

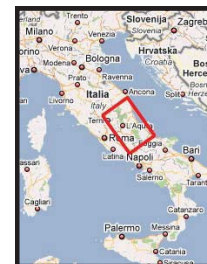
Italian Heritage

Best Hidden Gems in Italy

By Sal Santapola



Santo Stefano di Sessanio is a very special medieval village, 4,100 feet above sea level. In the province of L'Aquila in the Abruzzo region of southern Italy. Located in the mountains and the Gran Sasso e Monti della Laga National Park, in the highest region of the Apennines. This ancient hill town sits adjacent to the high plain of Campo Imperatore. About two hours east of Rome and 30 minutes from the capital city of Abruzzo.



It was discovered by a Swedish-Italian multi-millionaire Daniele Kihlgren as a virtually abandoned village which had not "suffered" from modern renovations. It has now been beautifully restored and to visit is like stepping back in time-

dating back to the 11 century, with it's narrow alleys and stone houses.

Grand Duke Francesco de Medici of Tuscany purchased the land in 1569 and owned it until 1743. The Medici family was very influential in the architectural and the economics of the area.

With it's ancient buildings and about 100 residents has become an attraction for tourists thanks to the movie "The American" with George Clooney filmed on location in the surrounding areas. The movie highlights Italy's most beautiful landscape and was chosen as a means of helping profile a stunning area That had suffered from the earthquake in 2009.



The destruction from the earthquake damaged and destroyed historic buildings, residences and loss of lives. The symbol of Santo Stefano, the Medici tower was reduced to rubble.

San Stefano experienced a rebirth thanks to various initiatives, investments, perseverance starting in the year 2000. In October of 2021, the newly rebuilt Medici tower (actually built in the 13th century) was revealed symbolizing the amazing spirit of the locals. The view from the top is absolutely breathtaking..

The church of Saint Stephen the Martyr (for whom the town is named) is actually located just outside the village walls and dates to the 12th century. It underwent a massive renovation in the mid-1700s after the earthquake of 1703.

Within the town walls, you'll find the Medici chapel which dates to the 1700s. It was heavily damaged in the 2009 earthquake and originally had a stone facade. The Medici palace is one of the most striking buildings still standing in the village with its two ramparts and loggia dating to the 15th century and Baroque period.



Just outside the town center and near the Santo Stefano lake, don't miss the chapel of the Madonna del Lago, or Mary of the Lake which dates to the 1600s.

The area is famous for it's gourmet lentils, "lenticchie". The town holds a festival on the first weekend in September of each year, the "Sagra delle Lenticchie", celebrating this food. The lentils are typically served with crusty, toasted bread doused in olive oil and sometimes potatoes or sausage. Lamb skewers (*arrostiticini*) and sheep's milk cheeses are another delicacy of the area, especially ricotta and aged pecorino.

You can experience one of the most remarkable "hotels" in the region, if not in all of central and southern Italy. Known as a hotel *diffuso* in Italian, the *Sextantio* is approximately 25 homes that have been converted into lodgings located throughout the village. You will find beautiful, simple *décor*, wrought iron keys, stone hearths, wool mattresses, locally woven hand made linens, 17th-century wooden ceilings, and ancient fireplaces. All this is combined with modern technology, including under-floor heating and remote-controlled lighting. The restaurant serves a great range of local recipes, all made using fresh food grown in the neighboring fields. These purely authentic rooms making for an experience you won't ever forget.



Stop by the tiny shops and enjoy some fine food in the local restaurants. If you are seeking a quiet, peaceful and romantic area to visit then you need to plan some time in San Stefano de Sessanio.

For more information- <https://magazine.doodid.it/en/uncategorized/the-medieval-village-of-santo-stefano-di-sessanio-in-abruzzo/> Next up Little-Known Villages in Italy - Urbino



Vice President Mark Rose suggested in August 2022 that the Board consider putting a flagpole outside the building. With the Board's approval he reached out to the Scout Troop 473 based at St. Joseph's Catholic Church to do a service project.

