



Cristiana Pegoraro



MY HOME IN UMBRIA



My dear friends,

traveling around the world like I do, I don't hide that sometimes I get homesick. I miss the colors, the smell, the climate and food of the place where I was born. For this reason, I would like to share with you some news about my region, UMBRIA, hoping that one day, on a trip through Italy, you could spend some time there and enjoy all the beauties that this region has to offer.

I was born in Terni, a town of 100,000 people in the Southern part of Umbria. This part of Italy prides itself as a place of peace and spirituality, free from large cities and overcrowding.

View of the countryside of Narni

This is where my parents live, a paradise of peace and colors in Umbria.

I like to disappear there, once in a while, to recharge from the heavy concert schedule and get inspired to compose.

Not to mention being spoiled by the love of my parents and by my mom's food - nobody cooks like moms!

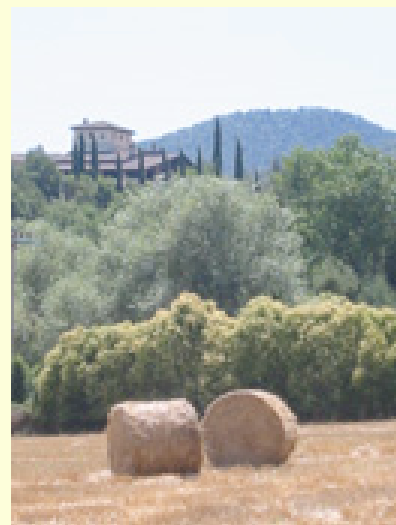


photo by
Cristiana



The "green heart of Italy"

Umbria is often called "il cuor verde d'Italia" (the green heart of Italy). The phrase, taken from a poem by Italian poet Giosuè Carducci, is really appropriate since the region is the only one to have neither a coast nor a border with a foreign country, and, except for August and September, is notoriously green.

When we think of Umbria we think of the Italian word "ombra," shadow. In fact, the many Umbrian hills and mountains cast long dark shadows over river valleys which are already darkened by lush chestnut groves and elm forests. This land-locked region's overwhelmingly medieval character harkens one back to the mysticism and mysteries of the Dark Ages.



Perhaps self-imposed modesty is an inbred trait here. That would explain the relative obscurity of this beautiful region, a land whose rolling hills are dotted with castles, fortresses and watchtowers, whose well-preserved hill towns produce world-renowned handmade ceramics, whose many monasteries were founded by a host of local saints, whose valleys are laced with countless gleaming rivers and host Italy's largest lake, the Trasimeno. In Umbria, halfway up the slopes of Monte Fumaiolo, a trickle seeps out of the ground and wanders southward, gaining breadth and notoriety to be-

come Rome's mighty Tiber.

In the area of handicraft and particularly of Italian food, Umbria produces Italian wines of excellent quality. Among the best Italian red wines we surely find: the Rosso of Torgiano, the Rosso of Montefalco and the Rosso of the Colli Amerino and the Sagrantino of Montefalco that is a protagonist of worldwide gastronomic and wine scene. The Umbrian white wines are also excellent; we should mention: the Grechetto, the Orvieto Classico and the Bianco of the Colli Amerini and of the Colli del Trasimeno.

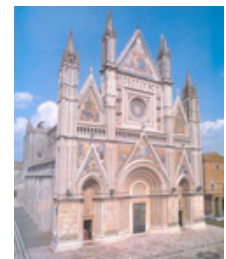


The Umbrian hills are a perfect land for cultivation of olive oil. The rich and at the same time light taste are the guarantee of a level of quality that the largest majority of the producers of the region has earned.



The craft of ceramics in Umbria has antique roots, as we can see by the works of great value dating back to the pre-roman era. The treasure of knowledge, techniques, taste and style of developed along the centuries, make Umbrian ceramics a true and proper masterpieces.

Located only an hour's train ride from Rome, the exquisite little town of Orvieto is home to one of the great masterpieces of Italian art, the Duomo di Orvieto.



Taking the State Road "Valnerina" from Terni, you'll reach the very famous Marmore Waterfalls after only 7 km. This is definitely an absolute must for whoever decides to visit Umbria. The Waterfalls, which are immersed in a natural scenery of incomparable beauty, are an artificial work due to the Romans. In fact, at that time, the Velino river was greatly enlarged and had created a vast zone of stagnant waters,



swampy and unhealthy. Aiming to make these waters deflow, the consul Curius Dentatus had a canal dug which directed them in direction of the Marmore cliff. From there, he had them precipitate, in a total fall of 165 meters, into the river-bed of the Nera river which runs along below.



Now you know where Umbria is! Just east of Tuscany, north of Rome and west of the Marches, right in the middle of what would be the national calf muscle if Italy really were a leg encased in an Italian leather boot. It has been a pleasure to introduce you to Umbria in the hopes you will plan to stop a few days on your way from Rome to Florence. You will find it well worth your while, for it is as interesting as Tuscany but far less crowded.

At the end of August I will be playing at the TodiMusicFest in Umbria, so if you are planning a tour of Italy at that time, make sure to stay tuned for the dates and places of my concerts.

Best wishes,
CRISTIANA

MY UNITED NATIONS CONCERT ON MARCH 11, 2006



It has been a great pleasure playing once again at the Dag Hammarskjöld Library Auditorium at the United Nations for a sold out audience.

I was happy to see so many of you there and to present my latest CD "Music for Peace."

Here is a picture with my parents and some Italian friends who came to New York for this occasion.

photo by Karin Freudenthal

MY US CONCERTS IN MARCH - for more info please call DIVA Productions at 212 678 9543

March 20, 7:30 PM: NAPLES, FL - Norris Community Center, 8th Avenue and 8th Street S.

March 24, 7:30 PM: GREAT BEND, KS - Municipal Auditorium, 1214 Stone Street Great

March 26, 2:00 PM: BENTONVILLE, AR - Arend Arts Center, 1901 Southeast "J" Street

March 30, 7:00 PM: CAMDEN, AR - Camden-Fairview Middle School, 647 Jefferson Drive N.W.



**Just because someone doesn't love you
the way you want them to,
it doesn't mean they don't love you
with all they have.**



Party at Ferragamo in New York City with Italian movie stars!



With movie star Luca Zingaretti and my CD ITHAKA

With movie star Stefano Accorsi



With movie director Dario Argento



With movie director Ferzan Osbetek



photos by Stefano Spadoni

Italian Movies at the MoMA in New York

A series of screenings provided an illustrious showcase for contemporary Italian cinema at New York's Museum of Modern Art (MoMA) in January.

The donation of 14 films from the Medusa library to MoMA's film collection was celebrated on January 18 with the screening of the movie "La Cena" by Ettore Scola and with a fancy party at Ferragamo in New York City with many movie stars and movie directors from Italy. Here are some pictures!

To view more photos, please check my website at <http://www.cristianapegoraro.com/gallery/index.html>

CIAO to everybody!

