



AUGUST
2026

fao CASA gazette

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- GIOIELLI NASCOSTI: ROSAZZA

- DON DELILLO AND THE POWER OF BOOKS

- CURIOSITY CORNER

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- YOU CAN'T AVOID PAIN, BUT YOU CAN CHOOSE
NOT TO SUFFER

- BIELLA RICE SAUSAGE

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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.



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

ROSAZZA, IL BORGO PIÙ MISTERIOSO D'ITALIA

Ci sono luoghi in Italia avvolti nel mistero, come il piccolo borgo di Rosazza, famoso per le sue architetture cariche di simbologie massoniche ed esoteriche

Agosto è il classico mese della villeggiatura: vacanze scolastiche, ferie aziendali e clima rovente lo rendono il periodo di viaggio più gettonato. Ma proprio questo comporta spiagge gremite dai forzati delle vacanze... Per chi non voglia finire nelle affollate roccaforti turistiche, proponiamo un viaggio verso rotte meno conosciute, lontane dagli italici lidi balneari.

Andiamo a scoprire le magiche atmosfere di Rosazza, un piccolo paese di montagna di appena un centinaio di abitanti situato nel territorio della Valle Cervo, in provincia di Biella, in cui si celano particolari insoliti ad ogni angolo. Rosazza rappresenta un progetto architettonico unico e singolare: dal castello al palazzo comunale, le architetture conferiscono al paese l'allure di una cittadina magica, dove una tranquilla passeggiata si tramuta in un'interessante caccia al tesoro alla ricerca di arcani enigmi.



La bellezza di questo paese, che attrae tanti turisti incuriositi dal suo alone di mistero, si deve ad un personaggio politico di spicco, colto intellettuale, che decise di arricchire i suoi luoghi d'origine con architetture e opere urbanistiche di grande impatto e di singolare gusto che oggi rendono il paesaggio davvero sorprendente e inaspettato per il visitatore.

Era la seconda metà del 1800 quando Federico Rosazza, Senatore del Regno, membro della Giovane Italia mazziniana e Gran Maestro Venerabile della massoneria biellese, diede avvio ad un progetto urbano per riqualificare la propria terra d'origine, la Valle Cervo e il borgo di Rosazza.

Il filantropo commissionò al pittore e architetto Giuseppe Maffei la realizzazione di strutture e decorazioni che rispecchiassero la sua passione per l'occulto impiegando maestranze e materiali locali. Insieme a lui creò una geografia urbana ragionata e ispirata all'esoterismo, racchiudendo il suo sapere dentro simboli che possono essere trovati nelle principali strutture del borgo.



Il fascino del mistero aleggia negli edifici, nelle strade, nelle merlature dei palazzi, in particolare in quello comunale dove si dice che Federico Rosazza tenesse le sue riunioni massoniche. Fu Giuseppe Maffei a curarne ogni singolo dettaglio, dalle merlature ghibelline alla famosa scala in marmo bianco che conduce ai piani superiori, fino a uno dei suoi elementi distintivi, la torre dell'orologio, realizzata in stile ghibellino e considerata una delle icone di Rosazza.

Il castello progettato dallo stesso Maffei, un tempo residenza estiva di Federico Rosazza, abbonda in temi esoterici che si ritrovano soprattutto nei muri e nelle colonne (e nella presenza delle stelle a cinque punte), e che richiamano gli antichi templi rendendo questo luogo una perfetta fusione di storia e mistero. I muri e le colonne furono trattati con acido nitrico per ottenere un effetto che ricordasse gli antichi templi di Paestum. Il castello è circondato da un ampio giardino, mentre l'ingresso è realizzato tramite un arco in pietra che riproduce l'arco di Volterra, opera etrusca del IV secolo a.C.



Tappa imperdibile è la chiesa tempio, situata nel cuore del paese, la cui volta celeste crea un'atmosfera unica e affascinante: la Chiesa Parrocchiale dei Santi Pietro e Giorgio è famosa per il suo grande cielo stellato decorato all'interno, a rappresentare le costellazioni dell'Orsa Maggiore e Minore, la Via Lattea e la Croce del Sud. Anche qui sono stati introdotti tantissimi richiami all'esoterismo e ai massoni come il

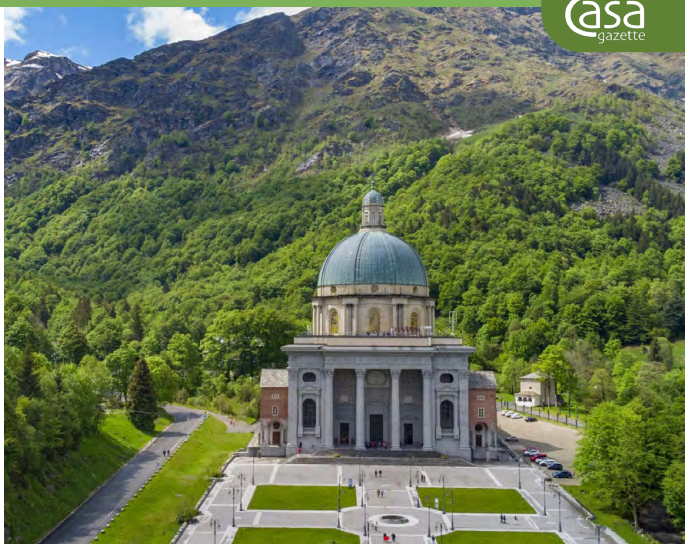
pavimento del sagrato a scacchiera, le rose disseminate in tutta la chiesa e la croce a svastica sulla parete principale, simbolo della fertilità femminile e legato a un antico culto gallico.

