

THE JOURNAL OF THE MALTESE DIASPORA

MALTESE NEWSLETTER



LINKING THE MALTESE ALL OVER THE GLOBE

MALTESE HISTORICAL ASSOCIATION (AUSTRALIA)

**LAUNCHING OF THE COMMEMORATIVE BOOK
MALTA AND THE ANZACS - NURSE OF THE MEDITERRANEAN
IN MELBOURNE VICTORIA**

MALTA AND THE ANZACS

**Malta
The Nurse of
the Mediterranean
ANZAC CENTENARY
1915-2015**



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Frank L Scicluna OAM

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**THIS
COMMEMORATIVE
PUBLICATION,
EDITED BY THE
HON CONSUL
FOR MALTA IN
SOUTH AUSTRALIA
FRANK
SCICLUNA OAM,**

**WILL BE LAUNCHED ON
TUESDAY 21 JULY 2015 AT 7.30 PM
BY THE MALTESE CONSUL GENERAL VICTOR GRECH
AT THE MALTESE COMMUNITY CENTRE,
ROYAL PARADE, PARKVILLE, VICTORIA**

This book is published under the auspices of the Maltese RSL Sub branch of S.A.

Everyone is invited to attend

The Consul General for Malta in the State of Victoria, Mr Victor Grech



Mr. Victor Grech joined the Malta Public Service in 1976 and has served in various Government departments positions in Malta, notably within the Ministry for Foreign Affairs, as well as in Maltese Missions Overseas. Mr Grech's first overseas assignment was as Trade and Industry Officer at the Malta High Commission in London (1985 – 1987); subsequently served as Counsellor and Deputy Permanent Representative of Malta to the Council of Europe in Strasbourg, France (1998 – 2001); and in more recent years, as Head of Administration of the Permanent Representation of Malta to the European Union in Brussels, Belgium (2004 to 2007 and from 2009 up to 2011).

In the course of his career, Mr Grech has also served at the Ministry of Development, Energy, Ports and Telecommunications (1976 to 1980); followed by the position of Private Secretary to the Deputy Prime Minister within the Ministry of Finance (1981 to 1984); the Ministry of Home Affairs (1987 to 1993); the Law Courts of Malta (1994 to 1996).

Born on 6 September 1957, Mr. Victor Grech holds a Diploma in Public Administration. Mr. Victor Grech is fluent in Maltese and English and is conversant in Italian and French. He is married to Patricia and has three children (Yan, Matthew and Kimberley).

ABOUT THE BOOK – MALTA AND THE ANZACS



Thank you for the book and for the note. I want to compliment you for a superb production. It has an educative value for the Maltese, for our children and for Australians who do not know enough about the part Malta played when it was important.

family!

My interest goes far. However I must note that we have fifteen grandchildren. Before I am allowed 'to peruse the book at length, it has to go to many members of the

My interest starts with the example of my uncle who, just graduated as a doctor, volunteered to served and ministered to the ANZACs at a time when hospital ships were being torpedoed by the Germans.

Later on when I was still at home, my father was one of the first who made our people aware of the book which honoured our country and people with the glorious and proud appellation "MALTA...NURSE OF THE MEDITERRANEAN"!

SO, a huge "CONGRATULATIONS" to you which is highly deserved. God bless SLIEM, SAHHA u BARKA! - Dr George Boffa (NSW)

YOU MAY OBTAIN A COPY – SEND AN EMAIL TO FRANK : honconsul@live.com.au



SBS (AUSTRALIA) Radio Maltese on Digital Radio

SBS recently announced that the SBS Radio Maltese digital only programs, at 12pm Tuesday and 2pm Thursday on SBS Radio 3, will conclude on 6 August 2015. The SBS Radio Maltese programs on the analogue SBS Radio 2 schedule, at 12pm Friday and 2pm Saturday, will continue as normal.

This change will bring the SBS Radio Maltese program's broadcast hours into line with allocations for languages of a similar size and need in Australia, as determined by the 2013 SBS Radio Schedule Review and 2011 Census data.

During the 2013 SBS Radio Schedule Review, and following extensive community consultation, the Maltese language was allocated two programs on the analogue schedule, on SBS Radio 2, plus two additional programs on the digital SBS Radio 3 schedule.

At the time, SBS indicated it was able to commit to the additional programs on SBS Radio 3 for a period of two years.

TV News from Malta will continue to broadcast at 8am every Thursday and Sunday on SBS 2, with catch up viewing available via SBS on Demand or sbs.com.au/maltese.

How to listen to the SBS Radio Maltese program, after 6 August 2015

Radio:

SBS Radio 2 12pm Friday 2pm Saturday

Find your closest frequency at: sbs.com.au/radio/article/2014/04/14/amfm-frequencies

Digital TV: SBS Radio 2

Online: Live and catch up listening at sbs.com.au/maltese

Mobile: SBS Radio App, on iOS and Android devices

Social Media: twitter.com/sbsradiomaltese & facebook.com/pages/SBS-Maltese/122556091126233

For enquiries please contact:

Lauren Gallagher | T: (02) 9430 3298 | M: 0422 738 725 | E: lauren.gallagher@sbs.com.au

A EUROPE FREE FROM VIOLENCE AGAINST WOMEN, NEEDS TO BECOME A REALITY

Speaking during a conference on violence against women organised by the European Institute for Gender Equality (EIGE), Minister for Social Dialogue, Consumer Affairs and Civil Liberties Dr Helena Dalli said that the issue of violence against women was one of the two main areas of equality that will be highlighted during the Maltese EU Presidency in 2017.



