

La Trinaccia

SONS OF SICILY

Agosto 2026

PRESIDENT'S MESSAGE

Brothers,

Aiuto Scholarships were presented to six deserving recipients at our Family Night on July 6th. It was a wonderful evening with excellent food and great company among family and friends.

Our busy summer continues.

We are preparing for the IAHF Italian Festival on July 25th and 26th, where we will host booths featuring sausage sandwiches and ravioli. Please come out and show your support for the club and our community.

On Sunday, August 2nd, we will hold our annual Family Picnic. This event will take place in lieu of our regular Monday meeting, and members may attend free of charge. There will be games for both children and adults, and all are welcome—this is truly a family and friends event. The Women's Club will be coordinating the raffle and games. It promises to be a great day with outstanding food.

On September 19th, we will host our annual Trap/Skeet Shoot. Please refer to Social Events for additional details.

As always, please check your email throughout the month for updates on social events and general announcements. Email remains our most effective way to communicate with members in real time.

I look forward to seeing you and your families at the picnic.

Frank Salciccia – President



Inside this Issue:

President's
Message

Social Events

Events Calendar

Health & Welfare

Member
Spotlight

Recipe of the
Month

Parramu
Sicilianu

Sponsors

Contact
Information

SOCIAL EVENTS

Friends,



**** SOS Family Picnic on August 2nd ****

Our Annual Family Picnic will be held at Napredak Hall in the lawn area on Sunday, August 2nd. This is a combined club meeting and annual family picnic. The price for non-members will be \$30 for adults, \$15 for children under 12, and free for ages 5 and under. Please contact Mike by Monday, July 27th, with your guest count. Members are free.

The IAHF has its annual Festa scheduled for July 25th and 26th at San Jose History Park, located at Senter Rd. and Phelan Ave., from 10 a.m. to 6 p.m. on Saturday and 11 a.m. to 5 p.m. on Sunday.

Unlike the Gilroy Garlic Festival (\$35 admission), this one is free to all. The Turcos (Rodney Sr. and Rodney Jr.) are chairing the Sausage and Ravioli booths. Please give them a call to volunteer to help on either Saturday or Sunday. Rodney Sr. at 408-426-7899 and Rodney Jr. at 408-239-3266.

Our annual Trap & Sheet Shoot fundraiser is scheduled for Saturday, September 19th, at the Metcalf Rd. County Range. The cost will be \$75 per shooter. Bring two boxes of shells (can be purchased at the range). The event will be from 10 a.m. to 4 p.m., and lunch will be included. Call Big Joe Zambataro at (408) 813-0551 or Craig Palermo at (408) 690-5339.

Bob Scaletta — Social Events

**** Call Mike Maltese for Tickets at 408-972-4986 ****

EVENTS CALENDAR

For up to date information please check out our website — www.sonsofsicilysj.com.
See the schedule below for a quick reference in chronological order

- **July 25th & 26th** - IAHF Festa (Rodney Sr. & Jr. will be chairs this year)
- **Aug. 2nd** - Family Picnic/Member Meeting Day (Call Mike for tickets)
- **Sept. 14th** - Regular Meeting
- **Sept. 19th** - Club Trap/Skeet Shoot (Call Big Joe Zambataro or Craig Palermo)
- **Oct. 4th** - Little Italy Festa
- **Oct. 5th** - Regular Meeting
- **Oct. 16th** - Wine Event
- **Nov. 2nd** - Regular Meeting
- **Dec. 11th** - Adult Christmas Party
- **Dec. 13th** - Children's Santa Party

IAHF FAMILY FESTA SAN JOSE VOLUNTEERS NEEDED

**WE ARE SEEKING VOLUNTEERS FOR THE
FOLLOWING DATES AND SHIFTS:**

FRIDAY EVENING – JULY 24

**PEPPER PREPARATION FOR THE ITALIAN SAUSAGE
SANDWICH BOOTH**

SATURDAY – JULY 25

AM SHIFT: 8:00 A.M. – 1:00 P.M.

PM SHIFT: 1:00 P.M. – 6:00 P.M.

SUNDAY – JULY 26

AM SHIFT: 8:00 A.M. – 1:00 P.M.