Infine, il cimitero monumentale di Rosazza custodisce statue ricche di simbolismi e un grande ponte di pietra a tre arcate, che crea l'atmosfera perfetta per chi ama scenari misteriosi.

Questo paese surreale, carico di simbologie esoteriche, viene considerato il borgo più misterioso d'Italia tanto da essere associato al villaggio di Rennes-Le-Chateau. Questa cittadina del dipartimento dell'Aude, in Francia, è diventata famosa perché centro di un presunto "tesoro" che sarebbe nascosto nei dintorni, per le sue leggende e per essere stato d'ispirazione all'autore Dan Brown durante la scrittura de "Il Codice Da Vinci".

DINTORNI

Il borgo di Rosazza, che si trova a un'ora da Torino, è ideale per chi voglia esplorare luoghi di interesse culturale e svolgere attività all'aria aperta: immerso nello scenario naturale delle Alpi Piemontesi nel cuore del Piemonte più selvaggio, offre numerose attrattive, come cammini che vantano splendidi paesaggi e storici santuari da raggiungere. Numerosi sono i percorsi per chi voglia intraprendere un viaggio lento a contatto con la natura incontaminata e le tradizioni dell'Alto Piemonte, tra montagne maestose ricoperte da fitti boschi, punteggiate da borghi incastonati tra le alte cime e da santuari antichi, con panorami suggestivi sulle valli e sulla Pianura Padana.



A mezz'ora di distanza, è possibile visitare il **Santuario di Oropa**, un importante complesso religioso dedicato alla Madonna Nera circondato dall'anfiteatro naturale creato dalla cornice delle montagne. Il santuario fa parte del Sacro Monte, un sito riconosciuto come patrimonio dell'umanità dall'UNESCO.

Tante sono le attività outdoor, da svolgere nei dintorni di Rosazza, ricchi di itinerari escursionistici per tutti i livelli, come il **Cammino di San Carlo**, rinomato percorso storico-artistico che segue le orme biellesi di San Carlo Borromeo da Arona alla Via Francigena e che rappresenta un'ottima alternativa a una palestra di allenamento al Cammino di Santiago.

BIELLA

Biella, la capitale dell'eccellenza tessile, è un importante polo industriale famoso a livello internazionale per la sua storica produzione di filati e lane di altissima qualità, che l'ha resa un vero punto di riferimento per l'Alta Moda e la produzione di tessuti pregiati, soprattutto in lana e cachemire. Questa profonda connessione con il gusto e la creatività le hanno valso il titolo di **Città Creativa UNESCO** nel settore Craft & Folk Art nel 2019, un riconoscimento molto



importante attribuito alle città che hanno fatto della genialità e dell'inventiva il motore del proprio sviluppo economico e sociale.

Anche se a prima vista può sembrare un po' anonima e poco interessante dal punto di vista turistico, Biella è una città che nasconde tantissime risorse e un patrimonio d'arte e cultura che lascia davvero sorpresi e incantati, a partire dal recupero degli ex-lanifici fino ai suoi monumenti storici più antichi e ai suoi musei. La città rinomata per le sue eccellenze storiche come il borgo medievale del **Piazzo**, arroccato in collina e raggiungibile con una caratteristica funicolare, è circondata dalle Alpi biellesi. Nel 2021 Biella è stata nominata **Città Alpina dell'Anno** per il suo impegno nell'applicazione della Convenzione delle Alpi e il suo ruolo fondamentale nello sviluppo di progetti sostenibili per la salvaguardia dell'ambiente e della cultura delle zone montane.

La città è anche conosciuta per la sua tradizione birraria in quanto città natale dello storico marchio **Menabrea**, uno dei più antichi birrifici italiani a conduzione familiare.



MUSEI DA NON PERDERE



Gli amanti dell'arte contemporanea non possono mancare una visita alla **Cittadellarte** – Fondazione Pistoletto, uno dei più grandi laboratori creativi del Piemonte, nato per mettere in comunicazione gli artisti con la società e i cittadini, allo scopo di favorire lo sviluppo di progetti sostenibili e responsabili. La Fondazione Pistoletto si trova all'interno degli spazi dell'ex-lanificio Trombetta, un complesso di archeologia industriale, che vale la pena visitare. Oltre alle attività culturali, la *Cittadellarte* ospita una vasta collezione di opere di Michelangelo Pistoletto molto interessanti e famose.

Qui è rappresentata la storia di Biella, profondamente legata alla produzione di birra e **formaggi**. La città è sede di **Menabrea**, uno dei birrifici più antichi d'Italia, ma anche di molte aziende casearie importanti, tra cui

Botalla. Dall'unione di questi due marchi prestigiosi è nato il Museo MeBo, un viaggio nelle tradizioni gastronomiche e culinarie biellesi, attraverso attrezzi, testimonianze e documenti.

