

# La Trinaccia

SONS OF SICILY

◆  
Aprile 2026

## PRESIDENT'S MESSAGE



Brothers,

March kicked off with a great Guest Night. We had an excellent turnout and enjoyed a fantastic rib dinner together. Now let's work on turning some of those guests into new members.

We also wrapped up our second and final crab feed of the year. Another strong turnout and a great time was had by all. If you missed out this year, start planning ahead for next year's events.

Flyers for this year's Golf Tournament are now out. Be sure to reserve your spot early—these fill up fast. Scholarship applications have been received and are currently under review. No additional applications will be accepted for this year. If you have a graduating senior next year, start planning ahead now.

Our 50/50 raffle continues to work well for our regular meetings. For Guest Nights, we will continue offering raffles with gift prizes.

Looking ahead, on May 4th we will host our Male Guest Night and Membership Drive. Our goal this year is to get back to 200 members.

Emails have gone out regarding a San Jose Giants outing. If you're interested, please send an email to [sonsofsicily@yahoo.com](mailto:sonsofsicily@yahoo.com). We are exploring additional outings for this year, so check your email regularly for real-time updates from the club.

I look forward to seeing you in April at our regular business meeting.

*Frank Salciccia – President*



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## SOCIAL EVENTS



Friends,

### \*\*\*\* Annual Wine Event May 29th \*\*\*\*

Our March crab feed is in the past and everyone had a great time. We had over 350 guests, and the food and music ruled the night. Mike should have some numbers for us at the April meeting.

Our scholarship applications have closed, and the Aiuto committee is busy reviewing the individual applications. As in the past, we will have the awards presentation on July 6th at our family night meeting.

Our upcoming wine event at Joseph George's Wine Shop (1559 Meridian Ave, San Jose) will be Friday, May 29th from 5 to 6:30 p.m. The cost this year will be the same: \$75 per person or \$125 per couple. Please see Bob for tickets. This fundraiser made just over \$2,000 for the Aiuto Scholarship Fund last year.

Also, the annual golf tournament is coming June 12th at Coyote Creek Golf Club. The committee is working on making all the arrangements for another fun day of golf. So, get your foursome together and call Mike, Al (916) 799-3716, or Mike B (408) 316-3075 for tickets. The cost this year will be \$215 per golfer and will include lunch, a round of golf, and dinner. It's shaping up to be another great event!

### \*\*\*\* Call for Tickets--Mike Maltese 408/972-4986\*\*\*\*

*Bob Scaletta — Social Events*



For up to date information please check out our website —  
[www.sonsofsicilysj.com](http://www.sonsofsicilysj.com).

See the schedule below for a quick reference in chronological order

- **January 5th** — Male Guest Meeting Night
- **February 2nd** — Regular Meeting | **February 21st** — Annual Crab Feed #1
- **March 2nd** — Male Guest Meeting Night | **March 14th** — Annual Crab Feed #2
- **April 6th** - Regular Meeting
- **May 4th** - Membership Drive/Male Guest Night | **May 29nd** - Aiuto Wine Event
- **June 1st** - Regular Meeting | **June 12th - 9th** Annual Golf Tournament
- **July 6th** - Scholarship Awards & Family Night | **July 25th & 26th** - IAHF Festa
- **August 2nd** - Family Picnic/Member Meeting Day
- **September 14th** - Regular Meeting | **September 19th** - Club Trap/Skeet Shoot
- **October 4th** - Little Italy Festa | **October 5th** - Regular Meeting
- **November 2nd** - Regular Meeting
- **December 11th** - Adult Christmas Party | **December 13th** - Children's Santa Party

AIUTO FOUNDATION  
(SOS) WINE EVENT

SAVE THE DATE  
FRIDAY, MAY 29ND  
JOSEPH GEORGE  
WINE SHOP  
1559 MERIDIAN AVE  
SAN JOSE  
CA 95125



**Sons of Sicily 10<sup>th</sup> Annual Golf Event**

Proceeds raised go to the Aiuto Foundation Scholarship Program

**Save the Date - Friday, June 12th**

09:30- 10:00 AM Check-In at Coyote Creek Golf Club  
12:00 PM - Shotgun Day of Golf



**Event Includes:**

18 Holes w/Cart | Valley Course | Game Prizes and Awards  
Lunch Sandwich | On Course Drinks | Awards Dinner

Payment Due by May 1<sup>st</sup> 2026 | Openings are Limited | Please call Mike Maltese at 408-691-8487

**SOS Golf Tournament Perk**

Come get a quick tune-up before the tournament from Don Leone, PGA Northern California Teacher of the Year. Help get rid of a slice, hook, or just get tips to hit the ball straight. Meet at the Coyote Creek driving range before tee-off after you've registered for the SOS Golf Tournament. More information at donleonegolf.com.