Funds were approved for the flagpole and an anonymous donation was given for the flags.

Nicholas Martin, of Scout Troop 473 took on the project so he could earn his Eagle Scout Award.

On Friday afternoon May 19, 2023, Nicholas and the members of the Scout Troop constructed the base of the flagpole.

On Saturday afternoon May 20, 2023 family members, and Italian American Club members watched the Flag Retirement Ceremony (the flags are destroyed that are no longer fit to serve) performed by Scout Troup 473. Final presentation was done by the Knights of Columbus St. John's River Council 4th Degree in honor of the flags.

The American and Italian Flags were then raised on the flagpole later that day In addition, the Scout Troop constructed a picnic table.

See the photos below





Basic Italian Phrases

Reference [101 Basic Italian Phrases for Travel to Practise Before Your Trip \(untolditaly.com\)](http://untolditaly.com)

How to say numbers in Italian

*While you don't need to be able to count to 100, a good grasp of numbers up to 12 at least (for the hours of the day) will stand you in good stead. After all, you need numbers when you're at a restaurant – **una pizza per favore!** (a pizza please!)*

- ◆ One – **Uno** – *Oo-noh*
- ◆ Two – **Due** – *Doo-eh*
- ◆ Three – **Tre** – *Treh*
- ◆ Four – **Quattro** – *Kwah-troh*
- ◆ Five – **Cinque** – *Cheen-kweh*
- ◆ Six – **Sei** – *Say*
- ◆ Seven – **Sette** – *Seht-tey*
- ◆ Eight – **Otto** – *Oh-toh*
- ◆ Nine – **Nove** – *Noh-veh*
- ◆ Ten – **Dieci** – *Dee-EH-chee*
- ◆ Eleven – **Undici** – *Oon-dee-chee*
- ◆ Twelve – **Dodici** – *Doh-dee-chee*
- ◆ Thirteen - **tredici** - *TREH-dee-chee*)
- ◆ Fourteen - **quattordici** - *kwaht-TOR-dee-chee*
- ◆ Fifteen - **quindici** - *KWEEN-dee-chee*
- ◆ Sixteen - **sedici** - *SEH-dee-chee*
- ◆ Seventeen - **diciassette** - *dee-chahs-SET-teh*
- ◆ Eighteen - **diciotto** - *dee-CHOHT-toh*
- ◆ Nineteen - **diciannove** - *dee-chahn-NOH-veh*
- ◆ Twenty - **venti** - *VEN-tee*

The numbers eleven through twenty are a bit longer, but you can see that parts of them will sound very similar to the numbers 1-10 (undici, or "eleven," for example, sounds a lot like uno plus dieci, or one plus ten).

Telling the time and days of the week

Here are the basics of telling time in Italian, plus days of the week and other useful sentences for making reservations and plans. Italians generally use a 24 hour clock but also understand the 12 hour clock if you specify morning and afternoon.

- ◆ In the morning – **Di Mattina** – *Dee mah-teen-ah*
- ◆ In the afternoon – **Di pomeriggio** – *Dee poh-meh-reed-joh*
- ◆ In the evening – **Di Sera** – *Dee seh-rah*
- ◆ Noon – **Mezzogiorno** – *Mehd-dzoh-johr-noh*
- ◆ At what time? – **A che ora?** – *Ah kay oar-ah?*
- ◆ Nine o'clock in the morning – **Le nove** – *Le noh-vay*
- ◆ Eight o'clock in the evening – **Le otto di sera /** – *Le ot-to dee seh-rah*
- ◆ Monday – **Lunedì** – *Loo-neh-dee*
- ◆ Tuesday – **Martedì** – *Mahr-teh-dee*
- ◆ Wednesday – **Mercoledì** – *Mehr-koh-leh-dee*
- ◆ Thursday – **Giovedì** – *Joh-veh-dee*
- ◆ Friday – **Venerdì** – *Veh-nehr-dee*
- ◆ Saturday – **Sabato** – *Sah-bah-toh*
- ◆ Sunday – **Domenica** – *Doh-meh-nee-kah*
- ◆ Today – **Oggi** – *Ohd-jee*
- ◆ Yesterday – **Ieri** – *Yeh-ree*
- ◆ Tomorrow – **Domani** – *Doh-mah-nee*

Next month's issue of the Newsletter we will discuss useful phrases at restaurants .

