



FEBRUARY
2020

fao Casa gazette

Mensile - No 2 - 2020 - Reg. Trib. N. 574 dell'8/10/1990



- THE GARDEN OF NINFA

- ODE A L'ITALIE

- VENICE UNDERWATER

- WHEN PAINTINGS SPOKE

ACI - ITALIAN AUTOMOBILE CLUB

MONDAY 14:30 -17:00 WEDNESDAY 9:30-12:30 | E-014 52893

BICYCLE REPAIRS

WEDNESDAY 12.00-14.00 | BLG. D CAR PARK

DRY CLEANING

MONDAY & THURSDAY 14:00-17:00 | E-020 56069
WEDNESDAY & FRIDAY 12:00-14:00 | **WFP**

FINANCIAL PLANNING

TUESDAY 10.00-12.00 | E-021 - FRIDAY 12.00-14.00 | E-014 53142

FISCAL ADVISER

THURSDAY 10:00-12:00 | (BY APPOINTMENT) E-014 53142

GADOI MEDICAL INSURANCE

TUESDAY 10:00-12:30 | (BY APPOINTMENT) E-014 52893

GARMENT REPAIRS

TUESDAY 13:30-16:30 & FRIDAY 8:00-12:00 | E-020 56069
THURSDAY 12:00-14:30 | **WFP**

HOUSING

MONDAY TO FRIDAY 9:00-13:30 | E-016 53142

INFORMATION

MONDAY TO FRIDAY 9:00-13:30 | E-016 53142

INPS CONSULTANT

WEDNESDAY 14:30-17:00 | (BY APPOINTMENT) E-014 53142
TUESDAY 12:00-17:00 | **WFP**

ITALIAN LANGUAGE COURSES

MONDAY TO THURSDAY 17:00-19:00 | E-021 53142

LAWYER

TUESDAY & THURSDAY 13:30-15:30 | 53142
(BY APPOINTMENT) E-014

LIBRARY

MONDAY, TUESDAY, THURSDAY & FRIDAY (closed on Wednesdays)
11:30-14:00 | E-008 53479

NOTARY SERVICE

WEDNESDAY FROM 14:30 ONWARDS | (BY APPOINTMENT) E-021 53142

SHOE REPAIRS

WEDNESDAY 14:00-17:00 | E-020 56069

THEATRE BOOKING

MONDAY TO FRIDAY 9:00-13:30 | E-016 53142



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

FAO STAFF COOP BOARD

Chairperson:	Enrica Romanazzo
Vice-Chairperson:	Shaza Saker
Secretary:	Wulian Weng
Treasurer:	Cinzia Romani
Publicity Officer:	Shaza Saker
Members:	Antonella Alberighi Anna Maria Rossi Antonio Stocchi

Auditor:	Giulio Cerquozzi
Editorial Director:	Stefano Testini
Editorial Committee:	Antonella Alberighi Francoise Point Cinzia Romani Enrica Romanazzo Shaza Saker Wulian Weng Anna Maria Rossi

Sports Activities:	Antonio Stocchi
Cultural Activities:	Anna Maria Rossi

Contributors 2019:	Alessandra Modesti
Larbi Bennacer	Daniele Moroni
Armando Bettozzi	Afrodite Oikonomidou
Fahmi Bishay	Emiliano Pinnizzotto
Francesco Brillì	Pierluigi Picconi
Giulio Calenne	Martina Pisani
Flavia Carbonetti	Enrica Romanazzo
Alexia Maria Di Fabio	Shaza Saker
Sefora Farinacci	Ketty Scardigno
Pietro Paolo Lepre	Matteo Spinelli
Edith Mahabir	Stefano Testini
Cesare Maramici	Alex Van Arkadie
Orhan Memed	Laura Vari
Marco Minicangeli	

TOURISM

- 8 **The Garden of Ninfa**
by Arianna Capobianchi

TOURISM

- 10 **Ode à l'Italie**
par Dominique Alhéritière

TOURISM

- 12 **Venice Underwater**
by Roza Vulf

ART & CULTURE

- 16 **La ceramica che passione...**
di Elettra Cipriani

ART & CULTURE

- 18 **When paintings "Spoke"**
by Fahmi Bishay

ACTIVITIES

- 24 **What if your yoga mat could talk?**
by Janine Claudia Nizza

IN MEMORY

- 30 **In Ricordo di Giorgio Maraffa**

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.

The FAO Staff Coop does not take any responsibility for commercial advertisements published in the FAO Casa Gazette or services rendered by third parties, as foreseen by the relevant conventions stipulated with advertisers/service providers. The views and/or opinions expressed in the FAO Casa Gazette are solely those of the author/s and do not necessarily reflect those of the FAO Staff Coop.

STAFF COOP OFFICE

Building E Ground Floor | Ext. 53142 – 55753 – 56771 | Monday to Friday 09:00 – 13:30

Services and Special Interest Groups

MEMBERSHIP

Full membership of the FAO Staff Coop is open to all FAO and WFP staff. Associate membership is available for spouses and those who work with FAO/WFP and associated UN agencies. The FAO Staff Coop fee is € 25 una tantum, while the annual dues for both categories are € 25 for singles and € 30 for families.

Apply for membership at the FAO Staff Coop Office (E-016) Monday to Friday 09:00 – 13:30.

