



DECEMBER
2020

fao
Casa
gazette

Mensile - No 12 - 2020 - Reg. Trib. N. 574 dell'8/10/1990

- IT'S CHRISTMAS TIME

- OSTIA ANTICA

- THE ARTIST'S INSPIRATION FROM NATURE

*- GIOOSTO, LA PIATTAFORMA
PER UN REGALO DI NATALE PIÙ ETICO*



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Typewritten electronic contributions for the FAO CASA Gazette are welcome. These can be articles, poems, drawings, photographs, etc., in fact, anything interesting that staff members and/or their families in Rome or in the field may wish to contribute. These contributions can be in English, French, Italian or Spanish.

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 the 10th 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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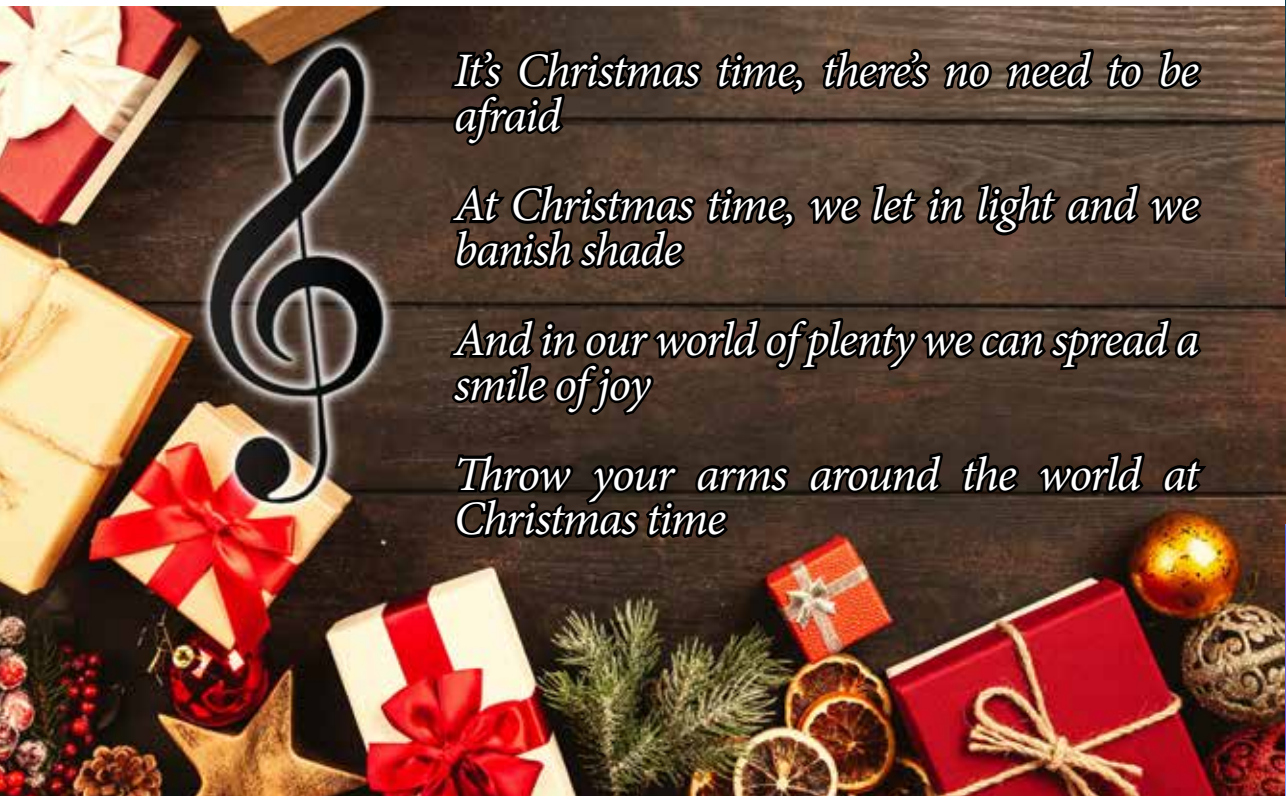
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ALL ACTIVITIES ARE FOR STAFF COOP MEMBERS ONLY

