

# La Trinaccia

SONS OF SICILY

Guigno 2026

## PRESIDENT'S MESSAGE



Brothers,

We recently held our Male Guest Night and Membership Drive, and I'm pleased to share that it was a great success. We enjoyed an excellent meal, a strong turnout, and the evening has already resulted in four new members. We are still actively welcoming additional members, so if you brought a guest who is interested in joining, please encourage them to complete an application.

Our annual Golf Tournament kicks off in June, marking the beginning of a busy and exciting summer season. If you are participating, I look forward to seeing you there.

I hope everyone received the recent email update regarding our wine event. Due to the holiday weekend, interest was lower than expected, and we have tentatively rescheduled the event for October 16th. This is always a wonderful fundraiser for Aiuto, and we hope to see strong participation in the fall.

Speaking of Aiuto, we are proud to announce that six students will receive scholarships this year to support their college education. These awards will be presented at our Family Night on July 6th. If you plan to attend, please reserve your spot with Mike during the month of June.

On July 25th and 26th, we will once again participate in the IAHF Italian Festival, hosting booths for sausage sandwiches and ravioli. Volunteers are needed, and your support is greatly appreciated. Rodney Turco Sr. and Jr. are chairing the event this year, so please reach out to them with your availability.

Our next regular meeting will be held on June 1st. I hope to see you all there.

*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 Golf Tournament June 12th\*\*\*\*

On June 1st we will have a regular meeting night with a 50/50 raffle. Hope to see you there!

Our scholarship applications have closed, and the Aiuto committee is finishing up the reviews of the individual applicants. As in the past, we will have the awards presentation at our family night on July 6th. Please call Mike for tickets.

Our scheduled wine event at Joseph George's Wine Shop has been tentatively rescheduled for October 16th from 5:00 to 6:30 p.m. The holiday week resulted in a low turnout, and it was decided to reschedule to the fall. This fundraiser made just over \$2,000 for the Aiuto Scholarship Fund last year.

Also, the annual golf tournament fundraiser is coming June 12th at Coyote Creek Golf Club. The committee is finalizing the arrangements for another fun day of golf. Sign-ups have closed, and we have about 130 golfers. The pairing sheet is almost complete, and it's shaping up to be another great event!

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

*Bob Scaletta — Social Events*

### EVENTS CALENDAR

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

- ~~Jan. 5th~~ — Male Guest Meeting Night
- ~~Feb. 2nd~~ — Regular Meeting | ~~Feb. 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
- **June 1st** - Regular Meeting | **June 12th** - 9th Annual Golf Tournament
- **July 6th** - Scholarship Awards & Family Night | **July 25th & 26th** - IAHF Festa
- **Aug. 2nd** - Family Picnic/Member Meeting Day
- **Sept. 14th** - Regular Meeting | **Sept. 19th** - Club Trap/Skeet Shoot
- **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



# 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](http://donleonegolf.com).

## FAMILY NIGHT/SCHOLARSHIP AWARDS



**MONDAY, JULY 6TH AT THE NAPREDAK HALL  
770 MONTAGUE EXPY, SAN JOSE, CA 95131  
CALL MIKE MALTESE 408-972-4986**

**IAHF FAMILY FESTA SAN JOSE  
VOLUNTEERS NEEDED**

**CALL RODNEY TURCO SR (RAVIOLI) 408-709-6032  
RODNEY TURCO JR (SANDWICHES) 408-230-3266**



**SONS OF SICILY  
ANNUAL**



**FAMILY  
PICNIC**

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

**MORE DETAILS TO COME  
NAPREDAK HALL, 770 MONTAGUE EXPRESSWAY  
SAN JOSE, CA 95131**

## HEALTH & WELFARE



Fratelli,

- Nothing to report this month.

*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 Cancer Survivors Month

The National Cancer Institute (NCI) Office of Cancer Survivorship (OCS) is focused on enhancing the quality and length of survival of all persons diagnosed with cancer and preventing, minimizing, or managing adverse effects of cancer and its treatment.



This June, National Cancer Survivors Month, please join us as we recognize the more than 18 million cancer survivors in the United States and the work being done to improve the lives of all survivors and their caregivers.

## MEMBER SPOTLIGHT

### **Your name?**

Peter Lancaster



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

1 year.

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

A year ago I was occupied with learning Sicilian and was searching for people to talk to in the language. A quick google search brought up the Sons of Sicily and I joined right away.

