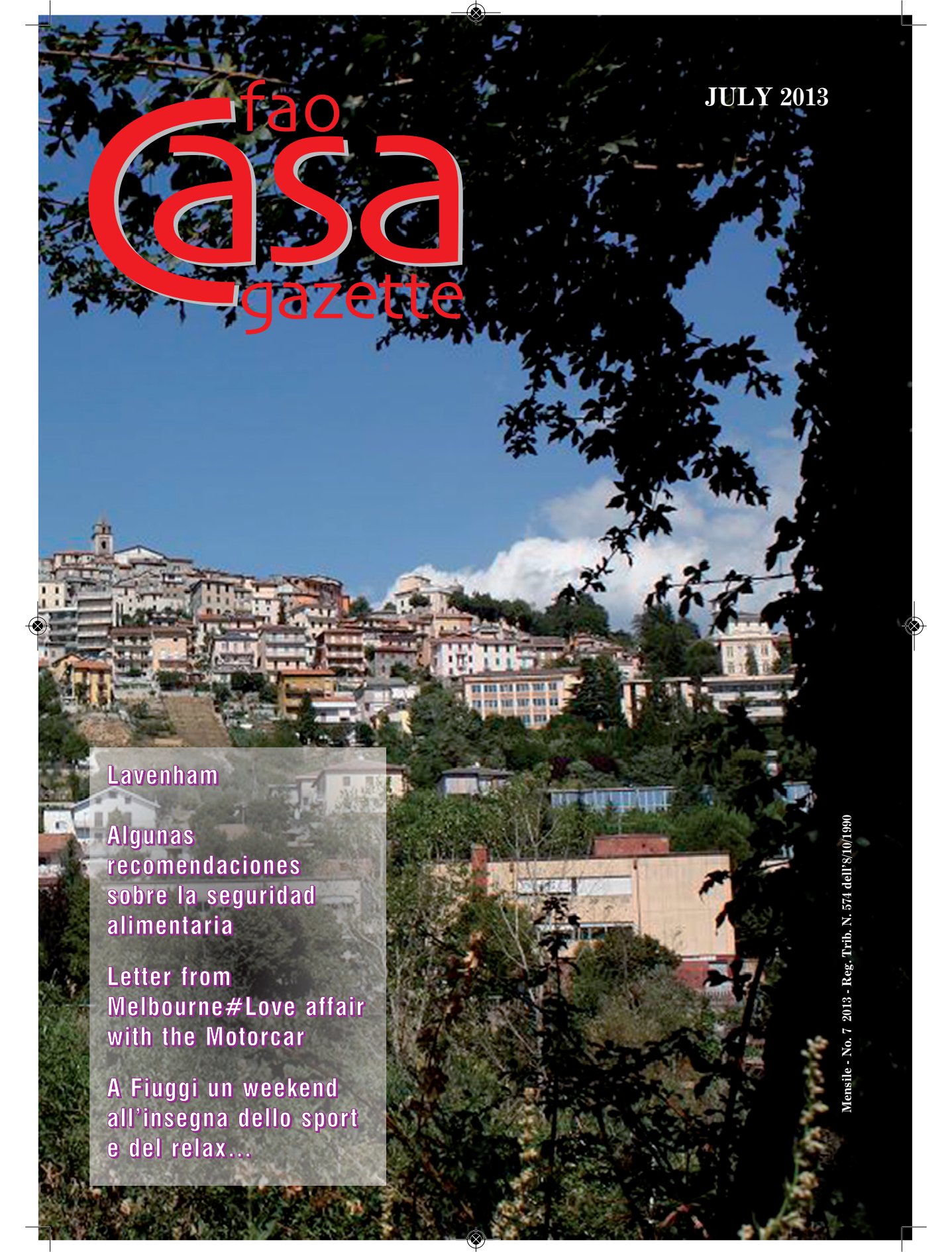




fao Casa gazette

JULY 2013

Lavenham

Algunas
recomendaciones
sobre la seguridad
alimentaria

Letter from
Melbourne#Love affair
with the Motorcar

A Fiuggi un weekend
all'insegna dello sport
e del relax...

Mensile - No. 7 2013 - Reg. Trib. N. 574 dell'8/10/1990

St. Paul's Outside the Walls



St. Paul's outside the Walls,
bells chime,
a ringing call,
sinners speak,
telling all
at St. Paul's
outside the Walls.

St. Paul's outside the Walls,
a couple eats
on the lawn,
their eyes meet
sharing love,
at St. Paul's
outside the Walls.

St. Paul's outside the Walls,
the couple prays
in the hall,
for endless days,
peace for all
at St. Paul's
outside the Walls.

St. Paul's outside the Walls,
first a smoke,
then a walk,
intimate thoughts,
and a touch
at St. Paul's
outside the Walls.

St. Paul's outside the Walls,
the couple goes,
healed again,
no more woes,
God's best friend
at St. Paul's
outside the Walls.

