



MARCH
2022

fao Casa gazette

Mensile - No 3 - 2022 - Reg. Trib. N. 574 dell'8/10/1990



- GIOIELLI NASCOSTI
CIVITA DI BAGNOREGIO
BASSANO IN TEVERINA

- SEEKING BEAUTY IN ART

- FAREWELL TO THICH NHAT HANH

- GLUTEN-FREE IRISH SODA BREAD

- COVID-19 VERSO LA LUCE

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Gioielli Nascosti

RUBRICA PER ACCOMPAGNARVI ALLA SCOPERTA
DELLE BELLEZZE DEL NOSTRO PAESE

L'Italia è il Paese della grande bellezza. Custodisce tesori paesaggistici e capolavori artistici di valore inestimabile, apprezzati in tutto il mondo.

La FAO Staff Coop Gazette attraverso questa rubrica vuole condurre i lettori nel cuore dell'Italia in una passeggiata nella storia alla scoperta di caratteristici borghi dal fascino antico. Storia, arte, natura, terra e mare saranno i protagonisti della nostra rubrica in cui vogliamo raccogliere curiosità, immagini, colori e bellezze da celebrare e condividere con i nostri lettori.

*L'Italia è un paese di poeti, navigatori e paesini addormentati.
Probabilmente in qualsiasi punto dello stivale ci si trovi, nel raggio di un centinaio di chilometri
c'è un borgo-gioiello ai più sconosciuto.*

*Nella nostra penisola la storia si è sbizzarrita con un tale entusiasmo
da lasciarsi alle spalle villaggi ed uomini in un alternarsi inarrestabile di invasioni,
saccheggi, guerre, terremoti, frane, siccità, povertà, cambiamenti nelle rotte commerciali.*

*Questi eventi hanno concorso a creare un'altra Italia,
quella fuori dal tempo e dolcemente imprigionata in esso.
Un'Italia che si concentra soprattutto nel cuore del Belpaese.*

*E noi vogliamo partire da qui, dai borghi abbandonati,
imprignati di un fascino antico che ancora resiste
e che abbiamo il dovere di difendere e valorizzare.*

*Come sottolineato dall'architetto Paolo Portoghesi
"Questi borghi rappresentano la nostra verginità e conservarla
corrisponde ad uno dei pochi ideali del nostro tempo"*





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

CIVITA DI BAGNOREGIO “LA CITTA’ CHE MUORE”

Se vogliamo entrare in senso contrario in una clessidra e sentirci come un granello di sabbia che va controcorrente....andiamo a scoprire questo bellissimo borgo abbarbicato sopra un panettone argilloso nel mezzo di un fantastico paesaggio di palanchi dorati. Il paesino pare impegnato in una stoica resistenza contro l'azione distruttrice degli elementi che lo circondano.

Nel suo glorioso passato il centro abitato era più grande. Le frane e i terremoti hanno ridotto l'estensione e nella valle si sono sgretolati palazzi, torri e antiche porte d'ingresso al borgo. Delle cinque torri presenti nel periodo di massima magnificienza ne rimane solo una: Porta Santa Maria detta anche “della Cava”, oggi unico punto di accesso al paese e posta alla fine del mitico ponte, che sembra sospeso nel tempo e che è divenuto simbolo del luogo.

Civita è la “mamma” di Bagnoregio originariamente detto Rota. Fondata dagli etruschi ha poi attraversato varie dominazioni e nel Medioevo acquista gran parte



della sua straordinaria forma, arricchita poi nel Rinascimento e mantenuta fino ai nostri giorni.

Testimonianza della fase etrusca di Civita, è la grotta di San Bonaventura, una tomba a camera etrusca nella quale si dice che San Francesco risanò il piccolo Giovanni Fidenza, che divenne celebre dottore della Chiesa. Altra testimonianza di questo periodo è il cosiddetto “Bucaione”, un profondo tunnel che attraversa ai piedi, con sfogo sulla Valle dei Calanchi, lo sperone di argilla e tufo su cui poggia il caratteristico borgo immerso in un tempo che non c'è più. La suggestion e il suo fascino attuale è figlio di questo meticcio di epoche, che si sono incontrate e scontrate lasciando tracce sparse.

Civita di Bagnoregio è un micromondo sospeso sulla sua stessa favola che resiste al cedimento del basamento tufaceo condannato a un inesorabile sgretolio e che potrebbe lasciar scivolare nella sottostante valle casa dopo casa.



