outings and initiatives. In 2008, the CYCOM bike-sharing and on-premise bike maintenance services were worth the award of a special recognition from Euromobility for “its commitment in promoting on a voluntary basis forms of sustainable mobility among the FAO organisation’s employees”.

Enjoy cycling, visit the CYCOM blog at <http://blog.libero.it> and join the mailing list by sending an email to cycom@libero.it !



FITNESS & MUSCLE TONING

The Fitness and Muscle toning course is suitable for all participants at any fitness level. The course is divided into 5 minutes of warm up and stretching, 15 minutes of cardiovascular activity (such as gym music and choreography), about 5-10 minutes of cardiostatic activity (ie cardiovascular activity with the addition of small weights, elastic bands or fitness balls); 15 minutes of floor exercises for toning, including abdominal exercises and finally, 10 minutes of stretching. For those who attend the lunchtime sessions, the course will be a pleasure and it will be a delight to be back in the office with the body and mind well oxygenated. For those who participate in the afternoon, you return home discharged from the stress of the office.

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and was trained
by Lotte personally.

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Contact: Ms Nicoletta Rossi (Nicoletta.rossi@fao.org)



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TUESDAY and THURSDAY from 12:30 to 13:30 in the STADIUM of CARACALLA

Participation fee: 52 Euro monthly (twice a week) – 30 Euro monthly (once a week)

Maestra

PAOLA WU MIN YI who has taught Qigong and Taijiquan
(Chen and Yang styles) since 1991

Taijiquan is a treasure of the Chinese culture that belongs to the Qi Gong, a branch of traditional medicine, and the ancient Chinese martial tradition. With its movements that simulate a fight, intervenes in the energy balance according to the theory of yin and yang and the belief in the "Qi", the life essence, flowing in the body through invisible channels or meridians, according to the principles of the well-known Chinese acupuncture. The psychophysical equilibrium resulting from the regular practice of Taijiquan involves three aspects: the regulation of the body, breathe and mind. In fact, Taijiquan is a synergistic practise which integrates meditation, martial arts and health. Each is essential for the realization of the other. The meditation aspect is achieved through gentle and intent movements connecting the mind and body. The health aspect is the result of beneficial effects to the nervous system and metabolism of the regulation of breathing and the harmonisation of the muscles with the internal organs. The martial aspect is also important; thus, acquiring the awareness of the martial applications is also featured during the lessons as an essential tool for learning about balance, alignment, rhythm of movement and the genesis of movement from the body's vital centre. Taijiquan has many different styles, such as yang and chen. Here, in a FAO Staff-Coop, it is though the yang style, which includes 24 movements in its simple form (108 movements in the traditional form). Concerning Qi Gong, there are both static and dynamic practices from major traditions: Taoist, Buddhist, Confucian, martial arts, and therapeutic.

INFO: GIORGIA DE SANTIS EXT. 53344

http://www.faostaffcoop.org/upload/file/332/166239/FILENAME/Tai_Chi.doc

YOGA



Yoga classes for all levels taught by George Minot are based on ashtanga, the traditional series of poses (asanas) connected by precise, fluid motions (vinyasa) and breathing (pranayama). This practice, both gentle and vigorous, develops and combines flexibility, strength in calm concentration.

George trained with Eddie Stern and SK Pattabhi Jois and others at the New York Ashtanga Shala.

Classes are Tuesday, 1700 – 1800 (basic) and 1800 – 1900 (intermediate – advanced)

Thursday, 1300 – 1400 (beginner) and 1700 – 1800 (basic - intermediate)

The FAO Gospel Choir



The human voice is the most highly developed musical instrument as it produces a wide variety of pitches, offers complex tonality, and has percussive capacity.

It is true that we are not all opera singers, but it would not be fair to deny anyone the pleasure of recognizing and appreciating all the tones and textures that can be produced by their own distinct voice.