“A Europe free from violence against women, is not only a vision, it needs to become a reality,” she said.

Minister Dalli explained how violence against women is, amongst other things, the result of a power imbalance in our societies. Hence, she emphasised the importance for women to gain their economic independence to be able to live a stable life, in equal and fair relationships.

Dr Dalli added that women should be free to work and seek employment free from the burdens of violence in their home, or the risk of harassment at the place of work. It is only then that women gain the right conditions to become fully free to prosper.

Minister Dalli referred to the ratification of the Istanbul Convention by eleven EU countries including Malta and urged the rest to work in that direction. Dr Dalli referred to a meeting held the previous day with Commissioner Jurova where both sides discussed at length possible EU initiatives tackling violence against women. She also commended the sterling work done by FRA and by EIGE in their joint efforts.

Turning to the recently enacted Gender Identity, Gender Expression and Sex Characteristics Act in Malta, Minister Helena Dalli pointed out that since the female population is not homogeneous, we must address the needs of women in different realities when faced with particular issues. “These issues too relate to a form of violence against women. It is a form of violence perpetrated by our binary sex culture, where those who do not conform are marginalised, and are likely to become victims of institutionalised violence” stated Dr Dalli. Minister Dalli remarked how there are many other good practices across the EU like this one of Malta, awaiting to be highlighted and shared.



FATHER NORBERT BONAVIA

Stella Maris Retreat House in Gozo has a new Director. Fr Norbert Bonavia hails from Birkirkara, Malta and has recently celebrated his 50th anniversary as a priest. The Gozo community welcomed him with joy in his new ministry of hospitality and spiritual accompaniment

MALTA PUBLIC TRANSPORT

Nollijiet tal-linja u tipi ta' biljetti

Bus Fares and Ticket Types

Adulti Adults

2-Hour	€1.30	Available from all Ticket Booths, Ticket Machines, Ticket Sellers and on-board
1-Day	€1.50	
7-Day	€6.50	
30-Day	€26.00	Only available on the official savercard
90-Day	€72.00	

Tfal Children

Tfal taht it-3 snin jivvjaġġaw bla ħlas Children under 3 years old travel Free

2-Hour	€0.30	Available from all Ticket Booths, Ticket Machines, Ticket Sellers and on-board
1-Day	€0.50	
7-Day	€2.30	

Koncessjonijiet Concessions

Kartanzjan, E-Residence 60+, Blue Badge

Uri l-kard meta tixtri l-biljetti u ġorrha miegħek fuq tal-linja
Show your card when buying tickets and carry it with you when travelling

2-Hour	€0.30	Available from all Ticket Booths, Ticket Machines, Ticket Sellers and on-board
1-Day	€0.50	
7-Day	€2.30	

Studenti Students

Studenti fuq kors fultajm ta' 3 xhur jew aktar ma' istituzzjoni akkreditata fil-Gżejjer Maltin Students on a full-time course of 3 months or more with an institution accredited in the Maltese islands

30-Day	€21.00	Only available on the official student savercard
90-Day	€60.00	

Ftakar li hija **responsabbiltà tiegħek** li tara li jkollok biljett validu. Jekk ma tkunx kapaċi tippreżenta biljett jew kard validi meta mitlub minn xi uffiċjal tat-trasport pubbliku, tintalab thallas in-noll dovut u tehel ukoll multa ta' €10

Remember it is **your responsibility** to ensure you have a valid bus ticket. If you are unable to show a valid ticket or card when asked to do so by a public transport official, you will be asked to pay the full fare due together with a penalty of €10

Termini u Kundizzjonijiet Japplikaw.
Terms and Conditions Apply

- Bus Service

Malta Public Transport is the company set up in 2014 to operate the bus services in Malta and Gozo. Bus services on the Maltese islands generally operate daily between 5:30 and 23:00hrs.

Route Information

There are a total of 80 different routes that link the different localities in Malta to either major hubs such as Valletta, Mater Dei Hospital and the Airport or to other destinations. Meanwhile 15 different routes operate in Gozo primarily from the central hub of Victoria Bus Station to various localities on the island. Generally, one or two digit routes (Eg. 1, 2, 3, ... 12... 34... 94) denote mainline routes that operate to and from Valletta from various localities.

Express routes are designated with an "X". These routes have limited stops and operate to and from the Airport from different localities.

Three digit routes link different localities together. In most cases these routes do not serve Valletta, but might serve other interchanges such as University and Mater Dei Hospital.

Accessibility

Buses in use on the service are of the low floor type making these vehicle fully accessible to persons with mobility impairments. Each bus has specifically designated seating for persons with mobility impairments, pregnant women, the elderly and persons carrying young children. Besides being accessible, buses are fully air conditioned, are equipped with audio announcements and electronic information panels highlighting the next bus stop.