COSA MANGIARE A BIELLA

Oltre ai suoi tessuti pregiati, Biella è famosa per le sue specialità enogastronomiche e culinarie di assoluta eccellenza. Da assaggiare sono sicuramente i formaggi d'alpeggio come Maccagno, Sbirro, Murtarat e Beddu, la mostarda, il miele e i salumi, tra cui la tipica paletta e la salsiccia di riso.

Non mancano neanche i dolci tradizionali, come i canestrelli (composti da due cialde sottili e croccanti spesso al cacao o aromatizzate, che racchiudono un ricco ripieno di cioccolato fondente), i croccanti del Ciavarin (dolci molto friabili, dal sapore caramellato, arricchiti da un forte profumo di mandorle e fiori d'arancio), le miasce e il Pan d'Oropa, creato dalle donne biellesi negli anni Trenta per essere mandato ai soldati impegnati nella Guerra d'Etiopia. Infine, non può mai mancare un buon piatto di polenta concia, uno dei piatti più tipici del Biellese, a base di farina di mais, burro, toma e vari formaggi prodotti nelle montagne circostanti.



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SUMMER SECRETS FROM OUR GRANDPARENTS

There was a time when summer was faced without a single appliance humming in the background, yet homes remained cool and comfortable even during the sweltering afternoons. Our grandparents didn't rely on thermostats; they relied on observation, patience, and small, rhythmic daily habits, passed down almost wordlessly, from one household to the next.



One of the most vivid memories of that era involves light, white curtains, dampened and hung in front of open windows during the hottest hours of the day. The breeze passing through the wet fabric would cool down before entering the room. It wasn't exactly an elegant solution, but it was highly effective: a simple cotton or linen cloth, soaked in water and wrung out just enough, transformed a window into a natural cooling system. The same principle was applied to the floors, a quick mop with cool water in the early morning kept the room temperature down for hours.

Our grandparents understood that the battle against the heat was won or lost in the early hours of the morning. Before the sun gained strength, they would shut every shutter and blind, keeping the house in a cool, refreshing twilight until dusk. The windows remained sealed throughout the day, ensuring that even as the sun beat down on the exterior walls, the heat couldn't penetrate the interior. Then, as the sun began to set, the house would be "opened up." Windows on opposite sides were thrown wide, along with interior doors, allowing the cooler evening air to sweep through the rooms and carry away the heat accumulated during the day. It was a silent ritual, repeated every summer evening, allowing the walls and floors to cool down for the night, preparing the home for the following day.

Beyond these main strategies, there were a thousand small habits our grandparents practiced almost without thinking: using lightweight cotton sheets instead of synthetic fabrics, placing potted plants near windows, leaving closet doors slightly ajar at night to release trapped heat, and keeping appliances off whenever possible.

No single act performed a miracle, but the sum of these daily rituals was enough to make the summer heat bearable.

Today, with rising energy costs and a growing awareness of our environmental footprint, those old habits are more relevant than ever. A damp curtain over a window, a shutter closed at just the right moment, a cross-breeze captured at night, these small rituals, learned by watching our grandparents, are all it takes to recapture a bit of that old-fashioned coolness.



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PADDLING THROUGH THE ROMAN SUMMER



by Raffaella Dirat

Coordinator of Sports Groups for the FAO Staff Coop, she has worked for the three Rome-based Agencies (RBAs) since 2003. She plays volleyball on the RBA team and is passionate about film, photography, and literature.

Summer has finally arrived and the heat is becoming unbearable. After spending hours in the office, all you can think about is getting away after work to cool down.

The first idea that comes to mind is jumping on a train, getting in the car or on your motorbike and dive into the water. Fortunately, if you live in Rome, there are plenty of options: you can swim in one of the many pools dotted around the city, or if you prefer nature, you can be at the seaside or one of the many lakes surrounding the capital in just 30 minutes.



If you love combining relaxation with physical activity, as well as swimming, you can try sailing, windsurfing, rowing or stand-up paddle boarding (SUP). The latter is certainly one of the most fun and accessible options, and it's my personal favorite.

SUP involves moving around on a board whilst standing up and using a single-bladed paddle. It has ancient origins; in fact, there is evidence of people practicing similar activities thousands of years ago, particularly in fishing contexts.

Modern SUP originated in Hawaii in the 1950s, when surf instructors started practicing it to better observe their pupils and move more quickly between the waves.

Today, SUP is a sport suitable for everyone. Along the Roman coastline and on the lakes of Lazio, numerous beach clubs hire out both inflatable and rigid boards, and many also organize courses specifically for beginners.

If you're looking for something different to try this summer, why not give SUP boarding a go? It's a great way to cool off, get some exercise, and experience the water from a whole new perspective.

ESTATE ROMANA A COLPI DI PAGAIA

Finalmente è arrivata l'estate, il caldo si fa insopportabile e dopo ore passate in ufficio la voglia è solo una: scappare dopo il lavoro per trovare un po' di refrigerio.

