



FEBRUARY
2026

fao CASA gazette

Mensile - No 02 - 2026 - Reg. Trib. N. 574 dell'8/10/1990

- GIOIELLI NASCOSTI: LE LANGHE

- AGATHA CHRISTIE

- THE ACT OF READING

- CURIOSITY CORNER

- BRAISED IN BAROLO:
A TASTE OF PIEMONTESE HISTORY

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FEBRUARY, THE MONTH OF LOVERS AND ORANGES... BECAUSE LOVE IS HEALTHY AS ORANGE JUICE



February, a cold month with a warm heart. February is indeed the month of love, of soft kisses, of reserved attention, of fleeting glances. February is the month in which we celebrate Valentine's Day, but it is also the month in which the love we are capable of giving must and can also come from ourselves. Let's pamper ourselves, let's love ourselves, let's not forget ourselves. And let's start doing it at the table.

So February's shopping is rich and varied. Must-haves on our tables include vegetables with beneficial properties such as artichokes, broccoli, chicory, beans, cabbage, radicchio, celery, carrots, fennel, beets, cauliflower, and mushrooms. Citrus remains the king of fruits, with grapefruit, lemon, and mandarin oranges, followed by apple, pear, and kiwi. And, always in the name of love, let's remember our figure and our physical, as well as mental, well-being.



February, the month of love, is also the perfect opportunity to reflect on how we can express affection. Because love is not just a feeling, but an energy that can truly transform the world. Every choice we make can become an act of love that benefits ourselves, the planet, and the community. Putting our heart into what we do, starting with everyday choices, also means reducing waste by buying

secondhand clothes and items, giving new life to what seems useless and contributing to a more sustainable world. And don't forget that every purchase in local stores helps strengthen the community and support small businesses who work with passion and dedication.



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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

PIEMONTE: LE LANGHE

Paesaggi da cartolina, una buona cucina e piccoli borghi... tutto questo e molto di più si nasconde nelle dolci colline delle Langhe.

Abbiamo aperto l'anno 2026 con l'edizione di gennaio dedicata all'Alto Piemonte. Ora ci spostiamo al sud della regione verso uno dei suoi paesaggi più belli: le Langhe Piemontesi, situate a meno di un'ora di distanza da Torino. Questo territorio unico al mondo, inserito nell'elenco dei Patrimoni dell'Umanità UNESCO, è caratterizzato da un morbido paesaggio collinare segnato dalla coltivazione dell'uva. Le colline delle Langhe sono il luogo ideale per camminate rilassanti, con vista panoramica su vigneti, boschi di castagni, valli, borghi storici e castelli che svettano sulle cime delle colline. Le Langhe, durante il Medio Evo, erano costellate da fortezze e torri che permettevano di controllare il territorio e avvistare le minacce nemiche. Per coloro che vogliano trascorrere giornate in relax lontane dal traffico urbano, completamente immersi nella natura, ci sono percorsi segnalati, tra cui il Sentiero delle Vigne che attraversa Barolo, città famosa per il suo vino conosciuto in tutto il mondo.



Il suggestivo territorio delle Langhe di fatto è assolutamente da visitare non solo per la sua bellezza naturale e la sua importanza culturale, ma anche per il suo patrimonio enogastronomico. I pregiati vini, Barolo e Barbaresco in primis, il tartufo bianco d'Alba e la sua nocciola "tonda gentile" hanno reso grande questa terra, celebre in tutto il mondo e meta di turismo enogastronomico di qualità. Tra architetture antiche ed aria fine, per i buongustai e amanti del buon vino questo angolo di charme del Piemonte diventa il regno del Gourmet. Gli autentici curiosi del buon mangiare non possono tradire gli appuntamenti culinari organizzati per valorizzare le lavorazioni artigianali alimentari di queste valli del gusto: pane e salame accompagnati dalle grandi bottiglie piemontesi, rappresentano un'esperienza sensoriale irripetibile... la rosetta, il maiale ed il barbera sono un trio capace di regalare sinfonie inimitabili che deliziano i palati più raffinati. Sua maestà il Salame (come la Igp Salame Piemonte) è una specialità tipica garantita come garantiti in questo territorio sono arte e cultura fruibili dai suoi visitatori.



