



FEBRUARY
2022

fao CASA gazette

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- CATAMARAN CRUISE ADVENTURES
TO THE BEAUTIFUL ISLANDS OF
SOUTHERN ITALY!

- RISE OF THE FAO-RBA XI CRICKET
TEAM IN 2021

- FRAGMENTS
DIECI ANNI DI CONCERTI A ROMA

- VALENTINE'S DAY HEART COOKIES

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foto di Emiliano Pinnizzotto

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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.

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ALL ACTIVITIES ARE FOR STAFF COOP MEMBERS ONLY

FEBBRAIO - ATTENDIAMO IL RISVEGLIO DELLA NATURA

Febbraio secondo Somerset Maugham: "Febbraio è un mese di languori, il cuore del mondo è greve, ignaro ancora dell'inquieto aprile e del vigoroso maggio".



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

Febbraio, veniva chiamato dagli antichi Sassoni "mese del fango", segno del disgelo in corso e della terra che riprende vita. Siamo ancora nel cuore del freddo inverno che sta facendo il suo dovere di vecchio scrupolosamente austero nel suo ordine di bianco e nero, di neve e ghiaccio che albergano nella gelida disciplina del suo cuore.

Ma il peggio è alle spalle e già strizziamo l'occhio rivolto alla bella stagione che si prepara ad incombere a breve con il suo cielo luminoso e la sua aria dolce e tiepida. Te ne accorgi quando le giornate si fanno più lunghe per lambire i confini di una nuova primavera, e l'animo si fa lieve al pensiero che tra non molto si potrà entrare nello spazio luminoso di giornate soleggiate e profumate di fiori.

L'inverno è il periodo dell'anno che favorisce maggiormente l'immaginazione: ci si siede davanti al camino, si riflette sul passato, su quello che è stato l'anno appena trascorso, ci si prepara a quello che verrà. È una stagione psicologica, oltre che temporale." (Sting)

Ed è tempo di programmare per il 2022 una serie di interessanti gite in riva al mare, all'aria aperta, in mezzo alla natura.



Qui una delle proposte per la bella stagione.

CULINARY

TRAVELING

GENES

ADVENTURES



2022
Adventures

Private Catamaran Cruise Adventures To The Beautiful Islands of Southern Italy!

June 18 - 24, 2022

July 9 - 15, 2022

July 30 - August 5, 2022

Pack your sunglasses and swimming suit for an amazing six night and seven day private catamaran cruise to the beautiful islands of Southern Italy destined to bring countless pleasant surprises and memorable moments that will take your breath away. Italy is a land of passion and romance, of history and culture, and of beauty varied in its nature. Join us for an unforgettable, one-of-a-kind catamaran cruise on the enchanting waters of Italy's Tyrrhenian Sea where we will discover a region of picturesque seaside towns, charming villages, and beautiful views interspersed with crystal blue waters and majestic cliffs. We will cruise along a unique coastline making stops in Salerno, Sorrento, Procida, Ischia, Capri, and Amalfi, each having their own charismatic small ports, beautiful hidden harbors and towns that are the essence of serenity, traditions and history waiting to be explored. Exquisite cuisine, stunning coastal landscapes, beautiful beaches and a wealth of cultural and natural wonders - it's hard not to fall in love with this Mediterranean paradise.

Join Chef Pasqualina and Captain Alessandro on this authentic and specialized catamaran holiday featuring an exciting itinerary, where you will have ample time to explore, enjoy and soak in the wonders of Italy's Southwestern Coast. Our goal is to provide guests with a safe, enjoyable, and unforgettable experience where every crossing becomes a memory of beauty and serenity.



SALERNO is an authentic local's town and is one of the best-preserved historical centers on the peninsula, characterized by medieval, winding streets. Salerno is where you will find a variety of landscapes and natural wonders that are rich with traditions. There are many things to do in this town with charming individuality, especially around its centro storico (historic center) where medieval churches and neighborhood trattorias echo with the addictive bustle of southern Italy.

Explore various museums and restaurants that offer typical dishes of salernitana cuisine that remind you of the simple life and the taste of fresh ingredients. Visit the famous 'Castello di Arechi, a castle dating back to the 6th century with a beautiful panorama that overlooks the city,

or stroll along a tree-lined seafront promenade known to be one of the cheeriest and most attractive in Italy. The warm Mediterranean sun and rolling hillsides beckon with new adventures and experiences. Salerno offers precious memories that will last a lifetime.

SORRENTO is a colorful town overlooking the Bay of Naples in Southern Italy on the Sorrentine Peninsula. This small city in Campania is famed for its sea cliffs that rise 55 meters above the sea, where the town's steep slopes look out over crystal blue waters and the islands of Ischia and Capri. Sorrento sits amid lemon and orange groves and is the birthplace of Limoncello liqueur.

