



# LA TRINACRIA

SONS OF SICILY

NOVEMBRE, 2021



## PRESIDENT'S MESSAGE

Dave Geraci

Fratelli,

With the days getting shorter and the leaves steadily falling, we have officially entered the fall season. You know what that means? That once Halloween is in the rear-view mirror, it will be time for baking traditional Sicilian holiday treats. My great aunt used to bring a huge, assorted plate over every year. My favorites were the turdillis and the cucidatis.



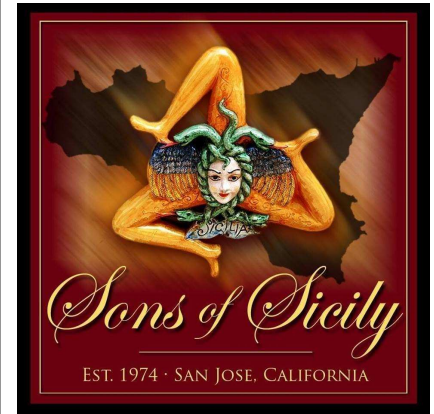
Last month's regular meeting was a little light, but fellowship and food were both wonderful. Thank you Mark and the crew for providing us with such amazing food. There was a motion on the floor a few months ago, to charge ALL attendees \$35 for the Christmas dinner. But with the cost of beef going through the roof, it's looking like Prime rib might not be an option at that price. This is something we will discuss at the next meeting. Love to hear your thoughts. Personally, I'm okay with whatever. It was also motioned that this year we will not be offering a children's Christmas party. Hopefully we can pick it up next year.

Next meeting is a regular meeting. Dues letters will be going out soon. I hope to see you all next month. Stay happy and healthy.

Grazie,

*Dave*

## CALENDAR OF EVENTS



- Nov 1st  
*Regular Meeting*
- Dec 17th  
*Adult Christmas Party*
- Jan 10th 2022  
*Male Guest Night*

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### Sicilian Word Of The Month:

**Santu** *n.m.* Saint

Santu viniri, festa fari.

*Eng. There's a time for everything. Lit. Venegrate the saint, make mery.*

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



### Ingredients

**Serves 6 to 8**

- 4 eggplants, cut into half-inch cubes. Leave skin on. Salt and place in colander to drain.
- 1 whole celery, cut into 1/2-inch-long pieces 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
- 1 cup vinegar
- 1 1/2 tablespoons sugar
- Salt and fresh-ground black pepper
- Basil leaves for garnish



## Caponata

(Eggplant Salad)

*Caponata or Caponatina 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.*

### **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.

### **Assembly—**

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 best when served at room temperature.

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*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

Celebration of life services for Joe Martarano will be held on November 13th at 11:00am at Saint Anthony's in Morgan Hill followed by a reception at Horsemen's Hall across the street.

Tony Fagiano's mother Angelina passed away at the age of 93 on October 10th.

Joe Rotolo's sister Nancy passed away on September 25th at the age 94.

Please keep the families of the departed in your prayers.



The 1st of November is a national holiday in Italy, known as Tutti i Santi or Ognissanti, which celebrates all saints. This is followed by All Souls Day on the 2nd of November, a day devoted to honor loved ones who have passed away.



Il Giorno dei Morti begins at dawn with a somber Mass for the dead, offering prayers and alms for the deceased. After Mass, families visit the graveyard to pay tribute to the faithful who have gone before them. At the cemetery, the graves of family members are decorated with mums and candles.

The day can turn into a celebratory occasion in certain regions, especially in Sicily. In Sicilian, this 'day of the dead' is known as "U juornu re muorti". Children wake up hoping to find a treat from relatives not yet forgotten. The 'muorti' bring presents of toys and sweets. The tradition serves to strengthen family bonds, linking children to family members who have come and gone before them.

Until a few decades ago, this was in fact the only celebration of the year when children received presents. Parents continue to warn their children to behave in hopes that "i bonarmuzza re muorticeddi" (the good souls of the dead) might bring them presents. The young ones wake up on the 2nd of November to hunt for presents that had been hidden around the house. One of the most common treats is Frutta Martorana, sweets made of almond paste that are expertly crafted to look like fruits.



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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.

Our next meeting will be November 1st at Napredak, 6pm. It will be a regular meeting night and if the mask requirement changes, we will update the website as our best method of contacting everyone. The cooks are still working on a menu but we're all looking forward to an excellent meal.

The adult Christmas party is scheduled for Friday, December 17th at Napredak. 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 per person will be \$35. You can reserve your Christmas dinner tickets by paying in November at the meeting but, you **MUST** purchase tickets by December 9th.

The children's Santa Party was discussed at the October meeting and it was decided to not have the party this year because of Covid 19 since kids are still not able to get vaccines.

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:**

**Nov 1st — Regular Meeting**

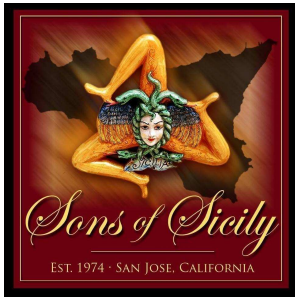


**Dec 17th — Adult Christmas Party / Must contact Mike Maltese—\$35 per person**

**Jan 10th, 2022 — Male Guest Night (Must contact Mike with number of guests—\$25 per guest)**

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

*Bob Scaletta — Social Events*



# LA TRINACRIA



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