More Information

For the latest information, announcements and

updates, go to <http://www.publictransport.com.mt>

BASTILLE DAY HISTORY AND FACTS 14 JULY



Bastille Day 2015 is the French equivalent of the Fourth of July in the United States. This celebration of French independence and freedom commemorates the "Storming of the Bastille" that occurred on the morning of July 14, 1789 when the common people of Paris stormed the prison known as the Bastille.

In 1880, almost 100 years after the seminal event, Bastille Day was declared a French national holiday. This popular uprising against oppression was the flashpoint of the French Revolution and has become a symbol of freedom around the world. In France, the day is referred to as La Fete National (The National Celebration) or simply as "le quatorze juillet" meaning,

the 14th of July. In 1848, the revolution's motto of "Liberty, Equality, Fraternity" was reinstated. These cornerstones of French freedom are reflected in the three colors of the French flag.

Just as with the Fourth of July, the holiday today occurs amid an atmosphere of exuberant patriotism, marked by fireworks and parades. These are held around the country in just about every city, town, and village. Places that are or once were French territories also celebrate the holiday, including Caribbean islands like St Martin and French Polynesian Islands like Tahiti

Bastille Day 2015 Events



It is, however, Bastille Day Paris France where you will find the penultimate celebrations (all covered in depth on French television). The festivities begin on the evening of July 13 with numerous private parties and elegant balls. The Paris Fire Brigade holds their annual ball on this evening, and an invitation is a highly sought item not available to the general public. The city's nightlife is especially active on both the 13th and 14th, but do make reservations at the most popular spots. There is also a huge free public concert held in the Place de Bastille where the historic prison was once located. This concert is held on the evening of the 13th, and the square is located in the 11th Arrondissement less than a mile to west of Ile de la Cite and magnificent Notre Dame Cathedral.

On the following morning, a grand Bastille Day Paris France military parade begins about 8:45. It progresses along the Champs Elysees from the Arc de Triomphe to the Place de la Concorde. In addition to numerous units from the French military, there are guest troops from former African colonies like Morocco and from other countries. Guest marchers in the past have included the United States Military Academy (West Point), the Spanish Legion, and the Swedish Royal Guard. Even a battalion from the United Nations has marched. Additionally, there are military flyovers. This is the largest and oldest military parade in the world.

The Bastille Day Paris France parade is free and open to all. If you want to find the best places to view it, it pays to camp out the night before at places along the route. Be prepared to walk, since many of the Metro stations will be closed. On the evening of the 14th, the entire celebration is capped with an extravagant fireworks display. The fireworks are staged from the Trocadero, which is just across the River Seine from the Eiffel Tower. There are many places that provide great views of the fireworks, including any of the Paris neighborhoods with views of the Eiffel Tower, including the hill of Montmartre and its Basilique du Sacre Coeur de Montmartre. You might also consider making reservations at the pricey Georges' Restaurant on the top floor of the Centre Pompidou.

WAYSIDE CHAPEL: SANTA MARIJA AT TAL-VIRTU'

This chapel forms part of my earliest memories. It is located at the edge of a promontory on which the town of Rabat is situated, on a lonely stretch of road with stunning views. When I was a little child, my Nanna would take me for a walk, almost every day, to the boundary wall of the chapel and back. We would walk, hand in hand, and she would feed me a banana, piece by little piece - I was not much of an eater back then.

On the way, we would stop at a little farm. A big billy-goat with an impressively long beard lived there and I never missed the chance to stop and say hello. The chapel itself is a mysterious place with a history that goes back to Punic times.

Beneath the chapel are a number of tombs that date back to Punic and late Roman times, together with paleo-christian (early Christian) catacombs. Also underneath the current church is a crypt which used to be the ante-chamber to the catacombs. The crypt was used as a troglodytic (cave) place of worship in medieval times. The first church on this site was built in 1438 but the existing domed structure was built between 1717 and 1723 after the original church suffered extensive damage during the earthquake of 1693. (The earthquake of 1693 is rather famous in Malta. It was caused by a violent eruption of Mt Etna - just 70 miles away - and caused extensive damage to a number of buildings).



In 1923, another earthquake caused several fissures to appear in the domed roof and the church was closed to the public. With the passing of the years, the church fell into dis-repair and was abandoned for many years. It was finally restored in 2009 but, due to the fact that it is now situated on private land, it is not open to the public except for private functions.

