



OCTOBER
2024

fao CASA gazette

Mensile - No 10 - 2024 - Reg. Trib. N. 574 dell'8/10/1990

- GIOIELLI NASCOSTI: MONTECATINI TERME

- BENEFITS OF LEARNING MUSIC

- THRIVE IN THE PRESENT BY
OVERCOMING THE PAST

- CURIOSITY CORNER

- HOMEMADE FUSILLI

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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, impregnati 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

MONTECATINI TERME

La città termale, adagiata presso le ultime propaggini appenniniche, ricorda un mondo scomparso che sopravvive in questo angolo della Toscana, da sempre connubio di arte e paesaggio, terra dall'atmosfera quasi surreale e sospesa, dai paesaggi armoniosi alla cui bellezza si sono ispirati molti artisti del Rinascimento.

Le dolci colline toscane accolgono antichi abitati medievali e case rurali immerse nella tranquillità. Ma anche luoghi come Montecatini Terme che il grande Federico Fellini nel film OTTO E MEZZO ha immortalato attraverso le sue numerose sequenze, mettendo in risalto la serenità del luogo che però non esclude la mondanità. La città termale, adagiata presso le ultime propaggini appenniniche, ricorda un mondo scomparso che sopravvive come per magia in questo angolo della Toscana. Montecatini evoca infatti immagini di un tempo che fu, quello della Belle Époque, con le sue eleganti signore che passeggiano tra i viali alberati, e gli uomini dall'aspetto austero vestiti secondo la moda ottocentesca che camminano commentando amabilmente gli avvenimenti della giornata. Le miracolose acque termali, già nell'Ottocento attirarono in città moltissimi vacanzieri, tra cui anche diversi personaggi illustri come Giuseppe Verdi, Ruggero Leoncavallo, Giacomo Puccini e Vittorio Emanuele II.



LA STORIA

Montecatini, più volte conquistata e perduta da Firenze alla metà del XVI secolo, entra definitivamente nell'orbita della città divenendo proprietà di Cosimo Primo dei Medici. Trascorreranno due secoli prima che Leopoldo I, granduca di Toscana, decida di sfruttare le proprietà medicamentose delle acque edificando gli stabilimenti termali che vennero appunto chiamati "Terme Leopoldine". Fu sempre il granduca Pietro Leopoldo nel 1788 a volere il prosciugamento della palude **Padule di Fucecchio**, (sviluppatasi tra le province di Firenze, Pistoia, Lucca e Pisa) al fine di arrestare le frequenti epidemie di malaria che colpivano gli abitanti della zona. Quest'opera di grande respiro si è conclusa soltanto negli anni '30 del XX secolo, cioè nel periodo di maggior sviluppo di Montecatini Terme, diventato un centro di grande richiamo internazionale frequentato dalle élites. Gli impianti termali che occupano circa un quarto del territorio comunale mostrano un'architettura classicheggiante Liberty che ne costituisce una delle caratteristiche principali.

MONTECATINI OGGI

Montecatini Terme è protetta dall'UNESCO, essendo parte del patrimonio dell'umanità denominato "Grandi città termali d'Europa", un insieme indivisibile di 11 città europee sviluppatesi dall'Illuminismo fino al XX secolo. Oggi qui si viene non solo per le sue acque la cui fama ha travalicato le frontiere, ma anche per la vita mondana, che nella stagione estiva ferve tumultuosa. Il luogo pertanto è frequentato anche da giovani che vogliono soltanto divertirsi.

La cittadina merita sicuramente una visita, anche grazie alle numerose cose da vedere, al suo centro storico perfettamente curato

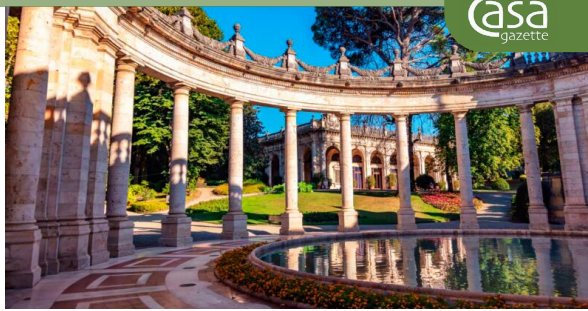


con parchi, giardini e ville in stile Liberty, e alla possibilità di effettuare alcune interessanti escursioni nei dintorni.

