



LA TRINACRIA

SONS OF SICILY

DECEMBRE, 2018



PRESIDENT'S MESSAGE

Joe Zambataro

I wanted to begin by thanking everyone who stayed for last month's meeting, especially for your attention and patience. As with any organization or even our families we all occasionally need to open up and clear the air. It's not fun and often uncomfortable, but in the end it is necessary and helpful. So again, thank you all for your understanding, patience, and especially the civility shown by everyone.



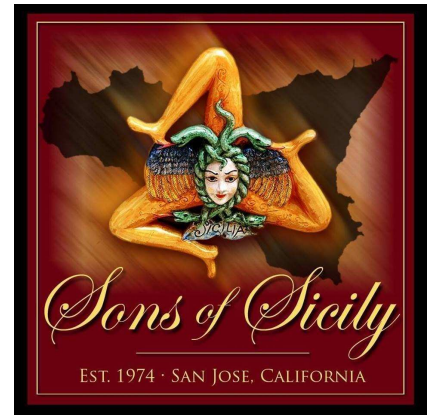
On a much lighter note I wanted to wish each of you a wonderful Christmas with your friends and family. During this holiday season we do have some unfortunate reminders of the importance of the tradition of giving during the holiday season. Our friends and neighbors to the North and South are dealing with unimaginable suffering. *Lu friddu e lu pitittu fannu lu mussu afflittu.* So please keep the victims of the fires in your thoughts and prayers, and give generously to the relief efforts if you can. Also please keep in mind the brothers we lost during 2018, and those who are having difficult times right now. We wish them all a speedy recovery.

Finally, I hope all of you have made your plans to attend both the Adult Christmas Party, and the Children's Christmas Party. Our cooks have a great meal planned, and our Woman's Club has offered to provide dessert and a few other surprises. If you have not already done so, you must call Mike Maltese to reserve a seat.

Buon Natale,

Joe

CALENDAR OF EVENTS



- December 14th —
Adult Christmas Party
- December 16th —
Children's Santa Party
- January 7th —
Guest Night Meeting

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Sicilian Word Of The Month:

siminari *v.t.* To sow, to seed, to inseminate.
Chiddu chi si simina s'arricogghi.
Eng. You reap what you sow.


RECIPE
of the
MONTH



- 1 lb. cubed boneless short rib
- 2 large potato peeled and cubed
- 2 carrots peeled and cubed
- 2 onions peeled and cubed
- 2 zucchini cleaned and cubed
- 2 stalks of celery cleaned and cubed
- 1-cup fresh peas
- 3 quarts beef stock
- 12 ounces of Italian tomatoes chopped
- 1 pc. Parmigiano rind
- 1-cup spagna beans
- 1-cup ceci beans
- 2 cups cooked faro
- Salt
- Fresh ground pepper
- Extra virgin olive oil



Minestrone al Manzo

Some of the earliest origins of minestrone soup pre-date the expansion of the Latin tribes of Rome into what became the Roman Republic and later Roman Empire, when the local diet was "vegetarian by necessity" and consisted mostly of vegetables.

During this time, the main dish of a meal would have been *pulte*, a simple but filling porridge of spelt flour cooked in salt water, to which whatever vegetables were available would have been added.

It was not until the 2nd century B.C., when Rome had conquered Italy and monopolized the commercial and road networks, that a huge diversity of products flooded the capital and began to change their diet, and by association, the diet of Italy most notably with the more frequent inclusion of meats, including as a stock for soups.

Instructions:

1. In an 8-quart saucepan at medium heat add 2 ounces of olive oil. Season short rib cubes with salt and pepper, heat pan and then add cubed short rib. Continue to cook until beef cubes are browned approximately 6-8 minutes.
2. Add vegetables to saucepan with beef and continue to cook for 3-4 minutes to integrate flavors.
3. Add 2 quarts of beef stock and chopped Italian tomatoes.
4. Add Reggiano Parmigino rind.
5. Continue to cook at medium heat for 30 minutes, until vegetables are soft.
6. Add beans, peas and farro and continue to cook for 10 minutes.
7. When the soup thickens it is ready to serve.
8. Serve in a deep bowl, toast a piece of ciabatta bread and drizzle olive oil, and grate fresh cheese on top.

