



**JANUARY**  
**2025**

# fao Casa gazette

Mensile - No 01 - 2025 - Reg. Trib. N. 574 dell'8/10/1990

- **CHRISTMAS CONCERT**

- **GIOIELLI NASCOSTI:  
SAN POLO DEI CAVALIERI**

- **THE FAO STAFF COOP LIBRARY  
IMPROVES YOUR HEALTH - PART 2**

- **ROTARY BRIGHT GOALS**

- **PUMPKIN RISOTTO**

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WEDNESDAY 12:30 - 14:30 WFP SERVICE CENTRE 53142

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WEDNESDAY 10:00 – 12:30 / FAO ROOM E014 53142

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MONDAY 14:30 – 16:30 / WFP – SERVICE CENTRE

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FAO STAFF COOP SERVICES

The "FAO CASA GAZETTE"  
is the registered title of  
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Typewritten electronic contributions for the FAO CASA Gazette are welcome. These can be articles, poems, drawings, photographs, etc. In fact, anything interesting that staff members and/or their families in Rome or in the field may wish to contribute. These contributions can be in English, French, Italian or Spanish.

No anonymous material will be accepted, and the Editor reserves the right to choose and/or reject material that is not in keeping with the ethics of the Organization. Send contributions electronically to the Editor at [fao-staff-coop@fao.org](mailto:fao-staff-coop@fao.org) or leave signed copies with the Coop office on the ground floor of building E.

The deadline for editorial material is the 10th of the month preceding the date of issue.

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# FAO STAFF COOP

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## *"Cuori irregolari"*

*"Quanto sono belli i cuori irregolari  
li riconosci subito dal più dolce dei sorrisi,  
nonostante le ferite profonde  
ricucite a filo doppio.  
Sembrano mappe ricamate  
con ago e seta,  
frammenti di qualcosa che non c'è più  
ma che ora è pronto per una vita nuova.  
Li riconosci subito i cuori irregolari,  
dai gesti fermi e gentili,  
dalla luce negli occhi  
dalla forza di chi non ha intenzione  
di farsi rubare i propri sogni,  
nonostante i margini incertati,  
il dolore profondo,  
le cicatrici che attraversano l'anima.  
Sono i cuori di chi prende i pezzi sbeccati  
e spigolosi,  
e con pazienza li smussa,  
ne adatta i contorni,  
li rimette insieme uno alla volta,  
con cura ne riempie i vuoti,  
sostituendo alla rabbia la tenerezza,  
al risentimento la pace,  
al passato il presente.  
Sono i cuori  
di chi delle lacrime ne ha fatto oro  
prezioso,  
di chi ha deciso di tentare l'impossibile a  
piccoli passi,  
iniziando dal "QUI E ORA".*

*Sono i cuori di chi viaggia  
ad un ritmo alternato  
e mai prevedibile,  
di chi ogni giorno sa ancora gioire,  
meravigliarsi delle piccole cose,  
emozionarsi in silenzio.  
Non avvicinarti nemmeno ad un cuore  
irregolare,  
se non sai ascoltarne il battito,  
perché sono anime fragili  
racchiuse nel granito,  
hanno la capacità di rivoltare il mondo  
dopo che il proprio è stato messo a  
soquadro.  
I cuori irregolari sanno di avere un dono  
fuori dal comune,  
di essere fuoco vivo,  
forza vitale,  
e davanti alle gabbie  
dell'indifferenza hanno imparato  
che andare in pezzi è l'unica salvezza.  
Sono questi i cuori capaci di compiere lo  
straordinario,  
di ricominciare in modo completamente  
diverso,  
di raggiungere l'inaspettato,  
di recidere rami ma nutrire le proprie  
radici,  
di legarsi per sempre a chi questo cuore  
sa tenerlo tra le mani  
come fosse il suo."*

**Autore: Barbara Hugonin®**



## *Benvenuto 2025*

*Siamo immersi in un sistema in costante movimento, che genera falsi bisogni.*

*Corriamo affannosamente dietro a beni di consumo pensando al domani senza mai fermarci per godere del presente. Tutto questo rischia di farci dimenticare il valore dell'amore, sentimento che ci permette di vivere in modo appagante, perché regala sicurezza, gioia, tranquillità, pace.*

*Questo sentimento di affetto universale che si ha per se stessi e per gli altri, ci fa sentire bene nella misura in cui ci rendiamo consapevoli di ciò che possiamo offrire a chi ci circonda. Ed è l'unico sentimento che ci dá la forza per andare avanti in ogni momento.*

*La mancanza di amore è come una prigionia che finisce per minare la salute del cuore e bloccare l'evoluzione umana. La vera guarigione è semplicemente Essere Amore, nelle parole, nei pensieri, nei gesti. Ricordiamoci che siamo su questa terra per vincere la sofferenza e riportare pace.*