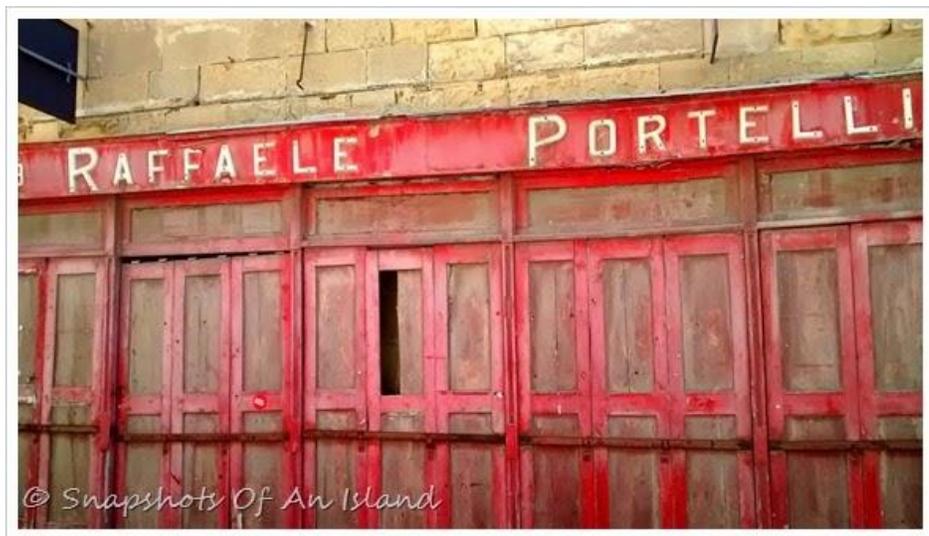
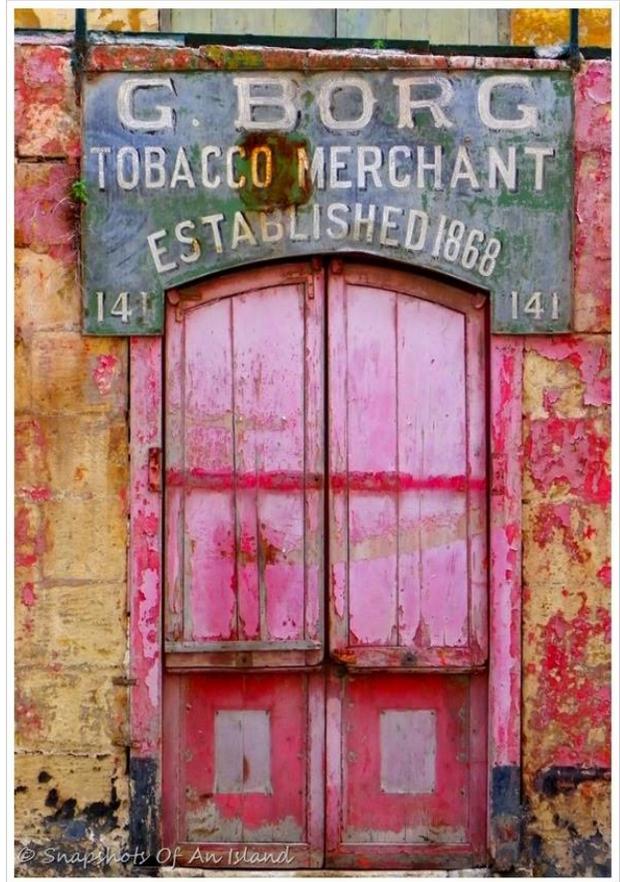
Perhaps not too surprisingly, the church is reputed to be haunted*. At least three people (two farmers and a British soldier), on different occasions, claim to have entered the church and saw a priest saying Mass in the empty building. To their horror, they realised that the priest had no flesh on his skeletal hands. Some also claim to have

seen the ghost of a young woman, accompanied by her guardian angel, walking towards the church. Local legend has it that this young woman was the sister of the famous Maltese architects Lorenzo and Melchiorre Gafa. During her life, she loved to come to pray in this lonely chapel. All of these sightings happened prior to the chapel's restoration.

I have been in the vicinity of this chapel many, many times and I have seen nothing unusual. Children were warned not to get too close to the building because it was in a heavily dilapidated state and it was thought that the roof was in imminent danger of collapse. However, one day, in our early teens, we disobeyed and went and looked in through the broken, decayed door. I cannot vouch for the others that were with me, but I was overcome by a very spooky and sinister feeling - and I had not yet heard about the ghost stories at that point in my life.

TRADITIONAL SHOP-FRONTS OF VALLETTA

It's been a long time. But I think it's finally time to come back here and share more of Malta with you. I'm starting off with something very close to my heart: the traditional shop-fronts of Valletta. They are hard to find these days and some of them are in a less than pristine condition. But that's what makes them all the more beautiful and mysterious.



ZEJTUN : L-GħANA MALTI TAGħNA LKOLL

Wirt iż-Żejtun organises an informative and entertaining evening at the Luqa Briffa historic garden. This activity had Maltese Ghana (folk singing) as the main theme. Invited as mains speakers for this activity were Mr Charles Coleiro; who needs no introduction when discussing this subject, and the researcher Mr Steve Borg.



Mr. Coleiro described in detail the evolution of the Maltese Għana and explained the various forms and styles of local folk singing. Examples of such styles and forms were given by għannejja (folk singers) from Zejtun who were also invited for the activity. Mikiel Cumbo u Żeppi Spagnol accompanied by guitar players Gustu Zammit u Janice Spagnol started by singing a *botta u risposta* or as is commonly known *għana spirtu pront* (immediate reply). Janice also sang a similar piece with her father Żeppi. The Mr. Coleiro explained what is meant by *l-għana la Bormliża*, followed by a piece sang by Mikiel Cumbo. Zeppi sang a piece from his *għana tal-fatt* (factual song) about the tragic traffic accident which occurred at Triq Anton Buttigieg in 2009 after an explanation about such style by Charles Coleiro. Janice then sang a piece known as *għana tal-banju*, usually sang by women during their cloth washing.