FOR ADVERTISING – CRISTINA GIANNETTI

FAO Staff Coop Office

Viale delle Terme di Caracalla – 00153 Roma

Tel: 06/57053142 or 06/57056771 – Fax 06/57297286

Email: fao-staff-coop@fao.org – Website: www.faostaffcoop.org

FAO STAFF COOP



JOIN OUR ACTIVITIES

CULTURAL

ARTISTS	<i>Ms I. Sisto</i>	53312
ASSOCIAZIONE CASA	<i>Ms N. Bramucci</i>	53248
LOÏC		
CARIBBEAN CULTURAL	<i>Ms S. Murray</i>	56875
HUMAN VALUES	<i>Ms C. D'Angelo</i>	55966
HISPANIC CULTURAL	<i>Ms M. Murchio</i>	55386
GROUP		
INDIAN CULTURE	<i>Mr I. Animon</i>	55297
ITALIAN DRAMA	<i>Mr P. Tosetto</i>	53585
MUSIC THERAPY	<i>Ms N. Rossi</i>	56253
PET GROUP	<i>Ms M. Dupont</i>	56688
POSITIVE THINKING	<i>Ms R. Gupta</i>	55554
PRANIC HEALING	<i>Ms E. Capparucci</i>	52147
WE CARE	<i>Ms S. Saker</i>	53964
PHOTOGRAPHY		53142/56771
PIANO LESSONS	<i>Mr O. Memed</i>	

CHOIR

GOSPEL CHOIR	<i>Ms P. Franceschelli</i>	53554
HISPANIC CHOIR	<i>Ms B. Killerman</i>	53142
FAO STAFF COOP CHOIR	<i>Ms G. Loriente</i>	54163

DANCING

BOLLYWOOD	<i>Mr I. Animon</i>	55297
DANCERCISE: ZUMBA	<i>Ms J. Nanadiego</i>	55575
MODERN	<i>Ms A. Vignoni</i>	53547
TAP DANCE	<i>Ms M. Infante</i>	56415
PIZZICA	<i>Ms C. D'Angelo</i>	55966/53142

GYMNASTICS

FUNCTIONAL TRAINING	<i>Ms C. Romani</i>	53043
FELDENKRAIS	<i>Ms Eileen Larkin</i>	56399
FITNESS & MUSCLE TONING	<i>Ms D. Rozas</i>	52630
YOGA FLOW	<i>Ms P. Franceschelli</i>	53554
YOGA SILHOUETTE	<i>Ms S. Thomas</i>	54986
LOTTE BERK	<i>Ms A. Falcone</i>	52595
PILATES	<i>Ms F. Faivre</i>	54860
TAI-CHI	<i>Ms G. De Santis</i>	53344
POSTURAL TRAINING	<i>Ms Hinrichs Angela</i>	54070
YOGA BASIC/ ASHTANGA	<i>Mr A. Lem</i>	52692
GYM MUSIC	<i>Ms D. Casalvieri</i>	52620
STRETCHING	<i>Ms D. Casalvieri</i>	52620
SELF DEFENCE	<i>Ms C. Romani</i>	53043
KRAV MAGA		
LOW PRESSURE	<i>Ms E. Mahabir</i>	55753
MINDFULNESS	<i>Ms B. Monjaras</i>	53572

SPORTS

ATHLETICS	<i>Mr F. Consalvi</i>	56438
CRICKET	<i>Mr G.S. Malakaran</i>	54928
CYCLING	<i>Mr F. Calderini</i>	53828
DARTS	<i>Ms C. Canzian</i>	52617
FOOTBALL MEN	<i>Mr S. Evans</i>	53532
FOOTBALL WOMEN	<i>Ms R. Nettuno</i>	56742
GOLF	<i>Mr A. Stocchi</i>	53043
TABLE TENNIS	<i>Ms B. Killerman</i>	55552
TENNIS	<i>Ms A. Gabrielli</i>	53012

ALL ACTIVITIES ARE FOR STAFF COOP MEMBERS ONLY

THE GARDEN OF NINFA

For a few years I've been leading visitors into the garden from all over the world. I always see into their eyes the astonishment and the surprise they feel and every time I relive the emotions that the first visit inspired me



by Arianna Capobianchi

The Garden of Ninfa guide for the Fondazione Roffredo Caetani Onlus



A few years ago, on a November morning, I decided to go visit the Garden of Ninfa; I hadn't seen it in many years even if I live just a few kilometres away. It was a sunny autumnal morning and when I went into the garden I immediately realised that there was a fairytale atmosphere.

During the walk, thanks to the nice guide that led us, I understood that the place kidnapped my heart and I decided to become a guide as well. For a few years I've been leading visitors into the garden from all over the world. I always see into their eyes the astonishment and the surprise they feel and every time I relive the emotions that the first visit inspired me.

In the Garden of Ninfa there are plants and trees coming from all over the world and the garden is also crossed by a river of spring water, but what makes Ninfa so unique are the ruins of an ancient medieval town: inside its city walls the garden was created,

thanks to the passion of three women of the noble Caetani family. The town was born thanks to its strategical position on the Via Pedemontana and

next to the river, and it became very rich because of a toll that people had to pay to pass through it. The Caetani family bought the rich medieval town in 1297 thanks to the support of pope Boniface VIII, a member of this family. Due to family conflicts, the town was completely destroyed in 1381 and it was never rebuilt.





It remained a ruined town for about six centuries until 1921 when the last three generations of the family decided to create the garden inside it; three women of the family took care of it: Ada Caetani, her daughter-in-law Marguerite and her niece Lelia Caetani, who was the most determinant in this project. Lelia made Ninfa a garden of English inspiration and one of the most romantic gardens in the world. Lelia died in 1977, without

children; she created the Roffredo Caetani Foundation, dedicated to her father, that still today has the overall responsibility for the garden's property and its upkeep. Today the Foundation welcomes all the visitors that my colleagues and I lead into the garden to let them discover the particular mix between history and botany. The history of the place is told by the ruins, the city walls, the churches, the houses, the bridges and also the castle with its high tower surrounded by trees and plants which grow everywhere thanks to the river that sinuously flows into the garden and whose pure and clear spring water always astonishes the visitors. The water, flowing all over the garden, contributes to the creation of the particular microclimate that regulates the garden's life. The mountains protect the garden from the cold wind coming from the north and also block the clouds coming from the coast; the closeness of the coast also helps to mitigate the temperature; the water, for its part, is like a thermal regulator because it produces lots of humidity. Thanks to all these elements the temperature in the garden doesn't have abrupt changes and it doesn't drop much below freezing.



