

# La Trinactia

SONS OF SICILY

Maggio 2026

## PRESIDENT'S MESSAGE



Brothers,

April's regular business meeting featured an outstanding traditional Sicilian meal. A huge thank you to Mark and his crew for spending the entire day preparing it. The meeting wrapped up with great discussion and plenty of ideas for events that can help drive membership. We are always looking for fresh suggestions, so if you have an idea, please bring it to a board member or send us an email.

Coordinating a culture night with a local sports team has been challenging in recent years. If you know someone connected with a local team, please reach out and gather some information so we can explore possibilities.

Our annual golf tournament is coming up soon, and spots are filling quickly. Check the Social Events section for details if you're interested in participating.

On May 4th, we will host our Male Guest Night and Membership Drive. Our goal this year is to get back to 200 members. We will be serving ribs, so bring guests and potential new members for a great dinner and a great time. Don't forget to bring cash for raffle tickets—we'll have raffle items available that night.

Also, take a look at the Social Events section for information on our annual wine event. This is always a fantastic evening with excellent wine. Make it a date night and sign up early to reserve your spot.

Please continue checking your email throughout the month for updates on social events and general announcements. Email remains our most effective way to communicate with the membership in real time.

See you at the Membership Drive.

*Frank Salciccia – President*



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## SOCIAL EVENTS



Friends,

**\*\*\*\* Annual Wine Event May 29th | RSVP NOW! \*\*\*\***

Our May meeting will be a Membership Drive/Male Guest Night with ribs and pasta on the menu. So, bring any potential member to try out the club. Call Mike Maltese at 408-972-4986 for tickets (\$30 each) by April 30th.

Our scholarship applications have closed, and the Aiuto Committee is busy reviewing the individual applicants. As in the past, we will have the awards presentation on July 6th at our Family Night meeting.

Our upcoming wine event at Joseph George's Wine Shop (1559 Meridian Ave, San Jose) will be Friday, May 29th, from 5:00 to 6:30 PM. We will have light hors d'oeuvres and some fun prizes. And of course, the crew at Joseph George will be pouring some of Bert's favorite wines. The cost this year will be the same: \$75 per person or \$125 per couple. Please see Bob for tickets. 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 working on making all the arrangements for another fun day of golf. So, get your foursome together and call Mike, Al at 916-799-3716, or Mike B at 408-316-3075 for tickets. The cost this year will be \$215 per golfer and will include lunch, a round of golf, and dinner. 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

- ~~January 5th~~ - Male Guest Meeting Night
- ~~February 2nd~~ - Regular Meeting | ~~February 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 | **May 29nd** - Aiuto Wine Event
- **June 1st** - Regular Meeting | **June 12th - 9th** Annual Golf Tournament
- **July 6th** - Scholarship Awards & Family Night | **July 25th & 26th** - IAHF Festa
- **August 2nd** - Family Picnic/Member Meeting Day
- **September 14th** - Regular Meeting | **September 19th** - Club Trap/Skeet Shoot
- **October 4th** - Little Italy Festa | **October 5th** - Regular Meeting
- **November 2nd** - Regular Meeting
- **December 11th** - Adult Christmas Party | **December 13th** - Children's Santa Party

AIUTO FOUNDATION  
(SOS) WINE EVENT

RSVP NOW!  
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**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.

## HEALTH & WELFARE



Fratelli,

- Chuck Aruta will be having an operation later this month.
- Bruce Mancuso is dealing with some health issues
- Carmen "Babe" Gippetti passed away on April 18th the age of 98.

*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.

## Melanoma and Skin Cancer Awareness Month

May is Skin Cancer Awareness Month, a timely reminder to protect our skin and stay alert to changes. Skin cancer is the most common cancer in the United States, but it is also one of the most preventable and highly treatable when detected early.



Know the risk: Ultraviolet (UV) exposure—from the sun or tanning beds—is the leading cause. Fair skin, a history of sunburns, many moles, or a family history of skin cancer can increase risk—but anyone can develop it.

