

FABULOUS FOOD EXPERIENCE IN RURAL TUSCANY, ITALY

An annual event:
Ten days in the Garfagnana

Eating and Cooking in a time-warp Valley

This is a food lovers' tour extraordinaire.

Based at "I Cinghiali" in the Garfagnana, one of Italy's better kept secrets where life is still lived according to ancient rites and customs, where mass tourism and souvenir shops are thankfully absent and where the food is the best on the planet, the group will blend an array of expert cooking classes with local markets, sightseeing, walking and eating and drinking at restaurants and bars carefully selected using the hostess's 18 years of local knowledge.



Chef Georgina Adamson and Hostess Buzz McCarthy in the kitchen

Press articles

FABULOUS FOOD EXPERIENCE as featured in the Australian press:

Sunday Herald Sun Caron James	19 March 2006 Escape Page 23	Get a Buzz from Tuscany
Italianicious What's On Page 16	Autumn 2006	Fabulous Food Tour in Caprignana
Gourmet Traveller Rob Ingram Page 173	June 2005 The Italian Issue	A Piece of Paradiso
The Sunday Age Gary LaPersonne	5 March 2006 Travel Page 12	Fancy a fabulous foodie trip?
Sunday Mail Escape Page 2	12 Feb 2006	You Wish: Bliss
The Age Tricia Welsh	22 April 2006 Travel page 4	Leave and Learn
Brisbane Courier Mail Brian Crisp	28-29 Jan 2006 Travel Page 2	Tasty times in Tuscany
West Australian Linda Archdeacon	26 Jan 2006 Tuscany Travel Page 8	Sheer Indulgence – Fabulous
The Age Liz Cincotta	21 Feb 2006 Epicure Page 2	Italy Tour
Weekend Australian Elizabeth Meryment	18-19 Feb 2006 Travel Page 5	More pukka than pizza
Delicious Magazine Foodiefile Page 34	April 2006	Tuscany Foodies Tour
The Australian Susan Kurosawa	5 March 2005 Travel Page 2	Travel Editor's Picks
ABN Magazine Aust. Businesswomen	January 2006 Page 14	Members in Profile
Information Exchange Melb. Girls Grammar School	Winter 2005 Page 17	Old Grammarian News
Italianicious	Winter 2006	Review of Interlude with Wild Boars

Get a Buzz from Tuscany

WHEN Melbourne Buzz McCarthy Cavalier was 22 and on a camping holiday in Italy, she told her travelling companions she loved the place so much, she planned to buy a house there.

"They said, 'Oh yeah, pull the other one'," she says. "But I was determined."

It took her 20 years, but Buzz finally bought the Tuscan mansion of her dreams with partner David.

"It was falling down. It had no roof, no electricity or plumbing, no kitchen or bathroom. God knows how they (the previous owners) lived there," she says. "It was a massive renovation job."

That was 18 years ago and now Buzz runs an annual food tour to Tuscany, based at her villa — I Cinghiali (the wild boars) — near Caprignana in northern Tuscany.

The 11-day tour, limited to eight to 10 people, includes market and restaurant visits, classes and picnics, visits to villages, towns and cities in the region, and walks in the surrounding hills. And there is plenty of time to sit on the terrace at the end of the day with a glass of wine and admire the view.

NSW-based chef Georgina Adamson conducts cooking classes in the property's restored barn and prepares all meals eaten at the villa.

This year's tour is from May 24 to



June 3, and costs \$4900 a person (not including airfares to Italy), including transport, classes, accommodation and almost all meals, with pick-up and drop-off at Pisa.

Outside tour times, the five-bedroom villa and studio barn are available for rent, at \$2800 and \$1250 a week respectively. One couple has been back seven times.

"We are usually there only once or twice a year, so I didn't want the house to stand empty for 10 months. 'Houses have souls,'" Buzz says.

She, David and son Hugo spent an idyllic year at the house in 2001.

