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- **IL GIARDINO È IL MIO POSTO FELICE**

- **ELLA MAILLART**

- **“REGATA DELLE RONDINI”
A.N.D.O.S. ONLUS**

- **RICOTTA AND WALNUT RAVIOLI**

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TOURISM

- 6 **il Giardino è il Mio Posto Felice**
di Enrica Romanazzo

BIOGRAPHY

- 12 **ELLA MAILLART**
by Cesare Maramici

EVENTS

- 20 **"Regata delle Rondini" - A.N.D.O.S. onlus**
di Matteo Spinelli

FOOD&CULTURE

- 26 **Ricotta and Walnut Ravioli**
by Pasqualina Raspaolo

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PHOTOGRAPHY		53142/56771
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MINDFULNESS	<i>Ms B. Monjaras</i>	53572

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KRAV MAGA		
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CRICKET	<i>Mr Ahmed Raza</i>	53126
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IL GIARDINO È IL MIO POSTO FELICE

Le mie estati in Puglia: giorni di vento, di sole, di mare, tra effluvi floreali, nel tripudio di essenze che ogni anno invadono il mio giardino



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

Le mie lunghe vacanze in Salento rappresentano un'esperienza di intima fusione con la natura che in questa terra è davvero generosa. Il bello del Salento ti conquista per trasparenza dei suoi mari e ti illumina nell'esplosione dei colori delle buganvillee, degli ibisco, delle margherite, degli oleandri, dei fiori di cappero, dei girasole, dei gelsomini.

Anno dopo anno sono riuscita a rendere sempre più rigoglioso lo spazio esterno della mia casa di campagna popolato da alberi da frutto e traboccante di splendidi fiori. I fiori sono manifestazioni fisiche molto reali dell'amore di Dio e degli Angeli. Spesso mi sorprendo a fantasticare quando mi rivolgo agli angeli per ringraziarli della magia di questi splendidi doni. Ho imparato ad osservarli i fiori, a fidarmi del mio istinto per capire di cosa hanno bisogno questi bellissimi angeli incarnati che sembrano essere su questa terra per aiutarci a sorridere, per inebriarci di una sensazione di benessere e di pace. Mi basta restare in piedi o seduta per



un po' a guardare un fiore per assorbirne le proprietà magiche che la pianta è in grado di condividere, in quanto essere vivente come me. Le piante hanno una forza vitale molto potente e profonda che merita rispetto e gratitudine.

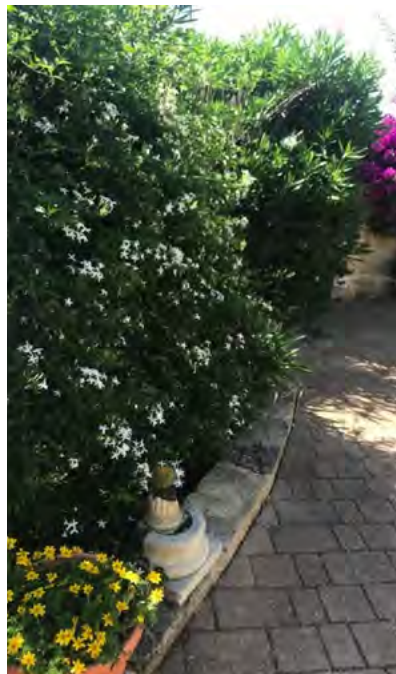
Gli Angeli sono dappertutto nella natura. Il Talmud, un antico testo sacro, afferma:

“Su ogni filo d'erba c'è un Angelo chinato che dice: Cresci! Cresci!”

Gli Angeli sono disposti ad aiutarti ogni volta che sei alla ricerca di qualcosa, pertanto rendili partecipi del tuo lavoro con i fiori. Gli Angeli sono puro amore e luce, e allinearsi a loro è molto edificante. Stabilire un legame fra gli Angeli e i fiori ti consente di creare pura energia di guarigione”.