Spot the warning signs: Use the ABCDE rule for moles and spots:

- A – Asymmetry: one half doesn't match the other
- B – Border: irregular, ragged, or blurred edges
- C – Color: uneven shades (brown, black, red, white, or blue)
- D – Diameter: larger than a pencil eraser (about 6mm)
- E – Evolving: any change in size, shape, color, or symptoms (itching/bleeding)

Protect your skin every day:

- Apply a broad-spectrum sunscreen of SPF 30+ and reapply every 2 hours
- Wear protective clothing, hats, and UV-blocking sunglasses
- Seek shade, especially between 10 a.m. and 4 p.m.
- Avoid indoor tanning

Early detection saves lives: Perform monthly self-checks and schedule an annual skin exam with a healthcare professional—especially if you notice anything new or changing.

A few simple habits can make a lasting difference. Protect your skin, stay aware, and encourage family and friends to do the same.

## MEMBER SPOTLIGHT



**Your name?**

Bob Scaletta

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

33 years, started in 1992.

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

My Dad got me started coming to meetings. Back then we had them at the Italian Gardens.

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

When we had the Italian festivals in the old Town & Country Village, Freddie Zambataro taught me how to cook bell peppers for our sausage sandwiches. I think we were selling them for \$3.00 back then.

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

Our annual Christmas party with members, and of course, I still enjoy the St. Joseph's Day lunch that we sponsor at the Heritage.

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

My wife and I enjoy traveling. We have been on 30+ cruises and visited at least 30 countries.

**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?**

That we have a heritage that is filled with diversity and a deep belief in family. I hope to instill that in my kids and grandkids.



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

## Homemade Busiate Pasta Recipe

Courtesy of Nadia Fazio

### Ingredients

- 2 ½ cups semolina flour
- 1-1 ¼ cups water
- 1 teaspoon salt

### Instructions

1. Place semolina flour in a bowl or in a mound directly on your work surface. I prefer starting off my dough in a bowl and once the dough starts to take shape, I transfer it to my counter in order to knead it. Stir salt into the flour.
2. Bring 1 ¼ cups of water to a boil. Make a well in the center of the semolina and pour in 1 cup of boiled water.
3. Use a fork or wooden spoon to begin combining the semolina flour with the water. Use your hands to gather the crumbly bits to shape into a dough. The dough will be very crumbly and grainy.
4. Transfer to a work surface and knead until a smooth dough is formed. This will take about 5 minutes. The dough must be neither sticky nor too dry and should feel slightly tacky. If it is too dry, add a spoonful of the remaining water at a time, as needed. Wrap in plastic wrap and set on your counter to rest for 1 hour.

### To shape the busiate



1. Divide the dough into 8 pieces. It is easier to roll a smaller portion of dough at a time. Keep the remaining dough wrapped in order to prevent it from drying out.
2. Roll each piece of dough into a long rope of about ½ cm thick. Cut into 15 cm (6 inch) pieces.
3. Place the strip of dough in a vertical position facing you. Place a skewer at the top end of the dough at a 45 degree angle facing downward. Wrap the tip of the dough around the skewer. Use your left hand (if right handed) to carefully roll the skewer toward you, coiling the dough around it as you roll.
4. Place the busiate on a parchment paper or dish cloth covered tray dusted with flour. Continue with the remaining dough.

### To cook

Bring a large pot of salted water to a boil. Cook the busiate until al dente, about 5-7 minutes. This may vary according to the thickness of your dough.

## BOARD OF DIRECTORS

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# PARRAMU SICILIANU



Salutamu Frati!

You may ask yourself "Should I learn Italian before Sicilian?" It seems obvious that Italian, Spanish, Portuguese and Sicilian are all in the same family of Latin-based languages (here's a fun comparison [video](#)). They share many similarities and yet are different enough that it may still take 1000+ hours to become fluent in any of them. Since I wouldn't learn Portuguese in order to learn Spanish, it makes little sense to learn Italian before Sicilian.

