



MALTESE E-NEWSLETTER

JOURNAL FOR MALTESE LIVING ABROAD

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Demi Mock to Represent
Malta at **Miss International**
2025 in Tokyo



**FULL
MOON
OVER
MALTA**

**MDINA
CATHEDRAL**



Maltese moving out

Foreigners moving in



**MALTESE-BORN
PROF DAME
CLARE GERADA**



**Happy
Parenting
Malta
For Happier
Children**



Shane Delia's Malta serves up the Mediterranean this summer

Media releases

One of Australia's most celebrated chefs, **Shane Delia** invites you to the vibrant archipelago of Malta; a Mediterranean crossroads where cuisine and culture collide. From turquoise harbours to olive groves, every corner of Malta bursts with rich history and delectable dishes. Savour the tastes of the Mediterranean and fire up a summer feast to remember with **Shane Delia's Malta**, premiering **Monday 24 November at 8.00pm on SBS Food and SBS On Demand**.

Plating Up History

Gleaming at the heart of the Mediterranean, Malta's 9,000-year history is awash with trade and invasion by countless civilisations – the Phoenicians, Romans, Byzantines, Ottomans, and British. Each left bold fingerprints on Malta's culinary scene. Across six episodes, Shane reveals how these empires' influences persist on Maltese plates today.

From neighbourhood bakeries to Michelin star restaurants, Shane meets the Maltese cooks serving traditional meals with global legacies. No dish is without roots to the past. Pastizzi bakes Arab and Italian influences into a drool-worthy pastry; a classic pasta dish with bully beef fed communities during British WW2 rationing; and Easter figolli decorating traditions gather families around the table. Shane's adventures don't stop in the past. On limestone streets and fortresses, he meets locals (and even a real Knight of Malta!) to hear the stories of creativity and resilience which have defined the nation.

Bringing the Mediterranean Home

Then, inspired by his Maltese heritage, Shane crafts a Mediterranean menu made for summer. In each episode, Shane puts his spin on local and family recipes, sharing the secrets behind mouth-watering Maltese dishes. You'll be dying to try his braised octopus, Maltese baked potatoes, *sfineg* gooey with mozzarella, wild cumin nougat and cured tuna. So get ready to get cooking. With Shane's tips and a touch of capers, the fresh flavours of the Mediterranean can be yours.

Shane Delia said: "Malta's geography determines its history, and so too, its incredible food. While uncovering the nation's stories for *Shane Delia's Malta*, I felt both an immense pride for our past, and hope for the future. Maltese cuisine represents the best of its people – innovative, welcoming, and delighting in tradition. I can't wait for Australia to experience a taste of Malta at home."

SBS Head of Food and Entertainment, Emily Griggs said: “Watching Shane cook recipes from his heritage brings the story of Malta to life. Every meal has meaning. He’s a generous guide through the islands, breaking bread at family tables and upscale restaurants — and even making bread a few times. Always sharing flavours shaped by generations, after each episode you’ll feel inspired to travel, or cook, or maybe both.”

IS-SOLITUDNI LI JSOFRU MINNHA L-MORDA KIF UKOLL L-ANZJANI.

Fr. Manuel Parnis

L-irgiel iħossu nuqqas prattiku bħall perezempju n-nuqqas ta’ għajnuan fisika minn marthom filwaqt li in-nisa jħossu in-nuqqas emozzjonali peress li dawn imsieken ma jkollhomx ma min jithu qalbhom u jikkellmu xi ftit ma xi hadd ta’ gewwa. Dan hu frott ta survey li sar kemm f’Malta kif ukoll f’Għawdex minn Caritas bir-rizultat juri tant car li hafna drabi dawn l-gheziez tagħna jbagħtu hafna mis-solitudni kif ukoll mill-abbandun. Jiena niftakar meta kont għadni zghir nisma lill-missieri qabel ma kien johrog biex imur għax xogħol kmieni fil-filghodu jghid lill-għaziza ommi: “Ang kemm nixtieq li għandi ritratt tagħna flimkien biex niehdu miegħi u nkun f’xi waqtiet tal-gurnata nħares lejx għax minn għajrekk jiena minn jiena xejn.” Kull darba meta niftakar f’dan il-kliem mimli imħabba, taqbizli demħa imma minnha l-oħra il-lum naf li dawn it-tnejn gheziez tiegħi qegħdin fil-għenna għall-dejjem.

Il-lum li qed naħdem gewwa St. Vincent de Paul, nifhem sew kemm tiswa li l-morda tagħna jkollhom minn jakkumpanjhom, ikellimhom, li l-familjari tagħhom izuruhom, jikkarezzawhom u jħalluhom jikkellmu xi ftit magħhom fuq il-passat li għaddew flimkien, fuq il-ħbieb li kienu dejjem jagħfu u fil-memorji sbieħ u koroh li huma jiftakru. Hemm gewwa kemm l-isptar kif ukoll xi Dar residenzjali, matul il-hin tal-gurnata huma jħiossuhom magħtuha minn kulhadd peress li -għirien tagħhom ikunu għaddejjin mill-istess zmien ta’ solitudni u għalhekk dawn ikunu jridu min jagħtihom l-inizjattiva biex jghidu kelma, biex ikunu jafu min huma dawk li qegħdin joqgħodu sodda ma sodda fil-ward tagħhom, ma’ dawk li jieklu flimkien jew jaraw it-televison magħhom.

L-aħwa s-solitudni toqtol, il-qalb tinafas, it-tama tibda tonqos, il-mohħ ma jibqax jiffunzjona tajjeb bħall qabel u għalhekk ma jkun fadal xejn għajr li dak li jkun jingħalaq fid-dinja tiegħu, jibda jinsa, ma jibqax jagħraf u hekk jew jitleb lill Alla biex dan jiehdu jew inkella mingħajr ma jkun jaf xejn ikun beda l-vjagg twil li jiehdu għand dak Alla li halqu b’tant imħabba.