Singing connects us with others and reminds us that, as humans, we are attuned to each other. Singing also has health benefits: it improves your mood and releases the same feel-good brain chemicals as chocolate! it is very effective as a stress reliever and improves sleep; it releases pain-relieving endorphins, helping you to forget that painful tooth/knee/whatever; it improves your posture; it increases your lung capacity; it clears sinuses and respiratory tubes; it improves your mental alertness; it tones your facial and stomach muscles; and it boosts your immune system, helping to fight disease and prolonging life expectancy.

The FAO Staff Coop Gospel Choir is a new group comprised of colleagues with singing backgrounds and colleagues who just have the love for singing. We just resumed practice on 20 September. So come and sing, hum, whistle, clap, pat your feet to the rhythm... it's healthy and fun!

Classes are on Thursdays from 17.15 to 18.45 hrs in the D-Bar/Casa Bar (Use the back entrance – through the corridor of the Credit Union) - **Gospel Choir Director:** Joy Garrison
For further information: please contact Sophia.Mann@fao.org (Ext. 56168)

FOOTBALL CLUB

The Football Club is part of the FAO Staff Coop and is made up of FAO and WFP staff members and consultants who are interested in playing football.

The objective of the Football Club is to promote the practice and love for football among staff. The Club has a team of players that participates every year to the “Trofeo del Petrolio”, i.e., a football tournament (11-a-side) of 16 amateur teams that takes place in the city of Rome. Also, every year a team of calciotto (8-a-side) participates to the Inter Agency Games.

All interested staff members and members of their family are welcome to join the Football Club.



IKEBANA

Ikebana is a means of communicating pleasure, harmony, and happiness and promotes a more prosperous atmosphere.

Ikebana acknowledges the blessing of having flowers around us.

One will be able to feel Japanese four seasons and Japanese culture through Ikebana.

Why don't you join our Ikebana class, and experience the joy of individual expression through Ikebana flower arranging?



Zumba has become one of the fastest-growing, dance-based fitness craze worldwide. It uses easy-to-follow fast and slow dance moves that tone muscles and burn hundreds of calories. Zumba uses steps from all styles of Latin dance (Salsa, Cha Cha, Cumbia, Lambada, Mambo, Samba, Bachata, Merengue, Reggaeton), Bollywood, Hip Hop, Rock & Roll and Belly Dancing - combined with a few aerobic steps. The secret of Zumba is that when the music starts, you forget you're exercising! People of all ages fall in love with its infectious music and simple dance moves. Zumba is great fun and a fantastic way to work off stress and get fit. Classes are on Wednesdays from 12:00-12:50 (*Basic*) & 12:50-13:40 (*Advanced*) in Gym B.



About the instructor: Marlyn Manuel is a member of the Zumba® Instructor Network (ZIN). She has been teaching Zumba as a hobby since 2008 in FAO through the FAO Staff Coop. She is licensed to teach regular Zumba classes and Zumba Gold (for active older adults).



FAO Staff Coop Tennis Group

For some years now the FAO Tennis Group has been very inactive. Tennis players in FAO are many, although not always known. Unfortunately, the Group does not have any courts of its own but a large number of staff play at the San Giorgio Tennis Club in Via Viggiano (just off the Via Ardeatina); Tel. 06 5032165. One has to book the court in advance and can do so telephonically. There is no inscription fee and one pays for the actual hours played. In the past, the Tennis Group organized an annual social tennis tournament (mens/ladies singles; mens/ladies doubles and mixed). Also, there used to be a tennis ladder, available – also electronically, and players were able to challenge each other – not necessarily to be the FAO number 1, but it was a way of meeting new players and also playing with more intensity. Also, a few years ago an Interdepartmental tournament was organized over two days (a Saturday afternoon and Sunday morning). This was done in a very friendly way. The levels varied greatly but all had a great time. ES Department won and there is still the outstanding challenge from other departments to take the title from them.

If there is anyone who feels able to take on the challenge of rekindling the Group, they are more than welcome to come forward.