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BERGOLO

Conosciuto come il paese di pietra, sorprende con le sue case, i vicoli acciottolati e le architetture in roccia arenaria. Questo piccolo borgo che custodisce il fascino di un luogo fuori dal tempo, regala silenzi, panorami e momenti di autentica tranquillità. È un posto incantevole che invita a rallentare, a lasciarsi guidare dalla natura, dai vigneti e dagli angoli nascosti ideali per chi è in cerca di pace e serenità. Bergolo è il più piccolo comune d'Italia a meritarsi la bandiera arancione conferita dal Touring Club Italiano come riconoscimento per un'offerta di eccellenza e un'accoglienza di qualità.



All'inizio degli anni '60 l'intero paese versava in una condizione di degrado causato dall'emigrazione verso le città. La situazione è andata progressivamente migliorando dall'inizio degli anni '70 con l'avvento dell'amministrazione comunale che ha realizzato opere pubbliche (acquedotto, fognature e strade) e interventi finalizzati al recupero delle antiche abitazioni, delle quali è rimasta intatta la tipica architettura in pietra, oggi arricchita da numerose opere d'arte contemporanea. La rinascita del borgo è un piccolo miracolo avvenuto intorno al 1970 per mano dei vecchi del paese che hanno saputo reinventarsi puntando sul suo rilancio turistico. Una scommessa vinta grazie all'entusiasmo ed alla tenacia di chi, attraverso l'organizzazione di eventi e la valorizzazione del patrimonio architettonico ed enogastronomico, ha saputo trasformare il borgo in meta turistica di primaria importanza per la valle.

Perfettamente inserita nel contesto storico del piccolo centro, c'è una vera e propria galleria d'arte a cielo aperto: tra le case in pietra sono disseminate ovunque opere di arte contemporanea come murales, sculture e bassorilievi, lasciate dagli artisti sulle facciate degli edifici e negli angoli più nascosti e suggestivi. Tutte queste opere sono state premiate dal concorso "Bergolo: paese di pietra", bandito annualmente e rivolto a tutte le scuole ad indirizzo artistico italiane. Dal 2002 l'Alta Langa e le antiche strade del commercio tra il mare e il Piemonte sono diventate la location per la manifestazione La Via del Sale, una mostra d'arte in cui le strade e i dintorni di Bergolo si popolano di installazioni artistiche.

Nel corso dell'anno le sue piazze, i suoi scorci ed il suo anfiteatro che ospita numerose rassegne musicali, si trasformano in palcoscenici all'aperto con i Suoni della Pietra: una stagione di concerti di musica classica, etnica e popolare con artisti provenienti da tutto il mondo, si intreccia con la quiete del paesaggio.



Il borgo che fa parte dei comuni selezionati dall'associazione "Borghi autentici d'Italia", si è fatto conoscere ed apprezzare anche per la sua politica di sostenibilità ambientale. Gli impianti di produzione di energia da fonti rinnovabili, i progetti di riqualificazione ambientale e del paesaggio, le strutture in bioedilizia ed il decalogo del turista sostenibile lo hanno trasformato in una meta di alta qualità turistico-ambientale, celebrata con l'Ecofestival che in estate anima le sue piazze.

I Sapori della Pietra, mostra mercato regionale che si svolge il secondo fine settimana di settembre, dedicata alle diversità etno-gastronomiche-culturali, si conclude con la consegna del Premio Fedeltà alla Langa in cui dal 1974 vengono premiati coloro che si sono particolarmente distinti per la crescita e lo sviluppo del luogo: non solo persone di cultura ma anche contadini, artigiani, professionisti, ristoratori, religiosi, operatori sociali. Questa piccola comunità di uomini saggi e tenaci ha trasformato un paese abbandonato in un virtuoso polo di attrazione per gli amanti della natura, del gusto, della musica, dell'arte e della cultura.