*È tempo di risvegliare gli angoli remoti del cuore di ognuno, soprattutto di chi non ha mai conosciuto la Luce. È l'amore a portare equilibrio nel karma, annullando i dolori residui e tutti i detriti.*

*Auguriamo a tutti un 2025 pieno di amore.*

## *Welcome 2025*

*We are immersed in a system in constant movement, which generates false needs. We frantically run after consumer goods thinking about tomorrow without ever stopping to enjoy the present. All this risks making us forget the value of love, a feeling that allows us to live in a fulfilling way, because it gives security, joy, tranquility and peace. This feeling of universal affection that we have for ourselves and others makes us feel good to the extent that we become aware of what we can offer to those around us. And it is the only feeling that gives us the strength to move forward at all times.*

*The lack of love is like a prison that ends up undermining heart health and blocking human evolution. True healing is simply "Being Love", in words, in thoughts, in gestures. Let us remember that we are on this earth to overcome suffering and restore peace.*

*It is time to awaken the remote corners of everyone's heart, especially those who have never known the Light. It is love that brings balance to karma, canceling residual pain and all debris.*

*We wish everyone a 2025 full of love*

**FAO STAFF COOP**  
**Editorial Committee**

# FAO STAFF COOP CHRISTMAS CONCERT

*Christmas time is the perfect opportunity to celebrate love and peace through the universal language of music.*

In the first year of resumption of FAO Staff Coop activities after the pandemic, we have been happy to resume our old habits like the Xmas Concert, that was held in FAO on 6 December 2024. On this particular occasion we have created the FAO Staff Coop band composed of some FAO hidden talents. This has been possible thanks to the strong commitment of Alessandro Pastori (who has soundproofed a small room dedicated to rehearsals, setting it all up together with Gianluca Romanazzo) and thanks to all the players and singers that have made an extra effort, in addition to their daily work, to participate in this event which aims to celebrate music as a wonderful force capable of bonding people from different backgrounds and cultural heritage.



The players **ALESSANDRO PASTORI** (on drums), **GIANLUCA ROMANAZZO** (on piano), **MAURIZIO BERARDI** (on keyboard), **TOMMASO ANGELETTI** (on electric guitar), **DANIELE MARTINELLI**, the teacher of guitar courses at FAO Staff Coop (on acoustic guitar) have accompanied the voices of the staff members **WULIAN WENG**, **FRANCESCO SPATOLA**, **MICHELA KRANNER** and **ELENA NWAMAKA OKECHUKWU**. To celebrate the beauty of music these artists have chosen a heterogeneous repertoire ranging across various musical genres.

The concert has started with an incredibly poetic Chinese love song. At the end all the singers have performed together **DO THEY KNOW IT'S CHRISTMAS** to celebrate the anniversary of this charity song which was recorded by Band Aid in end November 1984: it turns 40 years old. Band Aid was the collective name of a charity supergroup of artists. The name of this musical band is symbolic because the band is represented as an adhesive bandage, and the word aid means help: a band aid capable of helping, uniting and healing the wounds of a world suffering from hunger. The newly born FAO Staff Coop **POLYPHONIC CHOIR**, conducted by Chiara Marchetti, has joined the band to represent the team spirit and the principle of brotherhood. Chiara Marchetti has been able to prepare the choir performances in just three weeks. This very eclectic artist is a singer, a player and she has a diploma in choir and orchestra conducting. She has accompanied the choir playing the harp, as this is the perfect instrument to convey harmony, delicacy, sweetness.... Everything we need so much in these dark times! We have requested her to perform a song of peace as **NO ONE PRONOUNCES THIS WONDERFUL WORD ANYMORE. IT ALMOST SEEMS FORGOTTEN. INSTEAD WE SHOULD MAKE IT BACK IN FASHION. SCREAM IT, SPREAD IT AS MUCH AS POSSIBLE. BECAUSE WORDS HAVE ENERGY .... THIS ONE IN PARTICULAR. PEACE BE.**





The concert has closed with the performance of the FAO Gospel Choir directed by Joy Garrison that has been able to animate the atmosphere by transmitting her contagious energy and passion for music. Gospel is the tradition at Christmas as much as our Italian Panettone...

This event has been organized also to put into practice various musical activities promoted by FAO Staff Coop. We have achieved our goal and our efforts seem to have been rewarded by the heartfelt participation of the audience. The concert was overwhelming as it has turned into a real party attended by an amused and enthusiastic audience.

In 2025 we would like to continue proposing musical activities and events dedicated to staff. Singers, dancers, players who are interested in participating can contact FAO Staff Coop. We will be pleased to welcome their suggestions and incorporate new proposals, as we are confident that such initiatives can be enriched by new ideas and by the collaboration and presence of more staff members in the future.