St. Paul's outside the Walls,
a boy plays ball
in the park,
a girl with her doll,
a dog barks
at St. Paul's
outside the Walls.

fao CASA gazette

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LAVENHAM

by Jill Stevenson

On my recent trip to England to visit my sister, we decided to take a day trip and so we visited the medieval village of Lavenham in Suffolk. It was really strange to see the houses looking as though they were about to fall/tip over, but we were assured that they were perfectly safe. We had our lunch in The Swan a very well known restaurant. I was really impressed by this town, took some photos and decided to share the history of this beautiful place with you.



The crooked houses, which are obviously kept in good repair; workmen everywhere.

The History:

Lavenham with its Fifteenth century church and half-timbered medieval cottages, was in the medieval period, among the 20 wealthiest settlements in England.

Before the Norman Conquest of England, the manor of Lavenham had been held by Ulwin or Wulwine. In 1086 the estate was in the possession of Aubrey de Vere I, ancestor of the Earls of Oxford. He had already had a vineyard planted there. The Vere family continued

to hold the estate until 1604.

The town's wealth can be seen in the lavishly constructed parish church of St Peter and St Paul which stands on a hilltop at the end of the main high street. The church is excessively large for the size of the village and with a tower standing 141 ft (43 m) high it lays claim to being the highest village church tower in Britain.

During the reign of Henry VIII, Lavenham was the scene of serious resistance to a tax being raised in England to pay for war with France. However, the revolt was suppressed for the King by the Dukes of Norfolk and Suffolk.

For 500 years the town manufactured various kinds of cloth, or the preparation of wool and yarn, this was the source of

local wealth and employment.

The Guildhall stands in the centre of the village overlooking the market square. Established in 1529, most of the timber framed building seen today was



The stained glass window of the Church of Saints Peter and Paul restored built and restored between 1485 and 1525.




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The Swan with its composition of Gables and Roofs.

constructed in the Seventeenth century and is now maintained by The National Trust. One well-known example is the Crooked House, an orange building on High Street which now serves as an art gallery.

The Church of St Peter and St Paul dominates Lavenham and is evidence of the vast wealth that was concentrated in this area of East Anglia during the Tudor period.

The architect is thought to have

been John Wastell. The building is late perpendicular in its design and was probably not completed until 1530.

The church contains five Fifteenth century misericords featuring imagery such as composite creatures; one, half-woman half beast playing a viol, and another, half-man with the hindquarters and tail of a beast, mimicking her by playing a pair of bellows with a crutch.



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The Guildhall, erected in 1520 when the church was nearing completion.



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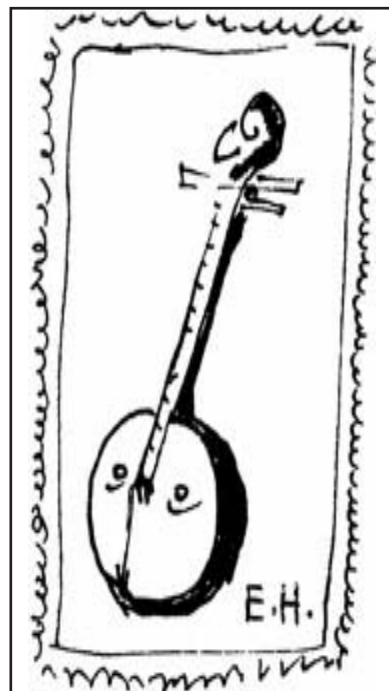
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Algunas observaciones sobre la seguridad alimentaria y recomendaciones básicas para evitar desperdicio de alimentos en el hogar

por Danilo J. Mejía Lorío



El objetivo de alcanzar la seguridad alimentaria del planeta es un proceso que tomará algún tiempo. Se estima que hay actualmente alrededor de 875 millones de personas que aún sufren hambre en el mundo. La FAO continúa en su esfuerzo apoyando a los países miembros y a través diversos mecanismos, estrategias, programas, proyectos etc. para ir paliando progresivamente este mal, hasta alcanzar en lo posible la erradicación total. Predecir el tiempo para

lograrlo es difícil, pero es claro que si cada ciudadano del mundo toma conciencia de esta situación posiblemente sea más fácil lograrlo. La seguridad alimentaria significa que los alimentos estén disponibles y en suficiente cantidad y calidad para satisfacer las necesidades vitales de los consumidores y estos a su vez tengan el acceso o capacidad de adquirirlos en el tiempo y el lugar que los necesitan.