IT'S CHRISTMAS TIME

*Music is like life, it can only be played in one way:
together...even during a pandemic!!!*



It's Christmas time, there's no need to be afraid

At Christmas time, we let in light and we banish shade

And in our world of plenty we can spread a smile of joy

Throw your arms around the world at Christmas time

Dear colleagues,

In these difficult times music can be more contagious than a virus: if shared, music is collective joy, in a period of lockdown and pain, music is life.

In spite of all the difficulties we would like to continue proposing music and we have done this through our FAO STAFF COOP YouTube channel.

Some of the artists that have performed in the last FAO STAFF COOP Live Christmas Concert have accepted to participate in this initiative in a spirit of sharing and friendship to wish you and your dear ones a Merry Christmas and Happy New Year.

FAO STAFF COOP remains at disposal of you all, and we truly hope to be able to continue proposing musical initiatives, in the hope that these ones can be enriched by new ideas and by your collaboration and presence.

*Enrica Romanazzo
Chairperson
FAO Staff Coop*



IL PROFUMO DEL MONDO (the scent of the world) written and performed by Antonio Ancora.

We have started our musical program with a song written by Antonio Ancora, a song writer, singer, musician, ex member of the famous vocal band ARAM QUARTER who won the first edition of Italian X-Factor. Antonio considers music one of the most important factors in the life of a human being of all races and religions. In fact, music can best be described as a wonderful force, capable of bonding people together and instituting international brotherhood.

His song, "IL PROFUMO DEL MONDO" wants to celebrate the beauty of life all over the world and suggests the idea that happiness is to be found in the little things.

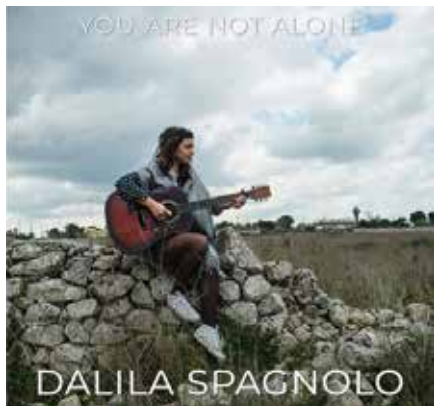


BELIEVE (written by Elton John) performed by E. Romanazzo and A. Ancora.

"Love makes the world a good place to live in". I have chosen this song as it is a powerful message of love.

Having the chance to sing with Antonio Ancora has been a real pleasure and an honour for me.





YOU ARE NOT ALONE written and performed by Dalila Spagnolo who has participated in the FAO STAFF COOP Live Christmas Concert in 2019. YOU ARE NOT ALONE, that has won the CALL FOR GIOVANI AUTORI and has been executed by the young orchestra of Salento, wants to emphasize the value of solidarity and brotherhood.

GIALLO FIORE (Yellow Flower) written and performed by Dalila Spagnolo

This song has won the second prize “Lunezia Sezione Nuove Proposte”. It was written during the lockdown while Dalila was watching at a yellow flower blossom on the balcony of her house. The flower symbolizes the hope of a new spring after a hard long difficult winter....it is her message of gratitude to life.



UNIVERSO (Universe) written and performed by Dalila Spagnolo

With the universal message of music Dalila wants to express the wish of a world of peace, brotherhood, solidarity.



Finally we have performed all together “Do they know it’s Christmas” a charity single written by Band Aid to raise awareness and financial relief for the victims of the Ethiopian famine. This song has been arranged and executed by the Staff Member Lorenzo Pastore with the kind cooperation of Gianluca Romanazzo on keyboard.



Most the the songs have been recorded c/o IL CANTIERE in Cutrofiano (Lecce, Puglia) thanks to the precious assistance and availability of the Art Director Luigi Russo.