Le immagini di questo articolo sono di Eleonora Antonini, Michele Megna e Eva Mezzacapo (Graffiti)



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E' questo l'amaro destino del ridente nucleo di età etrusca, dove Giuseppe Tornatore ha trovato l'isolamento ideale per scrivere le scenografie dei suoi capolavori. Ma qui gli ultimi pochissimi residenti stabili hanno trovato l'entusiasmo per trasformare in museo un bellissimo frantoio e un'antica dimora in un romantico accogliente Bed & Breakfast.

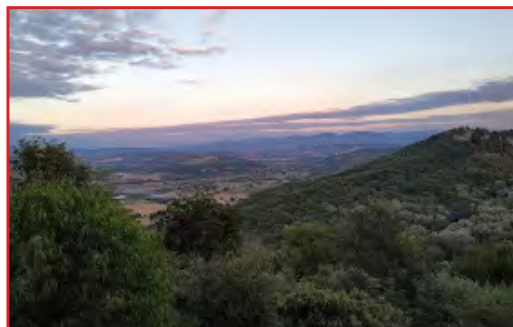


BASSANO IN TEVERINA, IL BORGO SULLO SPERONE TUFACEO

Sempre nel Viterbese, nelle pendici dei monti Cimini sorge Bassano in Teverina, costruita dagli etruschi su uno sperone tufaceo. La parte antica restò quasi disabitata nella seconda guerra mondiale quando l'esplosione di un treno di munizioni rese inagibili le sue strutture medievali. Questo piccolo e grazioso borgo che domina dall'alto la verde valle del Tevere, regala ampi panorami che si spiegano fino agli Appennini umbri.



Percorrendo una strada etrusca scavata nel tufo si accede ad un inatteso scrigno di storia e cultura. Tra le antiche viuzze di Bassano Vecchia si possono ammirare fontane, cantine, loggiati, stalle, un antico lavatoio, ed altre pregevoli strutture architettoniche alle quali un capace intervento ha restituito l'aspetto originale.





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SEEKING BEAUTY IN ART



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

WHAT IS BEAUTY IN ART?

What is beauty in art? Kahlil Gibran, the famous philosopher, writer and artist, addressed this question in his masterpiece 'The Prophet'. He implied that different people have different perceptions of beauty according to their circumstances. For instance, 'The aggrieved and the injured say: 'Beauty is kind and gentle.' The passionate say, 'Nay, beauty is a thing of might and dread.' And the tired and the weary say, 'Beauty is of soft whisperings.'"

Gibran next stated his unique definition of beauty. He said, "(Beauty is) ... an image you see though you close your eyes and a song you hear though you shut your ears." In line with Gibran's philosophical perception of beauty, I postulate the following pragmatic definition of beauty: **Beauty is a concept, not an object; a process, not an event; endogenous, not exogenous; subjective, not objective; in the eyes and minds of the beholders, not in the perceived subject.**

With this definition in mind, this article searches for beauty in the artworks of three world masters of the art: **Michelangelo, Renoir and Vermeer.**

The main objective of the article is to stimulate the readers, through the presented examples, to find out where beauty lies in in their lives.

BEAUTY IN THE ARTWORKS OF SELECTED MASTERS:

MICHELANGELO: AN ITALIAN GENIUS OF THE RENAISSANCE (1475-1564)

To **Michelangelo**, beauty was the **harmony and perfection of the human body, both male and female.** His passion for the beauty of the human body dominated his masterpieces, whether in sculptures or in paintings. His love of the beauty of the human body drove him to study **anatomy** in corpses. It is reported that, in his youth, he spent hours and hours dissecting corpses. His passion for the perfect human body was clearly shown in the many sketches, which he did prior to his artworks (Figure 1). What a devotion of the Italian genius and master of the masters in art.