Sorrento is also known for its small ceramics, lacework and marquetry (woodwork) shops. The heart of town, Piazza Tasso, is surrounded by little streets where you will find shopping and many places to eat offering delectable local dishes and pastries, such as the famous Caprese almond cake. It's a delightful town of strolling, relaxing, and enjoying a bit of la dolce vita.





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PROCIDA is the smallest inhabited island in the Bay of Naples, on the south-eastern coast of Italy. This beautiful island is full of charm and has an incredible laid-back, local feel with shops that are mostly catered to the locals. Even though Procida is tiny, there are plenty of interesting places to visit and things to do such as, a visit to

‘Marina di Corricella’ where the view from the road up to the castle

is a sweeping, romantic vista across a glistening bay with fishing boats bobbing in the harbor, the ice-cream colors of the 17th-century fishermen’s houses and the lemon sherbet-colored Santa Maria delle Grazie Incoronata church. Or visit Terra Murata, a fortified medieval village at the highest point on Procida, where you will find a peaceful atmosphere with beautiful views over the island of the Tyrrhenian Sea, Naples, Ischia and Capri. Getting around Procida is easy and we highly recommend

walking to appreciate the history and beauty of this warm and welcoming island. The entire island has an area of only 1.6 square miles, and it’s easy to see the major sites on foot where you can walk through villages and narrow streets, as well as the waterfront. Exploring by foot is one of the best things to do in Procida to truly appreciate this beautiful town..

ISCHIA is a volcanic island and the most developed and largest of the islands in the Gulf of Naples. The island of Ischia is known as “The Green Island” due to its yearround mild climate, unspoiled landscapes, numerous pine trees and a rich Mediterranean vegetation giving the island an explosion of colors and fragrances.

There are also many historical locations on the island of Ischia such as, the striking medieval ‘Aragonese Castle’ or the 18th century ‘Palazzo dell’Orologio,’ which houses the Sea Museum, devoted to Ischia’s fishing tradition. Because the island is of volcanic origin, it hides in its underground a high



concentration of mineral-rich thermal waters and is considered to be ‘The Capital of European Natural Spa,’ a place where you can relax while indulging in wellness regimens. Ischia offers numerous thermal spas and wellness centers where you can regenerate your body and soul. A down-to-earth and picturesque island that offers exotic sceneries with flowing hills, rocky beaches and the dramatic ‘Faraglioni,’ three towering rock formations that soar like a dream lost in the cobalt blue sea that surrounds them. The Port of Ischia is constantly bustling, full of shops, cafés, restaurants, and taverns where you can taste local delicacies and listen to traditional Neapolitan music. Ischia is a jewel on the Mediterranean Sea.

CAPRI is the most popular of the islands enchanting people since ancient times, its glittering blue seas and pine tree strewn lands casting a spell over all who visit. Capri is known for its jawdropping natural beauty, delicious cuisine, upscale hotels and world-class shopping, from designer fashions to handmade leather sandals. An elegant and refined island that has long attracted the rich and famous to its shores. Capri is also well known for its extraordinary natural site, the Blue Grotto (Grotta Azzurra), which has been bewitching visitors since the time of the Roman emperor, Tiberius. The Grotto’s remarkable optical effect is created by the sunlight bouncing off the cave



walls, producing electric-blue water that seems to glow. Anyone visiting the island should stop in the famed main square known as the Piazzetta, for either a morning espresso or for an aperitivo cocktail in the evening. There are ruins of two medieval castles, the ‘Castello di Barbarossa’ and the ‘Castiglione,’ and the oldest church (10th-11th centuries) is that of ‘St. Costanzo,’ the island’s patron saint. There are many other places to visit while on the island such as, ‘Giardini di Augusto,’ gardens that have a vast variety of Mediterranean flora with spectacular views or visit the island’s highest point known as ‘Monte Solaro.’ When you’re wandering down tidy pathways, surrounded by bright flowers on one side and views of the sea on the other, finding your way around Capri becomes part of the fun!

AMALFI is a charming and historically rich town on Italy's scenic Amalfi Coast. Amalfi is a town that is magically suspended between the blue sky and the iridescent colored sea. A vertical landscape characterized by a picturesque labyrinth of stairways and narrow alleys, connecting the two main elements of this landscape: the mountains and the sea. Between the 9th and 11th centuries, it was the seat of a powerful maritime republic and a trade bridge between Byzantine and western world. Today, natives refer to this hillside city as "the pearl of the Mediterranean," with its ivorycolored buildings, complete with tiled terracotta roofs. Amalfi rewards its visitors with a peak into the region's lemon cultivation, where the sweet scent of lemon blossom is a citrus delight, as well as tranquil beaches and historical sights. Amalfi is also known for its handmade paper operations. Paper has been made here for centuries and can be found in local shops. This is the island where you can experience breathtaking medieval architecture, crystal blue waters, artisan shops, and a plethora of authentic eating and drinking establishments that welcome you in like a warm hug, making it difficult to end your stay. Experience and enjoy the flavors of the local cuisine, then spend some time exploring the islands. You will get lost in a magnificent whirl of fragrances, unforgettable sunsets, colors, tasty dishes, small villages and stunning beaches with crystal clear waters - a Mediterranean paradise!