"Hugo, who was 10, trundled off to a local school, starting the year not speaking a word of Italian. By the



Mama mia: A huge mortadella (left) and the farmhouse I Cinghiali (bottom) which Buzz McCarthy (below) bought 18 years ago.



end of the year he was fluent and now he's doing VCE Italian at 15."

The decision to spend the year in Italy came when Buzz was diagnosed with breast cancer and had a mastectomy. The trip was her "prize" for beating the disease.

"The food and the lifestyle are so healthy. Our neighbour, Carlo, invited us to his great aunt's 100th birthday party — and she wasn't the oldest there."

Buzz also shares her time between Melbourne, working as a corporate results coach, and country Victoria.

She has written an autobiography, *Interlude with Wild Boars: Journeys in Northern Tuscany*.

More: call 9822 9447, www.italianexperience.com.au

Words: CARON JAMES



Fabulous food tour in Caprignana

Ex-pat Buzz McCarthy is hosting a ten-day Fabulous Food Tour at her beautiful villa 'I Cinghiali' in Tuscany. Just imagine it: ten days in Tuscany, staying at a meticulously restored villa amid spectacular scenery, enjoying the very best artisan Italian food, dining your way around the region and enjoying cooking classes and world-class gourmet meals with a group of like-minded individuals.

All this in an un-spoilt valley, dotted with picturesque villages but (thankfully) lacking a motorway and the inevitable tourist traps. It sounds like every foodie's dream come true!

Buzz bought the picturesque villa, near Caprignana in northern Tuscany, 18 years ago with her husband. Its name means "the wild boars", and the valley of the Garfagnana is considered one of Tuscany's best-kept secrets.

New South Wales chef Georgiana Adamson prepares all meals eaten



at the villa and conducts cooking classes in the adjoining restored barn. It's Buzz's job to ensure that it all runs smoothly.

In addition to the food-focused activities like market and restaurant visits, classes and picnics, there are visits to villages, towns and cities throughout the region, walks in the surrounding hills, and plenty of time to sit on the terrace with a glass of local wine and admire the view at day's end.

Guests are responsible for their transport to and from Pisa, the pick-up and drop-off point for the tour. Other than that, the cost of the Fabulous Food Tour includes

all transport to and from activities, classes, meals (except one lunch during a day-trip), wine and you will be a guest in Buzz's superb villa and share her 18 years of experience with the local culture.

The Fabulous Food Tour is held from 24 May to 3 June 2006. There are only eight to ten places available and bookings must close 24 March 2006. The cost is \$4,900 twin share (single supplement applies) and airfares to and from Italy are not included.

For information and bookings, visit www.italianexperience.com.au or contact Buzz McCarthy on 03 9822 9447 or 0414 510 474.



A piece of paradiso

Follow a few simple rules and you'll find the perfect Tuscan villa - or rural apartment - to rent.

You can't blame Frances (*Under The Tuscan Sun*) Mayes, I suppose. Or Elizabeth (*The Tuscan Year*) Romer or even Ferenc (*The Hills Of Tuscany*) Mate. After all, Eric (*A Small Place In Italy*) Newby was plastering the palazzo and dishing out the dolci as far back as 1967, and John (*Summer's Lease*) Mortimer was also guilty of proposing simple peasant life as the ultimate yuppie aspiration.

At least the first Queen Elizabeth did all she could to prevent her subjects from travelling abroad. They were all too likely to pick up wrong ideas about religion, as well as those vices at which foreigners were known to excel. But these days, the Chianti vineyards and Pisa's Field of Miracles swarm with upwardly anxious Anglo-Saxons busting to play bocce with bemused villagers and splash balsamic vinegar on their figs, then write books about it. How is this regarded by the locals? Read Dario Castagno's *Too Much Tuscan Sun*.

The *vita* is invariably *dolce* for chroniclers of Tuscan life, but usually because the romance of the marketplace and the olive grove outscores the head-banging frustration of trying to restore the derelict cowsheds with which most of them seem to fall head over heels in love. It makes much more sense to rent a villa and spend a month or even a week in Tuscany, rather than risk a year replacing a roof. Anyway, in peak periods most popular properties are available only by the traditional Saturday-to-Saturday week.