LA MORRA

La Morra è senza ombra di dubbio uno dei borghi più affascinanti delle Langhe. Questo paesino ha ottenuto numerosi riconoscimenti: dal 2014 è Patrimonio UNESCO facendo parte del sito "I paesaggi vitivinicoli del Piemonte Langhe-Roero e Monferrato". Allo stesso tempo è Bandiera Arancione per il Touring Club, che lo ha insignito del titolo di uno dei borghi più belli d'Italia. Situato tra Barolo e Grinzane Cavour, e non troppo distante da Alba, è sicuramente tra i luoghi da visitare nelle Langhe, perché dal suo Belvedere l'impagabile panorama sulle colline offre una vista ampia che consente di godere di uno sguardo d'insieme sui piccoli centri limitrofi alternati a sconfinati vigneti ordinati e bene tenuti che scolpiscono il paesaggio.



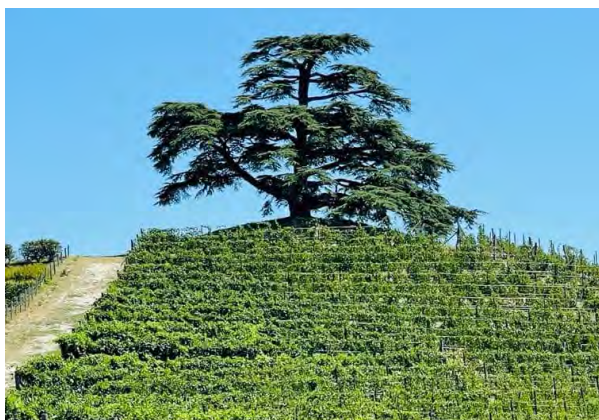
Il Belvedere di La Morra è una terrazza che delimita la Piazza del Comune che, a sua volta, accoglie la Chiesa di San Martino e la Confraternita di San Rocco, oltre, naturalmente, al Municipio. Imperdibile una tappa alla Panchina Gigante Rossa, chiamata anche la panca

della serenità, una panchina dalle dimensioni più grandi del normale dove sedersi e ammirare il paesaggio. Tra le cose da fare e vedere nelle Langhe, il progetto delle panchine giganti “Big Bench” di Chris Bangle, è sicuramente il più curioso. Si tratta appunto di panchine giganti, alte circa due metri e mezzo, installate in diverse località nel cuore delle Langhe. Le panchine sono colorate con toni sgargianti, create semplicemente per uno scopo: salirci, rilassarsi e ammirare il panorama cercando di rivivere le emozioni di quando si era bambini.

La vista, in realtà, è bellissima anche al di qua del parapetto, perchè l'incanto è tutto intorno alla Piazza del Comune.

Una passeggiata tra le vie caratteristiche del borgo non può che concludersi con una pausa in uno dei ristoranti tipici di questa città simbolo dell'enoturismo in Langa. Dopo una sosta gourmet è consigliata una corroborante passeggiata alla scoperta di due luoghi iconici: la Cappella del Barolo, con i suoi colori sgargianti e il “Cedro del Libano”, situato sulla sommità della collina immerso nella quiete dei filari.

A pochi passi dal borgo, tra il verde delle vigne spicca la coloratissima cappella del Barolo, o cappella delle Brunate, ormai diventata un simbolo per i turisti, che ricorda in qualche modo le variopinte case di Burano. Se però sull'isola veneziana i colori servivano ai pescatori per riconoscere le loro case, la cappella del Barolo è il risultato di un intervento artistico. L'edificio venne costruito nel 1914 da alcuni contadini che lavoravano nei vigneti circostanti e che lo utilizzavano per trovare riparo quando venivano sorpresi dal maltempo. I sei ettari del prestigioso vigneto di Brunate che circondano la cappella, vennero acquistati nel 1970 dalla famiglia Ceretto, a cui ancora appartengono, e che decisero di ingaggiare gli artisti Sol LeWitt e David Tremlett per trasformarla in un'opera d'arte. Era il 1999 quando la coppia di artisti si mise al lavoro.



