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Mgr. Charles J Scicluna
Archbishop of Malta



BIOGRAPHY OF MGR. CHARLES J SCICLUNA ARCHBISHOP OF MALTA

His Grace Mgr Charles J. Scicluna was born of Emanuel and Maria Carmela née Falzon in Toronto, Canada, on 15 May 1959. The Scicluna family moved to Qormi, Malta, in 1960 and to Lija, Malta, in 1976. Mgr Scicluna was educated at Saint Sebastian Primary School, Qormi, at the Saint Joseph Secondary Technical School, Paola, and at Saint Edward's College, Cottonera. He entered the Law Course at the University of Malta in 1976 and he graduated Doctor of Laws in 1984. After completing his Seminary studies and a Licentiate in Pastoral Theology at the Faculty of Theology, Tal-Virtù, he was ordained to the Roman Catholic priesthood by the Archbishop of Malta, Monsignor Joseph Mercieca, on 11 July 1986. Monsignor Scicluna was sent to read Canon Law at the Pontifical Gregorian University in Rome and obtained the doctorate in Canon Law with specialization in Jurisprudence in 1991. After his Rome studies Mgr Scicluna worked on the Malta Metropolitan Tribunal as Defender of the Bond and was lecturer in Pastoral Theology and Canon Law at the University of Malta.

He served in the parishes of Attard, Saint Gregory's Sliema and Iklin, Lija. He also served as Vice Rector at the Major Seminary between 1994 and 1995 when he was called to the Vatican to work on the Supreme Tribunal of the Apostolic Segnatura as Substitute Promoter of Justice. In 1996 he was appointed Postulator for the cause of beatification and canonisation of Dun Ġorġ Preca. In October 2002, Monsignor Scicluna was nominated Promoter of Justice at the Congregation for the Doctrine of the Faith detailed to investigate and prosecute the more grave crimes reserved to the exclusive competence of the Congregation. He has also lectured widely on issues concerning child protection in the Church, visiting a number of local churches in Europe, Asia, Africa, the Americas, and Australia. While working in Rome, Mgr Scicluna also helped with chaplaincy work at the Convent of the Nuns of Saint Bridget, Piazza Farnese, and as Extraordinary Confessor at the Venerable English College in Rome. Mgr Scicluna is a Visiting Lecturer in Penal Processes at the Pontifical Gregorian University (Rome). On 6th October 2012, Pope Benedict XVI nominated Mgr Scicluna as Auxiliary Bishop of Malta and Titular Bishop of San Leone. He was ordained Bishop on 24th November 2012. On 28th November 2012, he was nominated member of the Vatican's Congregation for the Doctrine of the Faith. On 18th October 2014, following the resignation of Mgr Paul Cremona O.P. from the office of Archbishop of Malta, Pope Francis nominated Mgr Scicluna as Apostolic Administrator *sede vacante*, with the authority to govern the Archdiocese of Malta until the new Archbishop of Malta takes canonical possession of the Archdiocese. On 21st January 2015, Pope Francis nominated Mgr Scicluna as President of the Special College within the Congregation for the Doctrine of the Faith, to hear appeals in processes concerning serious offences established under the Motu Proprio *Sacramentorum Sanctitatis Tutela*. On 27th February 2015, Pope Francis appointed Mgr Scicluna as Archbishop of Malta.

Mgr. C Scicluna addresses the participants of the Convention for Maltese living abroad

On Monday 27th April 2015, Archbishop Charles J. Scicluna addressed those who attended the Convention for Maltese living abroad, at Dar l-Emigrant, Valletta.

First of all as I owe so much to Canada, the land in which I was born and where I was baptised. My *papà* was one of those eleven thousand who went to Canada in 1953. He came back to find a lady, and he found *mamà*. They went back to Canada in 1958, but they decided to return just over a year after. They did not leave the baby behind, so I was brought to Malta in April 1960, at eleven months.

Our presence here at Dar tal-Emigranti in this extraordinary space, which is not only about memory but also about heritage, reminds us about the need to remember to be able to share - sharing and teaching the history of emigration to our young generations, as you have been doing. This is an important aspect of the formation of future generations because this memory will help the present as well as the future..