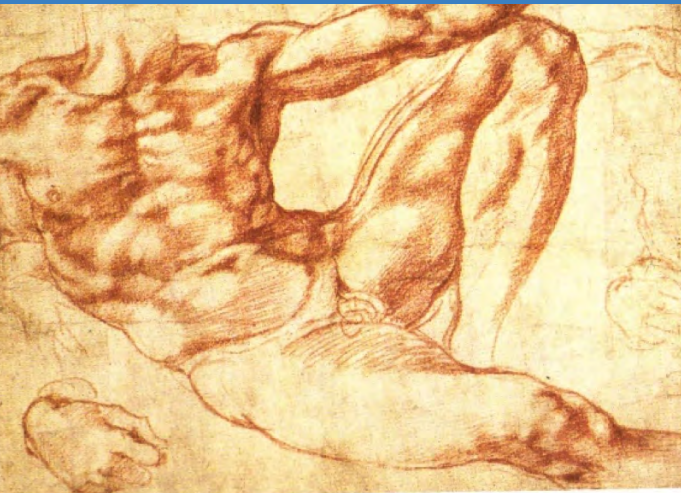


Figure 1. Michelangelo.
A Study of the human body for
“The Creation of Adam”.
The British Museum in London.

There are abundant examples of beauty of the harmony of the human bodies in Michelangelo’s sculptures of perfect bodies, e.g., David, Moses, Saint Mary, and in so many of his paintings, e.g., Adam and Eve and hundreds more of perfect human bodies on the ceiling

and the huge front painting above the altar in the Sistine Chapel in the Vatican.

As a sculptor, once Michelangelo was asked how he could produce such perfect and beautiful statues in marble, a very hard stone. He explained that he got a huge block of marble, kept it in the backyard of his home, and kept looking at it so deeply until he could ‘see’ the subject of his statue, e.g., David, inside the block of marble. He then worked on the marble to “free” David. And during the very hard work of freeing David from inside the block of marble, he focused on the beauty of David’s human body, (Figure 2). What an imaginative, insightful and visionary approach to sculpture.

Michelangelo considered himself a sculptor, not a painter. Actually, he loved sculpture but was not fond of painting. Thus, when he was asked by Pope Julius II in 1508 to paint the ceiling of the Sistine Chapel, he declined the Pope’s request indicating that he was a sculptor, not a painter and that he didn’t know anything about the fresco art. But, the Pope insisted, and told him that he could learn this art; and that a team of fresco’s experts from Florence could be appointed to teach him this art. Given the Pope’s power, in those years, and His Holiness insistence, Michelangelo had no choice but to obey the Pope’s order to paint the ceiling of the Sistine Chapel.

To carry out this immeasurable undertaking, Michelangelo started by refusing the experts’ help suggested by the Pope. Instead, he locked himself in the chapel with a couple of workmen. He taught himself the fresco art. He didn’t only master that art but reinvented it from scratch.

He added more depth, realism, and life to the fresco art. It took him four years to complete the most amazing fresco artwork in the Sistine Chapel.



Figure 2. Michelangelo.
Statue of David.
Galleria dell’ Accademia, Florence.
(Marble, height 434 cm.)

An outstanding piece of art that would live forever as the best artwork the world has ever seen. What an amazing achievement of a genius sculptor who turned out to also become a genius painter.

And **beauty** of the perfect harmony of the bodies of males and females is masterly presented in each of the vast numbers of figures of bodies he painted on the ceiling and on the huge painting above the altar. See for instance his masterpiece of Adam and Eve (Figure 3).



Figure 3. Michelangelo. Adam and Eve in Paradise. Sistine Chapel, the Vatican. (Fresco 280 X 270 cm.)

PIERRE AUGUST RENOIR: A FRENCH MASTER OF THE IMPRESSIONISM (1841-1919)

To **Renoir**, **beauty** was “*happy paintings*”. He once wrote: “For me, a picture has to be something pleasant, delightful and pretty – yes pretty. There are enough unpleasant things in the world without us producing even more”. He further advocated and set up an excellent example of a master producing “happy” paintings.

Renoir’s approach to producing happy paintings was realized through a number of factors. First, whenever possible, he painted happy subjects. In particular, Renoir focused on the following subjects: *portraits of happy children and young people; dances; the theatre; friends; country walks; the big city; and landscape*. And **beauty radiated** from almost all his artworks. Thus, no sad, tragic, angry, ugly or unhappy subject was painted by Renoir.

Figure 4 shows an example of a happy painting by Renoir.

Second, he focused on his feelings for the **shining luminousness** of paint. This feature he demonstrated in his delicate shades and sometimes in his “*porcelain-like*” **smoothness of the figures** in his paintings (Figure 4). This was perhaps due to his experience in the porcelain factory where he was working as a young trainee.



