

THE AWARD-WINNING MAGAZINE THAT INSPIRED



THE PBS TRAVEL SERIES WITH KATHY MCCABE

DREAM OF ITALY®

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How to

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FRANCES MAYES ON THE THREE TS**



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Editorial feedback is welcome at kathy@dreamofitaly.com

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Cover photo of Kathy, Sting and Trudie
by Jaime Travezan

Editor's Note



What's it like to see your life's work and passion culminate in a star-studded TV special and a companion book with a foreword by Frances Mayes? Well, I'm about to find out. Nineteen years after I started a little membership newsletter to celebrate my love for Italian travel, the TV special *Dream of Italy: Travel, Transform and Thrive* will premiere on PBS stations and Create TV in June. The essence of this project: Italy is so very much more than a trip, it can change our everyday lives and *Dream of Italy* isn't simply about travel, it is about having permission to dream . . .

The special and the making of the special and the products that go with it (companion book, extended DVD, recipe booklet) were full of exciting surprises and a whole lot of serendipity. The entire premise of the special started with the last-minute opportunity to visit with Sting and Trudie Styler in Tuscany in August 2019. The surprise: They are just people who love Italy like all of us. Each person in this special, famous or not famous, brings something unique to the mix. I can't wait for you to meet them.

There's a twist in the special that reconnects me with my grandmother's Italian ancestors. As I was putting together a recipe booklet that is one of the pledge premiums for the pledge special, I randomly rediscovered her family recipes and share them in this issue.

Another pledge gift is the companion book to the special. I cannot even believe Frances Mayes agreed to write the foreword and what she wrote was far more personal than I anticipated. I had to laugh when she shared my secret way to meet locals—dogs!

Art and beauty are significant themes in the special and as I was looking for art to use in our pledge breaks, I met artists Liz Mayo and William McCarthy and I interview them for this issue. I love their "atmospheric" take on Italy's landscapes.

When you have a chance to watch the special (you can find out more about air times at www.dreamofitaly.com/ttt), I'd love to hear what you think. Email me at kathy@dreamofitaly.com

In this issue

Kathy McCabe



**TRAVEL. TRANSFORM.
THRIVE.**

Join Me as We
Dream of Italy



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DREAM OF ITALY:®



Travel. Transform. Thrive.™

by Kathy McCabe

It has been several years in the making, with a pandemic thrown in for good measure, so I'm thrilled to announce that the special, *Dream of Italy: Travel, Transform and Thrive*, is coming to PBS TV stations and Create TV in June. My life was changed by just one trip to Italy and I know many of yours were as well. This new special is a way to share that Italy is much more than a trip, but also a chance to transform our lives and thrive.

It will air as both a 60-minute regular special and a 90-minute pledge event (the incomparable actor Joe Mantegna joins me as co-host for our 30 minutes of breaks) and it was the tradition of public television pledge specials that first gave me the idea to teach or share how the Italian lifestyle can make us happier and healthier and help us age better. After all, most pledge specials are all about aging well, ha! No seriously, you've probably watched Suze Orman on saving for retirement and Dr. Amen on helping to keep our brains young.

Italy consistently ranks at the top of the Bloomberg Global Health Index in part because of access to fresh, affordable food, community connections and more. Yet we don't need statistics or indexes to tell us that in Italy, we just feel better. There are three overarching themes to the special: how to live like an Italian no matter where you are (even at home), how to travel to Italy in a more meaningful way and how to move there full- or part-time.

In *Dream of Italy: Travel, Transform and Thrive*, I visit with those who are living their dream of Italy. Sting and his wife, Trudie Styler, Hollywood director Francis Ford Coppola and *Under the Tuscan Sun* author Frances Mayes have all bought and renovated properties in Italy, leading them to live in Italy part-time. Author David Bach, his wife Alatia and their two sons moved to Florence for a year-long sabbatical (and have stayed on longer), while career changer Arlene Antoinette Gibbs and retiree Sally Carrocino have made their moves to Italy permanent. (I keep telling Sally, by the way, that she's the breakout star of this special. She gives new meaning to "aging well out of place.")

The lessons in the PBS special are even more poignant in 2021 than they were when I first envisioned and started filming the special in 2019. When production came to a halt in March 2020, I was even more determined to tell our guests' aspirational and inspirational stories. As the pandemic progressed, I became even more convinced that Italy is the answer to the new life we seek after this turbulent year.