Grazzi dejjem għall-grupp ta’ voluntarji li jgħamlu minn kollox biex jiffurmaw parti mill-hajja tal-proxxmu tagħhom billi joffrulu kull mezz possibli biex dan ikun jista jħosu kuntent u maħbub. Il-bniedem huwa soċjali. Kien maħluq hekk, imwieled hekk u mghalliem biex ikun hekk, jikber hekk u jghix dejjem hekk. Meta dan jitlef il-privileġġ li jkun ma’ oħrajn u jibda jaqta għall-rasu, dan awtomatikament jibda jsib hafna ostakli li hu ma jkunx kapaci jsolvi wahdu, l-emozzjonijiet kbar li jkollu. L-abbandun wil-mizerja flimkien mal-malinkonija tal-hajja jfarkuh. Id-dinja ta’ madwarna tibda tinjorah, tinsieh u fl-aħħar mill-aħħar ma tkunx ta’ sorpriza kbira għaliha meta tisma li dak li kien jghix wahdu sabuħ mejjet.

Alla haħbna hafna u ma nistgħux nitwarrbu minn xulxin bħala individwi u anonimi presss li dak li għandu bzonn l-imħabba għandu bzonn iħabbat biex jifthulu, ifittex biex isib u jitleb biex jaqla dak li għandu bzonn fil-mument diffiċli ta’ Hajtu. Minnaha tagħna aħna għandna missjoni kbira li nfittxu u nġinu lill-dawn in-nies mormija fit-triq tal-bliet il-kbar tagħna. Din mhix hajjithom li huma iridu jghixu. Dawn huuma niex bħalna, li minħabba li gew trattati ħazin ma kelliomx oppżjonijiet oħrajn biex itejbu hajjithom. Aħna għandna nkunu dawk li nħossu għall-dawn hutna wkoll.

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Australia hosts numerous multicultural festivals that showcase its diverse heritage through food, music, dance, and art. Key examples include the **National Multicultural Festival** in Canberra, **Harmony Week** celebrations across the country, and local events like the **Parramasala Festival** in Sydney and the **World of Cultures** festival in Logan, Queensland. Other examples include The Hills Multicultural Festival in Sydney and WOMADelaide in South Australia.

Major national and city-wide festivals

- **National Multicultural Festival:** An iconic 3-day event in Canberra that brings together over 170 multicultural communities to share their culture through food, art, song, and dance.
- **Harmony Week:** A nationwide celebration in March that recognizes Australia's cultural diversity through events and activities that promote inclusiveness and respect.
- **Parramasala Festival:** A festival in Sydney that highlights South Asian heritage through parades, live performances, and international cuisines.
- **WOMADelaide:** A large international festival in Adelaide featuring artists from around the world, along with multicultural food and markets.
- **LUMINOUS Festival:** This event, part of Queensland Multicultural Month, celebrates diversity in Brisbane and other regions with food, performances, and lantern parades.

Other multicultural events

- **Multicultural Eid Festival and Fair:** A large festival in Sydney celebrating Eid with thousands of people from over 35 cultural backgrounds, featuring performances, food stalls, and market stalls.
- **The Hills Multicultural Festival:** An event in Sydney that celebrates cross-cultural learning and interaction with cultural stalls, music, and entertainment.
- **World of Cultures:** A flagship event by Settlement Services International (SSI) in Logan, Queensland, that showcases Logan's multicultural heritage with art, performances, and food.
- **Cultural Diversity Week:** An annual event in Melbourne with a large attendance, featuring vibrant parades, live performances, and a wide array of international cuisines.

The culturally and linguistically diverse (CALD) community constitutes a significant portion of the Australian population, with every 1 in 3 persons aged over 65 years being born overseas.



No, Malta is unlikely to accommodate further building developments due to considerable limitations such as restricted land availability, environmental pressures, and public apprehension, despite an increasing demand for construction fueled by economic expansion. Current development encounters obstacles stemming from heightened resident concerns regarding construction on natural land, air quality, and waste management, indicating that future projects must prioritize more sustainable and eco-friendly practices to be feasible.

Limitations to development

- Limited space: Being a small, densely populated island nation, Malta has very restricted land available for new construction.
- Environmental impact: The construction industry has considerable effects, including air and noise pollution, waste generation, and depletion of resources.
- Public concern: A significant portion of residents expresses substantial concern regarding the effects of building development on rural and natural areas, as well as the overall air quality of the country.

Potential pathways for future development

- Sustainability and efficiency: Future developments are progressively shifting towards more sustainable and efficient practices, such as prefabricated and off-site construction, to satisfy demand while minimizing environmental impact.
- Focus on urban improvement: Upcoming projects are anticipated to emphasize enhancing urban environments with green spaces and improved waste management solutions, which could facilitate public acceptance.
- Economic growth: The construction sector continues to be a vital contributor to Malta's economy, propelled by industries such as tourism, iGaming, and financial services, resulting in ongoing demand for new infrastructure.
- Demand for sustainable living: An increasing number of homebuyers are showing interest in sustainable development and eco-friendly lifestyles, which may influence the future of housing in Malta.

PRESIDENT OF MALTA RECEIVES HER PERSONAL COAT OF ARMS



The arms were formally presented to H.E. Myriam Spiteri Debono by the Chief Herald of Arms of Malta, Dr Charles A. Gauci also in photo Heritage Malta's Deputy Chairman, Anthony Scicluna, and Chev. Ray Cassar, Registrar at the Office of the Chief Herald.

Heritage Malta has presented the personal coat of arms to President Myriam Spiteri Debono, in a ceremony held at San Anton Palace. While personal in nature, the arms reflect Her Excellency's unique role as Head of State, with the motto 'Servire Cum Modestia' – to serve with modesty – encapsulating the spirit of her presidency.

Her coat of arms features a silver helm with front-facing gold visor bars and trim – a distinction reserved for Presidents and former Presidents of Malta. The fact that the President hails from Gozo is reflected in the crest showing a representation of the three hills of Gozo emerging from the sea. The arms were formally presented by the Chief Herald of Arms of Malta, Dr Charles A. Gauci, whose office falls within Heritage Malta's remit and regulates all heraldic emblems on the Maltese Islands. Also in attendance were Heritage Malta's Deputy Chairman, Anthony Scicluna, and Chev. Ray Cassar, Registrar at the Office of the Chief Herald.

The initiative originated when Dr Gauci approached President Spiteri Debono to enquire whether she would be open to having personal arms designed – an invitation she accepted.

The first personal coat of arms granted by the Office of the Chief Herald was to former President George Vella in 2022, following the establishment of the heraldic office within Heritage Malta's remit. Unlike arms of office – held during a term of presidency – personal arms are privately held and may be passed on to descendants. The arms granted to the President represent both personal lineage and national symbolism. While it is customary for women to bear arms on a lozenge or oval rather than a shield, and without helm or crest, Heritage Malta explained that these conventions were set aside in recognition of Her Excellency's role as Head of State.