Non per ultimo, Montecatini si trova in posizione davvero favorevole rispetto alle grandi attrazioni della Toscana: Firenze, Pisa, Lucca e la Versilia che distano a non più di mezz'ora d'auto.

Una funicolare collega Montecatini Terme a Montecatini Alto, situato a 290 mt di altezza, non così famoso come la sua controparte termale, ma meritevole di una visita per il suo delizioso borgo storico appollaiato sulla collina, che ha mantenuto intatta l'atmosfera e le suggestioni di tempi ormai lontani. La pittoresca salita in funicolare dona a questo luogo un appeal extra.

Una volta giunti a destinazione, camminando sulle mura si gode dello splendido panorama di tutta la Valdinievole: dall'altopiano turrito di Serravalle a Monsummano, le zone umide del Padule di Fucecchio, le colline delle Cerbaie, il colle di Montecarlo fino ai poderosi monti Pisani, poi Pescia (un pò nascosta) ed in lontananza, dietro basse colline, la piana di Lucca. Verso nord i contrafforti della Montagna pistoiese fanno corona con i ridenti paesi dell'alta Valdinievole: Massa e Cozzile, Marliana, Casore al Monte.



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Il **Padule di Fucecchio** che occupava in passato un'ampia depressione tra il Monte Albano e la valle di Nievole, alla metà del XV secolo divenne la Pescaia della famiglia Medici, prima di essere bonificata. Ma parte dell'acquitrino è rimasta ed oggi rappresenta uno dei punti di maggior richiamo naturalistico della zona. Infatti circa 100 ettari di quasi 2000 che compongono il Padule sono chiusi alla caccia. Grazie agli sforzi del WWF gli appassionati di birdwatching possono seguire il volo delle oltre 150 specie di uccelli che qui vengono a nidificare e si posano durante le periodiche migrazioni.

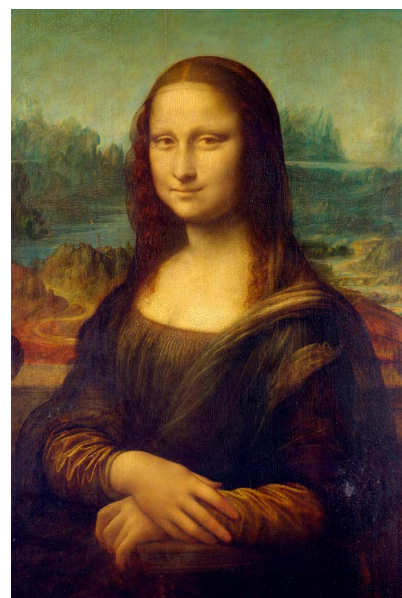


La cittadina di **Fucecchio** in provincia di Firenze, situata sulla sponda dell'Arno a 11 km da Empoli, offre ai visitatori numerosi palazzi nobiliari e il palazzo Corsini che ospita al suo interno un museo con una ricca sezione archeologica, oltre ad una di oreficeria ed arte sacra.



Sul versante fiorentino del Monte Albano sorge **Vinci**, paese natale di Leonardo, il più grande genio che l'umanità abbia mai espresso. Qui esiste un museo che custodisce i modelli delle sue più famose invenzioni.

La Monna Lisa di Leonardo, uno dei quadri più enigmatici di tutti i tempi, pare sia il ritratto di una elegante e superba signora (forse Lisa Gherardini, sposa di Francesco Giocondo: ecco perché la GIOCONDA). Ma non meno enigmatica è la collocazione che sembra rappresentare un panorama immaginario. Ma gli esperti, considerando la grande cura di Leonardo per i dettagli, hanno sempre ritenuto che non si tratti di uno sfondo inventato, ma rappresenti un luogo preciso della Toscana, da sempre connubio di arte e paesaggio, terra dall'atmosfera quasi surreale e sospesa, dai paesaggi armoniosi alla cui bellezza pare essersi ispirato Leonardo per realizzare il suo capolavoro. Chissà che la vegetazione alle spalle di Monna Lisa non sia proprio ispirata alle amenità delle dolci pendici del Monte Albano, nel punto in cui degradano fino alle pianure?





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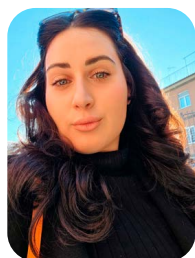


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BENEFITS OF LEARNING MUSIC



by Ilaria Lucchesi

Hello everyone, I'm Ilaria Lucchesi, intern at the FAO Staff Coop. With a deep passion for exploration and a curious mind, I'm excited to take you on a journey to uncover new destinations, insights, and fascinating stories. Enjoy the reading!

