



# LA TRINACRIA

SONS OF SICILY

FEBBRAIO, 2019



## PRESIDENT'S MESSAGE

Joe Zambataro

Fratelli

Hopefully this note finds each of you doing well. The cold wet winter brings the promise of spring. *Pri l'annu novu crisci lu jornu quant' un passu d'omu.* Personally, I am looking forward to an early end of this winter. Those of you who made it to the January guest night, enjoyed a fantastic dinner featuring breaded meat. I'm pretty sure everyone left happy, and I'm certain no one left hungry. A huge thanks to the cooks and bartenders for another great job!



Our next meeting will be a regular business night, and the cooks are working on another great dinner, so please plan to attend. Also, February 9<sup>th</sup> will be the first of our two Crab Feeds. If you don't already have your tickets, I'm afraid you may be out of luck for this one. However, there are still tickets available for the Crab Feed on March 9<sup>th</sup>. If you're interested, please contact Mike Maltese as soon as possible as tickets for March are going quickly as well. The crab feeds are one of our most important fundraisers, and by far one of our most fun events of the year. So please grab a few friends and family and show them how much fun the Sons of Sicily Crab Feed can be!

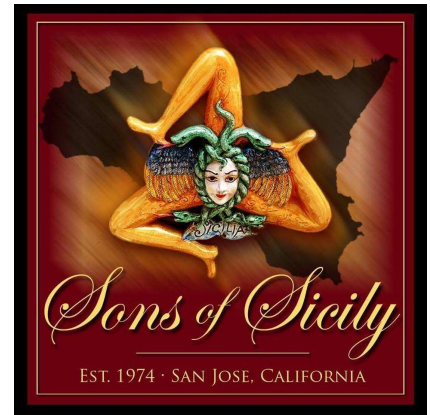
Finally, if you're reading this and have not paid your dues yet – you're late! As we have mentioned often, the club has not raised dues in quite some time. We are increasingly relying on fundraisers to cover expenses. Between Christmas and the crab feed, covering our expenses gets tougher every year. It's important that everyone get your dues paid on time.

Looking forward to seeing everyone at the next meeting and at the Crab Feed.

Grazie,

Joe

## CALENDAR OF EVENTS



- February 4th —  
*Nomination of officers*
- February 9th —  
*Annual Crab Feed #1*
- February 9th —  
*Election of officers*
- March 9th —  
*Annual Crab Feed #2*

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### Sicilian Word Of The Month:

**mari** *n.m.* Sea. Cu' è a mari navica, e cu' è a terra giudica.  
*Eng. Those in trouble worry and fret, while others adjudicate.*  
*Lit. Those at sea navigate, those on land adjudicate.*

  
**RECIPE**  
*of the*  
**MONTH**



(Serves 6 to 8)

- 4 eggplants, cut into half-inch cubes, leaving skin on, salted and placed in a colander to drain.
- 1 whole celery, cut into pieces about 1/2 inch long, rinsed a few times.
- 1 cup olive oil
- 2 large onions, diced
- 1/2 lb green olives, pitted and cut in half
- 1/4 lb salted capers, thoroughly rinsed
- 2 tablespoons tomato paste
- 1 cup vinegar
- 1½ tablespoons sugar
- Salt and fresh ground black pepper
- Basil leaves for garnish

## Caponatina (Eggplant Salad)

Caponatina or Caponata is a Sicilian eggplant dish consisting of a cooked vegetable salad made from chopped fried eggplant and celery seasoned with sweetened vinegar, with capers in a sweet and sour sauce. Numerous local variations of the ingredients exist with some versions adding olives, carrots and green bell peppers, and others adding potatoes, or pine nuts and raisins. Today, caponata is typically used as a side dish for fish dishes and sometimes as an appetizer, but since the 1700s it has also been used as a main course.

### PREPARATION

#### The Sauce

Boil celery in lightly salted water for 15 minutes. Drain and reserve liquid. In a 5 ½-quart sauté pan, heat 4 tablespoons of olive oil over a medium flame. Add onions and, after 5 minutes, add olives and capers. Cook for 5 minutes. Add tomato paste diluted in about a cup of the reserved liquid and cook for 5 additional minutes; then add celery. Simmer until celery is tender. If the mixture is too thick, add some reserved liquid. Add the sugar diluted to the vinegar and cook a few more minutes. Salt and pepper to taste.

#### The Eggplants

Pat dry the eggplants with a clean kitchen towel or paper towels. Fry the eggplant in hot oil and place on paper towels to drain excessive oil.