Mr. Steve Borg started his presentation by distinguishing through examples, the difference between tangible and intangible heritage. Maltese folk singing falls under the latter section of heritage. He than continued by taking those present around a number of south European countries and identifying what they are doing in order to save and promote their intangible heritage in particular to folk singing and folk musical instruments. Steve was continuously questioning: "What are we doing to safeguard our folk singing?". He gave an overview of how he had identified a significant collection of original folksinging tape recordings dating from the Sixties and early Seventies. These have been acquired by the Friends of the National

Archives, of which he is a committee member. Borg has also catalogued all the written data on the reels, which shall eventually form an integral part of a National Memory Project at the National Archives of Malta. He then shared with those present a number of old photographs showing għannejja from Zejtun singing in different wine bars. Those present also listened to old extracts of digitally converted of Maltese għana.



IL-PARROCCA TA' SAN BASTJAN QORMI

Nhar it-Tnejn, 25 ta' Mejju, Hjal Qormi ċelebra il-ġurnata tiegħu imma aktar minhekk l-istatwa artistika tal-ġebel ta' San Sebastjan li tinsab fil-pjazza ta' quddiem il-knisja ż-Żgħira dedikata lill-istess qaddis, din is-sena se tagħlaq 200 sena mindu twaqqfet appuntu f'din il-pjazza mill-Qriema fl-1815 f'tit żmien biss wara li l-pesta li kienet ħakmet lil Malta bejn l-1813 u l-1814 spiċċat bl-interċessjoni ta' San Sebastjan, patron tal-mard infettiv. Il-Qriema żammew il-wegħda li għamlu lil San Sebastjan jekk il-Qriema jeħilsu mill-madmad tal-pesta.

Kien għalhekk li l-Kunsill lokali Qormi fakkar dan l-anniversarju appuntu f'Jum Hjal Qormi għax tabilhaqq dan huwa anniversarju li jolqot lill-Qriema kollha.



Intant l-attivitajiet marbuta ma' dan l-anniversarju nqasnu fuq jumejn.

Nhar il-Fladd, 24 ta' Mejju, is-Socjeta Filarmonika Pinto Banda San Sebastjan, stellighet Il-Wegħda, kuncert vokali u strumentali quddiem l-istatwa ta' San Sebastjan

Fost il-muzika li giet inkluza fil-programm kien hemm diversi innijiet kemm ta' ex surmastrijiet tas-Socjeta u surmastrijiet oħra

Intant għal din l-okkażjoni f'dan il-programm żżanzan ukoll il-Innu Marċ Prinċep tal-Martri kompożizzjoni tas-Surmast Ray Sciberras u lirika ta' John Saliba u kantat Pamela Bezzina. Pamela Bezzina kantat ukoll silta mill-Oratorju Sebastianus Christianus tas-Surmast Ray Sciberras li kien ittella' f'Dar il-Mediterran għall-Konferenzi f'Ottubru tal-2012. Mal-Banda ingħaqdu t-Tenur Joseph Aquilina u l-Kor tat-Tfal ta' Romina Vella.



L-għada mbagħad eżattament f'Jum Hjal Qormi, it-Tnejn 25 ta' Mejju, il-programm għal din il-ġurnata, beda b'quddiesa kkonċelebrata mill-kappillani taż-żewġ parroċċi, l-Arcipriet Dun Anton Cassar u l-Kappillan Dun Joe Buhagiar. Kif spiċċat il-quddiesa sar korteo bis-sehem tal-tliet banded Qriema, dik ta' San Gorġ Martri, l-għaqda mużikali Aniċi kif ukoll il-Banda tas-Socjeta Filarmonika Pinto Banda San Sebastjan. Dan il-korteo wasal se hdejn il-knisja ż-Żgħira ta' San Sebastjan u l-Innu ta' Hjal Qormi ndaqq u ta bidu għas-serata Mużiko-Letterarja, li se ttellighet mill-Għaqda Ġużè Muscat Azzopardi/Awturi Qriema, fejn fost l-oħrajn sar re-enactment ta' żmien xejn felici fejn l-imxija tal-pesta kienet laqet lill-Belt Pinto bejn l-1813 u l-1814, bil-Qriema jzommu l-wegħda li għamlu u jwaqqfu statwa tal-ġebel ta' San Sebastjan, f'tarf ir-raħal.

Sar qari ta' poeziji u siltiet letterarji minn membri tal-Għaqda Awturi Qriema, żfin mill-grupp folkloristiku Qormi, Qamħa u Sylvana Cassar u l-aħħar u mhux lanqas, giet immedija kanzunetta dwar il-Belt Pinto li ġġib l-isem tal-motto ta' Hjal Qormi "Nogħla mill-Qiegh" fuq kliem ta' Tano Vella, mużika ta' Philip Vella u tkanta l-kantanta Qormija u versatili, Olivia Lewis. Is-serata kompliet bil-premjazzjoni ta' Ġieħ Hjal Qormi u għarfien il-Flila.