## HEALTH & WELFARE



Fratelli,

Nothing to report this month. Have a wonderful Easter.

*Chris Zambataro — Health & Welfare*

IF YOU HAVE ANY NEWS TO REPORT, PLEASE CONTACT ME BEFORE 15TH OF THE MONTH  
TO BE PLACED IN THE LA TRINACRIA.  
CALL AT (408)813-2818 OR EMAIL AT CHRIS@ZAMBATARO.COM.

## Testicular Cancer Awareness Month

April is Testicular Cancer Awareness Month, dedicated to raising awareness about the most common cancer affecting men ages 15–44. Early detection plays a critical role in successful treatment and can often reduce the need for additional surgeries, chemotherapy, or radiation. Detecting the disease early can also lessen the financial and emotional strain on patients and their families.



Testicular cancer often appears as a painless lump, swelling, or a change in the size or feel of a testicle. Some individuals may also notice a dull ache, a heavy feeling in the scrotum, or breast tenderness. While early symptoms are usually painless, regular monthly self-exams are important for early detection.

In the United States, nearly 10,000 new cases are expected in 2026, with the average age of diagnosis at just 33. Although testicular cancer is highly curable—over 95% when detected early—about 600 deaths are still projected this year. Over a lifetime, approximately 1 in 250 men will be diagnosed with this disease.

Monthly self-exams are simple and can help detect changes early. During or after a warm shower, gently examine one testicle at a time using both hands, rolling it between your fingers with light pressure. Become familiar with the normal structures, including the spermatic cord and epididymis located at the back of each testicle. Watch for any lumps, swelling, or noticeable changes in size or shape.

This month, take a moment to raise awareness, share information, and encourage regular self-exams. Small actions can lead to early detection and save lives. Consider supporting organizations dedicated to research, education, and patient support as we work together to make a meaningful difference.

## MEMBER SPOTLIGHT

**Your name?**

Mike Maltese

**How long have you been a member of Sons of Sicily?**

Since 1982.

**How did you first become involved with the Sons of Sicily, and what inspired you to join the club?**

My uncle was in the club, and I wanted to have dinner with him once a month. I wanted to see what it meant to be Sicilian.

**What has been one of your most memorable experiences or events as a member of the Sons of Sicily?**

I was the youngest President of the Sons of Sicily at 35 years of age.

**Which Sicilian traditions do you and your family continue to celebrate, and why are they meaningful to you?**

I enjoy making homemade Italian sausage. It brings all the family together, and we reminisce about when we were young, making sausage with family members who have passed away.

**Outside of the club, what are some of your hobbies or activities you enjoy in your free time?**

I love going to sporting events, especially San Jose State football games! I enjoy spending time with family and friends.

**What does being Sicilian (or of Sicilian heritage) mean to you personally, and how do you hope to pass that legacy on to future generations?**

Being Sicilian means FAMILY. I consider the members of the Sons of Sicily all my brothers. My grandfather told me long ago, "There are two types of people: Sicilians and people who wish they were Sicilians."



WOULD YOU LIKE TO BE FEATURED IN THE MEMBER SPOTLIGHT OF THE  
LA TRINACRIA?  
IF SO, SEND AN EMAIL TO THE SONSOFSICILY@YAHOO.COM.

# RECIPE OF THE MONTH

## Sicilian Easter Cookies with Eggs

Courtesy of Nadia Fazio



### Ingredients

For baking in the center of the cookies

- 12 large eggs, at room temperature (if you choose to place an egg in each cookie)

For the cookies

- 2 large eggs
- 1 cup granulated sugar
- 1/3 cup vegetable oil, plus extra for rolling the dough
- 1/2 cup milk
- Zest of 1 lemon
- 1 teaspoon vanilla extract
- 3 1/4 cups all-purpose flour
- 3 teaspoons ammonium carbonate
- or 3 teaspoons baking powder
- 2 tablespoons colored candy sprinkles

### Instructions

For the eggs to be baked in the center of each cookie:

1. Remove the eggs from the refrigerator about 2 hours ahead of time so they can come to room temperature.
2. While preparing the cookies, place the eggs that you will be baking in a bowl and cover them with hot tap water. This will prevent them from cracking while baking.