PROGRAM

Day 1 Saturday:

- Check in Embarkation will be in Salerno at 7:00 p.m
- 7:30 p.m. - 8:00 p.m.: Cruise briefing and safety rules discussion
- 8:30 p.m.: Pizza Night in Salerno with Chef Pasqualina and Captain Ale
- Overnight stay on board in the Port of Salerno

Day 2 - Sunday: Salerno to Sorrento

- 8:30 a.m. - 9:30 a.m.: Breakfast on board
- 9:00 a.m. Departure: Depart Port of Salerno towards Sorrento.

We will be cruising for approximately 4 hours under normal weather conditions.

- 1:00 p.m.: Lunch on Board

YOUR GOALS, OUR GOAL.

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- 3:00 p.m.: Arrival to the Port of Sorrento
- Free Night: Discover the town of Sorrento during your free time and enjoy dinner at one of the local restaurants.
- Overnight stay on board in the Port of Sorrento

Day 3 - Monday: Sorrento to Procida

- 8:30 a.m. - 9:30 a.m.: Breakfast on board
- 10:00 a.m.: Departure: Depart Port of Sorrento towards Procida. We will be cruising for approximately 2 hours under normal weather conditions.
- 1:00 p.m.: Lunch on Board
- 3:00 p.m.: Arrival to the Port of Procida
- Free Night: Discover the town of Procida during your free time and enjoy dinner at one of the local restaurants.
- Overnight stay on board in the Port of Procida

2022

Day 4 - Tuesday: Procida to Ischia

- 8:30 a.m. - 9:30 a.m.: Breakfast on board
- 9:00 a.m. Departure: Depart Port of Procida towards Ischia. We will be cruising for approximately 1 hour under normal weather conditions.
- 1:00 p.m.: Lunch on Board
- 3:00 p.m.: Arrival to the Port of Ischia
- Free Night: Discover the town of Ischia during your free time and enjoy dinner at one of the local restaurants.
- Overnight stay on board in the Port of Ischia

Day 5 - Wednesday: Ischia to Capri

- 8:30 a.m. - 9:30 a.m.: Breakfast on board
- 9:00 a.m. Departure: Depart Port of Ischia towards Capri. We will be cruising for approximately 2 hours and 30 minutes under normal weather conditions.
- 1:00 p.m.: Lunch on Board
- 3:00 p.m.: Arrival to the Port of Capri
- Free Night: Discover the town of Capri during your free time and enjoy dinner at one of the local restaurants.
- Overnight stay on board in the Port of Capri

Day 6 - Thursday: Capri to Amalfi

- 8:30 a.m. - 9:30 a.m.: Breakfast on board
- 9:00 a.m. Departure: Depart Port of Capri towards Amalfi. We will be cruising for approximately 2 hours and 30 minutes under normal weather conditions.

- 1:00 p.m.: Lunch on Board with a view of Positano
- 3:00 p.m.: Arrival to the Port of Amalfi
- Free Time: Discover the town of Amalfi during your free time and enjoy dinner at one of the local restaurants.
- Overnight stay on board in the Port of Amalfi

Day 7 - Friday: Amalfi to Salerno

- 8:30 a.m. - 9:30 a.m.: Breakfast on board
- 12:00 p.m. Departure: Depart Port of Amalfi towards Salerno. We will be cruising for approximately 1 hour under normal weather conditions.
- 1:00 p.m.: Lunch on Board
- 4:30 p.m.: Arrival to the Port of Salerno
- 6:00 p.m.: Disembarkation of guests

**In the event of unexpected technical and/or weather conditions that do not allow the cruise to take place, it will be at the captain's discretion to change the itinerary and carry out navigation activities.*



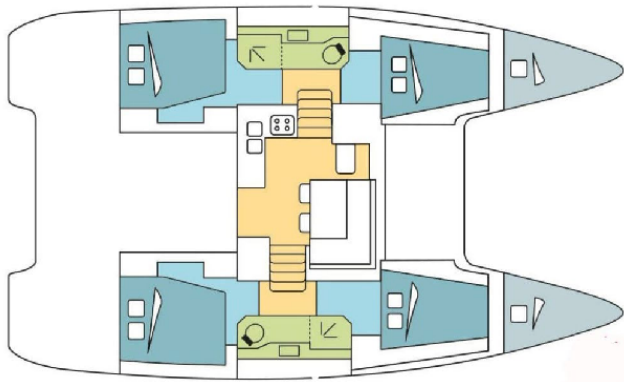
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THE CATAMARAN EXPERIENCE:

Your first time aboard a catamaran is an interesting experience and an excellent way to take the edge off the summer heat and get some adventuresome. Familiarize yourself with the boat. There will be certain rules and tips that you should know and will learn about on your first day during our welcome gathering where we will discuss safety procedures and general operations of the boat.



