

# La Trinactria

SONS OF SICILY

Marzo 2026

## PRESIDENT'S MESSAGE



Brothers,

This year is moving right along; we had our first crab feed of the year. We had a little less attendance than usual, but the crab was delicious and it was a great time all the way around.

March is going to be another busy month, starting with a male guest night on the 2nd. If you are bringing a guest, make sure to call Mike so the cooks can have an accurate count. Last but not least, March 14th will be the second and final crab feed of the year. It is SOLD OUT. I hope everyone got their tickets early and hope to see you there.

The flyers are out for this year's golf tournament. Make sure you reserve your spot early; they will fill up quickly.

For anyone who has a family member or friend of Sicilian ancestry who will be graduating high school in 2026 and is going off to college, scholarship applications are now available on the SOS website. Applications are due by March 1st, so help your students get them in now!

A 50/50 cash raffle has been taking place at the meeting instead of gifts. We are trying to come up with new ideas for the raffle at the regular meetings. Interest has been down, and we are looking for input from the members on ideas.

Make sure you are checking your emails for social events and general updates throughout the month. This is the most effective way to get information out to membership in real time.

See you in March.

*Frank Salciccia – President*



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## SOCIAL EVENTS



Friends,

**\*\*\*\*\* Scholarship Applications Close March 1st \*\*\*\*\***

Our March meeting, 3/2/2026, will be a male guest night. Please consider bringing a guest who may be interested in joining the club. The dinner cost for each male guest is \$30. Give Mike a call with your guests by 2/25/2026.

By the time you get this newsletter, we will have had our 1st Crab Feed on February 21st. Our next one (2nd Crab Feed) is March 14th, and as of now Mike has 20 tickets available (350 guests). You may contact Mike (408-972-4986) to check if there are still tickets available. The cost of crab and venue will make the tickets \$85 each. This event is a major fundraiser for the club and is open to all guests.

And a reminder that scholarship applications will be open until March 1st, 2026. You can get the applications on our [website](#).

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

*Bob Scaletta — Social Events*



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

- January: 5th - Male Guest Meeting Night
- February: 2nd - Regular Meeting | 21st - Annual Crab Feed #1
- March: 2nd - Male Guest Meeting Night | 14th - Annual Crab Feed #2
- April: 6th - Regular Meeting
- May: 4th - Membership Drive/Male Guest Night | 22nd - Aiuto Wine Event
- June: 1st - Regular Meeting | 12th - 9th Annual Golf Tournament
- July: 6th - Scholarship Awards & Family Night | 25th & 26th - IAHF Festa
- August: 2nd - Family Picnic/Member Meeting Day
- September: 14th - Regular Meeting | 19th - Club Trap/Skeet Shoot
- October: 4th - Little Italy Festa | 5th - Regular Meeting
- November: 2nd - Regular Meeting
- December: 11th - Adult Christmas Party | 13th - Children's Santa Party

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# SONS OF SICILY CRAB FEED



2ND CRAB FEED SATURDAY, MARCH 14TH - (WAITLIST AVAILABLE)  
NO HOST BAR: 5:30 P.M. TO 7:00 P.M. | DINNER: 7:00 P.M. TO 8:30 P.M.  
DANCING: 8:30 P.M. TO 10:00 P.M. | RAFFLE: 9:15 P.M.  
NEPRADEK HALL, 770 MONTAGUE EXPRESSWAY , SAN JOSE, CA 95131  
PRICE: \$85.00  
CONTACT: MIKE MALTESE (408)972-4986

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*“Evviva La Festa di San Giuseppe”*

## The Italian American Heritage Foundation

Welcomes Everyone to the

### **ST. JOSEPH’S DAY MASS & TABLE**

**Thursday March 19, 2026**

425 N. Fourth Street, San Jose, 95112 (408) 293-7122

10:30 A.M. – Doors Open

11:00 A.M. – Mass  
Celebrated by  
Father George Aranha

12:00 P.M. – 3:00 P.M.  
Lunch



### **THIS EVENT IS FREE - Benvenuti a Tutti / All Are Welcome**

The St. Joseph's Altar is Sicilian in origin. During a terrible famine, the people of Sicily prayed to St. Joseph, their patron saint, for relief. St. Joseph answered their prayers, and the famine ended. In gratitude, the farmers honored St. Joseph by filling an altar with their most prized possession, food.

Present day Italian families have for many decades celebrated St. Joseph's Day during Lent on March 19<sup>th</sup>, both in their homes and at the Italian American Heritage Foundation where there is a beautiful and bountiful altar, a Catholic Mass, and a meatless dinner, followed by more desserts than one would have ever imagined they would see at one meal.

In the tradition of sharing with the poor and hungry, this celebration is free to all who come through the door. Each person is given a "take home bag" containing a prayer card to St. Joseph, an orange, a bread item, and three fava beans which symbolize the Holy Trinity. The fava beans are often kept on a kitchen cabinet shelf and considered representative of good luck.

Lunch will include Pasta Milanese or Marinara, frittata, orange salad, and many more traditional dishes prepared entirely by volunteers. Dessert will feature homemade Italian pastries such as cakes, cookies, biscotti, cuccidati, and much, much more. Join us for this Lenten (no meat dishes served) culinary treat!