We need to preserve the memory. So I would like young people for example, to make it a point to go and pester our senior citizens abroad, to capture five minutes on video about their story, and send it to this museum for record. We need to tell stories, we need to listen to them, we need to be able to share our experiences. We may not have this heritage in ten years time. Certainly it will be lost within 25 years, but the mission of this place is to teach Maltese people, especially the young, what so many thousands of Maltese went through to find a new home. My prayer is that this sort of formation will help us be a new home to those who need one, to those who need safety, who need a haven, even if it is for a few months or a few years.

May God bless your efforts to come here, especially those who travelled long distances. I have been to many places, either as an anonymous priest or as an anonymous monsignor, doing work which I could not talk about, having, at times, a few days of holidays at the side. But now I know I need to return to your country as the Archbishop, as I would like to meet the diaspora, as the shepherd of a very large community.

You mentioned the need of pastoral care. This is a challenge as we try to find out ways of ministering to so many communities on the Island and also in Europe. Fr Vella regularly goes abroad to minister, but I understand that a fresh presence may be very beneficial. I would like you also to pray, that the Catholic church in your countries may be blessed with vocations from your own communities, because this is indeed a very special blessing.

I did go back to Canada in 1999, when I turned 40. I wanted to go with my parents, as I wanted them to show me the house where we used to live, I wanted to see the hospital, and I wanted to say mass in the Church where I was baptised. I was very lucky, because after I celebrated mass, I met the Maltese priest, Fr Vella, who had baptised me 40 years before. I went in to meet him and say thank you. He was going to celebrate his 50th anniversary of his ordination to the priesthood, and he said "thank you, I have baptised lots of people, two of them became priests, Scicluna and Fr Jimmy Zammit, a Franciscan". Back in March this year, during my Solemn Installation, I visited the Franciscan church on my way to the Mdina Cathedral, and I was given the birth certificate from St Paul's in Canada.

May I end by recommending a special prayer for the Egyptians who in 1956 were expelled from Egypt. This experience helps us realise that we also have dark moments in the history of our experience. We should not forget those as well. We should not forget for example, that part of the Australian experience was also sad. When we tell our history, we need to be able to share the light and the darkness because that is the source of true wisdom. Thank you.

TO KILL A JOURNALIST IS TO KILL FREEDOM OF SPEECH

Deborah Abela's novel about Maltese migration Teresa: A New Australian

Joanne Vella, Blacktown Advocate



Deborah Abela

A WOMAN gives birth in the shelter of a cave in Malta while German forces obliterate the tiny nation in World War II.

The dramatic story forms part of children author Deborah Abela's first historical fiction but is a true account of how her grandmother gave birth to her father Amante "Monty" Abela in 1942.

"She was incredible," Ms Abela said. "When the bombs started to fall she had the contractions and had two older sons with her.

"She waddled up to the cave and gave birth in front of Dad's two stunned older brothers.



Children play near rubble after a German aircraft bombing in Malta during World War II.

Hundreds of other people were there and would have huddled around her. I can't even imagine what that would be like. She was an amazing woman." She named the lead character in *Teresa: A New Australian* after her grandmother. The novel follows a girl who escapes Malta, the most heavily bombed country in World War II, to start a new life in Australia.

Deborah Abela's grandmother inspired her to pen her first fictional novel about Maltese migration to Australia.



Fort St Angelo in Malta, which was awarded a George Cross for gallantry in World War II. The book will be available at Maltese school in April and May (see below for more details) and will be unveiled in Malta's capital of Valletta in October.

Ms Abela, who attended Cerdon College at Merrylands, said she was inspired to pen the book because, while Maltese schoolchildren were familiar with their nation's role in the war, many were not taught what happened to survivors who escaped the country.

"No one knows what happened after the war," she said. "My dad was brought up when the White Australia Policy was very strong and he grew up in a time when it wasn't OK to speak your language. "He never taught us Maltese and we didn't learn it because it was a shame to speak another language than English. And because it was encouraged to hide your nationality.

"Sadly, when he came out to Australia he dropped everything." Along with her family's anecdotes, much material for the book was sourced from other migrants. A lot who made the journey as kids are now in their 70s and 80s," Ms Abela said. The village of Rabat, where Deborah Abela's father lived before fleeing to Australia. "They're so cute because they recall so many amazing things like the first time they ate a grape on the ship out to Australia."