Each catamaran holiday is perfect to reconnect with nature, take naps in the sun, enjoy your friends and/or families or read a book that makes you dream but, above all, discovering moments of great emotion onboard: a magical sunset, lying under a starry sky, or just relaxing on sun-beds for a while to hear nothing but the sea and wind. No frills! Adapting to your home on the water means resting, relaxing, and enjoying each moment.

HEALTH:

- Upon registering for a Catamaran Cruise, you ensure that you have no physical or medical conditions that would adversely affect your ability to stay on the catamaran or take part in other physical and cultural activities offered by Culinary Genes, LLC and Catch The Wind, Inc. Attending this trip is at your own risk and as such, we Culinary Genes LLC and Catch The Wind, Inc. are not liable. We highly recommend that you purchase travel insurance should a medical emergency arise.

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RISE OF THE FAO-RBA XI CRICKET TEAM IN 2021



By Gerard Sylvester

Gerard has been with FAO for 12 years, and is currently with the Investment Center as Investment Officer (Digital Agriculture). On the cricket field, his spirit is willing but his flesh is weak!

This is the second in a series of articles which will explore the journey of the FAO-RBA Cricket team in Italy.

Cricket is a religion in South Asia. A passion that cannot be explained. If you want to have fun, get an Aussie and a Brit together and ask them about the Ashes or ask a Kiwi on who would win a test match between them and their neighbour. For those who are uninitiated, cricket is like baseball but a lot more interesting and with more than a billion fans.

FAO had a cricket team a long time back, and decades later it was revived by Ahmed Raza (a fellow colleague from FAO's Food and Nutrition Division) with a brief post on the intranet. A team was formed, with colleagues from the three RBAs – FAO, IFAD and WFP. We called the team FAO-RBA XI.

The FAO-RBA XI was initially a team of misfits – folks who had last played a cricket match 10-15 years ago but had kept the passion alive inside them. The

problem was that in the last 10-15 years we had all transformed into experts at sitting at a desk and having little physical exercise – at least not fit enough for a 20-over cricket match, which could last at least 4 hours.

Our first match, sans much practice, was the Commonwealth Trophy. This was a reduced match of 5 overs per side. The UN team came joint-third defeating the Bangladesh Embassy by one run.



After the game Father Eamonn presented a commemorative plaque to the FAO-RBA XI on behalf of the Vatican's Pontifical Council for Culture

A game and a climax that could rival the famous 2001 Hindi-language movie “Lagaan”. Our first full match was with the St. Peter’s XI, and as you guessed it’s the Vatican’s team. We were grateful to the Roma Capannelle Cricket Club for allowing us to use their ground for the match. We were all pumped for the game only to find out soon that our bodies had stiffened and we weren’t as flexible as we were decades ago. The Vatican scored 136 runs in 16 overs and in reply we were bowled out for 53 runs. With a bit of blessings from the Almighty, the Vatican might have won that day but the FAO-RBA XI has since improved by leaps and bounds and we look forward to meeting them again in the summer of 2022.

Yes, the FAO-RBA XI has now moved from a group of misfits to a more cohesive unit, with each player knowing their role and performing well. One of the last matches of the year was played on a precious sunny day on 12th December with Rome Bangla Cricket Club where the FAO RBA XI managed to score 177 for 5 in the allotted 25 overs and in reply the opposition chased it down in the 22nd over. This sporting initiative provided all of us a much needed break both mentally and physically, during the pandemic. We now have our new dashing team kit, a renewed new year’s resolutions to keep fit and unlimited optimism to play better cricket in 2022. Come cheer for us!

The FAO-RBA XI consists of – Raza Ahmed (ESN), Nisar Cheema (CSFD), Gerard Sylvester (CFI), Manas Puri (OCBD), Ahmed Jilani (OSP), Anoop Sharma (OER), Manuel Anta (ESN), Omar Benammour (ESP) and Sheraz Malik (CSGL) from FAO. Prashant Kotturi, John Laird, Sunil Abishaikh from IFAD, Altan Butt and Alex Chigoverah from WFP, Hamza Hameed from UNIDROIT together with Alfonso Jayarajah (ex-FAO) and Lenin Rajan and a few players that we borrow from other teams when our folks were super busy!

