

Sicily



Cefalù

“Ti chiami il Capo, o Cefalù, e dalla riva paradisiaca
ti protendi bramoso entro il mare infinito.”

Your name is the Cape, or Cefalu, and from the heavenly shore
Eager you jut out into the endless sea

(From a famous poem written by king Louis I di of Bavaria).

CEFALU' BADGE



- The background is blue, like the sea, sign of power and of the Greek influence;
- The three fish in an arbor to symbolize fishing and the religious culture of the city (three like the Trinity, the monotheist religions)
- A gold rod in the middle of the fish, which, mostly for the color and the material of the round, is the sign of the Arab culture.

FACTS AND FIGURES

There are lots of legends about it. The city might have been founded by:

- The Giants, who came from Noè
- An Indo- European population, which occupied the west side of Sicily in 3000 a.C.
- The Phoenicians, that called it "RAS MELKART" and founded a village on the Rocca.



The Greek arrive in the IX century. They called it "Kephaloïdion"

- In 396 a.C. Cefalù allied with Carthaginians;
- In 307 a.C. Cefalù was occupied by Siracuzani;
- Romans conquered it in 254 a.C. and renamed it "Cephaloedium";



- The city was occupied and influenced by different populations (religious and pagans), like Vandals, Goth, Arabs, Byzantines and Normans.



During the reign of king Ruggero II of Normans, Christianity spread again across Cefalù. In that period the famous Cathedral and other churches were built.

- Cefalù was occupied by the Spaniards and became a feud for a long time;
- In 1742 Cefalù started to become a tourist site for the people of the Grand Tour;
- Some famous local heroes (Nicola Botta/ Salvatore Spinuzza) tried to send the Bourbons away from Italy;
- A very important and famous person was the Baron Mandralisca, who lived in Cefalù in the XVIII/XIX century;



The Baron

- Garibaldi arrived in Cefalù on the 5th June 1862 and made a speech from the balcony of the Council Palace facing the main square and the Cathedral;
- The first mayor's name is Salvatore Misuraca Turrisi (1838/1901).

<http://tripandtravelblog.com/cefalu-in-sicily-riviera-paradise-jutting-out-into-the-endless-sea/>

GEOGRAPHY

-LOCATION:

Cefalù is a small town by the coast in Sicily. It overlooks the Tyrrhenian sea and it's part of "Madonie", an important mountain range in our territory.



-CLIMATE:

Here there's a Mediterranean climate: winter's temperate, summer's so hot, in fact Cefalù is the best place to take a bath!

ECONOMY

City's economy is based on tourism. Every year thousands of tourists come in our town in order to visit the historic centre, included Cathedral, "u Lavatoio Medievale", Rocca, Cicero theatre, Mandralisca museum..., or just for going to the beach.



-SUMMER, BEACHES AND OTHER ACTIVITIES:

Our beaches are very famous in Sicily and also in Italy. Teenagers love diving from the pier (here we call it "u Molo").



During summer night clubs often organise events on the beach or Hawaiian-Theme parties: they're very funny, especially during the hottest days.



Every year the administration, together with fishermen, plans a special event called

"N'tinna a mari"

'Ntinna a Mari

in Cefalù (PA)- Marina's Square



The 'Ntinna Mari is an ancient folk tradition that takes place every year on August 6 during the celebrations of the SS. Salvatore patron of Cefalù. On the afternoon of 6 August a long pole (antenna = 'ntinna) is suspended over the water from the dock of the pier. The cleverest fishermen of Cefalù compete to take over the "flag" put on the end of the pole. In the flag is depicted the image of SS. Salvatore.

It is a sort of greasy pole placed on sea: a long trunk greasy soap is suspended almost horizontally on the pier waters. The aim of the competition is to try to reach a flag placed at the end, precisely, the 'ntinna without falling into the water. The participants are forced to countless attempts before managing to reach the flag.

According to tradition, they can only participate the male children of fishermen.

<https://www.youtube.com/watch?v=kq6zCsBgPHA>

THE MONUMENTS

The Cathedral



- It is one of the most famous monuments of the city
- From July 3, 2015 it is part of the world Heritage
- It is located in the heart of the historical center, at the end of Corso Ruggero

Behind the cathedral there is an important legend

It is said that King Roger caught off guard by a storm called upon the Savior and promised him that if he survived he would build a cathedral in his honor. As fate would have it bumped right on the coast of Cefalù, so he built our beautiful cathedral.