La necesidad de alcanzar la

seguridad alimentaria es un tema que amerita difundirse, ello representa un reto para la humanidad, de manera que un paso importante básico sería primero concientizar a la gente sobre este problema. Una sociedad enterada sobre la inseguridad alimentaria vigente seguramente actuará con más responsabilidad frente a los hábitos tradicionales sobre la producción y el consumo de los alimentos. Cabe señalar que para lograr la seguridad alimentaria no sólo basta producir los alimentos. Conviene considerar la necesidad de planificar la producción alimentaria para no producir mucho ó menos de lo necesario, pues un exceso de producción sin infraestructura ni mercado puede representar también un problema de logística. Además hay que tomar en cuenta una serie de elementos asociados a la posproducción de los productos alimenticios producidos, antes que estos lleguen al consumidor final. Es importante saber aplicar las operaciones que permitan manejar eficientemente los productos antes y después de la cosecha, de modo que permitan mantener al máximo los atributos inherentes de calidad y evitando los riesgos que afecten la inocuidad. Esto implica para cada producto un sistema único de cosecha y poscosecha (sistemas eficientes deben estandarizarse en cada materia prima), prever un empaque idóneo, transporte

adecuado, almacenamiento y conservación (eventualmente se requiere refrigeración para productos muy perecederos, etc.), procesamiento, empackado, comercialización hasta llegar al consumidor son pasos esenciales no sólo para evitar pérdidas, sino también que permiten mantener un estado óptimo de calidad de los productos.

Cuando un consumidor adquiere un producto alimenticio de un estante o anaquel, debe estar claro que detrás de este hecho hay todo un trabajo de logística que ha permitido que el producto llegue hasta sus manos en buenas condiciones. Este sistema o cadena de valores de los alimentos es el que ha permitido la disponibilidad y el acceso de estos a un costo predeterminado finalmente, con beneficio para cada uno de los actores que han intervenido a través de las diversas operaciones. Es decir, desde el campo hasta la mesa del consumidor. Generalmente este costo o precio del producto se estima sobre la base del costo de producción y consumo de los insumos que permitieron llegar hasta el destinatario y con el beneficio correspondiente a cada actor. Pero ocurre que hay otros costos como el del impacto ambiental, el tiempo desde la plantación, crianza, cosecha, etc., que no siempre se toman en consideración, pero que en la actualidad mercedamente se le está

dando cada día más importancia (con justa razón el cambio climático es un tema de prioridad).

En este escenario se debe poner atención a cada paso de la cadena alimentaria afín de evitar que los alimentos se pierdan a lo largo del camino que les toca seguir. Es decir, prevenir las pérdidas de poscosecha en cada operación hasta llegar al lugar de distribución. Así mismo evitar desperdiciar los alimentos una vez en posesión del consumidor por los malos hábitos de consumo.

Según varios estudios sobre las pérdidas de alimentos en la poscosecha, estas son mayores en los países en vías de desarrollo. En el caso de cereales, por ejemplo, algunos valores oscilan entre 10-15% y en el caso de frutas y hortalizas las pérdidas son mayores. En cambio en países desarrollados las pérdidas en poscosecha de cereales son menores al 5%. Paradójicamente, la situación cambia cuando nos referimos a las

pérdidas de los alimentos durante el consumo, estas son mayores en los países desarrollados y menores en los países en vías de desarrollo. Esto en parte está asociado al hecho que los países desarrollados tienen más fácil acceso y disponibilidad de alimentos que los países en vías de desarrollo, pero también a falta de planificación de consumo. Incluso aquí también ocurren pérdidas por grandes volúmenes manejados inadecuadamente por los supermercados. Afortunadamente en los últimos años los bancos de alimentos en países desarrollados están cumpliendo una función idónea para evitar estas pérdidas que son considerables.

Para lograr la seguridad alimentaria estos escollos tienen que ser superados a través de políticas, estrategias, tecnologías etc. que permitan no sólo prevenir pérdidas durante la poscosecha y reducir las pérdidas alimentarias durante el consumo, sino también a través de concienciar a los principales actores