We would like to thank the FAO Administration (for recognizing the importance of social activities and allowing us to restart them after three long years of stop). A heartfelt thanks to Doctor Maurizio Martina who honored us with his presence. He went on stage, hugged a guitar to sing a tune, thus demonstrating that he wanted to participate with us in the great ritual of live music. His spirit and the words spent for an event that aimed to share happy moments in these difficult times, were greatly appreciated by the public.

A special thanks to Mr Rodrigo De Lapuerta and the colleagues of his Division for their logistic support, to the talented artists that have participated with a spirit of sharing and friendship, and the FAO Staff Coop Board of Directors for supporting such initiative.

Chairperson  
Fao Staff Coop

**YOUTUBE LINK:** <https://www.youtube.com/watch?v=ZHJfdBzRbPM>



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# CHARITY EVENT

DECEMBER 7, 2024 AT UNAR REGIONAL ASSOCIATIONS OF ROME AND LAZIO, VIA ULISSE ALDROVANDI, 16, 00197 ROME



FAO Staff Coop, in collaboration with the Syrian Catering Cooperative run by refugees, Hummstown, and other associations has organized a solidarity evening in support of children victims of the wars in Middle East.

A poet of music, the singer-songwriter Cortese, (who won the first edition of X-Factor Italia and the prestigious South American festival Viña do Mar), has animated the evening with a visceral live performance that celebrates love.

All proceeds have been donated to Gazzella Onlus that provides food and care for the civilian population.

<http://www.gazzella-onlus.com/>

<https://www.facebook.com/gazzella.Onlus/posts/pfbid02TrU7nDN2CdSm2toTLLCWxLGrdFe3YanqMWKjPTDggVvJHk1VJz4JhU2qaedd1zgRI>

**YOUTUBE LINK:** [https://www.youtube.com/watch?v=y\\_kp1aVyCUA](https://www.youtube.com/watch?v=y_kp1aVyCUA)



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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 sconosciuti.*

*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*

## SAN POLO DEI CAVALIERI

### *Per un'escursione alla bruschetta a pochi passi da Roma*

A solo 50 chilometri dal centro della capitale esiste un paesino che vale la pena di scoprire per la sua affascinante storia e la sua enogastronomia. Per un'escursione alla bruschetta a pochi passi da Roma, San Polo dei Cavalieri è la meta perfetta. Il borgo, che fa parte dell'itinerario enogastronomico Strada dell'Olio e dei prodotti tipici della Sabina, vanta la produzione di una delle eccellenze del territorio: il suo prezioso oro giallo dal sapore fruttato e vellutato, dolce ed aromatico. Solo quando il prodotto è freschissimo il sapore risulta leggermente amaro e pungente.

San Polo è uno dei piccoli tesori del Lazio che meritano di essere scoperti anche per la natura incontaminata che lo circonda: arroccato sulle pendici del monte Morra che con i suoi 1036 metri di altitudine, risulta essere tra le cime più alte della catena dei Lucretini, offre numerose possibilità di fare escursioni attraverso le sue meraviglie naturalistiche.

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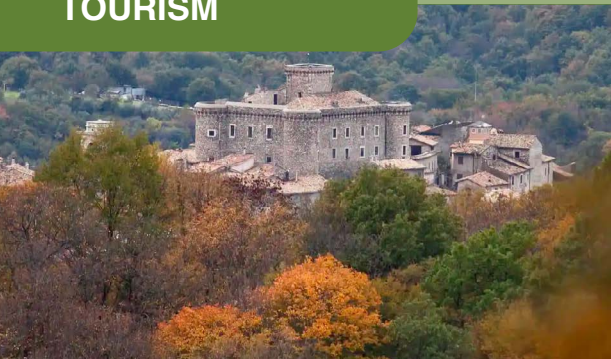
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Meta degli amanti del trekking è il Conventillo Sant'Angelo, suggestivo eremo di monaci Basiliani, databile intorno all'anno mille, abbarbicato su un costone di roccia a pochi passi dal Monte Gennaro. Ci si arriva percorrendo il passaggio per la Montagna Spaccata, tratto piacevole ed accogliente lungo i tratturi fra Sabina ed Abruzzo. Il suggestivo edificio incastrato nelle falesie a sud del Monte Morra, a quota 700 s.l.m., costruito tra il XII ed il XIII secolo con pietra locale, si sviluppa in più piani con alcuni vani minuscoli scavati direttamente nella roccia.

In principio fu un convento. Da qui il nome Conventillo, ma poi venne scelto dagli eremiti come luogo in cui rifugiarsi per vivere in perfetta solitudine a contatto con la natura.