AMERICAN TRIBAL STYLE - BELLYDANCE

We meet on Tuesdays and Thursdays from 13:00 to 14:00 hours in gym B. We dance and giggle and use muscles we did not know we had. Our instructor, Isabel de Lorenzo is a lovely Brazilian born ATS and traditional bellydance dancer and teacher. For more information please contact Melanie Derba ext 54589.





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(continued from page 14)

French crop that more efficient (than the one in Tasmania for example), but in Provence you capture the antiquity of industrial development.

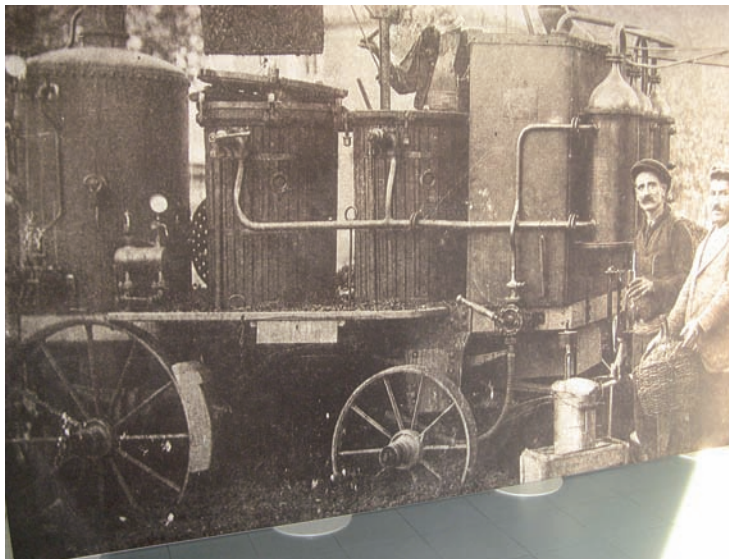
Lavender is grown in an arc that extends across Western Provence from the Rhone in the west through to Grasse in the east – encompassing the slopes of Mount Ventoux, the Mountains of Lure, the Galapares Plateau and the highlands in between and around. Traditionally, *L. spica* is found between 200-800 m and *L. Vera* at 800-1,200 m where rainfall is higher; but hybridization and varietal selection has changed this earlier altitude-based delineation and, in any case, most of the lavender seen from a casual drive through these areas nowadays is *lavandin*. Species or variety apart this does not detract from the beauty of a landscape criss-crossed with lines of mauve coloured shrubs; and more so with the back-cloth of a medieval community or building on-hand.

Harvesting

From ancient times the plant has typically been harvested wild, and it is only during the past 100 years with the general introduction of more advanced agricultural technologies and the demands of markets for higher production that lavender has become more organized – with greater resources invested – in plant breeding, harvesting and oil extraction.

Harvesting was once the domain of the village community – whole families participated - augmented by gangs of seasonal workers, each equipped with little more than a small hand sickle and a large canvas container that could be slung across the shoulders.

Harvesting was labour-dependent right through to the 1950s when tractor-powered reaper-binders were first introduced. Within the following 20 years manual harvesting gave way to tractor and self-



Oil processing. More interesting than modern plant – mobile Nineteenth century oil extraction in all its people-scale origins and delight – hand-made, labour-dependent and steam-driven, and - just behind the camera this equipment still available in real life - shiny, clean and presentable in the museum stimulating today's kids.



Crop. Woody base, green interior and the long flowering spikes that are the commercial part of the plant – for oil, flowers and foliage. Mature rows a metre across and a metre high at two metre spacing - sufficient for farm machinery.

propelled equipment that could harvest 3-4 hectares/day; work that had previously required up to 25 workers. Intensive production, higher output, mechanical handling and the substitution of machines for labour boosted industrial productivity, and reflected the shift of labour from the land throughout the region – and throughout the industrial countries.

Lavender reaper-binders work on the same principle as the first cereal harvesters: cutting the flowering stalks, collecting and bulking them into a sheath, and then tying the sheath with a light twine before ejecting it behind or alongside the harvester, where they are picked up manually.

