

La Trinaccia

SONS OF SICILY

Ottobre 2026

PRESIDENT'S MESSAGE

Brothers,

We began the month with the unexpected loss of one of our original club members, my great uncle, Richard Salciccia. On behalf of my family, I want to sincerely thank all of you for your thoughts and prayers during this difficult time.

Our September meeting featured excellent food, the introduction of two new members—welcome to the club—and a brief but productive meeting. Thank you to all who attended.

Our final major event of the season will take place on Sunday, October 4th at Little Italy, where we will once again host our sausage and pepper sandwich booth. Ron Palermo and Rodney Turco have stepped up to chair this booth. If you would like to volunteer, please reach out to them with your availability.

Our annual Wine Event will be held on October 16th. This is always a wonderful evening—perfect for a date night—with outstanding antipasti and wine. Please contact Bob if you would like to attend. This event is an important fundraiser for the club. If you have already RSVPed, please bring your payment to the meeting.

As mentioned at the meeting, dues notices will be sent out this month. Dues are payable by January 1st, 2027. The dues amount remains unchanged from 2026.

The Board is finalizing the 2027 Calendar of Events, which will be included in the November Newsletter.

As always, please check your email throughout the month for updates on social events and general announcements. Email remains our most effective way to communicate with members in real time.

I look forward to seeing you in October at our regular meeting.

Frank Salciccia – President



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SOCIAL EVENTS

Friends,



*** Little Italy Festa Sunday, Oct. 4th ***

The Little Italy Festa will be on Sunday, October 4th, in downtown San Jose. Ron Palermo & Rodney Turco will be chairing the event. If you'd like to volunteer to help with setup, cooking, wrapping, or cleanup, please call Ron (408-425-8172) or Rodney (408-239-3266) to volunteer. We will be at Napredak to cut peppers that Friday, Oct. 2nd. Again, please call Ron or Rodney if you are able to help cut.

We have our regular meeting on Monday, Oct. 5th, at Napredak. This will be just members, but Mike will have an NFL game set up on the screen.

Then, later in October, on the 16th, we will have our 6th annual Wine Event fundraiser at Joseph George Wine Shop on Meridian. The cost will be the same: \$75 each or \$125/couple. This has been a success for the Aiuto Foundation (that's where the money comes from for our scholarship program). If you'd like to attend, please call Bob Scaletta (408-448-7247) or see me at Monday's meeting.

Unfortunately, our annual Trap & Sheet Shoot fundraiser had to be canceled because of lead removal operations being conducted by the County. Since time is short and availability was limited, the chairs had to push the event out to next year. If you need more information, please see either Big Joe or Craig.

Bob Scaletta — Social Events

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

EVENTS CALENDAR

For up to date information please check out our website — www.sonsofsicilysj.com.
See the schedule below for a quick reference in chronological order

- ~~July 25th & 26th~~ — IAHF Festa (Rodney Sr. & Jr. will be chairs this year)
- ~~Aug. 2nd~~ — Family Picnic/Member Meeting Day (Call Mike for tickets)
- ~~Sept. 14th~~ — Regular Meeting
- ~~Sept. 19th~~ — Club Trap/Skeet Shoot (Cancelled)
- **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



LITTLE ITALY SAN JOSE 9th Annual Little Italy San Jose Italian Festival

Returning Sunday October 4th, 2026!

Opening Ceremony - 11:30am

Festival - 11am - 7pm



Afterparty Speakeasy Jazz Concert @
Italian Cellar Speakeasy bar
6pm - 9pm



SUNDAY OCT 4TH, 2026
FREE ENTRY

LITTLE ITALY
San Jose
Italian Festival



HIGHLIGHTS:

One of the Largest Italian Car shows in the US
Authentic Italian food festival
Highlighting Little Italy San Jose businesses
Nonstop Italian Entertainment
Wine Tasting & Arts & Craft Village

Sunday October 4th, 2026
(Festival) 11am - 7pm

AIUTO FOUNDATION (SOS) WINE EVENT

RSVP NOW!

FRIDAY, OCTOBER 16TH

JOSEPH GEORGE

WINE SHOP

1559 MERIDIAN AVE

SAN JOSE CA 95125

5:00 PM TO 6:30 PM





Adult Christmas Party

DATE: FRIDAY, DECEMBER 11
TIME: NO HOST BAR @ 6PM, DINNER@ 7
LOCATION: NAPREDAK HALL, 770
MONTAGUE EXPRESSWAY,
SAN JOSE, CA 95131
COST: MEMBERS FREE, ADULT GUESTS
\$40
TO RSVP CONTACT: MIKE MALTESE @
(408) 972-4986



HEALTH & WELFARE



Fratelli,

- Original club member Richard Salciccia passed away.
- Gary LeDeit's mother, Bev, passed away.
- Paul Battaglia's wife is hospitalized with an infection. Please keep the Battaglia family in your prayers.

