

## THE JOURNAL OF THE MALTESE DIASPORA

## MALTESE NEWSLETTER

OUR MOTTO: BUILDING BRIDGES

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## Sir Joseph Howard

**(1921 - 1923)****THE FIRST PRIME MINISTER OF MALTA**

Born in Valletta in 1862, Malta's first Prime Minister under the Colonial Government, Joseph Howard was educated at the Lyceum and abroad and served as an officer in the French Military academy. He joined the commercial sector - the tobacco industry - and was appointed director of Cousis Cigarettes. Between 1914 and 1925 he served as consul of Japan and later President of the Chamber of Commerce.

In 1912, Joseph Howard was elected member to the Council of Government after being nominated by the Comitato Patriottico. In 1921, he joined the UPM of Mgr. I. Panzavecchia and was elected Senator in the first Maltese Parliament. As Panzavecchia did not accept the premiership, Governor Lord Plumer offered the post to Howard. Between 1921 and 1923 Joseph Howard managed to lead the first Maltese Government with the support of the Labour Party. His successes were mainly due to his keen sense of tolerance and the result of his vast experience in administration.

Howard was regarded as the gentleman 'par excellence' and was held in great esteem by politicians of all political creeds. Joseph Howard was President of the Government emigration committee and in 1919 he headed the Maltese delegation to France which discussed the employment of Maltese labour in that country. He was also the president of the Societa' dell'Arte, Manifattura e Commercio and president of the La Societa' Filarmonica La Vallette. He was also made Officer of the British Empire (OBE).



# The Order of Malta's Volunteers Continue their Efforts for the Extraordinary Jubilee

Vatican City, 14/10/2016



There are over a thousand Order of Malta volunteers who, from 7 December 2015 – the launch of the Extraordinary Jubilee of Mercy – up to the end of August 2016, have been offering assistance to pilgrims arriving in Rome in the first-aid posts located in the three Roman basilicas – St. John Lateran, St. Paul Outside-the-Walls and St. Mary Major – as well as in St. Peter's Square. Over 1300 medical interventions have been carried out in this latter structure, run by the Order of Malta in the Braccio di Carlo Magno building a few metres from the basilica entrance. Thirty-two volunteers are deployed daily here, together with 83 volunteer doctors, nurses and paramedics, offering their services seven days a week.

It is precisely in this facility – which has been offering free medical assistance to pilgrims since 1950 and which has been renovated and made even more functional for the Extraordinary Jubilee – that the greatest number of interventions have been recorded, with a peak in the months of June and April.

Overall, the pilgrims assisted in the four first-aid posts during these first nine months of the Jubilee have come from 69 different countries on all continents: some 1100 from Europe, 169 from the Americas, 37 from Asia, 15 from Oceania and 12 from Africa. Over 62% came from Italy. The average age of those treated was 48, mostly involving cardiovascular pathologies, osteoarticular traumas and skin lesions.

The Order of Malta's volunteers working here come instead from the associations of 13 different nations including some outside Europe, such as Hong Kong and the Americas.

The Order of Malta's commitment will continue until the closure of the Holy Door in St. Peter's Basilica on 20 November next, marking the end of the Jubilee of Mercy. Another thousand volunteers will be joining those already present during the first nine months of the Jubilee.

### HMS Royal Oak wreck receives additional memorials this year



In October 1939 HMS Royal Oak, which was originally built for action in WW1, came under attack from German U-boats at Scapa Flow. By the end of the attack, 833 out of a crew of 1,234 perished in the icy sea.

Every year, in October, Royal Navy divers pay tribute to those lost, by changing the White Ensign (the flag of the Royal Navy) on the wreck. This year three memorial plaques were also placed within the ship, two of which in memory of crew members Marine Kenneth Edwin Hall, and Able Seaman Stoker Joseph Paschal Wilkins, the third in remembrance of another crew member who passed away this year. Royal Navy Clearance Divers, who placed the commemorative flag and plaques, also work as maritime bomb disposal experts. Earlier this year they had to deal with a suspicious item on the seabed near the wreckage, which turned out to be a WW2 torpedo, most likely to have been fired at HMS Royal Oak.

#### **Additional reading from our Military genealogy sister site of Forces War Records:**

This year marks the 77th anniversary of the sinking, and we honoured the occasion with a special feature in the Forces War Records magazine, gruesome first hand accounts from 3 crew members, which you can [read for free here](#).

However, HMS Royal Oak's first combat was during the Battle of Jutland, and to honour the 100 years anniversary of this momentous battle, Forces War Records produced a special edition magazine, which you can [download for free here](http://forces-war-records.s3.amazonaws.com/Marketing/FORCES%20WAR%20RECORDS%20JUTLAND%20special%20-%20June%202016.pdf). <http://forces-war-records.s3.amazonaws.com/Marketing/FORCES%20WAR%20RECORDS%20JUTLAND%20special%20-%20June%202016.pdf>

Dear Frank , I am forwarding this article ,it may be of interest to your readers .19 Maltese seamen lost their lives on HMS RoyalOak  
Regards Joe Montebello



# MEGALITHIC TEMPLES OF MALTA



MEGALITHIC MALTA

*An aerial view of Mnajdra Temples*

## Brief synthesis

The Megalithic Temples of Malta (Ġgantija, Haġar Qim, Mnajdra, Skorba, Ta' Ħaġrat and Tarxien) are prehistoric monumental buildings constructed during the 4th millennium BC and the 3rd millennium BC. They rank amongst the earliest free-standing stone buildings in the world and are remarkable for their diversity of form and decoration. Each complex is a unique architectural masterpiece and a witness to an exceptional prehistoric culture renowned for its

remarkable architectural, artistic and technological achievements.

Each monument is different in plan, articulation and construction technique. They are usually approached from an elliptical forecourt in front of a concave façade. The façade and internal walls consist of upright stone slabs, known as orthostats, surmounted by horizontal blocks. The surviving horizontal masonry courses indicate that the monuments had corbelled roofs, probably capped by horizontal beams. This method of construction was a remarkably sophisticated solution for its time. The external walls are usually constructed in larger blocks set alternately face out and edge out, tying the wall securely into the rest of the building. The space between the external wall and the walls of the inner chambers is filled with stones and earth, binding the whole structure together.

Typically, the entrance to the building is found in the centre of the façade, leading through a monumental passageway onto a paved court. The interiors of the buildings are formed of semi-circular chambers usually referred to as apses, symmetrically arranged on either side of the main axis. The number of apses varies from building to building; some have three apses opening off the central court, whilst others have successive courts with four, five, and in one case even six apses.

The temple builders used locally available stone of which they had a thorough knowledge. They used hard coralline limestone for external walls and the softer globigerina limestone for the more sheltered interiors and decorated elements.

Decorated features found within the buildings bear witness to a high level of craftsmanship. These elements consist mainly of panels decorated with drilled holes and bas-relief panels depicting spiral motifs, trees, plants and various animals. The form and layout of these buildings, as well as the artefacts found within them, suggest they were an important ritual focus of a highly organized society.

**Criterion:** The Megalithic Temples of Malta are remarkable not only because of their originality, complexity and striking massive proportions, but also because of the considerable technical skill required in their construction.



## You said it .....

I regularly receive your newsletter and today it is as interesting and informative as always. Thank you for your efforts to publish and keep alive the newsletter. Regards Edwina Mallia  
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grazzi tan-Newsletter li tasalli regolarment u li niehu gost naqraha ghax tkun ferm interessanti u varjata. Keep up the good work! Tislijiet Joe M Attard, Gozo, Malta

received your e-mail at 3:28pm today. The files came through and were readable without a problem, using Gmail and the Google Chrome browser. You create a very informative and comprehensive newsletter, thank you for your service to the community. Sahha Greg Farrugia Canberra

My good friend, Frank, THANK YOU AND YES I RECEIVED NEWSLETTER 139 AND I HAD NO PROBLEM DOWNLOADING - KEEP UP THE GREAT WORK AND THANK YOU AGAIN - KIND REGARDS - ANDREW BORG Manager Borg's Cleaning Services P: 8285 8754 M: 0418819961

Hi There . My name is Carmen Theuma.I'm 64 in July. We got married in 1971 and came to Aust. We have 2 kids Alex and Daniella , they are married and have there own families . 3 beautiful grand kids. . I live in Bendigo Vic, Aust 45years now.I love it here. Yes I do miss Malta ,I go every 2 years to see my family's . There is noting much in Bendigo going on about Maltese people here . We have to go to Melbourne for a dance or to get together. The only thing we see is the news on the TV or computer. So when you send us the Maltese newsletter it is god send for me. I even send it to my son Alex in Brunei / Bandar some times . He is a teacher there and he shows them all the Image of Malta. I talk to the kids in his class room on skype some times. My grandson Mason 3 he knows how to say few words in Maltese . That is funny. So thank you for your Newsletter of Malta and keep them coming. yes It did open. Carmen Theuma. Bendigo Victoria, Australia.