The contents of the proposed songs, which can be found in our FAO Staff Coop YouTube channel in mid December, are perfectly in line with FAO’s mission.

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è più un problema**



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BLOOD DONATION ON 2 and 3 December at:

**Dabliu Eur Sport Club - Viale Egeo 98
The Church of S. Ippolito Martire in Villa Massimo - Via di S. Ippolito, 56**

The epidemiological emergency from Covid -19 has brought numerous changes, especially with regard to working methods, through the increase of the smart working. This has determined the impossibility for us to carry out blood drives as we used to. The consequence has been a huge decrease of blood donations despite numerous appeals for the emergency of blood and blood components.

To cope with the continuing shortage, extraordinary blood **drives will be organized on 2 and 3 December in the following metropolitan areas:**

1. **at Dabliu Eur Sport Club - Viale Egeo 98**
2. **at the Church of S. Ippolito Martire in Villa Massimo - Via di S. Ippolito, 56**

In compliance with the instructions in force, for safety and prevention by Covid 19, donations will be made only after booking and after a pre-triage telephone calls on the health status of the donor candidate, as per the attached information.

Booking procedure

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indicate: chosen place of donation, name, surname, telephone number

send whatsapp:

340 5805432

indicate: chosen place of donation, name, surname, telephone number

It is to be highlighted that in addition to the routine blood analyzes that you will receive upon donation, **the anti COVID 19 serological test may be carried out**, if requested by the donor.

Don't forget that 1 donation can potentially save up to 3 lives, so let's spread love and give blood!





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Explore Ancient Ostia from Rome, by bike
Sunday, 6 December 2020

Meeting point: 8:15 hrs Metro station viale Aventino (FAO) - Start: 8:30 hrs

We will meet in Rome and will bike along the Tiber up to the Ancient Ostia site. Ostia was the ancient port of Rome, a small city facing the sea and a crossroad of cultures and peoples. Ostia is a unique mix of history and nature where it is highly recommended to have a guide: an historian will lead our group through the secrets and marvels of this place. After the tour you can take your bike on the train and go back on your own to Rome Piramide.

*You can also join the tour without biking from Rome: you can meet our group at the entrance of the Ancient Ostia at 13:00.

- Length : 40 km ca.
- Difficulty: quite difficult
- We will ride easy dirt roads (bike paths) and few stretches of regular roads
- Ability to bike for many hours and a good level of fitness are mandatory
- Ability to ride on roads open to car traffic is required
- Suitable bicycle: hybrid bike, mountain bike, city bike, gravel bike
- **Recommended bike lights mainly for returning home by bike**
- **HELMET MANDATORY**

Price: €35 per person to be paid directly at the meeting point. A **€5** special discount will be applied to those who bring other people (relatives or friends). Participants under 18 of age pay only **€15**. Price includes cost for site of Ancient Ostia.

Bike rental options:

- Bike and helmet provided and picked up by the Guide: € 15 per person
- Easy Bike Rent, Via dei Cerchi, 59 – tel. 06 83958250, 375 5678174, info@easybikerent.it
- Collalti Bici, tel. 06 68801084

Booking:

Send an email to: paolo.antonini@scuoladimtb.eu and fao-staff-coop@fao.org not later than **Friday 4 December** (the sooner you book, the better)

Tour may be canceled in case of bad weather.

More info:

Paolo Antonini, Mountain Bike Guide
mobile 333 4816341 mail:paolo.antonini@scuoladimtb.eu

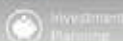
In order to take part in the proposed activities, you have to become a member by registering on our website (<https://www.faostaffcoop.org/>). If you already are a member, you can just renew your membership for the year 2020.

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EXCAVATIONS OSTIA ANTICA, THREE THINGS TO KNOW

Ostia Antica is the thirty-fifth fraction of Rome and its name derives from Ostium, mouth of the river, in fact in this place the Tiber ended its course to throw itself into the Tyrrhenian Sea.