Now, the timing seems serendipitous: Italy is reopening to Americans this summer, just as the special premieres in June. Our captivating guests help shed light on the 11 essentials of Italian life—the land, food, family, art & culture, beauty, pace of life, passion, movement, community, celebrations and sense of home. But what I've learned along the way in expanding *Dream of Italy* is that all of this isn't just about travel to Italy. It is about having permission to dream! If you yearn for a new life, maybe a move to Italy is in the cards for you too. Here's a preview of some of the lessons you will learn:

THE LAND

Bright Tuscan sunflowers, cypress tree-lined country roads, turquoise coastlines, rocky mountains—Italy's landscape has staked a firm pull on Italians and foreigners alike for millennia. At Sting and Trudie's vineyard, *Il Palagio*, I learn about how nature is giving back to the couple. The land bestows both beauty and bounty—wine, fresh vegetables, sustenance for animals and that essential ingredient in the Mediterranean lifestyle, olive oil. But more than the land itself is what the land represents, especially to me—ancestral roots. Tracing my lineage back to Italy has given me a deeper appreciation for the land that nurtured and sustained my ancestors.

FOOD

To Italians, food is life. To the rest of us, it's a passport to Italy. Every meal is analyzed; Italians talk about each ingredient, where they got it, how they prepared it, how they can improve the meal and, of course, what they're going to eat for their next meal. The accessibility of fresh, affordable food plays heavily into why Italy is one of the healthiest countries in the world. Francis Ford Coppola has connected with food through his Italian heritage, and his hotel, *Palazzo Margherita*, located in his ancestral hometown of *Bernalda*, is a place to try all kinds of local specialties.

FAMILY

Everything relates to the family in Italy. It is the cornerstone of all aspects of life. One thing Francis Ford Coppola and I, and indeed Joe Mantegna, have in common is that we all went to Italy for the first time in our 20s to see the mythical places our ancestors left. We explore this idea of returning to our roots further in this special. Whether you have Italian blood or not, Italy is also the perfect place to bond with family, especially through travel. I experienced that with my own parents, especially my mother. When I heard that bestselling financial author David Bach moved his wife and two young sons to Florence for a "radical sabbatical," I knew I had to spend some time with them for the special. This family is truly thriving and Italy is giving their children gifts they could have only imagined.

PASSION

I mean is there any other word that describes Italians better? They are simply brimming with passion. Yes, the romantic kind that we see in movies; everything is a love story here. But also that great passion for what they do, whether it is a waiter explaining the ingredients in that day's special or an artisan working with his hands and heart to imbibe a work of art with passion. One of my favorite quotes in the entire special comes from one of

Arlene's friends as we are enjoying a Roman *aperitivo*. He explains how Italy allows people, like Americans, to get in touch with the passion they don't know they have deep down. You will have to watch for his exact eloquent words.

PACE OF LIFE

Time is like a river in Italy: It just flows. Is it because their history is so long that things just take the time they take? Everyone we talk to in this special shares how the Italian pace of life has changed them. The pandemic has taught us all lessons about pace of life and slowing down to appreciate the things you cherish most or take up new hobbies just because. Italians, of course, have long been practicing these values through the spirit of *dolce far niente*, or the sweetness of doing nothing. We also air a fun feature on the Italian day to learn from the daily routines Italians treasure.

ART AND CULTURE

As Francis Ford Coppola's father used to tell him, Italy is the greatest culture in the world. For centuries, Italy has been the bedrock of European civilization, and it almost seems impossible that so much treasure is contained in a country of this size. In this special we learn that not only can we age better by enjoying art and culture but creating art and listening to music, indeed participating in this passion, also help our brains stay sharp. Maybe that's why *Michelangelo* lived to the ripe old age of 88!

BEAUTY

Back when we filmed her interview in the fall of 2019, Arlene Gibbs said, "Beauty will save us all." I knew that soundbite would be in the special, but I didn't realize just how much it would mean now. Beauty touches everything in Italian life, from how to dress, how to set a table or how to renovate a home. Beauty is like air in Italy. You just can't live without it. One of the most fascinating things I learned in my research for the show is that patients with Alzheimer's have been known to retain their aesthetic preferences for beauty. Indeed, beauty remains.

COMMUNITY

Another reason Italians age well is that they have each other, and form strong social connections across age groups. This is most on display in the *piazza* of every town. As Frances Mayes says, "the *piazza* is like the living room of Italy." Community is one of the main reasons Italians age better and I hope that we can all take a page from them and create community no matter where we are in the world.

