

La Trinaccia

SONS OF SICILY

Settembre 2026

PRESIDENT'S MESSAGE

Brothers,

As our busy summer winds down, I want to extend my sincere appreciation to everyone who contributed their time and effort to our events. These gatherings require months of planning and the dedication of many individuals. Without your hard work, these events would not be possible—nor would they be as enjoyable as they are.

In July, we operated our sausage sandwich and ravioli booths at the IAHF Festival at History Park. Attendance appeared to be higher than last year, and the booths performed very well compared to past festivals. I want to thank Rodney Turco Sr. and Rodney Turco Jr. for taking on the challenge of chairing the booths, and I extend my gratitude to all the volunteers whose efforts make these events possible.

On Sunday, August 2nd, we held our annual Family Picnic, welcoming just over 200 attendees for a wonderful day of food, friendship, and family. Thank you to all the cooks and volunteers who helped make this event a success. We hope to continue increasing attendance each year.

Due to the Labor Day holiday on the 7th, our next regular business meeting will be held on Monday, September 14th. On September 19th, we will host our annual Trap/Skeet Shoot. This event takes place immediately following our meeting, so if you plan to participate, please RSVP as soon as possible. Our annual Wine Event will be held on October 16th. This is always a great evening—perfect for a date night—with excellent antipasti and wine.

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

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

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,



**** 3rd Annual SOS Trap/Sheet Shoot ****

Our annual Trap & Sheet Shoot fundraiser is scheduled for Saturday, September 19th, at the Metcalf Rd. County Range. The cost will be \$75 per shooter. Bring two boxes of shells (can be purchased at the range). 10 a.m. to 4 p.m.; lunch will be included. Call Big Joe Zambataro at (408) 813-0551 or Craig Palermo at (408) 690-5339.

This year, the Little Italy Festa will be on Sunday, October 4th, in downtown San Jose. Ron Palermo & Rodney Turco Jr will be chairing the event. If you'd like to volunteer to help with setup, cooking, wrapping, or cleanup, please call Ron at (408) 425-8172 or Rodney at (408) 239-3266 to volunteer. We will also be cutting peppers that weekend at Napredak.

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 at (408) 448-7247.

To recap, our Annual Family Picnic was held at Napredak Hall on Sunday, August 2nd. This is a combined club meeting and annual family picnic, which saves the club the cost of renting the hall twice in the month of August (about \$4k). The price for guests helps offset the total cost of the picnic and provides a great family and friends experience for all attendees.

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

- **Sept. 14th** - Regular Meeting
- **Sept. 19th** - Club Trap/Skeet Shoot (Call Big Joe Zambataro or Craig Palermo)
- **Oct. 4th** - Little Italy Festa (Call Ron Palermo & Rodney Turco Jr)
- **Oct. 5th** - Regular Meeting
- **Oct. 16th** - Wine Event (Call Bob Scaletta)
- **Nov. 2nd** - Regular Meeting
- **Dec. 11th** - Adult Christmas Party
- **Dec. 13th** - Children's Santa Party

SAVE THE DATE

SONS OF SICILY PRESENTS

— A DAY OF — TRAP & SKEET SHOOTING

DATE: SATURDAY, SEPTEMBER 19
TIME: 10:00 AM TO 2:00 PM
PLACE: THE SANTA CLARA SPORTS
FIELD PARK, 9580 MALECH ROAD
SAN JOSÉ, CA 95013
COST: \$75. INCLUDES LUNCH

DUST OFF YOUR SHOT
GUN, BRING TWO BOXES
OF SHELLS, AND HAVE
SOME FUN!

CALL CRAIG PALERMO AT
408-690-5339
OR
BIG JOE ZAMBATARO AT
408-813-0551



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



HEALTH & WELFARE



Fratelli,

- Our brother, Freddy Spitalere, passed away on July 1st at the age of 95. His Celebration of Life is September 12th. See the next page for information and a link to RSVP.

- Rita Palestro passed away on August 16th. She was the wife of past member Ed Palestro and the mother-in-law of Mike Burriesci. A service will be held on September 12th.

- Brother Pat Panzica was honored with a Certificate of Recognition from Councilmember Michael Mulcahy for his work in the Willow Glen community. See picture 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.



WHEN:
SEPTEMBER
12TH
10AM-12PM

Where:
San Jose Elks
Lodge #0522
444 W. Alma Ave.
San Jose, CA 95110



**IN LOVING MEMORY OF
FRED, "FREDDY FOX" SPITALERE**
1935-2026

Please Join Us for a Celebration of life: **Cars & Coffee**

We are gathering with cars and morning coffee; two of Freddy's favorite things.