Figure 4. Renoir. Two Girls at the Piano. The Louvre, Paris. (Oil on canvas 60 X 50 cm.)

JOHANNES VERMEER: A DUTCH YOUNG MASTER OF PAINTING (1632-1675)

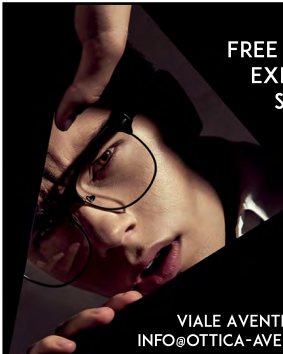
To *Vermeer*, *beauty* was paintings showing **no class distinction in art**. Thus, in many a painting of Vermeer, he glorified the middle and lower class persons. In his famous painting of the milkmaid, he shows the milkmaid pouring milk with dignity and pride **radiating the beauty** of a working-class person (Figure 5). Vermeer has taken great pains in painting the milkmaid and glorifying her task of pouring the milk. Here we can see very clearly the details of a Dutch kitchen that was common in those years. The still life in the foreground is remarkable – see how crunchy the bread is.

This painting provides an excellent example of a painting showing **the social values in Vermeer's artwork** in which he is honoring work, the working class, and showing the *beauty* of the milkmaid. The painting is believed to have been done in 1657 – 1658 and is currently exhibited at the Rijksmuseum in Amsterdam.

Johannes Vermeer is one of the most important Dutch masters of art. He died young at the age of only 43 years old. He produced a small number of paintings - only about 35 pieces. Yet, he left a remarkable impact on the world of art. All his paintings are currently exhibited in world great museums.

Figure 5. Vermeer: The Milkmaid.
The Rijksmuseum in Amsterdam.
(Oil on canvas 45.4 X 40.6 cm.)





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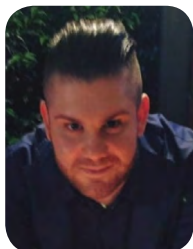
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LA GARANTE DELL'INFANZIA MONICA SANSONI: UN NUOVO SPORTELLLO AL CENTRO LEONARDO DI FIUMICINO CON L'ASSOCIAZIONE STELLA SELENE ONLUS



di Matteo Spinelli

Giornalista pubblicista



A celebrare l'apertura della nuova sede di Stella Selene Onlus al Centro Leonardo di Fiumicino è stata Monica Sansoni (Garante dell'Infanzia e dell'Adolescenza della Regione Lazio). "Con grande soddisfazione posso annunciare che tanti ragazzi potranno trovare con Stella Selene Onlus un nuovo sportello dove l'inclusione ed il sostegno della disabilità sarà il motore di tutte le attività territoriali. Ho il piacere di conoscere la Dottoressa Silvia De Mari personalmente e la voglio

sostenere in questo percorso che mette al primo posto il benessere della persona e la gioia di creare tantissime iniziative di vera integrazione. Il Garante dell'Infanzia e dell'Adolescenza della Regione Lazio non farà mai mancare il proprio supporto per le attività di formazione, di sensibilizzazione, oltre che a quelle a carattere ludico e sportivo. Auguro un futuro roseo all'Associazione e ci terrò a rimanere informata dei vari progetti atti e mirati a tutelare i nostri minori. Un grazie, da parte mia, alla

Stella Selene per ciò che fa con amore e dedizione verso tutta la comunità cittadina”.

Presso il Centro Commerciale Leonardo si è inaugurato uno sportello in cui la parola d'ordine è la sussidiarietà e si creerà trait d'union tra le attività di eccellenza e la rete di associazioni del territorio. Questa è la mission dell'Associazione Stella Selene Onlus, l'organizzazione senza scopo di lucro della pedagoga Silvia De Mari che da anni opera sul territorio a favore dell'inclusione e a sostegno della disabilità.



Molteplici saranno le attività d'informazione, di ascolto e consulenza personalizzata disponibili: servizi sanitari, realizzazione e fornitura protesi e ausili, orientamento servizi sociali e sanitari sul territorio, inclusione scolastica e lavorativa, opportunità di tempo libero in ambito sociale, culturale e sportivo, viaggi e vacanze accessibili, sostegno alla genitorialità efficace e assistenza agli anziani e alle loro famiglie. Previsto anche uno spazio aperto per laboratori di mosaico, seminari, corsi di cucina con TuChef di Anna Maria Palma ed eventi in ambito psico-socioculturale.