WHAT IS KUMON?



**EXPERT
INSTRUCTION**



**ESTABLISHED
PROGRAMME**



**SELF-
LEARNING**



**LONG-TERM
SUCCESS**

 @kumonrome

 @kumonrome

KUMON

THE FIRST CENTER IN ROME
KUMON ROMA GIANICOLENSE

+39 06 69322521

+39 3663042771

+39 3463207805

INFO@KUMONROME.COM
WWW.KUMONROME.COM

VIA LEONARDO GREPPI
N.63/65 00149 ROMA
(TRASTEVERE STATION)



This mild climate allows the acclimatisation of many plant species coming from all over the world. So that is why there are Siberian birches close to Japanese maples and Japanese cherry trees or Himalayan magnolia close to Mediterranean oaks and African cedars. But what surprises the visitors the most is the size of the plants; the trees in the Garden of Ninfa grow three times faster than normal and in a much larger size. They seem to be centuries-old but they are just 99 years old or less!

Many little coloured bird houses do not go unnoticed by visitors. The birds help our gardeners to keep the garden clean from parasites because they eat lots of insects representing our natural anti-parasite and that is why the gardeners do not use chemical products and pesticides. The spontaneity and informality are the main features of the Garden of Ninfa like all the English gardens to which Ninfa is inspired.

The roses, the jasmine, the wisteria grow in freedom enveloping in a fascinating way the ruins and the big oaks, the beeches and the cypresses. Lelia was a painter, before being a gardener, and her garden is composed of many natural paintings in which she brings soft shades. The glimpse, the ruins, the trees and the flowers become the subjects of her painting and she beautifies her garden with their colours; both become the mirror of her delicate sensibility and her romantic heart.



She loves the controlled disorder of her garden where the nature is free to express itself with its blooms. She introduces into the garden cherry trees, apple trees, viburnum, roses, camellia and many other plants. Her pictorial approach, her delicate soul and her restless gardener passion, in the unreal background of the medieval town, have made Ninfa one of the most beautiful and most romantic garden in the world.



BREAKING NEWS

DIRECT BILLING PHYSIOTHERAPY AND OSTEOPTHY ALLIANZ

Dr Gabriel E. Buntin

*Orthopedic Trauma Surgeon
X-Ray and Ultrasound facilities
English – French – Italian – German*

Dr Massimiliano Magaletti

*Orthopedic Trauma Surgeon
Shoulder, Knee, Ankle Surgery
English – Italian*

Dr Giorgia Chiarottini

*Physiatry
English - Italian*

Dr Giuseppe Calandra

*Angiology
English – Italian*

Dr Maria Gabriella Di Martino

*Angiology
English – Italian*

Dr Elena Nobili

*Gynecology and Obstetrics
Ultrasound Facilities
English – Italian*

Dr Zuzana Stloukalova

*Gynecology and Obstetrics
Ultrasound Facilities
English – Italian – Czechoslovak*

Dr Christian Abi Nassif

*Liver and Metabolic Diseases
English – French – Italian - Lebanese*

Dr Andrea Guerriero

*Acupuncture – Doctor for family
English – Italian*

Dr Gregory Strabach

*MD General Practitioner
French – English – Italian*

Dr Elena Agafonova Battisti

*Internal Medicine – Ultrasound
ВРАЧ ОТДЕЛЕНИЯ ТЕРАПИИ И УЗ ДИАГНОСТИКИ
Italian - English - Russian*

Dr Giorgio Balsamo

*Otolaryngology ENT
Italian - English*

Dr Sibylle Hueck

*Otolaryngology ENT
Italian - English - German*

Dr Massimo Mancone

*Cardiology - ECG - Echocardiography
Italian - English*

*Physiotherapeutical Centre
Allianz and De Besi-Di Giacomo affiliated*

Dr Maria Giuliana Cacciaguerra

*Dermatology
Italian - English - French*

Dr Alessandro Calarco

*Urology - Andrology
PhD in Urological Oncology Expert in
Minimally Invasive Techniques
English - Italian*

Dr Simone Di Rezze

*Neurology Elettromyography
English – Italian*

Dr Yeganeh Manon Khazrai

*Nutrition - Patient Centred Counsellor
Diabetes Educator
Italian - English - Iranian*

Dr Francesca La Farina

*Molecular Biology - Nutrition
Italian - English*

Dr Valentina Scalzi

*Rheumatology - Musculoskeletal Ultrasound
Italian - English*

Dr Marco Lombardi

*General Surgery
Italian-German-English*

Dr Annalisa Calisti

*Aesthetic Medicine
Italian-German-English*

LET'S LOVE & DANCE

KISS
ME

LOVE
YOU

BE
MINE

CHARM
ME

YOU &
ME

TRUE
LOVE

€10/person

Includes 1 Food & 1 Drink
DJ

Largo Dino Frisullo (Testaccio)
Citta dell'altra Economia

date:

14.02.20

time:

20:30



BOOK YOUR TABLE:

350 0320364 | yummy@hummustown.com



Italy's first
IB school



Excellence Done differently



**ST. STEPHEN'S
SCHOOL ROME**

American international
day and boarding school

sssrome.it / +39 06 575 0605

ODE À L'ITALIE



par Dominique Alhérière

A pris une retraite anticipée il y a onze ans. Ces années de liberté ont été parmi les plus heureuses de sa vie, lui donnant tout le loisir de revoir "Il Bel Paese", d'être en famille, de sourire aux autres, et d'écrire. Ses deux derniers livres: "Orientis" et "La Route du Rhum. Regards d'un Bobo sur les Géants des Mers, le Rhum agricole et les Antilles"; disponibles à Nombre7 Editions, sur le site principal de vente en ligne et à la FAO