Learning to play a musical instrument is an activity that goes far beyond the simple pleasure of producing harmonious sounds. It is a journey of personal growth that has numerous benefits to physical, mental and emotional well-being. In this article, we will explore how learning a musical instrument can improve our lives in various ways.

COGNITIVE BENEFITS

Musical learning requires the coordination of several brain functions. When we play an instrument, our brains engage in complex activities involving memory, attention and problem solving. Scientific studies have shown that playing an instrument can:



1. **Improve memory:** Musical practice strengthens both short-term and long-term memory as we memorize notes, chords and musical pieces.
2. **Improve concentration:** Playing requires constant attention to detail, enhancing the ability to concentrate and work on longer tasks.
3. **Enhance mathematical and linguistic skills:** Music is intrinsically linked to mathematics and linguistics, helping to develop logical and linguistic competencies.

EMOTIONAL BENEFITS

Music is a powerful tool for emotional expression. Learning to play helps to channel emotions and stress in creative and constructive ways. The main emotional benefits include:

1. **Stress reduction:** Playing an instrument can reduce levels of cortisol, the stress hormone, and promote a sense of relaxation and calm.
2. **Boosting self-esteem:** Achieving musical milestones, such as learning a new piece or performing in public, increases self-confidence.
3. **Creative expression:** Music provides a creative way to express feelings and thoughts in a non-verbal way.

SOCIAL BENEFITS

Music is a social activity. Whether it is private lessons, playing in a band or performing in public, learning music promotes social interaction and a sense of community. Social benefits include:

- 1. Improved communication skills:** Music requires communication and collaboration with other musicians, developing interpersonal skills.
- 2. Sense of belonging:** Participation in musical groups or orchestras creates a strong sense of belonging and community.
- 3. Cultural sharing:** Music is a universal language that transcends cultural barriers and promotes understanding and appreciation of different cultural traditions.

PHYSICAL BENEFITS

Playing a musical instrument can also have physical benefits. The fine motor coordination required to play instruments such as the piano or guitar improves dexterity and manual precision. In addition:

- 1. Improve posture:** Many instruments require good posture, which contributes to better postural awareness and health.
- 2. Coordination and dexterity:** Simultaneous use of hands, eyes and ears develops fine motor coordination.
- 3. Physical endurance:** Instruments such as drums or wind instruments require a certain level of physical endurance, which improves respiratory capacity and muscle strength.

Learning to play a musical instrument is an enriching experience that brings benefits on many levels. Besides improving cognitive and motor skills, it provides powerful emotional expression and social connection. Whether you are a beginner or an experienced musician, the musical journey is a continuous wellness path that enriches life in every way. If you haven't started yet, September is the perfect time to pick up an instrument and discover the many benefits of music.

The FAO Staff Coop offers guitar and piano lessons if you want to learn a new instrument. Guitar lessons are given by teacher Daniele Martinelli, a graduate of the Conservatory of Music and the Saint Louis International School of Music, with more than 10 years of experience playing in jazz orchestras and big bands. Piano lessons are given by Orhan Memed, who speaks English, French and Italian and gives general music lessons (harmony, theory...) for all levels.

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For more information, don't hesitate to contact the FAO Staff Coop by emailing:

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IT-00153 Rome, Italy**

Key Activities

**International finger food & Buffet
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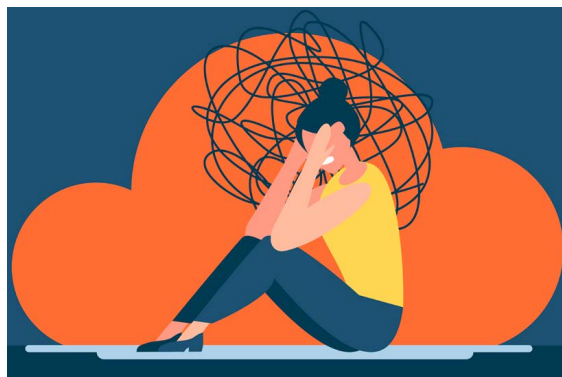
by Umar Sheikh

Addressing psychological and emotional issues promptly is critical for maintaining both personal well-being and professional success. Anxiety, burnout and unresolved childhood trauma are examples of deep-rooted issues that, if left untreated, can significantly affect adult life. These problems don't just cause emotional distress; they also manifest in physical symptoms, reduced productivity, strained relationships, and compromised mental clarity.

