



**JUNE**  
**2020**

# fao Casa gazette

Mensile - No 6 - 2020 - Reg. Trib. N. 574 dell'8/10/1990

- CAMBIARE

- OF CONFINEMENT AND WORKING AT FAO

- ZOOM ONLINE PLATFORM

- PAS BESOIN D'ALLER À VIENNE

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*S. Tamaro*

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# CAMBIARE

*La crisi dal greco: “punto di svolta”. La situazione di crisi, dunque, è il presupposto necessario per un miglioramento, per una rinascita, per scoprire nuove risorse che prima ignoravamo e che ci permetteranno di rendere il futuro prossimo migliore*



## di Enrica Romanazzo

*Sostiene e promuove da anni le attività della FAO STAFF COOP. Nel contempo segue ed organizza eventi in difesa dell'ambiente e per la valorizzazione del territorio salentino*



L'umanità si è scoperta improvvisamente fragile, smarrita, impaurita. Le trasformazioni richiedono un adattamento all'inaspettata circostanza a ciò che comporta inevitabilmente un periodo di crisi. Se riflettiamo sull'etimologia della parola crisi possiamo coglierne una sfumatura positiva che risiede nella necessità di riflettere, valutare le priorità della vita. Presupposti necessari per una rinascita ed un prossimo rifiorire. Il termine “crisi”, di derivazione greca (κρίσις), originariamente indicava la separazione.

Ma ciò che la sua saggia etimologia ci racconta è che la crisi altro non è che un momento di scelta, di decisione forte. Risalendo al significato etimologico la crisi va pensata come una fase durante la quale dobbiamo tentare di separare la parte critica da noi, osservarla da un altro punto di vista e valutare se possiamo scegliere qualcosa di diverso, di più adatto alle nostre reali esigenze. Crisi, la parola greca che in tutte le lingue moderne ha voluto dire «scelta» o «punto di svolta», ora può indicare l'attimo della scelta, quel momento speciale in cui la gente all'improvviso si rende conto delle gabbie nelle quali si è rinchiuso e della possibilità di vivere in maniera diversa.

## LA GABBIA DELLA PAURA

Ci siamo chiusi nelle gabbie della paura, dell'isolamento ed è ora di ricominciare a tornare alla vita ripensandola in termini di comunità, autosufficienza, ritorno alla terra e resilienza.

Ritrovare il senso di comunità è la soluzione alla disperazione, solitudine, paura. Ricostruire i legami comunitari significa anche far fiorire lo scambio, la conoscenza, la solidarietà, la cultura e la resilienza cioè la capacità di reagire efficacemente a cambiamenti improvvisi.



I soldi a poco servono in momenti di emergenza e ci fanno capire che far crescere le economie non è certo la strada per garantire prosperità e tranquillità. Vista la situazione attuale, sarebbe opportuno mettere in discussione tutte quelle sicurezze che si stanno dimostrando totalmente illusorie. Una società che rincorre il denaro alla prima crisi crolla miseramente.

La crescita dei nostri guadagni non deve più essere una priorità. Qui l'unica cosa importante che deve crescere sono le piante dei propri orti. Devono crescere consapevolezza, collaborazione, l'aiuto reciproco, devono crescere le idee, le soluzioni affinché tutti si possa vivere dignitosamente, in pace, salvaguardando l'ambiente. Perché da questo dipende la nostra salute fisica e mentale. Impariamo a produrci energia ed a coltivare, non solo l'orto ma quei valori essenziali che fanno della nostra vita un progetto virtuoso.

Abbiamo creduto di vivere nel paese dei balocchi dove tutto si può comprare all'infinito senza nessun problema di approvvigionamento, di inquinamento, di esaurimento risorse. Poi arriva una crisi qualsiasi, ed il mondo si ferma. La crisi mette a nudo le nostre insicurezze ed i limiti della modernità e del progresso. È ora di ripensare ad un modo di vivere più semplice ed umanizzante, di ricostruire una società basata sull'indipendenza energetica e alimentare in primis.

L'Italia è un paese dalle potenzialità immense in questi settori: è strapiena di posti abbandonati e campagne che andrebbero ripopolati per rivalutare e sfruttare le nostre meravigliose ricchezze, è un paese pieno di sole, dalle grandi potenzialità geo climatiche, ma ancora attaccato alla flebo dei combustibili fossili che generano costi, rischi enormi, inquinamento. Si spera quindi in un cambiamento di rotta: nulla di fantascientifico, dato che ormai già vari paesi del mondo si stanno orientando in questa inevitabile direzione.