It seems, according to tradition, that this was one of the first inhabited settlements in Rome (it is said to have been founded by Anco Marzio) therefore one of the oldest areas. In support of this hypothesis there are the remains found in the excavations of Ostia Antica, which include bronze finds, dating back to the 10th century BC, concrete evidence that this place was actually inhabited in ancient times.

The excavations of Ostia Antica were begun, at the behest of Pius VII in 1800 and were carried out by Pius IX in 1909 with Vaglieri, Paribeni and Calza who helped to resurrect the Ancient Host from the dust of the ground that had buried it.

Of course, the scenario that is presented to us now is not exactly similar to the ancient one, first of all the course of the Tiber has moved following a flood (it was located further north) and the coastline, which is separated from the remains of the ancient city from the current Ostia Lido.



How to get to Ostia Antica and what to visit in Ostia Antica

The excavations of Ostia Antica are located in Via dei Romagnoli 717 and can be easily reached by your own vehicle or by metro, taking Line B towards Laurentina up to Magliana and from here the train to Lido di Ostia up to Ostia Antica, cross the blue pedestrian overpass and go straight up to the excavation gate (travel time about half an hour).



Once you get to the excavations of Ostia Antica there are three fundamental things to see: the park, the village and the castle, the Roman theater.

The Archaeological Park of Ostia Antica is one of the largest and most famous in Italy equal only to that of Pompeii. The remains of the fortified citadel emerge, which from a small town, having the basic function for the fleets, expanded acquiring



importance and prestige, thanks to the commercial activity and to the guidance of Augustus. Unfortunately, in the third century, Ostia Antica starts to decline, mainly due to the river that is no longer navigable and

Ostia Antica Castle



is gradually abandoned. Thanks to the excavations of the Nineteenth Century, 34 hectares (out of possible 50) built emerge.

Then you reach the Borgo, founded by Gregory IV in 830, where you can admire, as if time had never passed, the square, the church and the castle of Julius II which was later modified by Gregory IV to provide accommodation to the workers of the salt pans, but it was also used

as a strategic military point and also had the function of controlling floods and was finally used as a customs building. It was Pius VI in 1736 who restored this fortress.

Finally, it is worth visiting the Roman theater where the Romans used to organize parties and shows in the summer season. It was Augustus who wanted the construction of this structure which is definitely one of the oldest in the district.

The Roman theater of Ostia Antica was also subsequently enlarged to increase its capacity, from 3000 to 4000 spectators. In the 4th century, Ragonio Vincenzo Celso made changes to it so that water shows could be set up during which actors who impersonated characters of classical mythology performed.

(Source Italiavai.com - Translation of Flavia Iacovitti)

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THE ARTIST'S INSPIRATION FROM NATURE



By Fahmi Bishay

Dr. Bishay is an FAO retiree and a senior consultant in agricultural policy analysis and sustainable economic development. He is an economist, writer and artist. This is his self-portrait.

Introduction

Artists are frequently facing the question: What Shall I Paint? And how? Although these questions may seem obvious and easy to answer, actually they aren't. In fact, since the artist is overwhelmed by the enormous number of possible subjects to do, he or she gets perplexed, anxious and hesitant about what should he or she paint, and what approach should be followed to produce a good painting. This article proposes that the answers to these queries can be found when the artist gets his or her inspiration from nature. This view has already been adopted by many of the masters. For instance, *Claude Monet* once wrote: *"The richness I achieve comes from nature, the source of my inspiration."*

The Artist's Eyes and Inspiration from Nature

Sometimes the artist's desire to paint is so strong that it becomes difficult for him or her to be sure of the appropriateness of a subject to paint. In this case, the artist might compose a painting without conviction because he or she isn't sure of its worthiness as a subject for painting. Under the circumstances, the artist may not produce a satisfactory painting.

To overcome this puzzlement, the artist needs to train his or her eyes to see the three dimensions in nature and translate it into two dimensions on the flat surface of the canvas, paper, board or whatever flat surface to be used. When the artist's eyes are frequently stimulated towards a broader vision, this vision can observe and translate the nature's three dimensions into two, and he or she will find many an interesting subject to paint.