Tra i tanti servizi offerti dalla Onlus, ci sarà uno spazio importante dedicato alle attività sportive con alta valenza sociale e terapeutica.

Nel corso degli anni dalla sua fondazione Stella Selene Onlus ha intrapreso progetti ed attività legate al golf, al rugby ed alla vela.

Con il Circolo del Golf di Casal Palocco presieduto da Mattia Marchetti si continuerà il progetto inclusivo di golf terapia in cui gli spazi aperti del circolo del golf faranno da padrone. Il golf non è solo uno sport, non è solo un gioco, è un meraviglioso strumento educativo e terapeutico che stimola la mente e fa bene al corpo ed all'anima.

Sarà messa in campo una specifica metodologia di insegnamento: a livello cognitivo attraverso la ripetitività del gesto sportivo curando i rapporti interpersonali, a livello tecnico attraverso la ricerca della concentrazione e coordinazione ideale, e a livello sensoriale per un migliore controllo dell'ansia, una maggiore conoscenza delle emozioni e delle proprie capacità fisiche e mentali.

La velaterapia vedrà la collaborazione tra Stella Selene Onlus e la Lega Navale Italiana di Fiumicino. L'ente, con sede direttamente sul mare, accompagnerà i ragazzi con varie sindromi in uscite in barca a vela, responsabilizzandoli e permettendo loro di migliorare nell'emotività, per poi, attraverso disegni e racconti, cercare di capire le emozioni provate durante la navigazione.



Con la Polisportiva Rugby Fiumicino & Gruppo Sportivo Fiamme Oro attraverso il docente Federico Franchi, Stella Selene Onlus darà vita ad una serie di attività inclusive tipiche del gioco del rugby. “Il rugby – diceva Nelson Mandela – ha il potere di cambiare il mondo e parla ai giovani un linguaggio che loro capiscono ed ha il potere di creare speranza dove c’è disperazione”.

“L’apertura di questo spazio dedicato a ‘Stella Selene Onlus’ – ha dichiarato la dottoressa Silvia De Mari, pedagoga di Stella Selene Onlus - rappresenta la realizzazione di un progetto che, come associazione, portiamo avanti da anni. Questo non sarà solamente uno spazio aperto al mondo delle disabilità, ma anche un luogo dove mettere in rete tutte le eccellenze del territorio e le associazioni presenti in zona che si occupano di salute e benessere psico-sociale, al fine di creare un vero e proprio sportello aperto al pubblico, di accoglienza, di ascolto e di consulenza, con un occhio di riguardo anche alle famiglie nel suo insieme e all’importante ruolo genitoriale. Questo non è un punto di arrivo, ma di partenza per essere sempre più vicini a chi ne ha bisogno, aprendoci ancor di più al confronto, al dialogo e all’assistenza del cittadino. Per noi di Stella Selene Onlus, infatti, la promozione della salute del sistema famiglia si colloca tra le fondamentali finalità relative allo sviluppo ed al sostegno della comunità e del territorio”.

Grande soddisfazione per l’apertura di questo nuovo Centro è stata espressa dall’Asset Manager di Generali Real Estate, Stefano Pessina: “Mettere a disposizione uno dei nostri locali all’interno della galleria commerciale del Centro è l’esempio concreto di quello che da tempo dichiariamo: cercare di incrementare con iniziative e attività, tutti quei servizi utili e a volte necessari al nostro territorio di appartenenza. Grazie all’associazione ‘Stella Selene Onlus’ e tutti gli operatori del settore che ne fanno parte, da oggi i progetti sociali a favore dell’inclusione delle persone con disabilità saranno messi in atto ogni giorno, grazie all’operatività in presenza dell’associazione”.