Hi Frank, firstly thank you for your good work. I received your news letter and I can open it with not trouble. Thanks once again for all your hard work.- Kind regards - Rita Kassas -Ex sub Editor/assasistant The Maltese Herald. Thank you for sending me your immensely interesting magazine. I look forward to see you this coming week. Regards Salvino Giusti Consul General Sydney

Received your Newsletter 139 this afternoon (PDT) 14 Oct. As usual, jam packed with Maltese culture, history, customs and personalities. Its like a Maltese compilation of many popular magazines such as *People* or *National Geographic*. The Newsletter is filled with interesting and quite informative articles which I look forward to receiving weekly. Thanks. Fred Aquilina, USA

I received the Maltese/Australian Newsletter 139 yesterday, however, I will read it later on the week. I've been ultra busy. This newsletter is always welcome. Fantastic, interesting reading, worthy to pass on. God Bless, Nancy Serg nee Borg

Ghaziz Sur Scicluna, insellimlek. Jien issa ilni nircievi *The Maltese Newsletter* mhux hazin. Ghalkemm dejjem bil-hsieb li niktiblek u nirringrazzjak ghal dan is-servizz utli li qed taghmel, jiddispjacini ma wasalt qatt. Imma llum irrid naqdi dan id-dmir u nirringrazzjak hafna ta' dan il-ktejjeb mimli informazzjoni u taghrif generali pprezentat b'mod hekk sabih u attraenti li jgaghalek taqrah. Nifrah u nawgura l-isbah xewqat lilek u lill-kolloboraturi tieghek ghal dan il-mezz ta' ghaqda fost il-Maltin imxerrdin mad-dinja u jalla tkomplu sejr in hekk ghal hafna snin ohra . Grazzi mill-gdid u tislijiet mill-qalb. John Formosa.

What an interesting Maltese Newsletter you publish. which I receive regularly and enjoy reading. Keep the good work going.. Best regards Dr. Victor Chircop-Sullivan

Thank you very much for such an interesting newsletter which I enjoy reading  
I was able to download & read edition 139 successfully, but unfortunately there has been a few editions that weren't able to be downloaded  
Thanking you in advance Kind Regards Censina Cefai

This time I had no problem with downloading news letter 139 on my iPad. But in the last few news letters i had problems and could only download them on my pc. Today I had no problem with 139 at all. Regards Daniel Mallia

Thank you so much for the great work you are doing to publish this interesting News Letter; every Edition is Fantastic, with the News, Folklore, Social activities, etc. I received the 139 th Edition today Saturday 15th. on my Email, downloading ok. My Regards Antonio Bartolo

Definitely still receiving your newsletter regularly and have no problems with the download. We love the variety and wealth of historical articles you present to us. Please carry on your good work. Regards Elaine and Ivan Cotter

I have received the Maltese Newsletter 139 and I was able to download it. I really enjoy reading the Maltese Newsletter which I find to be quite interesting and enjoyable. I love reading the history of Malta as my parents migrated to Australia in 1954 so I did not know much about Malta. Although my parents used to speak about Malta all the time. I would really enjoy if you can dedicate a page or section on Maltese recipes and I'm sure others would enjoy it too. Kind regards, Mary Attard – Mitchell. Another most interesting Newsletter, full of information, knowledge, history all conveyed in the most beautiful presentations. Your Newsletter became like gospel in our family. Soon we are going to run out of words of congratulations, and appreciation for all that you do in the most professional method. Thank you again and may you be granted a very long life and good health so that you can keep on doing what you like best working for the community at large. Reading about trades that are a dying race I would like to add "The Landier". I am sorry that I have no photos of one but I can still remember this man, in Birkirkara, the village that we came from, he used to come with a small cart and carried tin pieces, scissors, "stan" etc. People used to come out and bring out utensils with little holes in them etc., etc. and he used to fix them up for them. Hope this was some help to get you started finding about this trade. Best regards. Frank Testa, Carmen OAM, MQR & family.

I received Newsletter 139 yesterday, Saturday. I have been able to download it and print it off so I can take a copy to my Dad. However, I was not able to print a copy of Newsletter 138. It says something like the file may be damaged. I am forwarding the newsletter to some of my family and friends now as well - we love reading them! My Dad (96 y.o.) looks forward to me bring the newsletters to him - he is fascinated by how much he didn't know about the country he grew up in! My Mum and Dad left Malta in 1948 to come to Australia and have only gone back once in 1983. Look forward to more newsletters, thank you, Mary Wearne

Dear Frank, Regarding questionnaire in Newsletter 119, I would like to answer all 3 in the affirmative. First thing I do as it comes in I forward it to my siblings in Malta who wait for it every week as eagerly as I do. Thank you and may you keep up the very good work. Yours' Truly Vince Zammit

These are few samples of the 596 responses I have received these last two weeks.





## Serata Mużiko Letterarja fil- Librerija t'Għawdex

Nov 2016

Għal darb'oħra fuq xewqa tal-Librar is-Sur Gorg Cassar, sa jerġgħu jiltaqgħu l-Kittieba Għawdxin f'Serata Mużiko Letterarja li sa ssir

fil-Librerija Pubblika, Triq Vajringa Victoria nhar il-Gimgha 25 ta' Novembru fis-7pm. Il-Kittieba Għawdxin qed jiġu mistiedna jaqraw xi siltiet mix-xogħlijiet tagħhom. Novembru, ix-xahar tal-Erwieħ ikun riesaq lejn tmiemu waqt li l-Immakulata tkun fil-qrib u fi żmien xahar ikun magħna l-Milied. Żgur li dawn huma kollha suġġetti li ser tisingħu dwarhom jekk intom taċċettaw li tiegħu sehem f'din is-serata li nittamaw tkun imżewqa wkoll b'xi noti fuq il-kitarra mill-kantant popolari Spiro Sillato.

Gheżiež hbieb kittieba, nittama li tilqgħu din l-istedina u tibagħtuli x'se jkun is-sehem tagħkom biex inkun nista' nfassal il-programm li ma nixtequhx jikser is-siegha u kwart!

Kittieba Mistiedna: Charles Bezzina, John Cremona, Joe Zammit Ċiantar, George N Cassar, Joe Camilleri, Joe W Psaila, Mario Borg, Pierre Mejlaq, Patri Remiġ Galea Kapuċċin, Anton F Attard, Rev Geoffrey G. Attard, Dr Alfred Grech, Francesco Pio Attard, Raymond Caruana, Pawlu Gauci, Francis Mizzi, Dun Gorg Mercieca, Patri Matthew Sultana Kapuċċin, Gorg Pisani - Tislijiet u awguri - Joe M Attard [emarjos@hotmail.com](mailto:emarjos@hotmail.com)



## Things Trump would say if he were running in Malta

By Chuck Bartolo

As a person on the internet, you've probably heard a lot about Donald Trump - and if you've heard of Donald Trump then you've certainly heard some of the stupid comments he's said over the past couple of months.

We often feel a strong sense of relief that Trump isn't running in Malta, but what would his speeches sound like if he were after the seat of power in Castille?

### He'll come up with a fantastic solution for a tired debate

"I will build a bridge between Malta and Gozo. I will build a great, great bridge on our channel, and I will make the Gozitans pay for the bridge."

He'll stay humble "The beauty of me is... I'm rich! I could pay off PN's debts and run a campaign as expensive as PL's and still be super rich"

He'll tackle "the issues" "When Europe sends its people, they're not sending their best with socks and sandals. They're sending drugs dealers, they're sending criminals. And yes some, I assume, actually like Bugibba." We will send them back.

He'll "tell it like it is" "Bacon? I love bacon! What's wrong with bacon everywhere - [yes even in a Quran](#)? Actually it's a waste of bacon but this is a democracy and bacon should be everywhere!"

He'll work on our [crumbling infrastructure](#) "I will build high rise towers everywhere! Mriehel, Sliema, Valletta, Comino and Gozo Everywhere. And nobody builds high rise towers better than me, believe me"

He'll come up with the slogan "I WILL MAKE MALTA GREAT AGAIN"

**Tikteb Lina Brockdorff minn Malta**

## **Isma' minni u tinkwietax!**



Kemm taf taħdem b'mod stramb il-memorja tagħna! Missieri ilu nieqes sewwa sew ħamsin sena. Niftakar bosta minn daww l-għid li dejjem herqan kien jgħallimna; mela ma nafx x'fatta, dan l-aħħar gie f'rasi qawl li kien ferm għal qalbu u li ili ma naħseb fih.

Dan kien jgħidu bl-Ingliż, għalkemm kellu ħabta jikkwota oħrajn bil-Latin: "Don't trouble trouble, till trouble troubles you. You'll only double trouble and trouble others too." Jista' jkun li dan kien it-titlu ta' xi kanzunetta antika, m'iniex żgura. Kien jirrepetih ta' spiss għal daww ta' madwaru, mingħajr ma japplikah għalih innifsu, billi kien gwapp biex jinkweta. U qisu kellu kalamita għall-inkwiet: biss biss insemmi li fi gwerra bħal dik li għaddejna minnha tal-1939-45 kellu jħabbell moħħu kif jitma' u jipprotegi lil martu u ħames uliedu. Trid tiftakar li barra minn dan, kellu jaħdem it-Tarzna tul il-gwerra, biex imbagħad malli l-għied tbiegħed minn xtutna kellu fuq rasu t-theddida tas-sensja. U dik irrangatu fil-frisk! Taf tkun kiefra l-ħajja!