Follow a few simple rules and you'll be unlikely to pick a dud. Word of mouth is always the best bet, so ask around the cappuccino set - especially those wearing bandanas and impossibly chic shades, with Ducatis or Alfa Romeos waiting kerbside. Check out guide books, articles by people who've actually been there and done that, browse the internet and back-of-the-book advertisements in publications like this one.

But first of all, define the experience you're looking for. If it's excitement and glamour, it's best to opt for an apartment in Florence rather than an *agriturismo* (farmhouse), a brisk bike ride from Seggiano in the southern hills.

Avoid July and August, when Europeans take their holidays. They not only push prices through the roof, but they commonly book a year in advance. Tuscan farmhouses renting for \$4000 a week in July and August are likely to be \$1500 in late September and October. In the Tuscan midsummer, you'll also be looking for a property with airconditioning and a pool, but by September and October you can be more authentically rustic and save yourself a bundle. Couples should consider rural apartments as an alternative to a complete villa. Many owners have renovated a rambling farmhouse into a block of comfortable self-contained apartments, often with private outdoor terraces and a common pool.

Listings on the web generally fall into one of three categories: catalogue listings from established rental agencies, local or regional listings from syndicates of property owners, and single-property listings from individual owners. Established agencies have more options. They check out the properties and provide ratings and the most flattering of the reviews. They also allow more convenient payment options, such as credit card. But deal direct with owners, and you'll pay less.

Buzz McCarthy Cavalier and her husband, David Cavalier, are a Melbourne-based couple who own a villa named I Cinghiali (The Wild Boars) in Caprignana near Lucca. Their handbook is an entertaining 72-page read, and steers guests in the right direction for everything from hot mineral springs to an English-speaking dentist. I Cinghiali is located in the small hamlet of Caprignana, which comprises →



about 30 houses, a church, and a shop-cum-community social centre. The three-storey large stone structure – which has been renovated and extensively equipped – has three queen bedrooms, two with twin beds. There is a spacious and comfortable living room, a dining room large enough to seat 14, a kitchen with a double-oven stove, two fully tiled bathrooms, a laundry and two terraces. Couples or small families have the option of renting the studio apartment – real-estate parlance for a converted barn, which is, however, part of the main structure of the villa. Weekly summer rates are \$2600 for the villa and \$1000 for the studio apartment. Phone (03) 9822 9447, or visit www.italianexperience.com.au.

[The agency] pays great attention to finding unspoiled towns and villages that don't do coach-tourism.

Joe and Suzanne Byford's fine *agriturismo* La Casermetta sits high in the Chianti hills surrounded by olive groves and chestnut trees. The house has been extensively but sympathetically restored and has plenty of room for two families. There are two king-sized bedrooms with ensembles and two single rooms with a shared bathroom, but the heart and soul of the house is a well-equipped kitchen with a huge wooden table that invites all and sundry to share a hearty meal or a flask or two of the local classico. Accommodation can be extended by adding the downstairs apartment, which is only rented out with the house. The weekly rate is \$1800, or \$2500 with the apartment. The owners can be contacted on 0411 241 406 or by emailing casermetta@nsw.quik.com.au.

Melbourne accountant Ron Paoli operates six properties in historic San Gimignano. The one- to three-bedroom apartments range from \$1200 to \$2000 in high season (April to July), with 5 per cent and 10 per cent discounts in mid-season (August to November) and low season (December to March) respectively. Book ahead two weeks or more and you also receive a 10 per cent discount. And to add a personal touch, Ron's guests get his 24-hour telephone number for a prompt response to any query. Images of the apartments are available at www.ronpaoli.com.au/rentTuscany.htm.

