

# SONS OF SICILY SAN JOSE WOMEN'S CLUB

*Carte Di Donne*



## Sons of Sicily Women's Club



## KAREN'S CORNER



### February Meeting

We enjoyed a delicious ravioli dinner and had lots of fun playing Valentine Bingo at our February meeting. Kathleen Taormina was the lucky winner of \$100 gift certificate to Palermo Restaurant.

Our members voted to continue meeting at Palermo each month. We will continue to meet on the 2nd TUESDAY of the month.

### St. Joseph Table Volunteers Needed

The Italian American Heritage, located at 425 N. 4th St., has asked if any of our members would be willing to volunteer for the St. Joseph's Table on March 19th. Volunteers are needed for setup on Sunday/Monday March 17th and 18th. Also for help serving on Tuesday March 19th. any help would be appreciated. If interested and for more details, please contact Janet Salciccia at 408-464-8871.



Our club has also donated \$100 to the IAH for items needed to fill the St. Joseph Table.

### SOS Crab Feed

The March 9 Crab Feed is **SOLD OUT!** Our Women's Club will again be selling cannoli and limoncello shots at the March Crab Feed.

### Next Meeting

Our next meeting is on TUESDAY, March 12. Palermo has a terrific menu planned for us. If you have any dietary considerations, please let Karen know before the meeting, so the restaurant can be prepared. We will be have a different twist on a raffle this month, so come prepared to play! T-shirt weather is fast approaching. We will be taking orders for our Women's Club T-shirts at our March meeting. The shirts are \$12 each for any size and payable when ordered. If we get the required minimum orders, the orders should be here in a few weeks.

# CULTURAL CORNER

## St. Joseph's Day

One of the oldest popular traditions in Sicily is St. Joseph's Day, whose celebrations take place on March 19th. Although it's also celebrated throughout Italy, this day has a special meaning for Sicilians. According to legend, during the Middle Ages, Sicily was affected by a severe drought and famine. When crops were failing and families were starving, people prayed to St. Joseph to help them by sending rain. They promised a feast in his name if he could answer their prayers. The rain came, crops were planted and the people kept their word and now every year prepare a table (tavola) of thanks to St. Joseph.

Although the prayers may no longer be asking for rain, people use this celebration to ask not for material things but for the well-being or safe return of a loved one. During this time, prayers are kept private and personal.



The St. Joseph's table is adorned with flowers and fruit as well as traditional peasant style foods. The observance occurs during Lent, therefore the dishes are made without meat. Bread crumbs are sometimes added to dishes, to represent sawdust which commemorates Joseph's work as a carpenter.

Traditionally, the tables have a three stepped display, representing the Holy Trinity. There are both public and private St. Joseph's tables and much of the food is donated or asked for, this is called the questua. Although each table will be different they will display an effigy of Joseph holding Jesus.

Today, this holy tradition continues and the celebrations' list is just endless. Several Sicilian towns organize their own moving procession with prayers and songs through the ancient streets of the city centres where people ritually shout invocations to the Saint in local Sicilian language. In Palermo, the most famous tradition of St. Joseph's Day is the so-called Vampa, a huge bonfire set up inside city's squares and districts. And of course, as everything in Sicily, even this special day comes with a series of food traditions: during the celebration, people eat the most popular recipes of the day such as dishes with fava beans but also pasta with sarde, St. Joseph's bread with fennel. For dessert, zeppole, cannoli and fig cookies are presented. But the real queen is the sfincia, a soft spongy puffs filled with ricotta and decorated with candied fruit.

As the husband of the Blessed Virgin Mary, it is befitting that Father's Day is also held on this day throughout Italy.

## *Sfinge di San Giuseppe*

### **Sfinge:**

- 1 cup water
- 1/3 cup unsalted butter
- 1tbsp sugar
- Grated rind of 1 lemon
- Pinch of Salt
- 1 cup sifted flour
- 4 large eggs, at room temperature
- 1tbsp cognac or vanilla

### **Filling:**

- 2 cups ricotta cheese
- 1/2 cups confectioners' sugar
- 1/2 tsp. vanilla
- 1/4 tsp. ground cinnamon
- 1/3 cup grated dark chocolate
- 2 TBSP finely chopped pistachios

### **Garnish:**

- Powdered Sugar
- Lemon rind

### **Instructions:**

Put water, butter, granulated sugar, lemon rind, and salt in a large saucepan. Bring to a boil, and as soon as the butter has melted, remove from heat. Add the flour all at once, stirring constantly and with vigor.

Return the pan to the heat, and stir constantly until the mixture forms a ball and comes away from the sides of the pan. Cook just a little longer, until you hear a slight crackling, frying sound. Remove the pan from the heat, and cool slightly.