I will share insights to three of the most common issues I come across amongst clients in high pressure roles.

ANXIETY: HIDDEN IMPACTS

Anxiety is one of the most prevalent mental health challenges. It affects how individuals process information, make decisions and interact with others. Symptoms like constant worry, difficulty concentrating and fatigue can spill over into all areas of life, leading to underperformance at work and strained personal relationships.



BURNOUT: THE SHADOW OF ANXIETY

Burnout is closely linked to chronic stress and emotional exhaustion. It is a state of physical, emotional and mental depletion. It is commonly found among individuals in high-pressure jobs. Having said that, it is also increasingly affecting people in personal roles, such as caregivers or parents. Burnout can cause severe fatigue, detachment, and feelings of ineffectiveness.

While these issues may seem tied to present circumstances, many stem from unaddressed experiences or patterns and beliefs from our childhood. For instance, a person who felt they could never meet their

parents' expectations may develop perfectionism or an extreme fear of failure, which leads to anxiety and burnout later in life.

THE LINGERING EFFECTS OF CHILDHOOD TRAUMA

Childhood trauma is overlooked and can have long-lasting effects on our decision-making, response to experiences and mental health. Research shows that adverse childhood experiences (ACEs), such as emotional neglect or abuse, can result in chronic stress responses, shaping adult behaviour. Those who experienced trauma early in life may suffer from low self-esteem, trust issues, or develop coping mechanisms like avoidance, leading to unhealthy relationships, isolation





or even depression. Furthermore, when childhood trauma is ignored, it often results in ailments such as IBS, fibromyalgia or even trigger cancer.

A NEW APPROACH TO FINDING THE SOLUTION

Rapid Transformational Therapy (RTT) and Hypnotherapy offer powerful solutions for addressing these deep-seated emotional and psychological issues. Unlike traditional therapy,

which can take months or years, RTT is designed to produce fast, transformative results by uncovering the root cause of the issue quickly and then reprogramming the mind with positive beliefs.



Through hypnosis, clients can enter a deeply relaxed state, which allows them to bypass their critical conscious mind and tap into their subconscious, where deeply held beliefs reside. For instance, someone struggling with anxiety may uncover childhood experiences that fostered feelings of inadequacy or fear of not being “good enough.”

Once these core beliefs are revealed, you can replace those feelings and fears with empowering, positive thoughts that help build resilience, self-confidence, and inner calm, leading to a lasting transformation.

I have used RTT with over a thousand clients from around the world, and it has been shown to be highly effective in dealing with a range of issues including anxiety, burnout, trauma, and even physical conditions like emetophobia or celiac disease, which can often be stress-related.

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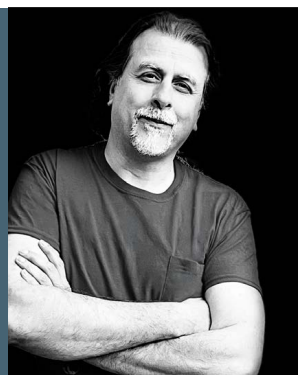
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A growing body of scientific research supports the effectiveness of hypnotherapy for various psychological conditions. For instance, a meta-analysis published in the *International Journal of Clinical and Experimental Hypnosis* found that hypnosis can be highly effective in treating anxiety and stress disorders. Hypnosis has also been recognized for its ability to address trauma-related conditions by the American Psychological Association (APA).

Furthermore, research published in *Cognitive Behavioural Therapy and Hypnosis: The Cognitive-Behavioural Hypnotherapy Treatment for Anxiety, Depression, and Fear* found that combining hypnosis with cognitive-behavioural approaches can lead to faster and more lasting change compared to traditional methods alone. This is because hypnosis allows for deeper exploration of subconscious beliefs and can rapidly initiate emotional healing.

With scientific evidence backing the efficacy of hypnotherapy, it stands as a powerful tool for emotional healing, giving individuals the opportunity to live more fulfilled lives.



UMAR SHEIKH

Rapid Transformation Therapy - (RTT)

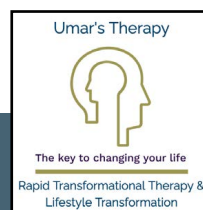
Clinical Hypnotherapist - (C.HyP)

MSc. Psychology and Neuroscience of Mental Health

King's College London - (Current)

Member - International Association of Counsellors & Therapists

Umar is a dedicated and results-oriented therapist based in the city of Cambridge, UK.