MOVEMENT

A time-honored tradition is the *passeggiata*, or evening walk, where Italians not only aim to see and be seen but also to get some exercise. Italians live life outdoors gardening, walking, bicycling, dancing and hiking. It contributes to their good health.

CELEBRATIONS

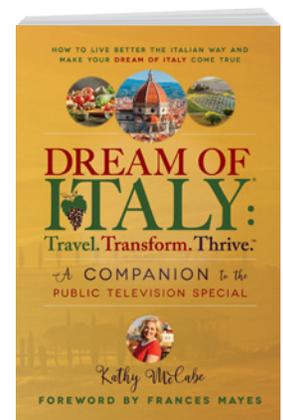
Sting and Trudie's wedding anniversary party, which they throw each year at *Il Palagio*, started out as a small gathering, but over the years it has grown into a much-awaited event for the locals too. (You will see the party and Sting perform in the special.) That's just how Italy is—people love any reason for a party, whether it's a milestone or festival. Italians will celebrate anything, and that will certainly prove to be even more true once the pandemic lockdowns lift and people can once again host parties and festivals.

SENSE OF HOME

We all long for a sense of home. For me, Italy is a second home because of my familial ties, but even non-Italians can settle in here because the country is so welcoming. And Italy will hopefully be an official second home for me soon, because in filming the special I learned I am indeed eligible for Italian citizenship. Plus, I have tips for others who might be using their Italian blood to do the same.

Not only is *Dream of Italy: Travel, Transform and Thrive* a new special that will be airing on PBS stations and Create TV for years to come, it is also an extended DVD/digital link (with 30 minutes of additional footage) and a companion book that I just finished writing. I've been busy for sure. You can get both of these when you pledge to become a member of your local public television station. You can learn more about this and specific airings at www.dreamofitaly.com/ttt

And this special would not have been possible without our generous sponsors: *DeCecco*, *Monteverdi Tuscany*, *VIETRI*, *Lo Schiavo Genealogica* (ItalyAncestry.com), *Seeds from Italy*, *Pinnacle Communication Services*, *Toscana Restaurant* (Los Angeles), *Mark & Sandy Amorello* and *Joseph J. Bell, Esq.* 🍷



Kathy and her grandmother, Marie Nargi (left); Kathy's Aunt Connie, her grandmother, Kathy and her mother (right)



REDISCOVERING My Grandmother's RECIPES

by Kathy McCabe

In the new TV special, *Dream of Italy: Travel, Transform and Thrive*, I revisit my attempt to claim Italian citizenship *jure sanguinis*, by blood. In our *Castelvetere sul Calore* episode in season two of our PBS TV series, I explored how I could get citizenship through my maternal grandfather and his ancestors, but I hit a snag.

In the new special, I reveal that I will hopefully be able to claim citizenship through my late grandmother, *Marie Cuzzone Nargi*, and her parents, who hailed from *Ariano Irpino* in *Campania*. I will be going to court in Italy to ask that the so-called “1948 rule,” which allowed women born before 1948 (like my late mother) to hold but not pass on Italian citizenship, be overturned.

To complete the special, I needed old family photos of all the women in my family to show on screen. Because I couldn't travel back to New Jersey where most of my late parents' belongings are stored, I asked my friend Mary to go to the storage unit and I would FaceTime with her

to pick out photos from the boxes. While there, she came across a folder marked with my mother's handwriting, “Secret Family Recipes—Don't Share.” She opened it and found the two recipes below. I exclaimed, “Mary, I'm publishing a recipe booklet that's a pledge premium for the special. I don't care what my mother says, I am sharing those recipes with the world!” I am sure my mother and grandmother are getting a kick out of this. (The recipe booklet with these recipes and others from Francis Ford Coppola, Frances Mayes and more friends is one of the exclusive gifts when you donate to your local television station while watching the *Dream of Italy Pledge Special*.)

HOMEMADE RAVIOLI

My grandmother was a wizard at working with any kind of dough, especially for pasta. I think it is a skill she inherited from her ancestors. What kid doesn't love *ravioli*? And my grandmother made the best! To taste these *ravioli* again after so long brought me back to my childhood and why I simply adore the warmth of Italians and Italian-Americans. They express their love through food.