Add the eggs, one at a time. Be sure that each egg is thoroughly blended into the mixture before you add the next. Stir until smooth and thoroughly blended. Add the Cognac or vanilla. Cover the dough and let it stand for 15 to 20 minutes.

Preheat the oven to 400° F.

Drop the dough by heaping tablespoonsful on a buttered cookie sheet or onto parchment-lined sheet (better!), leaving 2 inches between the sfinge. Bake for 20 to 25 minutes, until golden brown. Remove from oven and cool.

Filling: Mix the ricotta, confectioners' sugar, vanilla, cinnamon, chocolate, and pistachios. Just before serving (so they don't get soggy!), cut off the tops of the sfinge and fill; place top back on after filling. Arrange on platter, sprinkle with powdered sugar to make them pretty, and garnish platter with lemon rind.

# 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 to our newest Member, Judy Griep!**

*Please make sure to find Judy at our next meeting and extend your welcome.*

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

**Tuesday, March 12 @ 6:30 pm**

**Palermo's Restaurant**

**791 Auzerais Ave.**

**San Jose CA 95126**

## Important Dates

*March 9- SOS Crab Feed #2*

*March 12 - Women's Club Meeting at  
Palermo's Restaurant*

*April 1 - SOS Ladies Night @ Napredak.  
Members of our club will pay \$20 for dinner that  
evening*

*May 14 - One Year Anniversary Celebration  
The night of our regular meeting we will have our  
One Year Anniversary celebration. We will also  
invite the outgoing SOS Board to be our guests that  
evening.*

*May 20 - SOS Golf Tournament*

*July 14 - SOS Picnic*

*August 24 & 25 - Italian Festa*

*October 6 - Little Italy Street Festival*

**Our 2019 Calendar of Events is attached  
with this newsletter. Please refer to it for  
the complete list of currently scheduled**

*events for 2019*

# Thank you to our Sponsors



## LET'S LEARN

## SICILIAN!

*Trùoppu Bedda/u*

"Beautiful"

# 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!



- Judy Taormina - March 3
- Josephine Marques - March 6
- Carol Castro - March 13
- Kim Zambataro - March 13
- Patty Brunetti - March 20
- Catherine Darretta - March 20
- Tonnie Jones - March 23

## HEALTH AND WELFARE

Carol Castro is having back surgery on March 5th. Russ Vento continues to recover from his fall. Please keep them both in your thoughts and prayers.

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

**Denise Vento**, Secretary (408) 460-5786  
Denisev5591@hotmail.com  
**Esther Zambataro**, Treasurer (408) 772-3465  
EZ3712@yahoo.com  
**Janet Salciccia**, Member at Large (408) 267-2541  
Janetsalciccia@gmail.com

## BOARD CONTACT INFORMATION

**Karen Heverling**, President (408) 221-7506  
K.heverling@yahoo.com  
**Judy Taormina**, Vice President (408) 267-2509  
Dons51@aol.com



# 2019

## Calendar of Events

<b>JANUARY</b>	<b>14th</b>	<b>Regular Meeting @ Palermo</b>
<b>FEBRUARY</b>	<b>9th</b> <b>12th</b>	<b>SOS Crab Feed #1</b> <b>Regular Meeting @ Palermo's.</b> <b>Valentine Bingo</b>
<b>MARCH</b>	<b>9th</b> <b>12th</b>	<b>SOS Crab Feed #2</b> <b>Regular Meeting @ Palermo</b>
<b>APRIL</b>	<b>1st</b>	<b>Ladies Night with SOS @</b> <b>Napredak Hall</b>
<b>MAY</b>	<b>14th</b> <b>20th</b>	<b>One Year Celebration @ Palermo</b> <b>SOS Golf Tournament</b>
<b>JUNE</b>	<b>11th</b>	<b>Regular Meeting @ Palermo</b>
<b>JULY</b>	<b>9th</b> <b>14th</b>	<b>Regular Meeting @ Palermo</b> <b>SOS Picnic</b>
<b>AUGUST</b>	<b>13th</b> <b>24th &amp; 25th</b>	<b>Regular Meeting @ Palermo</b> <b>Italian Festa</b>
<b>SEPTEMBER</b>	<b>9th</b>	<b>Ladies Night with SOS @ Napredak</b> <b>Hall</b>
<b>OCTOBER</b>	<b>6th</b> <b>8th</b>	<b>Little Italy Street Fair</b> <b>Regular Meeting @ Palermo</b>
<b>NOVEMBER</b>	<b>12th</b>	<b>Regular Meeting @ Palermo</b>
<b>DECEMBER</b>	<b>13th</b>	<b>SOS Christmas Party @ Napredak</b>