PM SHIFT: 1:00 P.M. – 6:00 P.M.

**VOLUNTEERS ARE NEEDED FOR BOTH:
SAUSAGE SANDWICH STAND
RAVIOLI STAND**

**TO VOLUNTEER, PLEASE REPLY TO THIS EMAIL OR
CONTACT:**

RODNEY TURCO SR. (RAVIOLI STAND)

(408) 426-7899

RODNEY TURCO JR. (SAUSAGE SANDWICH STAND)

(408) 239-3266

SONS OF SICILY ANNUAL

FAMILY PICNIC



**SUNDAY, AUGUST 2ND
FOOD, FAMILY & FUN**

TIME: 10:30 A.M. (LUNCH AT 1:00P.M.)

**LOCATION: NAPREDAK HALL, 770 MONTAGUE
EXPRESSWAY, SAN JOSE, CA 95131**

**COST: MEMBERS FREE, ADULT GUESTS \$30 CHILDREN
(5-12)\$15 CHILDREN UNDER 5 FREE**

**TO RSVP, PLEASE CONTACT: MIKE MALTESE AT
(408) 972-4986**

THE DEADLINE TO RSVP IS JULY 27.

SAVE THE DATE

SONS OF SICILY PRESENTS

— A DAY OF — TRAP & SKEET SHOOTING

DATE: SATURDAY, SEPTEMBER 19
TIME: 10:00 AM TO 2:00 PM
PLACE: THE SANTA CLARA SPORTS
FIELD PARK, 9580 MALECH ROAD
SAN JOSÉ, CA 95013
COST: \$75. INCLUDES LUNCH

DUST OFF YOUR SHOT
GUN, BRING TWO BOXES
OF SHELLS, AND HAVE
SOME FUN!

CALL CRAIG PALERMO AT
408-690-5339
OR
BIG JOE ZAMBATARO AT
408-813-0551



HEALTH & WELFARE



Fratelli,

Our brother, Freddy Spitalere passed away on July 1 at the age of 95.

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.

NATIONAL WELLNESS MONTH

August is National Wellness Month—a time to pause, prioritize self-care, reduce stress, and focus on building healthier habits that can help us feel and live our best. While life can be busy with work, family responsibilities, education, and countless daily demands, our health should never be pushed to the back burner. Taking care of ourselves is not selfish; it is an important investment in our future.

Wellness is about more than simply adding years to our lives. It is also about longevity, which includes both our lifespan—how long we live—and our healthspan—how many of those years we spend healthy, active, independent, and enjoying a good quality of life. The goal is not merely to live longer, but to live better for as long as possible.

The good news is that wellness does not require dramatic, life-changing decisions. Small, consistent choices made each day can lead to meaningful long-term results. This August, consider taking simple steps toward a healthier lifestyle:

- Drink more water and stay properly hydrated.
- Add more fruits and vegetables to your meals.
- Prioritize quality sleep and develop better sleep habits.
- Stay physically active by walking, stretching, or joining a fitness class.
- Practice meditation or other techniques to manage stress and promote relaxation.

During National Wellness Month, challenge yourself to choose one healthy habit and make it part of your daily routine. Whether it is taking a walk, drinking more water, improving your sleep, or simply taking a few quiet moments to recharge, small changes today can contribute to a healthier tomorrow.

This August, let's celebrate wellness by making our health a priority—not just for a longer lifespan, but for a longer healthspan filled with vitality, independence, and quality of life. After all, the best investment we can make is in ourselves.

MEMBER SPOTLIGHT

Your name?

Anthony (Tony) Cefalu

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

I joined in the spring of 2022, a little over four years ago.



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

Fred Guidici sponsored my membership, along with Brother John and me, and we immediately joined. What inspired me? Oh, so many things, but mostly just being around fellow Sicilians and telling stories.

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

Reconnecting with my cousin Joe Cefalu (on my father's side) and with the Lomonaco family (on my mother's side). Being around family and sharing stories is a thrill for me; I can't get enough. When fellow members of S.O.S. tell me something they remember about my family, I absolutely love it. My wife and I love the crab feeds, all the Ladies' Nights, Christmas get-togethers, and the BBQs.