Serves 4

For the dough:

Ingredients

- 4 cups sifted all-purpose flour
- $\frac{3}{4}$ tsp salt
- 2 eggs, slightly beaten
- 2 Tbsp vegetable shortening
- Boiling water

Directions

1. Sift the flour and salt into a large bowl. Make a well in the center. Add eggs and shortening.
2. Measure boiling water into a 1-cup measuring cup. Mix the water gradually into flour to make a stiff dough (it will take between $\frac{3}{4}$ cup and a scant 1 cup of water, depending on the moisture content of the flour and the size of the eggs).
3. Turn the dough out onto a lightly floured pastry board and knead for 5 minutes, or until dough is very smooth and shiny.
4. Cover the dough with a mixing bowl and allow to rest at least 10 minutes before rolling out.

For the filling:

Ingredients

- 1 cup *ricotta* cheese or 1 cup dry cottage cheese
- 1 package (8 oz) *mozzarella* cheese, shredded
- $\frac{1}{2}$ cup grated *Parmigiano* cheese
- 2 eggs, beaten
- $\frac{1}{2}$ tsp salt
- Dash of freshly ground pepper

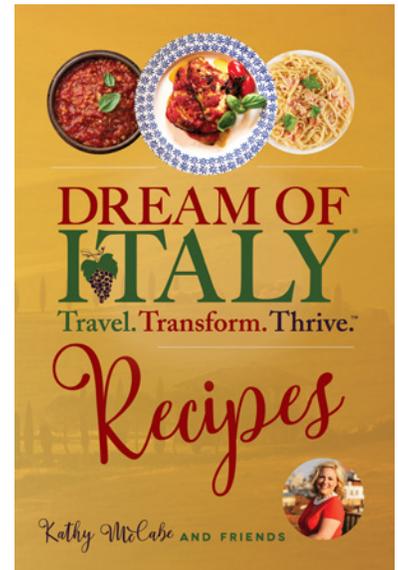
Directions

1. Mix all filling ingredients together in a large bowl.
2. Using $\frac{1}{4}$ of the dough at a time, use a pasta machine or rolling pin to roll dough into long strips about 4 inches wide.
3. On one strip of dough, place approximately 1-Tbsp scoops of filling, leaving enough space in between, depending on the size cutter you are using.
4. Lay a second sheet of dough on top of the sheet with the filling and firmly press the edges down around the filling.



5. Use a 2 1/2- to 3-inch round cutter to cut the *ravioli*.
6. Repeat until you have assembled all the *ravioli*.
7. Add $\frac{1}{4}$ of the *ravioli* at a time to a pot of boiling water. Cook for 7 minutes until *ravioli* float to the top. Remove from water with a slotted spoon and serve with sauce of choice.

Note: Uncooked *ravioli* may be frozen in single layers on jelly roll pans for about 12 hours. The frozen *ravioli* may then be tumbled into plastic bags and returned to the freezer.



RICOTTA CHEESECAKE

As a child, nearly every Sunday my parents and I had lunch or dinner with my maternal grandparents. The delicious Italian meal was very often capped off by my grandmother's cheesecake. While cheesecake is not traditionally Italian, it is a beloved dessert of Italian-Americans.

Serves 8

Ingredients

Filling:

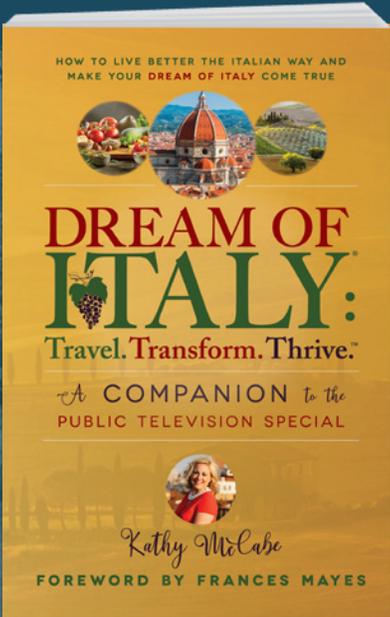
- 5 eggs, beaten very well (set aside)
- Two 8-oz packages cream cheese
- 16 oz ricotta, drained well
- 16 oz sour cream
- 1 ½ cups sugar
- 4 Tbsp cornstarch
- 1 tsp vanilla

Crust:

- 1 ½ cups graham cracker crumbs
- ½ cup sugar
- 6 Tbsp melted butter

Directions

1. Preheat oven to 350° F. Grease and flour a springform pan.
2. Mix graham cracker crumbs, sugar and melted butter together.
3. Pour into springform pan and use hands and/or bottom of a measuring cup to form to bottom and sides of pan.
4. Beat eggs and set aside. Cream all other ingredients together. Add eggs and pour mixture into the springform pan.
5. Bake for 1 to 1 ½ hours at 350° F. Remove from oven.
6. Leave cheesecake in the refrigerator overnight.
7. If fruit is desired on top of the cheesecake, put drained fruit on top before serving. 🍓



This article is excerpted from *Dream of Italy: Travel. Transform. Thrive* by Kathy McCabe.