With a fusion of extensive qualifications and practical experience as an RTT practitioner and Clinical Hypnotherapist, Umar seamlessly integrates his expertise in the intricate workings of the mind, mental health dynamics and cutting-edge neuroscience principles to offer holistic and enduring healing solutions. His strength lies in collaborating with a diverse clientele, including business teams, individual adults, young adults and children. Amongst his clients, Umar is praised for his meticulously crafted healing programs that yield rapid improvements, fostering not just temporary changes but sustainable progress in each individual's journey towards healing and personal growth. In many cases, within one to three sessions. *'Hypnotherapy and the techniques in RTT deliver a powerful, result-focused and healing therapy. Rapid Transformational Therapy was created by Marisa Peer, voted Britain's top therapist. RTT gives me the ability to discover the core reason behind why you haven't overcome your issues'*. Umar offers RTT and Hypnosis sessions online and in person at his clinics in Cambridge, London and very soon, in Rome.

To learn more about this subject, you are welcome to visit the website:

<https://www.umarstherapy.com>

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L'ASTUZIA DEL CINGHIALE

Quella dei cinghiali nella capitale ormai è storia nota. Quando si pensa alla città di Roma e ad un suo giocatore astuto ed intelligente, non si può che citare Francesco Totti che vuol dire talento e qualità, ma soprattutto astuzia. Uno che quando scendeva in campo risultava sempre fatale per gli avversari... Come diceva il grande Ugo Trani: "Il cinghiale li ha uccisi tutti."

Il cinghiale assomiglia molto al maiale domestico anche se un po' più corto e tozzo con orecchie più appuntite. Lo si trova in quasi tutti i paesi di Europa sotto il 65° parallelo. Quelli che vivono nelle zone paludose sono generalmente più grossi di quelli delle zone aride. Quelli che vivono nelle isole del Mediterraneo sono più robusti di quelli continentali.

Sono animali socievoli.

Le femmine vivono in gruppo con i piccoli mentre gli anziani preferiscono la solitudine.

Il termine cinghiali sembra infatti derivare dal latino *singularis* cioè solitario.

Il maschio si unisce al branco solo durante la stagione degli amori. Di giorno resta nascosto e indolente nella boscaglia. Verso sera si muove per cercare cibo. Le regioni, umide paludose cosparsa di foreste di boscaglie sono i luoghi preferiti dal cinghiale che ha un assoluto bisogno di rinfrescarsi. Percorre anche molti chilometri per raggiungere l'acqua perché ama bagnarsi a lungo.



Oggi i cinghiali rappresentano un vero problema poiché saccheggiano più di quanto mangino mentre cercano cibo. Mangiano indifferentemente prodotti di origine vegetale ed animale, dalla carne delle carcasse, fino a quella dei loro simili. Mangiano ghiande, tuberi, larve, insetti e vermi. In autunno si nutrono di nocciole, castagne, patate, rape e legumi. Durante gli inverni molto freddi quando il cibo scarseggia, intraprendono migrazioni anche interminabili.

Con il boom economico degli anni Sessanta tante aree interne adiacenti alla capitale sono state abbandonate. La mancanza di attività agricola e quindi l'assenza di un ecosistema che forniva ai cinghiali l'alimentazione necessaria, ha spinto gli animali a cercare sostentamento verso le aree urbane.

Con molta probabilità la ragione della loro massiccia presenza è da attribuire al ripopolamento della specie avvenuto dopo la seconda guerra mondiale. La caccia aveva ridotto ai minimi termini la popolazione di questi mammiferi, così nacquero parecchi allevamenti con lo scopo di salvaguardare i cinghiali rimasti e contemporaneamente vennero introdotti altri esemplari provenienti dall'est Europa. La conseguenza di questo sostanzioso ripopolamento ha prodotto un incrocio che ha sostituito il vecchio cinghiale autoctono (di modeste dimensioni e peso tra i 50 /60 kg) con esemplari ben più grandi e prolifici. Questi nuovi ibridi partendo dall'Appennino centrale con il passare del tempo si sono spinti



sempre più a valle arrivando alle porte di Roma in cerca di cibo. Questi animali sembrano essersi abituati anche alla presenza umana tanto da non esserne intimoriti. Sono animali prudenti, sempre all'erta, consapevoli della loro forza, hanno mezzi di difesa formidabili e temibili. Ma il cinghiale se non infastidito non è pericoloso per l'uomo. Non può vantare un'ottima vista ma compensa con un udito ed un olfatto eccellenti. Le sue facoltà intellettive non sono affatto limitate. È un animale intelligente ed astuto.