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

For all the major holidays—Christmas, Easter, and Thanksgiving—ravioli is a must, along with my homemade sauce, gravy, sugo, whatever you want to call it. LOL. And then I make my cannoli filling. I enjoy having family sitting around the table, talking, laughing, and sharing recipes and stories. Chestnuts, coffee, and dessert are always served.

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

My wife and I love to go on cruises. We've done 26 and never get tired of it. I love having a garden with tomatoes, zucchini, string beans, peppers, and basil. I'm a fantasy football junkie (Brother Johnny started a league back in 1982). I love all sports and am a big-time L.A. Rams and L.A. Dodgers fan. We love to get out and explore places using our county park and state park passes. Gotta stay active, right?

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?

Never, never, never stop telling the stories to the younger generations. To me, it's very important, even if you've told that same story over and over again. I love talking to fellow S.O.S. members about their families and history and how their families came over. I find it so fascinating. One thing that is always in common is that Sicilians are hard workers and have a great work ethic. I am so thankful for how my dad raised me.

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

Brioche col Tuppo

Courtesy of Rodney Turco Jr

Ingredients

Dough

- ½ cup warm milk
- ½ cup warm water (105–107°F)
- 1 tablespoon honey
- 2¼ teaspoons active dry yeast
- 1 rounded tablespoon orange zest
- 2 teaspoons vanilla extract
- ⅓ cup white sugar
- 2 large eggs, beaten
- ½ cup unsalted butter, melted
- 1½ teaspoons kosher salt
- 4½–5 cups all-purpose flour

For Finishing

- 1 egg (for egg wash)

Directions

1. In the bowl of a stand mixer, combine warm milk, warm water, and honey. Whisk in yeast and let sit 20 minutes, until foamy.

2. Add orange zest, vanilla, sugar, eggs, melted butter, salt, and 4½ cups flour. Using a dough hook, knead on low speed until dough comes together. Increase speed slightly and knead 8–10 minutes, until soft, smooth, and elastic. If dough is too wet after 5 minutes, add small amounts of flour as needed.

3. Shape dough into a ball. Place in a lightly buttered bowl and cover. Let rise about 2 hours, or until doubled in size.

4. Transfer dough to a work surface and press out air.

Shape into a log and divide into 8 equal portions (use a scale for accuracy). From each portion, remove 15–20% of the dough to form the “tuppo” (top knot). Roll larger pieces into smooth balls and place seam-side down on a lined baking sheet.

Roll smaller pieces into smooth balls.

Make a deep well in the center of each large bun.

Slightly taper one end of the small ball and press it into the well, half inside and half above the surface.

5. Place shaped buns in a turned-off oven. Let proof about 1 hour, until doubled in size.

6. Preheat oven to 350°F.

Brush buns gently with egg wash.

Bake 20–25 minutes, until golden brown.

Cool 5 minutes on pan, then transfer to a wire rack to cool completely.



BOARD OF DIRECTORS

President

Frank Salciccia
408-461-1175

Vice-President

Fred Guidici
650-670-0777

Secretary

Ron Palermo
408-425-8172

Treasurer

Mike Maltese
408-972-4986

Food Services

Mark Taormina
408-265-4822

Social Events

Bob Scaletta
408-448-7247

Health & Welfare

Chris Zambataro
408-813-2818

Alternate

J.C. Zambataro
408-784-9590

Financial Secretary

T.J. Blau
650-274-2944

Sergeant at Arms

Craig Palermo
408-690-5339

Membership

Little Joe Zambataro
408-828-7960

Parliamentarian

Big Joe Zambataro
408-813-0551

Advisor/Past President

Jonathan Taormina
408-781-8870

Communications

Rodney Turco Jr
408-239-3266

PARRAMU SICILIANU



Benvenuti a la quarta lezzioni! In Sicilian culture, the Sunday meal (la duminica) isn't just lunch—it's an institution. It's where generations gather, stories are retold, and the family dynamic plays out over multiple courses.

