

SONS OF SICILY SAN JOSE WOMEN'S CLUB

Carte Di Donne



Sons of Sicily Women's Club



KAREN'S CORNER



January Meeting

Our first meeting at Palermo's was grand slam! The food was authentic and delicious! Diane, the owner, and her staff were beyond gracious and very excited to have us! The lovely, homey, atmosphere - complete with a fireplace - made it feel like you were eating in your grandma's kitchen! Our 50/50 raffle was a huge success. Everyone got in on that action - including our guests and Palermo employees! Congratulations to Lisa Chiaramonte, who won \$120.

SOS Crab Feed

The February 9 Crab Feed is **SOLD OUT!** However, there are still a few tickets available for the March 9 Crab Feed. The cost is \$60. If you are interested, please call Mike Maltese @ 408-972-4986 to reserve your tickets - but don't wait! Our Women's Club will be selling desserts (cannoli) and limoncello shots at the February 9 Crab Feed. Since we didn't have another meeting before the Crab Feed, Judy Taormina volunteered to sell the cannoli and Lisa Chiaramonte has solicited a group of our members to sell the limoncello. If these two ventures are successful in February, we will need volunteers to sell both items at the March Crab Feed.

Next Meeting: REMEMBER, our meeting is on Tuesday, February 12
Palermo's Restaurant at 791 Auzerais Avenue, San Jose, Ca 95126

We will be celebrating Valentine's Day at our next meeting - so, everyone, WEAR RED! Palermo's has a wonderful meal planned for us & we have a special dessert too! There will not be a raffle this month. After our meeting, we will play Valentine Bingo with some special prizes :) Come prepared to play three games for \$5 and have fun! Or, double your chances and buy an additional set of 3 cards for \$3. No need to bring markers or daubers - you will love our markers!

CULTURAL CORNER

Valentine's day history has been an important part of the developing culture of Italy. Did it all start with St Valentine? No! It began about eight hundred years before St Valentine was born. Valentine's day history has its roots in ancient Roman culture when Juno Februtis, god of purification and fertility, was worshipped on February 15th. The Feast of Lupercalia was also celebrated on February 15th and was a very popular feast believed to bring purification and fertility on the city of Rome. It celebrated the end of the old year (February being the last month in the ancient Roman calendar), the coming of Spring and the start of the growth of crops.



Some historians on engagement traditions maintain that on the eve of Lupercalia - February 14th - the names of young Roman women were drawn from an urn by young men, and became 'betrothed' for at least the following year. Some, though by no means all, of those unions later became marriages. So modern Valentine's day traditions related to becoming "engaged" on 14th February seem to go back as far as the culture of ancient Roman weddings.

After the Roman Empire, the rise of Christianity meant that Christian leaders weren't keen on keeping pagan traditions - but nor did they want to alienate the Roman population. So The Feast of Lupercalia was re-defined as a Christian festival of love, re-dated to the eve of Lupercalia - 14th February - and dedicated to a third century Roman martyr, executed on 14th February and subsequently to become a saint - Valentine (or, to give him his rightful name, San Valentino).

And so our present Saint Valentine's day traditions were born. Why St Valentine? In the third century A.D., the Emperor Claudius II decided that single men made better soldiers, so he banned marriage for young men of fighting age.

A young priest called Valentine, realizing the injustice of the decree, continued to marry young lovers in secret. When his defiance of the Emperor was uncovered he was imprisoned and sentenced to death. But he wasn't finished yet. While in prison, he became friends with one of his jailers, who had a daughter unable to see. In an act later defined as a miracle, St Valentine restored her sight and his jailer converted to Christianity.

Still that's not the end of the story. The day before his execution, Valentine wrote a letter to the daughter, expressing his regard for both her and her father. He signed it "Your Valentine". And so the Valentine's day traditions of letter-writing and, in the eighteenth century, sending cards, were born and have remained part of the culture of Italy ever since.



Sicilian Love Cake by Valerie Bertinelli



Cake Ingredients:

-1 box chocolate cake mix, plus ingredients called for in directions

-Canola oil, for preparing the pan

Mascarpone-Ricotta Filling:

-28 ounces ricotta cheese (3.5 cups)

-4 ounces mascarpone (1.5 cups)

-3 large eggs

-3/4 cup sugar

1/8 tsp kosher salt

Cocoa-Mascarpone Frosting:

-10 ounces mascarpone (1 1/4 cups)

-1 cup whole milk

-One 3.9 ounce box instant chocolate pudding mix

-1 tbsp sugar

Instructions:

1) Preheat the oven according to the cake mix directions. Coat a 9-by-13-inch pan with canola oil. Prepare the cake batter according to the cake mix directions, pour into the prepared pan and set aside.

2) To make the filling: Combine the ricotta, mascarpone, eggs, sugar and salt in the bowl of a stand mixer and whisk until smooth. Gently pour the filling onto the cake pan of chocolate batter so the top is completely white. Bake until a skewer inserted in the center comes out clean and the chocolate layer has risen to the top, about 40 minutes. Let the cake cool completely.

3) To make the frosting: Just before serving, blend together the mascarpone, milk, chocolate pudding mix and sugar in the bowl of a stand mixer until smooth. Using an offset spatula, spread the frosting evenly over the cake and serve

UPCOMING Events

Guests Always Welcome

Keep bringing your friends and family to our meetings. Guests are always welcome. The dinner charge for guests is \$27.

Welcome Our Newest Member

Welcome to our newest member, Sue Scaletta. Sue's husband, Bob, is currently the Social Director of SOS. Please make sure to find Sue at our next meeting and extend your welcome.

Tuesday, February 12

Women's Club Meeting at *Palermo's Restaurant*

February 9 - SOS Crab Feed #1

*February 12 - Meeting @ Palermo's Valentine
Bingo*

March 9 - SOS Crab Feed #2

April 1 - Ladies Night @ SOS

May 20 - SOS Golf Tournament

July 14 - SOS Picnic

August 24 & 25 - Italian Festa

October 6 - Little Italy Street Festival



SICILIAN PROVERB OF THE MONTH

*L' amuri è come a
tussi...nun si po
ammucciari*

Love is like a
cough....impossible to
hide

LET'S LEARN SICILIAN!

Ti vogghiu beni

"I love you"

LOOKING TO BE A SPONSOR?

If you have a business, you can have your
business card appear in our newsletter
every month for just
\$25 a year.

Please let Karen Heverling know if you
are interested.

BUON COMPLEANNO!



Ann Nocolosi - February 1
Grace Vaccaro - February 2
Elaine Hathaway - February 24
Julia Zambataro - February 27

HEALTH AND WELFARE

*If you have any news for the
membership, please contact Janet
Salciccia.*

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