Imma ħallik minn dan. Illum kulhadd iffissat biex mill-aħjar li jista' jzomm f'sikktu. Tisma' pariri fuq ir-radju, taqrahom fil-gazzetti, fuq it-telewixin u jidhlu bla ma tistedinhom mal-ittri elettronici. Kulhadd sar jifhem, kulhadd espert. Erħilhom iwissuk kemm il-gramma ta' ħobż, patata jew għagin għandek tiekol u kif trid tevita x-xaħmijiet jekk tabilhaqq trid tgawdi saħħtek u ma tispicċax b'xi żaqq daqs bettija. U aktar ma jgħaddi ż-żmien, dawn il-flin li jippruvaw jgħallmuna aktar jirfinaw. Issa qabduha dwar kif qatt m'għandek tiekol il-frott bħala deżerta wara l-ikel: frott biss fuq stonku vojti. U min jgħid haġa u min imerih! Li kieku kellna nagħtu kashom kieku ma nafx fejn nispiċċaw.

M'iniex xi esperta tad-dieta u mhux ser niżżattat nagħti l-ebda parir dwar dan. Imma l-esperjenza tal-ħajja għallmitni li mhux x'tiekol u kemm tiekol jew fi x'ħin tieklu li jagħmillek l-akbar ħsara, imma l-inkwiet. It-tobba dan jammettuh ukoll, waqt li ftiit li xejn irednu dwaru. Għall-kuntrarju, illum sabu kelma oħra li b'xi mod hija qariba tal-kelma "inkwiet" u din hija "tensjoni". Nammetti li għalkemm jigu minn xulxin hemm baħar jaqsam bejniethom. Hawn ser indawru ħarsitna lejn l-inkwiet ... le, mhux biex ninkwietaw, imma biex kemm jista' jkun nevitawh.

M'hemmx għalfejn tkun xi speċjalista prim biex tintebaħ kemm jagħmel ħażin l-inkwiet lil saħħtek. Innota sew x'jigriek malli l-ickien sħaba t'inkwiet tfeġġ fuq ix-xefa ta' ħajtek. Thoss l-għaraq ixoqq għalik, sħana ma' ġismek kollu, qalbek tħabbat bil-goff, drabi ma tistax tiehu nifs, imurlek l-aptit tal-ikel ... jew għall-kuntrarju, hawn min jgħidlek li jiekol doppju!

L-inkwiet jaf jieħu suriet ferm differenti minn xulxin. Jaf jiftillu jidhlo xi fellus f'moħħok: ngħidu aħna ilek ma tieħu aħbar xi ħadd minn uliedek li jinsab imsiefer. Tagħmilha fatta li dak żgur jinsab f'xi saram ... u warrab rasek sa ma tagħmel kuraġġ biżżejjed biex iċċempillu u tiċċekkja x'inqala'. Inkella ħassejt bħal wegħha żgħira fl-istonku u dritt fattartha li hemm attakk tal-qalb lest wara l-kantuniera. Għandek xi kawża fil-qorti li ilha sejra għexieren ta' snin u meta tkun ftiit bi kwietek tarma tiffissa fuqha. Xtrajt xi haġa u sibt li kellha difett jew li ma tawwx dak li tlabt. Minflok qbadt u rajt x'tagħmel bqajt tħammem fuq is-sitwazzjoni bla

ma tista' tikkonkludi x'suppost isir. Għadek kif għamilt xirja ta' ħażna tal-ikel u xorb u malli tasal id-dar biex tqiegħed kollox f'postu tibda tinduna li xi oġġetti għandhom id-data skaduta!

Dawn huma biss ftiit eżempji mill-ħajja tagħna ta' kuljum, li kieku kellna nibqgħu sejrini b'oħrajn ibqa' żgur li kien ikollna lista ta' bosta paġni. Għax qisu, ja mgħarraġ li hu, l-inkwiet veru jigri warajna ħajjitna kollha.

Nistħajlek bħal issa qed tgħid: "Kollox sew, naqbel f'kollox miegħek. Imma issa, jekk inti mara tal-affari tiegħek, fittex għidli x'ser nagħmel biex innaqqas l-inkwiet jew kif nista' nibda ngerru biex ma jigrix jattakka.



Hawn ħabib, hekk ser nipprova nagħmel. Ibda biex kull problema jew saram huwa kbir u serju skond mil-liema lenti nħarsu lejha. Hawn hi l-bużillis li ser tiddeċiedi kollox.

Mela ngħidu aħna jien ħriġt nixtri u naf żgur li ħriġt miegħi karta tal-ħamsin ewro. Xtrajt, wasalt biex inħallas u l-ħamsin ewro ma sibthiex. Inksirt. Immur lura d-dar biex inkun żgura li jien ma ħallejthiex warajja. Ma tidher imkien. Tliftha żgur. Nista' nrodd salib għal wiċċi u nipperswadi lili nnifsi biex ninsieha, la marret marret. Inkella nibqa' ntambar fuq it-telfa, taqbadni emikranja, ikolli nimtedd u ndum inwaħwaħ tlitt ijiem. Qattus il-ħamsin ewro li tlift!

Nemmen bis-sħiħ li kull problema hija serja daqs kemm nimmaġinaha jien. Nammetti li daww l-aktar serji huma kwistjonijiet ta' saħħa, imma hawn ukoll ma jaqbilx li ninkwieta ż-żejjed għax ma jiswilix ta' ġid. Ngħidu aħna t-tabib sab li għandi marda serja u ma qagħadx itiemgħha wisq biex qalli li jiemi huma mgħaduda. Xejn m'hi aħbar sabiħa din. Fl-istess ħin jiddependi minni kif ser inħossni wara din il-bxara. Kien hawn u għad hawn eluf ta' nies li semgħu sentenza bħal din u b'dankollu għax għarfu jieħdu l-ħajja b'ċertu sens ta' tama u mhux ta' disperazzjoni, dawn għexu fuq li għexu.

Drabi jġri wkoll li mhux problema waħda ikollna naffaċċaw għax qishom jiġu marbutin f'katina, waħda tiġbed lill-oħra. Hawn tassew ikollok għalfejn tinkwieta. Żmien ilu qrajt parir li miegħi ħadem sew. Nista' nqatta' l-jieli nħewden fi stat ta' konfużjoni għax kull problema tithabbell mal-oħra u, bil-lejl il-problemi għandhom ħabta jieħdu għamla ta' mostri. Sirt nagħmel hekk: Nixgħel id-dawl, karta u lapes u nibda nniżżel il-problemi li għandi, l-isem biss, bla dettalji. Ma nafx għaliex u ma nafx kif, imma meta tara l-lista quddiemek qisek fl-istess minn qiegħ moħħok u b'xi mod jieħdu bixxa differenti, inqas feroċi u tal-biża' minn meta kienu jgħaqdu f'moħħok.

Naraha ta' siwi wkoll li ndarri lili nnifsi biex ikolli ċertu sens ta' aċċettazzjoni. Jekk għandi l-artrite u bilkemm nista' nħaddem idi l-lemnija, u naf li għamilt l-aħjar kura li stajt u s'hemm wasalna, issa jaqbel li naċċetta din is-sitwazzjoni. Wara skoprejt li nista' nibda l-fisjoterapija, u jidher li ser taħdem. Imma nagħti kas li mhux ser taħdem, x'nagħmel? Nesperimenta b'metodi kif nista' nkompli niddobba b'id waħda u mhux nibqa' nħewden u nqis din bħala traġedja, għax inkella ser tkun l-aqwa sors t'inkwiet li mhux ser insolvih kif ġieb u laħaq.

Parir ieħor hu li jkolli wkoll ftit sens ta' tolleranza biex inżomm quddiem għajnejja li kulħadd huwa bniedem, li kulħadd jista' jiżbalja. B'hekk ma narax tant bi kbir xi nuqqas minn daww ta' madwari u minn ħbiebi. Min jaf kemm drabi inqas jien!

Ħaġ oħra ta' min inżommu f'moħħna. Ma ninkwietawx iżżejjed fuq il-ġejjieni. Meta x-xemgħat ta' fuq il-"birthday-cake" jaqbz u s-sittin u s-sebghin aktarx li ħsiebna jibda spiss jħewden fuq il-ġejjieni tagħna bħala nies anzjani li ser nispiċċaw niddependu fuq l-oħrajn. Tgħid min ser jieħu ħsiebi? Il-flus iservuni? Meta ser immut? Min jaf b'liema marda? ... u l-lista tibqa' sejra. Dan huwa nkwiet li qed ingibuh fuqna nfusna nturtament u li jkun ferm aħjar jekk nevitawh.