Harvesting by hand can still be found where fields are small or inaccessible to machines or where the flowers cannot be subject to mechanical damage, for example, when required for seed or for high-value decorative poses. But the image of people wandering the hills and harvesting the wild lavender bushes for flowers has long since passed into history – and this includes the shepherds of the day who augmented their small earnings whilst minding their stock. The exhaust of the diesel engine has replaced the traditional songs of the gangs making their way home at the end of a day on the slopes.

Oil extraction

And you can't stop there – for industry needs those essential oils to manufacture the soaps, perfumes, fragrant, lotions, creams, sachets, pharmaceuticals and more; and Provence once produced of the order 900 tonnes annually. And this means 'steam distillation' in traditional sense as one of the world's oldest industrial processes. Water is boiled in a vat and the steam produced is passed under pressure through the charge of flowers packed into the airtight cooking vessel. The steam ruptures the oil cells and the mix of steam and oil vapour is directed into a condenser, where a rapid drop in temperature causes the vapour mix to revert to the original liquids. The liquid mix is collected in a settling tank where the liquids separate and the oil floats to the surface of the water from where it can be drawn off.

Industrial plant has changed over the years from the open-fire portable stills that were hauled by oxen or horses around the fields 200 years ago, to larger in-field stone-built stills, to the industrial plant of today; from charge loads of 50 kg earlier to 1,500 kg/lavender flowers now. The typical modern still has an output >6,000 litres oil/season – sufficient to accommodate >50 ha of crop.

Rural industry *par excellence*

Provence and the surrounding country has estimated >20,000 ha of lavender – that once dominated global production at >50 percent – and it provides direct work for around 4,000 people – production, processing, marketing, etc. with another 4,000 in complementary agro-tourist industries. Production of flowers, oil, etc. on industrial-scale notwithstanding, reality is one in which the casual tourist largely sustains this ancient rural industry – providing income for producers and for the numerous small hotels, bistros, restaurants, cottage-scale manufacturers and more, *and* the services that sustain *them*.

Modern pharmaceuticals and the role of the industrial chemist have, respectively, successfully challenged the original medicines and the oils that once dominated markets. Small-scale is rarely able to compete with industrial-scale without strategic planning and an ability to move quickly. Agro-tourism has brought new opportunities in recent years given the increased wealth of middle-income Europe, the motor car and low-cost fuels that have mobilized people and, importantly, from the boost in industrial efficiency that comes from grouping producers - the latter with mixed success thus far – that has provided for the integration of industry and services.

Equally important has been the collective interest, goodwill and support provided by the aromatic plant organisations, trade unions, local ministries (Agriculture, Industry, Finance and others), tourist ventures and more, and those providing those essential rural services that help maintain rural communities notwithstanding increased urbanization across the region.

And if the industrial chemical industries with their ability to fool the human nose was not challenge enough, then there are the dangers that arise from the limited finance



Lavender museum. Tourism meets traditional industries; the messages are there to be noted by everyone – once the life-blood of the community and now a source of entertainment. But the museum promotes, informs and cherishes – and helps investment in that original industry.

that the industry has available for investment and at times of crisis. Estimated half the current French crop has been seriously damaged or lost to fungal disease during the past 10 years, regional climates have become unstable and, the long-term challenge of image persists into the present day; lavender is seen as '*frumpish, demure, polite, out-of-date*' and more, and this does not bode well for markets where fashion and taste dominates.

Reduced output in France enabled Bulgaria to become the leading global producer by 2010; with the two countries each producing of the order 80-90 tonnes oil annually, and of the order 60 percent of global production –

(continued on page 24)

SUDOKU

MEDIUM AND HARD - GOOD LUCK

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Answers are on page 31

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(continued from page 22)



Cistercian Abbey of Senanque. Home to the monks that have specialised in the production and use of the lavender plant for almost 1,000 years - the abbey is surrounded by lines of blue-mauve crop, and the aerial fragrance intoxicates the visitor. This is where you buy your lavender honey.

a considerable reduction from earlier. Corresponding shortages have boosted prices and attracted investment in new plantings worldwide. French production continues to dominate markets for the *highest quality* oils.