Da sede della prestigiosa Accademia Nazionale dei Lincei alla peste, fino al passaggio nel 1849 di Giuseppe Garibaldi e della sua Anita, la storia di San Polo dei Cavalieri ha lasciato tracce che raccontano di come doveva essere nel medioevo il contesto urbano nei piccoli centri che facevano da corona a Roma. Il borgo è dominato da un suggestivo castello medievale che caratterizza la piazzetta del paese. Si tratta del Castello Orsini-Cesi-Borghese, una struttura restaurata dopo l'acquisizione da parte del Comune nel 1989. Gli Orsini ottennero il feudo di San Polo, con Torrita e Marcellina, e la proprietà del castello nel 1429, momento in cui le nuove opere di fortificazione cancellarono l'antica struttura medievale della rocca per renderla dimora dei signori di Tagliacozzo. Nel 1558 la signoria di San Polo passa con tutti i beni annessi sotto la proprietà del Cardinale Pier Donato Cesi. L'opera di ammodernamento eseguita a San Polo si deve all'attenzione del cardinale Federico, che escluse però interventi strutturali sulla Rocca. Nel Nuovo Statuto, fatto redigere prima della sua morte, scompare la dicitura castello che viene sostituita da Palazzo Baronale. Nel 1678, con la fine del principato dei Cesi, la proprietà del palazzo baronale e delle terre annesse passa alla famiglia Borghese.

Passeggiando tra le tipiche viuzze dell'antico borgo, si arriva alla Chiesa parrocchiale intitolata a San Nicola di Bari, costruita tra il XIII e il XIV sec., il cui campanile è stato realizzato trasformando l'antica torre del circuito murario. La chiesa più antica di San Polo che ancora oggi mantiene quasi inalterate le sue forme originarie è la Chiesa di Santa Lucia, costruita all'interno del Castrum di Sancti Pauli. L'interno a croce greca conserva intatto il magnifico soffitto a cariatide lignee.



## PIATTI DELLA SABINA

La Sabina offre una vasta quantità di piatti tipici. È una cucina semplice che sfrutta abilmente i prodotti del territorio. Da assaggiare assolutamente le fregnacce alla sabinese: una tipologia di pasta fresca molto simile ai maltagliati. Il condimento di questa pasta è un sugo con funghi misti e olive nere, il tutto arricchito con pecorino romano o parmigiano. Ma in alcuni paesini della Sabina si condiscono anche con una salsa gustosissima nella sua semplicità: un sugo di pomodoro a base di peperoncino ed un trito abbondante di sedano ed aglio. Il tutto mantecato con pecorino locale. Tra i piatti tipici della Sabina troviamo la crostata di visciole, un frutto del territorio che assomiglia alla ciliegia, dal gusto leggermente più aspro. La base è quella di una semplice frolla ricoperta da marmellata di visciole. Un crostata più semplice e rustica di quella della tradizione romana che viene ricoperta di ricotta di pecora e visciole sciroppate.

## A SAN POLO DEI CAVALIERI ESISTE UN SINGOLARE RISTORANTE CON UN SOLO TAVOLO

Percorrendo a piedi le intricate viuzze del borgo si raggiunge il ristorante più piccolo del Lazio dove uno chef stellato cucinerà solo per voi. La proposta è quella di un menù degustazione di altissimo livello grazie alla sua esperienza acquisita nei ristoranti stellati di tutto il mondo. Si tratta di piatti creativi, a base dei prodotti del territorio, accostati con estro e maestria, come il millefoglie di porcino, patate, ricotta e prezzemolo, il risotto alla zucca e ragù di pollo alla cacciatora, la guancia di manzo alla cesanese con lattuga arrosto, il gelato all'amaretto, la mousse di cioccolato e lamponi. Vere delizie da provare....ad un prezzo accessibile.

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FRENCH DENTAL CLINIC ROMA



# How to Recover from Holiday Excesses

## Insights from Five Specialists



*Dr. Alessio Maiorino*  
Endocrinologist



*Dr. Andrea Bezzeccheri*  
Cardiologist



*Dr. Stefano Picca*  
Nephrologist



*Dr. Manon Khazrai*  
Nutritionist



*Dr. Corinne Perisse*  
Psychotherapist

The holidays bring moments of joy and abundance, but they can also leave their mark on our bodies. How can we recover from overindulgence? We asked five specialists: an endocrinologist, a cardiologist, a nephrologist, a dietitian, and a psychologist.

### What Are the Effects of Overeating on Metabolism?

Refined sugars and carbohydrates consumed in abundance during the holidays stimulate a surge in insulin production, which can lead to reactive hypoglycemia with symptoms such as fatigue and irritability. "To restore balance, I recommend balanced meals with lean proteins, fiber, and healthy fats," explains the endocrinologist.