In quel caso la prima idea che ti viene in mente è prendere il trenino, la macchina o la moto e buttarti in acqua. Per fortuna vivere a Roma ti offre tante possibilità: piscine dislocate dentro la città, altrimenti se preferisci la natura in 30 minuti sei al mare o in uno dei vari laghi che circondano la capitale.

Per chi ama unire relax e attività fisica, oltre al nuoto ci sono vela, windsurf, canottaggio e lo stand up paddle (SUP). Quest'ultimo è sicuramente uno di quelli più divertenti ed accessibili nonché il mio preferito.

Il SUP è uno sport acquatico che consiste nel muoversi in piedi su una tavola utilizzando una pagaia a pala singola. Le sue origini sono molto antiche, esistono infatti delle testimonianze di popolazioni che praticavano attività molto simili già migliaia di anni fa, soprattutto in contesti legati alla pesca.

Il SUP moderno per come lo intendiamo nasce alle Hawaii negli anni 50 ed era praticato dagli istruttori di surf per meglio osservare gli allievi e spostarsi più rapidamente tra le onde. Oggi il SUP è uno sport adatto a tutti. Sul litorale romano e nei laghi del Lazio sono numerosi gli stabilimenti che noleggiavano tavole, sia gonfiabili che rigide, e molti organizzano anche corsi dedicati ai principianti.

Se quest'estate vuoi provare qualcosa di diverso, il SUP potrebbe essere lo sport perfetto per rinfrescarti, allenarti e vivere l'acqua da una prospettiva completamente nuova.

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MOTHERHOOD UNDER FIRE: AN EXPERIENCE OF VOLUNTARY WORK

What does it mean to become a mother when the world around you is collapsing?

For almost three years, I had the privilege of meeting weekly with a group of young colleagues who were also new mothers living through the war in Ukraine. Their personal stories are different, yet they share the same impossible task: welcoming a child into the world while facing fear, displacement, loss and constant uncertainty.

Some gave birth in cities under bombardment. Others fled with newborn babies in search of safety. Some had struggled for years to become mothers, only to find that the joy of pregnancy was overshadowed by war. Each story reveals not only trauma, but also extraordinary resilience and the enduring capacity to protect, love and care.

As a psychoanalyst, I often wondered what I could truly offer from the safety of another country. More than interpretations, what seemed essential was my listening: to fear, hope, guilt, tenderness and the daily effort to preserve a child's emotional world when the external world had become profoundly unsafe.

Psychoanalysis begins with listening, especially when words struggle to contain experience. They also showed how the maternal relationship can remain a place of continuity and emotional shelter, even in the midst of destruction.

The full article that you will find on the Aventino Medical Group blog explores these mothers' experiences and reflects on what they teach us about trauma, motherhood and the extraordinary resilience of the human mind.

Emanuela Quagliata
Psychotherapist, psychoanalyst
for adults, children, adolescents
and families.



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DON DELILLO AND THE POWER OF BOOKS



ANTONIO MAGGIO

Hello! I'm a Rome-based polyglot teacher, translator, cultural mediator and expert in multilingual communication. I am fond of international literature and I can speak seven languages, including my mother-tongue Italian, that I teach with great passion to people of any age and nationality. After several years of teaching experience all around the world, I moved to Rome, where I also study acting and write for my personal blog "Il Tè di Anthony" ("Tea with Anthony"). (<https://insiemeperilteledellecinque.blogspot.com/>)

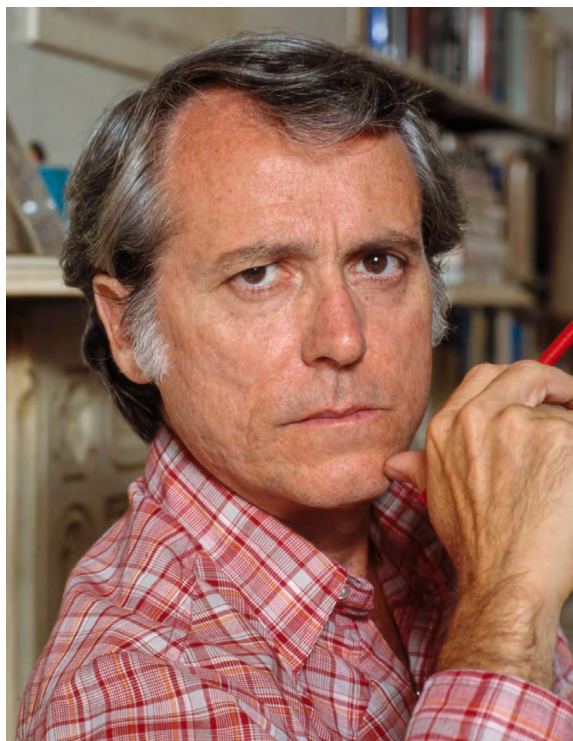
BIOGRAPHY

Donald Richard DeLillo was born on 20th November 1936 in the Bronx, a neighbourhood in New York City. His Italian parents (from the city of Campobasso) had moved separately to the US during the Depression. They met in the Big Apple and had Donald.

His small house was very crowded: he lived with his cousins, aunt, uncle, grandparents and parents and "Don" spent his free time playing football with friends and neighbours. He attended Cardinal Hayes High School but was not particularly keen on literature and education.