When considering rental agencies, it is worth noting that those with local representatives offer a number of benefits, including paying in local currency to avoid shifty exchange rates, and being able to call around for frank discussions if there are any post-paradiso disputes. There have been good reports about New Zealand-based Italian Villa Holidays, which is the Australasian representative for the Cottages to Castles range of properties. The agency's principals handpick properties that have scored highly on location, quality and value. While historic destinations such as Florence, Siena, San Gimignano, Cortona and the Chianti wine region are

included in the Tuscany offerings, Italian Villa Holidays pays great attention to finding unspoiled towns and villages that don't do coach-tourism. It has found more than a few, too. Phone 1800 125 555 or visit www.italy.co.nz.

South Melbourne Travel's Invitation To Tuscany also offers an extensive range of properties – more than 130 villas and farmhouses mostly located in west central Tuscany and available on a weekly rental basis. It has villas that sleep two to 20 people, with high-season rentals ranging from about \$700 to \$14,350. A farmhouse accommodating four at the village of Casole d'Elsa in Siena pretty much captures the appeal of the *agriturismo* lifestyle, with home-produced wine, olive oil, honey, eggs and vegetables available on the estate. Another delicious prospect is an apartment within Castello di Vertine, a fortified hamlet near popular Gaiole-in-Chianti. The rental accommodation is a sensitive conversion of a detached stone barn – romantic, spacious and with great views over the valley to Radda. A picturesque pool area is cradled into the Chianti hillside. The apartment sleeps up to four, and weekly rental rates range from \$1235 to \$2060. Phone South Melbourne Travel on (03) 9690 2133 or visit www.smtravel.com.au. *

OTHER TUSCAN SPECIALISTS

CIT Holidays, (02) 9267 1255/(03) 96505510, www.citholidays.com.au
Tuscan Enterprises, (02) 9959 5933, www.tuscanenterprise.com.au
PassionItaly, (02) 9809 0547, www.passionitaly.com
Eurovillas, 1300 331 509, www.eurovillas.com.au
To Tuscany, 1300 134 765, www.to-tuscany.com.au
Northline Travel, (08) 9328 6100; email experts@northlinetravel.com.au
Tuscan Estates, www.tuscanestates.com

travel diary

Fancy a fabulous foodie trip?

Foodies can get their fill of Tuscany on a 10-day trip, hanging out in a restored villa, surrounded by spectacular scenery, savouring artisan Italian food, taking cooking classes, and exploring the hilly countryside and its

towns and villages.

Event organiser and host Buzz McCarthy bought the picturesque villa I Cinghiali (pictured),



near Caprignana in valley of the Garfagnana, northern Tuscany, 18 years ago and loves the fact that the region is still "caught in a time warp".

"There's no motorway, so travellers who come here make it (their destination)," she says.

For 11 days each year she hosts The Fabulous Food Experience. The year's tour, May 24-June 3, is an all inclusive \$4900 twin share (air fares not included), with accommodation, transport to and from activities, classes, meals (except one lunch), and wine.

Visit italianexperience.com.au or call Buzz McCarthy on 9822 9447.

You wish



BLISS: The Tuscan town of Barga, known for its food and culture

IMAGINE 10 days in Tuscany, staying at a restored villa amid spectacular scenery, enjoying fine Italian food, dining your way around the region, enjoying cooking classes and world-class gourmet meals. Naturally, it would be in an unspoilt valley dotted with picturesque villages. If this is appealing, the Fabulous Food

Experience in May and June may be for you. Cooking classes will be held in the villa's restored barn and there will be visits to markets and restaurants, picnics, plus tours of the region. The cost is \$4900 twin share, airfares not included.

Details: Visit website www.italianexperience.com.au or 03 9822 9447

4 Travel

Leave and learn

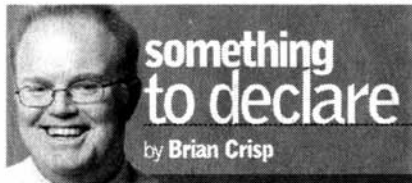
Tricia Welsh's guide to special-interest tours.