The shield supported by two lions is divided into three parts, bearing the arms of the Spiteri Debono and Zammit families – Spiteri Debono being her married surname whilst Zammit is her maiden surname. Suspended from the shield are the insignia of the President's honours as Head and Companion of Honour of the National Order of Merit and Head of the 'Xirka Gieh ir-Repubblika.'

In her remarks, President Spiteri Debono conveyed her sincere gratitude towards Heritage Malta and the Office of the Chief Herald for their thoughtful gesture and expert craftsmanship. During the ceremony, Heritage Malta officials spoke of the growing public interest in heraldry and its potential to inspire research and educational initiatives, especially among younger audiences, as part of the agency's wider cultural outreach.

Photos: Heritage Malta

NEW TEMPORARY EXHIBITION FOR THE CHRISTMAS SEASON AT IL-ĦAĠAR - BETWEEN EARTH, LIGHT & SILENCE BY VICTOR AGIUS

Exhibition runs from Sunday 23 November 2025
11 January 2026

Between Earth, Light & Silence

9.00am - 5.00pm



VICTOR AGIUS
ST GEORGE'S SQUARE
VICTORIA GOZO
IL-ĦAĠAR
HEART OF GOZO MUSEUM

In the next temporary exhibition at Il-Ħaġar Museum, Gozitan artist Victor Agius explores the theme of the Nativity as a liminal threshold. Twenty years after his exhibition *Nativitas*, he returns to this sacred theme, inviting viewers to dwell and contemplate the Mystery of the Incarnation, where matter meets spirit and silence receives light.

In this exhibition, Agius's sculptures and mixed media paintings will enter into dialogue with important Nativity-themed works by masters from different epochs, such as Stefano Erardi, Anton Inghott, Emvin Cremona, Mario Caffaro Rore, Harry Alden, and Caesar Attard. Paintings by these masters have

been exceptionally loaned to Il-Ħaġar Museum by a number of public and private institutions for the duration of this exhibition.

The official inauguration of the exhibition will be held on Sunday 23 November 2025 at 11:45. Everyone is invited to attend. The exhibition then runs until 11 January 2026 and may be viewed during Il-Ħaġar Museum's opening hours of 09:00 to 17:00, Monday to Sunday (excluding Christmas Day and New Year's Day). Admission is, as always, free.

Born in 1982 in Gozo, Malta, Victor Agius developed an early interest in sculpture through his father, Mario Agius. He graduated from the University of Malta's Fine Art Department in 2004 and pursued further studies at the International School of Painting, Drawing and Sculpture in Perugia (2009) and Central Saint Martin's, London (2011). Encompassing performance, installation, sculpture, and painting, his work engages with formless, earth-derived materials to explore human existence and personal limits. Agius has exhibited widely in Malta, including at the National Museum of Fine Arts and Ġgantija Temples, and internationally in venues such as Florence, Rome, and Oxford.

Ms Monica Borg Debrincat c/o Il-Ħaġar - Heart of Gozo Museum



NUNS OF THE ORDER OF MALTA

Not everyone knows that the Order of Malta's large religious family boasts very ancient contemplative communities in Spain and Malta: the enclosed nuns of St John of Jerusalem still live in the monasteries of St Jean d'Acre in the Salinas de Añana and Zamora districts in Spain and that of St Ursula in Malta.

Scholars date the origin of the female branch to the Order's foundation in Jerusalem in the 11th

century and to the first consecrated nuns of the Hospital of St Mary Magdalena. The nuns were needed in the hospitals to tend the female pilgrims and patients and were led by the Servant of God Agnese of Alix. Over time they increased in number and organisation; they continued to embrace the ideal and charisma of the Order of St. John and to spread out across most of Europe to Italy, Spain, Portugal, Great Britain, France, Denmark, Holland and Rhodes.

Other historians give the year 1153 as the official date for the establishment of the Order's female branch: it was then that Pope Eugene III approved the **Sijena convent community**, founded by Queen Sancha of Aragon, widow of Alfonso II, and her daughter Dulce. Thus one of the oldest communities of nuns in Christendom was born. At the beginning they were exclusively relatives of the Knights of the Order with the specific mission to pray for them all and for the Grand Master. As in the other monasteries in previous centuries, the nuns were called "Sorores" (like "Fratres" for the Knights).

The **Monastery of St Ursula in Valletta**, Malta was founded by Grand Master Verdalle in 1582, in the Grand Master's Palace in Birgu, which had been left vacant since the Order established itself in Valletta. In 1595 the monastery was transferred to Valletta. The nuns were equal in rank to the chaplain brothers of the Order, observed the rules of the cloister, and were under the Grandmaster's jurisdiction. In their religious solemn profession the nuns vow to observe the Rule of the Order of St. John of Jerusalem, following the practice established at their foundation, which continues uninterrupted up to the present day.

For over 800 years the nuns of the Order of St. John of Jerusalem have been praying for the Order's members and until the 19th century they were under the jurisdiction of the Grand Master. They have provided the Church with admirable models of sanctity such as St Ubaldesca Taccini (1136-1206), St Toscana Canoculi (1280-1343), St Flora di Beaulieu (c. 1300-1347). The beatification process is underway for Sister Patrocinio Chillida Manes and Sister Visitacion Solè Yvern, Spanish civil war martyrs.

"The mission of the Order of St. John of Jerusalem religious," wrote the Servant of God Primitiva del SS. Sacramento, "is to give glory to God through personal sanctification, by observing the Holy Gospel, their vows, the Rule and the Constitution, by practising hospitality in the manner consented by papal enclosure and by praying for the sanctification of our brothers the Knights". Despite being an enclosed order, in accordance with their tradition the Spanish nuns manage a house close to the monastery in which spiritual retreats are organised for visitors and parishioners.

The **Spanish monastery of St Jean d'Acre at Salinas de Añana** was founded when the Order was still present in Acre in the Holy Land. In Valletta, the monastery of St Ursula is one of the Republic's historic monuments and a milestone in Malta's religious life.



NHS Practitioner Health is pleased to announce the appointment of Professor Dame Clare Gerada as a Life Peer in the House of Lords in recognition of her outstanding service to medicine and mental health.