LeWitt decorò gli esterni, mentre Tremlett si occupò degli interni che, purtroppo, non sono aperti con regolarità. Il risultato è una piccola cappella decorata da linee geometriche e curve con colori accesi, immersa nel lussureggiante verde dei filari. Le Langhe offrono anche inaspettate sorprese come il Cedro del Libano di La Morra, simbolo iconico del territorio, situato sulla sommità del Colle Monfalletto.

Questo maestoso ed imponente albero monumentale, che fu piantato nel 1856 come augurio di amore eterno per una coppia di sposi, oggi è meta di interesse turistico e luogo di contemplazione.

BAROLO

Barolo, famoso in tutto il mondo per l'omonimo vino (il "re dei vini" piemontesi), è il cuore delle Langhe. Qui si respira un'atmosfera internazionale: è facile sentire parlare tedesco, francese o inglese. Questa piacevole cittadina, ricca di enoteche e storiche cantine vinicole, si raggiunge percorrendo strade che costeggiano i vigneti, tra colline e scenari mozzafiato. È consigliata una visita all'Enoteca Regionale del Barbaresco, per una degustazione di pregiate etichette. A due passi si può ammirare invece la Meridiana di Barbaresco. Immane anche una visita a una storica cantina, quella di Gaja. Posizionato all'interno di un'enoteca, esiste un piccolo e curioso museo dei Cavatappi che mostra diverse tipologie di questo strumento a rappresentazione dei cambiamenti nel tempo. Altra imperdibile visita è quella al Castello Faletti di Barolo posto sulla sommità del borgo dalla cui torre si gode di una vista scenografica incredibile che spazia su paesaggi collinari pettinati dai filari, talmente perfetti da sembrare dipinti. Il castello accoglie al suo interno il Wi-Mu, un museo interattivo del vino.



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ALBA

Capitale delle Langhe e patria della Fiera del Tartufo che si svolge ogni anno in autunno, Alba è una piacevole cittadina con un centro molto animato dalle innumerevoli attrazioni e manifestazioni che ogni anno accolgono migliaia di visitatori provenienti da tutta Italia.



Qui è possibile partecipare ad escursioni con un esperto cercatore di tartufi e il suo cane, e imparare come trovare questi preziosi tuberi. Alba è la cittadina più dolce delle Langhe, del Piemonte o forse del mondo: qui ha infatti sede la Ferrero che produce la famosa Nutella ed i cioccolatini alla nocciola. Alba è anche soprannominata la “città delle cento torri” per l'elevato numero di torri costruite in passato a scopo difensivo. Ad Alba, nell'imponente fortezza di Grinzane, visse il Conte Camillo Benso, che verso la metà dell'Ottocento con la Marchesa Juliette Colbert e l'enologo francese Oudart, nel castello di Barolo, inventò “il Barolo”, applicando al Nebbiolo le tecniche di produzione utilizzate per i grandi vini francesi.

Le langhe sono tutte da scoprire, assaporare, gustare, centellinare come un buon vino che libera sentori fruttati, erbacei e fragranti come i profumi dei boschi di castagno e del sottobosco che custodisce preziosi tesori.





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GETTING HEALTHCARE IN ROME: A PRACTICAL COMPASS FOR NEWCOMERS (AND NOT ONLY) PART 2

Emergencies & ER in Rome: a quick guide to make the right call

By Dr. Gabriella Nataloni and Dr. Alessandro Cristaudo

Internal Medicine Physicians – Aventino Medical Group, Rome

When you live (or travel) in Rome, knowing **what counts as an emergency** can save time, stress — and sometimes lives.