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With the above in mind, the artist may ask: How do I train my eyes? The answer is simple: Since practice makes perfect, then, practice, practice, practice. Practice to look at nature with the artists' eyes. Even when you aren't looking for a subject to paint, look at nature around you trying to identify where beauty lies. This is a pleasurable exercise. For instance, if you are looking at a landscape of a forest with a river running through, look at the trees trying to answer the questions: How high are they? How are they structured? What different degrees of the green colors are the colors of the leaves? What is the color of the branches? Are they too dark against the light green leaves making an attractive contrast? How is the sun light penetrating the leaves and the branches? How is the shadow reflected in the colors of the entire scene? Etc. When you always do that with various elements of nature – e.g., landscape, seascape, skyscape, forest, rivers, rural areas, urban areas, etc. - then you are looking as an artist who is being inspired by nature. With practice, this way of looking becomes a second nature to you.



*Shining light in Venice. An impressionist oil painting by Fahmi Bishay
(Oil on canvas 50 X 70 cm.)*

You next move to a more advanced stage in the training of your eyes. Now, instead of only doing a descriptive look at nature, you move to an analytical look. You now train your eyes to try to observe the composition of the elements of nature you observe. And here is the difference between your eyes and the lens of the camera. The eyes of the artist can choose a certain composition of the element in nature that is different from the existing one; the camera can't.

The artist eyes can simplify a scenery by eliminating lots of the details in nature and focus only on a few elements; the camera can't. You can ask yourself, what was it that originally attracted me in this scene? Perhaps the sun's reflections on the surface of the water. If this is the case, then that light reflection on the water would be the focal point of your painting. Next, you would be inspired by nature to see how various elements of nature could lead the eye to the identified focal point.

At this stage of the eyes training, in order to be inspired by nature you would need a sketch book. Sketch your observations and your simplification of the view, highlight the focal point, draw the setting and make notes on different colors, different shades, different shadows, etc. Try to be relatively fast, for nature is changing, For instance the angle of the rays of the sun changes by the hour. Your drawings on the sketch book will be the starting point for your painting at your atelier.

As the artist's vision is broadened and trained in observing, learning and being inspired by nature, he or she will significantly **enhance his or her sense of color, tone, perception of depth, space, and more artistic attributes of beauty in nature.** Thus, to be inspired by nature, through the artists' broadened vision, will result in a great pleasure, more satisfaction and substantial achievements of artworks. To conclude, let us quote *Cezanne* who once wrote: ***“Two things matter in a painter: his eye and his mind. The two must give mutual support. Both need to be trained: the eye by studying nature, the mind by an orderly, logical approach to impressions and experiences. They create the means of expression.”*** How true.

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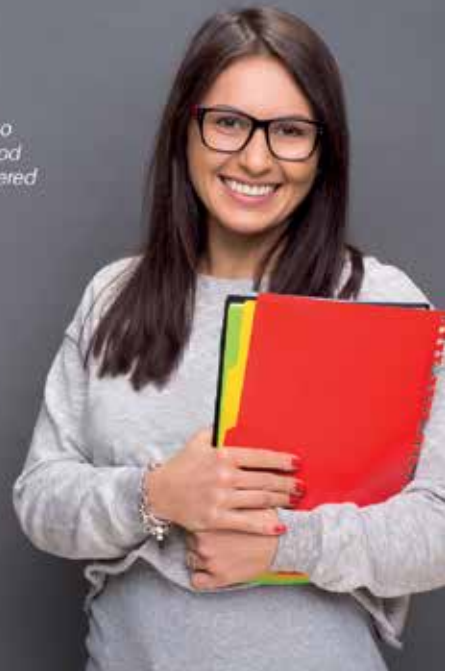
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- Increased salary prospects
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A MATERA