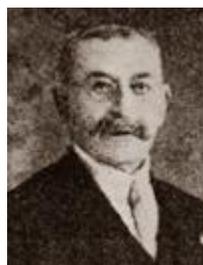
Iż-żewġ attivitajiet ittelligħu bil-kollaborazzjoni tal-kunsill Lokali Qormi taħt il-patroċinju tar-rispettabbli Sindku, Rosianne Cutajar.

Doris Zammit

Il-Presidenti li kellha l-Akkademja tal-Malti matul is-seklu għoxrin

kienu Ġużè Muscat Azzopardi (1920 - 1927), Dun Karm Psaila (1927 - 1942), Ġużè Galea (1942 - 1973), Wallace P. Gulia (1974 - 1984), Patri Joseph Ghigo S.J. (1984 - 1995), u Achille Mizzi (1995 - 2000). Charles Briffa nħatar bħala l-President il-ġdid fil-11 ta' Marzu, 2000. Wara dan il-perjodu twaqqaf kumitat *ad-interim* ta' sena, immexxi minn Dr Bernard Micallef, li kien emenda l-Istatut. Dr Marco Galea nħatar president ġdid (2005 - 2007). Warajh segwa s-Sur Anton Agius Muscat. Fil-Laqqgħa Ġenerali tal-5 ta' Settembru 2009 nħatar kumitat ġdid għall-Akkademja li se jwassa sal-2011. Dan hu mmexxi mis-Sur Carmel Azzopardi.

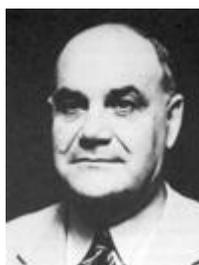
Il-Presidenti Onorari tal-Akkademja huma Wallace P. Gulia, Ġanni Cilia, Fr. J.M. Ghigo S.J., u Ġużè Chetcuti.



Ġużè Muscat Azzopardi
1920-1927



Dun Karm Psaila
1927-1942



Ġużè Galea
1942-1973



Wallace Gulia
1974-1984



Patri Joseph Ghigo
1984-1995



Achille Mizzi
1995-2000



Dr Charles Briffa
2000-2004



Dr Bernard Micallef
2004-2005



Dr Marco Galea
2005-2007



Anton Agius Muscat
2007-2009



Carmel Azzopardi
2009-2013



Olvin Vella
2013-

L-Għaqda tal-Kittieba tal-Malti twaqqfet aktar minn 90 sena ilu, fl-1920, bil-ħidma ta' Ġużè Muscat Azzopardi, Franġisku Saverju Caruana, Dun Karm Psaila, Ninu Cremona u xi oħrajn.

L-għanijiet tal-Għaqda kienu t-tixrid tal-ilsien u tal-letteratura Maltija kif ukoll it-tiswir ta' ortografija standard. Fl-1964, wara bidla statutorja, l-Għaqda bidlet isimha u saret l-Akkademja tal-Malti, kif għadha magħrufa sal-lum.

**THE MALTESE LANGUAGE = GH, IE AND AKKA
not about to disappear**



The infamous consonant gh, the silent h and the dragged ie are here to stay, with the council for the Maltese language debunking a myth which occasionally arises that these letters are about to disappear from the alphabet.

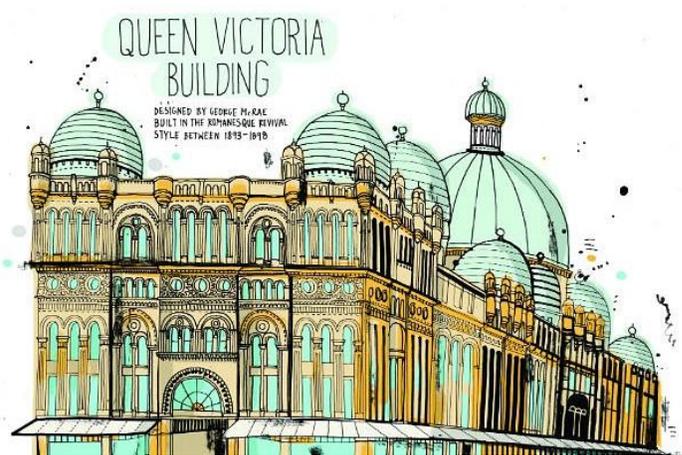
“The Kunsill tal-Malti has never discussed, is not discussing and does not have the intention to discuss the removal of these letters,” its president

Ray Fabri told THE Times of Malta.

Rumours have surfaced from time to time that the council might decide to do away with these letters but there was increased speculation on social media recently owing to discussions taking place within the body. However, the only issue the council is discussing is words borrowed from the English language: do we keep kejk, which has been assimilated within the Maltese language – we even have the plural kejkijiet – or write ‘cake’?

What about words like ‘roundabout’, for which the language has not yet adopted a Maltese version?