Building on our family lessons, today we step into the kitchen and around the Sunday table (la tavula)

1. At the Table: Essential Items & Commands

Notice how many of these words drop initial vowels or swap consonants compared to Italian, while keeping those "u" endings.

English	Sicilian	Pronunciation	Notes
The Table	La Tavula	la TAH-voo-lah	Uses u instead of Italian tavola.
Bread	Lu Pani	loo PAH-nee	Essential to every meal; never wasted.
Wine	Lu Vinu	loo VEE-noo	Classic "u" ending.
Water	L'Acqua	LAHK-wah	Hard, crisp 'k' sound.
Pass me...	Pàssami...	PAHS-sah-mee	Direct and warm.
Eat!	Mancia! (s) / Manciamu! (pl)	MAHN-cha! / mahn-CHAH-moo	Hard "ch" sound or soft "sh" sound.

2. Classic Sunday Dishes (I Piatti)

If you visit family in Sicily—whether near Palermo, or the eastern coast—these staples often anchor the Sunday table. Notice how the sounds we've practiced show up in their names:

1. *Pasta 'o Furnu* (Baked Pasta)

- **Pronunciation:** PAH-stah oh FOOR-noo
- **The Grammar & Sound:** Notice how al forno in Italian becomes 'o furnu in Sicilian (the preposition a and article lu contract to 'o, and forno takes the u endings).

PARRAMU SICILIANU (CONTINUED)

- **What it is:** The star of Sunday lunch across the entire island. Short pasta layered with a rich meat ragù, fried eggplant slices, hard-boiled egg, peas, and melted caciocavaddu or tumazzu cheese, all baked until crispy on top. (In Palermo, it's often made with ring-shaped anillitti; in Messina, it's called [Pasta 'Ncasciata](#)).
- 2. [I Cannoli vs. Lu Cannolu](#)
 - **Pronunciation:** loo cahn-NOH-loo
 - **Grammar Check:** In English, we say "one cannoli," but in Sicilian, singular is **lu/u cannolu**, and plural is **i cannoli**.
- 3. [La Caponata](#)
 - **Pronunciation:** lah cah-poh-NAH-tah
 - **What it is:** The iconic sweet-and-sour eggplant dish, showcasing the Arab influence on Sicilian cuisine through the mix of sugar, vinegar, pine nuts, and raisins.

3. Sunday Table Etiquette & Cultural Expressions

Table manners in a Sicilian household are about hospitality, generosity, and community. Refusing food outright is an art form, as hosts love to shower guests with extra helpings.

- **"Mancia, mancia!"** (Eat, eat!) — The universal mantra of any Sicilian matriarch or host.
- **"Saziu/a"** (Full / Satisfied) — When you genuinely cannot eat another bite, you say: **"Sùnnu saziu!"** (I am full!).
- **"Bon appetitu!"** (Bon Appétit!) — Said before breaking bread. The traditional response is **"Grazi, àttrèttantu!"** (Thank you, same to you!).

4. Sunday Dinner Dialogue

Here is a typical exchange around 2:00 PM on a Sunday afternoon:

- **Nanna:** Figghiu miu, pàssami lu vinu. E serviti n'àutru pocu di pasta 'o furnu! (My child, pass me the wine. And serve yourself a little more baked pasta!)
- **You:** Nanna, sùnnu saziu! Ma a pasta 'o furnu è troppu bona. (Grandma, I'm full! But the baked pasta is too good.)
- **Nanna:** Poca robba! Mancia! (Nonsense! / It's a tiny bit! Eat!)

Review: Sound & Rule Check

1. **The "O Furnu" Shift:** Forno → Furnu (vowel shift to **u**).
2. **Collective Plural:** Remember our earlier lesson—when the family sits down, you'll hear **"Manciamu!"** (We are eating! / Let's eat!).

Peter Lancaster — Parramu Sicilianu



Anastasi

Pasquale Anastasi, Esq.