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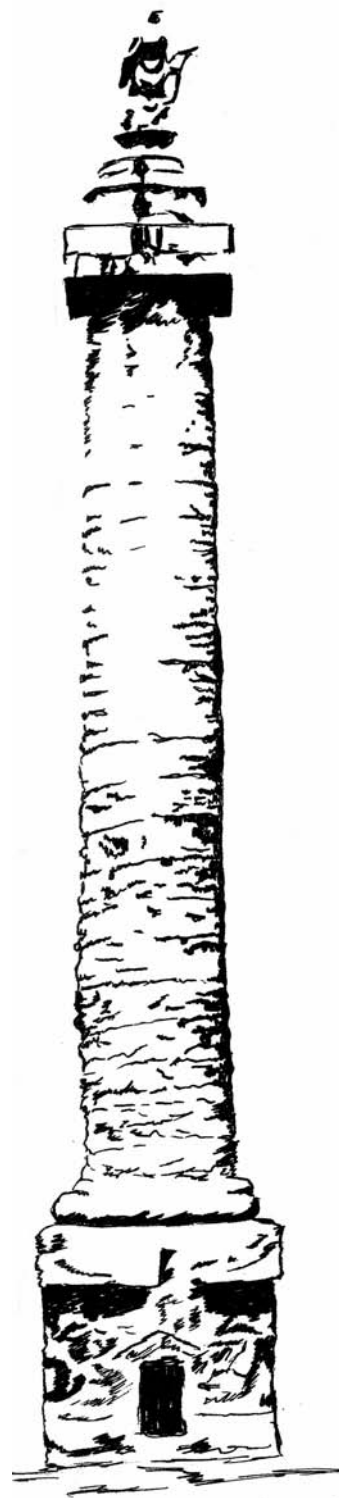
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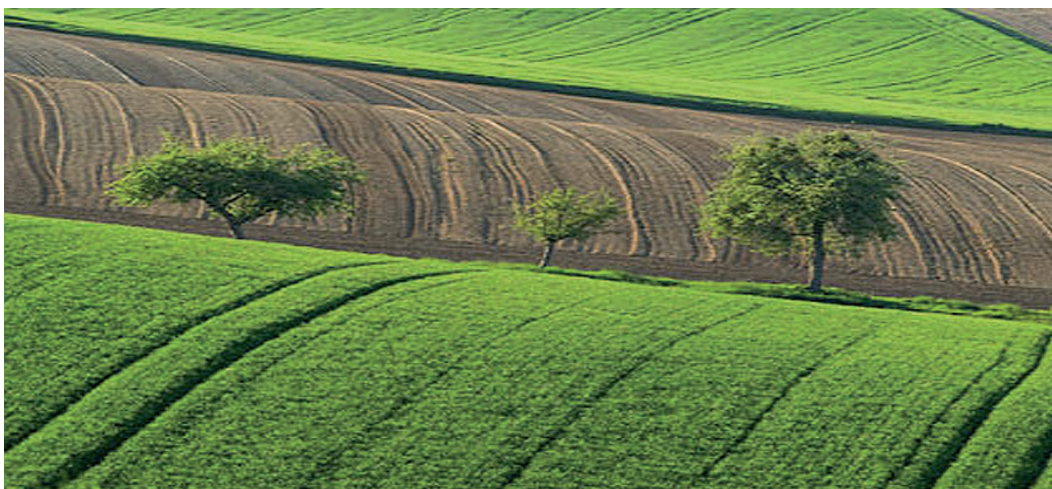
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ligados a esto, y la FAO está comprometida a seguir en esta tarea que de hecho es uno de los grandes retos del milenio.

Como colofón del tema, es importante evitar las pérdidas alimentarias. Empezar en el hogar de uno puede ser como una gota de agua en el océano, pero sin duda alguna suma, y coadyuva a la seguridad alimentaria.

He aquí algunos consejos prácticos a seguir:

Planificar la compra de los alimentos que necesitamos en función del número de personas que conforman la familia.

Frutas que no se consumen de forma rápida se pueden pelar, cortar en piezas y mantenerlas empacadas bajo refrigeración a 4° C por una semana o bien se congelan y así duran hasta un mes o más, además

que de esta manera se conservan listas para el consumo

Vegetales como papas, repollos, zanahorias, etc. se pueden pelar, cortar en piezas, escaldar por 5 minutos, enfriar y congelar. De esta manera pueden durar más de un mes y están listas para ser utilizadas.

Cualquier alimento empaquetado una vez que se abre y se usa parcialmente, el resto debe ser guardado bajo refrigeración y retenerlo por no más de una semana mientras lo consume.

Hay muchas otras tecnologías que pueden ser aplicadas a nivel del hogar y que pueden ayudar a paliar la inseguridad alimentaria.

Una expresión popular dice: “Tirar la comida es un pecado”, evitemos las pérdidas innecesarias de los alimentos y ayudemos a lograr la seguridad alimentaria...

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books (Excellent Condition)
for sale for one Euro
Room E008
Hours 11:30 - 14:00*

Letter from Melbourne #6: Love Affair with the Motorcar

by Peter Steele

Australians live life in their motorcars – everyone drives; everyone owns a vehicle. They're not cheap to buy compared to global markets given the need to provide a measure of protection to locally-made vehicles, but therein the choices made by national managers when providing for employment and engineering security. Open your borders to the impact of mass market manufacturers – all products (and not just cars) – and the local relatively small-scale manufacturing plant loses out to the majority international players. New Zealand – with an even smaller national market – did this back in the 1980s, exposing domestic producers to the world – and eventually lost its automotive heritage, skills and assembly plants; and this eventually reflected in the national portfolio of technical engineering knowledge and capabilities available to the modern state.



Entrance gate F1 Melbourne. Crowds formed at the handful of entrance gates. Summer, warm and a day's racing ahead; what more could the motor cognoscenti want?

Motor racing circus

Melbourne played host to the first of the 19 races that will make up the Formula One 2013 season, during four days in March. And, wait for it, 650,000 people attended! For a city of around four million, that represents a considerable boost to local tourist industries – although this comes, depending on which particular lobby group

to which you subscribe (i.e. the pro- and anti-F1 groups) at a significant cost to Victorian tax payers (A\$34M is being quoted). If you live within earshot of Albert Park – where the race is held – you also have the challenge of the high-pitched wail of the engines as they reach 18,000 revs/min in cars that are pushing 300 km/h along the straights, then the change down at the bend

(continued on pag. 20)

FAO Staff Coop Special Services
INPS Consultant –Ms. M. Ribeiro Dos Santos
Wednesday 14.30 to 17.30 hrs

The INPS Consultant is available every Wednesday in Room E-014 to assist FAO and WFP staff with:

INPS, the bureaucratic issues connected with INPS-related matters and also mediation between the Istituto Previdenza Sociale and staff being assisted. **Immigration** matters and procedures concerning family members and domestic workers, providing assistance on orientation and compilation of forms and documents for: requests for Italian citizenship, renewal of *permesso di soggiorno* for long periods, follow-up with the Questura and/or other institutions as appropriate.