**SUPPORT OUR FUND RAISER EARMARKED FOR
NEW AIR CONDITONER**



\$1,500



In Cash Prizes

***ITALIAN AMERICAN CLUB MEMBERS & GUESTS
REVERSE RAFFLE***

ONLY 100 TICKETS WILL BE SOLD - DO NOT HAVE TO BE PRESENT TO WIN!

SATURDAY SEPTEMBER 16, 2023 5PM TO 9PM

2838 Westberry Road, Jacksonville, FL 32223

**Dolces Italian Restaurant to cater Lasagna Dinner
begins at 5:30pm**

\$50 Donation per Ticket

**Our Goal is to generate over \$3,500 earmarked for
the club's new Air Conditioner**

GRAND PRIZE \$1,000

10 CASH PRIZES - \$25 - \$100 PLUS 10 GIFT CARDS

You have 1 out of 4 chances to win!!!

Sponsor a Table

Receive -

- 8 Reverse Draw tickets
- 8 Heads & Tails
- Table Sign
- Recognition at the event
- Name in the Newsletter

Donation \$550

SOLD 90 TICKETS

ONLY 10 TICKETS LEFT—DON'T MISS OUT!

**Reservations can be made at our at
General Meetings. Pay by check or
credit card or Contact the Club
rsvp@iacofjacksonville.com**

**You can mail in reservations with
check to IAC P.O. Box 600725 St
Johns, FL 22260**

Note - If we don't sell 100 tickets we will adjust the Cash Payouts.

REVERSE DRAW OR REVERSE RAFFLE

What is Reverse Draw or Reverse Raffle?

A limited number of tickets (suggest one hundred) sold for a predetermined price (suggest \$50). A member of the club can invite guests who can also purchase tickets. **We can sell tickets, but you do not have to be present to win!**

How does it work?

One hundred tickets at \$50 will generate \$5,000. Goal is to give the club \$3,500 minus expenses and give the balance of the money away.

Prizes are: six tickets drawn at \$50 each (\$300), one ticket drawn at \$100 each (\$100) and four tickets at \$25 (\$100). Final prize is \$1000. Total prizes in cash are twelve. If the final four split the \$1000 than the total cash prizes given away is fifteen.

Upon entering the event, people will draw their number. All one hundred numbers are drawn at random when the game begins.

Numbers are drawn at random. The people with the last four numbers drawn June split the \$1,000 GRAND PRIZE or continue to draw numbers until there is one winner. Each round they will have a maximum of 2 minutes for discussion and if any ONE person wants to continue, the raffle will go on. If there is an agreement to stop, the GRAND PRIZE will be split. If one of the final numbers is a person not present but purchased a number, that number will have no input as to what the next step is.

In addition if you did not win a cash prize, you will have a chance to win a gift certificate.

HEADS & TAILS GAME/PAY OUT IS 50% OF TOTAL MONEY

- Purchase Beaded Necklace—Maximum 3 for \$5.00 each.
- Place Necklace over your head
- Place your hands on your head or butt
- Coin is flip showing heads or tails
- If your hands are on your head and the coin is heads, you stay in the game
- If Your hands are on your butt and the coin is tails, you stay in the game
- If your hands are on your head and the coin says tails, you are out of the game
- If your hands are on your tail and the coin says heads, you are out of the game
- If you purchased more than one Necklace and lost the round, you give up that Necklace
- The game moves on until there is one person left and that would be the winner!

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Italian American Club of Jacksonville
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www.iacofjacksonville.com

Club Social

Monday, June 5 @ 1:00 PM

Board Meeting

Wednesday, June 7 @ 6:30PM

General Meeting

Sunday, June 11 @ 1:00 PM

Spaghetti to Go

Friday, June 30 @ 5:00 PM