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.

LIVER CANCER AWARENESS MONTH

October is Liver Cancer Awareness Month, an opportunity to raise awareness about liver cancer, its risk factors, and the importance of early detection.

Liver cancer can develop when abnormal cells in the liver begin to grow uncontrollably. Some of the factors that can increase the risk include chronic hepatitis B or C infections, cirrhosis, excessive alcohol use, fatty liver disease, and certain inherited conditions. However, liver cancer can affect people without obvious risk factors, making awareness and regular medical care important.



Early liver cancer may not cause noticeable symptoms. As the disease progresses, symptoms can include unexplained weight loss, loss of appetite, persistent fatigue, abdominal pain or swelling, nausea, or yellowing of the skin and eyes (jaundice). These symptoms can have many causes, but they should not be ignored.

Prevention and early detection can make a difference. Talk with your healthcare provider about your individual risk factors and whether you should be screened for liver disease or liver cancer. Maintaining a healthy weight, limiting alcohol, avoiding tobacco, getting vaccinated against hepatitis B, and taking steps to prevent hepatitis infections can help protect liver health.

This October, take a moment to learn about your liver health and encourage family and friends to do the same. Awareness can lead to prevention, earlier detection, and better health outcomes.

MEMBER SPOTLIGHT

Your name?

Rodney Turco Senior

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

Going on four years.

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

My son, Rodney Junior, joined.



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

Working the festivals.

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

Working the festivals reminds me when I was younger with my parents. They would sell pastrami at the County Fair.

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

Riding my motorcycle, staying healthy, and painting.

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?

Letting my grandkids know where their great grandparents came from, Carlentini, Sicily.

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

Zucchini Bread

Courtesy of Rodney Turco Jr

Ingredients

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1½ teaspoon baking powder
- 1 teaspoon baking soda
- 1 tablespoon ground cinnamon
- 3 large eggs
- 1 cup vegetable oil
- 1½ cups white sugar
- 1 tablespoons vanilla extract
- 3 cups grated zucchini
- 1 cup chopped walnuts
- 1 cup raisins

Directions

1. Preheat oven to 350°F.
Grease and flour two 8x4-inch loaf pans.
2. In a large bowl, sift together flour, salt, baking powder, baking soda, and cinnamon.
3. In a separate large bowl, beat eggs, oil, sugar, and vanilla until well combined.



4. Combine
Gradually add dry ingredients to the wet mixture and beat until fully incorporated. Stir in grated zucchini and chopped walnuts. Divide batter evenly between prepared pans.
5. Bake
Bake 50–60 minutes, or until a toothpick inserted in the center comes out clean. Cool in pans on a wire rack for 20 minutes. Run a knife around edges, remove from pans, and cool completely on a wire rack.

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Frank Salciccia
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Big Joe Zambataro
408-813-0551

Advisor/Past President

Jonathan Taormina
408-781-8870

Communications

Rodney Turco Jr
408-239-3266

PARRAMU SICILIANU



Lezioni 7: *Fruta e Virdua da stati*

1. Grammatical Note: Writing vs. Speaking

- **In Writing (Standard Orthography):** Use D (Dumani, Duluri, Càuduru).
- **In Speaking (Pronunciation):** The D often shifts to an R (Rumani, Ruluri, Càuru).

2. A Fruta da stati (Summer Fruit)

Sicilian	Pronunciation	English
A meledda / U muluni d'acqua	U muluni d'acqua	Watermelon
U muluni giagghiu	-	Cantaloupe melon
A pèrsica / U pèricu	-	Peach
A pèrsica noce	-	Nectarine
A varcocu / A bilicoccu	-	Apricot
A ficu	ficura	Fig
A ficudindia / A ficurinia	ficurinia	Prickly pear
U pùmu	-	Apple
U prunu	-	Plum

PARRAMU SICILIANU (CONTINUED)

3. A Virdura d'Astati (Summer Vegetables)

Sicilian	Pronunciation	English
U pumadoru	pumaroru	Tomato
A mulingiana	-	Eggplant / Aubergine
U cucuzzeddu	-	Zucchini / Courgette
U papirottu / U pipi	pipi	Bell pepper
A cipudda	-	Onion
L'agghiu	-	Garlic
U carciofullu	-	Artichoke

4. Frasi Utili e Pruverbi (Useful Phrases & Sayings)

- "Oggi stampai 'a mulingianata!"

Today I baked eggplant parmesan!

- "U pumadoru è duci comu lu meli."

The tomato is as sweet as honey.

- "A stati si màncianu cosi frischi."

In summer we eat fresh food.

- "A ficudindia c'havi li spini, ma è duci assai."

The prickly pear has thorns, but it is very sweet.

Peter Lancaster — Parramu Sicilianu



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