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Speriamo che non ci sia bisogno di ulteriori drammi per capire che la vera soluzione sta soprattutto nel ripensare ad un graduale ma deciso ritorno alla terra, non solo per la pura e semplice sopravvivenza ma anche per la tutela, salvaguardia del territorio e delle basi della vita.



### LA DIDATTICA A DISTANZA

*È un momento inedito per tutti che ha imposto cambiamenti. Ma ora si deve pensare ad un ritorno alla normalità per non compromettere lo sviluppo relazionale, psicofisico ed affettivo dei bambini, già da troppo tempo lontani dai banchi di scuola e dai loro compagni di classe.*

In questa crisi sono stati i più piccoli a pagare un prezzo altissimo, sotto il profilo



psicologico. “Certo il nonno muore, ma il ragazzino va fuori di testa. La scuola non è importante solo perché impari a leggere e a scrivere, ma anche perché stai in gruppo. E’ un luogo di socializzazione. Dobbiamo anche sapere che c’è un’altra emergenza che non è virale, ma è l’interruzione prolungata di qualsiasi livello di socializzazione, a favore di una comunicazione virtuale che anche quella

farà i suoi danni. Se un bambino cresce pensando che la comunicazione sia virtuale, cresce in maniera autistica, perché non conosce i sensi”. (Paolo Crepet - psichiatra, psicologo, sociologo, saggista).

In tempi di COVID-19 la DAD, didattica a distanza, è stata da molti fin troppo esaltata ma questo rischia di uccidere o alienare definitivamente la scuola. I bambini hanno già pagato un grande prezzo non solo per non essere potuti uscire di casa per molte settimane, lontani dai propri amici ed affetti, dalle loro passioni sportive ed artistiche, ma soprattutto per l’interruzione e la sospensione improvvisa di partecipazione e contatto fisico con il loro mondo relazionale scolastico, in presenza di insegnanti, compagni e di tutte le figure che abitano la scuola e a cui erano vicini.



A ciò, si è aggiunto il sacrificio richiesto al tempo e alla serenità delle famiglie, che si sono fatte carico della gestione sociale e didattica a distanza dei loro figli, trasformandosi, all'occorrenza, in informali assistenti scolastici improvvisati.

L'insegnamento non è solo trasferimento di sapere e apprendimento di concetti, ma è anche la conoscenza delle regole della comunità che popola le aule scolastiche di una scuola fatta di corpi che si incontrano, si salutano, si sfiorano, si abbracciano, che si tengono per mano...corpi seduti ai banchi oppure in movimento mentre si inseguono nei giochi praticati nel cortile.

“La didattica a distanza non è didattica, non è vero che funziona, è stato ed è un esperimento fallimentare”. È l'appello di alcuni insegnanti di Firenze che hanno indirizzato una lettera alle istituzioni.

I docenti sostengono che la didattica a distanza sia un canale per continuare ad avere un rapporto in qualche misura umano con gli studenti e le loro famiglie, ma non certamente per garantire il diritto allo studio ed all'apprendimento delle regole necessarie per vivere in comunità.

Pertanto si augurano che a settembre, insegnanti e famiglie possano riascoltare il suono della campanella.

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# OF CONFINEMENT AND WORKING AT FAO



**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*

## **Introduction**

The coronavirus has an enormous power. It has shut down almost the entire world, and has put us all in confinement. Confinement for a long time can be very hard on our work, mood, spiritual being, health, morals and, on top of the list, on our brains. If confinement isn't dealt with in a positive way, it can be depressing and devastating.

In this article, I record my own views, which are by definition subjective, on how to keep your brain: active, happy and productive under confinement. This isn't a recipe for everybody; but as it has been working for me, I hope that, at least part of it will be helpful to you, my dear colleagues at FAO.

## **The News**

Of course we have to follow the news of the virus: its victims worldwide and particularly in your country, its nature, developing a cure etc. Yes, you should be informed, but not "over-informed" if there is such a thing. To me this could happen if you leave everything and get glued to the TV screen watching and re-watching the news of the virus. Not only will you be "over-informed", but most probably mis-informed, depressed, worried and too anxious. All of these negative feelings you could develop, even though they are due to an external factor, the virus, which is beyond your control. Thus, I recommend: Follow the news only twice a day: once in the morning and another at night. And, of course you have to strictly follow the safety instructions, and have a positive perception on our new world that has evolved over night.