#### Assembling the Caponatina

In a baking dish, layer the mixture and the fried eggplant, finishing with the eggplant. Bake for 20 minutes at 350'. Garnish with basil. This dish tastes better when served at room temperature.



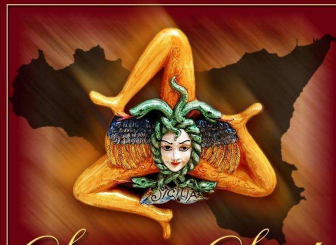
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[fredguidici64@yahoo.com](mailto:fredguidici64@yahoo.com)

Frati,

Tony Pappalardo passed away on December 27th of Pancreatic Cancer. Born in Lawrence Massachusetts and raised in San Jose. He was 79.

Dino Pecoraro passed away on January 7th. He had been in the hospital with a liver ailment since December.

Long time brother Gene Sanfilippo passed away on January 18th.

Please keep our brothers families in your thoughts and prayers during this difficult time.

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 [fredguidici64@yahoo.com](mailto:fredguidici64@yahoo.com).

Bouna Salute a Tutti e Dio vi Benedica,

Fred

**Sicilian Language**

Contrary to popular belief, Sicilian is not a dialect, it's its own language with various dialects spoken throughout the island.

Thousands of years ago the island of Sicily was occupied by the original Sicilians, the most well-known being the Siculi. These people spoke a language that has not been spoken for millennia, but some words (mainly local names for plants) still survive in modern Sicilian.

Once the Phoenicians and later the Ancient Greeks arrived, the indigenous peoples and their language were eventually supplanted. Dialects of Greek were mainly spoken in Sicily until the arrival of the Romans after the First Punic War. It was then that Sicilian received a substantial Latin influence but Greek continued to be the main language for centuries.



With the fall of Rome and the conquests of the Byzantine Emperor Justinian, Greek was further solidified as the Lingua Franca for most of Sicily. However, a new layer would be added to the Sicilian language with the arrival of the Saracens from North Africa. The invasions did not stop there of course as the Normans, Hohenstaufens, Angevins and Aragonese all took turns ruling Sicily. While not every conqueror influenced the local language, most of the major occupiers have at least bequeathed a few words and phrases which have helped to make Sicilian so colorful.

**BOARD OF DIRECTORS**

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*Dave Geraci 408-833-3916*

**Treasurer**

*Mike Maltese 408-972-4986*

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**Social Events**

*Bob Scaletta 408-448-7247*

**Health & Welfare**

*Fred Guidici 650-670-0777*

**Alternate**

*Chris Zambataro 408-813-2818*

**Advisor/Past President**

*Mark Taormina 408-265-4822*

**Financial Secretary**

*John Cortese 408-238-0361*

**Sergeant at Arms**

*Russ Battaglia 408-472-3031*

**Membership**

*Steve Salciccia 408-298-8700*

**Parliamentarian**

*Big Joe Zambataro 408-813-0551*



We started off the New Year with a great guest night and had several new applications for membership. Thanks to everyone for helping attract and keep new members.

The next meeting is February 4th and we will have nominations for all elected offices. If you are interested in helping guide our club, please consider running for an office. Then we have our first crab feed on Saturday February 9th with 99% of the tickets sold as of this writing. But don't worry we still have tickets available for the March 9th Crab Feed (See Mike Maltese at the February meeting).

March 4th will be the Election of Officers and April 1st will be the Installation of Officers.

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.

Side note: Our freezer in the shed went out and can't be fixed. Please, let Mike Maltese know if you have a working freezer you would like to donate to the Club.



For Tickets & Reservations Call



Mike Maltese (408) 972-4986. It's Important!



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

**February 4th** — Regular meeting—nomination of officers

- ◆ Appetizer-Chicken Wings
- ◆ Bread & Butter
- ◆ Salad—Caesar with Capers
- ◆ Pasta Carbonara
- ◆ Pork Piccata

**February 9th** — First Crab Feed. Tickets \$60 each. (Almost sold-out)

**March 4th** — Regular meeting — Election of Officers

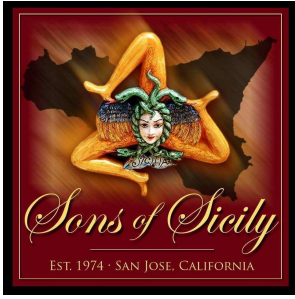
**March 9th** — Second Crab Feed. Tickets \$60 each. (see Mike Maltese)

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

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

*Bob Scaletta— Social Events*





# LA TRINACRIA



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