It was a summer job as a "parkie" in a playground during college that instilled love for reading in him: he was supposed to watch over the park wearing a uniform and blowing a whistle, but instead he sat on a bench reading for two months. He fell in love with Joyce, Hemingway and Faulkner marvelling, for the first time, at the beauty of language.

DeLillo majored in Communication Arts at Fordham College and then began working as an advertising copywriter. He was 22 when he started dabbling in a few short stories, such as *The River Jordan*, *Take the "A" Train* and *Spaghetti and Meatballs*, but it was only after he quit his job that he started dedicating all his time to fiction.



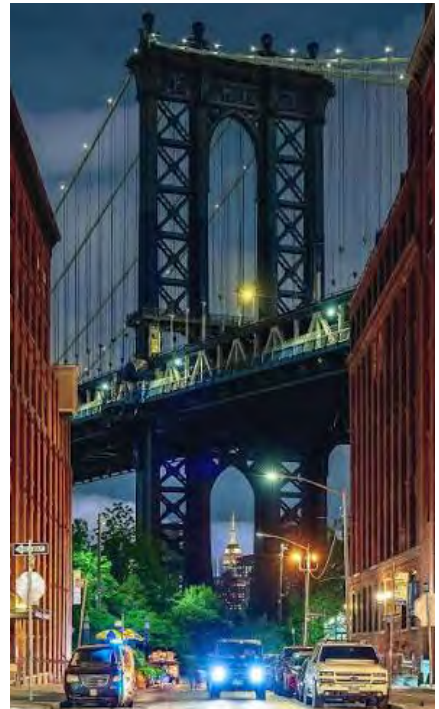


DeLillo was unemployed but writing was “a cheap enterprise”: at the time he lived in a very small apartment in Manhattan, the rent was only USD60 a month and so he could afford to live a decent life. In 1971 his first novel, *Americana*, came out and immediately gained him popularity. In the following two years two other novels were published: *End Zone* (1972) and *Great Jones Street* (1973).

In 1975 DeLillo married Barbara Bennet and together they travelled throughout Europe and the Middle East. His journeys, his foreign background as well as jazz and European movies significantly influenced his writing and constructed his artistic view of the world.

When DeLillo returned to the US, he was awarded the National Book Award for *White Noise* (1985), which follows the adventures of Jack Gladney, a university professor of Hitler studies, and his family, exploring hyper-consumerism, media saturation and the obsession with death in contemporary America. Furthermore, he won the PEN/Faulkner Award with *Mao II* (1991), a novel that explores the conflict between the power of the masses, terrorism and the loneliness of the artist.

DeLillo’s masterpiece, *Underworld*, came out in 1997. Other books followed, such as *Falling Man* (2007), about the 9/11 attack and its consequences, and *Zero K* (2016), his latest novel focused on cryopreservation. In 2013, the writer was awarded the Library of Congress Prize for American Fiction. The author still lives in New York with his wife.



MASTERPIECE

Underworld, DeLillo’s masterpiece, starts in 1951. This book is a monumental, postmodern novel that—while lacking a linear plot and demanding significant effort from the reader—leaves behind a vivid, fragmented impression.

The work traces American history backward from the 1950s to the end of the Cold War, using a historic baseball as a connecting thread—a symbol of unity in the face of social disintegration.

The title evokes both the “underworld” of ordinary people and the repositories of waste and refuse, serving as a metaphor for the unbridled consumerism that culminates in the economic hegemony of the 1990s.

The powerful finale concludes with the word “peace,” representing a respite from historical turmoil, the comforting illusion that everything is interconnected, and a final backward glance before the advent of the digital age’s artificial neutrality.

THEMES AND STYLE

Don DeLillo is one of the titans of American fiction, a keen observer of the people and the world that surround him. He is a master chronicler of an America overwhelmed by mass culture and consumerism. His books are broad and complex and explore a variety of themes which reflect his endless interests: media, celebrity, death, time as well as disease, Cold War and sport.

He has also delved into mathematics, suicide, terrorism, nuclear war, waste and the environment. DeLillo’s fiction has been somehow prophetic about the 21st Century. He has managed to capture the sense of contemporary culture by exploring the most amazing realities of the postmodern world.

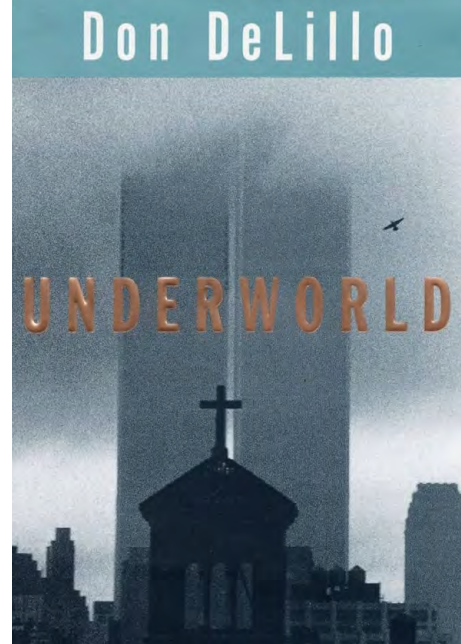
His writing style is musical and highly cinematic, his sentences are carefully constructed and the choice of words is extremely meticulous. He likes internal rhymes within sentences, reversals and aural motifs echoing through the stories.