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premurosa, dopo il caldo ch'è stato...
M'han detto che da qui ti fai presepe...
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s'attenuano i colori...si fa buio.
È adesso che lucette a mille a mille
s' accendono e son lucciole...E è presepe.*

Armando Bettozzi
12 luglio 2019

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GIOOSTO, LA PIATTAFORMA PER UN REGALO DI NATALE PIÙ ETICO

Gioosto è il portale dedicato alle aziende che offrono prodotti di qualità, senza dimenticare che il lavoro è uno strumento per restituire dignità alle persone



di Matteo Spinelli

Giornalista pubblicitista

Un Natale dove si è più buoni (come da tradizione), ma anche più solidali. Questa è l'idea di Gioosto, la piattaforma online che presenta tanti prodotti realizzati in



maniera solidale, raccogliendo le idee dell'economia civile e circolare. Un modo diverso di intendere il Natale ed i doni che la festività del 25 dicembre porta con sé, rivolgendo uno sguardo attento e speranzoso ai prodotti

che vengono da cooperative sociali attente all'ambiente ed al rispetto della figura dei lavoratori e dei consumatori.

Per festeggiare il primo compleanno di Gioosto è andato in scena a Roma un cooking show all'interno del Palazzo delle Esposizioni, dove lo chef Alessandro Circiello ha preparato dei piatti utilizzando i prodotti della filiera Gioosto. Gli stessi che saranno fruibili sulla piattaforma durante il periodo natalizio.

Gioosto – il cui nome, inglesizzando la doppia “o” in un'unica “u”, fa chiaramente capire l'intento di un mercato “giusto – è il portale, nato nel 2019, dedicato alle aziende (da quella alimentare fino alla cosmesi, passando per i prodotti della terra) che offrono prodotti di qualità senza dimenticare che il lavoro è uno strumento per restituire dignità alle persone, che l'ambiente è una ricchezza da consegnare ai nostri figli e che le comunità locali sono il vero capitale sociale su cui investire.

Le aziende sono scelte sulla base del loro impegno nel portare avanti progetti di economia civile, grazie al Questionario di Autovalutazione NeXt, che riporta gli

impegni di sostenibilità di ogni azienda in 6 aree di riferimento collegate agli Obiettivi di Sviluppo Sostenibile dell'Agenda 2030 dell'Onu: trasparenza e organizzazione aziendale; le persone e l'ambiente di lavoro; il rapporto con i cittadini/consumatori; la catena di fornitura; i comportamenti verso l'ambiente naturale; i comportamenti verso la comunità locale.

È, quindi, il comitato etico di NeXt (Nuova Economia per Tutti) a dare il via libera all'adesione dei produttori e la possibilità di accedere con i loro prodotti alla piattaforma Gioosto. Solo aziende selezionate, attenzione ai processi produttivi e alla qualità, importanza delle persone e del lavoro.

Si va dalle comunità che accolgono ragazzi con sindrome di down, fino a quelle che, attraverso processi di riabilitazione, permettono il lavoro dei detenuti delle carceri italiane. Gioosto, quindi, è un grande contenitore di inclusione sociale e integrazione lavorativa, come spiegato da Luca Raffaele (Presidente di Gioosto): «Il nostro obiettivo è quello di creare delle reti all'interno del territorio, per ripensare anche una logistica e avvicinare questi prodotti al consumatore finale».

La scelta etica è stata spiegata dal cofondatore, Leonardo Becchetti: «Gioosto nasce dopo aver incontrato tantissime storie stupende di reinserimento sociale, sostenibilità ambientale e produttori che riuscivano a mettere insieme la qualità del prodotto e l'impatto sociale ambientale; da qui abbiamo desiderato essere loro partner. La nostra missione è quella di coniugare i buoni prodotti con la capacità di cambiare le cose».