Nel mio relax pomeridiano mi ritrovo sovente sdraiata a leggere vicino alla profumata pianta di GELSOMINO (Arcangelo corrispondente: Raziel) che mi aiuta a concentrarmi meglio sulle mie massime aspirazioni, mi infonde pace, favorisce una profonda meditazione, e trasmette saggezza.

Ed ogni volta mi commuovo per l'ingenua meraviglia dello sbocciare dell'IRIS dal colore giallo e viola (Arcangeli corrispondenti: Michele, Raffaele e Uriel). Sembra che l'iris favorisca la disintossicazione, rimuova l'energia consumata e liberi dalle dipendenze. L'energia dell'iris ha un'importante azione disintossicante, dal momento che purifica l'organismo dalle vecchie emozioni e dalla negatività. Ti sentirai benissimo dopo aver lavorato con questo fiore. Ogni parte del tuo corpo verrà ricaricata ed emanerà vitalità.



Ho disseminato il giardino di lilla', di margherite gialle e di rose bianche.

LILLA' (Arcangelo corrispondente: Michele). Il lilla' è un meraviglioso fiore dall'effetto calmante, che aiuta a uscire dalla depressione, libera dalle ansie e dalle paure.



MARGHERITA (Arcangelo corrispondente: Metatron): allontana le situazioni drammatiche e stressanti, semplifica la vita e favorisce il rilassamento e la cura di sé. Se sei circondato dalle margherite o ti senti attratto da questo fiore ti prego di non sottovalutarlo. Prenditi un po' di tempo per rilassarti e ricaricare le batterie. Gli angeli sanno che negli ultimi tempi hai avuto molte cose da fare e desiderano abbracciarti. Lascia che si prendano cura di te e che ti alleggeriscono del peso dello stress. Immagina un bambino che fa ghirlande di margherite: questo fiore porterà la stessa condizione mentale nella tua vita.

ROSA BIANCA (Arcangeli corrispondenti: Metatron, Michele e Raffaele)

La rosa bianca favorisce la purificazione, promuove una transizione dolce, consente di liberarsi dei legami del passato e allontana gli spiriti legati alla terra. Le Rose bianche sono un simbolo di purezza e di detersione. Questo fiore rimuove l'energia stagnante ed è ideale nelle case, negli uffici e nelle infermerie. Può evocare le sue proprietà purificanti per scacciare qualsiasi cosa, dalle vibrazioni negative agli spiriti legati alla terra. È sufficiente mettere un numero dispari di rose in una stanza per far sì che ripuliscono l'ambiente. Quando si perde una persona cara, è possibile utilizzare le rose bianche per farsi aiutare ad affrontare il difficile passaggio alla fase successiva della vita.

Come recita un antico proverbio cinese, “chi pianta un giardino semina la felicità”. Perché curare l’anima è il fondamento per una vita sana. La natura ci cura. La natura ci regala anche rimedi naturali che aiutano il nostro organismo in tantissimi modi.

Quando mi ritrovo qui immersa nella natura e circondata dai miei fiori, sembra che in questa oasi di pace non penetrino i mali d mondo. Occuparmi dell’orto e del giardino funge da antidepressivo naturale.

Sapete che il batterio Mycobacterium vaccae trovato nella terra e che gli esseri umani inghiottono o inalano quando trascorrono del tempo nella natura e fanno giardinaggio, stimola la parte del cervello responsabile della produzione di serotonina? il vero atto fisico del giardinaggio riduce lo stress e migliora l’umore. Il Mycobacterium vaccae migliora anche le funzioni cognitive, ha un effetto sul morbo di Crohn e persino sull’artrite reumatoide. Gli effetti naturali di questi batteri antidepressivi nel terreno possono essere avvertiti fino a 3 settimane.

Ed ora che ho scoperto tutto questo, sedermi, sporcarmi le mani con il suolo....mi rende ancora più felice!!!