Mediation in family related disputes or civil controversies. Using her professional skills and experience to assist parties to reach consensus and find solutions to their problems and issues as an external third party.

In civil disputes create the bridge between parties with a view to avoiding excessively long controversies, etc. but allowing common sense to prevail.

***Inps** - Prevede le consulenze generali, svolgimenti burocratici dove necessari, e rapporto di mediazione tra ente e assistito.*

***Immigrazione** - Assistenza, orientamento e compilazione modulistica per: Cittadinanza italiana, rinnovo permesso soggiorno e/o soggiorno per lungo periodo, solleciti presso Questura, Prefettura e altri enti.*

***Mediazione familiare e controversia civile** -Questa figura professionale va impiegata nel contesto familiare con la finalità di raggiungere il buon senso fra le parti, un aiuto concreto per ritrovare le soluzioni alle problematiche con una visione al di fuori dei protagonisti coinvolti.*

Nei caso di problematica in materia CIVILE, è quello di creare un ponte fra le parti, al fine di evitare controversie interminabili, dove, magari, il buon senso può fare da PROTAGONISTA ASSOLUTO.



Car service teams & cars. Cars, services and pit stops dominated the day for the majority enthusiasts away from the track. This was an opportunity to get close up to the hardware and watch the experts at work.

and the engine noise falling and rising again in decibels as the drivers shift through the gears. *Some challenge.*

The actual F1 race is held on the Sunday with two lead-in days for practicing and racing, respectively, to determine positioning for race day; the faster you go, etc. the closer you get to the front of the start position on the day of the race. The first day - Thursday - was a celebration of all things Grand Prix for Melburnians; and entry was free – although you still had to obtain a ticket. Nothing beats the Internet, however, and whether free or paying you can choose your choice of days, stands, location and more according to how much you are prepared to pay for your entertainment; enter that key bank card number and download your tickets. *A cinch.* So, we had two full days for the princely sum of \$55 each - for us it was the best deal going.

There is this thing about atmosphere and experience and, importantly, following the race; monitoring the different cars/drivers, keeping in touch with the leaders, enjoying the commentaries, watching the pit stops and more. You can't do this easily from a single position on the race circuit unless you have access to a large screen and, for best, access to a radio. There are firm arguments for watching the race back home – on television – if you want to know what's going on by the minute. But for this kind of convenience, however, you trade atmosphere. The race track has presence.

For all that the Australian F1 provided an exciting day out for the groups of mainly young men (with their handful of wives and girlfriends in tow) who made up the majority visitors. Sure, it's largely a man thing. Clearly, you have to be a dedicated 'petrol-head' to appreciate the fineness of the event – all those cars – the engineering complexity, history, costs, etc., all those automotive services, those images that promote the major car manufacturers and, above all, the roar of those high performance 2.4 litre V8 engines that pervades the circuit when racing – and the nearby suburbs, and the city centre. This, of course, is where a large part of local critique arises – live within five kilometers of the circuit, and you cannot get away from the noise of those exhausts.

In fact, you need to sit watching the races with earplugs in place – and if you've forgotten to bring some, there are numerous F1 courtesy people walking the grounds, exhibits and stands and, if you've not got a blue neck tag with a small plastic box on the end holding a couple of sponge plugs connected by a plastic tie, then the



Acrobats 'Nitro Circus Live' Great theatre with wave after wave of acrobatic riders on all kinds of wheels. Popular with the crowds too.

girl (usually a glamour girl – young, T-shirt, short skirt, legs, winning smile) will offer you a set.

Sure, it's a good day out, it pays its way, promotes the city/state/country (well, to those who follow the F1 circuits each year) and makes this global circus accessible to Joe Public. This must be one of the easiest F1 races/grounds to get to; we took the metro and then walked for about 20 minutes to Albert Park where the F1 races have been held since 1996. We could have caught the tram at the metro station, but didn't have the patience to wait around. It was an easy walk.

Albert Park has been transformed during more than 150 years of city development; from swampland to prestigious recreation centre that extends >3 km² to the south of the city just a short walk from the Central Business District. The F1 is held on public roads that circle around the kidney-shaped lake in the centre of the park.

Day one – track & off-track entertainment

So, on 'Family Day' Thursday, we did the entertainment circuit, looked (but did not buy) at the branded goods shops selling all kinds of *authentic* merchandise, but prices were really high for that T-shirt, cap or windcheater. Many people, however, were buying and wearing. Same with the food and drinks outlets; prices were high when compared to street prices outside the park. What you do get for your ticket, however, are opportunities to watch the bike, skate, board and motorbike acrobats in 'Nitro



High-wire motorbike act. The loneliest couple on the day – suspended 60 m above a lake and a couple of chase boats, but with a cityscape that was world class.