Kemm inħossuna aktar sereni li kieku kellna ngħixu kull jum li nkun fih b'moħħna mistrieħ u nħallu l-għada u l-pitgħada jiġu bil-ġrajjet u s-sorpriżi, kemm daww sbieħ u l-oħrajn mhux tant sbieħ li jogħgħobhom iġibu magħhom. Inkella sejr in nagħmlu ħajjitna nfern u ma jkun jiswieln xejn lanqas jekk ngħixu sa mitt sena ladarba kull ġurnata ser tkun mgħobbija b'dan l-inkwiet li minnu m'aħna ser insolvu xejn.

Parir ieħor: ma nitgħabbewx b'inkwiet ta' ħaddieħor. Ma nixtieqx ninstema' li sirt egoista u li nirrifjuta ngħin lill-proxxmu, imma wasal iż-żmien li kemm uliedi, ħuti u n-neputijiet ma jkomplux itaqqluli l-aħħar ftit snin ta' ħajti. Drabi jkun ferm aħjar jekk ma nkun naf b'xejn, jew jekk insir naf, allura nbaxxi rasi li jien ma nista' nagħmel xejn u nipprova nwarrab il-problema minn quddiem għajnejja.

U issa, dan parir tal-aħħar: qis li jkollok xi ħaġa li fiha tgħaddi ż-żmien, ngħidu aħna xi passatemp bħal qari. Xejn, għax malli tintilef bejn daww il-paġni żgur li ser tinsa dik it-tentufa ta' problema. Mela mhux aħjar: "Don't worry worry ..."

## “LOGGIA TAL-PALJU” RESTORED

The Loġġa tal-Palju was restored by the employees of the Restoration Directorate with an investment of €12,600. The lodge was built in the seventeenth century under the reign of Grand Master Wignacourt. This loggia allowed the Gran Master to follow the horse races during the feast of St Peter and St Paul. Tomorrow the prizes for the horse races will be awarded from the lodge.



The race stand, located just below Saqqajja, is closely associated with one of the oldest and most popular folk feasts. The Imnarja, celebrated yearly on June 29, happens to be the feast of St Peter and St Paul.

The festival consists of the reading of the bandu at Saqqajja, an agricultural show at Buskett, horse races at Saqqajja and a traditional għana festival and stalls serving traditional Maltese food and drink is held at

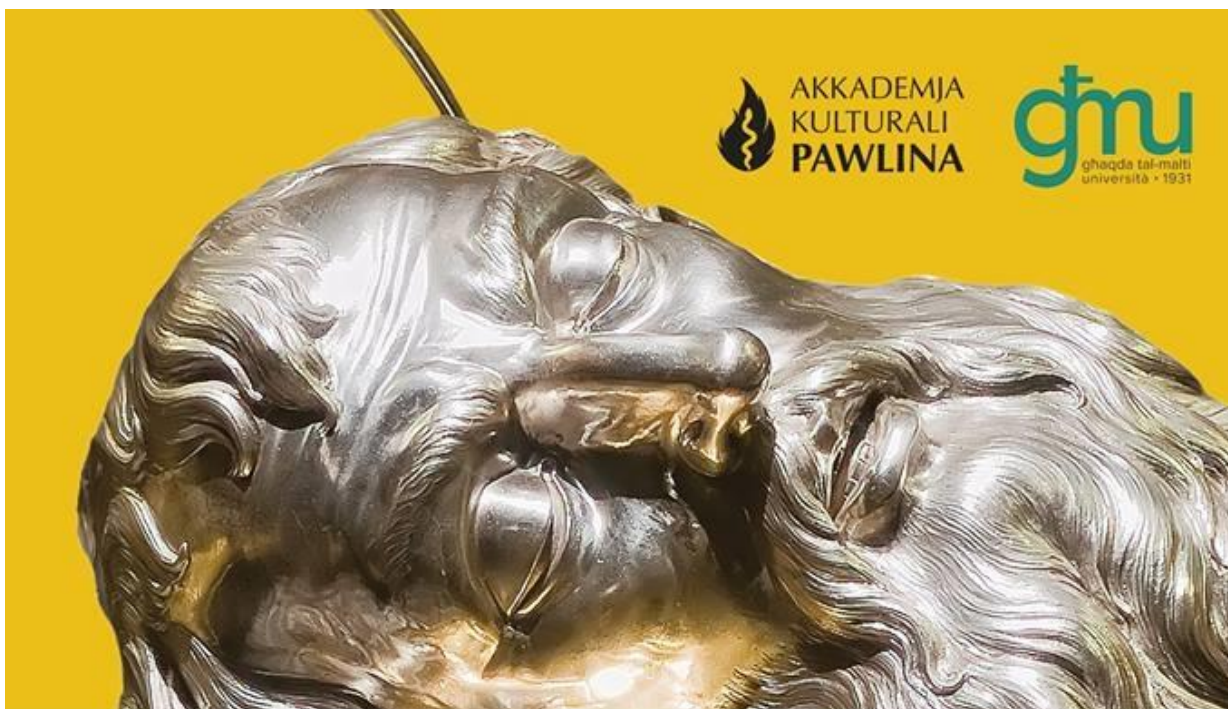
Buskett on the eve of the feast.

The horse races are still a very important part of the Imnarja festivities and they were closely followed by the Grand Master. For the Grand Master's comfort a loġġa was built in 1696 during the reign of Adrien de Wignacourt according to the design of Lorenzo Gafà and constructed by capomastu Salvu Borg from Siggiewi. This current structure replaced an earlier timber structure since it was often damaged by strong winds and thus the Grand Master ordered that a permanent structure be built following a successful petition to Wignacourt by Giovanni Gourgion who occupied the post of Capitano della Verga. It is from here that the winner of the races was presented with a palju.

The loġġa consists of an arched grandstand flanked by two rooms.

The grandstand consists of a number of high semi-circular arches with moulded edges. The floor is covered in masonry flag stones and an inscription within one of the walls commemorates its inauguration.

The Loġġa tal-Palju at Saqqajja, was included in the Antiquities Protection List of 1932 and was scheduled by Mepa as a Grade 1 national monument Government Notice number 1082/09 in the Government Gazette dated December 22, 2009.



## TIKTEB? GĦANDEK 35 SENA JEW INQAS? **IL-MARTIRJU**

KITBIET GHAS-SERATA TAL-AKKADEMJA KULTURALI PAWLINA – JANNAR 2017

Ibghat kitba jew poezija originali bit-tema ewlenija: Il-martirju  
Il-kitbiet magħżula jridu jinqraw f'erba' minuti jew inqas.

• Stejjer qosra: bejn 300 u 500 kelma • Poeziji: madwar 30 vers

Jigu aċċettati sottomissjonijiet minn persuni ta' 35 sena jew inqas  
sal-Ġimgħa 18 ta' Novembru 2016 fuq [info@sanpawl.com](mailto:info@sanpawl.com) u/jew  
[għaqdataalmalti@gmail.com](mailto:għaqdataalmalti@gmail.com).

Wara li ssir l-għażla, jista' jkun li ssir talba għal xi bidliet ta' natura editorjali.  
Din is-serata qed tittella' mill-Akkademja Kulturali Pawlina f'kollaborazzjoni  
mal-Għaqda tal-Malti – Università. Għal aktar tagħrif ċemplu fuq 79634031 jew  
żuru l-paġni tal-Facebook: [www.facebook.com/Akkademja-Kulturali-Pawlina](http://www.facebook.com/Akkademja-Kulturali-Pawlina) u  
[www.facebook.com/għaqdamalti](http://www.facebook.com/għaqdamalti)





### **Economic Climate**

Although a small economy, fully exposed to the vagaries of the global economic context, Malta has managed to weather recent upheavals remarkably well. This can be ascribed to the fact that the economy is diversified, with the result that a downturn in any one sector is compensated for by continued strong performance in other areas. The country's Gross Domestic Product stood at €8.8 billion in 2015 with high exports per capita of over €28,000 pointing to the essentially export-driven economy, both in physical goods as well as services. In this area, companies are assisted by Trade Malta, the entity tasked with facilitating both incoming and outgoing trade flows.

It is also pertinent to point out that, although the country is well known as a tourist destination and, increasingly, as a financial services hub, the manufacturing industry still has a very important role to play with a contribution of over 13% to the country's GDP as well as being the second largest employer on the island. All this points to a competitive edge, not only in newer sectors, which is to be expected, but also in well established areas such as industry.

### **Setting Up**

Malta has been welcoming investors into the country since the early 1950s. This means that both private and public service providers are well aware of the requirements of an incoming operation. The process of setting up on the island is a straightforward and transparent one in which the investor is always kept updated as to what is required. Prospective investors often make use of a service provider from the private sector capable of seeing to all their legal and logistical requirements from company registration, access to banking facilities to recruitment of staff. Furthermore, Malta Enterprise has a specialised unit known as Business First tasked with providing a single point of contact to prospective investors or ongoing operations for their interactions with various government departments according to their requirements.

I bought the book [Musings and Mutterings of a Maltese Misanthrope](#) by Rupert Grech to read on a plane journey.  
Hope and Life Press

My one mistake, however, was to open the book for a look prior to packing for my journey.