Lavender Museum

Located in the village of Coustellet and halfway between Avignon and Apt is the only museum in the world dedicated to lavender. Housed in a relatively new building modelled upon the dry-stone design typical of the region it is a clutter of plant, equipment, slide shows, picture sequences and information boards. Better still, an audio guide is provided that will take you round the building putting order into place – leastways in your head. Take your time and re-play the descriptions of traditional practices, distillation equipment of different periods, output and sophistication, and capture that image of a regional industry that spans the Roman colonization of the region through to the present day.

And if the static presentations are rather too dull – notwithstanding all that shiny hand-beaten copper plate and tubing on display – then watch the slide shows of harvesting and distillation; it's probably the closest you'll get to the real thing. But most local producers are *still* dumping the lavender straw after cooking – which seemed odd in this day-and-age of environmental sensitivity. Leastways, if practical solutions for use are in the pipeline this could be promoted to the passing tourist traffic – straw is sometimes burned for heat and/or composted at some stills – and then that dumping sequence in the slide show can omitted.

The museum has a small demonstration distillation plant outside next to the car-park – but it wasn't working when we were there. But, best of all, check out the museum shop with that hint of lavender oil aromatics wafting across the product lines – from soaps to sachets, and from handkerchiefs to honey ■

HAPPY RETIREMENT

For one reason or another, most of us visit the FAO Staff Coop office from time to time to take advantage of the many services offered.

Two of the staff members, Jill Stevenson (Office Manager) and Rita Sensoli (responsible for the Accommodation Service), will be leaving at the end of September after 36 and 34 years of service respectively.






Jill and Rita have seen many changes over the years. The office has moved from one building to another, at one time having a Gift Shop under its umbrella, in addition to organizing special sales at Christmas and other times of the year.


Senior and retired staff members who have been here since the 1970's and 1980's, as well as newcomers to FAO and to Rome, will surely agree that, in spite of the many changes in the structure of the Organization, the Coop has remained the same, and Jill and Rita (as well as Osanna and Sue of course!) have always been available to provide information on so many different topics, and always with a smile.

But now it's time for Jill and Rita to savour the enjoyment of retirement and to be able to dedicate time to their personal interests and to their families.

“In bocca al lupo” Jill and Rita! You'll be missed!

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Donne invisibili che...

di Natalie Perisse

“Good morning F.A.O, may I help you?”

Eravamo una ventina di donne.

Varcata la soglia del centralino in primis c’era : “la passerella”. Si passava in centro della stanza sotto agli occhi di tutte, e guai a vestirti uguale a ieri. Tutto veniva classificato: la pettinatura, il trucco, le scarpe, e infine il tuo umore. Quest’ultimo contava poco: bisognava essere sempre allegre e disponibili. Le lacrime si versavano, dietro : nel salottino.

Il salottino ci ha seguito in tutte le varie “locations”: due divanetti anni ’50 in skai, un tavolo basso, un frigorifero e tanti armadietti di metallo dove riporre le cose personali. Il pezzo importante era lo specchio, tre metri per due, nel riquadro di teak .

Senza perdere un minuto si prendeva posto in prima fila, alle prenotazioni, ogni venti minuti si cambiava postazione, per continuare ad infinitum a comporre, con l’aiuto dell’indice, chiamato anche: *magic finger*; quella lunga serie di numeri. Niente tastiera digitale ma un telefono a ruota sul quale pazientemente si cercava, invano di raggiungere quei paesi lontanissimi. Spesso la nostra voce era attesa per lunghe ore, forse giorni.