In Italy, emergency care is organised through the **Emergency Department (Pronto Soccorso) and the emergency system (112/118)**. A common mistake is using the ER for problems that feel urgent but are not emergencies — often leading to long waits and frustration.

This is a short compass. The full practical guide — with numbers, step-by-step pathways and Rome-specific options — is available on our blog..

Three quick rules to remember

1) If symptoms are severe, don't take a taxi: call 112/118.

Chest pain, suspected stroke, major trauma, severe breathing difficulty, loss of consciousness: call first.

2) In the ER, triage decides who is seen first.

Waiting times can be long for minor problems, especially during weekends and flu season — because critical patients must be treated immediately.

3) For non-urgent problems, ER is often the wrong door.

For milder symptoms, routine check-ups, prescription renewals, or medical advice, it's usually better to seek care outside the ER.

What to prepare (in 30 seconds)

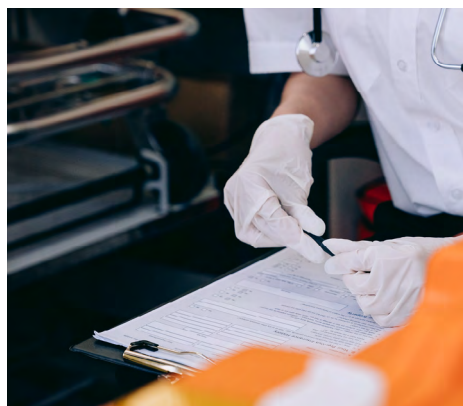
If you end up needing urgent care, bring (or keep on your phone):

ID/passport, health card (if available), insurance details, medication list, allergies, recent reports.

Read the full guide on our blog

"How Emergency Care Works in Italy: what to do, where to go, how triage works."

It includes practical scenarios, clear red flags, what to expect in the ER, and a Rome-focused orientation.



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DBDG HOME INSURANCE

In Italy, home protection often isn't part of the rental package.

Finding a home in Rome is exciting. Protecting it is essential.

For many staff members of FAO, WFP and IFAD, relocating to Rome means adapting to a new city, a new workplace and quite often a new apartment.

What many newcomers are not aware of is that most Italian rental contracts do not cover protection for personal belongings or for common household risks.

A leaking pipe, an electrical short circuit, a burglary while you're on duty travel, or accidental damage caused to a neighbor's property: these are situations that can quickly become expensive and stressful. And navigating such issues within local procedures can take time sometimes a lot of time.



What your organization covers and what it doesn't

FAO, WFP and IFAD already provide important collective insurance benefits, especially for health coverage.

When it comes to your home, whether you rent or own, the responsibility to secure proper protection lies entirely with you. Many staff members assume the landlord's insurance covers everything inside the apartment. In most cases, the policy in place covers the building as a whole (structure and shared areas), while protection for individual apartments including contents and personal liability is not included.

Why DBDG Home Insurance matters

DBDG has been working for years with the UN community and the International one in Rome, offering private insurance solutions designed specifically around the real needs of the personnel. Our Home Insurance provides a simple, clear and comprehensive way to protect:

- *your personal belongings (furniture, electronics, valuables)*
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- *theft and burglary*
- *accidental damages inside your home*
- *liability towards third parties (for example, water damage affecting neighbors)*

It's coverage that goes beyond the basics because your peace of mind should not depend on the plumbing of a 1950s building.

Built for people who live, work and travel

Rome is dynamic, international and sometimes unpredictable.

For many staff members having fast, dependable and clear insurance support is not a luxury, it's a practical need.

DBDG Home Insurance is designed exactly for that: to solve problems quickly, reduce unforeseen expenses and protect

the things that make your rental feel like home.

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Whether you've just arrived in Rome or you've been here for years, reviewing your home protection is one of the smartest decisions you can make. Because a safe home doesn't just protect your belongings, it protects your time, your budget and your peace of mind. DBDG is at your side advising the best insurance products and full support you in case of any claim.