Maltese-born Prof Dame Clare Gerada appointed to UK House of Lords

Professor Dame Clare Gerada is a highly respected south London GP with Maltese roots. She has been appointed to the UK House of Lords as a crossbench peer; becoming the first Maltese woman to take a seat in the chamber.

Her appointment, announced by the independent House of Lords Appointments Commission, recognises her exceptional contribution to medicine, mental health, and public service over

more than four decades.

Born in Malta and raised in the UK, Dame Clare has dedicated her career to improving the health and wellbeing of both patients and healthcare professionals. She said she plans to bring 'the voice of general practice' into the Lords and continue championing the values of the National Health Service (NHS).

Professor Dame Clare Gerada is a Co-Chair of the NHS Assembly, and President of the Royal College of General Practitioners (RCGP). She has practiced medicine for over 35 years, and has been a driving force behind efforts to provide more wellbeing support for NHS staff. As well as being the first female Chair of the RCGP in 50 years, Clare has held leadership roles with the Department of Health and Social Care, and is on the Council of the British Medical Association.

In the Millennium Birthday Honours, Clare received an MBE for services to medicine and substance misuse, and was awarded a damehood in the Queen's Birthday Honours in 2020. She was awarded a fellowship of the Royal College of Physicians in 2008 and was made an honorary fellow of the Royal College of Psychiatrists in July 2013.

REFLECTION + CHARLES GAUCI BISHOP OF DARWIN



I have seen Simon grow from a toddler into a man. Over the last few years, I've watched him continue to grow and mature. On one of my recent visits to Malta, I met Leeann.

Today, I have the joy of being the celebrant at their wedding in the old medieval capital of Mdina.

Simon is one of my many young cousins. I've been living in Australia for over

sixty years. I'm a 'Maltese Australian', and Australia is certainly home. However, remembering our roots and family bonds is a vital part of who we are. When we disconnect, it comes with consequences.

I know that for some, this is difficult for a variety of reasons. That's why we need to reach out in love to those who find themselves in that situation. Our love can play a part in that healing. In the meantime, I will certainly celebrate today!



GOVERNMENT FIGURES SHOW HOW MALTESE ARE LEAVING CITIES, AND FOREIGN RESIDENTS ARE MOVING IN

The expression "Maltese move out and foreigners move in" illustrates a contemporary demographic transition in Malta, where a segment of the Maltese population emigrates while foreign nationals relocate to the island. This phenomenon is influenced by various factors, including economic prospects, migration patterns, and the high population density of the country. Historically, there was significant Maltese emigration, particularly to English-speaking nations, but this trend has now reversed as Malta witnesses a notable influx of foreign immigrants. This shift is partly attributed to Malta's membership in the European Union and its dependence on a foreign labor force. The arrival of foreigners often sparks public discourse and concern among the Maltese regarding issues such as employment and infrastructure.

MODERN EMIGRATION AND IMMIGRATION -

Emigration: A number of Maltese individuals continue to depart from the island, motivated by the pursuit of improved economic opportunities abroad or dissatisfaction with local circumstances.

Immigration: Malta boasts a substantial proportion of foreign residents, a situation driven by its EU membership and an economy that has generated a significant demand for foreign workers across various sectors.

Public perception: The rise in the foreign population is a common subject of discussion among locals, with some expressing annoyance over perceived competition for jobs and the pressure on public resources, including roads, traffic and waste management.

HISTORICAL CONTEXT

Past emigration: Historically, a significant demographic trend involved the emigration of large groups of Maltese, particularly to nations such as Australia, Canada, USA and the UK, often in search of better socioeconomic conditions.

Consequences of past emigration: This led to the establishment of substantial Maltese diasporas in these countries, and for many, the choice to remain abroad became permanent.

Reversal of trend: The current scenario, characterized by the influx of foreigners into Malta, signifies a reversal of the historical emigration trend among the Maltese population.

The latest figures on the population in Maltese localities, published by the National Statistics Office (NSO), show that in the five 'historic' Maltese cities - Valletta, Mdina, Birgu, Senglea and Bormla - Maltese residents are constantly decreasing while foreign residents are increasing by a substantial amount. The NSO figures refer to all localities in Malta (54) and Gozo (14) and specify, among other things, how much of the population is Maltese and how much is foreign.

Furthermore, the NSO provides the changes that have occurred in the population of these localities, year by year, in the last 12 years, between 2012 and 2024.

The year 2012 was the last full year of the Nationalist Government and, therefore, one can easily compare the situation with regard to the population of towns and villages, with what it is today after 12 years of the Labour Government.

One of the many developments that stand out is that, in these five 'historic' cities of our country, the population of each locality has decreased from what it was in 2012, and this despite the fact that the foreign residents in them have increased substantially. This happened because the Maltese have decreased at a greater rate than the increase in foreign residents. In these twelve years, a total of 3,161 Maltese residents have decreased from these localities, while 1,817 foreign residents have increased.

In addition, the largest number of foreigners is currently 791 in Valletta, while in Cospicua there are 664. In Vittoriosa and Senglea there are 363 and 357 respectively, while in Mdina there are 48.

In Valletta, Maltese residents decreased by 1,059 between 2012 and 2024, while in Cospicua, in the same period, Maltese residents decreased by 954. In Senglea they decreased by 593, in Birgu by 460, and in Mdina by 65.



I was honoured to represent Malta at the 2025 COP30 Summit held in Belém Brazil. It was a pleasure to meet up with my Maltese colleague Christine Pace Lupi who works in Brussels in the office of the Cabinet of the President of the European Council. The vastness of the COP30 Auditorium, with its massive Plenary Hall, and several kilometres

of corridors, in many ways reflects the magnitude and complexity of the issues the world faces with Climate Change, and its subsequent consequences with intense hurricanes, perfect storms, melting ice-caps and rising sea levels. The Summit witnessed many moving and committed speeches by several world leaders. Among the scores of prominent speakers were Ursula von der Leyen, President of the European Commission, António Costa, President of the European Council, Emmanuel Macron, the President of France, and Friedrich Merz, the Chancellor of Germany. Some of the most meaningful and moving speeches were those from leaders of small island countries, including Gaston Alphonso Browne, the Prime Minister of Antigua & Barbuda, and Mia Mottley, the Prime Minister of Barbados. [Affarijiet Barranin Ian Borg](#) and [Christopher Cutajar](#)



**DAR CHRISTINE QED TIEHU SEHEM
DAR CHRISTINE IS TAKING PART
FIL-EUROPEAN WEEK FOR WASTE REDUCTION
IN THE EUROPEAN WEEK FOR WASTE REDUCTION**

**MARY GAUCI PRESIDENT
HAPPY PARENTING – MALTA (FOR HAPPIER CHILDREN)**

Dar Christine li tintuża minn Happy Parenting – Malta for Happier Children qed tiehu sehem fil-European Week for Waste Reduction.