Circus Live', the high-wire motorcycle act, and the high jump/bouncy castle brigade (for which there were long queues) and, given that this is a car event, wander the rows of classic cars – Jaguar, MG, BMW, Mercedes Benz and others, and the exhibits showing those F1 predecessors back to the 1930s. You could lean over the rails and watch the mechanics and others dismantling and re-assembling race cars.

During all this time, racing continued round the track; mainly different practice sessions for the Mazda Celebrity Challenge, the V8 Supercars and the Porsche Carrera Cup. There were demonstration runs – historic racers, guest ‘hot laps’ and more. Half way through the day there was a demonstration aerial display by the RAAF ‘Roulettes’ in their small but highly agile Pilatus two-seater single engine turbo-prop training aircraft. In fact the team of six featured every day skimming, rolling and banking in close formation aerobatic display over the park and the city.

Day two – first track day

Friday we watched the racing, including the first outing for the F1 cars and drivers – international names, famous people – young men all – with their out-of-this-world salaries and brief and highly vulnerable racing lifestyles. Not that you could see them easily on the track; the cars are less than a metre high and flash past your patch of track in a couple of seconds. Acceleration is the key feature – 0 to 100 km/h (<2 seconds), 200 km/h (<4 seconds) and 300 km/h (8.5 seconds) – you can tell the cars by their colours, but little else. We sat at a double bend opposite a public screen – but you still couldn’t follow the race easily; you can’t take your earplugs out – so you can’t hear the screen. Once the race has spread out there are *always* cars screaming past.

Would we go again? Probably ... *yes*. But we have been there and done that and, this year, it rained on race day – and that would have dampened things down and made sitting out rather more of a challenge. But, then, there’s all the finesse of tyre changes, pit stops and more to increase the challenge of decision-making, and not just the skill of

the driver that wins races. There’s a bit of a formula to it all – but it has great atmosphere.

And, just to sum things up – the Australian F1 was won this year by the Lotus team with Kimi Raikkonen upsetting the favourites. The local press was bemoaning the performance of local racer – Mark Webber, who came in sixth. The country still hasn’t had a local winner.

Australian motor show 2013

For all the success of F1 and other racing at the Albert Park track in Melbourne, the national motor show scheduled for June this



Race circuit Albert Park. Security fence, large screen, backset of cityscape and cars flashing past in an envelope of noise and vibrations. Great.

year has been cancelled given forecasts based on dwindling public attendance in recent years and, crucially, the lack of interest by the major car manufacturers. Increasingly, the premium brands – at the forefront of the F1 circus – Ferrari, BMW, Mercedes-Benz, Audi and others – are scrutinizing balance sheets and figuring

that the costs cannot be justified in the marketplace. Static motor show models of earlier years are simply not providing sufficient dividends.

So, although the country continues with a love affair with the motor car that has frequently led the world with car ownership, people are simply collecting that motor information from elsewhere – and where better than YouTube, television and the Internet. In 1998 250,000 people attended the Australian show; last year attendance was down to 130,000 people.

Like traditional national motor shows elsewhere – London, Zagreb, Amsterdam, etc. – the earlier models exposing Joe Public to automotive industries in the industrial countries have changed. There is also this thing about the motor car becoming simply another consumable item – a fridge on wheels as-it-were. It is difficult to glamorize the modern car given familiarity, sameness, lack of presence and the fact that everyone

has one (two or more); and this is before the world drives Chinese products (and prices drop).

Love affair with motor cars

For all that, the Australian love affair with the motor car continues unabated – >1.2M cars sold in 2012 of which >25% were SUVs – sports utility vehicles. This is a 25% increase in sales of SUVs over 2011 – the majority small/medium size (*and, if you're looking at models the Prado dominates followed by the X-trail and CX-5*). You'll know all about SUVs – typically 4x4 trucks twice the size of a conventional car with great presence, high-position driving and skewed images of '*bigger-is-safer*'. Neither logical nor good for Planet Earth then.

Sure, Australia is a really big country (7.7 Mkm² about the size of the continental USA) and you can argue that large size means comfortable long-distance road travel, except that most people fly and hire. You would have to be a masochist to drive the 3,400 km from Perth to Melbourne when it's a three hour flight – it is, however, tar seal all the way; it never used to be. The reality of all that 4x4 motoring, however, is one of urban lifestyles (*and relatively cheap fuel – half the cost of Italy*). Few motorists are ever challenged by that off-road experience; and the majority of modern SUVs are *not* designed for prolonged off-road use.

And, to put the numbers in perspective Australia has a population of 23M and a vehicle ownership estimated at 16.4M. And, the condition of the majority vehicles? In a word: *pristine!* Australia sparkles in the sun with everything fixed, clean and presentable including the national motor car ■



Meet the stars Just about the only place for Joe Public to meet the drivers was the 'Autograph Stage'. Long queues formed. Otherwise all you saw were helmets flashing past.