J'aime l'Italie, la vraie, celle des Romains, des Florentins, des Génois, des Pisans, des Siennois, des Vénitiens, des Bolognais, des Milanais et des Turinois. J'aime aussi celle du Sud, un monde arabo-espagnol. J'aime Vasco Rossi l'Emilien devenu Lombard «ad ogni costo», Zucchero l'Emilien devenu Toscan, la Ferrari, la Maserati et la Lamborghini parce qu'elles sont la preuve pérenne de l'excellence du pays, Sienne où la Piazza del Campo arrache des larmes d'émotion au visiteur qui la découvre pour la première fois. Débouchant sur la place après avoir flâné via di Città ou via dei Banchi di Sopra, le visiteur entre sur la piazza comme le taureau dans l'arène, ébloui par tant de lumière et les tenues colorées des aficionados qui à Sienne sont les étudiants en intermède et les touristes de passage. J'aime me sentir privilégié lorsqu'à Florence ou à Urbino j'arpente les couloirs des musées, entouré des toiles de Botticelli et de Raphaël. J'aime voir le profil médiéval d'Orte, de Baschi, d'Orvieto, de Monte San Savino quand on remonte l'autoroute du soleil qui de Rome vers le Nord devrait plutôt s'appeler l'autoroute du brouillard.

Un brouillard qui ne réserve que de bonnes surprises.

Il se dissipe à Venise sur un masque coloré de Carnaval, sur le chêne mordoré d'une haie toscane, sur les feuilles rouge-sombre d'une vigne de merlot, sur une façade de cathédrale ou de palais Renaissance, sur la place de Vigevano. S'enfoncer dans les rues de Città della Pieve et y sentir la présence du Perugino, dans celles de San Sepolcro et y fraterniser avec Piero della Francesca. J'aime les arcades de Bologne, Reggio en Emilie, Ferrare, Turin qui font de ces villes lumière des havres de clair-obscur.

J'aime flâner au centre de Rome en scooter. Je le fais depuis plus de quarante ans, bien avant que Nanni Moretti en ait fait un cliché. J'aime aussi Nanni Moretti, cette force tranquille, tellement romain. D'Ettore Scola je veux l'intégrale, de Tornatore les œuvres complètes. Vivaldi, je les ai déjà.

Pour aller au cœur de la ville je passe par cette banlieue centrale qu'est le quartier de Piazza dei Navigatori ; des constructions années 60 et une église briques et béton, voilà pour la banlieue ; des négoce de proximité et une vie commerçante active comme au centre. Le petit fleuriste "Le Jardin d'Hiver" rappelle la fascination de certains pour le cousin français. Ils ne savent pas toujours que pour les Bobos français, c'est l'Italie la référence, la Toscane la préférence.

Au retour, l'Appia Antica, la route que j'ai prise quotidiennement pendant tant d'années. Je suis bien sûr passé par ce coin de campagne florentine qu'est en plein Rome la congrégation des Frères salésiens, longeant une somptueuse allée de lauriers roses dans une odeur de lait d'amandes, passant devant l'énorme statue en bronze de San Tarcisio, patron des enfants de chœur, cachée dans un demi-cercle de lauriers à larges feuilles, comme pour échapper encore à ses persécuteurs. Regardez comme ils sont gentils.

Via Latino, 497

Rome

06 78851271

06 92599272

sport.health@email.it - www.sporthealth.eu



REATLETIZATION - REHABILITATION OF POST SURGERY AND POST-TRAUMATIC SPORTS - IMPACT WAVES (EMS) - TECARTEPIA - GAIT ANALYSIS - GYMNASTICS GROUP POSTURAL - POSTURAL FOOTBED "KS" - INDIVIDUAL POSTURAL RE-EDUCATION - HYPERTHERMIA BAROPODOMETRIC EXAMINATION - SPORT MEDICINE ORTHOPEDICS - LYMPH DRAINAGE - THERAPY DEL PELVIC FLOOR - FUNCTIONAL BANDAGE E KINESIOTEPING - MASSOTHERAPY HYDROKINESITAPY - OSTEOPTHIC MEDICINE ECOGRAPHS - CONSULTANCY SPECIALIST AT HOME CRIULTRASUONO - LASER YAG - LASER HILT



FRENCH DENTAL CLINIC ROMA



DR. BENOÎT BRUNET

Diplômé de la Faculté de Chirurgie-Dentaire de Toulouse III
Membre Diplômé du CFI (Collège Français d'Implantologie)
Membre de l'ITI (International Team for Implantology)



**DENTISTRY/ ORTHODONTICS/ IMPLANTOLOGY/
AESTHETICS**

Viale Aventino 102, 00153

At Only 5 minutes from the FAO





TAKE AN APPOINTMENT CALLING 0657 250 625 / 339 57 97 543
OR E-MAILING US AT : DR.B.BRUNET@GMAIL.COM



INFO : WWW.FRENCHDENTALCLINICROMA.COM

Le Ministère de la Justice s'appelle « Ministère des Grâces et de la Justice». Et le boucher du supermarché et le réparateur de bicyclettes, tous gentils. Ce dernier a sa boutique via Fausto Coppi; son enseigne: «Il Ciclista». Tant de gens s'appellent Angelo, Angela. Nous connaissons même une Angela qui habitait Vicolo della Pace. Le Romain entre dans un bar pour afficher sa bonne humeur; le bonheur est son honneur, et à Palerme le barman vous traitera en dignitaire, pour assurer sa propre dignité.



Ecoutez comme ils aiment la vie. Ils ne disent pas « Mon mari est mort » mais «Mi è morto il marito»- mon mari m'est mort, car en fin de compte celui qui est à plaindre est celui qui reste, pas celui qui part. Dans la civilisation italienne aux racines pisanes, génoises ou florentines, la vie doit triompher, toujours et partout. Pour cela, toute transaction, tout compromis est bon. C'est ainsi que les banquiers génois ont survécu aux oukases des rois d'Espagne, que la cour de Ferrare a continué de chanter quand les empereurs germaniques dévastaient les Etats pontificaux, et le Bernin à sculpter quand la Guerre de Trente Ans détruisait l'Europe.