Let's look at some more phonetics of Sicilian that give the language its distinctive sound.

## 1. The "TR" and "STR" (The Retroflex Sound)

In Spanish and Italian, treno (train) has a trilled r. In Sicilian, **tr** and **str** are "retroflex." This means you curl the tip of your back slightly toward the roof of your mouth.

- **TR**: Sounds almost like the English "ch" in "tree" or "trip," but with a breathier quality.
  - **Tri** (Three) — Sounds like Ch-ree.
  - **Trenu** (train) — Sounds like Ch-renoo.
  - **Centru** (center) — Sounds like Chench-roo.
- **STR**: This is the quintessential Sicilian sound. It sounds like a forceful "sh-tr."
  - **Strata** (Street/Road) — Pronounced Shtrah-ta.
  - **Stranu** (Strange) — Pronounced Shtrah-nu.

Practice Phrase: Na strata stritta (A narrow street).

Pronunciation: Nah shtrah-tah shtreet-tah.

## 2. The "SH" (The "SC" Sound)

As in Italian, **ci** and **ce** usually makes a "chi" / "che" sound (like centru), but when you see **sc** followed by i or e, it creates an elongated "shi" / "she" sound.

- **Sciuri** (Flower) — Pronounced Shoo-ree. (Also spelled **çiuri**)
- **Sciri** (To go out) — Pronounced She-ree.
- **Pisci** (Fish) — Pronounced Pee-she.

## 3. "Vanishing" Initial Vowels

In Sicilian, initial vowels (especially "a") often disappear when a word starts with multiple consonants or a nasal sound.

- Italian: Imparare (To learn)
- Sicilian: Mparari (To learn)
- The Collective "We": Mmparamu (We learn)

You'll see this everywhere. The word for "to wait" in Italian is aspettare; in Sicilian, it becomes 'spittari. The vowel isn't just "gone"—it has been absorbed to make the word faster and punchier.



## PARRAMU SICILIANU (CONTINUED)

### 4. The "Doubling" Rule

Notice that mmparamu has a double "m". In Sicilian, when a word starts with m, n, or r, it is almost always "strengthened" or doubled when spoken, even if it isn't always written that way.

This is especially true after certain "trigger" words like "a" (to/at), "e" (and), or "si" (if).

- **A mmari** (At the sea) — The "m" is held longer.
- **E nnuatri** (And us) — The "n" is doubled.

Note that mari and nuatri are never spelled with the leading double letters.

### 5. The "L" to "R" Shift

Sicilian often swaps an "L" for an "R" when it's followed by another consonant.

- Italian: Falso (False) → Sicilian: Farsu
- Italian: Ultimo (Last) → Sicilian: Urtimu
- Italian: Polpo (Octopus) → Sicilian: Purpu

### 6. The "B" to "V" Shift

A hard "B" often softens into a "V" or even disappears into a "W" sound.

- Italian: Bocca (Mouth) → Sicilian: Vucca (sometimes pronounced as Wucca)
- Italian: Bollire (Boil) → Sicilian: Vugghiri — Pronounced VOO-jee-ree

### Putting it into Practice

Here are some sentences with "doubled" sounds and other features:

1. "Nni viremu!" (We'll see each other!)
  - a. Pronounced: Nnee vee-reh-mu! (The 'n' is strong).
2. "Na pignata taliata nun vugghi mai" (A watched pot never boils)
  - a. Pronounced: Na PIN-yata TAH-lee-ata noon voo-jee my.
3. "Cu mancia fa muddichi." (lit. Who eats makes crumbs)
  - a. Pronounced: Koo MAN-shah fah mu-DEE-kee.
  - b. This idiom expresses the notion that anyone who takes action or does any activity will inevitably make mistakes, so take this to heart and don't be afraid of mistakes when learning Sicilian!

A lot of these phonetic features are demonstrated in this [video](#) by a native speaker, and it also has a good overview of the history of the language.



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