For the cookies:

1. Preheat the oven to 350°F and line 2 baking sheets with parchment paper.
2. In a large mixing bowl, whisk together the eggs and sugar until frothy, about 2 minutes. Stir in the oil and milk. Add the grated lemon zest and vanilla.
3. Sift the flour and ammonium carbonate over the bowl. Stir with a wooden spoon until all the flour is incorporated. Use your hands to shape the dough into a ball. The dough should be soft and slightly sticky.
4. Prepare a small bowl with a spoonful or two of vegetable oil to have on hand when rolling the dough. Break off a golf ball-sized piece of dough. Dip your fingertips in the oil and roll the dough into a rope about 1/2 inch (1 cm) thick and 14 inches (35 cm) long. Fold in half and twist. Join both ends to form a circle and nestle the egg in the center of the dough. Place on the prepared baking sheets.
5. Cover with colored candy sprinkles and bake for 25 minutes, or until lightly browned on the bottom and golden on top. Transfer to a wire rack to cool.

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# PARRAMU SICILIANU



Salutamu Frati!

I'm Peter Lancaster and I've been teaching myself Sicilian for the past year and half. It's something that I've always wanted to do, but until recently, didn't think was possible.

For many of us with Sicilian roots, the language (it is a distinct language, not a dialect of Italian) exists in the back of our minds as a collection of phrases from grandparents or specific names for food.

This lesson focuses on the "soul" of Sicilian: its unique sounds and the core vocabulary that connects the diaspora to the island.

## 1. The "U" and the "I" (Phonetics)

The most immediate difference between Standard Italian and Sicilian is the vowel endings. While Italian loves o and e, Sicilian leans heavily into u and i.

- **The "U" Ending:** In Italian, "the cat" is il gatto. In Sicilian, it is lu jattu.
- **The "I" Ending:** In Italian, "the sun" is il sole. In Sicilian, it is lu sulì.

## The Retroflex "DD"

This is the "secret handshake" of Sicilian speakers. When you see a double d (like in the word bedda), it isn't pronounced like a flat English "d." You curl your tongue back slightly against the roof of your mouth to create a "dr" or "ddh" sound.

- **Bedda** (Beautiful) — pronounced beh-ddha.
- **Cavaddu** (Horse) — pronounced ca-vah-ddhu.

## 2. Essential Vocabulary

These are words that carry deep cultural weight. You may recognize some of these from family gatherings.

English	Sicilian	Notes
Hello / Greetings	<i>Salutamu</i>	A respectful, classic way to say hello.
How are you?	<i>Comu si'?</i>	Short and rhythmic.
Good	<i>Bonu</i> (m) / <i>Bona</i> (f)	Often used to describe food or people.
Work	<i>Travagghiu</i>	From the Spanish <i>trabajo</i> ; very different from Italian <i>lavoro</i> .
Child/Boy / Girl	<i>Picciriddu</i> / <i>Picciridda</i>	One of the most famous Sicilian words globally.

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## PARRAMU SICILIANU (CONTINUED)

### 3. A Simple Conversation

Practice saying these aloud to get the "song" of the language right.

- **Tano:** Salutamu! Comu semu? (Greetings! How are we?)
- **Ninu:** Tuttu bonu, pi fortuna. E tu? (All good, luckily. And you?)
- **Tano:** Campamu! (We're surviving! / Getting by!)

This shows the collective "we" often heard in language, which is indicative of the Sicilian worldview. When you ask how someone is, you aren't just asking about their individual health—you are asking about their household, their family, and their general state of being as part of a unit.

The reply Campamu is particularly "Sicani" (ancient Sicilian). It carries a bit of that famous Sicilian stoicism. It's a way of saying, "Despite the heat, the work, and the history, we are still breathing." It's humble and avoids "bragging" to the universe about being too good, which some old-timers believe invites the "evil eye" (malocchiu).



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