*Musings and Mutterings  
of a  
Maltese Misanthrope*



Rupert  
Grech

Once I opened the book and read a page, I found that I could not put it down! I sat and read the whole of it, cover to cover. I found the writing quite fluid, very entertaining. It was like sitting and having a chat. Thoroughly enjoyable. Highly recommended – Janet Bayes. Sep 19, 2016

**ABOUT THE BOOK:** A grumpy middle-aged man moves house and gets his old record player working. Listening to cherished LP's of his youth while polishing off a whole bottle of good red, certain songs retrieve dear recollections of formative events in past times and memorable people known. Funny and frustrating days keep occurring in his contemporary life, often exposing a very Maltese set of sensibilities. Peculiar days are narrated in poignant, often funny, but thoroughly engaging short stories.

([Newswire.com](http://Newswire.com))

***Musings and Mutterings of a Maltese Misanthrope*** is an illustrated anthology of 13 short stories in the Melitensia genre by the Maltese Australian author Rupert Grech. The humorous illustrations in the book are also the work of the author. Provoking heartfelt laughter with satire like *George Washingmachine*, *Procedures Rule*, *Okay!*, *Crap Day*, *Big Weekend*; *The (re)Gifted Ones*, or moving reminiscences with *A Girl Called Jo*, *Music and Nostalgia*; *Rugby League and the Lido Shuffle*, and *A Cafe, Hank Williams and a Pretty Girl* among others, this book effectively captures the unique Maltese sense of humor and appeals to resident Maltese and expatriates alike, as well as anyone wishing to understand more about Malta and its people. ***Musings and Mutterings of a Maltese Misanthrope*** is available in paperback and ebook editions from Amazon, directly from the publishers Hope and Life Press, and other booksellers.

#### ABOUT THE AUTHOR

[Rupert Grech](#) is a first generation Maltese-Australian born of post-war immigrants to New South Wales, Australia, from the small Mediterranean island of Malta. In childhood, he lived in the low rent suburbs of inner Sydney, eventually moving to the west of the city. Grech graduated with a Bachelor's degree in Economics and a Diploma in Education from the University of Sydney. He also played in A-Grade Rugby League and was selected to try out for one of the professional clubs.

Teaching being at heart, Grech became a highly acclaimed principal of two regional schools in low socioeconomic areas and under his leadership, educational innovations resulted in a greater than 50 percent reduction of the student discipline suspension rate and over 30 percent increase in student enrollment in three years. Grech is the author of the popular book *Stories My Parents Told Me: Tales of Growing Up in Wartime Malta*. At present he spends time living alternately in Valletta, Malta and in the Blue Mountains, New South Wales, while trading equities on the Australian Stock Exchange, developing property and writing.



## MILITARY TATTOO IN MALTA



**MALTA** military tattoo  
15-16 OCTOBER 2016

The word has its roots in the Dutch expression "tap toe" or "tap-shut" which meant the closing of inns. This word was linked to the noise made by mallets used to shut the beer barrels. That noise sounded like a drum. Thereafter, the word was used as reference to the last military call at the time of curfews.

The Malta Tattoo is the annual major tourism draw, and is a reflection of Malta's military music heritage. The event has earned a well-deserved reputation for offering its audiences an exciting and vibrant blend of music and performances by a Maltese and international line-up of talent. This unique gathering of performers from various countries continues to be a yearly highlight in the local calendar.

The Maltese are very fond of band music. This is reflected in the fact that in Malta there are 90 active band clubs with a total of 3,931 persons who are resident or trainee band players. With a total band club membership of over 30,000, these form over six per cent of the total population aged 5-84 years.

These figures, even by themselves, show the popularity of band music in Malta. But if taken against a background of about 1,250 band programmes performed yearly within the locality of the band clubs and outside their locality, we get the real feeling of the Maltese population towards band music. On the other hand, the active presence of tourists in band marches and musical programmes indicates that band music is an added value to our tourism product. The Malta Tattoo is a pleasant conclusion of the Maltese festive season in which band clubs have the lion's share of the entertainment.

During the eighteenth century, drummers could be seen criss-crossing the streets of Dutch villages, beating their drums, telling the soldiers it was time for them to get back to their barracks. The beating rhythm of the drums also signalled the last call for the inn tenders to close for the night. Since that time, the vocal sound changed from "tap toe" to "tattoo". The word was kept through the generations and is now used to announce a large mass military celebration, offered as an evening entertainment. Today, "Tattoos" are extraordinary entertainment events where hundreds of musicians from many bands share the spotlight in marching routines, military ability and artistic demonstrations. We hope you get a chance to experience the Malta Military Tattoo very soon! /

### ARE YOU TOO OLD TO FIND THESE JOKES FUNNY?

A pensioner going the wrong way down the M6 gets a call from his wife. 'Take care,' she says, 'the radio says some idiot's going the wrong way.' 'One idiot?' says the old man. 'I can see hundreds.'

Asked to give her age to a pollster, Miss Smith refused. Told that she must, she snapped: 'Did Maisy and Daisy Hill give theirs? Well, I'm as old as them!' 'As old as the Hills,' he writes.

An old man is sitting in a park sobbing. A passer-by asks him what's wrong. 'I've got a sexy 19-year-old wife who makes passionate love to me.' 'So why are you crying?' he's asked. 'Because I've forgotten where I live.'



## The Addolorata Chapel and Cemetery, PAOLA

Designed by Emmanuel Luigi Galizia



Santa Maria Addolorata ("Our Lady of Sorrows") Cemetery Chapel and Cemetery. Emanuel Galizia (1830-1906). 1862-69. Tal-Horr Hill, Paola, near Valletta, Malta. Chapel built of Maltese limestone. The largest and most beautifully designed cemetery in the country (indeed, one of the great cemeteries of the world), built to serve the whole of Malta, this is Galizia's masterpiece. In his RIBA obituary, it is picked out as notable among his works (231), as it is by Victor Mallia-Milanes, who reminds us of Galizia's thorough researches into English and European

cemetery design before embarking on this "vast undertaking" Entrance to the cemetery, "pointedly" proclaiming its neo-Gothicism, unexpected in largely Baroque Malta, but rather popular in the later nineteenth century (see Zaid-Zammit 162). Sadly, only the two smaller side gates have the original intricate ironwork, not the centre gate. The spire of the cemetery chapel rises high in the distance within. (b) Entrance to the cemetery office, with its ogee window above the arcaded porch, and a balustraded parapet above that. (c) The gatehouse from the side, complete with hexagonal battlemented tower, winged gargoyles, and pinnacles with crocketing and finials.

Notice how the carved detailing of the arches echoes that of the gatehouse. John Fleming has described as typically Maltese the "intricate geometric patterns and the taste for spreading the same motif" over a whole architectural work as being characteristic of Maltese architecture, and considers it attributable to "some Arab Oriental tradition" (170). On the other hand, the curving line here might remind British visitors of the Circle of Lebanon at Highgate Cemetery — which is also built on a hillside. It is more than likely that Galizia's government-financed travels in England, France and Italy gave him many ideas for the design of the cemetery. Indeed, that seems to have been the purpose of the tour.

Approach to the cemetery chapel, still seen at a distance here. Clearly, a large part of the effect of the cemetery is from its landscaping, and the way the stonework follows the gradient. Right: The chapel from the side: it is longer and more substantial than one might imagine from its rather ethereal aspect from the front; the interior is (was?) also very fine. One Maltese architectural historian picks out the City of London Cemetery of 1856 by William Haywood as having been a major influence on Galizia here, saying that it "contains all the elements present at the Addolorata," and further suggests that the chapel itself is "a faithful translation in Maltese stone of the typical Continental-Gothic" as found in Kensal Green and Nunhead cemeteries (Borg 90-92). But the detailing as well as the wonderful use of the lie of the land, with the neo-Gothic chapel soaring from the summit of what was once a prehistoric burial ground, must be credited to Galizia alone.

Here were re-buried the many people who died in the epidemics of the nineteenth-century, who had originally been buried in much smaller cemeteries which have since been deconsecrated; here too are the graves of many servicemen and women, and other casualties of war. Several thousand people are buried here in all, including 268 from the commonwealth (the little notice at the side of the main gate is a "Commonwealth War Graves" sign). The cemetery is still very much in use. However, on 10 January 2011 the Times of Malta reported that the chapel was now closed because the Franciscan Fathers who had administered it no longer felt able to maintain it.

## George Abela Former President of Malta (2009-14)



Dr George Abela was elected President of the Republic of Malta on the 4th April 2009 following a Parliamentary resolution which unanimously approved his nomination as the eighth President of Malta. His nomination marks a historical development in the constitutional history of our Island since, for the first time after thirty four years, the President was elected by the unanimous approval of both political parties represented in Parliament. It is also the first time that the Government of the day nominated a President with different political leanings.

Dr Abela was born in Qormi on the 22nd April 1948 and is the son of a registered port worker. He was educated at the Lyceum and the University of Malta where he first obtained his Bachelor of Arts Degree in English, Maltese and History and later on his Law Degree. He furthered his studies in European Law and obtained his Magister Iuris Degree in 1995. He also holds a Diploma to practise as a lawyer before the Ecclesiastical Tribunals in marriage annulment cases.