### How Does Overindulgence Affect the Heart?

"An unbalanced diet can cause increases in blood pressure and cholesterol levels," warns the cardiologist. A simple strategy to mitigate these effects is brisk walking for at least 30 minutes a day, which improves metabolic control and reduces systemic inflammation.

### How Are the Kidneys Affected by Excesses?

"Sodium and alcohol put stress on the kidneys, causing damage through hypertension, oxidative stress, and renal inflammation," explains the nephrologist. "A proper diet and consuming at least 1.5 liters of water daily are essential measures to prevent these issues."

### How Can Nutrition Support Recovery?

"A healthy and mindful approach to eating, such as a calorie-conscious Mediterranean diet rich in fiber, antioxidants, and healthy fats, is ideal for regaining wellness after the holidays, as it supports metabolism and liver function," advises the dietitian.

### What About Mental Well-Being?

Feelings of guilt are common after the holidays. "This is an opportunity to reflect on the origin of that guilt and make new decisions for the year ahead," suggests the psychotherapist. Creating a routine with moments of introspection can help restore peace of mind.

### Practical Strategies

- Active hydration: Drink water and include hydrating foods like citrus fruits.
- Moderate exercise: Short aerobic sessions help improve metabolism.
- Adequate rest: Sleeping at least 7 hours strengthens immunity.
- Anti-inflammatory foods: Incorporate omega-3s and antioxidants to combat oxidative stress.

### Conclusion

With expert support and mindful choices, we can turn holiday excesses into an opportunity to improve our well-being and approach the new year with energy and optimism.

See full articles on the BLOG at  
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# UNA COMUNITÀ SCOLASTICA INNOVATIVA E SOLIDALE: IL GARIBALDI DI ROMA NON È SOLO UNA SCUOLA, È UNA ESPERIENZA DI VITA

Oltre centocinquant'anni di storia, ma nemmeno una ruga: l'Istituto Tecnico Agrario Giuseppe Garibaldi di Roma custodisce la tradizione agronomica italiana e contemporaneamente si dedica all'innovazione. Una cantina e un frantoio domotici, una serra idroponica e laboratori didattici altamente innovativi, ma non solo. Al Garibaldi gli studenti possono vivere una vera e propria esperienza di vita. La scuola è dotata di un convitto e di una mensa e anche nel pomeriggio le attività sono molteplici: corsi di potenziamento e recupero, attività educative per gli studenti che scelgono il percorso semiconvittuale e un gruppo sportivo all'avanguardia.

E da quest'anno anche uno sguardo internazionale con i corsi di studio delle tecniche olearie in Spagna, due settimane nelle quali i ragazzi approfondiscono le conoscenze elaiografiche nelle aziende più specializzate della penisola iberica.

Dal 2024 il Garibaldi è anche il primo polo educativo italiano che mette a disposizione un'offerta didattica completa: oltre al percorso agrario tradizionale e quello con indirizzo chimico, da quest'anno è attiva anche la sezione quadriennale sperimentale che permette il raggiungimento del diploma in quattro anni. Nella stessa sede sono attivi inoltre quattro corsi biennali ITS Academy Agroalimentare (percorsi post diploma che consentono di ottenere il titolo di tecnico superiore) e il primo semestre del corso di laurea erogato dal Dipartimento di Scienze agrarie e forestali della Tuscia. Verrà inoltre inaugurato un corso di economia civile; la scuola ha infatti partecipato alla sesta edizione del Festival Nazionale dell'Economia Civile a Firenze poche settimane fa, confermando il proprio impegno su questi temi.

Non basta, l'esperienza educativa al Garibaldi è totale: si insegna anche alla solidarietà. Dallo scorso anno è infatti attivo un protocollo con la Caritas diocesana di Roma che permette agli studenti di vivere un momento di servizio per l'altro e di volontariato (donazione di pacchi solidali), che si aggiunge a un percorso museale en plein air, "Museo a cielo aperto", creato in collaborazione con gli studenti del Liceo Artistico Caravaggio di Roma. Sono 11 installazioni, ispirate ad altrettanti passi dell'enciclica Laudato si di Papa Francesco, realizzate interamente dagli studenti, corredate da una riflessione sui brani dell'enciclica, tradotti in diverse lingue e in braille, per renderle accessibili a tutti. Sì, perché il Garibaldi è anche una scuola inclusiva: 40% di studenti con BES (Bisogni Educativi Speciali), oltre 100 fra docenti di sostegno e assistenti, uno sportello di ascolto psicologico attivo per tutta la comunità scolastica, e un progetto, il "Dopo Garibaldi", che assicura un inserimento dolce nel mondo del lavoro agli studenti con disabilità.