Finalmente squillava: “*Allo Ouagadougou?- ici la F.A.O de Rome! Vous m’entendez? -oui, comment allez vous?- Gardez l’écoute, je vous passe mon demandeur! Merci! - oui, oui, je reste en ligne.*”

Immagini il posto sperduto, caldo e polveroso, l’operatore gentile e un tantino addormentato per via dell’afa, che aspetta in linea, mentre con frenetico movimento bisogna sbrigarsi a comporre l’extension del l’interno che aspetta dalle 8.30 di questa mattina per parlare con il *field office*. Scrivere, annotare, ogni numero, ogni difficoltà di raggiungimento della linea, interna o esterna che sia, con delle strane sigle: D.N.R(distance no reply) 000(niente da fare non c’è linea) L.N.R (local no reply) *Damn! Ho Tambouctou in linea, e il P3 non risponde!* Tutto verrà contabilizzato, soprattutto gli scatti a perdere. Le telecomunicazioni si pagano! E pure tanto!

Lascio la mia postazione, ho una pausa meritata nel salottino. La mia capa Silvana oggi è di buon umore e ci fa ridere con le sue imitazioni. È una donna bellissima, sembra Anna Magnani, soltanto che in più parla perfettamente sette lingue. Invisibile? non direi, è un vulcano di energia, è un treno ad alta velocità che non smette di lavorare. Finita la sua sigaretta si rimette al lavoro con cortesia e spirito di squadra. Perché queste sono le due qualità fondamentali di questo durissimo mestiere. Dopo la pausa passo in terza posizione, quella delle rogne. I numeri internazionali impossibili da prendere. Mi viene in mente l’Angola, Luanda; il Nepal, Kathmandu. Ecco si sente che attraversa l’oceano, sento l’acqua di mare, zitte! silenzio! silenzio in sala vi prego! Driing! Drop! *Oh No!* il foglietto scribbacchiato, con mille sigle, passa dietro di me. E io pure subito dopo al suo seguito. Finalmente a mezz’ora dalla fine del mio turno giungo all’ultima tappa che consiste nello: smaltimento di una pila di cartoncini. Tanti enigmi da risolvere con l’aiuto di un semplice numero a tre cifre: 170.

-“*Italcable, mi dicaaa?*”- Finalmente si parla con una voce amica, alcune di noi si sono pure sposate con quelle voci, che appartengono generalmente al genere maschile.

- “*Ciao Roberto, sono la F.A.O, non riesco a prendere le isole Cocos-Keeling , mi dai un aiutino per favore? ”* -

Elena mi guarda male , devo velocizzare, non posso stare a flirtare piu di tanto.

Va bene , ho capito. Torno, a Roma, Italia, nel frastuono vociferante delle mie colleghe, che urlano per farsi sentire dall'altro capo del mondo.

Sorrìdo, Elly, si è beccata il Brasile, la sua patria natale e dice: -"Obrigada" con un pizzico di nostalgia nella voce. Vuole chiedere come è andato il carnevale; se oggi è nuvolo, ma non si può, non è permesso: i scatti al minuto sgocciolano come fosse oro nero.

Siamo alle nazioni unite da un filo. Il filo delle comunicazioni, che abbiamo cura di collegare, operando nell'invisibile, ma con voce alta e sicura.

Oggi, i paesi lontani si sono ravvicinati. Il digitale ha preso piede e corre lungo le vie satellitarie, non più in orizzontale per chilometri e chilometri in verticale e come tutte noi nell'invisibile, nella trasparenza dell'aria.

"Any news? 'chiedeva ogni mattina Elena la nostra supervisor prima che le succedesse Silvana, sempre china a scrutare i cartoncini. Quei famigerati pizzini che la dicevano lunga sulla qualità e la quantità del nostro personale rendimento.

La news è che in venti anni siamo passate da sedici operatrici a tre e mezza!

Mentre vi scrivo continuo a rispondere al telefono ma non cambio più postazione.