Dar Christine, used by Happy Parenting – Malta for Happier Children is taking part in the European Week for Waste

Reduction.

Sar refurbishment biex Dar Christine tkun tista' isservi ta' Ċentru ta' assessment u terapija residenzjali.

Refurbishment has been completed so that Dar Christine can be an assessment and therapeutic residential Centre.

Fil-proċess ta' refurbishment ittiehdu miżuri biex diversi oġġetti jiġu rranġati u jerggħu jintużaw...

During the refurbishment measures were taken so that various items could be adapted for re-use...



insemmu biss ftit eżempji

here are a few examples

- Tank tal-ilma jintuża biex jilqa' fih l-ilma tax-xita
- ***A Water Tank is now being used to store rain***

water

- vanity unit ġie mibdul f'desk
- ***a vanity unit was converted into a desk***
- banju antik inbena ġo forn
- ***an old bathtub was inserted in an oven***

structure

- frames, xkafef, units inhadmu minn injam reċiklat
- ***frames, shelves, units were made from***

recycled wood

- purtieri u cushions saru minn biċċiet tad-drapp li kienu żejda

- ***curtains and cushions were made from left over fabrics***

Aktar tagħrif fuq il-paġna tal-Fb ta' Dar Christine u ta' Happy Parenting – Malta (For Happier Children)

More details can be accessed on Face Book Pages of Dar Christine and Happy Parenting – Malta (For Happier Children)

'DAR CHRISTINE' – RABAT GOZO - Mary Gauci, Christine's mother, has transformed the home where her daughter lived into a shelter, Dar Christine, which offers therapy to those who are victims of domestic violence and abuse.

<https://www.friendsofvalletta.org>



Friends of Valletta

City of Chichester - Valletta Capital of Malta



Please find the attached flyer advertising the showing of The Malta Story at New Park Centre, Chichester on Thursday

20th November at 7pm. Entrance is £5, and Maltese wine will be served after the film. Guests are welcome. Apologies to those of you who can't get to Chichester to attend. Anne Scicluna UK



MALTA STORY 1953 film

Starring: Alec Guinness; Jack Hawkins; Anthony Steel; Muriel Pavlow; Flora Robson

Features real World War II footage

Thursday 20th November 2025

The Studio

New Park Centre, New Park Road, Chichester UK @ 7pm

Entrance £5

Thanks, Frank, for this latest edition of the journal. I look forward to read all its contents. So much to read about from Malta and overseas. We sometimes forget about the things that are ongoing around us. Life goes on and many new episodes come to light. Keep up the excellent work you are doing. My wife and I do like to travel to many different places. At the end of each tour, we always look forward to come back home our beautiful piece of land right in the middle of the Mediterranean, surrounded by the sea. Then of course your newsletter comes along and grabs all the news and information to keep us informed. Sincerely
George Stagno Navarra

Dear Frank, Your electronic newsletter is truly astonishing. Many, however, are unaware of the effort you take to put together such an informative and colourful journal. In addition to reporting the usual religious, political, and sports news, you also research old-time legends and other general information pertaining to Malta such as its culture and history. It is also incredible how you have expanded The Maltese Journal to reach all corners of the globe, not just to us Maltese emigrants, but also to people of other nationalities.
580th Edition Congratulations - Charles and Mary Sant



NEW MY AGED CARE WEBSITE

<https://www.myagedcare.gov.au/news-and-updates/new-my-aged-care-website>

Aged care reforms



A new My Aged Care launched on 1 November 2025 to support the start of the new Aged Care Act. The improved website has been designed with older people, their families and supporters at the centre. A new My Aged Care website launched on 1 November 2025 to support the start of the [new Aged Care Act](#). The improved website has been designed with older people, their families and supporters at the

centre.

Key features of the refreshed My Aged Care Website

The website has been redesigned with older people and their families to improve the user experience. It includes new and enhanced tools to help find the different types of support available and provides personalised guidance about what comes next.

Key features include:

- a new Wayfinder on the homepage that allows you to answer a few questions to find information relevant to your situation
- a redesigned Find a provider tool with improved provider search and compare functionality
- enhanced Aged Care Home and Support at Home Fee Estimators
- an improved Help explorer, designed to help you learn about the care types available and provide pathways to more information
- new personalisation approach through My Guide to Aged Care, which includes a checklist and dashboard, that means you can pick up where you left off and see information relevant to you.

Information for aged care providers

It's important that providers regularly review their details with My Aged Care.

When the Aged Care Act 2024 comes into effect, aged care providers must verify and update service and pricing information through the My Aged Care [Service and Support portal](#). This is a critical requirement for transition to Support at Home.

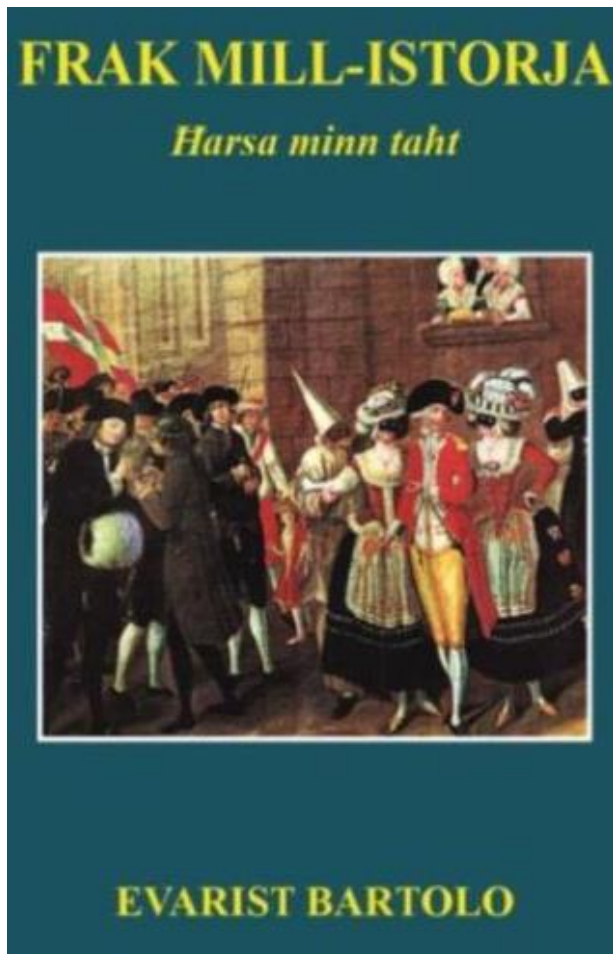
[A digital readiness checklist](#) has been created to help providers prepare for the digital and data changes required for the start of the new Aged Care Act from 1 November 2025.