Dr Abela worked in private practice for thirty-three years and has been a practising lawyer specialising in Civil, Commercial and Industrial Law. He acted for twenty five years as the legal consultant of the General Workers' Union and he represented the workers' interests, affiliated in four separate trade unions, in the negotiations concerning the Air Malta rescue plan in 2002. He also represented port workers in the port reform of June 2007, which reform has been hailed by the European Commission as a model in social dialogue to be followed by other member states. He also served as legal advisor to the Medical Association of Malta and other house unions.

For many years, Dr Abela has been deeply involved in the administration of sports in Malta, particularly in football. He first served as a treasurer in his village football club, Qormi F.C., and later on as its President. In 1982, after serving as Vice-President, he was elected to the post of President of the Malta Football Association, which position he held for ten years. During his presidency, the local football association witnessed major changes at its administrative and technical level. Large infrastructural investments were made in the resurfacing of the turf pitch at the National Stadium Ta' Qali, which became wholly managed for the first time by the football association; new training grounds with turf pitches were built; floodlights were installed both at the National Stadium and in the adjoining training areas; a physiotherapy clinic and a fully equipped gymnasium were also opened. Foreign full time coaches, assisted by top Maltese coaches, were engaged to take charge of the National teams and courses in coaching and refereeing were held under the auspices of the European and international football bodies.

The players of the National team were engaged for the first time on a full-time professional basis and the international matches of the Maltese team started to attract the wide support of the Maltese sporting public once again. Football nurseries all over the island were inaugurated. Dr Abela represented the local Association in many committees of UEFA. He also sat as an arbitrator in the Court of Arbitration for Sport in Lausanne.

Furthermore, Dr Abela was also involved in the Kerygma Movement, where he acted for some years as Chairman for the Campaign – Solidarity Through Sports, in aid of Philanthropic Institutions.

In 1992, after ten years in the top echelons of the Maltese football, Dr Abela was elected as Deputy Leader of the Malta Labour Party in charge of Party Affairs. In 1996, the Malta Labour Party won the general election. Subsequently, he was appointed as the legal consultant to the Prime Minister and invited to attend cabinet meetings.

Dr George Abela served for a number of years as Director of the Central Bank of Malta and as Executive Director for the Bank of Valletta p.l.c. He was also a member of the Electoral Commission responsible for the running of the general elections in 1987. He actively participated in the Malta E.U. Steering and Action Committee (MEUSAC) in pre-accession negotiations for membership in the European Union, where he formed part of the core group focusing on the legal and social aspects of membership. After membership, he sat again on MEUSAC as the Labour Party representative. Dr Abela is married to Margaret nee' Cauchi and they have two children, Robert and Maria.

## Britons largest community in Malta - only 3% of population hails from outside EU



The cohort of foreign nationals residing in Malta is predominantly hailing from the EU, statistics issued by Eurostat show, while showing that African migrants living in Malta form one of the smallest communities on the island. Of Malta's population of 425,384 just 5.9% were foreign nationals, of which 54% of

this cohort were from the EU.

British nationals formed the largest part of Malta's foreign community of residents, over 6,600, while Somalis – who in the main enjoy international protection under the Geneva Convention and Maltese laws – numbered just over 1,000. The other main foreign communities were Italian, Bulgarian, and German. On the occasion of International Migrants' Day, latest data by Eurostat showed that the total EU population stood at 506.8 million residents, of which 31.4 million were foreign citizens, itself consisting of 19.8 million non-EU citizens.

The highest proportion of foreign citizens in the total resident population was recorded in Luxembourg (45.3%), where almost half of the population did not have Luxembourgish citizenship: these include the large Italian and Portuguese migrant population that settled in the country in the second half of the 20th century. Shares above 10% were also registered in Cyprus (19.5%), Latvia (15.2%), Estonia (14.9%), Austria (12.5%), Ireland (11.8%), Belgium (11.3%) and Spain (10.1%). In contrast, Poland (0.3%), Romania (0.4%), Croatia, Lithuania and Bulgaria (all 0.8%) all registered shares of foreign citizens below 1%. In total, foreign citizens made up 6.7% of the resident population of the EU Member States.



**SURVEY RESULTS**

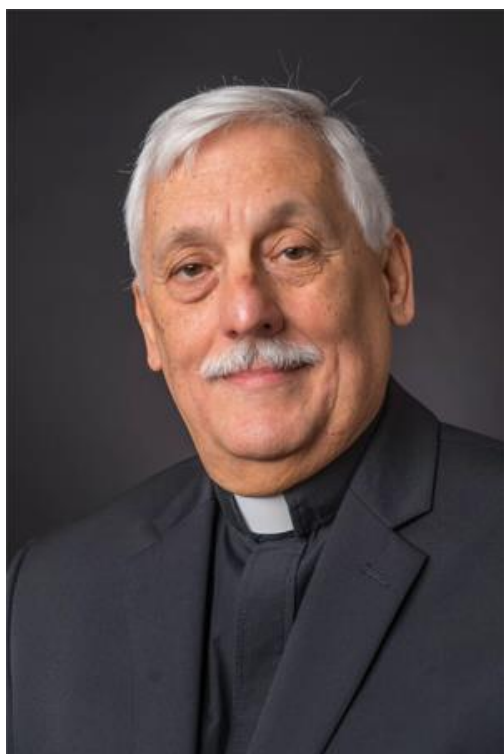
We thank all those who responded to the survey in Newsletter 139

596 – received and downloaded the newsletter (Est 25% of readers)

98 – said they sent the Newsletter to relatives and friends

Replies received from Gozo, Malta, Australia (SA, NSW, Vic, Qld, WA), New Zealand, United Kingdom, United States, Canada, Europe (Italy, Spain, France, Brussels, Netherlands), South America (Cuba, Peru, Bolivia, Brazil)





## Father Arturo Sosa Abascal, of the Jesuit Province of Venezuela elected as Superior General

Father Sosa was born in Caracas, Venezuela on 12 November 1948. Until his election, Father Sosa has been Delegate for Interprovincial Houses of the Society in Rome, as well as serving on the General Council as a Counsellor. He obtained a licentiate in philosophy from l'Università Cattolica Andrés Bello in 1972. He later obtained a doctorate in Political Science from l'Università Centrale del Venezuela, in 1990. He speaks Spanish, Italian, English, and understands French

In 2008, during General Congregation 35, Father General Adolfo Nicolás appointed Father Arturo Sosa as General Counsellor, based in Venezuela. In 2014, Father Sosa joined the General Curia community and took on the role of Delegate for Interprovincial Roman Houses of the Society of Jesus in Rome, which include: the

Pontifical Gregorian University, the Pontifical Biblical Institute, the Pontifical Oriental Institute, the Vatican Observatory, Civiltà Cattolica, as well as international Jesuit colleges in Rome.

Between 1996 and 2004, Father Sosa was provincial superior of the Jesuits in Venezuela. Before that, he was the province coordinator for the social apostolate, during which time he was also director of Gumilla Social Centre, a centre for research and social action for the Jesuits in Venezuela.

Father Arturo Sosa has dedicated his life to research and teaching. He has held different positions in academia. He has been a professor and member of the Council of the Andrés Bello Catholic Foundation and Rector of the Catholic University of Tachira. He has pursued research and teaching in the field of political science, in various centers and institutions, as the Chair of Contemporary Political Theory and the Department of Social Change in Venezuela at the Faculty of Social Sciences.

## Church of St Catherine of Alexandria



Recently restored, this church is an ideal setting to discover Mattia Preti's refined style close up. The church was particularly significant for the Italian painter for at least two reasons. Firstly, it was the church of his own Langue, the Italian Knights, who also lived close by in the Auberge d'Italie. Secondly this was one of Preti's first commissions after his arrival in Malta in 1659, and was an early opportunity to showcase his artistic talent.

The Knights asked Preti to design the decoration for the vault, but commissioned a local painter to actually execute the work. Preti drew an elegant vault with painted stucco decorations and ornamental patterns in grey and gold, elegant and still worthy of admiration today. This commission also offered Preti the opportunity to learn a technique new to him, from the local painter executing

his designs: oil painting applied directly on the wall, instead of the more traditional tempera technique used in frescoes.

Preti mastered the technique quickly, putting it into practice only a few years later to paint the vault of an even more important church, St John's Co-Cathedral. The real masterpiece by Mattia Preti in the Church of St Catherine is the altarpiece with the grandiose tableaux of The Martyrdom of St Catherine, executed in 1659 in Naples and donated by Preti to the Italian Knights to demonstrate his talent. This work represents for Malta one of the first examples of the great talent of Mattia Preti, a painter responsible for bringing to the island the strong pathos and theatrical exuberance of the baroque style, with its warm colours and strong contrasts.



### **Marlene Zammit – A traditional Maltese soup made with broad beans, peas and giant couscous**

Maltese kusksu is a wonderful heartwarming soup. Made with broad beans, peas, giant couscous and, as an extra option Maltese cheese and eggs can also be added. I also added a teaspoon of dried mint to mine.