The next season starts in February 2022. To get more information about the team or to join the ranks, please contact Ahmed Raza (ahmed.raza@fao.org) or visit their page (<https://faorba.play-cricket.com/>)



FAO-RBA Cricket XI after securing a respectable loss against the St. Peter's Cricket Club

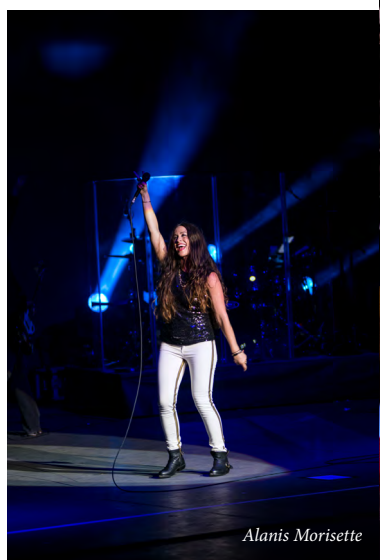
FRAGMENTS

Dieci anni di concerti a Roma



di Emiliano Pinnizzotto

*Fotoreporter documentarista e Visual Journalist, Docente di Fotografia e Post-Produzione Digitale
www.emilianopinnizzotto.com*



Fragments non è solo un libro fotografico ma una vera e propria raccolta dei più grandi musicisti del panorama italiano e mondiale che si sono avvicendati sui palchi più prestigiosi della capitale, nell'arco temporale di oltre dieci anni, dal 2010 ad oggi.

Proprio nel momento in cui la pandemia ha interrotto per quasi due anni ogni spettacolo musicale, questo stesso periodo, attraverso l'aiuto della fotografia, è stato usato dall'autore per riordinare le idee, analizzare il tempo passato e raccogliere ciò che ha seminato in migliaia di scatti sotto palco.

Questo è quello che ha realizzato Antonio Mazarella, fotografo e grande appassionato di musica, che ha saputo unire le due arti immortalando "on stage" alcuni tra i più importanti musicisti di sempre, delle vere e proprie icone internazionali nel momento di massima espressione artistica: il concerto dal vivo.



Archie Shepp



Franco Battiato



Lady Gaga



A livello musicale ce n'è veramente per tutti i gusti e per ogni genere; per i puristi del Jazz, ci sono geni assoluti come Sonny Rollins, Archie Shepp, Wayne Shorter, McCoy Tyner (il grande pianista di John Coltrane) e poi ancora Pat Metheny, Al di Meola, Herbie Hancock, Chick Corea, e gli italiani Stefano Bollani e Paolo Fresu.

Tra le pagine di **Fragments** si spazia dalla musica contemporanea a quella pop, dall'elettronica anni'80 al grande rock, con la presenza di artisti del calibro dei Depeche Mode, The Cure, Toto, Ringo Starr, Paco De Lucia, Dream Theatre, Steve Vai, Morrissey, Lou Reed, Alanis Morissette, Tori Amos, Elton John, Lady Gaga, e gli scatti di alcune delle ultime esibizioni dei grandi Franco Battiato e Joe Cooker.



Elton John



Dave Gahan (Depeche Mode)



Joe Cocker

Questi sono solo alcuni dei grandi nomi che riempiono di armonia e ritmo le 128 pagine di questo libro, una sfilata di assoluti protagonisti delle colonne sonore delle nostre vite.

Gli artisti, nelle immagini, vengono avvolti dalle atmosfere inconfondibili delle performance, dove fumo, effetti speciali e luci colorate, insieme alle vibrazioni musicali, creano quello spettacolo meraviglioso che è vivere un concerto live.

E' un libro che si sfoglia come un album di ricordi, destinato a registrare un pezzo di storia dei palchi romani, per chi ama la musica, la fotografia, per chi a quei concerti c'era o sognava di esserci e per chi rimane stupito, fermandosi a pensare a quanta grande musica ha attraversato Roma negli ultimi dieci anni.



Steve Vai



Patti Smith



Ludwig Ringo Starr



per info: Graffiti 06,45439313
info@graffitiscuola.it

Ventisettesimo libro della casa editrice Graffiti, specializzata in libri fotografici di qualità, stampato in tiratura limitata, formato 30x24cm, copertina rigida, con oltre 350 foto a colori e circa 100 artisti ritratti.



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JILL MUTI TO BECOME HEAD OF ST. STEPHEN'S SCHOOL IN JULY 2022

Board of Trustees Announcement

Rome, December 15, 2021: The St. Stephen's School Board of Trustees is pleased to announce that Jill Muti, currently Head of Ashley Hall School in Charleston, South Carolina, has accepted the Board's offer to succeed Eric J. Mayer as the Head of St. Stephen's School, effective July 1, 2022.