J'aime aller à des dîners romains où votre voisin de table se présente comme Cesare, le suivant comme Augusto et le troisième comme Adriano. Trois empereurs à sa table c'est quand même flatteur.

J'aime Milan et son dôme, diamant solitaire au doigt d'une main calleuse, Turin et son diadème de musées comme autant de pierres précieuses, Bologne l'Italienne, Modène la surdouée, Sienne et son écrin du Campo –transcription urbaine du Printemps de Botticelli-, Florence la snob, Naples et Palerme, vieilles dames ruinées mais jamais lassées de séduire, Montepulciano, «sévère malgré son charme, empreinte de dignité».

J'aime Parme, car la seule boutique un peu chic du village de mon enfance, la Metullum des Romains, à l'orée du Poitou, s'appelait «A la Ville de Parme», teinte parfaite quand on hésite entre le lilas blanc et le lilas mauve.

J'aime Venise bien sûr, mais là, on n'est plus sur terre.

AUTO INSURANCE THAT PROTECTS YOU ANYWHERE IN THE WORLD



We work everywhere,
so you can drive anywhere

VENICE UNDERWATER

Photographs can be as much an interpretation of the abstract and yet personal world as paintings and drawings are



by Roza Vulf

Roza Vulf is a Lithuanian artist photographer whose work is known to be free from restrictions to a single photographic style, yet characterized by a firm emphasis on a chosen subject. She captures spontaneous moments by simply translating her own perceptions of the immediate environment. After living in Germany for a decade, she resides now in Rome, Italy



It is rather difficult to say something new about Venice as the city has been described and introduced in all possible art forms, being an inspiration for everyone who stepped onto its “floating” pavement.

Being one of the most elegant and extraordinary cities of the world, built on an impossible surface-water. Venice possesses the power to turn everyone towards a romantic mood. “The masque of Italy, the pleasant place of all festivity” that is how Lord Byron called it.

Unfortunately, sometimes, the reality of high water and flooding hits the splendour of the magical town and there is no place anymore for the festivities - but the struggle. Those are very sad days for the Venetians, who have to survive their day-to-day life, that is heavily affected by the water.



Walking through the streets of Venice on the following day after the flooding in November gave me “food for thought” on how an impossible city was built by the tireless habitants, and how their devotion gave them the strength to carry on until now.


- Dermatology
- Skin Cancer Center (one day screening and biopsy)
- Nutrition
- Plastic Surgery
- Aesthetic Surgery
- Aesthetic Medicine (Non surgical Anti Aging and Body Contouring Treatments)
- Advanced Technology (Lasers, Radiofrequency, Ultrasounds, Cryolipolisis)



By appointment only - Via della Fonte di Fauno 29, Call: 06/45546660 (3 pm/7 pm)
Email: circomassimomedicalcenter@gmail.com

GIUSI SALINARDI ARCHITETTO

- progettazione d'interni e design
- progettazione architettonica e restauro
- direzione lavori
- pratiche amministrative:
comune, soprintendenza, catasto

via domenico silveri 11 - tel. 349/8699458 - email: architettogiusysalinardi@gmail.com  giusi salinardi architetto





MARYMOUNT

INTERNATIONAL SCHOOL ROME

Join us on Your Journey



EARLY LEARNING
AGES 2-5

ELEMENTARY SCHOOL
AGES 6-11

MIDDLE AND HIGH SCHOOL
AGES 11-18

OUTSTANDING IB PROGRAM
GRADES 11-12

TOP UNIVERSITIES
A GLOBAL NETWORK

Via di Villa Lauchli 180
00191 Rome, Italy
+39 06 362 91012
www.marymountrome.com
admissions@marymountrome.com



LA CERAMICA CHE PASSIONE...

L'esplorazione e il gusto di sperimentare la resistenza dell'argilla mi portano ad una simbiosi con la terra stessa, nella quale mi riconosco. Ci accomuna la fragilità e il limite di resistenza. E poi c'è il fuoco che trasforma la terra e del quale subisco la seduzione



di Elettra Cipriani

Artista ceramista, promotrice dell'Associazione culturale L'Abero Di Terracotta

Sono nata in una famiglia di musicisti, è quindi stata la musica la mia formazione alla sensibilità e alla creatività. Per qualche anno ho coltivato questa passione. Mi piaceva ascoltare i duetti dei miei genitori, suonare con mio padre, ma, allo stesso tempo, avevo necessità di guardare oltre. Erano gli anni '70. Un periodo di grandi cambiamenti sociali, politici e individuali.

Volli quindi sperimentare altre realtà seguendo un percorso di studi che mi permettesse di sviluppare le conoscenze e le abilità necessarie per dare espressione alla creatività e alle capacità progettuali.



Il programma di studi prevedeva l'approccio a diverse discipline, tra le quali anche il laboratorio di tecniche plastico-sculteree.

Mi affascinò immediatamente il contatto con l'argilla, la sua duttilità, la plasticità, le infinite possibilità espressive. Fu un tocco significativo e determinante. I miei sensi erano tutti protesi ad ascoltare le sensazioni che mi offriva la materia umida. E' stato come il vibrare di una corda di violino.



Credo sia stata la ceramica a scegliere me, e non viceversa. In seguito approfondii la conoscenza del patrimonio artistico nel suo contesto storico e culturale e ne colsi appieno la presenza e il valore nella società moderna.

Ricordo ancora, come fosse oggi, la mia prima visita al Museo di Villa Giulia, con davanti le più belle creazioni delle civiltà Etrusche e Greche.

Il valore estetico, la funzione, i manici così ben equilibrati, le decorazioni raffinate che raccontano la storia dei nostri antenati, sono diventate tappe fondamentali per la mia formazione.