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A roof over your head is nice Coverage over your roof is better.

Most UN staff in Rome discover this only after their first apartment issue: in Italy, landlords insure the building, not your belongings.

And when something goes wrong eg. water leaks, theft, accidental damage the costs can be unpredictable. With DBDG Home Insurance, what's yours stays yours. Simple coverage. Clear terms. Real peace of mind.

Protect your home. Protect your budget.

STORIA DEL CEDRO DEL LIBANO DI LA MORRA (LANGHE)



La storia del cedro inizia nel 1856 quando due giovani, Costanzo Falletti di Rodello ed Eulalia Della Chiesa di Cervignasco, discendenti dell'attuale famiglia, piantarono l'albero a ricordo delle loro nozze suggellando così due amori: quello reciproco degli sposi e quello della loro famiglia per queste terre. Secondo la tradizione si trattò di un gesto beneaugurante, simboleggiato dalla scelta di un albero particolarmente robusto e longevo che potesse riflettere il loro legame: un amore forte e durevole da tramandare alle generazioni future affinché ne conservassero il ricordo. Ancora oggi, dopo quasi 160 anni, siamo testimoni delle promesse matrimoniali dei due giovani sposi. Cresciuto imponente attraverso i decenni, è testimone dei cambiamenti avvenuti tra queste colline: dalla fatica e dalla povertà della malora fenogliana e del “mondo dei vinti”, agli anni della Resistenza fino al definitivo riscatto ed alla consacrazione delle Langhe a livello mondiale.

The history of the cedar begins in 1856 when two young people, Costanzo Falletti of Rodello and Eulalia Della Chiesa of Cervignasco, descendants of the current family, planted the tree in memory of their wedding, thus sealing two loves: the spouses' mutual love and their family's love for these lands. According to tradition, it was a gesture of good luck, symbolized by the choice of a particularly robust and long-lived tree that would reflect their bond: a strong and enduring love to be passed down to future generations so that they may preserve its memory. Even today, after nearly 160 years, we witness the wedding vows of the two young spouses. Growing imposingly over the decades, it bears witness to the changes that have taken place in these hills: from the toil and poverty of Fenoglio's “malora” and the “world of the vanquished,” to the years of the Resistance, up to the final redemption and the consecration of the Langhe on a global scale.



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AGATHA CHRISTIE: A LIFE OF MYSTERIES



ANTONIO MAGGIO

Hello! I'm Antonio Maggio, 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://insiemeperilteedellecinque.blogspot.com/>)



Agatha Christie was **the queen of detective fiction**: in a career spanning more than half a century and two world wars, she wrote eighty novels and short stories and created unforgettable characters like *Hercule Poirot* and *Miss Jane Marple*.

During World War I, she volunteered for the British Red Cross, drawing inspiration from this experience for her detective novels. Another source of inspiration for many of her most famous books, such as *Death on the Nile* and *Murder on the Orient Express*, were her travels throughout the Middle East. But her mysteries aren't just contained in her books.

There are rumors of a nervous breakdown, an **inexplicable disappearance**, and a bitter divorce, made even more painful by the death of her beloved mother. Despite it all, Agatha Christie, a **shy, intelligent, and complex woman**, became **the best-selling author of all time**, tied with Shakespeare, with over two billion books worldwide, translated into over forty-five languages. Yet, despite her fame, the real Agatha Christie remains as mysterious as one of the characters in her novels.