## **Working at FAO from Home**

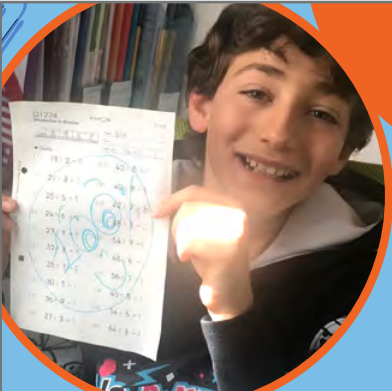
Now you are working at FAO from home. Do your best to dig deeper in the nature, scope and objectives of your job. Most probably during confinement you will focus on the technological and intellectual aspects, and less on the administrative component of your job. Currently with more time and quiet environment at your home, you can excel in your job and your mission at FAO. Think of the key issues and challenges that are frequently encountered in trying to achieve the objectives

of your mission at FAO. Try to think of more original and innovative developmental approaches to help developing countries to achieve elimination of hunger and higher levels of food security under the current hard conditions and trying times. Now you have the time to do some research and to study the successful models of countries which succeeded in achieving those objectives. You can draw lessons from the experience of those countries. Write down your own findings, and examine your perceptions in relation to your practices in the office. When you come up with new ideas, examine them carefully. Play the role of the devil's advocate against them: to identify their shortcomings, address those shortcomings, and perfect those ideas. Once you are satisfied, record your findings. And tomorrow when life comes back to normal you can discuss your findings with your superiors and colleagues. Hopefully, your effort will be appreciated. In this way, working from home becomes a stimulating and intellectual exercise. And this, in itself, is quite an enjoyable task.

**Hobbies**

Under confinement, visits are not allowed. Thus, if you aren't living with elderly persons and/or young children that you are involved in caring for, and even though you are working hard on your FAO's job at home, you will still have some spare time at your hand.

What to do with it to stay happy and active? If you have a hobby, a passion for something that gives you lots of pleasure, but perhaps you didn't have enough time to pursue it in the past, then you are lucky because now you have the time to fulfill



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your passion. If you don't have a hobby, now it's a good time to find and adopt one. Dig deep into your inner soul and find: What is it that you liked most? Is it painting, music, writing, reading, and/or other activities? Pick up the one you like most and adopt it. And now as you have more time under your control, set a number of quantitative tasks of your hobby to be carried out while in confinement. For instance, if your hobby is painting, set a target for yourself to paint x number of paintings; and specify for each its size, approach, media, and subject. If your hobby is music, do the same by deciding how many pieces to play, and/or listen to, compose (if you are a composer) and when. To be blessed by a hobby, while in confinement, is, indeed, a great pleasure.

### *Meditation*

One of Oxford Dictionary's definitions of meditation is that: "Meditation (on something) ... [is] serious thoughts on a particular subject that somebody writes down or speaks". An example of this kind of meditation is also provided by the same dictionary as: "A rare copy of his 'Meditation on Love' has been discovered." Books are written on meditation: its origin, nature, approaches, practices, etc. The interested readers can follow up the subject in the literature. But, here I only refer to the above-mentioned kind of meditation, that is: "Meditation on something". Here you pick up a question, or a word, that you are interested in. Think about it for a long time. If you find a convincing answer - if it is a question - or a meaning - if a word -, record it on paper. And move on to another question and/or a word. If you realized that the answer and/or the meaning is complex and involves different disciplines beyond your specialization, then try to search for answers. You will obviously start with "Dr. Google" who answers a lot of questions. If you are satisfied with "his" answer, then record it and move on to another question and/or a word. If you aren't satisfied, then depending upon your passion to the issues raised: either you continue your research or stop and move on. For instance, if you love painting and the question is critical to how to progress in your work in art, you can continue your research on the subject until you are satisfied. Again, meditation is a great intellectual exercise that fits well to the situation of confinement and the implied periods of hard times.



Flowers in a glass vase.  
An oil painting, done as a hobby,  
by Fahmi Bishay  
(Oil on canvas, 60 X 40 cm.)