In 1984, the Akkademja tal-Malti had decided to write these words phonetically, as in swiċċ. The same rule stated that if you preferred writing ‘switch’, then this had to be written in italics or inverted commas.-----



THE QUEEN VICTORIA BUILDING (or QVB), is a late nineteenth-century building designed by the architect George McRae in the central business district of Sydney, Australia. The Romanesque Revival building was constructed between 1893 and 1898 and is 30 metres (98 ft) wide by 190 metres (620 ft) long. The building fills a city block bounded by George, Market, York and Druiitt Streets. Designed as a marketplace, it was used for a variety of other purposes, underwent remodelling and suffered decay until its restoration and return to its original use in the late twentieth century.

BONNIE LEE GALEA from South Australia.....

songs move me, because I believe, if I feel them & they move me, then I think my audience will also feel them & be moved by them too. I love all those quirky, cheeky lyrics which make up a lot of my songs at our gigs”

This CD's songs were coincidentally chosen and found to mimic her own journey in life so far. Torch songs some would say sung by Bonnie but chosen from versions by some of the most incredible female vocalists over the years, such as Billie Holiday, Blossom Dearie, Nina Simone, Dinah Washington & Big Mama Thornton whom Bonnie shares an exact birthday with, but 40 years apart. She also has some contemporary jazz favourites on the CD with Latin & Mediterranean Flavour from Melody Gardot & also a woman called Rita and a modern song in Latin Jazz feel.

Bonnie is Sultry, Sophisticated & Stylish! Although she has many talents her first passion is MUSIC occasionally combining her paintings & charcoals in performances. **Bonnie** has performed, managed & marketed her own band's professionally since 2000 throughout Northern Territory, Queensland & South Australia. With her Maltese/Mediterranean background, this songstress has a vast repertoire extending from early classics to current contemporary numbers & occasionally her original compositions, marketed under her own name.

Her selection of music is an eclectic one from Masters such as Billie Holiday, Dinah Washington, Bessie Smith, Ruth Brown & Janis Joplin to Bob Marley, Melody Gardot, Alanis Morissette & Amy Winehouse incorporating a collection of romantic songs sung in Mediterranean, European & South American languages adopted from her travels from artists such as Sergio Mendes, Astor Pezola, Gypsy Kings etc!

Travelling interstate & locally for performances **Bonnie Lee Galea** is accompanied by some of the most talented local musicians in each state on a huge variety of instruments including double bass, flamenco guitar, sax/flute, congas etc. Reviving memorable compositions in their own unique style, tailored to suit each individual demographic, venue or event. Over the years **Bonnie Lee Galea's** performances range from large corporate public & private events, weddings & festivals to intimate dining experiences & cocktail parties, wineries, golf clubs etc. The new CD is for sale, please contact Bonnie.

WEBSITE: www.bonnieleegalea.com

EMAIL: bonnieleegalea@gmail.com

Finally I have finished recording my first CD after 15 years of performing.

Bonnie Lee Galea -Since I Fell For You

Bonnie Lee Galea, born in Adelaide with Mediterranean Roots from the little Isle of Malta, is a singer, songwriter & has managed her own bands since 1999.

She left Adelaide in 1991 as a Croupier to discover the world & herself not returning until 2010 as a Professional Vocalist. Who would have guessed it would be here that she records her first CD....

With so many influences in her music she selects to perform based upon the cheeky lyrics, messages and experiences in life they portray.

Bonnie says.... "My song choices are always based on which songs move me, because I believe, if I feel them & they move me, then I think my audience will also feel them & be moved by them too. I love all those quirky, cheeky lyrics which make up a lot of my songs at our gigs”



A Handful of Nuts Reduces Risk of Heart Disease and Stroke

Need another excuse to eat nuts? Here are the facts as to why a serving of nuts a day can help your health...



Heart disease is the number one killer of Australian men and women and is responsible for around 22,000 deaths every year.

But a new study has revealed that a Mediterranean diet, which includes fresh fruits and vegetables, seafood, whole grains and nutritious fats including nuts reduces the risk of cardiovascular events by 28% and in particular the risk of stroke by 46%, according to new findings by one of the world's largest and longest dietary intervention studies. The research also found that the Mediterranean diet enriched with extra-virgin olive oil also reduced the risk of cardiovascular events by 30%.

One of the key researchers Prof Jordi Salas Salvado, said the main message was people who consume healthy plant based fats from mixed nuts and extra virgin olive oil had a lower risk of coronary events and mortality by cardiovascular diseases.

"We recommend 30g of nuts a day, which is around a handful, as this is the amount of nuts that we have consistently demonstrated beneficially effects heart disease risk factors," said PREDIMED co-investigator Dr Emilio Ros "Increasing nut consumption is very important. I think Australia should strive for the majority of the population to eat a handful of nuts a day, not only for protection from heart disease but diabetes, hypertension, and other general health problems."

The PREDIMED findings follow last week's release of the new Australian Dietary Guidelines, which for the first time distinguished between 'good' and 'bad' fats calling on Australians to switch unhealthy saturated and trans fats for healthy mono and polyunsaturated fats such as those found in nuts and avocados³.