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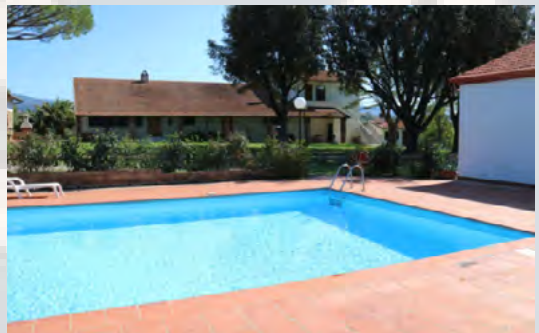
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ELLA MAILLART



by Cesare Maramici

Cesare Maramici pratica yoga e meditazione da 25 anni. Insegna yoga alla FAO.

Ha scritto libri sullo yoga e la meditazione; vedi link <https://maramici.blogspot.com/p/libri-pubblicati-aventi-per-oggetto-lo.html>

L'indirizzo del blog contenente articoli sulla spiritualità e le filosofie orientali é il seguente: maramici.blogspot.com



Ella Maillart (1903-1997) in her book *Croisieres et Caravanes*, published in 1951, describes her life and inner evolution, starting from her rebellious youth in Switzerland.

Site link: http://www.ellamaillart.ch/index_fr.php She is one of the most astonishing travellers of the 20th century. An explorer in search of truth, a photographer, a writer and journalist by necessity, Ella Maillart, famous for her numerous sporting exploits, her travels and her books, travelled to the most remote regions of the planet under extreme conditions.

An adventurous spirit, she had a distaste for city occupations, and it seemed absurd to her to care for material security and to spend years in an office to save for retirement age. Even words like family and religion were meaningless to her, and she felt the need to find out a wisdom to which she could adhere completely. She began travelling, to discover the Soviet Union which was experiencing Marxism - Leninism, then before the Second World War, through the Caucasus, Kyrgyzstan, China and unexplored regions in Asia; she arrived at the borders of Tibet.



Her travels convinced her that she had to accomplish something in order to give a meaning to her life and to accomplish something of value, something that would save her from nothingness, something that would satisfy the thirst for eternity that she felt inside her. From her book: *‘What was that brought me to the four sides of the world? What was this need to discover and understand? Did I create trials for myself each time just for the pleasure of overcoming them? Could most of my successes give me the self-confidence I sought? So how long did I have to continue like this to assert myself?’* *“Many questions remained unanswered. I had to live to find what I was looking for”*. These questions were the first impetus for the inner journey she would undertake to India in the following years.



During the nerve-racking atmosphere of an inter-war Europe, she decided to undertake a car trip with her friend Christina from Geneva to Turkey and Afghanistan in June 1939 on the eve of the Second World War. During this journey while her friend was suffering from deep depression, she became aware of the importance of the inner life. *“In my life of sports and travel all outwardly projected, I had never questioned the absolute reality of the concrete world. But during these months, while living alongside my friend, mosques and scenes of Afghan life had become a secondary reality, unable to distract me from the torment that my friend’s obsession caused me”*. The inner life colours and influences the outer life; it is closer to us and is much more essential

than reality. It is for this reason that the phrase “*Know myself*” is imperious and fundamental for those who dedicate themselves to the search for reality, since the vision of the outer world depends on what they are able to see. These reflections led Ella Maillart to undertake a trip to southern India with the aim of spending some time with Indian guru, to try and perceive what was incomprehensible to the mind.

People set out to conquer the outer world trying to satisfy their desires, but only by discovering the spiritual being hidden within themselves, they will be able to fulfil their deepest aspirations. To embark on this inner journey, one must explore the unknown lands of the mind. This inner journey will lead to that complete and harmonious life, which is instinctively sought. This was the great discovery made by Ella Maillart: “Today, I feel satisfied, even living alone, I will never again suffer from isolation”.

In India, after short stays in Pondichery (where she met Master Aurobindo twice, but only for a few minutes and in the midst of hundreds of disciples), she met Ramana Maharishi. She described him as a great Master, a living liberated person, radiating goodness and peace. Ramana had achieved liberation during intense meditation. He had concentrated on the death of the body and mental activity and had entered an unspeakable state - the limitless Being where death no longer exists; from then on he ceased to identify with his thoughts and body.