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VASERLIPO



By Dr. Hicham Mouallem FRCS

Laureato in Medicina e Chirurgia, Specialista in Chirurgia Generale

Master in Chirurgia Plastica ed Estetica

Tecniche innovative su corpo e viso

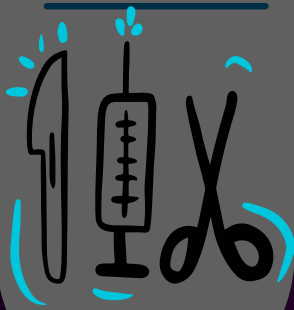
VASERLIPO-LIFTING VERTICALE-DUAL PLANE-MEDICINA ESTETICA

La nuova frontiera del body contouring per un fisico al top? È la vaser lipo. È una procedura avanzata che impiega energia ultrasonica per rimuovere in maniera selettiva l'adiposità indesiderata fa sapere il Dr Mouallem. Il tutto senza danneggiare gli altri tessuti. Stiamo parlando, appunto, di liposculptura e cioè di un trattamento di chirurgia estetica, mini-invasiva, con poco dolore e con tempi di recupero rapidi. Spiega ancora il Dr Mouallem: questa tecnologia permette una vasta gamma di applicazioni di rimodellamento corporeo; dal trattamento di piccole a grandi aree.

I tempi di recupero sono minimi, come il dolore e le ecchimosi, mentre si assiste ad un progressivo miglioramento del processo di retrazione del tessuto cutaneo. Le zone che possono essere sottoposte a questa tecnologia sono il collo, il doppio mento, il seno, le braccia, la parte alta e bassa del dorso. Ma anche l'area della circonferenza vita, i fianchi, la pancia, i glutei, le cosce, le ginocchia, le gambe, i polpacci e perfino le caviglie. Questo tipo di trattamento può essere praticato da tutti, tuttavia, gli obesi patologici non sono i candidati ideali: infatti, una pelle compatta ed elastica produce risultati migliori. I primi risultati si vedono dopo tre settimane. In alcuni casi il grasso aspirato potrebbe essere utilizzato e diventa in quel caso materiale prezioso per la paziente stessa per aumentare il seno oppure rimodellare i glutei riempiendoli con il grasso aspirato e trattato.

Vale la pena sottolineare che la Vaser lipo non aiuta a perdere peso nel senso che, come evidenzia il Dr Mouallem, l'adipe è leggero e per questo la rimozione delle sacche di grasso può essere considerata un'alternativa alla perdita di peso. L'obiettivo è quello di avere una silhouette sottile. Quanto al grasso rimosso, presupponendo che si porti avanti uno stile di vita sano, non si riformerà ma emigrerà in un'altra parte del corpo.

Infine uno step importante: una volta fatto il trattamento, occorre mantenere uno stile di vita sano e attività fisica adeguati: la forma postoperatoria è relativamente permanente, ed eventuali successivi aumenti o perdite di peso tenderanno a distribuirsi in modo proporzionale su tutto il corpo.



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About Us:

Hicham Mouallem has graduated in Italy in 1990 and has been practicing cosmetic surgery since 1998. He has first specialized in General Surgery in Italy and later in Cosmetic Surgery in Rio de Janeiro- Brazil, becoming increasingly specialized and trained under the supervision of Prof. Pitanguy and Dr. Farid Hakme, the most important surgeon soft the Brazilian cosmetic surgery school and president of the Brazilian Society of Plastic and Aesthetic Surgery.



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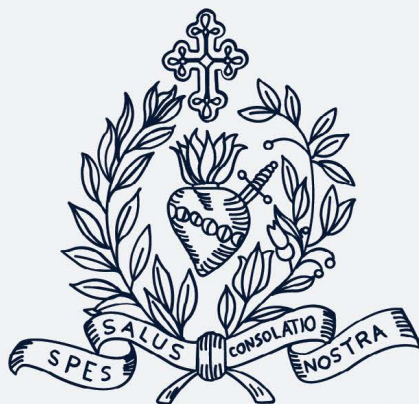
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Nos Deja el Boliviano **RAFAEL DALENZ**

Por Susana Moraleda-Dragotto

Sé que ya nadie me recuerda en la FAO, pero fui empleada del Consejo Mundial de la Alimentación entre el 1977 y 1992, organismo de las Naciones Unidas alojado en los edificios de la FAO, pero luego cancelado del sistema por el Secretario General Boutros Gali en 1992.