### *Concluding Remarks*

Under confinement, try to be intellectually busy, and technologically active with FAO's work. Enjoy a hobby and/or do meditation to keep yourself busy, involved and productive. And let us hope that the virus will be defeated, and life goes back to normal, soon. Please stay safe and healthy.





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# ZOOM ONLINE PLATFORM FOR THE FAO STAFF COOP ACTIVITIES



We are pleased to announce that the Zoom online platform for the FAO Staff Coop activities has been activated. We have two accounts now, therefore it will be possible to hold max. 2 courses at the same time. Those who are interested to participate, are invited kindly to indicate soonest preferences by selecting the time slot (The last slot in a day is from 19:00 to 20:00hrs, and this is in order to give a possibility to all groups). Once defined, the timetable will be maintained. The meetings will be hosted by Gianluca Romanazzo and Flavia Iacovitti (FAO Staff Coop) who will send the link of the meeting to the teacher or coordinator of the group within one hour from the foreseen start of the session, in order to allow them in turn to send it to all the participants. We suggest to start the session 10 minutes before the foreseen start so that it would be possible to finish 5 minutes before the end. In this way the next group would have a few minutes to get organized before starting its session.

To this purpose, we suggest that all the teachers and participants download Zoom application in advance on their Computer (<https://zoom.us/download>), or the app on their cell phone/tablet.



If you wish to receive further information on this issue or need assistance, please do not hesitate to contact us by calling ph. no. 06 57053142 (ext. 53142).



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Dear Friends,

While we wait to resume our offer of onsite tours, walks and courses, we are happy to launch our newly structured online sessions. Through the online platform, our diverse sessions are accessible and may be of interest to both residents and nonresidents of Rome. **Our first proposed online session will focus on drawing and watercolor,** in some of the most suggestive locations in Rome.

**Sessions to follow will focus on the history of Rome through a virtual experience of the extensive and diverse beauty of its art and architecture.** Our online sessions will be available even after lockdown and social distancing will come to an end (hopefully very soon) parallel to our onsite activities. For more information please see [www.c-rome.com](http://www.c-rome.com)  
We hope you will join us online!

[C-ROME - Tours and art experiences in Rome](#), are pleased to announce the opening of their online drawing courses.

Learn the art of drawing and watercoloring, working on themes and subjects from one of the World's most beautiful cities. Architect and illustrator Fabio Barilari will guide you through the techniques and ideas behind effective and striking illustrations of 12 different fascinating Rome locations.

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**5 lessons:** 5 lessons 1,5 hour long, on 5 specific topics to be agreed | Cost: 200€  
**Full course:** 12 lessons 1,5 hour long, on 12 different topics and themes. | Cost for the entire course: 450€/person if private - 300€/person if in group (minimum 2)



**Main topics:** Urban drawing, Human figure, Perspective and shadows, Cityscape and Landscape, Watercoloring, Alternative drawing and coloring techniques.



We welcome people of all skill levels, from beginners to professional artists. Fabio will dedicate time to each person, according to his / her skills. All the lessons will be developed on Zoom platform. Alternative platforms such as Skype or other, could be agreed on for specific needs. Drawing sessions are available in both English and Italian and may also be customized on specific requests.

Should you like to know more about Fabio Barilari's artwork, please visit [www.fabiobarilariart.com](http://www.fabiobarilariart.com) Or watch him at work on these links:

- [Drawing Campo de' Fiori](#)
- [Watercoloring the cityscape of Rome](#)

**Registration and payment policy:** Should you be interested in one of our proposals, please contact us at [architetto@fabiobarilari.com](mailto:architetto@fabiobarilari.com) and [fao-staff-coop@fao.org](mailto:fao-staff-coop@fao.org).

To confirm your registration to an event, we will send you payment details. Once the payment will be completed, your registration to the event will be confirmed and activated.

Should you not be able to attend a confirmed event, we do not have a refund policy but we will offer the opportunity for an alternative date to be agreed on.

**C-ROME** Our tours and drawing sessions offer the opportunity of observing the evolution of this unique city, from its origins to the current challenges, presented through some of its most iconic sites.

Don't miss your chance to see and discover Rome with us, in more than one way! You may find more details on our web site <https://c-rome.com/>



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## THE FAO STAFF COOP IS PLEASED TO OFFER A NEW MUSIC ACTIVITY “FUNDAMENTALS OF MUSIC”

Designed for those of you who already read music, this online Zoom class will explore the possibilities of music through a study of music theory, forms and genres. Think of this class as an opportunity to delve into all aspects of music, to understand how musicians and composers make music, to understand music notation and, above all, to fine-tune your ears when you listen to any kind of music. As with the other music classes, it will be adapted to the participants' background and feedback.