*di Silvia Mari*





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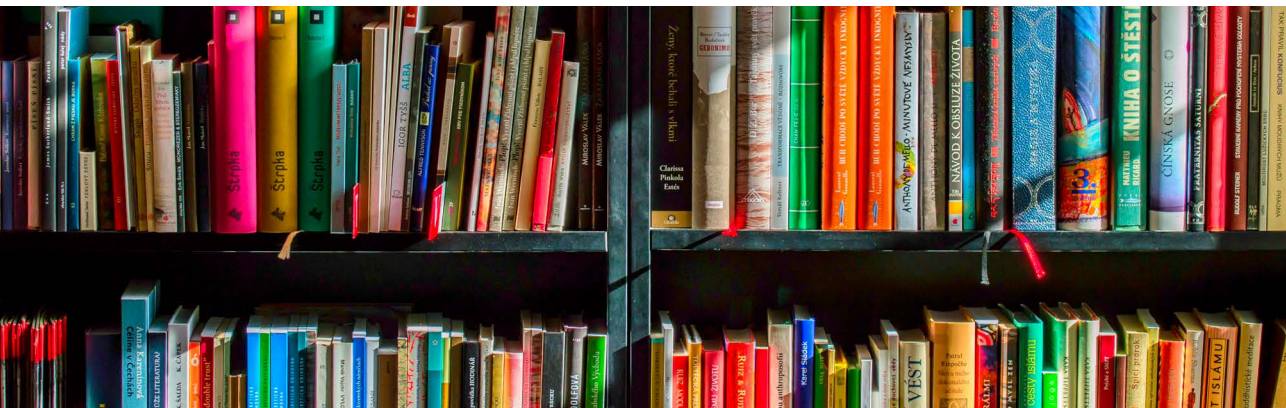


Global Citizenship

# THE FAO STAFF COOP LIBRARY IMPROVES YOUR HEALTH – PART 2

by **Manuela Lombardi Conti**

*Retired after many years of service in FAO, Manuela Lombardi Conti enjoys her freedom by splitting time between family, books, music and travels.*



The FAO Staff Coop Library, one of the first Staff Interest Groups established in the early days of FAO in Rome, remains a trove of inspiration, pleasure and escape from daily pressure.

There's nothing like a book to fly away on endless journeys of mind and spirit. To read a book is to be transported, transformed and enriched.

The introduction of e-books has only partially changed our approach to the pleasure of reading. We all appreciate the practicality of e-books, but there's nothing like the smell of old books or the crack of a new one's spine. And it turns out that diving into a "real" book can also offer benefits toward your health and happiness.

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Come visit the Library in Building E, Room E-008. Opening hours are from 11:30 to 14:00 on Tuesday, Wednesday and Friday. The Library dedicated staff will be delighted to welcome you and give you access to reading pleasure and health.

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# ROTARY BRIGHT GOALS

## ARE YOU INTERESTED IN CREATING A BRIGHTER FUTURE?

The Rotary Club Rome International is once again proud to champion an inspiring initiative aimed at empowering young girls in Northern Uganda through the BrightGoals project. In a world where gender equality remains a pressing challenge, the BrightGoals is a beacon of hope, dedicating its efforts to fostering education, mentorship, and leadership opportunities for girls, enabling them to build brighter futures.

To support this transformative mission, the Rotary Club Rome International will host a prestigious fundraising dinner on 31 January 2025, blending cultural celebration with philanthropy. The evening promises to be a dazzling affair, complete with a fashion show and a mesmerising performance by Ugandan dancers, reflecting the rich diversity and interconnectedness of the global community.

The event will take place in the heart of Rome at Casale Tor di Quinto, a city renowned for its historical grandeur and its commitment to humanitarian causes. Adding a touch of international diplomacy, the dinner will be chaired by the Ugandan Ambassador H. E. Elizabeth Paula Napeyok, with numerous ambassadors from African nations also in attendance, symbolising the importance of global solidarity in addressing societal challenges.

## WHY FUNDRAISING FOR THE BRIGHTGOALS MATTERS

The BrightGoals empowers girls by providing them with the tools, skills, and opportunities to achieve their fullest potential. Education and mentorship programmes form the initiative's cornerstone, equipping participants with practical knowledge and confidence to become community change-makers.

In today's interconnected world, the ripple effects of empowering even one individual can be profound. By investing in girls' education and leadership, the BrightGoals transforms their lives, fosters economic growth, reduces poverty, and promotes social cohesion.

However, such impactful projects rely heavily on consistent financial support. The Rotary Club Rome International recognizes this need and has rallied its members and supporters to contribute to the sustainability and expansion of the BrightGoals.