Stay up to date

To stay across the new Aged Care Act and what it means for you, keep an eye on [News and updates](#). Published: 3 November 2025

Dear Frank, Your electronic newsletter is truly astonishing. Many, however, are unaware of the effort you take to put together such an informative and colourful journal. In addition to reporting the usual religious, political, and sports NEWS, you also research old-time legends and other general information pertaining to Malta such as its culture and history. It is also incredible how you have expanded The Maltese Journal to reach all corners of the globe, not just to us Maltese emigrants, but also to people of other nationalities. 580th Edition CONGRATULATIONS - Charles and Mary Sant

STORIES FROM THE HISTORY OF MALTA



A piece of history

A piece of history. Photo: SKS / Facebook - Evarist Bartolo

80 episodes from the history of Malta as lived by the people who inhabited the Maltese islands over a period of 8,500 years are being published in a book titled FRAK MILL-ISTORJA – *Harsa minn Taht*. Researched and written by Evarist Bartolo, this book tells the story as lived by the people of our islands.

A vegetable soup meal that solved a political crisis in the 1980s; a hermit who fled to Gozo after the Pope ordered him to be burned alive; the Monsignor who wanted Maltese to be written in Arabic; the donkey Christ rode into Jerusalem on that stopped in Malta on its way to Verona; the massacre of the Maltese by the Knights during Carnival in the time of Pinto; Malta and the nuclear tests conducted by the French in the Algerian desert in the 1960s, and many, many other tales. The Author analyzes how many of these events are based on legends and how many on facts.

Evarist Bartolo draws inspiration from research conducted by historians, especially after Independence, which sheds light on the diversity of

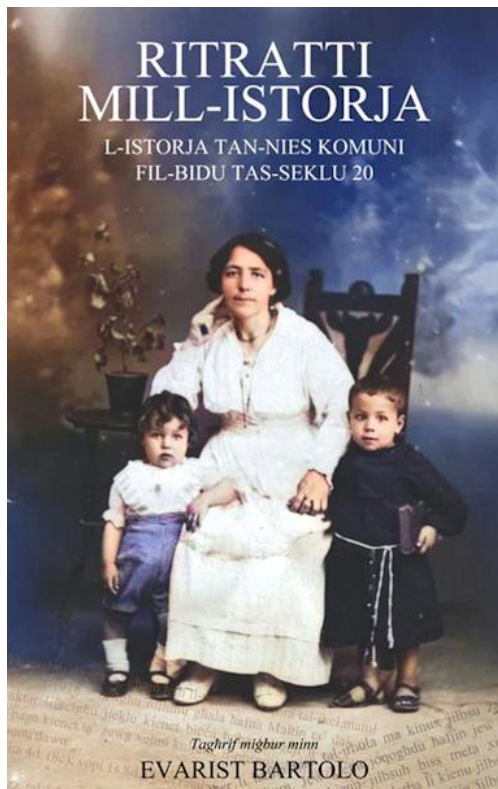
cultures and religions that people from Africa brought with them to Malta. From Sicily and the few thousand who lived in Malta and Gozo. He explores the events that led powerful countries competing for dominance of the Mediterranean Sea to conquer the Maltese islands and how this affected the people living here.

FRAK MILL-ISTORJA (Pubblikazzjoni SKS) is going to be launched on Friday 28 ta' November at 6.30pm in the MICAS (Malta International Contemporary Art Space) Triq l-Ospizio, il-Furjana. Historians Emanuel Buttigieg u Liam Gauci will talk about the contents of the book and Evarist Bartolo, the author, signs the book.

Free entrance and light refreshments after the launching.

We are human. Like everyone else, we would love to hear how much you love and value this unique journal for Maltese living overseas. I am aware that some individuals don't give a damn, but most of our 12,000 readers are kind enough to say "thank you" every now and then.

L-ISTORJA TAN-NIES KOMUNI FIL-BIDU TAS-SEKLU 20.



Tagħrif miġbur minn [Evarist Bartolo](#).

F'din l-istorja tan-nies komuni qed nistidnukom biex nagħmlu flimkien vjaġġ lura fis-snin biex naraw kif kienu jgħixu niesna fil-bidu tas-seklu 20. Se niltaqgħu ma' niesna, nisa u rġiel, kbar u żgħar, fil-ħajja tagħhom ta' kuljum.

Se naraw x'kien ifisser tkun tgħix f'pajjiżna seklu ilu. Hemm min uħud minn dawn ir-ritratti mill-istorja tal-ħajja ta' kuljum tal-poplu tagħna fl-ewwel għoxrin sena tas-seklu 20 ifakkruh fiż-żminijiet tal-lum.

Aħna u nivvjaġġaw lura fis-snin li għaddew minn fuq pajjiżna se naraw jekk aħniex differenti minn daww li għexu qabilna fi żminijiet oħra. Se naraw jekk pajjiżna nbidilx, jekk inbidel fiex inbidel u fiex ma nbidilx. Li nkunu nafu mnejn ġejjin jgħinna nifhemu aħjar fejn ninsabu u fejn sejrin.

STEJGER VERI TA' NIES MINN KULL ROKNA TA' MALTA U GHAWDEX

It-Tieni Volum

Temmen li l-ewwel tfajla li rebħet it-titlu ta' Miss Malta ma marritx tirrappreżenta lil Malta f'Miss World għax l-kappillan ma ħallihiex?

Temmen li hawn raġel Malti li sab għar u għex fih bħala d-dar tiegħu?

Temmen li hawn anzjana Maltija li qatt ma telgħet Għawdex?