Please join us to share stories, and celebrate the life he lived.

In honor of the many car events he hosted over the years, we invite you to drive your classic car to the celebration. Let's make this a joyful reflection of his spirit.

RSVP: Please let us know if you can cruise by no later than **8/31/2026**

Google Link: <https://docs.google.com/forms/d/1t00hF7Z2l->

[Click here to RSVP](#)

RECIPE OF THE MONTH

Couscous Alla Trapanese

Courtesy of Maggie Turansky

Ingredients

- 1 anchovy fillet, roughly chopped
- ½ tsp. chili flakes
- 1–2 small shallots, finely diced
- 1 celery rib, finely diced
- 1 small carrot, finely diced
- 3 cloves garlic, minced
- 1 tbsp. tomato paste
- 2 cups unsalted chicken stock
- Pinch of saffron threads, optional
- ⅔ cup couscous
- 9 oz. firm white fish, such as cod, haddock, or halibut
- 1 tbsp. olive oil
- Salt and pepper

Directions

1. Heat olive oil in a medium saucepan over medium heat. Add anchovy and chili flakes. When the oil is hot, add shallot, celery, carrot, and a generous pinch of salt. Cook for 8–10 minutes, stirring occasionally, until softened and lightly browned.

2. Add garlic and tomato paste. Cook for 2–3 minutes, until fragrant and the tomato paste darkens. Add chicken stock, bring to a simmer, and cook for 10–15 minutes.



3. If using saffron, place it in a small bowl and add ¼ cup of the hot stock. Let steep for 10 minutes, then stir the saffron mixture back into the soup. Season with salt and pepper.

4. Strain the soup, reserving the liquid. Place couscous in a bowl and pour ¾ cup of the hot strained stock over it. Cover and let stand for 5 minutes, then fluff with a fork.

5. Return the remaining stock to the saucepan and bring to a gentle simmer. Add the fish, cover, and gently poach for 5–10 minutes, depending on thickness, until cooked through.

6. Spoon the couscous into serving bowls and top with the poached fish. Serve the remaining broth alongside.

Note: Use unsalted chicken stock whenever possible so you can control the seasoning.

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Big Joe Zambataro
408-813-0551

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Jonathan Taormina
408-781-8870

Communications

Rodney Turco Jr
408-239-3266



The Weather (U Tempu)

1. Warm-Up & Sentence Breakdown

Let's look at a common example sentence about Sicilian climate:

"D'a stati c'è sempri nu càvuru forti in Sicilia, però l'invernu nun è tantu friddu."

(In summer it's always hot in Sicily, but winter is not so cold.)

Grammar & Pronunciation Notes:

- **"Càuduru" / "Càvuru":** Both mean heat. Depending on the region in Sicily, you will hear both forms.
- **"In a stati" / "D'a stati":** Time expressions like "in summer" take prepositions in Sicilian.
- **"L'invernu":** Sicilian uses invernu (or inventu in some dialects) for winter.

2. Basic Weather Vocabulary

Sicilian	Italian	English
U tempu	Il tempo	The weather
U càuduru / U càvuru	Il caldo	The heat
U friddu	Il freddo	The cold
U soli	Il sole	The sun
A chioggia / A chiuuvuta	La pioggia	The rain
U ventu	Il vento	The wind
A nebbia	La nebbia	The fog
A nivi	La neve	The snow

PARRAMU SICILIANU (CONTINUED)

3. Useful Idioms & Expressions by Season

☀ Summer (A stati)

- **Fà un càuduru d'amazzari!** → It's hot enough to kill! / It's boiling!
- **C'è nu soli ca spacca li petri.** → There's a sun that splits stones (extremely hot/bright).
- **Oggi si mori di càuduru.** → Today we are dying of heat.

❄ Winter & Bad Weather (Invernu)

- **Fà un friddu ca tremanu li denti!** → It's so cold your teeth chatter!
- **Nun fa tantu friddu oggi.** → It's not very cold today.
- **Oggi sta chiuvennu.** → Today it is raining.
- **Havi a chiòviri.** → It is going to rain / It must rain.
- **C'è malavogghia.** → The weather is miserable/gloomy (makes you lose motivation).

4. Practice Exercises

Try to translate these key phrases into Sicilian:

1. "Today the weather is nice, it's sunny and it's not raining."

Answer: Oggi fa tempu beddu, c'è u soli e nun chiovi.

2. "Tomorrow the weather is miserable: it's going to rain and there is a cold, strong wind."

Answer: Dumani c'è malavogghia: havi a chiòviri e c'è nu ventu friddu e forti.



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