Italy: Tuscany

Melburnian Buzz McCarthy opens her villa, I Cinghiali, in Tuscany each year to just eight food-lovers on a 10-day intimate tour of the region. Named after the wild boars that roam the nearby national park, the comfortable villa will also double as a cooking school with chef Georgina Adamson teaching regional cuisine. Located in picturesque Gargagnana, it is close to market towns, great local restaurants and the walled city of Lucca. This year's sojourn is from May 24-June 3.

Contact: Buzz McCarthy, phone 9822 9447, tuscanvillarental.com.

Tasty times in Tuscany



LIFE doesn't get much better than this. Imagine yourself in Tuscany for 10 days staying at a villa enjoying the best Italian food as you dine your way around the region.

Throw in some cooking classes and it sounds like every foodie's dream come true.

The Fabulous Food Experience is hosted over 11 days each May-June by event organiser and host Buzz McCarthy, who bought I Cinghiali, near Caprignana in northern Tuscany, 18 years ago with her husband.

The house's name means "the wild boars", and the valley of the Garfagnana is considered one of Tuscany's best-kept secrets.

First you must get yourself to Pisa, then the rest is easy.

The Fabulous Food Experience, which starts on May 24, includes all transport to and from activities, classes, meals (except lunch on a day-trip), wine and accommodation and costs \$4900 twin-share.

For information and bookings, visit www.italianexperience.com.au or call Buzz McCarthy on (03) 9822 9447 or 0414 510 474.

WEST AUSTRALIAN - 26 JAN 06
TRAVEL PG8 - SHEER INDULGENCE
FABULOUS TUSCANY - *LINDA ARCHDEACON*

FABULOUS TUSCANY

The Fabulous Food Experience offers cooking classes and world-class gourmet meals over 10 days in Tuscany. Hosted by organiser Buzz McCarthy at her villa, I Cinghiali, near Caprignana, the Experience is from May 24 to June 3. NSW-based chef Georgiana Adamson conducts cooking classes in a restored barn and prepares all meals. Food-focused activities include visits to markets and restaurants, and picnics. There are also visits to villages and cities in the region, plus walks. The cost is \$4900 twin share (single supplement applies). Airfares not included. Bookings (up to 10 only) close on March 24. Details: (03) 9822 9447 or 0414 510 474 or www.italianexperience.com.au.

THE AGE - 21 FEB 2006 - EPICURE PG 2
ITALY TOUR - LIZ CINCOTTA

MAY 24-JUNE 3

Italy tour

The Fabulous Food Experience
tour to Tuscany features villa
accommodation, cooking classes,
market and restaurant visits,
picnics, walks, meals and more.
Bookings close March 24. \$4900
twin share, land only.

Phone 9822 9447 or visit
italianexperience.com.au

LIZ CINCOTTA

MORE PUKKA THA

Inspired by Jamie Oliver's Italian adventure, Elizabeth Meryment puts cooking tours and courses on the menu

WITH his direct language, fictitious words and rambunctious demeanour, it's easy to be dismissive of Jamie Oliver. But as he hits 30, the English celebrity chef is emerging as a serious figure of social change in Britain. Most recently it was through influencing school-lunch policy by exposing the poor nutritional standards in British schools, in his amazing series *Jamie's School Dinners*, and now it is through his expedition to Italy, in the show, *Jamie's Great Italian Escape* and resultant travelogue-cookbook *Jamie's Italy*.

Currently showing on Ten, *Jamie's Italy* is a paean to that magical Mediterranean boot. But it's more than that; it's also an attempt to show Brits, and Australians for that matter, that good food is attainable each night in the family kitchen.

Oliver has some interesting theories about why the food in Italy is so great.

"I think the main reason comes down to a lack of choice. In the countryside, especially, the working class definitely don't have the same kinds of choices that people in many other parts of the world have.

