



# LA TRINACRIA

SONS OF SICILY

GENNAIO, 2022



## PRESIDENT'S MESSAGE

Dave Geraci

Fratelli,

I hope that all had a joyous Christmas with family and loved ones. To all of those who attended this year's Christmas party, I'm sure you would all agree that it was a spectacular evening. Thanks to our food service crew who sacrificed their time so the rest of us could enjoy a magnificent prime rib dinner.

Please don't forget that scholarship applications need to be turned in by the end of Feb. The Aiuto foundation has \$15,000 to give away.

Our two crab feeds this year are scheduled for February 12th and Marc 12th. Because of the high cost of crab this year, tickets will be selling for \$75. Make sure to call Mike and order your tickets before they sell out.

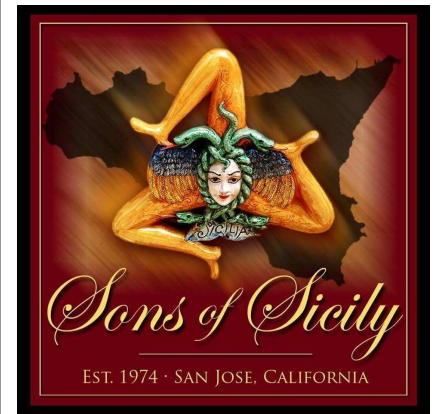
Dues are due January 1st so please get them in if you haven't already. January meeting is MALE guest night, so if you know any Sicilian men that might be interested, please invite them. February is nomination of officers. I hope to see you in the upcoming months.

Grazie,

*Dave*



## CALENDAR OF EVENTS



- Jan 10th  
Male Guest Night
- Feb 7th  
Nomination of Officers
- Feb 12th  
1st Crab Feed
- Mar 7th  
Election of Officers

## INSIDE THIS ISSUE

Recipe of the Month .....	2
Sponsors .....	3
Health & Welfare .....	4
About Sicily .....	4
Board of Directors .....	4
Social Events .....	5
Contact Information .....	6

### Sicilian Word Of The Month:

**Carduna** *n.m.* Cardoon, Thistle (like artichoke)

Avanti la costa manci carduna, ca a lu casteddu manci picciuna.

*Eng. In the countryside eat cardoon, because at the castle you'll eat pigeon.*

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



## Ingredients

- 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



## Minestone 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—

- 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.
- Add vegetables to saucepan with beef and continue to cook for 3-4 minutes to integrate flavors.
- Add 2 quarts of beef stock and chopped Italian tomatoes.
- Add Reggiano Parmigiano rind.
- Continue to cook at medium heat for 30 minutes, until vegetables are soft.
- Add beans, peas and farro and continue to cook for 10 minutes.
- When the soup thickens it is ready to serve.
- Serve in a deep bowl, toast a piece of ciabatta bread and drizzle olive oil, and grate fresh cheese on top.



"OVER 50 YEARS EXPERIENCE"

FAMILY OWNED & OPERATED

**Randazzo's**  
WATER CONDITIONING

WATER SOFTENERS  
WATER PURIFIERS

Residential/Commercial/Sales & Service

LOU & RICK RANDAZZO (408) 978-5355

**SANFILIPPO & SONS**  
INSURANCE SERVICES, LLC.

David • Rick • Roy Jr.

408-295-1195

email: mail@sanfilippoins.com

License #0540404



*Lima-Campagna-Alameda  
Mission Chapel*

600 S. Second St.  
San Jose, CA 95112

SAM J. CAMPAGNA

JOE LIMA

VINCE LIMA

FD# 1949

FDR# 575

CA INS# 0701849

Ph: (408) 288-9188

Fax: (408) 288-9189

**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

**David Conti**

Real Estate Professional, MBA  
CalBRE# 02045711

408.896.4081

david.conti@kw.com

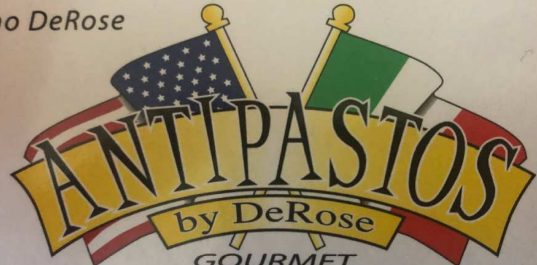
davidconti.kwrealty.com

**kw** BAY AREA  
ESTATES  
KELLERWILLIAMS  
16185 Los Gatos Blvd., Ste. 205  
Los Gatos California 95032

CalBRE# 01526679 Each Office Independently Owned and Operated



Gino DeRose



GOURMET

MEAT - FISH - DELI

3454 McKee Road, San Jose, CA 95127

408-251-5647

www.samsbbq.com

**Sam's**



**BAR-B-QUE**

1110 South Bascom Ave San Jose, CA 95128 (408) 297-9151




**MICHAEL LoMONACO**  
A Heritage of Real Estate Excellence  
408.891.4342  
MLomonaco@cbnocal.com | www.LoMonacoGroup.com  
410 North Santa Cruz Avenue | Los Gatos, CA, 95030 | DRE# 01242514

**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 9:30  
Closed Sunday



*Enjoy your Italian Heritage*

1480 East Main Ave, Morgan Hill, CA

www.guglielmowinery.com

**HEALTH & WELFARE****Fred Guidici**(650) 670-0777  
fredguidici64@yahoo.com

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).