He lived on Mount Arunachala for many months, completely absorbed in his limitless beingness while visitors and his disciples force-fed him. Then, later, he seemed to resume a normal life. After learning to see clearly within himself, he began to answer questions from his interlocutors. Here at the ashram, Ella Maillart






meditated and listened to Ramana's answers to the various questions put to him.

We can never know that which constitutes the one immutable element upon which all our changing experiences rest. That something which allows us to feel within us the fullness of a


mysterious reality. Armed with patience, we should try to live normally, but seeking what is the nature of this "I" that arises every time I say: "I think, I feel, I act, I am..."

We must destroy our ego, this false entity that separates us from our true being, which is love, unlimited conscious light. Once we can fixate on our true Self, the duality, the division of our world between subject and object will disappear.




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Life will continue seemingly the same, but we will be transformed by our total knowledge. We must seek peace within ourselves and not in the relative world around us, which exists according to the two opposing principles, life and death, day and night, hot and cold, evolution and involution.



Later, Ella Maillart met another great guru, Atmananda, who had also adopted the path of knowledge based on non-dualism. He taught a method of questioning to discover and liberate the true reality always latent in us.

The author concludes this book with this beautiful sentence: *“I had come to understand that for most Westerners, balance, love for others, wisdom will be inaccessible until their most important part, their true Self, is stifled”*.



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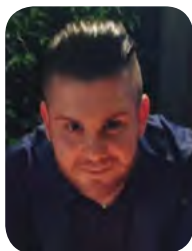
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“REGATA DELLE RONDINI”, A SAN FELICE CIRCEO UNA VELEGGIATA SOLIDALE CON A.N.D.O.S.



di Matteo Spinelli

Giornalista pubblicista



L' A.N.D.O.S. (Associazione Nazionale Donne Operate Al Seno) organizza e promuove ogni anno eventi solidali, coinvolgenti e emozionanti, come quello che si è tenuto domenica 29 maggio

2022. Nelle acque di San Felice Circeo (Latina) si è infatti svolta una veleggiata sportiva solidale, denominata “Regata delle Rondini”.

La veleggiata – organizzata grazie alla disponibilità di diversi diportisti, al Circeo Yacht Vela Club, alla Cooperativa Circeo 1°, alla Autorità Marittima ed al Patrocinio del Comune di San Felice Circeo – ha previsto di raggiungere una boa a poche miglia dalla linea di partenza ed il rientro in porto. Alle ospiti non sono stati chiesti compiti tecnico/velistici, ma è stata offerta la possibilità di passare qualche ora di serenità a bordo di una barca a vela e comprendere in modo semplice e diretto come un'imbarcazione a vela si muove con il vento e può raggiungere qualsiasi meta a prescindere dalla direzione del vento. Tutte le imbarcazioni in mare hanno esposto un drappo arancione (colore sociale della A.N.D.O.S.) che sventolava come segno di partecipazione e solidarietà.

La giornata si è aperta con il benvenuto della Presidente A.N.D.O.S. Latina, Dottoressa Paola Bellardini, la quale ha sottolineato l'importanza di aumentare la consapevolezza dei cittadini nei confronti dell'anticipazione diagnostica favorendo l'adesione ai programmi di screening oncologici regionali.



A seguire ci sono stati i saluti del Comandante Antonio Caserta della Guardia Costiera di San Felice Circeo, e del Presidente del Circeo Yacht Vela Club Franco Borsò.

Alle ore 10, in un mare poco mosso, con un vento teso e sotto un bellissimo sole, 16 barche a vela tra i 9 e i 13 metri che hanno ospitato 50 donne A.N.D.O.S. provenienti da Latina e da città vicine (Anzio/Nettuno, Velletri, Sezze e Fondi), hanno preso il largo e concluso in poco più di un'ora il percorso di 6 miglia tracciato dal Circeo Yacht Vela Club nelle splendide acque antistanti il litorale del Circeo.