The modeling documents that underpin the new Guidelines also highlighted that Australian adults needed to increase their nut consumption by 350% to meet the recommended handful (30g) of nuts.⁴

"It is satisfying to see that the NHMRC Australia Dietary Guidelines now acknowledge the important role nuts play in the diet," said Advanced Accredited Practising Dietitian and Nuts for Life Program Manager Ms Lisa Yates. "This latest revision of the dietary guidelines puts the final nail in the coffin of low-fat diets as the preferred option for a healthy diet. At last healthy fat foods are back on the menu."

A good way to include nuts in your diet on a daily basis is to sprinkle some over your cereal or salad, soak almonds in water overnight and enjoy as a snack, or keep a jar of unsalted nuts as a handy snack.

EU ALLOCATES €39M FOR NEW MARSJA ADDOLORATA JUNCTION



Malta has been allocated €39m by the EU for Phase I of the upgrading of the TEN-T road network at the Marsja Addolorata junction.

The grant is part of funds under the Connecting Europe Facility (CEF). Works are expected to start in 2017 following the works on the Kappara junction. Transport Minister Joe Mizzi thanked all concerned for their work in securing the funding.

Transport Malta explained that the TEN-T Marsja project aims at removing a critical road traffic bottleneck on the Scandinavian-Mediterranean TEN-T core network corridor. Malta's application had demonstrated how the removal of this bottleneck would contribute to EU general policy objectives relating to the internal market, growth, and jobs. It also meets the specific TEN-T policy objectives of promoting efficient and sustainable use of the infrastructure, increasing capacity, and providing improved infrastructure in terms of safety, security, efficiency, climate change, and accessibility.

The application for the funds was made by the government and Transport Malta. (Images - Transport Malta)



rehabilitate...
restore...
retrain...
Holistically

Our team consists of four physiotherapists, Marika Scicluna, Frank Tedesco, Annie Angove, and Poi Leung, our massage therapists, Jane Harris and Allyson Kenelley. Our friendly receptionists are Merici Thompson, Anne Elvers and Debbie Baldock.

Our physiotherapists were trained at the University of South Australia, which is considered the world leader in both research and clinical practice.

Our physiotherapists are also Members of the Australian Physiotherapy Association, which means we practice in accordance with the APA Code of Conduct and are committed to professional excellence.



Our team is committed to providing clients with caring, personalised and high-quality physiotherapy services to help them achieve their health and fitness goals and improve their quality of life. Hands-on therapy and acupuncture are used to address joint and muscle dysfunctions and improve postural alignment and biomechanics. This is used in conjunction with exercise programs, based on the Pilates method, to re-educate weakened muscles. Together these treatment tools assist us in effectively rehabilitating our clients to their best possible state-of-

health. With our focus on our "Whole of Body" therapy approach and self-management, our clients are empowered with the knowledge and skills to manage their own conditions in the long-term as well as seeing the short-term results.

Relocation of our Western Clinic!...

Western Specialist Centre, Henley Beach

We are excited to announce the permanent relocation of our Western Clinic from West Lakes to the The Western Specialist Centre, Suite 1, 63 Cudmore Terrace, Henley Beach.

Marika Scicluna is consulting here on Mondays and Thursdays and conducting Pilates Mat Classes at 6.30pm on these days. The new clinic is diagonally opposite the Western Hospital next door to the tennis courts with onsite parking and wheelchair accessibility. You can contact the Henley Beach Clinic on 8353 6233 or on 8363 2929.

Our mailing address is:

Rehabcorp Physiotherapy

166 Payneham Road

EVANDALE, SA 5069 Australia

Phone: **(08) 8363 2929**

Visit website: www.rehabcorp.com.au/

Knights of St. Peter & St. Paul present donation to Fr Douglas Youssif

The Confraternity of the Knights of St. Peter & St. Paul have donated €1100 to Fr. Douglas Youssif Bazi, for the Iraqi refugee Christians in Erbil in Northern Iraq.



The money was raised by the Grand Chapter of Melbourne, the Grand Chapter of Vienna in Austria, the Grand Chapter of Malta, the Grand Master Peter Paul Portelli, the family of Chev. Eddie Vella and others.

Chevalier Eddie Vella, President of the Grand Chapter of Malta, made the presentation on behalf of the

Confraternity of the Knights of St. Peter & St. Paul, at the end of the Pontifical Mass in the Basilica of St. Peter & St. Paul in Nadur, Gozo, on Monday.

The Archpriest of the parish of St. Peter and St. Paul, the Rev Mgr. Jimmy Xerri had identified Fr Douglas Youssif, an Iraqi priest from Erbil in Kurdish-governed north-eastern Iraq. He has seen thousands of Christian refugees arrive over the last few months, with many relying on the church for sanctuary. *Photograph by Mario Muscat*



News for migrants,
refugees and visitors
Centrelink Australia

Hi,

Here is the latest news for migrants, refugees and visitors for the month of July from the Australian Government Department of Human Services.

To read complete stories and for more detail, visit the Migrants, refugees and visitors section of the Human Services website.

<http://www.humanservices.gov.au/customer/themes/migrants-refugees-and-visitors>