Parking will be available on the street.

Donations for the St. Joseph's Altar and Table are gratefully welcomed by using the QR code to the right.  
For questions call the event chairpersons: Kathy Lohman and Larry Lohman at 408 238-4467 or leave a message at the IAHF with Stanley Olivar at 408 293-7122 or, Email to: IAHF@IAHFSJ.ORG



**SCAN ME  
To DONATE**

AIUTO FOUNDATION  
(SOS) WINE EVENT

SAVE THE DATE

FRIDAY, MAY 22ND

JOSEPH GEORGE

WINE SHOP

1559 MERIDIAN AVE

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CA 95125



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

12:00 Noon - Shotgun Day of Golf



SOS Annual Golf Event

- Coyote Creek Golf Club
- Call for reservations

Al M 916-799-3716 Mike B 408-316-3075  
Mike M 408-691-8487

Event Includes:

18 Holes w/Cart – Valley Course - Game Prizes and Awards  
Lunch Sandwich - Italian Sausage & Pepper, On Course Drinks – Soda,  
Water & Beer, and “Awards Dinner”

Reserve Your Spot - Payment Due by May 1<sup>st</sup> 2026

Openings are Limited - first come / first served - Do Not wait to sign up!  
Please call Mike Maltese for payment arrangements 408-691-8487

## HEALTH & WELFARE



Fratelli,

- Chuck Aruta is dealing with some health issues.
- Joe Pizzo's wife Frances passed away at the age of 87. See details below.

*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.



## Funeral Arrangements for Frances Marie Pizzo

Family and friends are invited to attend services as follows:

### **Vigil Service**

Thursday, February 26, 2026 — 7:00 PM  
Visitation beginning at 5:00 PM  
Lima-Campagna-Alameda Mission Chapel  
600 S. Second Street, San Jose

### **Funeral Mass**

Friday, February 27, 2026 — 11:00 AM  
St. Martin of Tours Church  
200 O'Connor Drive, San Jose

### **Entombment**

Santa Clara Mission Cemetery  
490 Lincoln Street, Santa Clara

### **Frances Marie Pizzo Obituary:**

<https://www.mercurynews.com/obituaries/frances-marie-pizzo-san-jose/>



## MEMBER SPOTLIGHT

**Your name?**

Michael Lima



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

4 months.

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

I first got involved with Sons of Sicily because of my father, Ernie. I used to go with him to Bring a Male Night. After he passed away, I wanted to join the group in his honor.

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

As a new member, I have enjoyed sitting at different tables, listening to the stories from the past and the family traditions they talk about.

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

Monthly family dinners, ravioli and crab at Christmas. Cooking dinners from passed-down recipes and the gathering of family around the table.

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

Outside of Sons of Sicily, I enjoy attending local Cars & Coffee events with our 1964 Studebaker Daytona and my father's '71 Datsun 240Z, spending time in Lake Tahoe, and taking local day trips.

**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 of Sicilian heritage, to me personally, means honoring our family traditions and stories from the past and carrying them forward to my family so they can do the same.



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

### Macco di Fave (Sicilian Fava Bean Soup)

Courtesy of Mangia Bedda

#### Ingredients:

750 grams fava beans, shelled fresh or frozen

3 tbsp. olive oil plus extra for drizzling

1 onion diced

1 medium carrot

1 rib celery

3 cups swiss chard chopped

1 cup spaghetti in small pieces

salt to taste

#### For serving

Parmigiano cheese optional

#### Instructions:

##### Prepare the fava beans

1. Bring a large pot of water to a boil and cook the fava beans for 2-3 minutes.

2. Drain and place in a bowl of ice water.

3. Once cool enough to handle, remove the outer skin by pinching it between your thumb and index finger. It will slip off easily. Set the peeled fava beans aside.

##### Prepare the soup

1. Prepare the vegetables: chop the carrots, celery and onion. Give the swiss chard a rough chop.

2. Have a medium sauce pan with about 5 cups of simmering water on hand.



3. Heat oil over medium heat in a large sauce pan. Sauté the carrots, celery, onion and a pinch of salt, stirring frequently, for 5 minutes.

4. Stir in the peeled fava beans and a pinch of salt. Cover with about 4 cups of the simmering water and bring to a boil.

5. Add the swiss chard, lower to a simmer, cover and let cook for 30 minutes. Uncover and adjust seasoning by adding more salt as needed.

6. For a creamier consistency use a potato masher or immersion blender to partially purée the soup.

7. Increase heat to medium high and stir in the pasta. Cook, stirring frequently, until it reaches the desired level of doneness.

8. At this point, if you prefer a soupier consistency add more simmering water as desired or leave as is for a thick and creamier soup.

9. Adjust the seasoning and once done add a drizzle of olive oil over the top before serving. Serve hot with grated Parmigiano cheese at the table.

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# Anastasi

**Pasquale Anastasi, Esq.**

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Tel: (408) 998-1688

Fax: (408) 998-1689

Cell: (408) 966-8014

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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.