"I've witnessed so many young people and teenagers in Italy living a 'modern-day' life which we would have seen in Britain 70 years ago — yes, they have mobile phones and computers, but they're not seen as an essential part of everyday life ...

"There's also a massive working-class population and a very small proportion of wealthy people.

"I think Italy has managed to retain a lot of its brilliant things because there hasn't been a lot of choice available. I really believe that. And for me, it creates a profound emotion because sometimes when you have too much choice, you can lose sight of the things that really matter."

In his book, Oliver implores others to go to the Italian countryside to sample the "real Italy": to buy fresh artichokes from markets, ciabatta from small-town bakeries and porchetta made from home-raised pigs.

But if you find the idea of taking on a nation of Italians a little daunting, there are plenty of Australian-led gourmet tours that take the hard work out of it. Here's a sampling of what's on offer this year.

1. The three regions of Italy: 16 days in Umbria, Lazio and Campania. May 2-19. Billed as a "connoisseur's tour incorporating food, wines, gardens and art", Convivial Times's tour starts in Rome and winds through these three beautiful regions. Included are several demonstrations by local chefs, visits to farms (including truffle properties and vineyards), four lunches, 11 dinners, trips to markets and accommodation in four and five-star hotels. Price: \$12,500, including economy-class air fares. More: Leonie Furber, (02) 9388 8327; www.convivialtimes.com.au.

2. A Taste of Italy: 16 days in the cities of Italy. May 8-24.

Starting in Rome, this tour includes stays in Montefalco in Umbria, Lucca and Florence in Tuscany, and Rome. Food and cooking are a particular focus and included are three cooking classes in Umbria, the first at the Villa Pambuffetti, Montefalco, learning to make Umbrian antipasti and prima piatti; the second at an olive oil and vegetable farm, cooking with local produce; and the third making Italian main courses. Cheese making, truffle hunting and oil tasting are also features. Price: \$6800. More: Mary Rossi Travel, 1800 815 067; www.livingitaly.com.

3. Three Islands of the Med: Sicily, Sardinia and Corsica. May 17-June 4.

Victorian-based Gourmet Tours flags its gastronomic focus and this extensive journey through three key Mediterranean islands takes in each island's regional cuisine as well as historic sights. The food focus will be on



Musseling in: Jamie Oliver catches his own supper in the waters of the Mediterranean under the approving gaze of two Italian fishermen



Pasta masters: Learning from the experts in an Umbrian kitchen

seafood and other specialties, including olive oil and varieties of wine. Wine tastings, meals and entry to locations are included in the cost. Guests can choose to travel to one, two or three islands. Price: \$17,500 (land content only but includes the air fare between Sicily and Sardinia). Single islands from \$5400. More: Howqua Dale Gourmet Tours, (03) 5777 3503; www.gtoa.com.au.

4. Fabulous Food Experience: 10 days in Tuscany. May 24-June 3.

Australian-based Buzz McCarthy owns the villa I Cinghiali near Capriana in northern Tuscany and throws open its doors each May and June. This year, NSW south coast-based chef Georgiana Adamson will conduct cooking classes at the villa. McCarthy also hosts day trips to markets, restaurants, villages, towns, walking tracks, plantations and vineyards. Guests stay in the villa, with 10 guests maximum. Price: \$4900 (including food). More: Buzz McCarthy, (03)

9822 9447; www.italianexperience.com.au.

5. Art in the Heart of Italy: 16 days in Tuscany. June 2-20.

Hosted by well-known Sydney opera figure John Wregg, this tour features "art, music and cucina" in Tuscany, with five nights in Volterra, one of Tuscany's most spectacular medieval villages, five nights in Arezzo and five in Parma. While great food and wine are a focus, there will also be a heavy emphasis on the wonderful musical, artistic and cultural life of this region. Price: \$10,950 (including air fares) or \$9350 (land content only). More: Leonie Furber, (02) 9388 8327; www.convivialtimes.com.au.