St. Stephen's School is a non-profit and non-denominational, co-ed American international day and boarding IB World School in the heart of Rome. The School enrolls approximately 300 students from the ages of 14-19, representing sixty nationalities.

For the last eighteen years, Ms. Muti has been the Head of Ashley Hall, a P-K - 12th-grade independent school for girls serving 685 students. In this capacity, she has managed the budget, staffing, and all aspects of student life and has had hands-on leadership in virtually every dimension of the School's program, including strategic planning and development.



Photo credit: Ashley Hall

Among the long list of accomplishments during her tenure at Ashley Hall, Ms. Muti is responsible for having initiated and implemented numerous programmatic enhancements, including STEAM initiatives, the integration of math and science departments, the vision and creation of a global studies program, a successful professional development program, a boarding program for international students, a health and wellness program, among many others. Ms. Muti successfully led three capital campaigns and three productive strategic and master planning processes. She also tripled the School's endowment and created a partnership with Horizon's National, a non-profit that partners with schools to develop summer academic, enrichment, and social-emotional learning programs to serve underrepresented students.

Before joining Ashley Hall as Head of School, Ms. Muti worked at Ravenscroft School, a P-K-12 in Raleigh, North Carolina. As Assistant Head, she implemented the School's strategic plan, led the faculty hiring process, created an interim program for the Middle and Upper School, administered all phases of the Fine Arts Program Pre-K-12, and oversaw design and construction of a \$2.6M dollar Fine Arts Center. She also held the positions of College Counselor, Coordinator of International Programs, Director of Fine Arts Center, and Chair of Fine Arts. Her other professional experience includes being a member of the Adjunct Faculty at NC State University, Raleigh, North Carolina, and Admissions Officer at Duke University, in Durham, North Carolina.

Ms. Muti is also the Co-Director and Co-Founder of Spoleto Study Abroad, a non-profit organization for adults and students to study the arts and humanities in Spoleto, Italy.

A dedicated and innovative educator, Ms. Muti has expressed a deep appreciation for the School's mission, emphasis on scholarship, character education, and community. She has a deep commitment to attracting and retaining an excellent faculty and to professional development. Ms. Muti is an outstanding communicator and administrator who is very excited by the prospect of leading St. Stephen's. She will be moving to Rome with her husband, Lorenzo Muti, an orchestral conductor. The selection of the Head of School is one of the most significant responsibilities of trusteeship, and the St. Stephen's School community is very pleased that Ms. Muti has accepted the appointment and looks forward to working with Ms. Muti to take the School forward.

The Board acknowledges Eric Mayer for his work as Head of School. Because of Mr. Mayer's deeply dedicated stewardship, St. Stephen's is strong, and its future bright. The School looks forward to a smooth leadership transition, to finding a proper way to celebrate Mr. Mayer's achievements, and to welcoming Ms. Muti and her family to the St. Stephen's community.



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PASQUALINA'S VALENTINE'S DAY HEART COOKIES

Gluten Free & Dairy Free



by Pasqualina Raspaolo

She is the founder and owner of Culinary Genes, LLC. Pasqualina pursued her passion in nutrition, the culinary arts and genetics. She holds annual Tuscan Culinary Adventures and Catamaran Cruises to the beautiful islands of Southern Italy, where she shares her enthusiasm and love of food. Pasqualina is passionate about people, and the triple L's - love, laughter, and living ... it's in her DNA!



Pasqualina's Valentine's Day Heart Cookies

Gluten Free & Dairy Free St. Valentine's Day is a day to celebrate love, and not just romantic love, but love between family members and friends. It is also a day to celebrate admiration.

People around the world celebrate Valentine's Day in various ways, expressing their affection with gifts, such as flower or chocolates, or a meal in a favorite restaurant. My way of celebrating is to share a special family recipe converted into a gluten-free alternative. So, from my heart to yours.....

Happy Valentine's Day Everyone!

Prep Time: 20 minutes plus 1 hour of resting time

Baking Time: 15 to 20 minutes

Yields: 28 single cookies or 14 sandwich cookies

Ingredients

For gluten-free cookie dough:

- 2 3/4 cups gluten-free all-purpose baking flour plus more for dusting
- 1 cup powdered sugar
- 1/2 tsp xanthan gum (Omit if your GF flour blend already contains it)
- 2 1/2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 large eggs, room temperature and beaten
- Pinch of sea salt
- 1/4 cup espresso coffee
- 4 tablespoons light extra virgin olive oil (can sub with organic sunflower or canola oil)
- 1 teaspoon vanilla extract
- 1 egg white, beaten until frothy
- Powdered sugar for dusting

For Filling:

1/2 cup organic raspberry preserves (or preserves of your choice)*



Directions:

1. In a bowl of a stand-up mixer, sift together gluten-free flour, sugar, xanthan gum, baking powder, baking soda, eggs and salt. Using a dough hook attachment, knead for a few minutes then slowly add espresso coffee, oil and vanilla. Mix until you have a compact and homogenous mixture. If dough is too soft, add a little flour.