Her father arrived in Australia aged seven in 1950 and lived in Leichhardt but eventually followed most of the Maltese community to settle in Sydney's west. He raised Ms Abela and her siblings in Greystanes. Today, 2616 Blacktown City residents were born in Malta.

If you have a story to tell send it to us and share it with the readers of the journal of Maltese living in Malta and abroad.



Perhaps, this is one of the historical photos showing Gaetano Camilleri together with a group of other Dockyard workers, Cospicua, Malta

Sir Paul Boffa at the Malta Dockyard

1890 - 1962

Prime Minister of Malta, Paul Boffa (later Sir). The Prime Minister is wearing his familiar hat and in his characteristic pose with one hand in the right pocket of his suit jacket. The flames can be seen emerging out of the forge on the far right of the photo.

The photo was taken after the Second World War at a time when Contino L. Preziosi formed the *National*

Assembly. During the period following the Second World War, the Labour party won the elections in 1945 but in 1946 resigned *en masse* due to the layoffs at the *HM Dockyard*. On 10th September 1947, Douglas Governor-in-chief pushed the new constitution which took effect on 22 September 1947. With this, the senate was abolished and the legislative body which the Labour Party won. Dr. Paul Boffa M.D became Prime Minister but the split in 1949 brought the party to a downfall and Mr. Dominic Mintoff was elected leader of the labour Party, which he then styled as *Malta Workers Party*. Carmelo's son Dione remembers his father saying that the photo was taken during Boffa's visit to the Dockyard during October as Gaetano celebrated his birthday during that month.

Paul Boffa was born in Vittoriosa on the 30 June 1890 and he was educated at the Lyceum and at the University of Malta from where he graduated as a Medical Doctor in 1912. During World War I he served with the Royal Medical Corps in Malta, Salonika and on hospital ships. After the war he set up in private practice in Paola.

Paul Boffa entered politics when Malta was granted self government in 1921 and joined the Labour Party in 1923. He was returned to Parliament under the Amery-Milner Constitution in 1924, 1927 and 1932. He was elected Leader of the Labour Party in 1927 and immediately began to instil in the workers the need of rightfully equal representation in government in order to have a say in their own affairs. He was in coalition with Lord Strickland's party in government (1927-32). In 1932 Paul Boffa was the only Labour Party candidate elected to the Legislative Assembly until it was dissolved in 1933.



He was nominated as a member of the Executive Council from 1936-1939.

During World War II Paul Boffa served with distinction as district Commissioner and ARP Medical Officer in the Cottonera, Paola, Tarxien and Luqa areas. He was awarded the O.B.E. in 1941.

In the 1945 elections, Dr Boffa was again elected in the Labour Party's interests. Boffa reached the acme of his political career in November 1947 when, he became the first Labour Prime Minister leading a majority government of 24 Labour members. In 1949, following the Labour Party's ultimatum to Britain concerning financial help, the Labour Party split up but Dr. Boffa continued as Prime Minister and later founded and led the Malta Workers' Party (MWP). The MWP lost the 1950 Elections.

Boffa was re-elected in 1951 and in 1953 and joined a coalition government with the PN led by George Borg Olivier, assuming the portfolio of Minister of Health and Social Services. The MWP did not contest the 1955 elections and in 1955 he resigned for health reasons. He retained an interest in politics and was nominated Honorary President of the Christian Workers' Party (CWP).

Boffa was created a Knight Bachelor in the 1956 New Year's Honours List in recognition of distinguished public services. He was also awarded the 1914-18 Star, the General Service Medal, the Victory Medal, the Coronation Medal and the Defence Medal.

Boffa was instrumental in obtaining recognition for the Maltese Language in the law courts, and the introduction of compulsory primary education and old-age pensions. In 1921, he married Genoveffa Cecy and had two sons and two daughters. He died at his residence in Paola and is buried at the All Souls Cemetery in Tarxien.