(da sinistra a destra) Leonardo Becchetti, Luca Raffaele, Andrea Azzarone e lo chef Alessandro Circiello durante il cooking show per il primo compleanno di Gioosto

OMAGGIO A GIGI PROIETTI

In questo difficile momento, ricordare questo grande artista e grande uomo, è come accendere un faro sul buio in cui è piombato il mondo della cultura e dello spettacolo



Non si può essere rimasti indifferenti alla perdita di un grande uomo di teatro italiano, di cinema, di cultura. Il nostro amatissimo Gigi Proietti, tanto caro ai noi romani e non solo...

È uscito di scena il giorno del suo ottantesimo compleanno, il 2 novembre: “Che dobbiamo fa’? La data è quella che è!”, aveva più volte ironizzato Gigi Proietti, venuto a mancare per gravi problemi di cuore.

Nel ricordarlo il pensiero corre subito alle sue memorabili interpretazioni: da quando, negli anni '60 ha calcato per la prima volta il palcoscenico, a quando ha recitato in film come *Febbre da cavallo* e *Tosca*. A ogni modo a chiunque verrà in mente un'esibizione particolare: c'è chi non può dimenticarlo per il *Maresciallo Rocca* e chi per *Er Cavaliere Bianco* e *er Cavaliere Nero*, ci faceva il verso a Louis Armstrong ispirandosi agli chansonniers, e chi ancora per aver doppiato *Il Genio di Aladdin* della Disney.

Quel che è certo è che Proietti era un talento singolare: è stato un uomo di teatro, di cinema, di cultura. Un artista a tutto tondo, capace di mostrarsi sempre leggero e autoironico, ma allo stesso tempo profondo e sferzante. Era in grado di passare dall'interpretare Mangiafuoco nel *Pinocchio* di Matteo Garrone, a dare voce a star come De Niro, Hoffman e Stallone.





Versatile, istrionico e poliedrico, un vero mattatore, profondamente innamorato della cultura: motivo che l'ha spinto a costruire un Globe Theatre shakespeariano nel 2003 nel cuore di Villa Borghese, e che l'ha sempre portato a mescolare l'alto e il basso, per rendere l'arte accessibile a tutti.

Lo ricordiamo con l'interpretazione di tanti versi del poeta romano Trilussa, la sua voce risuonerà per sempre nelle nostre orecchie.. Ad esempio, "Er Presepio" che vi riproponiamo in occasione del Natale.

TRILUSSA ER PRESEPIO

*"Ve ringrazio del core, brava gente,
pe' li presepi che me preparate;
ma, che li fate a fa? Si poi v'odiate,
si de st'amore nun capite gnente.....
Pe' st'amore so nato e ce so morto,
da secoli lo spargo dalla croce,
ma la parola mia pare 'na voce
sperduta ner deserto, senza ascorto.
La gente fa er presepe e nun me sente;
cerca sempre de fallo più sfarzoso,
però cia er core freddo e indifferente
e nun capisce che senza l'amore
er presepe più ricco e costoso
è cianfrusaja che nun dà valore."*



Da un'idea di Cinzia Romani (cit. <https://www.ilibraio.it/news/storie/addio-gigi-proietti>)

VEGAN VANILLA DONUT

The donut is the dessert 'par excellence' for a delicious breakfast, and this vegan version of vanilla base is just what you need: soft, light and delicate, ideal accompanied by a good tea.



PREP: 5 MIN
COOKING: 40 MIN
TOTAL TIME: 45 MIN
DOSES FOR: 8 PEOPLE

INGREDIENTS
375 G FLOUR 2
190 G BROWN SUGAR
20 G CORN STARCH
1 SACHET (16 G) NATURAL YEAST
BASED ON CREAM OF TARTAR
200 G SOY YOGURT
120 G SUNFLOWER OIL
200 G SOY MILK
1 PINCH VANILLA
1 KNOB SOY BUTTER
POWDERED SUGAR

Tools

Donut mold 27 cm diam.

We cook!

To prepare your donut, pour the flour 2, starch, sugar, yeast and vanilla into a bowl and mix well with a wooden spoon, then add the seed oil, soy yogurt and milk soy and mix well until the mixture is smooth and without lumps.