The real motivation seems rather a political-military nature, given its fortress. The events were building complex, with significant variations from the initial project, and the building was never completed finally. An ambulatory proceeds into the wall and the same cover, consisting of three roofs, different era and building technique, bear witness of the changes in the project.

The monument has a Romanesque style with Byzantine features



The interior has a Latin Cross with:

- 3 naves, supported by 16 columns
(the 3 naves are wood, painted busts, fantasy animals and decorative motifs)
- The triumphal arch is next 2 columns and over it there are the capitals Arabic style
- The presbytery is deep with a beautiful mosaic representation
(in the past, near the presbytery, there are the throne of Pantocrator and the Episcopal seat)
Now there are only 2 plates decorated with mosaics
- Prothesis is the place for the celebration of the Eucharist
- Diaconicon is the place for the keeping of church ornaments
- The altar dates back to XVIII
- The only ancient decoration of the Cathedral are the figures of the Pope "Urbano V" and the "Madonna in trono"
- Important is marble statue of the Madonna monuments
- The Dome Aldo hosts funeral monument

<https://www.youtube.com/watch?v=NnloZ777KAU>

Mandralisca Museum

The Mandralisca Museum was founded by baron Enrico Pirajno di Mandralisca, who collected in his short life numerous art objects and he put them in his home, where they still are. Baron also founded our school: Liceo Classico Mandralisca, which initially housed at is home. Mandralisca Museum is an interdisciplinary museum and it includes archaeological pieces, the art gallery, a malacological collection (a shells' collection), the monetary and also furniture and other valuable objects.

But where is located the museum?

It's in the historic centre in a street called "Mandralisca" in front of the main square: Piazza Duomo.





Now we'll visit the museum climbing up the three main floors.

On the first floor, we can visit the Gallery. There we can admire the collections of paintings donated by the founder and by Mr Cirincione (a local lawyer). Among the paintings, we find the most important painting: "Ritratto di Ignoto Marinaro" by Antonello da Messina. According to the tradition, Baron Mandralisca found it in Lipari, adapted as a door in the back room of a pharmacy and it was damaged in the eyes by a servant who felt herself mocked by the grinning smile of the portrait.



▲ **Ritratto d'Ignoto Marinaro by Antonello da Messina**

(Portrait of an unknown man by Antonello da Messina)

And now the second floor: Numismatics. Do you know what is it? Well, it's a collection of coins. In our museum, the numismatic collection includes the coinages of some Greek and Roman mints and of almost all Siceliots mints, among which we must remember Lipari and Cefalu's coins.



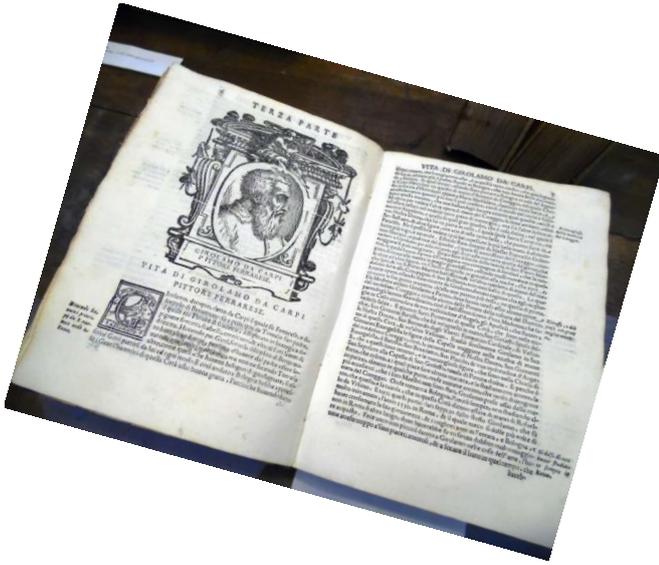
"Un testo di numismatica appartenuto al barone Mandralisca"

Finally, we arrive at the third and last floor: the

Library, the most important and beautiful part of the Museum. This library is composed of about seven thousand books, which reveals the interests and the understanding



of culture and studies in the context of XIX century Sicily. This is our public library.