Durante il momento conviviale, è stata data la parola ad alcune donne A.N.D.O.S. che hanno testimoniato quanto sia importante condividere la vita associativa e tutto il loro entusiasmo per aver partecipato ad un evento straordinario che ha regalato loro una giornata di spensieratezza e benessere. E' stato poi il momento dei riconoscimenti con targhe alla Accademia della Cucina Mediterranea, ritirata da Franco Bruno, al Circeo Yacht Vela Club, ritirata da Franco Borsò ed alla

Cooperativa Circeo 1°, ritirata da Monia di Cosimo. Il Sindaco del Comune di San Felice Circeo Giuseppe Schiboni, prendendo la parola e cogliendo i desideri di tutti i presenti, ha anche confermato il supporto della sua Amministrazione per le prossime edizioni della “Regata delle Rondini”.

L'A.N.D.O.S. è presente in Italia con circa 50 Comitati e la mission dell'Associazione è prendersi cura delle donne operate di tumore della mammella attraverso varie attività: sostegno psicologico, linfo-drenaggio del braccio coinvolto, percorso nutrizionale e attività motoria di gruppo, attività occupazionale di gruppo, fornitura gratuita delle parrucche, attività culturali e ricreative.

A.N.D.O.S. si impegna, inoltre, ad aumentare la consapevolezza dei cittadini nei confronti dell'anticipazione diagnostica favorendo l'adesione ai programmi di screening oncologici regionali, anche a promuovere tra le donne il percorso multidisciplinare di cura del tumore della mammella presso le Breast Unit. Le volontarie, donne già coinvolte nella malattia e non, si adoperano giornalmente con entusiasmo per garantire le attività su riportate, in completa gratuità.





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Dear All,

new bike tour proposals are coming, for families, groups or individual tours.

This summer you can choose your “tailored tour” filling in the below survey about your bike tours preferences:

1. Period (when) and number of participants;
2. How many days (roughly)?
3. What kind of territory and landscape do you prefer: sea, mountain or hill?
4. Itinerant travel or stay in a place and daily excursions?
5. What kind of bike (regular bike or e-bike)? - it is possible to mix (some bikes, some e-bikes);
6. What kind of road do you prefer - Dirt roads or regular (secondary) roads?

Roughly notes about the places we would suggest:

- **Dolomiti** (Val di Fassa, Val Badia, Val Pusteria Cortina Dobbiaco) (mountain, very interesting and beautiful places , unesco heritage, possibility of comfortable dirt roads)

- **Abruzzo:** mid-mountain itineraries, often evocative and wild landscapes, on regular (secondary) and dirt roads that are not always comfortable and quite challenging

- **Abruzzo:** Costa dei Trabocchi, easy bike travel along the Adriatic Coast, which allows you to enjoy a beautiful sea from a comfortable bike lane

- **Lazio Toscana Marche:** Itineraries in the hills or mid-mountain on dirt or regular secondary roads, through the typical landscapes of central Italy as secluded places, small typical villages where time seems to stay still;

- **Calabria:** in the south part of Italy, beautiful and interesting itinerary that starts from Reggio Calabria, the main city in the Calabria region, and crosses the hinterland exploring 5 natural parks, on paved roads without traffic at 800-1000 meters above sea level

Do not hesitate to ask any further details you need, contacting the Guide: phone/whatsapp +393334816341 mail: paolo.antonini@scuoladimtb.eu

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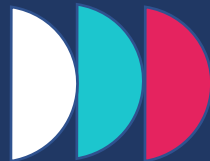
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RICOTTA AND WALNUT RAVIOLI

RAVIOLI RIPIENI CON RICOTTA E NOCI

Regular and Gluten-Free Version



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!



If you want to dazzle your lunch or dinner guests with an amazing dish, ricotta and walnut ravioli are it!

They are made with fresh egg pasta and filled with ricotta and chopped roasted walnuts, which give them an incredible flavor.

There are various sauces you can use with this dish such as; fresh tomato sauce and basil; butter and sage; gorgonzola and walnut; or one of our favorites for spring and summer, zucchini pesto!