Mientras estuve allí, también fui, por 10 años, presidente de los grupos de danza del Staff Coop, fundando en 1977 el grupo de danza mexicana Los Rancheros, actividad que he continuado ininterrumpidamente desde entonces (www.losrancheros.org).

El motivo de este artículo es honrar la memoria de un personaje que probablemente alguno de ustedes haya conocido, Rafael Dalenz, quien el pasado 22 de junio dejó este mundo.

Fue uno de los mejores bailarines de este Ballet Los Rancheros, un hombre que vivió sus 75 años de vida plenamente, en perpetua alegría, optimismo y amor al baile. Formó parte también de un grupo de danza argentina (con algunos ex-empleados de la FAO), y del grupo de las “Danzas italianas de Piazza Vittorio”.

Italo-boliviano de nacimiento, su corazón encontró un segundo hogar sobre todo en el folklore mexicano, al que dedicó 35 años de su vida, enriqueciendo nuestro Ballet con su talento y dedicación, y llevando consigo la esencia de México en cada movimiento, en cada zapateado...

Rafael partió como siempre lo deseó: bailando. La última vez que sus pies tocaron la tierra fue en Cerveteri, al ritmo de la conocida canción mexicana La Bamba, durante un festival de folklore, como si la música y la danza fueran su camino hacia la eternidad. Su vida es un testimonio de amor por el arte y por la vida misma, un recordatorio de que no importa de dónde venimos, sino cómo elegimos celebrar nuestra existencia. Rafael nos enseñó que la danza no sólo es movimiento, sino una forma de expresar el alma, el sentimiento.

Que su espíritu siga danzando en nuestros corazones, guiándonos y recordándonos que la vida es una celebración.



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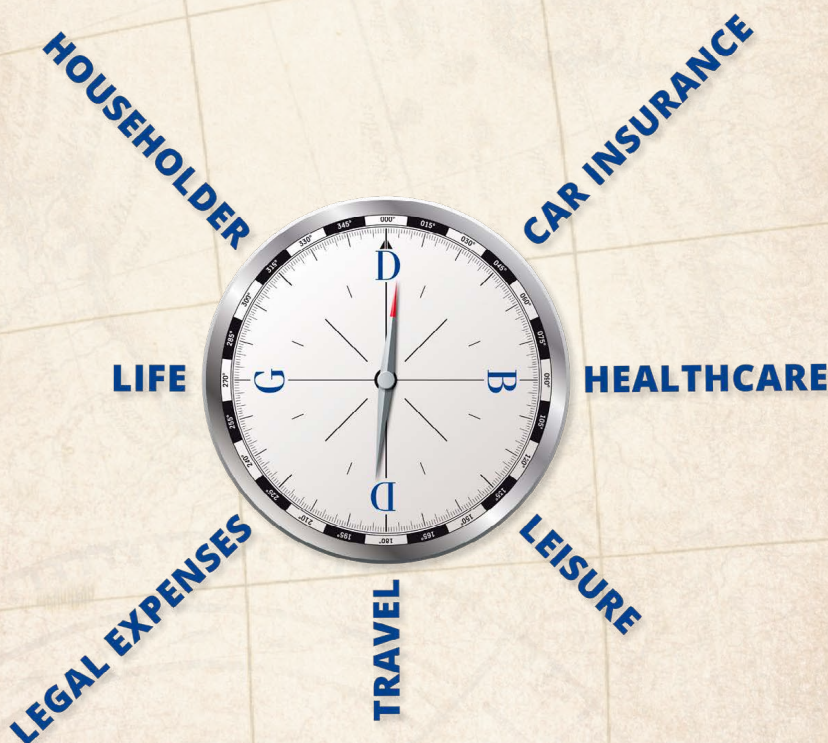
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HOMEMADE FUSILLI FROM THE NEAPOLITAN TRADITION



by Pasqualina Raspaolo

Pasqualina is a chef, nutritionist, and founder of Culinary Genes, LLC. She hosts annual Culinary Experiences in Italy, sharing her passion for food and culture. On her blog, she transforms authentic family recipes into gluten-free alternatives. Her heartfelt cookbooks, 'Pasqualina's Table, Our Italian Family Traditions...The Gluten-Free Way' and 'Pasqualina's Table, Our Family's Traditional Desserts...The Gluten-Free Way' reflect her dedication to bringing happiness back to the table. Her philosophy revolves around love, laughter, and living – key ingredients in both her personal and professional life. Pasqualina's culinary creations are a true testament to her vibrant spirit. www.culinarygenes.com