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

It has been great to meet a lot of the members, especially the native speakers.

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

When I was a kid, we kept a lot of traditions alive regarding Sicilian food, especially at big holidays like Christmas and Easter. Since my grandmother passed away, it's been more difficult to have big Christmas dinners like we used to, but I'm trying to teach my kids to eat traditional things like "Pasta ca Sarde", Caponata and Arancini, and of course Cannoli!

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

I have a family with three boys which keeps me pretty busy. We spend most of our free time at kids activities and visiting relatives. I've also been learning Sicilian for the past 2 years.

### **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 part of the Alioto-Tarantino family is an important part of my identity. Until recently I only had first-hand knowledge of my family's history in the Bay Area. This past month I was very happy to meet my cousins in Sant'Elia, Sicily and talk to them (in Sicilian) about my extended family on the island.

I hope to teach my kids some Sicilian and take them to Sicily every few years to keep them close to their heritage.

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

### Granita al Limone (Lemon Granita)

Courtesy of Rodney Turco Jr.

#### Ingredients

- 2 cups water
- 1 cup white sugar
- 1 cup freshly squeezed Meyer lemon juice
- 2 tablespoons lemon zest

#### Directions

1. Stir the lemon zest into the sugar using your fingertips until the mixture becomes fragrant and slightly moist, allowing the citrus oils to fully infuse the sugar.

2. Heat water and sugar in a saucepan over medium, stirring until sugar melts; do not bring to a boil. Remove from heat when sugar has completely dissolved. Add lemon juice; stir until combined. Refrigerate until cold.

3. Pour into a freezer-safe dish that has a tight-fitting lid; cover. Freeze until just begins to freeze around edges, but still slushy in the center, about 45 minutes.

4. Lightly stir crystals, using a fork, from edge of granita mixture into the center and mix thoroughly. Cover and freeze until granita is nearly frozen, 30 to 40 minutes more.

5. Lightly stir, using a fork, scraping crystals loose. Repeat freezing and stirring with a fork 3 to 4 times until crystals are separate and granita is light, dry, and fluffy.

6. Serve and enjoy.



Photo Courtesy of Nadia Fazio

## BOARD OF DIRECTORS

<p><b>President</b> Frank Salciccia 408-461-1175</p> <p><b>Vice-President</b> Fred Guidici 650-670-0777</p> <p><b>Secretary</b> Ron Palermo 408-425-8172</p> <p><b>Treasurer</b> Mike Maltese 408-972-4986</p>	<p><b>Food Services</b> Mark Taormina 408-265-4822</p> <p><b>Social Events</b> Bob Scaletta 408-448-7247</p> <p><b>Health &amp; Welfare</b> Chris Zambataro 408-813-2818</p> <p><b>Alternate</b> J.C. Zambataro 408-784-9590</p>	<p><b>Financial Secretary</b> T.J. Blau 650-274-2944</p> <p><b>Sergeant at Arms</b> Craig Palermo 408-690-5339</p> <p><b>Membership</b> Little Joe Zambataro 408-828-7960</p> <p><b>Parliamentarian</b> Big Joe Zambataro 408-813-0551</p>	<p><b>Advisor/Past President</b> Jonathan Taormina 408-781-8870</p> <p><b>Communications</b> Rodney Turco Jr 408-239-3266</p>
--	--	--	---

# PARRAMU SICILIANU



Benvenuti a la terza lezzioni! In Sicilian culture, family isn't just an important concept—it is the lens through which the entire world is viewed. As we discovered with the "Collective We" (comu semu), individual identity is deeply intertwined with the household.

Let's look at the words for family members, some affectionate nicknames, and how the phonetic rules we've already learned apply to these words.

## 1. Core Family Vocabulary

Let's start with the immediate family tree. Pay attention to how these words differ from Standard Italian.

English	Sicilian	Pronunciation	Notes
Family	La Famigghia	fah-MEE-ggyah	The hard ggh sound.
Father / Dad	Patri / Papà	PAH-chree	Notice the retroflex tr sound.
Mother / Mom	Matri / Mamma	MAH-chree	
Son / Daughter	Figghiu / Figghia	FEE-ggyu / FEE-ggyah	Leans heavily into the classic "u" and "a" endings.
Brother	Frati	FRAH-tee	Sharp and short.
Sister	Soru	SOH-ru	Notice the "u" ending where Italian uses sorella.