Le mie giovanili considerazioni mi portarono a capire che le stesse leggi che governano la musica governano tutte le arti. Dirottai, quindi, la mia scelta professionale verso un'attività che potesse soddisfare la mia necessità creativa. Aprii il mio laboratorio di ceramica. Era il 1978, l'artigianato era un valore storico e una risorsa economica per il paese, e le istituzioni, le Regioni e gli Istituti di Cultura Esteri, investivano sulle piccole imprese artigiane.

Sempre più curiosa e affamata di conoscere altre possibilità, cominciai a sperimentare le tecniche di cottura in riduzione di ossigeno: l'approccio con il Raku (antica tecnica giapponese) e la sensazione di pura magia che dà il fuoco quando trasforma i colori, l'uso delle terre sigillate conosciute attraverso lo studio dei vasi Etruschi, Greci e Aretini, le cotture in box e i segni lasciati sull'argilla dalla combustione di materiali organici come crini di cavallo e piume di uccello.

Altre tecniche che mi affasciano e che tratto tuttora sono il Neriage e il Nerikomi (anch'esse di origine giapponese): si tratta di argille colorate che, attraverso il tipo di lavorazione che subiscono, creano diverse possibilità sia cromatiche che di immagine. E' una tecnica molto difficile. Necessita di infinita pazienza, ma noi ceramisti ne possediamo tanta! I miei lavori più recenti sono il frutto di uno studio attento di diverse nature chimiche.

Nascono così le contaminazioni con altri materiali. Tra fallimenti e successi sono riuscita a far sì che tra ferro, vetro, rame, lava, argille e ossidi metallici nascesse un legame inscindibile. Le forme rimandano al piatto, al vaso, quindi all'oggetto d'uso. Nelle mie forme c'è l'Uomo, nell'armonia dei colori e della mia musica.

Una volta acquisite e approfondite le conoscenze delle tecniche sentii che era mio dovere trasmettere ad altri le mie conoscenze, così come i miei maestri avevano



fatto con me, e conseguentemente stimolare l'interesse per quest'arte millenaria. Trasformai l'attività artigianale nell'Associazione Culturale "L'Albero di Terracotta" e cominciai ad insegnare tecniche ceramiche anche presso altre realtà, sia private che istituzionali. Attività che svolgo tuttora, costantemente alla ricerca di nuovi stimoli e passioni.

Ogni volta che creo resto in trepidante attesa del risultato finale che, a volte, è migliore della stessa aspettativa.

PIANO LESSONS

Offered by highly qualified and experienced pianist

Studio 5 mins walk from
FAO - CIRCO MASSIMO

Tel.: (+39) 3357016049

Email: klarer.ha@mclink.it



FAO

FINO AL 31 MARZO 2020: SUPER SCONTO DEL 20%

Via Ermanno Wolf Ferrari, 285 00124 Roma
Tel. +39 06 500871 Fax +39 06 50087600
info@itriangoli.com www.itriangoli.com



IB WORLD SCHOOL

Inspiring
Global Citizens.

romeinternationalschool.it
+39 06 844 82 651

VISIT OUR SCHOOL

In partnership with
LUISS

globeducate
Shaping the world



WHEN PAINTINGS “SPOKE”



By Fahmi Bishay

Dr Bishay is an FAO retiree and a senior consultant in Agricultural Policy Analysis, Sustainable Economic development, and Environmental Protection. He is an economist, writer and artist. This is his self-portrait

Once upon a time, three of my oil paintings spoke.

The first painting, entitled: **“Wine grapes in Tuscany”**, said, “I am wine grapes that tomorrow you will consume as a great wine. I am delighted because I am a high quality grape. My quality is the most important factor that determines the quality of my wine. My quality is high because my master - the farmer who cultivated me - paid enormous attention to many factors that led to my high quality. Those factors included: my variety, the weather conditions during my growing season, soil mineral and acidity, slope of my land, watering, harvesting time, pruning methods, and other natural and man-controlled factors such as my vineyard’s location, plantation, and management. Next, my master was very careful to harvest me when I was properly ripe. If I were not ripe enough, or too ripe, my wine would suffer. The wine makers referred to all those factors as my *terroir*.”



*Wine grapes in Tuscany
An oil painting by Fahmi Bishay
(Oil on canvas 50 X 60 cm)*

The second painting, entitled: **“Deep Meditation”**, said, “I’m an old man in deep meditation. As I’m getting old, I have so many life stories that make meditation a rich and fulfilling experience. Meditation cleanses my soul and mind. Meditation opens the spring of love in me. Meditation deepens my appreciation of my fellow brothers and sisters. Meditation enlightens my soul with love and kindness.



Deep Meditation
An oil painting by Fahmi Bishay
(Oil on canvas 70 x 50 cm)

And meditation recalls the memories of my youth, when I was an FAO staff member, and brings to life the pleasures of my FAO's noble work to help eradicating poverty and eliminating hunger in the world."

The third painting entitled "**A Chinese worker and his noodles**" said, "I am a Chinese worker enjoying my noodles. I'm grateful for FAO's work on food security that would ensure the sustainable availability and continuing access to my timely and high-quality noodles and other basic food. And as I'm a very hard Chinese worker, I believe in the realization of the 'Chinese Dream' as one of the secrets of success of my country. Our Chinese society is now working on the identification and formulation of means for the realization of the Chinese Dream. Thus, schools all over my country, have been organizing "Chinese dream" speaking competitions.

Government officials and academics are preparing perceptions and proposals on the "Chinese Dream". Academic and professional societies are holding seminars and workshops on the "Chinese Dream". In a nut shell: the Chinese Dream is generally perceived as the "revival of China". By appreciating our very hard working culture, and our dedication and determination to achieve our goals, I am glad to ascertain that my country has already succeeded in realizing our dream."