2. Transfer dough to a lightly floured surface and using your hands knead for a few minutes then form a smooth, log shaped dough. Wrap dough in plastic and place in the refrigerator for 1 hour.

3. Preheat oven to 355 degrees F (180 degrees C) and prepare a baking sheet lined with parchment paper.

4. Let cookie dough rest for 10 minutes at room temperature then place between two sheets of parchment paper and roll out to a thickness of about 1/4 inch.

5. Once you've rolled out the dough, cut the cookies using a heart-shaped cookie cutter (about 2 1/2 inches in diameter and a smaller heart shaped cookie cutter for left-over cookie dough, about 1 inch in diameter). Use a small offset spatula to lift the cut cookies off the parchment paper to place in the prepared baking sheet.

6. Place 1/2 teaspoon of raspberry jam and spread with the back of the teaspoon leaving space along the edges. Dip your finger in water and rub your finger around the outer edge of the cookie and place another cookie on top.

Gently press the edges lightly with your fingers to "glue" the cookies together. Lightly brush each cookie with beaten egg white and bake for 15 to 20 minutes or until golden brown.

7. Cool completely and sprinkle with powdered sugar.

Notes:

* You can also use Amarena Cherries candied in Rich Amarena Syrup. Simply place 2 cherries and cover with another heart.



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NATURAL FLOW

Il massaggio coniugato alle frequenze sonore



di Rosa Basso

Nata e cresciuta a Milano, vive a Roma dal 2009. Operatrice certificata in massaggio Olistico e Thaiandese, operante da molti anni in Italia e all'estero.

NATURAL FLOW

Sono un'operatrice certificata in massaggio olistico e thailandese, da sempre l'obiettivo dei miei studi è stato quello, non solo di considerare la persona nella sua interezza psicofisica, ma anche e soprattutto di coniugare le antiche tradizioni e tecniche del massaggio a quelli che sono i tempi contemporanei, scoperte scientifiche incluse. Non a caso nel mio trattamento benessere unisco tecniche thailandesi molto antiche all'utilizzo di frequenze sonore, che solo negli ultimi anni sono state studiate approfonditamente e solo ora considerate a tutti gli effetti di grande rilevanza terapeutica nei trattamenti. Partendo da questo assunto ho sviluppato una tecnica che coniuga il massaggio e le frequenze sonore:

NATURAL FLOW.

Ma prima di addentrarci nei dettagli di Natural Flow, permettetemi di fare una piccola presentazione di quelle che sono le tecniche e suoni da me utilizzati in questo trattamento.

MASSAGGIO THAIANDESE

Il massaggio tradizionale thailandese viene denominato “nuad phaen borarn” letteralmente guarire (nuad) e antico e degno di riverenza (borarn). I fondamenti teorici del massaggio si basano sull'esistenza di invisibili linee, circa 7200 (prana nali), che formano un secondo corpo invisibile (pranayama kosha) che si aggiunge a quello fisico. Di queste linee invisibili, 10 sono considerate quelle fondamentali e denominate SEN. I 10 Sen sono sufficienti per un trattamento dell'intero corpo e dei suoi organi interni.



Il massaggio thailandese ha i seguenti effetti benefici:

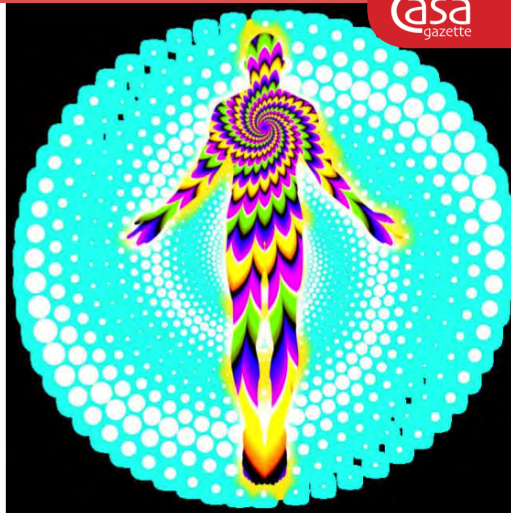
- Riattiva la circolazione venosa e linfatica che accresce l'ossigenazione dei tessuti e rende la pelle più luminosa;
- Riposturizza l'apparato scheletrico, nel caso in cui si sia soliti adottare posizioni

corporee sbagliate e/o prolungate nel tempo;

- Cura i disturbi cervicali, le lombaggini, i dolori articolari e muscolari;
- Aiuta a combattere l'insonnia e le emicranie;
- Libera le cellule dalle tossine e rinforza il sistema immunitario.