We bake

Grease your donut mold well with the soy butter, then pour in the cake mixture. Bake in a preheated static oven at 180°C for 40 minutes, and once cooked and golden, take it out of the oven and let it cool. Remove it from the mold and let it cool completely before decorating the surface with a little icing sugar and serve it cut into slices.

Storage

You can keep this donut 2-3 days under a glass jar for sweets.

Tip: You can enrich this dessert by adding chocolate chips or chopped nuts to the mixture.

(Recipe from Vegolosi.it)

CIAMBELLONE VEGANO ALLA VANIGLIA

La ciambella è il dolce per eccellenza per una colazione golosa, e questa versione vegan di base alla vaniglia è proprio ciò che serve: soffice, leggera e delicata, ideale accompagnata da un buon tè.



PREP.: 5 MIN
COTTURA: 40 MIN
TEMPO TOT.: 45 MIN
DOSI PER: 8 PERSONE

INGREDIENTI
375 G DI FARINA TIPO 2
(SEMINTEGRALE)
190 G DI ZUCCHERO DI CANNA
20 G DI AMIDO DI MAIS

1 BUSTINA (16 G) DI LIEVITO
NATURALE A BASE DI CREMOR
TARTARO
200 G DI YOGURT DI SOIA
120 G DI OLIO DI SEMI DI GIRASOLE
200 G DI LATTE DI SOIA
1 PIZZICO DI VANIGLIA
1 NOCE DI BURRO DI SOIA
ZUCCHERO A VELO

Strumenti

Stampo per ciambellone 27 cm diam.

Si cucina!

Per preparare il vostro ciambellone versate in una ciotola la farina tipo 2 (semintegrale), l'amido, lo zucchero, il lievito e la vaniglia e mescolate bene con un cucchiaino di legno, poi

unite l'olio di semi, lo yogurt di soia e il latte di soia e amalgamate bene il tutto fino ad ottenere un composto liscio e senza grumi.

Inforniamo

Imburrate bene il vostro stampo da ciambella con il burro di soia, poi versatevi l'impasto del dolce. Infornate in forno statico preriscaldato a 180°C per 40 minuti, e una volta cotto e dorato sfornatelo e lasciatelo intiepidire. Toglietelo dallo stampo e lasciatelo raffreddare completamente prima di decorarne la superficie con un po' di zucchero a velo e servirlo tagliato a fette.

Conservazione

Potete conservare questo ciambellone 2-3 giorni sotto una campana di vetro per dolci.

Consiglio: Potete arricchire questo dolce aggiungendo all'impasto delle gocce di cioccolato o della granella di noci.

(Ricetta da Vegolosi.it)

IL PRESEPE



*Grandi fogli di carta blu stellata
 attaccati con delle cimicette
 su di un muro, e qua e là un po' di casette
 sopra un colle di carta colorata,
 quella apposta, che è meglio se è arruffata
 così sembra più vero; le lucette,
 la paglia e il muschio, due stradine strette,
 e un ruscello tutto in carta argentata;
 poi farina per l'inverno, e i pastori,
 e la grotta e la stella, il bue, il somaro,
 e Giuseppe e Maria, i genitori
 del bel pupo che è nato: il Bambinello,
 che ci smuove un sorriso dolce e amaro;
 ed infine anche i magi col cammello.
 Non l' ho più fatto, ma mi sembra ieri:
 noi "i quattro" con mamma e papà caro
 tutti insieme lì a farlo... seri, seri.
 Ricordi belli di un passato bello
 sebbene non ci fosse così tanto...
 Eppure, dentro al cuore c' è il rimpianto
 di quando ci bastava solo quello.*

Armando Bettozzi
 Gennaio 2003



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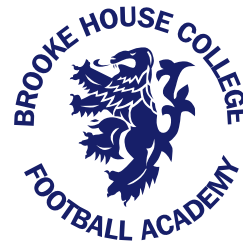


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