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FAREWELL TO THICH NHAT HANH, THE FATHER OF MINDFULNESS



Thich Nhat Hanh (1926-2022), who died recently, was one of the most influential spiritual leaders of our time. He was the world best-known Zen Buddhist monk and the founder of Mindfulness. The Zen master was also a writer and poet. He created several communities in Europe (See website: plumvillage.org/gratitude-for-thich-nhat-hanh). His entire life is marked by compassion, humility, creativity, depth of thought and love for all beings. At the age of sixteen Thich Nhat Hanh was ordained a Rinzai Buddhist monk, a Zen school, in Vietnam and since then he has been promoting the Dharma, i.e. the teaching of the Buddha, as a means of bringing peace, reconciliation and brotherhood to society. In 1964, during the Vietnam War, he founded a non-violent resistance movement

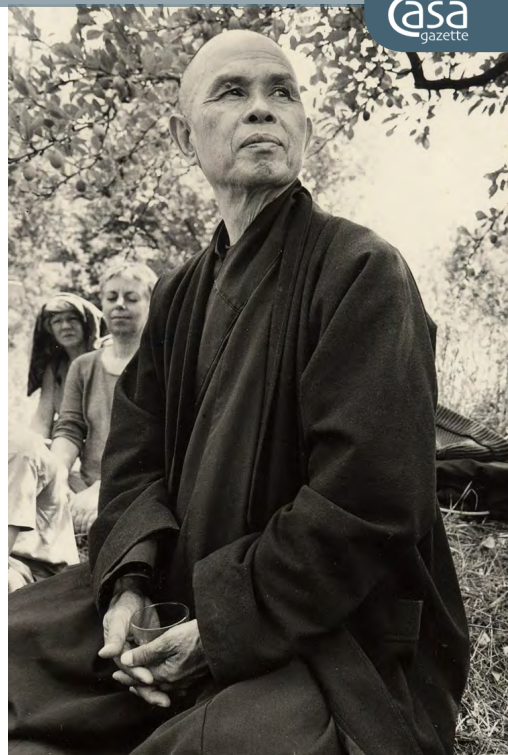
called “Small Peace Corps”: groups of people and monks who went into the countryside to help rebuild villages, hospitals, schools and everything that had been destroyed by the war.

In 1967, Thich Nhat Hanh met Martin Luther King, who nominated him for the Nobel Peace Prize because of his public stand against the war in Vietnam. He led the Buddhist Peace Delegation, which participated in the Paris peace talks. His pacifism was not well regarded by the Vietnamese government and at the end of the conflict he was forced into exile in France because he was accused of not supporting the Vietcong (it was only in 2005 that he was able to return to his home country for the first time). In 1982, he founded Plum Village in France, a community of monks and lay people near Bordeaux, where he lived until his final return to Vietnam in 2018. After suffering a stroke in 2014, he stopped his prolific teaching activities.

Thich Nhat Hanh is known for having ‘popularized’ Zen meditation. He teaches mindfulness practice using texts from the Pali Canon; his teaching is fully embedded in the flow of the Zen ‘Rinzai’ tradition and is made easier to understand by the Westerners by minimizing ritual formalism. Instead of using koans - enigmatic sentences that Masters

give to their students to arouse their awakening -Thich Nhat Hanh resorts to metaphors. He does not proselytize; people can attend the teachings whenever they wish and are always welcomed into the “Sangha”, the community of practitioners. He also argues that it is wrong to abandon one’s religion to embrace Buddhism. Thich Nhat Hanh proposes a universal ethic and teaching, aiming at overcoming the view of ourselves as entities separate from other people and from the rest of reality, which is a source of enormous suffering, both individually and collectively.

From the Buddhist precepts, he has derived the “Trainings in Consciousness”, a set of universal ethical principles, to be proposed to humanity as a community and not to a particular spiritual group. One of the issues addressed, and one that humanity



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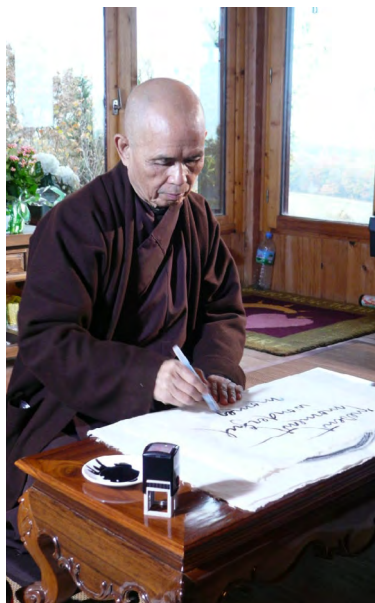
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as a community must address, is environmental degradation and global warming. Thích Nhất Hạnh has often been described as a man at total peace with himself and others. His wisdom and words have been a source of warmth and support for many people all over the world. Through his books and poems, he has also offered numerous life lessons on the meaning of existence, the appreciation of one's own life path and how to be happy. His many books have been translated into many languages.