Agatha Christie was born on September 15, 1890, in Torquay, England. Her American father died when she was only ten years old and she was raised by her mother and grandmother. She was mostly **home-schooled**. When asked why she started writing, Christie answered: *"I put it all down to the fact that I never had any education. Perhaps I'd better qualify that by admitting I did eventually go to school in Paris when I was 16 or thereabouts. But until then, apart from being taught a little arithmetic, I'd had no lessons to speak of at all."* During her adolescence, she **frequented high society** until her marriage in 1914 to Archie Christie, who became one of the first Royal Flying Corps pilots in World War I. She began writing fictionalized biographies under **the pseudonym Mary Westmacott**; these early works, however, were ignored by both critics and the public. Her first success came in 1926, with *Nine to Ten*. She went through a difficult period, between the death of her mother and the abandonment of her husband, whose surname she kept. During this period, she disappeared, becoming a wanted person throughout the country, only to be found in Harrogate, Northern England. She never wanted to clear up this mystery in her autobiography, saying *"So, after illness, came sorrow, despair and heartbreak. There is no need to dwell on it."*

STUDIO MEDICO DERMATOLOGICO PROF. MAURIZIO ROTOLI



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In the following years, she wrote despite a severe depression. This period of crisis ended when, during a train journey to Baghdad, she found the inspiration to write ***Murder on the Orient Express***. It was there that she fell in love with Max Mallowan, whom she married in 1930. In 1947, Queen Mary asked her to compose a play in her honor as a birthday present for her eightieth birthday. In 1971, she was appointed a ***Dame of the British Empire***, the highest honor bestowed on women in Great Britain at the time. She died in 1976, at the age of 85, and is buried in the cemetery of the village of Cholsey, Oxfordshire.



Among her most famous quotes:

"The best time for planning a book is while you're doing the dishes"

"The impossible could not have happened, therefore the impossible must be possible in spite of appearances"

"Poirot", I said, "I have been thinking". - "An admirable exercise my friend. Continue it."

"I like living. I have sometimes been wildly, despairingly, acutely miserable, racked with sorrow; but through it all I still know quite certainly that just to be alive is a grand thing."

Sources: Rai Cultura:

"Donne straordinarie: Agatha Christie";

BBC NEWS: "A rare interview with the elusive Agatha Christie"

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[Ambrit International](#) is an independent, not-for-profit, international [IB World School](#) founded by Prof. Bernard C. Mullane in 1982 and owned by the Ambrit Foundation. In addition to providing an English language education for international families in Rome, the Founder's idea was to create a community in which families and teachers were interacting towards the goal of mutual growth.

Over the decades, Ambrit has welcomed and contributed to the education of thousands of international and local students, promoting integration between the various cultures from over 100 countries. Many Ambrit families come from the UN Agencies for Food and Agriculture, embassies and other international institutions, forming a diverse student body and community alongside internationally minded Italian families. Many Ambrit alumni have also chosen the school for their own child's education contributing to the growth of the Ambrit family!

Ambrit offers the [International Baccalaureate](#) continuum to children aged 3 to 14 through the [Primary Years Programme](#) in the [Early Childhood Centre](#) (Nursery, Kinder, Prep) and [Primary School](#) (Grades 1-5), and the [Middle Years Programme](#) in [Middle School](#) (Grades 6-8). Most students go on to other international high schools and they are guided in making the best choice for their educational journey.

[Student Support Services](#) are offered by dedicated teams in the form of English as an Additional Language (EAL) and Learning Support (LS) for special academic, social and emotional needs.

Ambrit also provides experiences for learning Italian either as an additional language to promote an appreciation for the host country, or through the optional Italian State Exam Preparation in Primary and Middle School. Other languages are taught in Middle School and are presented as optional after-school clubs in Primary School.

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THE ACT OF READING IS NOT A LUXURY OR A HOBBY FOR INTELLECTUALS



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

Nowadays, one in three people is no longer able to read a book or a long text.

In a world dominated by digitalization, where most interactions take place through the screens of devices and social media platforms, the ability to read, understand, and sustain attention on complex or simply longer texts is gradually disappearing. All this means that a significant portion of the population is slowly losing functional literacy, that is, the ability to use their linguistic skills to navigate the complexity of the contemporary world.



