

LA TRINACRIA

SONS OF SICILY

APRILE, 2019





PRESIDENT'S MESSAGE Joe Zambataro

Fratelli,

It is with truly mixed emotions that I sit down to write my final message to you all. *Mali e beni a lu so fini veni*. We have indeed had some struggles and difficult days, but I believe we have emerged stronger than ever. In the end, I am proud of where we are, and am I grateful to each of you for the faith and trust you showed me. Being president of this club has been an honor. So, I'd like to express my sincere appreciation to each member of the Sons of Sicily Board for all the support and guidance. I also owe a special thank you to



Karen Haverling and Judy Taormina who literally saved our Women's Club, and who along with their new Board have created a thriving and successful new club. Congratulations ladies!!!

As if I needed another example of how well things are going lately, we added five new members last month and we had a second very successful Crab Feed. Once again, Mike Maltese worked his magic to organize and manage a hugely successful night serving over 400 guests. So, a huge thanks to Mike and the entire crew of volunteers who made the night so successful and profitable.

Finally, I want to congratulate Dave Geraci, our new President. Dave, along with his new Board, will be sworn in at our April meeting which will be a ladies guest night. Our cooking crew will be working up a special dinner, so please plan to attend.

Once again, thank you for the privilege and honor of leading this amazing club, and for the support and kind words over the last two years.

Grazie,

Joe

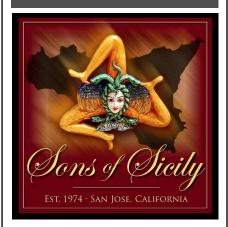
Sicilian Word Of The Month:

Pasqua *n.f.* Easter

Predichi e lattuchi doppu Pasqua su' finuti.

Eng. After Easter, both the prayers and the lettuce are finished.

CALENDAR OF EVENTS



- April 4th —
 Installation of Officers
- May 6th —
 Regular Business Meeting
- May 20th —

 Annual Golf Tournament
- June 3rd —
 Guest Night Meeting

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- 1 pound fresh sardines, cleaned (See Note 1)
- · Extra virgin oil olive
- · 2 anchovies packed in olive oil, drained
- 1 medium-to-large head of fennel, thinly sliced
- 1 large onion, finely diced
- 1/2 cup raisins plumped by soaking in hot water for 15 minutes
- 1/4 cup white wine
- Pinch saffron
- 1 pound bucatini pasta (or spaghetti)
- 1/2 cup pine nuts, toasted
- Breadcrumbs, toasted (See Note 2)

Note 1: Sardines — first off, you can use canned sardines if you can't find fresh ones or don't want to clean them. This would be the time to buy higher-quality sardines. Use 2 or 3 4-ounce cans instead of 1 pound fresh sardines. Drain the oil and chop as indicated. If you use fresh sardines, cleaning them is messy but easy. Follow these steps: Cut off the heads and fins but not the tails; Remove the scales (they rub off with your fingers) Slit the body down the belly, remove and discard the guts and rinse under cold water.

Holding the fish in your hand, belly up, run your finger down the inside of the belly to open like a book; Remove the backbone with your other hand breaking it at the tail; Rinse again.

Note 2: Breadcrumbs, toasted – Simply toast breadcrumb in a small skillet pan over medium flame stirring constantly with a wooden spoon.

Remove to a bowl when browned (important to remove from skillet). Alternatively, add a little olive oil to the pan over medium heat. Add some anchovies and chopped garlic. Stir until the anchovies dissolve. Add breadcrumbs and stir until the breadcrumbs toast and become a dark golden brown.

Pasta con Sarde e Finocchio

(Pasta with Sardines and Fennel)

Pasta con sarde e finocchio is the national dish of Sicily, hands down. The sea offers plenty of fresh sardines and the fields are full of wild fennel. It's a seasonal pasta ranging from March through September, sardine fishing season and the fields are abundant with wild fennel. Versions, recipes of this dish vary from town to town, but the thee common ingredients are always the same: sardines, wild fennel, and raisins. The below recipe is more Americanized version and with local or canned goods.