*Then, my paintings became silent again.
I heard my paintings, and I liked what they said.*



A Chinese worker and his noodles
Oil painting by Fahmi Bishay
(Oil on canvas 40 X 60 cm)

FREE EYE-TEST FAR AND FOR NEAR DISTANCE
EXPERTS IN REFRACTIVE PROBLEMS
SPECIALISTS IN KIDS EYEWEAR
THE BEST EYEWEAR BRANDS
CUSTOM PROGRESSIVE LENSES+CONTACT LENSES
SPECIAL PRICE FOR FAO STAFF

40+ YRS OF EXPERIENCE

VIALE AVENTINO, 78 - 00153 ROMA T. 065758413
INFO@OTTICA-AVENTINO.COM - WWW.OTTICAVENTINO.COM

OPEN FROM
9.00 TO 19.30
NON-STOP,
MONDAY
TO SATURDAY

A

OTTICAVENTINO
L'ottica migliore con la garanzia di merito

WHAT IF YOUR YOGA MAT COULD TALK?

Interview by Janine Claudia Nizza to her students and their yoga mats



by Janine Claudia Nizza

Teaches Yoga Flow in Rome since almost two decades and she is ERYT 500 PLUS Yoga Alliance Italia Vinyasa Yoga Flow Teacher Trainer since 2019. She is author of many yoga articles for Fao Gazette, Vivere Lo Yoga, Yoga Pills, Yoga Journal Italia and recently invited to be writing for Yoga - Magazine Italia



I am entering the classroom: the lights are dim, some of the students have already unrolled their mat and stretched out on the ground to prepare the breath Ujjayi in Shavasana pose, a familiar and intimate feeling permeates the entire yoga shala. Do you know that each of you has a voice, “Ocean breathing”, that I would recognize among a thousand? Your breathing tree creates a distinctive sound like a wave. Now I approach the console and put a CD of mantras with Indian instruments to create the atmosphere of the lesson, which will soon begin: I admit that after many years of teaching I still feel a strong emotion to enter the sacred space of yoga.

Today is a special day I am here to interview your mats and it seems to me to hear some small voices whispering from the floor! We often think of being alone in front of our practice, instead we have a partner just below us that delimits the space of our yoga: the mat, our mat. With it we experience our feelings, the contact with the palms of our hands, feet, nape, knees and the wise way in which we learn to repel with our limbs the force of gravity, to stretch and expand bodily and spiritually: have you ever thought if your yoga mat could talk what it would say? It would certainly tell us a lot about us, the achievements of a difficult asana, the well-being that yoga releases as an aura spreading all around us and how the breath flows deep within us with vital essences!

Do you remember the countless times we have practised when we were tired, but we did not give up, those special moments when our loving teachers approached us with a soft touch to fix the posture? So many memories, so many emotions, so many discoveries! Today I will tell you about these silent stories by interviewing the mats of my students and maybe they will reveal a new reading on personal secrets or suggestions to improve our yoga practice!



Dinara. Finance Officer, CSFC

From the outside, it might seem that I only provide basic comfort and safety. However, if you look a little deeper, you will realize that I enable transformation. Dinara and I have shared two years together and I have been watching her practice in Yoga Flow and have supported her in learning

to focus, endure and surrender to yoga. We first started practising once a week, then twice a week, then we went to yoga retreats and participated in the Yoga Flow Teacher Training program, which brought our practice to the next level. Yoga is now a big part of Dinarā's life and I feel humbled and blessed to continue supporting her physical, mental and spiritual growth.

Wow, what a fantastic experience thanks to the mat. It is true that yoga increases our awareness to the point of naturally identifying what is good for us, even in the food (that we recommend to be as vegetarian as possible!).

Your yoga mats are the most intimate friends of yogis. I am very interested in your opinion and the hypnotizing power you have when, despite our tiredness or disappointment, you are able to make yourself rolled out for us to do a practice session!

Now I cannot wait to listen to the impressions of Barbora's mat on my left, a student with high energy and positive attitude.

Barbora. CFS Travel Unit, CSFD

"I am a quiet and trustworthy mat. I consider myself the perfect friend who knows how to lead Barbora to the persuasion that happiness and health are within her, not outside! No one knows her better than me: for example, when she feels strong or weak! I know very well when she is angry or doubtful because her yoga practice is like a thermometer of her emotions and convictions. Together we reach moments of peace and humility, we conquer the wisdom of the "here and now", discovering that compassion and kindness for ourselves and for the others has been submerged who knows where, in the chaos of the incessant tendency of the ego to project itself into the past and into the future by overlooking the present. I really feel as the only witness of Barbora's yoga practice achievements and of what she may achieve by persevering in the flow. I make a statement to you all: I promise to never leave her, I will be at her feet for the rest of her life, either in her home or in a class, whenever she wants!"

Hey guys, what a passionate confession! Almost a promise of eternal love, not so far from reality. Over the years, I have collected myself many mats, of different shapes and ages and I can say that with each of them I have had important relationships. For example that time when in a narrow hotel room in Baltimore all my relatives were having lunch, while I arrived a few minutes later because my mat and I had to practice yoga! Let us not digress, please. I see Sara's yoga mat discreetly and silently approaching...

Sara. Statistician, ESS

"As a Yoga Flow mat I understand I have more freedom than I thought: the geometric limit that I thought I had does not affect the vastness of the things I can learn during Sara's practice! I feel the mystique that transforms our space into breath and that allows us to dissolve physical and mental blocks one by one! The *asanas* are only a device to challenge our limits and thanks to the foundations of yoga, we proceed without judgment by slowing down and dilating the breathing, while during the alignments in the *Vinyasa* we have time to observe the change inside and out. Since the moment my Sara started practising yoga I have added many new good habits in our everyday life, including that of unrolling myself more often to allow her practice at least 10 minutes every day, even when I feel she thinks she does not have the time. Now she is looking for me more often.