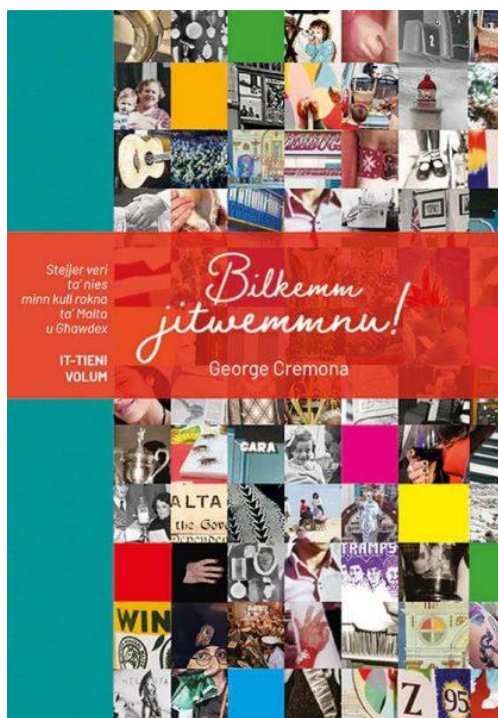
Temmen li hawn Malti li għandu kollezzjoni ta' eluf ta' wirdien?

Temmen li raġel Malti ġibed ajruplan wieqaf u mexxieh 36 pied?

Temmen li hawn tfajla Maltija jisimha Melissa Sammut? Bilkemm jitwemmnu hux? Però emminhom għax kollha veri.

F'dan it-tieni volum, George Cremona jkompli jwassal ir-rakkonti ta' 51 persunaġġ ieħor minn Malta u Għawdex. Stejjer mill-ħajja ta' kuljum, xi drabi minn ħajjiet inkredibbli, xi drabi tad-daħq, oħrajn li jgħibuk konxju dwar realtajiet mhux faċli tal-ħajja u oħrajn imsejsa fuq esperjenzi sbieħ. U jiskopri — u aħna miegħu — li f'kull waħda minn dawn il-ħajjiet, hemm xi grajja li bilkemm titwemmen!

Minn programmi li xxandru fuq Calypso Radio 101.8FM



DO YOU INTEND TO SEND US A CHRISTMAS MESSAGE?

**Adelaide Cini****1838-1885****Founder****Adelaide Cini Institute
Santa Venera
Malta**

Who is Adelaide Cini? Adelaide Cini was the youngest of thirteen siblings and hailed from a prosperous Maltese family. She was born on October 25, 1838. At the age of 18, she approached the Convent of St. Catherine in Valletta. The devout Sister Giuseppa Baldacchino, who greeted her at the barred window, was struck by the sight of this frail daughter of a wealthy pasta factory owner seeking acceptance as a postulant nun. Eventually, Sister Giuseppa

became convinced of Cini's religious upbringing; however, due to the psychological pressure following a marriage proposal that her parents opposed, she advised Cini to return home and await divine guidance regarding her true vocation. Subsequently, Cini encountered a young Sicilian prostitute who was gaining notoriety for her interactions with the affluent members of society. She formed a friendship with the woman and encouraged her to reside with her at her parents' home. The Sicilian woman underwent a transformation, and Cini initiated a mission to assist numerous abandoned girls from the lower classes of Maltese society. With financial support from John Asphar and his wife Angelica, she established her first home for unmarried mothers. Following her father's death, Cini converted her father's pasta factory into a conservatory for underprivileged girls. Cini passed away on March 28, 1885, at the age of 46. Initially, she was buried at the Santa Maria Addolorata Cemetery in Paola. Her remains were later exhumed and relocated to her Cini Institute in Santa Venera on October 15, 1919. An informative process regarding her life was initiated by the Diocese of Malta in 1907. Pope Pius X declared her venerable on February 23, 1910.



The Old Church of Saint Martin in Bahrija



IL-BORZA TA' SAN MARTIN SAINT MARTIN'S BAG

During the month of November the church in Malta celebrates the feast of St Martin of Tours. This saint was born of pagan parents, but he was inclined towards the Roman Catholic faith from a young age. He followed and practised the monastic and eremitic ideal for many years before he was chosen as bishop of Tours, France, in the year 371. During his episcopate, he built various monasteries and he died during a visit to one of the dioceses with the hope of bringing unity to this diocese. The cult of St Martin is very popular in the Roman Catholic world, and was one of the first people to be revered as saints even though he didn't suffer any martyrdom.

Undoubtedly, one of the famous traditions associated with this Saint is the bag of St Martin (il-borża ta' San Martin). Traditionally, it used to be a bag filled with different types fruit and a small sweet bun—nowadays sweets are included in it as well, to make it more inviting for children. This practice has today nearly disappeared.

The origin of this tradition, which is still very strong amongst us even today, are quite interesting. Although popularly associated with acts of charity that St Martin is known for—like the legend of the mantel that St Martin teared to share with a poor man, who later is revealed to be Jesus himself—the origins of this the borża ta' San Martin are rooted in liturgy.

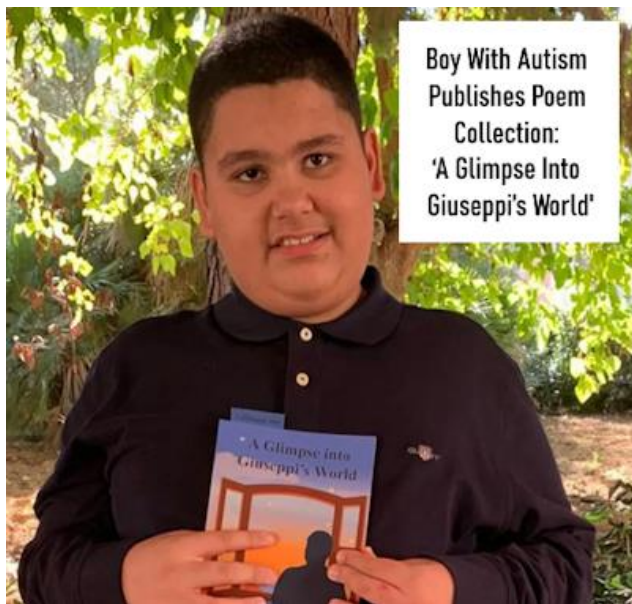


This very old cHAPEL was one of the first in Malta to be built and never modified beyond restoration. The church of Saint Lucy in Mtarfa has an austere façade that is typical for Medieval chapels and churches built in Malta. It has a very intriguing history, with mystery surrounding its true origins. Discoveries made in the 1950s gave us several clues about the presence of a crypt beneath the church. From these incredible findings, researchers believe that on this site a chapel had existed even

before the 1500 date initially thought to be date when it was first built.