The writer uses many stylistic techniques and experiments with form and structure. De Lillo also balances difficult language with readable writing, so that sophisticated sentences are followed by easier ones.

The author once claimed he writes “to make the simple more complex”. He wants his readers to be critical of the realities he describes and invites them to look at things from a new perspective. He does believe books still have the power to change consciousness.

“DeLillo is an author worth reading—especially if we are ready to do some of the work ourselves and encounter our own selves; he offers no privileged points of entry, nor is he a Virgil guiding us through the hells he creates for us. We must do part of the work on our own, and in the end, the most disorienting, surprising, frightening, and beautiful encounter is the one with ourselves.” (Sara Antonelli, expert in American studies)

Sources: It's literature compact (Martelli, Bruschi, Armellino, Nigra); Pangea, (article by L. Picotti); Rai Cultura, (article by F. Aceto)





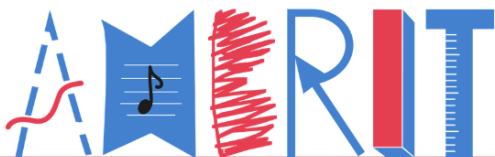
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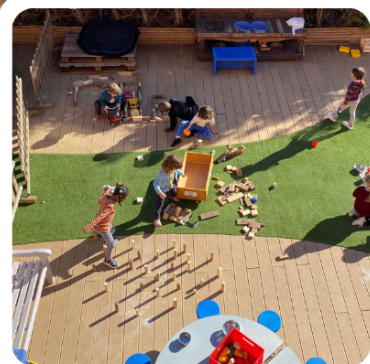
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SUFETULA

The Roman marvel in Tunisia



We are used to thinking of Tunisia for its sea or desert, for holidays in tourist villages or for Craxi's inaction, but instead the country is an incredible treasure chest of marvelous Roman ruins. One of the less famous sites is located in central Tunisia, near today's Sbeitla, and houses the remains of Sufetula.

The city was founded by the Romans in an area that had been inhabited by Berber nomads. Today we admire the fruits of imperial expansion in the form of temples and baths, the beautiful theater and the orderly forms of typical Roman urban planning and rightly so. However, we must not forget that these wonders were the result of Rome's imperialism and bloody wars in which the empire was often guilty of genocides.



Sufetula developed in particular under the Flavians, at the end of the 1st Century, and prospered from the 2nd onwards above all thanks to the oil trade. However, its roots lie in the years in which Rome weakened the resistance of the proud Berbers with wars that lasted decades. In particular, the figure of Tacfarinas is still greatly venerated in those parts today, a leader whose name might make you smile for a few bar jokes, but who at the time sowed terror among the Roman soldiers for almost ten years.

Tacfarinas is a bit like the Berber Arminius, having been among the Roman auxiliaries before putting himself at the head of the rebels. And, obviously, if the "fans" of Rome



see him as a traitor, in those parts he is instead a true national hero, so much so that his is one of the most widespread names. Not only that, there is also a famous singer who chose Takfarinas as his stage name.

His rebellion lasts almost ten years and condemns Rome to harsh defeats. In the end it is Dolabella, proconsul in 24 AD, who defeats him after a long siege. Tacfarinas, faithful to his image of irreducible, does it himself and does not force the Romans to capture him alive. Think about how the world goes: today we admire splendid archaeological sites in amazement, but back then they were the result of people who had nothing better to do than wage war night and day.

Sufetula follows the usual plot of that period: it prospers in the golden years of the empire, those of the Flavians and the Antonines then declines in the 4th Century with the arrival of the Vandals. After a brief return to glory with the Byzantines, it ultimately fell to Arab conquests.

What stands out about the ruins of Sufetula is above all the Forum with the Capitulum, three side-by-side temples dedicated to Jupiter, Minerva and Juno, still in excellent condition. The three buildings are not very large, but the columns, the ocher color typical of the local materials and their position give the square a particular charm.

Even the theatre, an unmissable Roman wonder, is in good condition, with well-preserved and restored steps and remains of the stage. The mosaics that we can admire in various private homes and in the usual spas are very beautiful. The triumphal arch and the gate of the Forum, dedicated to Antoninus Pius, are sumptuous, while very little remains of the aqueduct.

A beautiful Roman bridge still stands over the Sbeitla stream today, while several Byzantine churches have arisen on the ancient foundations of buildings of the time. Sufetula is certainly not the easiest Roman site to reach, but the brave will find some of the most evocative scenery. Far from the most popular tourist routes, with the desert wind blowing between the ancient columns, you will perhaps hear the voice of the indomitable Tacfarinas.

Perhaps, but otherwise, be patient: you will have to be satisfied with the wonder of the site.