Yoga gives us the feeling of freedom in the discipline with joy, while reinforcing our commitment and calmness in the present, breath after breath.”

But here is the most crackling of all: Emma’s mat feels what she thinks when she practises the asanas on the ground.

Emma. Responsible agricultural investments specialist, PSPS

“Ahhhhhh, there you go, you have finally stopped. Let your body stretch on me completely. I don’t feel the weight of your legs, are you holding them up by any chance? Let them go, I want to feel crushed under you. Now yes, we can begin. Inhale, exhale, breathe in and out...it’s such an effort to breathe today!

Is there something that keeps you from breathing deeply? Let’s try again: breathe in, breathe out, inhale... that’s better! Come on, leave out all the thoughts, the things you have to do at work can wait for a while, breathe...Inhale new energy and exhale bad thoughts. Send good air into your lungs and swell your chest, throw out the bad air, and tighten your abs so you squeeze it all out. See how you feel better now? And you know, you can do it without me, you can do it sitting while you wait for a job interview, you can do it while standing in line at the post office, and you’ll see that the day will seem more colorful. Go, try it, and when you come back to me Go, try it, tell me. I’ll wait for you next time at 1pm, for a new Yoga Flow lesson with Janine.”



Elisa. FAO

“When I start the class, I feel I have the world on my shoulders, but at the end of the yoga session, I see the horizon.”

Paola. Meetings Assistant, ITPGREFA / CBD

“I am a green and blue yoga mat, like Anahata, the heart chakra and Vishuddha, the throat chakra ... my predecessors were yellow like Manipura, the solar plexus chakra and red, like Muladhara, the root chakra. The perfect synchronicity of the Universe has ensured this progression of mats that have accompanied Paola’s growing awareness: from the rooting and governing of instincts to the energy of self-esteem, from the opening of the chest to trust and love, to the creativity and spiritual research. I am proud to welcome Paola every time in her practice, never bored, enthusiastic about the opportunity to learn something new. The transformation is led by *asanas* and by Yoga Flow sequences, both in the body that changes on her journey of discovery and well-being, and in the soul longing for awareness, improvement and spiritual curiosity. We are constantly discovering connections between the practice of Yoga Flow and everyday life, thanks to the breath and the deep connection between body, mind and soul and thanks to the experience and teachings of our teacher Janine. With her, after years of wandering from one yoga class to another, we have found our safe harbor, the joy in the practice and the

integrity we were looking for. She represents in our view the perfect synthesis between the traditional yoga philosophy and the practice that we love so much, and our being westerners.”

I invite you to continue to grow and blossom, beloved Yogi Flowers! We invite all yogi readers of all styles and methods to send their comments here, and join us with their impressions on the mat! We will share the joy and the experiences that are always unique and at the same time universal! We need each other to increase the knowledge that is passed on from individual to individual! The wisdom of shared practice has the power to accelerate the evolution of our Soul, Body and Mind!

www.yogaflow.it

Janine Claudia Nizza holds Yoga Flow classes every Tuesday and Thursday at 1:00 PM in Gym A (FAO Staff Coop)

Contact: Paola Franceschelli (Yoga Flow coordinator) paola.franceschelli@fao.org
Check Italian version @

https://www.yogapills.it/cosa-direbbe-il-tuo-tappetino-se-potesse-parlare/?doing_wp_cr_on=1573223940.4245440959930419921875



WE INSPIRE A DIVERSE
STUDENT BODY TO
COURAGEOUSLY MEET
THE DEMANDS OF A
CHANGING WORLD
THROUGH AN
ENGAGING AND
CREATIVE CURRICULUM.

AMERICAN OVERSEAS SCHOOL OF ROME
WWW.AOSR.ORG/ADMISSIONS
VIA CASSIA 811
06.334.381

In ricordo di Giorgio Marraffa

Il nostro caro amico e collega Giorgio Marraffa ci ha lasciati Il 13 Gennaio 2020.

Lo ricorderemo sempre come persona estremamente gentile e collaborativa, sempre disponibile e pronto ad aiutare amici e colleghi a dimostrazione della sua grande forza d'animo e spirito ineguagliabili.



Ha svolto la maggior parte della sua carriera lavorativa al FIDI (Fishery statistics Data) dove ha contribuito allo sviluppo dell'annuario del commercio dei prodotti della pesca.

Ha, inoltre, collaborato per molti anni con la FAO Staff Coop con l'associazione G.A.D.O.I. (Gruppo Associativo Dipendenti Organizzazioni Internazionali) per la copertura medica dei figli e familiari dei dipendenti FAO. Mancherà a tutti noi ed a coloro che lo hanno conosciuto e apprezzato.

Ciao Giorgio



Embrace your family members again

Your online insurance visa trust for your italian journey

Quick and simple visa insurance

Thanks to the **online platform**, **Ecomutua** allows the client to have the **tourist visa** suerty in a **very few time**.

The best and fastest way to get your insurance visa trust for your italian journey.

FOR ALL FAO STAFF COOP MEMBERS, FAVORITE RATES.

www.ecomutua.org/fao



The **CHANGE** we want to see in the world starts with our **INVESTMENTS**



Introducing our '**Green Pension**' for international Agency Staff and Consultants

Today's global challenges need impact investing

Prosperous and Healthy People | Innovation for sustainability | Social Inclusion and Empowerment | Sustainable Food and Agriculture | Sustainable Mobility and Infrastructure | Renewable Resources | Circular Economy

Support the **UN Sustainable Development Goals** with your personal retirement planning

✓ Safe ✓ Internationally Portable ✓ Tax efficient ✓ Simple, transparent fees

Book your consultation now:
pensions@unityfinancialpartners.com

Or call: 06 57053142 - 06 57055753

FAO Tuesdays | 11 - 13 | Room E021
Fridays | 12 - 14 | Room E014

WFP Wednesdays | 12.45 - 15 | Room 5R97