MASSAGGIO OLISTICO

Il massaggio olistico è uno dei trattamenti maggiormente impiegati dalla medicina olistica e può essere descritto come una tecnica di manipolazione del corpo volta a restituire benessere totale alle persone che scelgono di sperimentare una simile esperienza, estendendosi anche a mente e spirito. Il massaggio olistico, infatti, influisce in modo incisivo sia a livello fisico che a livello mentale, stimolando il ripristino del normale equilibrio psicofisico e operando sui meridiani energetici, ossia i canali che l'organismo possiede e attraverso i quali viaggia l'energia vitale. A questo proposito, una delle principali caratteristiche del massaggio olistico consiste nella sua peculiarità di agire sull'organismo dell'individuo nel suo complesso, non limitandosi a ristabilire il benessere fisico in modo circoscritto, dedicandosi a un'unica e specifica parte del corpo, come ad esempio, collo, schiena, spalle, ecc. Inoltre, il massaggio olistico condivide alcune tecniche e finalità con altre tipologie di massaggio afferenti alla branca della medicina olistica, come il massaggio californiano o il massaggio ayurvedico o ancora, con altre pratiche nate all'interno della medicina alternativa, come la riflessologia plantare.



Tra i principali benefici del massaggio olistico possono essere citati:

- il miglioramento della qualità del sonno;
- della circolazione linfatica e sanguigna;
- della concentrazione;
- della mobilità articolare e della resistenza muscolare;
- il miglioramento di energia e vitalità;
- l'abbassamento dei livelli di ansia e stress.




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Parlando di frequenze benefiche, ossia le più usate perché utili a rilassarsi, meditare, rilasciare lo stress

e addormentarsi, è bene ricordare che non c'è ancora nulla di scientifico, nulla che sia stato per così dire "provato" in laboratorio. Ma le teorie e le ipotesi sono diverse e tutte ugualmente affascinanti. Le più conosciute frequenze benefiche e i loro scopi specifici, in ordine crescente, dalla minore lunghezza d'onda a salire, troviamo:

7,83 Hertz (spesso arrotondato a 8): la cosiddetta frequenza della Terra

285 Hertz: rapida guarigione e rigenerazione dei tessuti;

396 Hertz: rimozione di stati d'ansia e angoscia;

417 Hertz: adatta per una fase di cambiamento, di rinnovo;

639 Hertz: apertura all'altro, compassione e maggiore connessione nei rapporti umani;

852 Hertz: ritorno all'ordine spirituale personale e all'armonia con il cosmo.

Le frequenze benefiche corrispondono a numeri multipli di 3.

La scelta delle frequenze benefiche deriva essenzialmente dalla numerologia ma si collega, anche alle leggi fisiche e le risonanze naturali del nostro universo. L'illustre scienziato Nikola Tesla, tra i tanti, fu un acceso sostenitore della presenza massiva nell'universo del numero 3 (numero divino, mistico ed esoterico per eccellenza), e di conseguenza dei suoi multipli. Ebbene, se provate a sommare le singole cifre delle frequenze ritenute benefiche e le riducete a una unica, vedrete che danno tutte come risultato un multiplo di 3. Ad esempio: $432 = 4 + 3 + 2 = 9$. In particolare la frequenza di 528 Hz è considerata doppiamente efficace e curativa, tanto da essersi guadagnata il titolo di Frequenza Miracolo, poiché oltre che con il numero 3 è in rapporto anche alla matematica del numero 8, e come già accennato 8 Hertz è la frequenza del nostro pianeta ("risonanza di Schumann"), ossia la 'voce' della Terra. Le frequenze benefiche si comportano né più né meno che come 'regolari' medicine: alcune potrebbero avere più effetto su qualcuno di noi, altre meno, e così via.

Alla luce di quanto scritto finora viene forse spontaneo immaginare in cosa consista il mio trattamento NATURAL FLOW. Consiste esattamente in un'ora di massaggio completo thailandese, oppure olistico, accompagnato da frequenze sonore. L'uso delle frequenze è personalizzato. Dopo aver considerato attentamente le esigenze e i bisogni della persona da trattare, userò quelle che ritengo più adatte ad accrescere l'effetto benefico del massaggio.

Finalmente dopo tanti anni di pratica, ho finalmente messo a punto un metodo che mi ha dato e continua a darmi enormi soddisfazioni, sia da un punto di vista professionale che umano. Ricevere spesso messaggi di persone che mi ringraziano per il miglioramento della qualità della loro vita, mi rende felice e aumenta la mia passione per ciò che faccio, soprattutto mi stimola a migliorare sempre di più, e come disse il grande Michelangelo a 82 anni, "sto ancora imparando".

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