Maestro Orhan Memed ([www.orhan-memed.org](http://www.orhan-memed.org)), our FAO Staff Coop piano and music history teacher, will lead this one-hour class on Fridays at noon. For more information and for all enquiries, reach out to him directly: [omemed@me.com](mailto:omemed@me.com) or +39 338 8684385. The cost is €10 per hour class.

**FIRST CLASS IS ON  
FRIDAY 22 MAY AT 12:00**

**CLASSES EVERY FRIDAY**

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## “HISTORY OF MUSIC”

The FAO Staff Coop is pleased to continue the general music classes. These will now be online on Tuesdays at 12:00 starting on 19 May. As a reminder, these classes are open to all music lovers and people interested in the wonderful world of classical (and not only!) music. Every week there is a new theme, subject, period in music, or composer. No knowledge of reading music, etc is required. Just attentive ears and an interest in expanding your knowledge of music! The cost is €10 per hour class. Led by the FAO piano teacher Orhan Memed ([www.orhan-memed.org](http://www.orhan-memed.org))

**CLASSES ON TUESDAYS AT 12 :00**

For Info, please contact FAO Staff Coop, x.53142 / [fao-staff-coop@fao.org](mailto:fao-staff-coop@fao.org)

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# SOSTENIAMO L'AMBIENTE E LA CURA DEI NOSTRI CAPELLI

*BioHairExpert è pronta a coccolarti e rilassarti tra profumi inebrianti e rigeneranti tisane, trattamenti ideali per chi è in dolce attesa e per chi soffre di allergie e intolleranze*



L'attenzione all'ambiente e all'igiene è un punto fondamentale nel nostro periodo storico.

L'avvento di una nuova avversità come il covid-19 se da un lato ha dimostrato come lo stop della vita frenetica possa far riprendere libero spazio alla natura e alla sua fauna, ha riportato in auge il problema della plastica. Infatti mascherine e guanti vengono abbandonati in strada, gettati via dopo il loro utilizzo senza alcuna cura per benessere del pianeta e per la sicurezza altrui.

BioHairExpert, un salone di cura della bellezza dei capelli al contrario è da sempre stato attento alla sensibilizzazione del plastic-free e pone l'attenzione su prodotti ecosostenibili come alluminio o materiali biodegradabili.

Un mondo, dunque, che ha sempre più bisogno di attenzioni e accortezze trova campo fertile nel made in Italy e le terre che la nazione offre.

BioHairExpert nasce a Maggio 2018 nel cuore di Roma adiacente al parco della Caffarella, in Via Macedonia 70,a.

Un concept totalmente Bio, dall'arredamento ai prodotti per la cura dei capelli ideato dall'idea imprenditoriale di Gianni Casale.





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Personale professionale e attento al dettaglio ti seguirà durante tutto il tuo percorso di bellezza e verranno strutturati pacchetti ad hoc per la cura dei tuoi capelli, senza l'utilizzo di prodotti chimici o con parabeni.

BioHairExpert è il punto di riferimento a Roma per chi desidera trattamenti biologici per i propri capelli. Vieni a scoprire di più con una consulenza su misura per te.

A promotional graphic for Bio Hair Expert. It features a circular logo with 'Bio HAIR expert' in the center, surrounded by 'GC WORLD' text. To the right of the logo are icons for phone, Instagram, Facebook, location, and website, each followed by contact information: '+39 06 89021840', 'BIOHAIREXPERT', 'BIOHAIREXPERT', 'VIA MACEDONIA, 70A', and 'WWW.BIOHAIREXPERT.IT'. At the bottom, a dark green banner contains the text 'PROMO 20% OFF' in white.