## THE IMPACT OF CIVIL WAR ON UGANDA'S YOUNG GENERATION

The BrightGoals initiative was born from the urgent need to address the profound impact of Uganda's 27-year civil war on its young generation. The conflict devastated communities, leaving behind a legacy of poverty, disrupted education systems, and fractured families. Many young girls were particularly affected, facing heightened vulnerabilities such as early marriage, loss of educational opportunities, and the psychological trauma of growing up amidst violence.

Today, the scars of the war remain visible in the lives of countless children, especially in rural areas where access to education is limited and poverty cycles persist. BrightGoals seeks to break these cycles, providing a pathway to hope through education and mentorship.



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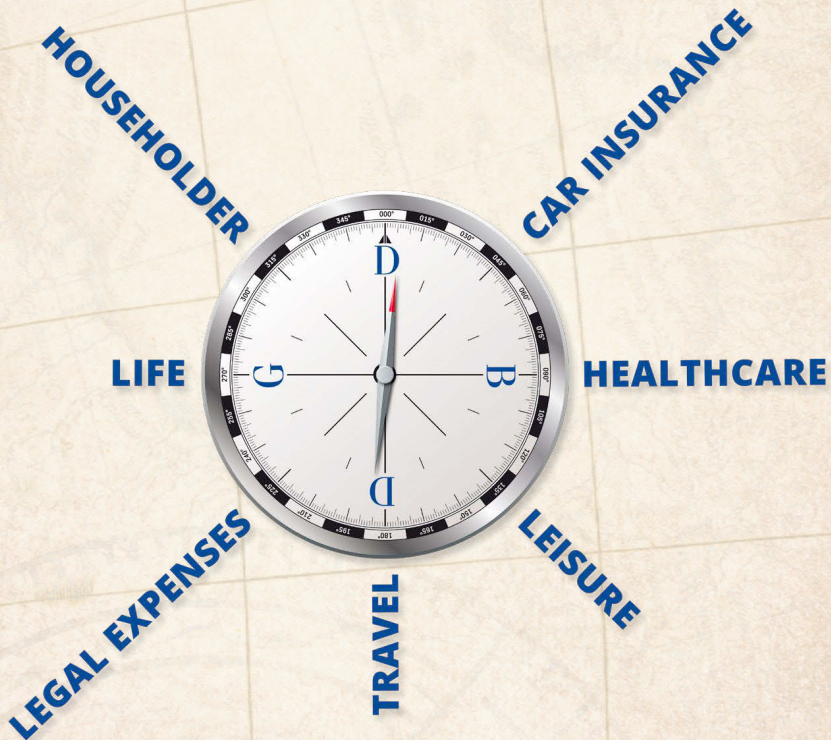
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## SELECTION CRITERIA FOR SPONSORSHIP

To maximize impact, the project focuses on sponsoring girls who demonstrate strong academic potential but need more financial means to continue their education. These girls are at risk of dropping out due to their families' inability to pay tuition fees. BrightGoals covers their school fees and provides a daily school meal, offering an added incentive for families to prioritize their daughters' education. This comprehensive approach ensures that the girls and their families benefit from the programme, fostering a supportive environment for sustainable growth and empowerment.

## AN EVENING TO REMEMBER

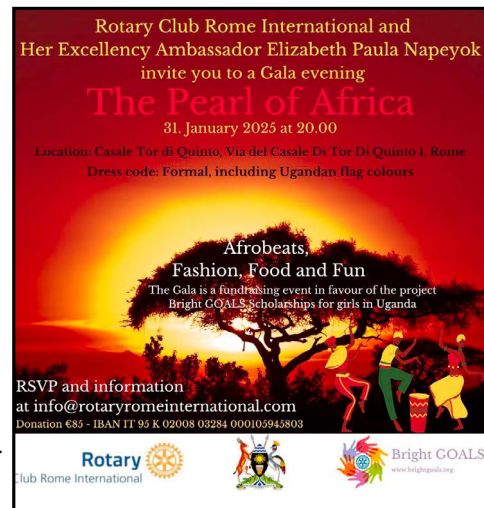
The fundraising dinner on 31 January 2025 promises to be a unique blend of culture, fashion, and advocacy. Guests will enjoy a delightful evening featuring the following highlights:

- **FASHION SHOW:** Ugandan designers will showcase their stunning collections, celebrating creativity and innovation while raising awareness of the cause.
- **TRADITIONAL UGANDAN DANCERS:** A captivating performance celebrating Uganda's vibrant heritage and highlighting cultural connections between Africa and Europe.
- **AMBASSADORS' PRESENCE:** The attendance of distinguished ambassadors from African nations will underscore the importance of collaborative efforts in tackling global challenges. By attending this event, guests will contribute to a noble cause and experience an unforgettable evening that bridges cultures and fosters unity.