23-25 Giugno 2013

A Fiuggi un week end all'insegna dello sport e del relax....

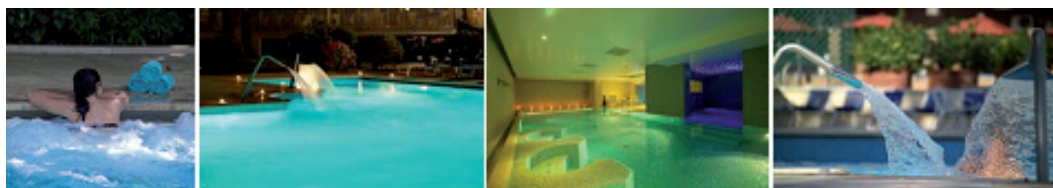


Il benessere economico costa in termini di impegno fisico e mentale....

Se si vuole aumentare o mantenere il reddito bisogna lavorare duro. Fatica e stress possono costare molto in termini di salute. Certo è che la frenesia della vita moderna impone una pausa rigenerante nei pochi giorni liberi a disposizione. Perché il benessere è quello stato di grazia che si ottiene quando si riesce a raggiungere il perfetto equilibrio psico fisico. Ci sono posti non lontani da Roma, in cui si possono passare piacevoli giornate immersi nella natura o occupati in salutari attività sportive.

Fiuggi, ridente località situata ai piedi dei Monti Ernici, è attrezzata per accogliere chi vuole prendersi cura di se ed affrontare un percorso di remise en forme a 360° attraverso aria salubre, sport e relax, acque termali. Questo piccolo centro é la località ideale per chi voglia trascorrere brevi pause settimanali rigeneranti, per vivere una vacanza in perfetto equilibrio psico-fisico in un territorio naturale ed incontaminato, dove la natura si incontra anche a tavola. L'innegabile matrice contadina della cucina ciociara, si esprime in piatti essenziali e semplici, quelli che

sapevano preparare le donne dei tempi passati. Qui si difende la buona e saporita cucina legata ai prodotti della terra, alle migliori usanze della tradizione culinaria laziale. Questo è ciò che abbiamo vissuto partecipando all'iniziativa promossa dalla DIGA (Diplomatic and International Golf Association) che ha organizzato un torneo di Golf a Fiuggi, a cui hanno preso parte Ambasciatori e colleghi della FAO. Questa occasione ci ha permesso di offrire un'opportunità anche al gruppo di calcetto femminile della FAO Staff Coop che ha potuto usufruire degli impianti sportivi presenti nel territorio per disputare una serie di partite e beneficiare degli effetti rigeneranti delle acque termali.



Fiuggi dispone di molti alberghi ed il "Health Spa Hotel Silva Splendid" <http://www.silvasplendid.it> in cui abbiamo soggiornato usufruendo di un pacchetto speciale offerto ai nostri soci, risulta essere tra le 10 migliori SPA italiane <http://www.le100migliorispaitaliane.it/>. L'hotel inoltre aderisce al gruppo Italy Bike Hotels ed offre 20 itinerari diversi per un viaggio nel tempo e nella natura sulle due ruote, e per conoscere le meraviglie della Ciociaria da visitare (<http://www.laziobike.it/index.php>).

Oltre agli innumerevoli alberghi, il centro termale dispone di numerosi impianti sportivi come il campo da golf a 18 buche, che è stato uno dei primi Golf pubblici realizzati in Italia. Sin dagli anni '20 era frequentato da personaggi famosi provenienti da tutta Europa. Per chi voglia praticare sport ci sono piscine, campi da tennis, un maneggio ed un Centro Sportivo Comunale di circa 17 ettari comprendente campi di calcio, campi sportivi per calciotto, struttura coperta polivalente, Club-House, servizi ausiliari, impianti per l'atletica, pista ciclo pedonale per allenamenti di circa 2 km, piscina olimpionica con tribune.

Il tempo limitato a nostra disposizione non ci ha consentito purtroppo di esplorare al meglio le potenzialità del territorio, ma ci riproponiamo di ripetere questa piacevole esperienza in futuro. E naturalmente di completarla con la consueta serata in musica che contribuisce a creare quel clima di piacevole amicizia e socialità...

Non mi resta che ringraziare il collega Antonio Stocchi per averci invitati a partecipare a questo interessante evento, Marco Marchigiani addetto all'ufficio commerciale dell'Hotel Silva Splendid per il trattamento riservatoci, Gianluca Romanazzo per aver allietato con le sue note la nostra ultima a serata insieme, e l'artista Cinzia Monreale che ha partecipato attivamente alla realizzazione dell'evento.



Enrica Romanazzo
Presidente, FAO Staff Coop

The weekend in Fiuggi was a nice occasion offered to the FAO women's football team to play in a very beautiful and relaxing atmosphere!