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# PAS BESOIN D'ALLER À VIENNE



**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 trois derniers livres: "Tant de Chemins partent de Rome", "Orient" 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*

La ville de Montepulciano est un chef d'œuvre de l'architecture médiévale, et son vin une référence. L'histoire du Nobile est exemplaire de l'histoire des vins en Italie. Des débuts fracassants, l'établissant comme le vin du roi étrusque Porsenna, puis comme l'un des meilleurs vins du Moyen-Age, déjà exporté au 14ème. Très doué, il ne fit aucun effort pour s'améliorer, et lorsqu'après des siècles de négligence il fut tombé au rang de petit vin régional, il ne fit que s'accrocher au célèbre jugement que le poète Redi donna de ce vin en 1635 : "Montepulciano, d'ogni vino è il re". Au 19ème siècle, il avait encore quelques partisans, dont Thomas Jefferson qui dans une lettre de 1817 au Président Monroe écrivait: "Je voulais vous mentionner un autre vin, celui de Montepulciano. Moins d'une bouteille sur cent m'a déçu". Au 20ème, les consommateurs se firent plus exigeants. L'appellation peu modeste de "Vin noble" et cette fanfaronnade de "Roi de tous les vins" ne fit qu'augmenter le désenchantement des dégustateurs qui jusque vers les années soixante-dix ne trouvaient dans ce vin qu'un breuvage dur et astringent. Parodiant une phrase célèbre de Charles de Gaulle, on pouvait dire: "le Nobile est un vin de garde, et il le restera".

L'immense succès de son jeune voisin, le Brunello, créa une réaction d'orgueil chez les producteurs de Nobile. Comment un vin sans passé comme le Brunello, né seulement à la fin du 19ème, qui décupla son vignoble, sa production et ses prix entre 1965 et 1975, originaire d'une bourgade pauvre et constamment tenue en vassalité, osait-il détrôner un vin millénaire, doyen des vins toscans, produit par des aristocrates qui de leurs palais du Vignale ou du San Gallo avaient placé deux papes à Rome, acquis leur indépendance tant de Sienne que de Florence, et dominaient tout le Val di Chiana et le Val d'Orcia? Après l'effet de surprise, tout en faveur du Brunello, la réaction ne se fit guère attendre. Quinze ans plus tard, le vignoble avait retrouvé sa grandeur d'antan: le Nobile fut en 1983 la première appellation contrôlée et garantie (DOCG) vendue au public six mois avant le Brunello et avant le Barolo.



Il est redevenu l'un des plus grands vins d'Italie, mais, miracle, les prix n'ont pas suivi. A croire que ces gentilshommes n'ont pas besoin d'argent.

A la fin du confinement, un voyage à Montepulciano s'impose. Dans son magnifique livre sur la province de Sienne, Wigny écrit: "Si l'on veut savoir ce que contient de justesse et de perfection l'art de la première Renaissance, resté sévère malgré son charme, empreint du sentiment que nous appelons lorsque nous l'appliquons aux hommes, la dignité, c'est à Montepulciano qu'il faut venir".

Commencez et terminez votre visite par le palais Ricci et le chai de Baldassarre Peruzzi en entrant par via Collazzi. Passez la porte vitrée à ouverture automatique qui vous amène dans l'admirable grotte étrusque où vieillissent les meilleures bouteilles, prenez à droite en longeant d'immenses foudres et entrez dans cette cathédrale du vin, prenez le grand escalier qui vous conduira cinquante mètres plus haut dans la cour intérieure du palais. De là, sortez dans une rue bordée de riches hôtels particuliers et remontez vers Piazza Grande, d'une sévérité tellement noble que le raffinement de Florence vous paraîtra presque vulgaire. Deux des cinq meilleurs producteurs y tiennent comptoir. En descendant le long de la Cantina Contucci vous arriverez au Corso par l'une

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des petites ruelles (prenez de préférence le Vicolo Benci). Laissez-vous entraîner par la pente, entre des palais plus beaux les uns que les autres. Sur la gauche, un négoce en vins somptueusement approvisionné en Nobile. Plus bas sur la droite, le Café Poliziano. Inutile d'aller à Vienne pour lire son journal tranquille ou jouer aux échecs en dégustant un café de rêve et une pâtisserie (Panforte, Ricciareli...) avec vue sur le val di Chiana et le lac Trasimène. Descendez toujours et passez devant le palais de la Banque de l'Etrurie. Laisant à gauche la ravissante petite place des herbes, la descente se fait vertigineuse vers la place du Polichinelle, du nom de l'automate qui y sonne deux fois les heures (décidément pas besoin d'aller à Vienne !). Sur cette petite place à gauche, sous l'église, la vitrine des petits producteurs.