Il-Pupa

Ghandi pupa wisq sabiha,
 aħmar wiċċha bħall-peprin.
 B'par għajnejn minn lewn is-sema,
 bħalha żgur ma ssibx feħwin.
 Il-mamà bħall-tlibbisha,
 mid-drapp stess tal-libsa tiegħi.
 Oħti ż-żghira nistħajjilha,
 meta jien nohroġha miegħi.
 Fejn immur dejjem nohodha
 għax mingħajrha ma jien xejn.
 Minn fejn ngħaddi nisma' jgħidu:
 "Dawna donnhom pupi t-tnejn!"

**Pizzi Pizzi Kanna**

Pizzi pizzi kanna,
 Dolores ta' Sant'Anna;
 Sant'Anna tal-Morina
 Habba biċċa pellegrina.
 Mgħaref tal-fidda,
 Bandiera tal-ħarir.
 Noli kannoli,
 Insara qaddisin.



Nursery rhymes in Maltese On Reading Nursery Rhymes With Children

Maltese nursery rhymes are designed for children who are learning how to read Maltese. Preschoolers and Kindergartners enjoy picking out the words they can read in their favorite nursery rhymes. All children take great delight in the rhythms and melodies of tunes. Remember, your singing voice doesn't matter -- even a jolly rhythmic chant will do, if you are hoarse. The emphasis on the melody and rhythm also helps the child learn the rhyme, increasing their vocabulary, and verbal skills. Even very young children will also imitate the songs, and have favorites they ask for. I have heard children as young as a year and a half trying to sing their favorite nursery rhymes.

Ages 0-5

Few Suggestions: 1. If it mentions a body part, touch it, shake it, wiggle it, tickle it, ...2. If you see a picture of the word you are saying, point it out. 3. If there is an action mentioned, mimic it. 4. Sing whenever possible.

Ages 5-10

Children this age often know many of the rhymes by heart, and are comforted by the familiarity, but aren't aware of some the additional levels of information in the rhymes. It is good to particularly focus on counting rhymes and alphabet rhymes, and use them as an avenue to begin the learning process for these basic skills.

Other ways to use rhymes to enhance learning is with the Questions and Answers method. Naturally, if the child asks you questions about why, what, who, how or why (children this age are often still not too aware of "when"), the parent can use these questions as a leaping-off point for enhanced discussions.

If the child doesn't seem to ask questions themselves, you can encourage exploration and start the process of teaching critical thinking and reading by starting to ask questions of the child.

Good questions to start with are: "What do you think is happening here?" "Why do you think that happened?" "Why did they do that?" "Would you like to know more about [blank]?"

This is a good age to start working with riddles and puzzle questions. Often the younger child simply picks up on the sound of the rhyme, and won't fully appreciate some of the wonderful riddles. Older children can also delight in these, so long as they are new to them and their friends.

Please send me any other rhymes you know of and we publish them here to share them with others.

WHAT'S ON AT THE HAMRUN CLUB NSW

On 25th of November at the Hamrun Club, Marsden Park,

ROCK & ROLL NIGHT Just \$5.00 per head. See you there and don't forget the dancing shoes.

Next month on the 10th December **SERATA KBIRA TA' GHANA**

bl-aqwa għanejja u daqqaqa ta Sydney. From 7.00 pm onwards

.Il-Hadd 17 ta Dicembru 2017 **CAROLS BY CANDLE LIGHT** ma Katlyn Vella and MCC choir

immexxi minn Marisa Previtera

Il-Hadd 31 ta Dicembru 2017 **NEW YEAR DINNER DANCE**

With a 4 course meal, and entertainment provided by Charlie Muscat & Katlyn Vella

Hamrun Association Email: hamrunclub@gmail.com Tel: 9838 1111 - Greg Caruana

THANKSGIVING DAY IN USA IS ON THURSDAY 23 NOVEMBER



What Do People Do?

Thanksgiving Day is traditionally a day for families and friends to get together for a special meal. The meal often includes a turkey, stuffing, potatoes, cranberry sauce, gravy, pumpkin pie, and vegetables. Thanksgiving Day is a time for many people to give thanks for what they have.

Thanksgiving Day parades are held in some cities and towns on or around Thanksgiving Day. Some parades or festivities also mark the

opening of the Christmas shopping season. Some people have a four-day weekend so it is a popular time for trips and to visit family and friends.