The act of reading is not a luxury or a hobby for intellectuals alone, but symbolizes a tool for freedom and critical thinking. A lack of reading weakens the ability to distinguish between truth and falsehood, between information and manipulation. Despite this, today, more and more people, both young and old, confess they can't read more than a page or two without becoming distracted. The dominant format is now the short and superficial one, such as the post, the clickbait title, the reel, or the 15-second video. Anything that requires time, concentration, and reflection is avoided; and this comes at a very high cost, not only culturally but also socially and economically.

Playing a decisive role in this process is, above all, the excessive use of smartphones and social networks. Constant connectivity has profoundly changed our relationship with information. We no longer delve into information, but skim it; we don't reflect, but comment, often even impulsively. Notifications interrupt any attempt at concentration, and the way digital platforms themselves are structured is designed to maximize dwell time and immediate reaction, rather than deep understanding.

In fact, several neuroscientific studies have openly spoken of a "digital brain," in which attention becomes intermittent, memory relies on the cloud, and in-depth analysis is replaced by instantaneity.

In this context, schools should be a valuable ally in countering this negative trend. Reading education should become a national priority. However, instead of moving in this direction, funding is being cut, many libraries are being closed, school time dedicated to independent reading is being reduced and young people are being left to rely on tablets and platforms without any guidance.

What is crucial is a cultural shift; there is an increasing need to return to viewing reading as a value, not as an activity for the few or a habit of the past.

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Sonny Boy (A memoir) - Al PACINO
Broken Country - Clare Leslie HALL

FRENCH BOOKS

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Le seul coupable (Fleuve noir) - J. SAUSSEY

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BRAISED IN BAROLO: A TASTE OF PIEDMONTESE HISTORY

The Perfect Cut and Accompaniments

A Slow-Cooked Classic This Piedmontese staple relies on a well-marinated chuck tender, braised slowly until tender. Finished with a velvety wine reduction and served with polenta or potatoes, it's a masterpiece of deep, rich flavors.

Ingredients

- 1kg beef chuck tender, tied like a roast
- 50g clarified butter
- 5 juniper berries
- 4 whole cloves
- 3 bay leaves
- 2 carrots
- 2 celery stalks
- 1 large yellow onion
- about 300 ml of Barolo wine
- 1 cinnamon stick
- Salt to taste
- Pepper to taste

Instructions

Step 1: Marinate the Beef

Dice the carrots, celery and onion. Place them in a large bowl with beef, cloves, juniper berries, bay leaves and cinnamon stick. Pour the entire bottle of Barolo wine over everything, ensuring the meat is fully submerged. Marinate in the refrigerator for at least 12 hours, turning the meat two or three times.



Recipe Details

Prep Time: 40 minutes

Cook Time: 3 hours

Yields: 8 servings



Step 2: Sear the Beef

Drain the beef from the marinade. In a large skillet, heat 40g of clarified butter over high heat. Season the beef with salt and pepper, then sear it on all sides for about 10 minutes until a golden-brown crust forms.

Step 3: Slow Cook to Perfection

In an oval pot, ideally a Dutch oven, sauté the drained vegetables from the marinade with 1 tablespoon of clarified butter for a couple of minutes until softened. Return the seared beef to the pot, add three-quarters of the reserved marinade, and cover. Cook over low heat for approximately 3 hours, turning the meat a couple of times during cooking. Keep an eye on the braising liquid; if it reduces too much, add the remaining marinade or a splash of beef broth to keep the meat moist.

Step 4: Finishing Touches and Serving

Once the beef is tender, carefully remove it from the pot and cut away the kitchen twine. To prepare the gravy, let the cooking liquid simmer until it reaches your desired thickness. If you prefer a heartier consistency, stir in a teaspoon of cornstarch dissolved in two tablespoons of water. Taste and adjust the seasoning with salt and black pepper as needed. Slice the roast into thick medallions and arrange them on a platter alongside the braised vegetables. Generously drizzle the rich Barolo reduction over the meat. For the ultimate Italian experience, serve this dish with a side of creamy polenta or smooth mashed potatoes.



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