▲ One of the books of the library

Mandralisca Museum is also used to display paintings, photos and many other exhibitions in collaboration with Ottagono Santa Caterina.

<https://www.youtube.com/watch?v=0Q-QpAWvxxY&feature=youtu.be>

The Ottagono Santa Caterina

"Santa Caterina" monastery is the structure that hosts Cefalu' town hall.

In the past it was called "Santa Caterina d'Alessandria" Church. It accommodated the richest nuns of the city and in 17th century, it became a noble palace. In 1866 it became public ownership and a military district, and a tower was built near this palace.

It is situated in "Duomo" square, in front of the Cathedral. This church is famous for his octagonal plant, and the citizens called it "Ottagono di Santa Caterina".





The Medieval Wash-House

- It is in Vittorio Emanuele's street, in St Martino's palace.
- In the 1514 it was demolished and reconstructed nearer the city's walls and the river was covered in the XVII century.

For looking the vats you go down for a spiral staircase, made in lava stone. The water arrives from 22 cast iron's mouths. Through a small antrum, the water arrives to the sea and it is very cold! In the vats, there are the supports, used by women to wash clothes.



About cooking...

THE FESTIVAL OF THE S.S. SALVATORE

-PASTA 'A TAIANU



In Cefalù, every year, is organizing a festival called "Ra pasta Taianu", a typical "cefalutano" dish.

- The event is dedicated to an ancient dish dating to the Arabs, which is maintained by tradition into domestic culinary use
- It is mostly prepared for the feast of the patron: "Santissimo Salvatore" (August 4 to 6).

The term '*taianu*' derives from "*taio*", that it was the clay with which it was created the earthenware pot used for cooking pasta. The pasta is prepared with ragout of beef, lamb and with fried eggplant

The word "*taianu*" means "*pan*", in fact this dish was cooked in a large and capacious earthenware.

What's the "taianu"?

Is a typical recipe used in Cefalu' and in other cities of the province of Palermo for the feast of the Patron Saint

THE RECIPE



INGREDIENTS FOR 4 PEOPLE:

- ✓ 500g of penne (a type of italian pasta)
- ✓ 1 liter of tomato puree
- ✓ 200g lamb meat (lean part), a whole piece
- ✓ 200g beef meat (lean part), a whole piece
- ✓ 2 eggplants
- ✓ 100g of grated pecorino (a type of Italian cheese)
- ✓ extra virgin olive oil
- ✓ half a glass of white wine
- ✓ fresh basil
- ✓ salt

PREPARATION:

In a pan with high sides put the oil

- Let it heat and place the entire meat(lamb and beef)
- Fry on all sides (when it is well browned, pour the wine and nuanced)
- Pour the whole tomato puree
- Add a little water and salt
- Add the basil in the sauce
- Put the lid on and cook over low heat for at least an hour, the meat must be well cooked and the sauce should narrow, so it may take up to an hour and a half

- Meanwhile, peeled and cut into small pieces and fry the eggplants on both sides in **olive** oil.

When the sauce is ready, and the soft flesh, reduce the flesh to shreds. Cook the pasta (halfway through cooking), after draining it, take a pan big and tall, put in the bottom a little of oil and tomato sauce and do the layers in this sequence: pasta, sauce, meat, eggplants and cheese. Continue until you finish everything. Put the pan on low heat and cover with a lid. Simmer it for a few minutes, then uncovered and turn around the compound. Put on plates and serve.



Gratteri

<https://www.youtube.com/watch?v=0cUbOOfrTFE>

The territory of the village lies in the Madonie Park. To the northeast of it there is Cefalù, to the northwest Lascari. As regards the name of the place, there are many uncertainties. It may derive from the "Cratos" or "Craton" mountain or, the most possible, from "cratere" from the natural stone crater in a nearby cave: "Grotta Grattara".

History

The first historical traces about Gratteri are during the late Bronze Age or the beginning of the Iron Age, but certainly, it was during the Byzantin period and under the Arabs and the Normann. Until 1250, the feud was under the seignors of Monforte. Then the feud went to the Ventimiglia family until 1832; after this date, the Monraj and Stagno d'Alcontres by



milies took over. In 1439, Gratteri became an autonomous town.