*Even if one of the 2 local teams dropped out at the last minute, we were able to have three games, one of them being particularly exciting as the two teams had a quite similar level:
we won 8-1 thanks to a very good team work and team spirit!
Aurora e Margherita, last minute players proved to be very talented.*



*We continue to regularly train on Mondays near FAO and hope new girls will join the team.
We are currently involved in a tournament in Rome and we are looking for participating in other initiatives like this onehopefully for next time with more teams involved!*

*Triquet Marion
Stefania Maurelli*

INTERNATIONAL CHAMBER ENSEMBLE

FANTASTIC EVENINGS OF GREAT MUSIC CONTINUE AT THE COURTYARD OF S. IVO

...from the masterpieces of George Gershwin to the captivating atmosphere of the Tango



Just 2 more programs left, each of certainly entertaining variety and with special **FAO/ WFP/ IFAD** discounts, to enjoy in the splendid 15th century setting of the **Courtyard of S. Ivo alla Sapienza**.

Continuing the 2013 edition of the popular series **"Serate di Grande Musica al Cortile di S.**

Ivo" (Evenings of Great Music at the Courtyard of S. Ivo), the International Chamber Ensemble of Rome will present two programs in August which you won't want to miss.

Friday August 2, Saturday August 3 and Tuesday August 6, "George Gershwin Night" offers an imaginative musical voyage amongst the unforgettable melodies from *Porgy and Bess*, *Rhapsody in Blue*, *An American in Paris* including timeless songs like *Summertime*, *Embraceable you*, *I got rhythm* and many more. The program will be performed by the International Chamber Ensemble Orchestra under the expert direction of Maestro Francesco Carotenuto and includes the participation of Angelo, excellent Italo-american crooner enthusiastically received on previous S. Ivo seasons.

Thursday August 8, for the final program of the season, **"Noche de Tango"**, an evening with the sensually fascinating music and dance from Argentina, presented by the musicians and dancers of the **CuarteTango Ensemble**, considered one of the most respected references in the diffusion of Argentina's music and dance tradition. In fact, the program enjoys the support and sponsorship of the Embassy of Argentina in Italy. The original choreography of dancers **Mariano Navone** and **Claudia Fusillo** represents a fusion between the classical technique with strong "milonguero" influence seen on theater stages and the "social" tango tradition. The program includes music by Piazzolla, Plaza, Exposito, Mores, Gerdel, Stampone and Aieta.

FAO /WFP/ IFAD members are eligible for special discounted tickets costing €18 (instead of €20) for each of the concerts of the current season. To receive these special prices, members must show FAO /WFP /IFAD employee identification at the ticket desk located at the entrance to the S. Ivo Courtyard, Corso Rinascimento n.40

The box office of the Courtyard of S. Ivo is open Monday-Friday from 12noon to 7pm or, on performance days, until the beginning of the concert.

For further information: tel 06.86800125

www.interensemble.org

Cóctel batido de melocotón

INGREDIENTES

(Para 4 personas)

3 melocotones.

Helado de vainilla.

Azúcar.

Leche.

birutas de chocolate.

2 hojitas de menta.



PREPARACIÓN

Pelamos y partimos en trozos los melocotones y los batimos bien junto con la leche y la vainilla en el miniprimer, añadimos azúcar al gusto.

Adornamos con menta el vaso una vez terminado.

Serviremos el batido bien fresco.

Braised beef with nuts

(FSC cookbook)

Ingredients

1 kg stewing beef
Salt
1 small onion
½ lt sour cream
4 tbsp flour
300 gr fresh nuts
chopped



Method

Braise the beef with some water, salt and the onion, adding water during the cooking as required. When the meat is tender remove from the pot. While the meat is cooking prepare the nuts and chop them coarsely. Dissolve the flour in the sour cream and add to the cooking juices remaining in the pot, boil this gently for a while longer, adjust the salt. Incorporate the nuts in the sauce and heat through. Serve the meat sliced accompanied with slices of Knedliky and smothered with the nuts and sauce.

Sformatini di Riso

Ingredienti:

Per 8 Sformatini

**2 Mozzarelle da 125 gr.
100 gr. di riso per risotti
2 Cucchiiai di verdure per
soffritto (carota sedano e
cipolla)
3 Cucchiiai di olio extra
vergine d'oliva
2 rametti di menta
Brodo vegetale
Sale**



Preparazione:

In una casseruola versate l'olio e fateli rosolare dolcemente, a fiamma viva, le verdure per soffritto.

Mescolare velocemente lasciando insaporire per alcuni secondi. A piacere potete sfumare con un po di vino bianco.

Aggiungete il riso, mescolate bene e cominciate a baganre con il brodo caldo: abbassate il fuoco.

A cottura ultimata lasciate intiepidire e incorporatevi le mozzarelle tagliate a tocchetti e le foglie di menta tritate.

Distribuite il risotto in stampini d'alluminio oleati premendo bene con il cucchiaino.

Si può conservare in frigorifero per il giorno dopo oppure consumarlo ancora tiepido accompagnato con una salsa di pomodoro.