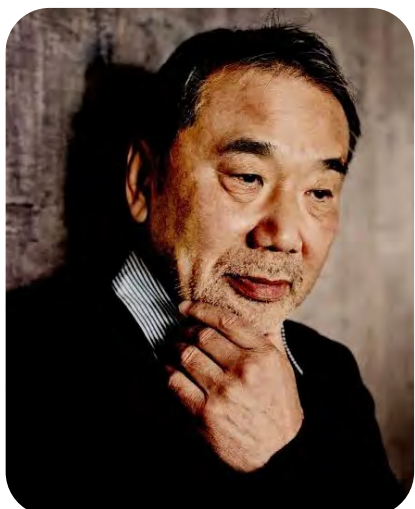
YOU CAN'T AVOID PAIN, BUT YOU CAN CHOOSE NOT TO SUFFER



by **CESARE MARAMICI**

Cesare Maramici has been practicing yoga and meditation for 28 years. He teaches yoga at FAO. He has authored books on yoga and meditation.

His blog, which features articles on spirituality and Eastern philosophies, can be found at: maramici.blogspot.com



**“PAIN IS INEVITABLE. SUFFERING IS OPTIONAL.”
— HARUKI MURAKAMI**

Two key words: pain and suffering. They sound like synonyms and, in everyday language, we often use them interchangeably. But there is a fundamental difference between the two—and it is a difference well worth understanding.

Pain is the immediate experience of something hurting, whether physically or emotionally. The loss of a loved one. end of a relationship. A professional failure. Rejection. These experiences hurt, and you cannot simply choose to make them stop hurting. It isn't a matter of willpower or “positive thinking.”

Suffering is something else entirely: it is the narrative we build around the pain. It's the “Why me?,” the “I should have known better,” the “I don't deserve this,” the “This will never end,” the “It's always me”. It is the cognitive and emotional processing of pain that transforms a temporary, painful experience into a permanent state of identity. And right there—within that narrative processing—is where a real choice exists.

INSIDE THE CAGE OF OUR THOUGHTS

Saying suffering is optional doesn't mean you should immediately stop hurting, or that suffering is wrong or a sign of weakness. It means there is a crucial distinction between moving through pain and building a permanent cage around it. There is a difference between feeling the sting of something, which is real and entirely legitimate and unconsciously deciding that this sting is the whole story, that it's permanent, that it defines who you are, and that it blocks out any future good.

That second part—the cage, the permanence, the “*it will never change*” doesn’t come from the pain itself. It comes from our thoughts about the pain. And there, in that thinking, lies our agency—the opportunity for choice and action.

Anyone who has lost someone important feels a real, concrete, physical pain. That pain must be respected and moved through, not denied. But the added suffering—the “*it will never get better*,” “*I can’t go on*,” “*I don’t deserve to be happy*,” “*I’ll always be like this*”—doesn’t come from the loss itself. It comes from what we tell ourselves about that loss.

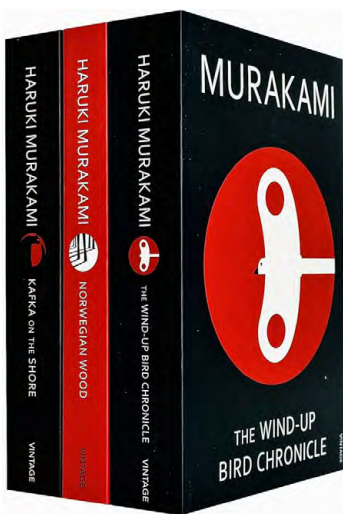
PRACTICING THE DISTINCTION

Murakami doesn’t claim this is easy to recognize, nor that changing our inner narrative is automatic. But he does say it’s possible. And the first step is understanding the difference: **pain is out of our control; suffering, at least in part, is not.**

Practicing this distinction in real life requires a mindful, honest observation of what you are telling yourself during hard times. Not to deny the pain, ignore it, or minimize it as if it weren’t there, but to ask yourself with clarity:

- Is this extra layer I’m experiencing on top of the actual pain necessary?
- Is this loop of thoughts useful?
- Is it helping me move through this moment, or is it keeping me trapped inside it?

The answer won’t always make the suffering stop immediately. Sometimes it’s right, even necessary, to sit with the pain for a while without rushing to escape it. But simply knowing that a difference exists, that pain is inevitable while suffering, in part, is not, and that you can choose not to carry a piece of what you feel, is already a shift in approach. It’s the difference between being swept away by the wave and diving through it.



ABOUT THE AUTHOR

Haruki Murakami was born in Kyoto in 1949. A world-renowned Japanese author, he has penned acclaimed novels such as *Norwegian Wood*, *Kafka on the Shore*, *1Q84*, and the memoir *What I Talk About When I Talk About Running*. Widely considered one of the most important voices in contemporary global literature, his work explores themes of loss, loneliness, identity, and resilience, using an unmistakable style that blends everyday realism with surreal, dreamlike atmospheres.

Murakami is also an avid marathon runner; his view of pain as something to be endured rather than avoided frequently emerges in his writing on running. His insight on optional suffering has become one of his most widely quoted and shared aphorisms around the globe.

In ricordo di
SUSAN SAINT



Susan Saint, former FAO staff member and long-serving Secretary of the UGSS, passed away on 1 July 2026 after a period of health challenges.

I had the pleasure of knowing Susan through my work at the UGSS office and was fortunate enough to work alongside her for several years.