Whenever I make kusksu I wonder where this soup originated from. No where else in the world or close

to Malta has anything similar. It suggests an Italian origin but a Middle Eastern origin also.

The small semolina or wheat beads used in this soup are known as either giant couscous, Israeli couscous, pastina or pearl pasta. There are many other terms too. I also note that apparently there are differences between these too but any one of them can be used in this soup. I have used wholemeal giant couscous in my kusksu.

I made this soup yesterday and we had it for lunch and dinner. At lunch time I added in some Maltese cheese and then in the evening when I went to warm the pot up, I added in some eggs. This is optional and if you don't have Maltese cheese then ricotta works well too. Another addition I added to this soup was a hint of dried mint. I have seen it made with bay leaves and even parsley. Some kusksu I have tried also include potato and carrots. I don't think it is necessary but the choice is always yours. This really is a beautiful soup and perfect for the colder weather. I used frozen peas and broad beans in my soup as they are currently not in season. If you have fresh then go ahead and use them too.

Kusksu Cook time 45 mins Total time 45 mins

A beautiful heartwarming soup made with broad beans, peas and giant couscous. You can also add in Maltese cheeselets (gbejniet) and eggs. I have added a touch of dried mint too. I used frozen broad beans and peas as they are not in season but you should use fresh if possible.

Author: [www.amaltesemouthful.com](http://www.amaltesemouthful.com)

#### **Ingredients**

- 1 onion finely chopped
- 3 cloves of garlic
- 1 tablespoon tomato paste
- 1 teaspoon mint
- 350 grams broad beans (frozen or fresh)
- 300 grams peas (frozen or fresh)
- 1.5 litres chicken or vegetable stock ( I used both)
- 150 grams giant couscous (I used wholemeal but you can also use white)

- 4 to 6 Maltese Cheeselets (or fresh ricotta to serve) - optional
- 4 to 6 eggs - optional
- Mint and grated parmesan to serve
- Olive oil, Salt and pepper

#### Instructions

1. In a large pot fry the onion with a good dose of olive oil for about five minutes.
2. Add in the garlic, tomato paste and mint. Fry for 1 minute.
3. Add the broad beans, peas and stock.
4. Bring to a boil and simmer for fifteen minutes.
5. Add in the giant couscous and simmer for fifteen minutes.
6. If adding in eggs, gently crack open and put in with the couscous.
7. Add in the Maltese cheeselets and cook for a further ten minutes.
8. When serving provide each plate with a cheeselet and egg if using. If not using the cheeselet then place a dollop of ricotta into the bowl instead.  
Season and sprinkle some parmesan and fresh mint on top.

## **FIRST WORLD PROBLEMS: MALTA EDITION** by Mila Camilleri

Although it's a fact that's debated by many, Malta is not actually a third world country, and in fact has a lot to be thankful for. But this doesn't stop most of our people from complaining.

A 'first world problem' is a 'problem' that is commented upon by people who are privileged enough to have all of life's commodities at hand. In fact, most of these issues are quite trivial, but take a moment to think how tough it is for the poor people who have to face these daily 'struggles'. Then have a good laugh. Here's a list of first world problems we've all experienced at one point or another. And remember folks, this is all in good fun.

1. **PIZELLI OR IRKOTTA PATIZZI?** The age-old debate that has brought many people's lunch breaks to a grinding halt.
2. **I HAD TO WAIT TWO HOURS FOR MY FREE DOCTOR'S APPOINTMENT!** If you injure your leg in Malta, making your way to a polyclinic or Mater Dei will result in you being seen to, relatively quickly. In some other countries, you will be left outside on the pavement, arterial spurt and all, all because you don't have healthcare insurance.
3. **MY STIPEND IS ONLY €84!** The University of Malta gives students free money. In some other countries, students get a huge mountain of debt.
4. **PIZZA4U'S PIZZAS HAVE TOO MANY TOPPINGS!** If you've ever tried this iconic establishment's pizza, you'll know of this struggle.
5. **MY PARENTS ARE CONSTANTLY NAGGING ME FOR COMING HOME LATE – I'M 35 FOR GOODNESS SAKE!** We Maltese are notorious for taking quite a while to leave the nest. If you're 35 and your *mama*' is still ironing your underpants, you might want to re-evaluate your life.
6. **THE FLOUR AND OIL FROM MY HOBZA BIZ-ZEJT IS GETTING EVERYWHERE!** Who doesn't love an oily *hobza* to line the stomach? The downside is that the bread's flour and greasy goodness tends to find it's way to every crevice imaginable. Still, at least you're not queuing at a food bank. Or waiting for a charity airdrop in a remote village somewhere, are you?
7. **I'M FREEZING; IT'S 10 DEGREES MAAA!** As a nation, we're not very used to extreme temperatures, say, anything above 28 or less than 15 degrees. Even though we experience them every year, the obligatory Facebook status rants are inevitable.



**8. I KNOW I'VE BEEN BITCHING ABOUT OUR ROADS FOR YEARS, BUT THESE DIVERSIONS ARE SO IRRITATING!** If the roads are moon surfaces, we complain. If they're being fixed, we complain.

**9. I DON'T HAVE ENOUGH GALLETTI FOR MY BIGILLA!** Your bag of *galletti* is all gone but you've still got half a tub of *bigilla* left. What to do? Use a spoon, perhaps?

**10. I KNOW I SHOULD VOTE, BUT I DON'T FEEL LIKE LEAVING THE HOUSE...**

Freedom of speech, democracy, the choice to vote – it's incredible how many people take them for granted...

**11. I HAVE TO DRIVE HALF AN HOUR TO GET THERE?** The concept of driving more than 15 minutes doesn't sit well with us, does it? For most foreigners, getting from one end of the country to the other in 40 minutes is a luxury. And what about the fuss we make when we can't park right outside wherever it is we want to go?

**12. OH, NO! VICTORY DAY IS ON A SATURDAY!** Malta is officially one of the countries with the most public holidays in the world - but all hell breaks loose when one of them falls on a weekend, depriving us of the occasional free day.

## Brodu tat-Tigiega - Chicken Broth, Maltese Style by Anna Sultana

It is Autumn in Winnipeg which, temperature-wise, is a lot like Winter in many other places.



Because it's colder people stay indoors more.

Germes are indoors more. Indoors is now the perfect place for catching a cold, or the flu. When we lived in New York, chicken soup was called Jewish penicillin. Well, that chicken soup recipe wasn't just prepared by good Jewish Mamas. Maltese Mamas made it, too. And so can you.

### Hints:

The stewed hen can be served as a main course.

You can also cut a few slices of breast and dice them to add to the broth. Tiny pasta takes about 7 minutes, rice takes about 15 minutes to cook.

Have a ham hock instead of a stewing hen? No problem.

That's perfect for making [Ma's Split Pea Soup](#).

### Brodu tat-Tigiega

Chop into roughly the same spoon-sized chunks

- 1 large carrot
- 1 onion celery stalk
- 2 potatoes
- Rinse
- 1 stewing hen
- Set aside the liver and the heart.
- In a large pot place
- the cleaned hen
- the chopped vegetables

Add

- 8 Cups water
- 1 bouillon cube
- the hen's liver and heart
- Simmer until the hen is cooked, about 2 to 2 1/2 hours.
- Remove the hen.



Add

- 1 teaspoon tomato paste
- 3 Tablespoons rice or small pasta (stars are nice)
- Simmer until the pasta or rice is cooked.
- Serve with a hug.

## DUN KARM PSAILA

- ✦ Dun Karm Psaila
- ✦ Writer
- ✦ Dun Karm, 89, was a Maltese writer and poet, sometimes called 'the bard of Malta'. He was educated at the Seminary between the years 1885 and 1894 and then proceeded to study philosophy in 1888 and theology in 1890 the University of Malta.  
[Wikipedia](#)
- ✦ **Born:** October 18, 1871, [Żebbuġ](#)
- ✦ **Died:** October 13, 1961
- ✦ **Education:** [University of Malta](#)



## 55 sena mill-Mewt tal-Poeta Nazzjonali

mill-Kav. Joe M Attard

Nhar il-Gimgha filghaxija, 21 ta' Ottubru 2016 il-Kunsill tal-Kultura f'Għawdex fakkar għeluq il-55 sena mill-mewt tal-Poeta Nazzjonali Monsinjur Dun Karm Psaila b'serata Mużiko Letterarja fis-sala tal-Ministeru għal Għawdex f'misraħ San Franġisk Victoria li matulha nqraw xi poeżiji tal-Poeta kif ukoll tkantaw xi għanjiet reliġjużi li ħarġu mill-pinna tiegħu mill-kantant Għawdx Raymond Caruana. Intwera wkoll dokumantarju fuq il-ħajja

tiegħu b'kummenti tal-Professor Oliver Frigġieri waqt li n-Nutar Paul G. Pisani tkellem dwar xi aspetti mill-ħajja letterarja ta' Dun Karm. Għadd mhux ħażin ta' Għawdxin kienu preżenti li fi tmiem is-serata kienu indirizzati mic-Chairman tal-Kultura u Festi Reġjonali fi ħdan il-Ministeru għal Għawdex Monsinjur Dr Joe Vella Gauci.