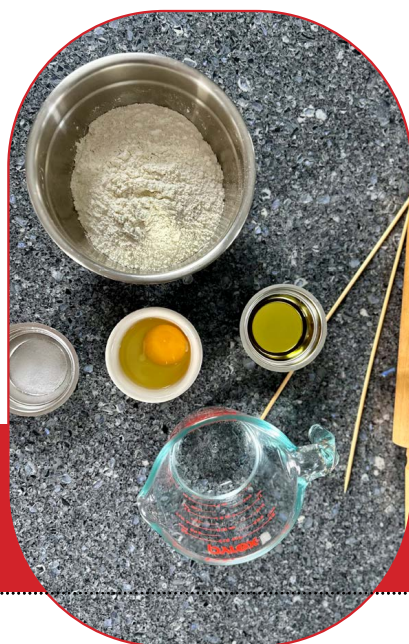


I'm excited to share with you how to make handmade fusilli. This is a cherished recipe passed down through generations in our Neapolitan family. Dating back centuries, fusilli is a type of traditional Italian pasta known for its spiral shape.

Traditionally, fusilli were crafted by hand, wrapping fresh pasta dough around a thin iron, known as 'ferretto' or 'ferro'. This ferretto, similar to a metal kabob skewer but square in diameter, helps create the signature spiral shape. Since we didn't have a square iron skewer, we decided to use a round wooden skewer. This artisanal process, requiring both skill and patience, can produce long or short fusilli, perfect for holding sauces and ideal for a variety of dishes. They pair beautifully with meat sauces, pesto and tomato-based sauces.

Handmade fusilli is not only a staple of Italian cuisine, but also embodies a rich history of tradition and craftsmanship. Today, fusilli continues to be loved and appreciated both in Italy and around the world, symbolizing Italian creativity and passion for good food.

We are elated to share a gluten-free version of this beloved pasta, ensuring that everyone can enjoy its delightful flavors and textures. This adaptation maintains the traditional essence, while catering to modern dietary needs, preserving the heart and soul of this timeless pasta.



SERVINGS: 2

PREP TIME: 1 HOUR + 3 TO 4 HOURS OR OVERNIGHT RESTING TIME

COOKING TIME: 7 TO 8 MINUTE

Ingredients

- 250 g gluten-free flour for pasta, sifted
- 2 teaspoon extra-virgin olive oil
- 100 - 125 mL water (1/2 cup + 1 tablespoon)
- 75 g (1/2 cup) fine ground yellow cornmeal for dusting*



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Directions

1. Preparing the Dough:

- Place flour in a mixing bowl or on a working surface. Add salt and make a well in the center.
- Add the egg to the well and mix it using a fork, then add the olive oil.
- Continue mixing ingredients with a fork, while gradually adding water a little at a time.
- Once the mixture starts to come together, use your hands to mix it thoroughly then transfer the dough to a lightly floured surface.
- Knead the dough until you have a homogeneous, smooth, round dough. If the dough is sticky, add additional flour.
- Cover the dough with a bowl or kitchen towel and let it rest for 30 minutes.

2. Prepare for Shaping:

- Line a baking sheet with a kitchen cloth and dust it with corn flour or gluten-free flour.

3. Roll and Cut the Dough:

- Using a rolling pin, roll out the dough to about 1/4-inch thick.
- Using a knife, pizza wheel, or bench scraper, cut the dough into 1/4-inch wide strips. Then, cut the strips in half.

4. Shape the Fusilli:

- Using wooden skewers and a wooden board, place a skewer perpendicular to the bottom end of a dough strip.
- Wrap the dough around the skewer at an angle, gently rolling the skewer to thin out the dough and tighten the spiral.
- Gently rock the skewer back and forth a few times, then slide the fusilli off the skewer.
- Lay the shaped fusilli on the prepared baking sheet and let them dry for 3 to 4 hours or overnight before cooking or freezing.*

Notes:

* To freeze fusilli, simply place the baking tray, as is, in the freezer for about 30 minutes, then transfer fusilli into a freezer bag and store for up to 1 month.



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