Susan was one of those special people who always seemed to find the bright side of life. Despite the health and family challenges she faced over the years, she never lost her positivity, her elegance, or her sense of humor. She had that wonderfully dry and unmistakably English wit that could brighten any conversation and bring a smile to everyone around her.

A true English lady, Susan enjoyed life's simple pleasures, including a nice, chilled glass of white wine shared among friends. She loved dancing—tap dance, salsa and more—always with grace, style and her distinctive touch of class. She never sought the spotlight, yet her presence was always felt. Calm, composed and thoughtful, she faced even the most difficult moments with dignity and courage.

Susan will be deeply missed by her two beloved sons, Sacha and Ivan; her cherished niece and nephew, Olivia and Leo; her family in England and Italy; and the many friends and colleagues whose lives she touched throughout the years.

Those of us who had the privilege of knowing her will remember her smile, her humour, her kindness and her remarkable spirit.

Today, I like to imagine Susan dancing among the stars, with the same grace and joy that accompanied her throughout her life.

Cheers, Sue. You will be greatly missed but never forgotten.

By Debora Casalvieri



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BIELLA RICE SAUSAGE



Biella rice sausage (also known as “salame dei poveri”) is a traditional Piedmontese PAT (Protected Designation of Origin) cured meat. Created by combining pork and local rice, it stands out for its rustic flavor, soft texture, and unmistakable hint of garlic. To enjoy it, it is typically boiled in water for about twenty minutes and served piping hot, usually accompanied by boiled potatoes, which enhance its rich, rustic taste.

Origins and History

Historically, pork was a very expensive ingredient. To maximize supplies, farmers in the Biella and Vercelli valleys combined the meat and pork rinds with local rice.

The town most closely associated with this production is Curino, in the Biella area, though the recipe has been passed down in various communities across both provinces. In the past, pig's blood was also added to the mixture, along with garlic, pepper, and local red wine, so that nothing from the slaughtered animal would go to waste. After being stuffed into natural casing, the sausage was slowly dried over a juniper wood fire, which gave it a subtle smoky note, before being stored in traditional terracotta “doje” crocks, submerged under a layer of pork fat and it's often paired with a glass of Bramaterra DOC.



Prep Time: 15 minutes

Cook Time: 45–60 minutes

Resting Time: 5–10 minutes

Total Time: Approximately 1 hour and 25 minutes

Yield: 4 servings

Difficulty Level: Easy/Intermediate

Ingredients

- **2.2 lbs (1 kg) rice:** Look for short-grain or “Originario” rice; Arborio or Carnaroli are excellent, readily available substitutes in the U.S.
- **3 quarts (approx. 3 liters) water or broth:** traditionally prepared with pork rind (cotiche).
- **1.1 to 1.3 lbs (500–600 g) ground pork:** A mix of pancetta, lard (fatback), and pork trimmings.
- **2–3 cloves garlic:** Minced or crushed.
- **Salt and freshly cracked black pepper:** To taste.
- **Piedmontese red wine:** Such as Barbera or Nebbiolo, to taste.

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FRENCH DENTAL CLINIC ROMA



Instructions

Rice mixture (base)

1. Make the broth: Blanch pork rinds in water to make a flavorful broth (this step also cleans and softens the rinds before adding them to the mixture).

2. Cook the rice: Cook the rice in the pork-rind broth for about 18 minutes, stopping when it's "al dente" (timing varies depending on the type of rice used).

3. Season: Add the fatty parts of the pork (e.g. pancetta), crushed garlic juice, salt, pepper, local wine, and — in more traditional versions — pig's blood.

4. Long cooking: Let everything cook for about 40 minutes, until the mixture comes together and thickens.

5. Cool it down: Let the rice cool completely before using it in the filling (it's important that it's cold so it blends well with the meat).

Filling (final mixture)

- Finely mince the pork (traditionally, less prized cuts are used, since the recipe was originally meant to "stretch" the meat with rice).

- In a large mixing bowl, combine the minced meat, the now-cold rice, more crushed garlic juice, salt, pepper, and a splash of red wine.

- Stuff the mixture into natural casing, forming sausages weighing about 350 g (roughly 12 oz) each. It helps to tie off the ends and prick the casings lightly with a needle to release any trapped air during drying.

To dry sausages: hang them where temperature stays 54–64°F (12–18°C) with 70–80% humidity and let them cure for 20–25 days.

Traditional method: Prick the casings with a sterile needle to release air, let them dry at room temperature for 24 hours, then hang them in the cool space, spaced apart, for 20–25 days.



Fridge method: Wrap loosely in butcher paper, place in the crisper drawer, and let dry for 2–3 weeks, checking firmness periodically.

Dehydrator: Low temperature, 95–122°F (35–50°C), for a faster result.

Note: for food safety, curing salt (Prague powder) is typically needed if you're not using a controlled cellar environment.

Vegan Option:

For a 100% plant-based twist, replace the pork and rinds with a mixture of blended cannellini beans, cornstarch, tomato paste, and aromatics (fennel seeds, rosemary, smoked paprika). Fold in the parboiled rice, shape into a log using parchment paper, and steam in vegetable broth for 20–25 minutes. Chill in the refrigerator for at least 2 hours to allow it to set firmly before slicing.



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