DIRECTIONS:

Reserve 2 whole cleaned sardines (4 filets) for garnish and rough chop the remaining sardines. If using canned sardines, skip the garnish. In a small non-stick skillet, warm one tablespoon of olive oil over medium heat. Fry the reserved sardines on both sides until golden brown. Remove to a paper towel-lined plate to drain. Separate the two sardines (if using fresh sardines) into 4 fillets for the garnish. Heat the white wine (in a small bowl in a microwave for 30 seconds works great) and add the pinch of saffron. Leave to steep for 15 minutes. In a large skillet pan, heat 2 tablespoons of olive oil and sauté the fennel until golden brown. Remove to a bowl and reserve. Add 2 more tablespoons of olive oil to the pan and add the anchovies. Stir around with a wooden spoon until the anchovies have dissolved. Add the onions to the pan and saute until translucent. Add the reserved caramelized fennel. Drain the raisins thoroughly and add as well. Also add the wine with the saffron. Stir the mixture with a wooden spoon to combine well, and cook over medium heat for 10 minutes.

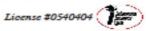
Cook the pasta to 1 minute less then the package directions. Drain but reserve some of the pasta water. Add the pasta to the pan with the sardine mixture. Over medium heat, slowly stir the sardine mixture and pasta with a wooden spoon for 1 minute to let the pasta absorb the sauce's flavor. Add a little pasta water if the mixture becomes too dry. Serve the pasta in bowls and top with the breadcrumbs and a reserved sardine fillet (if using fresh sardines). You can also drizzle a little high-quality olive oil over the pasta just before serving.



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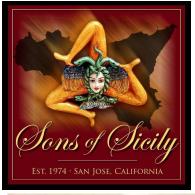
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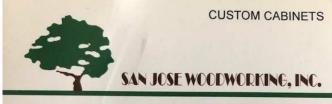
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Frati,

Sal Garofalo's wife Sandy passed away unexpectedly at home on March 4th. Please keep the Garofalo family in your prayers.

Mike and Sandra Burriesci are new grandparents. A baby girl named Ellie. Auguri.

Joe and Connie Russo celebrate 60 years of marriage this year. Congrats.

Bouna Primavera!

If you have any news to report and want it placed in next month's newsletter, please contact me before the 15th of the month at 650-670-0777 or email me at freedguidici64@yahoo.com.

Bouna Salute a Tutti e Dio vi Benedica,

Fred

Holy Week

The Holy Week Traditions in Sicily are an incredible combination of religious festivals with archaic celebrations of the rebirth of nature, of spring over winter, of life over death. They are mostly the legacy of the 17th century Spanish domination of the island, and still bear a close resemblance to current Easter traditions in southern Spain. A multitude of ancient rituals take place in various towns and villages around the island. Solemn processions and reenactments of the passion of Christ, culminate in the joyful celebrations of





Easter Sunday

with fireworks, doves, flowers and cheerful music accompanying the statue of the risen Christ meeting with that of the Madonna for the so called "'ncuontru" (encounter - the moment they meet). After the procession, people wish each other "Buona Pasqua" (Happy Easter) and go back home to share a traditional meal with the rest of the family. Both devotees and tourists attend events organized by the "confraternite" (the brotherhoods) to reenact the last days of Jesus' life until the resurrection on Easter Sunday.



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As our crab "season" ends we can say without a shadow of doubt that both were great successes! We had about 400 guests, live music and all the crab any one could eat. What a great start for our event s' Year.

The next meeting is April 1th which will be installation of officers and ladies night. The cost will be \$20/guest, call Mike if you're planning on bringing someone.

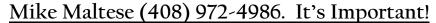
Our annual Scholarship applications for 2019 are due by March $31_{\rm st}$. They must be completed and given to Mark Taormina or Mike Maltese

by that date to be eligible for this year's program.

Save the date for all you golfers (and duffers too), May 20th will be our annual golf tournament at Spring Valley in the Milpitas foot hills. So please call either Mike Burriesci (408-316-3075) or Mike Maltese to sign up. Again, this year, the cost will be \$150/guest with both the Lunch and Dinner meals included!



For Tickets & Reservations Call





See the schedule below for a quick reference in chronological order:

April 1st — Installation of Officers — Ladies Night (\$20) call Mike Maltese



- Appetizer
- Bread & Butter
- Green Salad
- Pasta with Sugo
- Meatballs & Sausage
- Dessert



We are looking into doing a Dinner/Dance on Friday, September 27th.

Entertainer and fellow Sicilian, Frank Di Salvo, who regularly performs at Indian Wells Casino, will be hosting the evening with many favorites from Sinatra & Como, as well as traditional Italian songs.

\$40 per person includes dinner and dancing!

As changes occur, we'll keep you posted with updates.

Bob Scaletta— Social Events





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