## 2. The Extended Family (Where the rules get fun)

When we move to grandparents, aunts, and uncles, you can really hear the historical character of the language.

### Grandparents: Nannu and Nanna

Where Italian uses nonno/nonna, Sicilian uses an "a" in the first syllable.



## PARRAMU SICILIANU (CONTINUED)

- **Grandfather:** Lu Nannu
- **Grandmother:** La Nanna
- **The Grandchildren:** I Niputi (which also means nephews)

### Uncles and Aunts: Zio becomes Zzu

Remember the doubling rule for initial consonants? The words for Uncle and Aunt are perfect examples. The "Z" is doubled and given a sharp, ts-like texture.

- **Uncle:** Lu Ziu/Zzu (e.g., Zzu Gnazziu for Uncle Ignatius)
  - **Aunt:** La Zia/Zza (e.g., Zza Maria for Aunt Mary)
- 

### 3. Terms of Endearment

Sicilian households are famous for affectionate nicknames, often used to address children or grandchildren.

- **Picciriddu / Picciridda:** (Boy / Girl). This incorporates the retroflex dd sound.
  - **Sangu miu:** (Literally: "My blood"). One of the deepest expressions of love for a family member. It means "you are part of me."
  - **Gioia mia:** (My joy / My jewel). A very sweet term used by mothers and grandmothers.
- 

### 4. Putting it Into Context: The Possessive Shift

When talking about close family members, Sicilians don't usually put the possessive word (my, your) before the noun like in Italian (mia madre). Instead, they attach a short suffix to the end of the word, or drop it right behind it.

- **Matri** (Mother) + **mia** (my) → **Matruna** or simply **Matri mia**
  - **Fрати** (Brother) + **miu** (my) → **Fratuzzu** (An affectionate "little brother" or "my brother")
- 

### 5. A Family Dialogue

Let's practice a quick interaction you might hear when walking into a relative's house.

- **Zza Maria:** Salutamu! Comu semu in famigghia?
- **You:** Tuttu bonu, Zza Maria. I me picciriddi mmparanu a parrari sicilianu!
- **Zza Maria:** Bravissimi! Sangu miu!



# Anastasi

**Pasquale Anastasi, Esq.**

Business & Trust Attorney

831.661.0771 pasquale@anastasiesq.com

Campbell • Indian Wells • Capitola



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



**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

**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



**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](http://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

[www.samsbbq.com](http://www.samsbbq.com)



**SAM'S**  
**BAR-B-QUE**

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

**Gino DeRose**



**ANTIPASTOS**  
by DeRose  
GOURMET  
MEAT • FISH • DELI  
3454 McKee Road, San Jose, CA 95127  
**408-251-5647**

**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



**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](mailto:rosemary@wangaccountancy.com)



## 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/>

### Mark Barnao, CPFA™, CRPC™

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



### NEW CLIENT SPECIAL OFFERS



**(408) 985-1544 • [www.TrioSpa.net](http://www.TrioSpa.net)**  
1585 The Alameda, San Jose, CA 95126

In-Studio • On Location • In-Home  
Corporate Functions • Health Fairs • Sporting Events • Spa Parties

<b>10% OFF</b>	<b>\$10 OFF</b>	<b>10% OFF</b>
<b>10% OFF Any Waxing Service*</b> <small>*Applicable to waxing services of \$50 or more <a href="http://www.TrioSpa.net">www.TrioSpa.net</a></small>	<b>Massage Sessions, Facials &amp; Peels Couples Massage &amp; Massage/Facial Combo</b> <small>*Applicable to services of \$90 or more <a href="http://www.TrioSpa.net">www.TrioSpa.net</a></small>	<b>Corporate Events &amp; Spa Parties Mobile Onsite</b> <small><a href="http://www.TrioSpa.net">www.TrioSpa.net</a></small>
<b>(408) 985-1544</b>	<b>(408) 985-1544</b>	<b>(408) 985-1544</b>

*Ed & Kathy Cefalu, Owners & Practitioners*

1585 The Alameda, San Jose, CA 95126

**(408) 985-1544 / [www.TrioSpa.net](http://www.TrioSpa.net)**

P.O. Box 6856  
San Jose, CA 95150-6856  
Email: [sonsofsicily@yahoo.com](mailto:sonsofsicily@yahoo.com)  
Website: [sonsofsicilysj.com](http://sonsofsicilysj.com)

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