Descendez encore. Tout de suite à gauche, le énième beau palais renaissance qui abrite une succursale de la plus vieille banque au monde, "Monte Paschi" comme l'appellent les locaux. Elle traitait déjà chèques et lettres de crédit quand une partie de l'Europe chassait encore les bêtes sauvages à coups de silex et de gourdins. Juste après, un palais dont la base des murs est faite de sarcophages étrusques et romains, fabuleux exemple de recyclage.

Et la vie continue; la pente aussi, mais celle-ci se fait moins raide pour arriver en douceur à la colonne du lion florentin, devant l'hôtel Marzocco déjà cité comme bonne auberge dans les guides du 19ème siècle. A votre gauche, dans le dernier virage avant la porte fortifiée sortant sur le quartier de Sant'Agnese, le siège de la famille Avignonesi, nommée ainsi pour avoir accompagné les papes en Avignon. Devant le palais Avignonesi attendez le petit bus orange qui vous hissera sans fatigue jusqu'aux 605 m de la Piazza Grande, mais quitter plutôt le bus devant la maison du Poliziano et continuer à pied en longeant la cantina Gatta Vecchi pour surplomber la magnifique église San Biagio (de San Gallo) et revenir à la Cantina Ricci par via Colazzi. De cette rue, l'une des rares à peu près planes, ne manquez pas les échappées sur l'un des plus beaux paysages du monde, une campagne ondulée telle que Botticelli la voyait il y a cinq siècles quand il venait peindre ses fonds de tableau à Montepulciano.

De retour au temple de Peruzzi, les dégustations aidant, vous penserez que j'avais bien raison d'être aussi enthousiaste.

Dominique.alheritiere@gmail.com [extrait modifié du livre "Tant de Chemins partent de Rome", 2020, Nombre7éditions, Nîmes (France), 193 pages.



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# THE EFFICIENCY OF TEACHING ON LINE:THE FELDENKRAIS MINDFUL APPROACH



**by Irene Habib**

*Feldenkrais Assistant Trainer & Practitioner*

One of the central benefits of the Feldenkrais method of somatic education is its ability to improve so many aspects of people's life.

I have been teaching "Awareness through Movement" lessons (Feldenkrais method in groups) already for more than 30 years: through the years I have had the pleasure to see people changing their attitude towards their body and transforming the discomfort of rigidity and stiffness, due to prolonged use of computers and sitting posture, in flexibility and better posture.



In this particular period of world pandemia I discovered the great potential in teaching the Feldenkrais method online using the Zoom platform (starting from the beginning of April 2020). I found myself having to learn very fast how to adapt to this new tool which I had always considered not suitable for this purpose. It soon revealed itself as a great discovery and I had to admit the great advantages of this online formula.



As opposed to other disciplines, in the case of the Feldenkrais method the participants do not have to look at the teacher showing movements, but the teacher gives precise instructions and observes carefully what the participants do.

Therefore one of the first great benefits is for the participants, to be free to follow the instructions, without having worry and stare at the screen! Although I have used Zoom only for a month and a half as a teaching platform, I must say I feel very familiar and comfortable with it. I have also clients that live out of town and appreciate not having to drive anywhere.

Normally I send an email containing the login credentials and directions on how to set up their physical space for the class, and how to contact me if there are problems.

Feldenkrais group classes are known as Awareness Through Movement lessons. These classes use slow, mindful movements to achieve powerful effects in terms of strength, flexibility and holistic integration of body and mind. There is an incredible variety of lessons that tie directly into functional movements of daily life, such as walking efficiently, safely lifting objects and improving one's posture in sitting or standing.

You might walk, stand or sit in a chair, although usually you will lie on the floor in a variety of comfortable positions: either on your back, front or side.

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The teacher guides students through a sequence of movements; as they attend to the improving quality of movement, unnecessary muscular tensions throughout the body can reorganize and release.



I thank FAO Staff Coop for the efforts made to allow us to keep going on a common platform online in this challenging time, and I believe the online option will continue to be a useful tool to be used also once we will be back in our Gym space, hopefully sometime in the next future.

Info: [habiren@gmail.com](mailto:habiren@gmail.com)  
or FAO Staff Coop  
group coordinator: Eileen Larkin

***New additional Zoom sessions on FAO Staff Coop platform:***

-Tuesdays 18.00-19.15  
&  
-Thursdays. 12.00 - 13.15

-Already active group  
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18.50 - 20.15 (teacher's platform)

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