Sadanittant iktar tard fl-istess lejla, fil-pjazza ta' quddiem il-knisja ta' Santa Luċija sar għal darb'ohra s-'Symphony of Lights' bis-sehem tal-'Gozo Youth Wind Band' taħt id-direzzjoni ta' Mro Joseph Grech u s-solisti Ludwig Galea, Denise Spiteri u Christabelle Formosa. Il-Pjazza kienet mimlija nies fosthom anke xi Maltin u barranin flimkien mal-Ministru għal Għawdex u s-sindku Ta' Kercem li flimkien mas-Sur Alfred Stellini lejn tmiem is-serata raddew ħajr lil kull min ħa sehem f'dik il-lejla ta' kant, dwal u logħob tan-nar. Il-Ministru wera wkoll is-sodisfazzjoni tiegħu għal fatt li minn rħajjel daqstant żgħir kien qed jittella spettaklu daqshekk ta' livell li issa daħal fil-kalendarju Għawdx ta' attivitajiet kulturali u edukattivi.

Fisser ukoll kif il-Ministeru għal Għawdex qed jissokta jaħdem fuq diversi proġetti b'risq il-Għawdxin kollha fosthom Mużew. Intant il-pubbliku numeruż li attenda seta' jgawdi mużika sabiħa u varjata meħuda minn siltiet minn Opri bħal 'Aida', 'La Traviata', 'Rigoletto', 'Nabucco', 'Va Pensiero', 'Nessun Dorma', ikoll miktuba minn kompożituri kbar bħal Puccini, Verdi li mill-pinna tagħhom smajna wkoll siltiet mill-'Madame Butterfly', 'Tosca', 'Gianni Schicchi' w oħrajn li dal-mument ma niftakarhomx. L-orkestra semmagħtilna wkoll biċċiet minn Musicals u films popolari u f'ħin minnhom ħasditna tfajla liebsa ta' Mary Poppins bl-umbrella f'idha li dehret nieżla mill-għoli ma' ħabel li wassalha quddiem il-palk tal-orkestra waqt li din kienet qed iddoqq silta minn dal-film mas-solista Denise Spiteri. Intlaqgħu ferm tajjeb ukoll 'Bella Italia' (gabra ta' kanzunetti popolari Taljani mill-vuċi soda ta' Ludwig Galea), kif ukoll 'Symphony of the Seas', siltiet mill-Musicals 'Mamma Mia' 'Evita' u oħrajn.

Tas-Surmast zagħżuġh Antoine Mercieca indaqget il-'Capital D' waqt li ma naqsitx il-'Bells across the meadows' li Albert Ketelbey jingħaq li kiteb qrib dawn in-naħat kemm dam f'Għawdex. Is-serata kollha għalqet bil-'Conquest of Paradise' waqt spettaklu ta' Logħob tan-nar li beda jinħaraq minn madwar il-pjazza kollha! Dan kien wieħed mill- ispettakli li ħadt nippreżenta minn kemm ilni wara l-mikrofonu!



## VALLETTA; MALTA'S CAPITAL CITY -

Posted by **Kevin Buttigieg**

I am so proud of being Maltese, if anything, for the simple reason that Valletta is our capital city. If you have never been to Valletta, you may not understand what is so extraordinary about it. I might be forgiven for boasting of my country's capital city. But it seems it has attracted the attention of many others besides myself.

For instance, Valletta has been purposely selected to feature in a number of high-profile American blockbusters..... have you seen Brad Pitt's WWZ, or 13 Hours directed by Michael Bay. Munich Steven Spielberg, the soon-to-be-released movie called 'Assassins Creed' starring Michael Fassbender ..... this is just a handful of movies of course.... there are many others. Valletta is not your typical city. There is none of the super traffic which most European cities have to endure.

But don't you believe that it is boring or apathetic at any time of day. Everybody can reach Valletta from anywhere around the island since it is a public transport hub – reach it via water ferry, taxi or bus (many tourists reach it in exceptional style via cruise liners.) During its mornings, it wakes up proud and ready to face the day. It provides bustle and action through most of the day, since it is the commercial hub, the state hub and the tourist hub that draws people in for varied and widely diverse reasons. Market stalls, restaurants, musical fountains, open-air cafes, museums and so much architecture on each and every street corner. Surprises are the order of the day.

Then it elegantly tones down its mode during its evenings, promoting a sense of calm and quiet, yet enough to tantalise anybody wishing to wine, dine and listen to live music or just have a serene stroll. It provides an alternative to the clubbing scene which can be enjoyed elsewhere on Malta. And then, politely, it will retreat at night, to allow its hundreds of residents to enjoy, at least, the night in peace. But, please note, this does not mean Valletta residents do not enjoy living there.... a recent local survey clearly indicates that 95% of residents in Valletta are happy to live there.

Valletta has such an astounding history to tell and such an impressive character. It has also several highlights to look forward to in the near future. For instance, it has been selected as European Capital and during the first half of 2017, it will proudly look on as Malta hosts the EU Presidency. The Maltese government will be investing concerted attention to create greater mobility towards and within Valletta, via parking spaces, new squares and more culture centres. Then there is Valletta 18 (V18) coming up, which is attracting widespread interest in the copious programme of events aimed for the build-up to and duration of 2018.





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**TA' SUFRAGJU GHALL-MEMBRI MEJTIN**  
**U L-FAMILJI TAGHHOM**  
**Nhar il-GIMGHA 4 ta' NOVEMBRU 2016**  
**Fis-sitta u nofs ta fil-ghaxija (6.30pm)**  
**Fill-klabb taghhom stess**  
**Il-klabb ikun miftuh mill-hamsa u nofs (5.30pm)**  
**Ghalhekk inhajru lill- membri u l-hbieb taghhom**  
**Biex jattendu .**  
 Ghall iktar informazzjoni cemplu

**George : 0407 434 651. Hamrun CLUB : 9838 1111**

*Greg Caruana*

## THE MICE AND THE CAT

RON BORG WRITES In response to your "the Mice & the Cat" stinger, I was moved to write the following: Aesop's Fable about the mice and the cat is an interesting one, especially when you can apply it to situations in a community!

Although, one can imagine that the mice seemed to have an impossible situation, it is quite obvious that **this is not necessarily so!**



If the mice stopped to think that:

- There is ***only one Cat*** and yet many of them.
- If they stood firmly together, ***openly***, without being petrified of this one ***OGRE***, they would realize that, this is only one "pussy", who can tumble and fall!
- If they openly backed and fully, and openly, supported those among them that were willing to "hang the bell", then those willing would be encouraged to do the "heavy task".
- However those undertaking this task, would be disheartened, if they should look behind for their supporters, and find "***nobody***" there to prop them up, because they have all ran away and hid, for fear of being recognized!
- It is no good to "***hide***" behind excuses like "I cannot be seen to be biased" because I am this or that, or the other!
- Saying, "***they should do this or that***" does not get the job done! "***They***", is somebody else, who is referred to, when we do not want to get our own hands dirty.
- David slew the Philistine giant, Goliath, with just a sling shot and a stone, and yet this is only a "very selfish & mean " fat cat" that needs to be banished!

**Rise up all of you mice and get rid of this miserable, selfish cat!!!!**

## I GIOVANNITI LA STORIA DEI CAVALIERI DI MALTA ta' Frans Sammut, Bonferraro Editore 2015.



Frans Sammut (1945-2011) jibqa' miftakar bħala wiehed mill-kittieba ewlenin tat-tieni nofs tas-seklu 20, kif ukoll bħala riċerkatur serju u prim. Min ma qarax xi darba jew oħra xi wiehed jew iktar mir-rumanzi tiegħu *Il-Gagga*, , *Samuraj*, *Paceville* jew *Il-Holma Maltija*? Kellu għal qalbu hafna lil Mikiel Anton Vassalli, Żebbuġi bħalu, u kiteb dwar ir-Rivoluzzjoni Franċiża, dwar il-ħakma ta' Napuljun f'Malta, kif ukoll dwar il-ġrajja tat-tagħlim f'Malta. Is-sena 2015 rat il-pubblikazzjoni postuma tal-ktieb *I Giovanniti. La storia dei Cavalieri di Malta* minn Bonifarro Editore.

Dan il-ktieb ta' 254 paġna jinqasam fi 13-il taqsima u huwa miktub kollu kemm hu fl-ilsien Taljan. Dan ifakkarna f'kemm Frans Sammut kellu għal qalbu mhux biss l-ilsien Malti imma anki ilsna barranin oħrajn bħall-Franċiż, l-Għarbi, il-Latin u t-Taljan. Fil-ktieb Sammut jagħtina l-istorja tal-Ordni tal-Kavallieri ta' San Ġwann mill-bidu sal-preżent. [pagnawarapagna.blogspot.com.mt](http://pagnawarapagna.blogspot.com.mt)

*Submitted by Patrick J Sammut*

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