Thích Nhất Hạnh often said: "Nirvana is liberation from all ideas and opinions: When you come into contact with reality you no longer have opinions. You have wisdom."

The following message from Thich Nhat Hanh is truly appropriate for these dark times, dominated by madness, fear and division: Someone asked me, "Aren't you worried about the state of the world?" I allowed myself to breathe and then said, "The most important thing is not to allow your anxiety about what is happening in the world to fill your heart. If your heart is filled with anxiety, you will get sick and you will not be able to help." There are wars - big and small - in many places, and this can make us lose our peace. Anxiety is the disease of our age. We worry about ourselves, our family, our friends, our jobs and the state of the world. If we allow worry to fill our hearts, sooner or later we will become ill. All that is left of the practice is a well-grounded peace." (See more articles on Thich Nhat Hanh at <https://maramici.blogspot.com/search?q=Thich+Nhat+Hanh>)



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GLUTEN-FREE IRISH SODA BREAD

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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!



Yields: 6 to 8 servings

Prep Time: 15 min

Baking time: 50 to 60 minutes

A simple and classic traditional family recipe that has been passed down from one family to the next and shared with me by a dear friend who's ancestors are from Ireland, also known as the beautiful 'Emerald Isle' due to its stunning rolling green hills and lush landscapes. One of the most magnificent places I've ever had the pleasure of visiting.

Since I'm a big fan of Ireland and Irish Soda Bread, I converted this traditional recipe into a gluten-free alternative. It took several attempts and modifications to get it just right but it was worth it. It is absolutely delicious! I know this because my dear friend that shared the original recipe with me was my first taste tester and she loved it! So I'm thinking, it's gotta be good!

Happy St. Patricks Day my gluten-free peeps!! Enjoy!

Prep Time: 20 minutes plus 1 hour of resting time

Ingredients

- 2/3 cup raisins (can sub with currants or golden raisins), soaked and chopped
- 3 cups all-purpose gluten-free flour blend
- 1 teaspoon xanthan gum (omit if your GF flour blend contains it)
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup sugar (can sub with 2 tablespoons of maple syrup)
- 2 eggs, room temperature
- 1 cup organic plain whole yogurt (can substitute with buttermilk)
- 1/2 cup (1 stick) unsalted butter, melted and cooled



For brushing on loaf:

- 1 tablespoon melted butter

Directions:

1. Preheat oven to 350° F. Grease a skillet with cooking spray and set aside. You can also use a baking sheet lined with parchment paper.
2. Soak raisins in hot water for 10 minutes then drain and coarsely chop.
3. In a large bowl, sift together the gluten-free flour, xanthan gum (if needed), baking powder, baking soda, salt and mix well with a whisk. Fold in raisins using a wooden spoon and set aside.
4. Add wet ingredients to the dry ingredients and combine with a wooden spoon then switch to using your hands and mix the batter together to form a wet dough. Transfer dough to a lightly floured surface and knead it gently just until you form a round dough. Dough will be sticky but you should be able to form into a round shape.
5. Place dough in the skillet and using a knife, cut an X shape on top of the loaf about an inch in depth.
6. Bake for 50 minutes to an hour or until a wooden pick inserted into the center of the cake comes out clean. The top will be a deep golden brown.
7. Let cool in the skillet for 10 minutes, then move to wire rack to cool completely before slicing. It cuts better when cooled off.

Notes:

- *If dough is too wet, add flour a little bit at a time. Dough should be a little sticky.*
- *Store Irish soda bread in an airtight container or wrapped tightly in plastic wrap for 3 to 4 days or freeze in an airtight container for 1 month.*

COVID 19 - VERSO LA LUCE

L'ultimo libro fotografico Graffiti

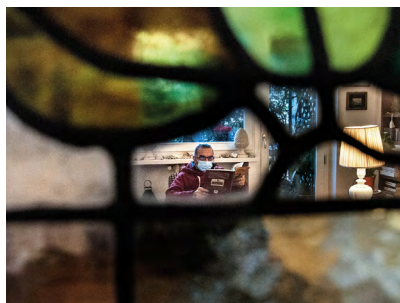


di Emiliano Pinnizzotto

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

A due anni dall'inizio della pandemia e dal primo lockdown imposto ad un'intera nazione (nel quale l'Italia entrava il 9 Marzo 2020), gli eventi si sono susseguiti senza tregua.