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Fрати,

John Zoria has been in the hospital with Gallbladder and Kidney stone ailments. Please pray for a quick recovery.

Chuck Aruta's father Angelo passed away at the age of 92. Please keep the Aruta family in your prayers.

Bouna Natale e Boun Annu

If you have any news to report, please contact me before the 15th of the month if you want it placed in next month's newsletter at 650-670-0777 or email me at fredguidici64@yahoo.com.

Bouna Salute a Tutti e Dio vi Benedica,

Fred

Christmas In Sicily –

Christmas celebrations in Sicily begin in earnest on 8th December, when families traditionally start decorating their homes for the festive season. While Christmas trees are now common, it was only during the 2nd World War, during the Allied occupation that they first became popular. A much more widespread custom is the nativity scene. While popular all over Italy, Sicily is probably second only to Napoli in the magnificence of its "Presepi", which can be found in most homes and the vast majority of churches. One of the most intriguing nativity scenes on the island is the "Presepe Vivente" practiced in many villages in which the locals dress up and re-enact the Nativity from 25th December to Epiphany.



Gastronomically speaking, there is no one particular dish that all Sicilians eat at Christmas. However, such important festivities call for groaning tables and banquets of epic proportions. Serious eating begins on the evening of 24th December and continues for 24 hours. As might be expected in the land of cassata and cannoli, sweets and desserts are of equal importance. The most traditional of these are uccidati or cuccidati (depends which side of the island you're from), large round biscuits filled with almond paste or dried fig paste. Presents are opened after dinner on Christmas Eve and huge family gatherings are considered par for the course.

If all that wasn't enough, barely a week later it is time for another "cenone" (literally big dinner) to celebrate the New Year. Traditionally lasagna is supposed to bring good luck (though other types of pasta certainly won't!) but more and more people are now turning to the more Italian tradition of eating lentils, which auger wealth. However, once more, what you eat is not so important – the essential thing is that there must be copious quantities and that at midnight a bottle or two of spumante are chilled to perfection and ready to pop.

The final curtain comes down on Christmas on Epiphany on 6th January. Children jiggle with excitement as they wait for the arrival of La Befana an ugly witch-like figure who distributes sweets to children who have been good, and coal to those who have not.



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We just have two events left for the year!

The adult Christmas party is scheduled for Friday December 14th at Napredak Hall. This will again be a club-sponsored event which means that we will be cooking and working with the women’s club to provide all the activities. The women’s club will be running the raffle and making dessert. (can’t wait)

Then we have the annual Kids party on Sunday December 16th and of course, Santa will make an appearance in the early afternoon. All the

kids will get presents if you call Mike with the **age** and **gender** of each child (12 and under) so it’s essential that you call Mike with that information.

And then we will be starting off the New Year with our first guest night on January 7th, so please plan to bring a potential new member to enjoy our club’s first guest meeting of the year.



For Guest Night Reservations Call
Mike Maltese (408) 972-4986. It’s Important!



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

December 14th — Adult Christmas Party at Napredak Hall



- ◆ Appetizer—Assorted Cold Cuts & Cheese
- ◆ Bread & Butter
- ◆ Salad
- ◆ Pasta
- ◆ Prime Rib and Salmon
- ◆ Sicilian Dessert

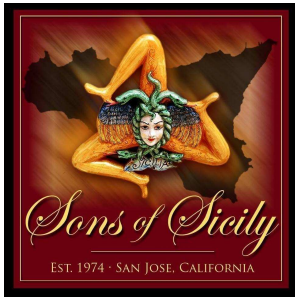
December 16th — Children’s Santa Party at Napredak Hall

January 7th — Guest meeting night at Napredak Hall

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

Bob Scaletta— Social Events





LA TRINACRIA



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