A church on this site was first mentioned in an official document in 1460, even if the majority of information traces its origins to 1500, when it was built by the Darmanin family from Birgu. But the discovery of a crypt next to it during excavation work in the 1950s might strengthen the 1460 theory. The church is located in a prime location overlooking Qlejgha Valley - or as it is better known, the Chadwick Lakes - one of the nicest valleys in Malta.

MTARFA The small village of Mtarfa is found on a hill close to Rabat and Mdina in the Northern Region of Malta. This area has been inhabited since the oldest of times, but it was only when the British built their barracks there in 1890 that it gathered more popularity. Later, during World War One, they built the Naval Hospital to accommodate injured soldiers from the Great War. The Mtarfa tower clock, built in 1895, is visible from various vantage points including the Mdina bastions overlooking Mtarfa. The church of St. Lucy is found close to the former Naval Hospital named after David Bruce.



A Glimpse into Giuseppe's World: honoring the voice of a young autistic poet Giuseppe Camilleri, a child diagnosed with autism, has recently released the book

A Glimpse into Giuseppe's World, which is his first collection comprising 20 poems written by him. The launch of the book was graced by the presence of the Minister for Gozo and Planning, Clint Camilleri, along with the Chairperson of The Malta Trust Foundation, Marie-Louise Coleiro Preca.

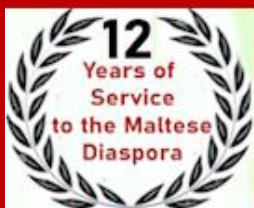
Minister Camilleri remarked that through these poems—through his reflections and the manner in which he conveys his thoughts—Giuseppi has, for the first time, provided us with a distinctive perspective on his feelings, aspirations, and

hopes for our society.

"This initiative is of great significance, as it not only allows this young individual to express himself to us and to society as a whole, but, more crucially, it also motivates our society to become more inclusive and to strive to ensure that every child and young person is afforded the same opportunities." President Emeritus Marie-Louise Coleiro Preca stated that today in Gozo, we are commemorating not merely a collection of poems, but the life, creativity, and bravery of an exceptional young man, Giuseppi.

She characterized him as an autistic youth who communicates not with a voice, but with his heart and through the medium of writing. Through his remarkable talent, Giuseppi has demonstrated that silence can convey meaning, and when it does, it resonates with everyone. He reminds us of a simple yet profound reality: every child possesses a voice that merits being heard, even if it is articulated in a different manner. Today, we honor Giuseppi's voice—and all the voices that are yearning to be acknowledged."

Minister Camilleri further noted that the Government's backing in this domain remains robust and continuous, with a multitude of reforms and services having been established over the years. He expressed his appreciation to Marie-Louise Coleiro Preca for her unwavering dedication to this noble cause and for the influential voice she provides to those who are vulnerable within our community. He concluded by extending his congratulations to Giuseppi for the significant progress he has made.



THANK YOU

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street vendors, corner stores and supermarkets



A street hawker selling pots and pans on his mule driven cart in Pieta, Malta. 1950s

Street vendors of Malta: Tal-Haxix. SUPERMARKETS AND CORNER SHOPS

Fruit and vegetable street vendors earn their living by going around villages in their vans jam-packed full of crops ("bejgħa). Village morning silence is broken by the vendor's own particular horn as they go around a specific group of towns and villages from the early hours

till around midday. Many have become small mobile grocery stores selling a selection of daily goods behind your door!

Housewives eagerly await "tal-haxix" to buy their daily stovepot and cooking requirements, more so older people who find it a hassle to walk to the shops regularly. Buyers are usually loyal to a particular vendor. Expect extra vegetables to make a good vegetable soup ("minestra"), especially when the purchase is good!

Nowadays Malta has numerous corner shops (also known as *bakkaġ*) and a wide variety of supermarkets, from large chains like **Spar, Greens, and Maypole** to mid-range options like **Welbees and Smart**, and budget-friendly stores such as **EuroSpin and Lidl**. Smaller convenience stores are common in villages and towns for everyday essentials, while larger supermarkets provide a wider selection of groceries and goods.

Supermarkets

- **Large chains:** Spar and Greens are highly regarded supermarket chains, with Maypole also being a popular and well-regarded option.
- **Mid-range supermarkets:** Welbees and Smart offer a good selection and are popular choices.
- **Budget-friendly options:** EuroSpin is known for its value-for-money offerings. Lidl is another budget-friendly supermarket chain.
- **Other options:** PAVI/PAMA and Convenience are also common supermarket options, and Scotts is another brand available.

Corner shops

- **Local convenience stores:** These are frequently called "bakkaġ" in Malta and are small, local shops found in most villages and towns.
- **What they sell:** They stock a variety of everyday items, including groceries, beverages, snacks, and personal care products.




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THE MALTESE AMERICAN BENEVOLENT SOCIETY, INC. (M.A.B.S.I.)

The Maltese American Benevolent Society, Inc. is a benevolent society situated in the heart of Corktown, Detroit that's main purpose is to promote the advancement of the Maltese American Community in the Metro Detroit and surrounding areas, as well as educate and welcome any other ethnicity to join and participate in our family oriented club. 2020 was the 80th anniversary of the club, however the club has been situated in it's current location since 1963. The club consists of a bar/lounge area, rental hall (upper +125; lower +70) as well as several means of entertainment. We pride ourselves on our gatherings with the largest and most ornate being the Feast of The Virgin Mary (Marija Bambina)(September 8th) but celebrated over the 2nd Sunday of September at the club.

Here you will find delightful Maltese foods and treats including but not limited to: Pastizzi, Rabbit, Baked Macaroni, among others. This celebration is family oriented starting with mass at Most Holy Trinity with the Annual Blessing & Procession of our Statue. MABSI's main commitment is to promote awareness of the Maltese Heritage as well as help the Maltese American Community in the Detroit and surrounding areas maintain and promote the heritage we all share. As always, should you have any questions regarding the club or membership do not hesitate to ask. See less

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