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THE THREE T's

Kathy's Irresistible Invitation to Italy

by Frances Mayes



Kathy paddling a gondola in Venice



Kathy and Frances in medieval garb

Editor's Note: *To have someone write kind words about you and the work you have devoted your life to is a gift. To have those words penned by the poetic and iconic Frances Mayes, well, that's an altogether otherworldly experience. Not only does Frances join me on screen in the upcoming public television special **Dream of Italy: Travel, Transform and Thrive**, she has also written the foreword, excerpted below, to the companion book I have authored. (Initially the book will only be offered to those who pledge to their local PBS station, but will later be offered for purchase.) Frances recounts our fun together and, in her incredible way of interpreting the world around her, sums up my philosophy on travel to Italy better than I ever could.*

TRUST KATHY. KATHY KNOWS BEST.

She created the *Dream of Italy* television series, magazine and book club—and now this special and book—out of her limitless passion and extensive knowledge of the most fascinating country on Earth. Kathy is never a voice from on high, directing you to see this and that. She's a full-on participant wherever she goes.

My introduction to her enthusiasm happened when she came to *Bramasole*, my house in Tuscany, to interview me for her TV show. We didn't sit down in the garden and talk for very long. Soon we were out the door, talking to locals and tourists in town, picking olives, cooking with the chef at the sybaritic *Il Falconiere* Hotel, lunching on the *loggia* above the *piazza* while chatting with the wait-staff about truffles. We strung my garden with lights, iced a case of *prosecco* and threw a party. When we were invited to participate in a procession prior to a medieval archery

tournament, we got to try on gowns from the town's festival costume supply and select the most romantic and regal. Kathy in blue brocade, me in coral, we paraded along *via Nazionale* in medieval pomp with a glory of drumrolls and blaring trumpets.

By now I've seen her paddling a *gondola*, soaring in a crane to the upper reaches of the *Duomo* façade in Florence, rolling out pasta, tasting wine in the moonlit *piazza* and milking a donkey in *Abruzzo*. The triple focus of this special and book—Travel, Transform,



Kathy and Frances filming in Cortona



Kathy meets a fox terrier in Venice

Thrive—comes naturally from the seeker mentality that guides all Kathy’s journeys.

Practical information packs the airwaves and pages. Where to go, stay, eat, what to see and do. Turn the pages and you’ll soon see you’re in the good hands of an insider who gives you the chance to step beyond the obvious into a sense of discovery. Isn’t that what we long for when we travel? Not only to check off the sites, taste the well-known dishes of the region, stay in approved hotels, but also to find out why the local women are gathering around one truck on market day (edible hyacinth bulbs, anyone?); what the aqua door leads to in the *albergo diffuso* (hotel rooms scattered about a town) listing; who the guy is who holds the key to the chapel where the double-sided *Signorelli* hangs; and how to get that lesson in wind-surfing on *Lake Como*.

These insider travel experiences prove to be keys to the special and book’s philosophy. Transform. Thrive. Welcoming spontaneity into the day shakes loose the parameters that almost inevitably settle around us. And, surprise! One spontaneous adventure promotes another. This leads to a fine feeling of thriving. I’d guess for Kathy, that pair of goals for travel manifests most strongly in the art of meeting people.

In all of her PBS programs and in this book, *people* are at the heart of her travels. How does she meet so many locals? She never met a stranger, true, but she often talks

to dogs. And of course, she then meets the dog’s owner. What a simple lesson. Most Italian towns have a tourist office with tons of information, but through the woman having *cappuccino* next to you in the *piazza*, you find out about a donkey race, cello concert, feast of wild boar in the park, cinema under the stars, whatever is on offer. As Kathy knows, this provides a chance to enter the life of a place and to begin to see why people are the way they are in that particular locale. Find the *genius loci*. That’s really traveling.

Oddly enough, this kind of travel often provokes a mysterious sense of home. How many people have I met who arrive in Italy and after a week remark that they *need* to live there, or they feel that they once must have lived there in another life, or they just admire the humanity and ease they find in daily life and see that life makes a new kind of sense. It certainly happened to me. I found my place to flourish and write.