## JOIN US IN CREATING A BRIGHTER FUTURE!

The Rotary Club Rome International warmly invites everyone who shares a passion for creating a more equitable world to this special fundraising event. Together, we will raise funds to support **BrightGoals**, which will empower more girls with the education and opportunities they deserve.

Your presence will make a difference—let's come together to inspire change and build a brighter future!



The wait is over—tickets for our highly anticipated fundraising dinner are now available at <https://brightgoals.org>! This is your chance to be part of something truly impactful. Due to overwhelming demand, we encourage you to secure your tickets early for this unforgettable evening. Together, we can empower the next generation of leaders and make a lasting difference.

Let's unite on 31 January 2025 to take a bold step toward realizing the vision of a brighter, more inclusive future for everyone.

For more information, contact us at the Rotary Club Rome International [info@rotaryromeinternational.com](mailto:info@rotaryromeinternational.com).

Don't miss this opportunity to make a meaningful impact—book your tickets today and join us in transforming lives!





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# PUMPKIN RISOTTO



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](http://www.culinarygenes.com)*



Pumpkins might not be in season right now, but that doesn't mean you can't enjoy their delicious flavors all year round! Whether it's pumpkin pies, lattes, or everything pumpkin spice, the comforting taste of pumpkin never goes out of style.

In our family, we love finding ways to make the most of this versatile ingredient. Pumpkins lend themselves beautifully to exquisite dishes, like our family-favorite pumpkin risotto. It's a simple, mouthwatering first course that can be customized and enriched with your favorite flavors.

We also enjoy making this delectable dish using squash like butternut, kabocha, or acorn - each brings its own unique sweetness and richness.

For an easy year-round option, look for organic canned pumpkin or organic frozen squash at your local market. They're convenient, delicious, and just as satisfying in your favorite recipes.

This risotto recipe holds a special place in our hearts, especially since the pumpkins you see in these photos were grown by a friend in Tuscany. While fresh pumpkins may not be in season now, this dish reminds us of the warmth and joy they bring to our table, no matter the time of year.

So grab some organic canned pumpkin or frozen squash, and let the flavors of this timeless recipe warm your kitchen. It's all about creating delicious memories, whatever the season!  
Enjoy!



**Yields: 4 servings**

**Prep Time: 20 minutes plus baking time for pumpkin**

**Cooking Time: 50 minutes**

# Ingredients

- **6-pound pumpkin (yields 2 3/4 cups puree), baked**
- **1/4 cup extra virgin olive oil**
- **2 garlic cloves, peeled and chopped**
- **1/4 teaspoon salt, plus more to taste**
- **2 cups Arborio rice**
- **4 cups of vegetable broth**
- **1 ounce fresh parsley, 1 sprig set aside for garnish, the rest chopped**
- **Sea salt to taste**
- **Freshly grated Parmigiano-Reggiano\* cheese (optional)**
- **Fresh parsley leaves as garnish**



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*Directions*

**FOR PUMPKIN:**

1. Prepare oven rack to middle position and heat oven to 375 Degrees F. Line a large sheet pan with parchment paper and set aside.
2. Using a large, sturdy knife, cut pumpkin in half lengthwise. Scoop out the seeds and stringy bits from each half and discard (or save seeds for roasting).
3. Brush pumpkin with olive oil, coating the entire surface of the pumpkin (inside and out). Transfer pumpkin to parchment-lined sheet pan, flat side down, and roast 40 to 45 minutes or until tender.
4. Remove pumpkin from the oven, scoop flesh from the skin and place in a large mixing bowl.

**FOR RISOTTO:**

1. In a sauce pan, bring vegetable broth to a simmer.
2. In a 12 inch high-sided sauté pan or paella-style pan, combine olive oil, garlic, salt, and warm over low heat, stirring occasionally, until the garlic softens and turns a golden brown, about 5 minutes. Add pumpkin and cook for 5 minutes, continually stirring and adding broth if necessary.
3. Add rice and sauté for a few minutes. Slowly add vegetable broth, little by little, while continually stirring. When rice is half-way cooked, about 15 to 20 minutes, add parsley. Mix well and cook for 5 to 10 minutes more, covered, on a low flame.
4. Season to taste and garnish with parmigiano cheese, parsley and a drizzle of extra virgin olive oil.



**Notes:**

- \* *As a substitute, consider using smoked mozzarella or scamorza cheese. It's delectable!*
- *Store in an airtight container and refrigerated for up to 2 days.*
- *To reheat, add 2 to 3 tablespoons of stock or water to the risotto to restore moisture. Heat risotto over low to medium heat for about 4 to 5 minutes or until creamy while stirring frequently to ensure even heating and prevent sticking.*



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