Public Life

Most government offices, businesses, schools and other organizations are closed on Thanksgiving Day. Many offices and businesses allow staff to have a four-day weekend so these offices and businesses are also closed on the **Friday after Thanksgiving Day**. Public transit systems do not usually operate on their regular timetables.

Background

Thanksgiving Day has been an annual holiday in the United States since 1863. Not everyone sees Thanksgiving Day as a cause for celebration. Each year since 1970, a group of Native Americans and their supporters have staged a protest for a National Day of Mourning at Plymouth Rock in Plymouth, Massachusetts on Thanksgiving Day. **American Indian Heritage Day** is also observed at this time of the year.

There are claims that the first Thanksgiving Day was held in the city of El Paso, Texas in 1598. Another early event was held in 1619 in the Virginia Colony. Many people trace the origins of the modern Thanksgiving Day to the harvest celebration that the Pilgrims held in Plymouth, Massachusetts in 1621. However, their first true thanksgiving was in 1623, when they gave thanks for rain that ended a drought. These early thanksgivings took the form of a special church service, rather than a feast.

In the second half of the 1600s, thanksgivings after the harvest became more common and started to become annual events. However, it was celebrated on different days in different communities and in some places there were more than one thanksgiving each year. President George Washington, the first president of the United States, proclaimed the first national Thanksgiving Day in 1789.

**WE WISH EVERY AMERICAN IN USA AND AROUND
THE WORLD A HAPPY THANKSGIVING DAY**

Victorian Government Interpreter Scholarships Program 2017-18

Applications now open

Financial support is now available for people planning on studying interpreting at RMIT in a new round of the Victorian Government's Interpreter Scholarships program.

In 2018, the program has been expanded to include 30 languages, the highest number of languages ever offered.

WHAT? - Scholarships of up to \$3,400 towards course fees for the one-year Diploma or Advanced Diploma of Interpreting, which is taught at RMIT's city campus for the following languages:

Diploma of Interpreting: Amharic, Assyrian, Burmese, Chin Haka, Croatian, Dinka, Filipino, Hazaragi, Hindi, Karenni, Khmer, Macedonian, Malay, Maltese, Nepali, Punjabi, Samoan, Somali, Tamil, Thai, Tibetan, Urdu and Vietnamese.

Advanced Diploma of Interpreting: Cantonese, Croatian, Greek, Indonesian, Italian, Macedonian, Malay, Polish, Tamil, Turkish and Vietnamese.

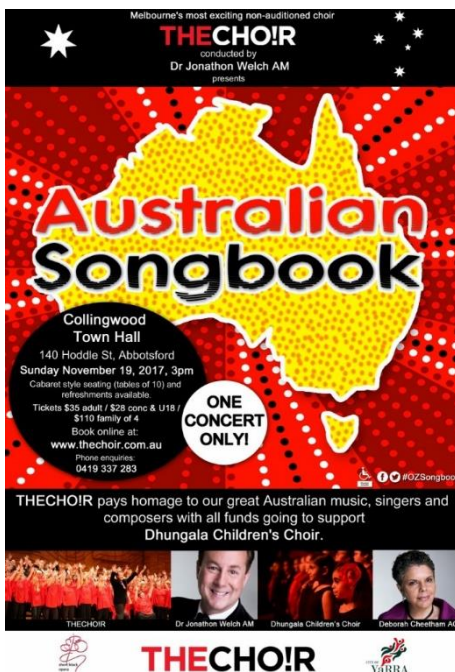
WHO? - The courses are suitable for people who are already bilingual, and who are seeking to learn professional interpreting techniques.

Australian citizenship or permanent residency is a requirement for the scholarships, and applications from asylum seekers will also be considered.

WHEN? - Applications are now open.

To be eligible to study in 2018, apply to RMIT University by 30 November 2017. Successful applicants will be notified in February in time for the beginning of semester on 26 February 2017.