Business & Trust Attorney

831.661.0771 pasquale@anastasiesq.com

Campbell • Indian Wells • Capitola

Mark Barnao, CPFATM, CRPCTM

Managing Director
Senior Financial Advisor
Portfolio Manager

Merrill Lynch Wealth Management

560 S. Winchester Blvd, Suite 500

San Jose, CA 95128

408.554.7907 T 800.937.0903 Ext. 7907

mark_barnao@ml.com

in/mark_barnao



MERRILL
A BANK OF AMERICA COMPANY

David Conti

Real Estate Professional, MBA

CalBRE# 02045711

408.896.4081

david.conti@kw.com

davidconti.kwrealty.com



KELLER WILLIAMS
16185 Los Gatos Blvd., Ste. 205
Los Gatos California 95032

CalBRE# 01526679 Each Office Independently Owned and Operated



CHUCK ARUTA

Floor Contractor, Inc.

- HARDWOOD - CARPET - VINYL - LAMINATE -

1-408-605-1947

1-408-267-5245

1527 ARBUTUS DRIVE

SAN JOSE, CA 95118

chucksfloors@gmail.com



exceeding expectations, every time

Roy Sanfilippo

Senior Personal Insurance Specialist
Branch Manager

888 N First St Ste D

San Jose, CA 95112

Phone (408) 971-8082

Fax (408) 971-9295

rsanfilippo@inszoneinsurance.com

License 10F82764

www.inszoneinsurance.com



*Lima-Campagna-Alameda
Mission Chapel*

600 S. Second St.
San Jose, CA 95112

SAM J. CAMPAGNA

JOE LIMA

VINCE LIMA

FD# 1969

FDRE 575

CA INS# 07301889

Ph: (408) 288-9188

Fax: (408) 288-9189

Giovanni's Pizzeria

Pizza • Pasta • Calzone

Best New York Pizza ☆☆☆ Mercury News

Voted By Pizza Magazine As One
Of The Top 100 Pizzerias In the Country



408-734-4221

Fax 408-734-9523

1127 Lawrence Expressway
Sunnyvale, CA 94089

Hours: Mon-Sat 11:00 to 930
Closed Sunday



Wang Accountancy Corp.

王張會計師事務所

Jung-Mei (Rosemary) Wang

CPA, MBA, Master of Taxation

總裁 President

2185 The Alameda, Ste. #900
San Jose, CA 95113

Tel: (408) 998-1688

Fax: (408) 998-1689

Cell: (408) 966-8014

E-Mail: rosemary@wangaccountancy.com

NORTHPOINT
TAX, WEALTH & BUSINESS ADVISORY

**MINIMIZE LIFETIME TAXES,
MAXIMIZE LIFETIME WEALTH**

We offer personalized wealth management services designed to help you build, preserve, and grow your wealth for generations to come.

- Retirement & Estate Planning
- Tax Planning and Preparation
- Investment Management
- Business & Financial Strategy
- Business Valuation and Sale Process
- Risk Management




Justin Patellaro, CFA, CPA, CFP®
(925) 315-5563
justinpatellaro@northpoint-wealth.com
<https://northpoint-wealth.com/>

Trio Wellness
MANICURE • PEDI • THERAPY

TrioSpa
Massage • Facials • Waxing

NEW CLIENT SPECIAL OFFERS



(408) 985-1544 • www.TrioSpa.net
1585 The Alameda, San Jose, CA 95126
In-Studio • On Location • In-Home
Corporate Functions • Health Fairs • Sporting Events • Spa Parties

10% OFF 10% OFF Any Waxing Service *Applicable to waxing services of \$50 or more www.TrioSpa.net (408) 985-1544	\$10 OFF Couples Massage & Massage/Facial Combo *Applicable to services of \$90 or more www.TrioSpa.net (408) 985-1544	10% OFF Corporate Events & Spa Parties Mobile Onsite www.TrioSpa.net (408) 985-1544
--	--	---

Ed & Kathy Cefalu, Owners & Practitioners
1585 The Alameda, San Jose, CA 95126
(408) 985-1544 / www.TrioSpa.net



Sons of Sicily
EST. 1974 • SAN JOSE, CALIFORNIA

P.O. Box 6856
San Jose, CA 95150-6856
Email: sonsofsicily@yahoo.com
Website: sonsofsicilysj.com

Know someone interested
in joining the club.
Have them scan the
QR code to join
the Sons of Sicily.