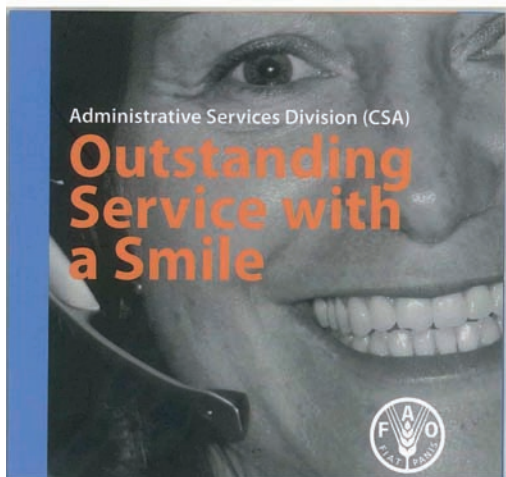
Ho anche io il mio personal computer e mi capita raramente di dovere raggiungere mete impossibili. La Russia bianca si è frantumata e ci sono tantissimi nuovi paesi che non rispondono allo 007 ma hanno ciascuno una loro identità e sono moderni, cellularizzati, internetizzati, hanno soltanto bisogno di noi per chiedere informazioni che divulghiamo volentieri. Nonostante tutto però alcune formule magiche: no; quelle le teniamo segrete.

Soltanto dopo vent'anni , oggi in assenza della mia supervisor, ho spalancato quella porta che diceva:

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e i passanti nel corridoio, ci hanno viste: noi donne invisibili con la cuffia, ora wireless, che si sentono ma non si vedono.

D. for David. O. for Oliver. N for Nancy. N. for Nancy. E. for Edward.



7 Notes for 1000 Children

by Gianni Amato, REACH-ITALIA

The “Goffredo Petrassi” Auditorium in Parco della Musica, Rome, is about to witness an important Charity Event organized by REACH-ITALIA Onlus, on 4 November, 2012 at 6.00 p.m.

ADMISSION IS FREE

The Concert titled “7 Notes for 1000 Children”, wishes to support REACH-ITALIA’s current project “Mangio anch’io” with the purpose of providing a full meal a day for all the children attending schools in Burkina Faso, Niger, Mali and the Democratic Republic of Congo.

Why do we also promote the sponsorship of a child? After many years of work in these countries REACH-ITALIA has achieved much in recuperating a land where poverty and underdevelopment is widespread. The indigenous people have been involved in local projects which have allowed them to develop economically and provide sanitary services and education. The future of a child and his country takes shape as development reaches his village, without uprooting him out of his culture. The child not only receives education, food and agricultural knowledge, he also learns how to work and relate as he keeps a written relationship with his sponsor.

REACH Roma organizes this Concert to promote the sponsorship of a child and to support the Canteens involved in this project.

More information about REACH-ITALIA and how it takes the cause to heart is a Project called “Il recupero delle terre”. Since 2003 this Project has been slowly working on 1,500 hectares where produce has now yielded up to 500 Kg. per hectare, and this year vegetation has started growing spontaneously. A Mechanical Training Centre has also been operating since 2005, where young men between 15 and 22 years of age are trained for three years to specialize in mechanical works.

REACH-ITALIA hopes to create an awareness to these social problems since it takes very little to provide them with a lot.

Take a stand and lend a hand as we thank you heartily for coming to “7 NOTE PER 1000 BAMBINI”

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Quiche with champignon, bresaola and Caciotta cheese

by Edith Mahabir

Ingredients

Prepared flaky pastry (pasta sfoglia)
300 gr champignon mushrooms cleaned
1 spring onion
slices of bresaola (very thin slices)
slices of Caciotta (goat cheese)
olive oil
3-4 eggs
salt, pepper
a little milk



Method:

Roll out the flaky pastry and line your baking dish with it, Wash and dry the cleaned champignon mushrooms and slice them thinly. Wash the spring onion accurately to free from any dirt. Thinly slice both white and green parts. Distribute the slices of bresaola on the pastry in the baking dish, place the slices of caciotta goat cheese on top of these.