6. Art, Food and Life: French and Italian Riviera. September 15-30.

Starting in St Paul de Vence, France, and winding for 15 days through such gorgeous towns as Villefranche, Roquefort de Pins, Nice and, on the Italian side, Portofino, the five towns of the Cinque Terre, Lucca and Pisa, this tour takes in the best of the



Top shelf: Oliver's most recent bestseller

beautiful Riviera. It focuses on fabulous food in well-known and out-of-the-way restaurants and incorporates visits to art galleries, architectural sights of note and shopping areas. Price: \$7380. More: Travel on Q, (02) 9357 6800; www.travelonq.com.au.

7. A Taste of Umbria: 14 days in Montefalco. October 10-24.

For the first eight nights of this tour, guests stay at the Fabrizi family *agriturismo*, or farmstay hotel, in Montefalco. Daily visits are arranged to nearby towns and villages but a highlight of the accommodation is the property's still-functioning farm, which produces grapes and olives for wine and oil. The meals made from farm produce are a feature. There are also several cooking classes, including one at the Villa Pambuffetti and an olive-picking excursion that concludes with a "medieval" feast. This tour also visits Assisi, Perugia and Orvieto. Price: \$5950. More: Mary Rossi Travel, 1800 815 067; www.livingitaly.com.

DELICIOUS MAGAZINE - APRIL 06
FOODIEFILE PG 34
TUSCANY FOODIES TOUR

international

TUSCANY FOODIES TOUR

Join Buzz McCarthy for a Fabulous Food Experience at her Tuscan villa. Dine your way around the region, sampling local food and wine, attending cooking classes and visiting markets and restaurants. May 24-June 3, \$4900 twin share. Visit: www.italianexperience.com.au.

THE AUSTRALIAN - 5 MARCH 05 - TRAVEL PG 2
TRAVEL EDITOR'S PICKS - SUSAN KUROSAWA

TRAVEL EDITOR'S PICKS

■ A food tour in rural Tuscany is being offered by Buzz McCarthy Cavalier of I Cinghiali villa and studio apartment, north of Lucca, and NSW south coast chef Georgina Adamson. Limited to eight guests, from May 26 to June 4, the food experience includes villa accommodation, touring, market visits, walks and cooking classes. The tour costs \$4200, excluding airfares (add \$420 single supplement). McCarthy Cavalier has just self-published *Interlude with Wild Boars*, detailing her journeys in northern Tuscany and the purchase and conversion of I Cinghiali. More: www.italianexperience.com.au or (03) 9822 9447.



BUZZ McCARTHY

Life Coach

Buzz McCarthy, Life Coach and Anthony Robbins trainer, recently returned from Tuscany where she ran a highly successful food experience.

Based at her villa "I Cinghiali" in the Garfagnana, one of Italy's better secrets where life is still lived according to ancient rites and

customs, the group blended an array of expert cooking classes with local markets, sight seeing, walking and eating/drinking at restaurants and bars selected using Buzz's 18 years of local knowledge. Same time next year (24 May - 3 June) for up to 8 adventurers or you can rent "I Cinghiali's" two spaces any other time.

Buzz has also written a book "Interlude with Wild Boars" on her experiences in Italy.

Phone: 03 9822 9447

Fax: 03 9824 4468

Email: info@tuscanvillarental.com

Web: www.tuscanvillarental.com

INFORMATION EXCHANGE - WINTER 05 - PG 14
MEMBERS IN PROFILE - MELB. GIRLS GRAMMAR SCHOOL

Buzz McCarthy (1964) annually leads a mouth-watering ten-day 'Fabulous Food Experience Tour' in rural Tuscany based in the villa she and her husband purchased in 1988 in the hills above the beautiful, walled city of Lucca. Master classes with a renowned chef, meals at the best restaurants and foraging in daily markets for food and fashion are some of the highlights. Regular tours are organised by Buzz – for further details, visit: www.tuscanvillarental.com



(L-R): The two cooks in the kitchen – Georgina Adamson and Buzz McCarthy (1964).