Buona Salute a tutti e Dio Vi Benedica.

Fred

*We wish you a happy,  
healthy holiday season*

**Epiphany in Sicily—**

I know I wrote about La Befana last year, but I thought it was worth mentioning again, especially in this extraordinary, uncharted Christmas Season. So here it goes...

La Befana is an old woman who delivers gifts to children throughout Italy on Epiphany Eve, January 5<sup>th</sup>, in a similar way to Santa Claus. In fact, growing up in Sicily, La Befana was much more popular than Santa Clause.



A popular belief is that her name derives from the Feast of Epiphany or in Italian, "La Festa dell'Epifania", celebrated on January 6th. In popular folklore, La Befana visits all the children of Italy on the eve of the Feast of the Epiphany to fill their socks with candy and presents if they are good or a lump of coal or dark candy if they are bad.

In many poorer parts of Italy and in particular rural Sicily, a stick in a stocking was placed instead of coal. Being a good housekeeper, many say she will sweep the floor before she leaves. To some the sweeping meant the sweeping away of the problems of the year. The child's family typically leaves a small glass of wine and a plate with a few morsels of food, often regional or local, for La Befana. She is usually portrayed as an old lady riding a broomstick through the air wearing a black shawl and is covered in soot because she enters the children's houses through the chimney. She is often smiling and carries a bag or hamper filled with candy, gifts, or both.

**BOARD OF DIRECTORS****President**

*Dave Geraci 408-833-3916*

**Vice-President**

*Jonathan Taormina 408-781-8870*

**Secretary**

*Ron Palermo 408-425-8172*

**Treasurer**

*Mike Maltese 408-972-4986*

**Communications**

*Giuseppe Chiaramonte 510-364-8984*

**Food Services**

*Mark Taormina 408-265-4822*

**Social Events**

*Bob Scaletta 408-448-7247*

**Health & Welfare**

*Fred Guidici 650-670-0777*

**Alternate**

*Chris Zambataro*

**Advisor/Past President**

*Little Joe Zambataro 408-828-7960*

**Financial Secretary**

*Frank Salciccio 408-461-1175*

**Sergeant at Arms**

*Phil Cannizzaro 408-722-4084*

**Membership**

*T.J. Blau 650-274-2944*

**Parliamentarian**

*Big Joe Zambataro 408-813-0551*





We're still under the same county requirements for all indoor meetings. So, for us to meet at Napredak, we must require all attendees to wear a mask to get inside the building. Masks are not required while eating or drinking. We ask that if any members are not comfortable with this arrangement, they should plan not to attend this meeting.

The January meeting will be a male guest night and your guest will also be required to wear a mask to get in to the hall. The cooks are still working on a menu but we're all looking forward to an excellent meal.

You must contact Mike Maltese by January 5th to confirm your guests' attendance.

The adult Christmas party that was scheduled for Friday, December 17th at Napredak was well attended. We had no host cocktails 5:30 to 7:00, with dinner to follow and dancing until 10pm. As voted on at our August meeting the cost was \$35/person. That may have kept some members from attending but again it was voted on by the membership at the August meeting.

The children's Santa Party as discussed at the October meeting was not held but we are looking forward to next year and a better party for the kids.

Contact: Mike Maltese (408) 972-4986  
mmaltese@allenbrothers.com

Don't forget to check out our website for the most up to date information with the clubs' progress during the pandemic.

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

**Jan 10th** — Male Guest Night (Must contact Mike with number of guests—\$25 per guest)



**Feb 7th** — Nomination of Officers

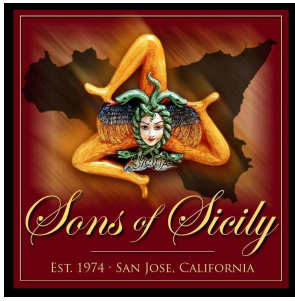
**Feb 12th** — 1st Crab Feed (\$75/person. Contact Mike for Tickets.)

**Mar 7th** — Election of Officers

**Mar 12th** — 2nd Crab Feed (\$75/person. Contact Mike for Tickets.)

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

*Bob Scaletta — Social Events*



# LA TRINACRIA



P.O. Box 6856

San Jose, CA 95150-6856

Email: [sonsofsicily@yahoo.com](mailto:sonsofsicily@yahoo.com)