In a frying pan heat enough olive oil and fry the chopped spring onions for about half a minute, then add the sliced mushrooms seasoning with salt and pepper. Stir well to mix all ingredients thoroughly. Cook for 4-5 minutes until all the moisture from the mushrooms has been absorbed. Leave to cool.

Beat the eggs with 4-5 tablespoons of milk, season with pepper and very little salt (not too much as both the cheese and bresaola are salty).

Incorporate the cooled mushrooms to the egg mixture and pour over the cheese and bresaola in the pastry. Bake for 25 minutes in a preheated oven at 170-180°C.

If desired, cover with another layer of pastry to close-but making several holes with a knife to allow steam to escape. In this case an additional 5 minutes would be required.

Swedish Cinnamon Buns

by Ann Dehlin



Ann recommends that you be generous with the filling and not use low-fat products (i.e. use whole milk, good butter, etc.). There's quite a lot of cinnamon in these buns – and ground cardamom. You can use less if you would prefer them less strong – but remember: they're called Cinnamon Buns for a reason!

The following recipe should give you up to 40 cinnamon buns...

INGREDIENTS:

The dough

50 gr fresh yeast
1000 gr plain bread flour
85 gr caster sugar
1 egg
150 gr unsalted butter
500 ml whole milk
½ tsp salt
1 tsp ground cardamom (optional)

Filling

150 g butter (nice and soft)
4-5 tsp ground cinnamon
85 gr sugar

Decoration

1 egg for brushing
Around 100 ml of pearl sugar for decoration (optional)

Melt the butter and add the milk. Check the temperature (should be between 37-46 degrees Celsius for optimal yeast): add the yeast and stir.

Once the yeast has dissolved, add the egg, sugar, salt, cardamom and most of the flour (keep some for kneading). Work the dough until it stops sticking and has a shiny surface (will probably take you around 10 minutes by hand). Keep kneading (makes for a better bun).

Place the dough in a nice warm place for around 30 minutes or until doubled in size. Place the dough on a floured surface and work through the rest of the flour.

Cut the dough in half and roll out each piece in a rectangular shape, around 30 cm long and 12-15 wide. Butter the whole piece liberally and dust over with the cinnamon and sugar. Roll each piece lengthways so that you end up with a long sausage looking roll. Cut 2 cm big bites and place them carefully on baking trays (take care to keep them separated as they will rise). For ease, you can add large muffin cases if you wish, but this is not essential. Let the buns rest for another 30 minutes until doubled in size. You should get between 34-40 buns out of this batch.

Brush gently with egg and pour over a bit of pearl sugar on each bun (pearl sugar is option), and then bake in the oven at 220 degrees (fan oven) for about 8-10 minutes (turn the heat down a bit half way if you feel they are getting too brown). Let them cool down under a clean tea towel – this will stop them going dry immediately.

Footnote: Fresh yeast is best and can be found in some health food stores and some supermarkets. If you can't find fresh yeast, use 2 x 7gr sachets of the instant dry yeast – and add this to the flour/dry ingredients and NOT to the wet mix ■



Sudoku answers from page 23

1	6	4	2	8	5	7	3	8
9	7	5	6	3	2	1	8	4
2	8	3	1	4	9	6	5	7
4	1	2	9	6	3	5	7	8
5	3	7	2	8	4	9	1	6
6	9	8	5	1	7	3	4	2
8	5	6	4	2	1	7	3	9
7	4	1	3	9	6	8	2	5
3	2	9	8	7	5	4	6	1

9	3	8	2	7	4	6	1	5
7	5	1	8	9	6	4	3	2
4	6	2	1	5	3	7	9	8
1	4	5	7	2	8	3	6	9
6	9	2	4	3	1	8	5	7
8	7	3	9	6	5	1	4	2
3	1	9	5	8	2	7	4	6
5	8	4	6	1	7	3	2	9
6	2	7	3	4	9	5	8	1



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