Kathy ventured to the town of her ancestors and was welcomed like a returning heroine, an event that changed her life. She takes on this phenomenon of Italian travel, exploring that comforting sense of home as well as the practicalities of buying property, moving to Italy and what sustains you once you’ve made the leap.

The three Ts: Travel. Transform. Thrive. They’re seamlessly woven in this special and book, Kathy’s irresistible invitation to Italy. *Buon viaggio.* 🌸

An interview with Liz Mayo and William McCarthy by Kathy McCabe

DREAMING OF ITALY THROUGH ATMOSPHERIC PAINTINGS



Greens and Blues by Liz Mayo (above). William McCarthy and Liz Mayo (right).

The new TV special *Dream of Italy: Travel, Transform and Thrive* will also be airing on PBS stations as a pledge special to raise funds for public television.

Actor Joe Mantegna joins me to co-host these breaks but because of the pandemic, we had to film virtually in private homes. I wanted an Italian theme for the art on both sets and posted on social media seeking out artists whose work was inspired by Italy.

Artist and artists' manager Liz Mayo reached out to me offering me her paintings and that of her client, William McCarthy. I chose *Greens and Blues* by Liz to appear behind me on set in Denver, and in Burbank, Joe was surrounded by *Cypress Grove* by Liz and *Umbria* painted by Will. Both Liz and Will paint in the atmospheric style and live their dream of Italy by painting in Italy and hosting art workshops in the town of *Farnese* in *Lazio* twice a year. Rich with hills, lakes and trees, *Farnese's* geography translates to dreamy landscapes on the canvas for these artists and their guests.

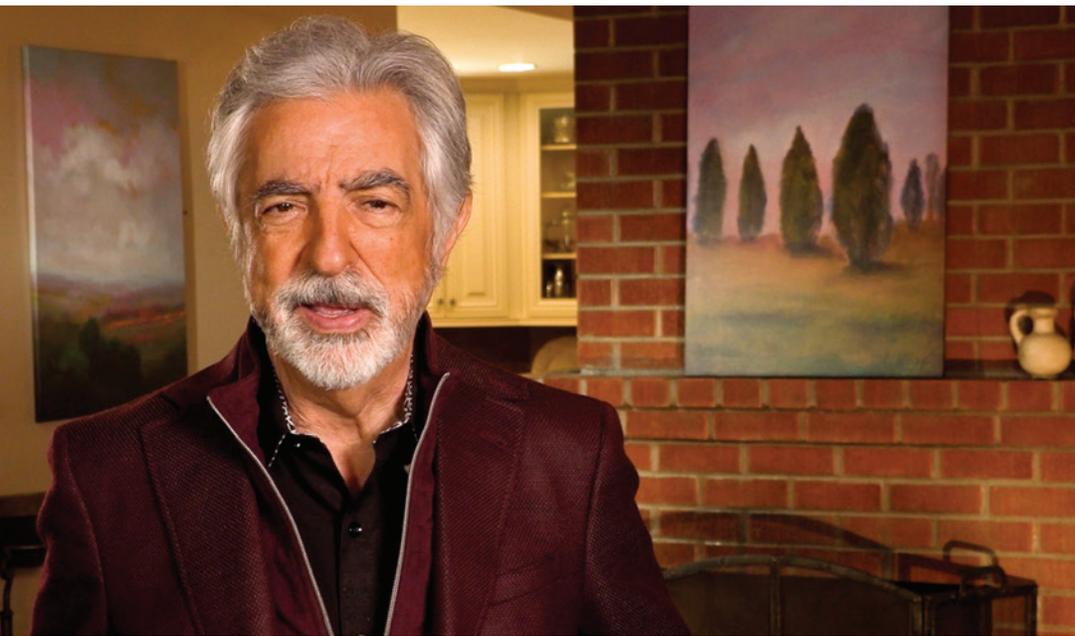
Kathy McCabe: Will, tell me about how and where you create your art.

Will: I use memory and imagination. Ninety-nine percent of my work comes from memory. I mostly paint in my basement studio in Connecticut, referencing drawings that I've done over the years. Little sketches. I use memory and imagination as a guide.

The only time I actually work directly from the landscape is when I'm in Italy teaching. That's the only time I actually reference a landscape and try to incorporate it into the work to show people how to interpret the landscape and show them what to include and what to think about.