SAINT GEORGE ABBEY

Saint George Abbey is the most important religious and architectonic structure in Gratteri. It was founded in 1440 by Duke Roger de Hauteville, the eldest son of Ruggero II and by Premonstratensian monks. It can be considered one of the highest expressions of European Romanesque architecture, comparable to Cefalù Cathedral!

THE CASTLE

The Castle dominated the valley and was certainly the first housing nucleus. Around it, there were St. Mary in Castro, St. Nicolò and St. Peter churches, which today no longer exist. There were three entrance doors to the Castle!



THE CHURCHES



➤ **Mail Church "St. Michael the Archangel"** built at the behest of Arc. Paolo Lapi, officiated in 1818 and consecrated in 1854.

➤ **The "Old Parish"** was built in about 1350 by Ventimiglias and it's under the castle. In fact there are two sepulchral monuments: Countess Maria Filangeri and Gaetano, Belmonte's Prince.



- St. Sebastian, St. Andrew,
- St. James and Crucifix Church



- St. Mary of Jesus Church the monastery of the minor Capuchin monks.



TRADITIONS AND FOLKORE

St. James Apostle is the patron saint of Gratteri from the Norman epoch. There is a statue in wood of the saint and people carry it on their shoulders in a solemn procession every year on 25th July and on 9th September, the days of his feast. The tradition says that through intercession of St. James, Gratteri has been spared disasters and calamities.

<https://www.youtube.com/watch?v=BUanJnBdoFQ>



"A sulità" is a feast during the Holy Week, particular on the Holy Friday. The procession remember the walk of Jesus to the Calvario.

https://www.youtube.com/watch?v=NdlG_AS-MIw



Holy Thorns of Christ is on the first Sunday in May. People are really devote to them.



"Illuminations" are vamp of fire in St. Joseph's honour. They're on the 18th March, every year.

"U Juovi di Mastri" (Thursday of master craftsmen) is during the Corpus Domini week. It remember the process to take far the wolfs from the village by drums.

<https://www.youtube.com/watch?v=iP7wqIC8iXE>

"A Vecchia" is on the 31st December, on the New Year's Eve. 'A Vecchia is an old and beneficial lady that delights children with her gifts. For the tradition, she lives all the year in Grotta Grattara cave where she makes the presents. She takes coal and ash to the bad children, so they are afraid. In the evening of the last day of the year, starting from the cave Grattara, the procession formed by boys and girls dressed in ancient costumes, walks through in the pine forest, with torches made with wax and jute bags. With them goes the "Vecchia", who, on the back of the donkey and accompanied by the usual bells and horns and the local band, which sings folk songs gratteresi, turns the whole town bringing all the children gifts. The event concludes in the principal square.

This is the most famous festival in Gratteri and it is very particular.

<https://www.youtube.com/watch?v=DmbX4OXLtTw>





Lascari

Lascari is a small town near Cefalù, in Sicily. It was born during the medieval time and two important people who took part in it were Eufemia D'Aragona, the princess of the Sicily kingdom and Emanuele Greco, a carabinieri (policeman) who received also a gold medal for his job.

The Most Important Monument



San Michele Arcangelo Church is the most imposing building of the town and it is the seat of our parish that has the same name. It was built in 1700, but at first people wanted that another church, Santa Eufemia's, was the parish. In the end, because of the dangerous place where the Santa Eufemia Church was, San Michele Arcangelo Church became our parish.

Others Monuments

Casale Santa Eufemia;

The Arab Necropolis where were rediscovered some fragments of pottery;



The Towers that are the symbols of our town. They were important to see enemies while they arrived and attack. The most known are Bagari Tower, Torretonda Tower and La Romana Tower. There were also some manor farms where lived farmers.

Festivals

Our religious festivals are:



- ✓ Santissimo Crocifisso Festival;
- ✓ Maria Santissima Addolorata Festival.
- ✓ These are really old festivals that were already heart-felt since the birth of Christianity.

The Mostra Mercato is another festival organized by our Town Council, during which local people show our typical products. It takes place in the main street and it's a good way to promote our town.

Another festival that involves all of us is San Giuseppe Festival. Every year all the town organizes a big table in the main street and we eat typical foods like rice and beans, pasta and broccoli and the delicious local dessert made by local people and called "Cassateddi".



Finally, there is the Singing Festival to whom everyone can participate.