Prima lo stupore, poi la paura, dopo le mascherine, gli ospedali al collasso, i tamponi, i vaccini, gli scontri di piazza, l'introduzione del green pass, le chiusure e le riaperture delle attività economiche. Ogni giorno è stato scandito da momenti che hanno cambiato completamente la storia della nostra nazione. Il virus, inoltre, ha "contagiato" anche chi non si è ammalato, l'insicurezza è cresciuta costantemente nella popolazione creando un ulteriore disagio psicologico oltre a quello economico già particolarmente grave.



Le immagini di questo articolo sono in ordine di: Francesco De Quattro, Sonia Zimmiti, Tiziana Palloni, Sabrina Zimmiti, Paolo Carbone, Roberto Ventura, Roberto Rinaldi, Giancarlo Zano, Armando Casali, Emiliano Pinnizzotto, Matteo Frasca, Eva Mezzacapo, Pietro De Giorgio, Laura Montanari

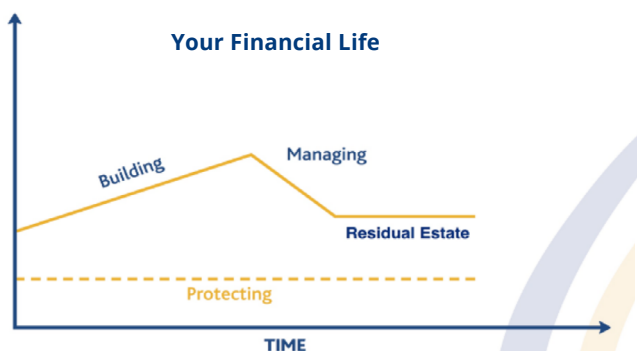


Per tentare di esorcizzare le paure, fermare il tempo e lasciare un segno tangibile di questi anni epocali, venticinque fotografi della Graffiti si sono uniti per documentare il difficile periodo storico e raccogliere le loro immagini in un libro fotografico dal titolo “Covid 19 – Verso la Luce”.

In oltre duecento pagine gli autori hanno tentato di esplorare, ognuno con il proprio sguardo, ogni aspetto della vita così profondamente trasformata durante la pandemia: dalle file per i vaccini alle manifestazioni pro e novax, dal lavoro sempre più difficile e precario ai locali e alle attività chiuse, dalla convivenza forzata con il virus alle restrizioni imposte dal governo, dagli aspetti più intimi e personali, come ad esempio il periodo della gravidanza e la nascita di un figlio durante la pandemia, a quelli più profondi e psicologici vissuti dagli stessi fotografi e raccontati attraverso le immagini.



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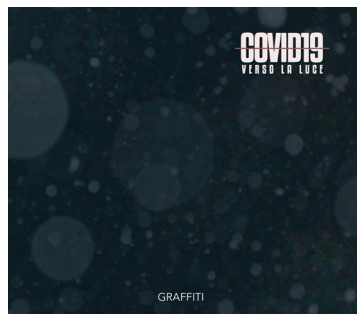
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“Covid 19 – Verso la Luce”, secondo volume dedicato alla pandemia dopo “Covid 19 – Immagini da un anno buio”, è l'ultimo libro fotografico della Graffiti che, come casa editrice, ha puntato oltre che su progetti personali di singoli Fotografi e Reporter, anche su libri collettivi e corali, dando spazio e voce alla grande varietà di stili e linguaggi presenti oggi sulla scena fotografica.

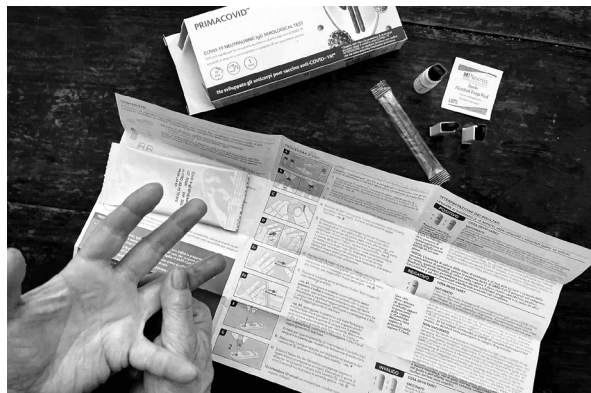


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