Kathy: So most of your work is not a carbon copy of the landscape?

Will: No.



Joe Mantegna on pledge break set with *Cypress Grove* by Liz Mayo



Umbria by William McCarthy

Kathy: It's not like it's a photo.

Will: No.

Kathy: It's your interpretation.

Will: Right. Very suggestive. The coloration, the shape of the trees, the grouping of trees, reticulating hills. It's all just very suggestive. I don't get into a lot of detail because it's memory based. And if you think of your memory and your dreams, they're pretty fuzzy. At least mine are. They're very rarely in sharp focus. So it adds to the type of work that I do, and I refer to my work as, "atmospheric." Because that's pretty much what I'm trying to capture. I'm trying to capture a sense of place atmospherically. And that is by using color and by using imagery to suggest and to give a sense of time, a sense of climate, a sense of wonder about the landscape.

Kathy: How long have you been an artist?

Will: I'd always been interested in art. When I was in high school in Columbus, Ohio, I met this teacher named *Albert Daniel Mazzarella*, who introduced me to *Michelangelo* and to Italians. He took me under his wing and turned me on to really thinking like an artist. He made a huge difference in my life and got me to really start honing down and concentrating on painting.

I went to an arts school in Columbus for a couple of years. I ended up landing a job at Wesleyan University as a gallery supervisor. I had the great fortune of retiring early from Wesleyan, which is key to what happens next.

[Then, I was] starting to do workshops on weekends. On the second day of the workshop, this gentleman came in and introduced himself. His name was Terry. He knew about me, and he had one of my paintings he bought from a gallery. He said to me, "How would you like to bring a workshop like this to Italy?" And I said, "Yes, I would."

Kathy: What was his connection to Italy?

Will: His wife was Italian; her sister still lived in Rome. Her sister knew about a woman who had a villa for rent, so [the woman] rented it to Terry. This place was huge, and it also had a working space for artists already.

Terry had already contacted another artist named Derrick, and Derrick put together a whole bunch of people to go over [to Italy] and draw. Then Terry approached me and asked me if I wanted to go. I said yes. I turned to the people and I said, "That gentleman I was talking to just offered us a workshop in Italy." And all these hands shot up.

After I figured out all the expenses and how much it was going to cost me to do this, I needed one more person. So that's where my friend Walt came in. Walt was an architect. He loved Italy and had been there several times. He came with me to this little town called *Farnese* out in the country. And it was just a magical experience.

The next year, we did it all ourselves. We got a group of people to come. Walt learned Italian so we could do this. So 2010 was the first time we went, and then we went almost every year since, and then I met Liz eight years ago. It's just been an incredible experience. It's made me a better person.



Detail from *Terme* by Liz Mayo



Kathy McCabe on pledge break set

Kathy: How has it made you a better person and a better teacher?

Will: It's made me a better teacher to be able to work with people on an intensive week. Even though we only work four to five hours a day, it's very intensive to go through that much time working together. Most of these people are novices.

Kathy: How have their lives changed in big or small ways?

Will: [One of the participants], Diana, was in her mid-fifties. She was struggling with where she was supposed to be in life. And she came there, and she fell in love with that part of Italy. It was her first time there, and she fell in love with it. She liked the simplicity of it. She ended up living there for almost two years. She made all the arrangements and ended up moving to the town of *Bolsena*, which is probably four times the size of *Farnese*.

Kathy: Is she a painter?

Liz: She paints. She was a jewelry artist, primarily. She had painted years earlier, and she went back to painting with this workshop.

Kathy: Liz, before you met William, had you been to Italy?

Liz: I first visited Italy in 1984. It was magical. I literally had dreams about hillsides in Italy for the next 20 years until I went back, and I still do. I don't know exactly what hill I'm dreaming of, but I dream of it.

I used to be more photorealistic in my painting, a lot more detailed. I took a workshop with William even before I went to Italy with him, and I really loosened up how I paint. I said, "Why am I trying to make it look a certain way that I think it's supposed to be? I need to make it the way I want it to be, and how I think it should be. It may not be exact, but that's okay."

And William really helped me loosen up and not use so many tiny brushes, and tiny details. And it really changed how I paint completely.

Kathy: What inspired you to paint *Greens and Blues*, which is behind me in the special?

Liz: What inspired me is when we are driving towards *Lake Bolsena* and we come down over the hill and in toward the crater, and seeing the blues and the greens of the fields, and the blue in the background. It's just that feeling of being in the landscape, being part of the beauty of the beautiful lake and the beautiful fields and the beautiful trees.