Prep time: 1 hour plus 1 hour of resting time

Cooking time: 10 minutes

Yields: About 10 to 12 ravioli

REGULAR RECIPE

Ingredients

For pasta dough:

- 1/2 cup plus 2 tablespoons flour "0" (plus more if needed), sifted
- 1/4 cup plus 1 tablespoon semolina flour, sifted
- 1 egg
- 1 egg yolk
- 1/2 tablespoon extra virgin olive oil
- Pinch of salt



For Filling:

- 1 cup ricotta, drained
- 1/4 cup walnuts, roasted and coarsely chopped
- 1/4 cup freshly grated parmigiano cheese
- 1/4 teaspoon nutmeg
- Pinch of salt
- Pinch of ground black pepper



Directions:

For pasta dough:

1. Sift flours together in a mixing bowl, mix until combined and make a well in the center. Add eggs, olive oil, salt and begin mixing with a fork until a dough begins to form, then transfer to a lightly floured working surface and knead until you have a smooth and elastic dough. Cover with a bowl or kitchen towel and let it rest at room temperature for 30 minutes.

2. Cut the dough into quarters and dust with flour. Roll the dough using a pasta maker set to the widest setting. Working with one piece of dough at a time, flatten the dough into an even rectangle then run it through the widest setting. Fold the pasta into thirds and turn the pasta 90 degrees. Do this three times on the widest setting and dust the pasta with flour after each roll. Keep rolling through the settings, reducing thickness, until you reach setting number four (4). Alternatively, you can roll out the dough using a rolling pin.

3. Prepare a baking sheet lined with a clean kitchen cloth and dusted with semolina flour.

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4. Place each pasta strip on a lightly floured surface, then add 1 tablespoon of ricotta and walnut mixture 2.5 inches apart slightly above the center of the strip, brush

around the filling with water or egg white and fold over the strip to cover and close the ravioli. Press around the filling mounds to seal, then with a pastry cutter, ravioli mold or knife, form the ravioli. Using the prongs of a fork, tightly seal the edges of the ravioli. Place ravioli on prepared baking sheet and let them rest for at least 30 minutes before cooking them.

5. Bring a large saucepan of salted water to boil over high heat. In batches, cook the ravioli for 10 minutes or until they float to the surface and the pasta is al dente. Remove using a slotted spoon and toss in your preferred sauce. Serve immediately.

For filling:

6. If using fresh ricotta, place a fine sieve over a bowl and cover with a cheesecloth, just big enough so it hangs over the edges slightly. Spoon ricotta in the cheesecloth and spread it evenly to drain better. Cover with plastic wrap and transfer to the refrigerator for 24 hours.

7. Place all ingredients in a large mixing bowl and mix well using a fork.

GLUTEN-FREE VERSION

Ingredients

For pasta dough:

- 1 1/4 cups gluten-free pasta flour (plus more if needed), sifted
- 2 eggs
- 1 tablespoon extra virgin olive oil
- Pinch of salt
- 1/4 cup of water, as needed



For Filling:

- 1 cup ricotta, drained
- 1/4 cup walnuts, roasted and coarsely chopped
- 1/4 cup freshly grated parmigiano cheese
- 1/4 teaspoon nutmeg
- Pinch of salt
- Pinch of ground black pepper



Directions:

For pasta dough:



1. Add sifted flour to a mixing bowl and make a well in the center. Add eggs, olive oil, salt and begin mixing with a fork until a dough begins to form. Dough may be a bit dry. Add water, one tablespoon at a time, until you have a compact dough.

Transfer to a lightly floured working surface and knead until you have a smooth, round dough.

Cover with a bowl or kitchen towel and let it rest at room temperature for 30 minutes.

2. Follow steps 2 through 5 in directions of the regular recipe.

For filling:

3. Follow the same directions as the regular recipe.

Notes:

** To store ravioli in the freezer, lay your ravioli on a baking tray and put them in the freezer for 30 minutes, then transfer to a heavy-duty freezer bag. The ravioli will last for 2 months. When ready to cook them, there is no need to defrost the ravioli. Simply add them to the boiling water.*

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