Kathy: And what about *Cypress Grove*?

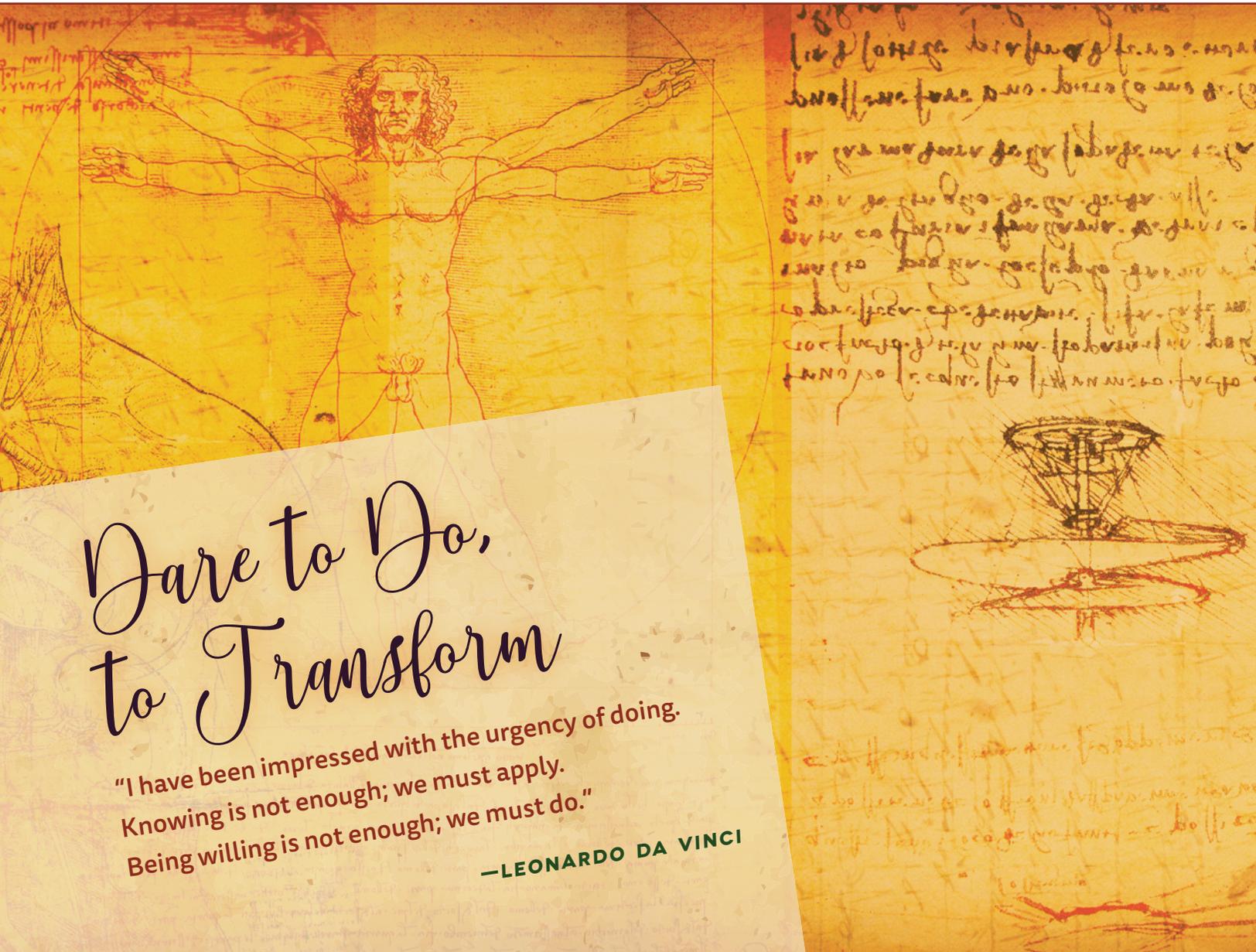
Liz: There is not exactly one place that I remember seeing them lined up like that. Like William says, it's our memory of seeing cypresses at some point in some place, turning a corner driving down the road. And those cypresses, just like the umbrella trees, you see them and you know where you are, you're in Italy, right? 🌿

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Dare to Do, to Transform

"I have been impressed with the urgency of doing.
Knowing is not enough; we must apply.
Being willing is not enough; we must do."

—LEONARDO DA VINCI