WHERE? - For more information on the scholarships, visit the multicultural.vic.gov.au website. Visit the RMIT website for more information on fees for the Diploma and Advanced Diploma. **Australian Songbook**



AUSTRALIAN SONGBOOK

When: 19 November 2017 (3:00pm - 5:00pm)

Where: Collingwood Town Hall 140 Hoddle Street Abbotsford, 3067

Who: THECHOIR

Cost: \$35 adult / \$28 conc & U18 / \$110 family of 4

Contact Jan on 0419 337 283 or thechoir@live.com.au

Cultures and/or faiths: Indigenous Australian

THECHOIR pays homage to our great Australian music, singers and composers. Special Guests will be Deborah Cheetham AO and Dhungala Children's Choir, with all funds going to support Dhungala Children's Choir. The event is presented by THECHOIR, Melbourne's most exciting non-auditioned choir, conducted by Dr Jonathon Welch AM. Cabaret style seating (tables of 10) and refreshments will be available. Book at <http://www.thechoir.com.au>.

One of the aims of our journal is to share the stories of Maltese diaspora, showing how and why Maltese people emigrated and how connected they feel to their ancestral home

1967-2017 REUNION AT TAL-VIRTU'

Charles Spiteri (Malta)



group of students who attended a residential teachers' training college
50 years ago

It was 1967! Fifty years ago, a group of students embarked on a 2-year residential teachers' training college. To mark their entry into 'College', a good number of students met for a reunion at the same place they lived for two years – the ex-Teachers' Training College at Tal-Virtú, now the Archbishop's Seminary. A Holy Mass was celebrated by the Rector, Fr Albert Buhagiar. High-Tea and a finger food Reception followed in the College Refectory. Here we reminisced about the days spent

there and the anecdotes of those years were again brought to life. Mary Rose DeBono, on behalf of the group said that although 50 years have passed they do miss those days! What nostalgia! "...We've led different lives, times have changed, but these 'students' haven't! ' Some of these teachers have their relative living in Australia.



Australia decides on same-sex marriage postal survey results are revealed 15/11/17

An overwhelming 61.6 per cent of eligible Aussies - or more than seven million people - have voted Yes in the postal survey. Speaking shortly after the announcement of the vote results, Prime Minister Malcolm Turnbull said it

was incumbent on the parliament to legislate the change "before Christmas". Opponents of gay marriage have had differing responses to the result, with Tony Abbott calling for the postal survey result to be "respected", but Kevin Andrews indicating he will continue to oppose any measure to legalise gay marriage. More than 12.7 million people - 79.5 per cent of eligible voters - had their say in the voluntary postal survey. More than four million or 38.4 per cent of Australians voted No. Every state and territory voted in favour of the change. Of the 150 electorates, 133 voted yes, and only 17 electorates voted no.

FEDERATION SQUARE – MELBOURNE

A place where cultures come together



More than just a common meeting place at the heart of the city, Federation Square reflects Melbourne's rich cultural identity.

Hosting many cultural festivals throughout the year, Federation Square has become a landmark for the sharing of diverse traditions, food

and languages.

The role of this site is most obvious in its title, 'Federation', the idea of bringing unique parts together in unity.

Lying within the lands of the Kulin Nation, this public space has had a deeper cultural significance as a meeting place for the Nation's confederation over thousands of years.

Following European settlement, the site was occupied by a city morgue, a fish market, corporate offices, and then rail yards before its restoration as a place to celebrate identity on 26 October 2002.

Since then, Federation Square has once again become a place where all cultures belong.

All year round, Federation Square comes to life hosting a range of multicultural festivals, national days of countries from around the world are also celebrated in this central site, which attracts more than 10 million visits per year, from both Melburnians and travellers alike.

From celebrations for Tanderuum, the impressive large scale Kulin Nation Welcome Ceremony, to cultural festivities such as Diwali Indian Festival of Lights, African Culture & Food Festival and the annual Polish festival, Federation Square continues to be a place where community comes together.

The site's dedication to recognising the contribution of Aboriginal Australians is also seen in the Aboriginal and Torres Strait Islander Art galleries and displays at the Ian Potter Centre and the Koorie Heritage Trust.

As the venue for Victoria's Multicultural Festival coming up on Saturday 25 March, Federation Square continues to be a central point for celebrations highlighting our rich cultural diversity.

To discover more about the history of Federation Square and its dedication to diversity visit www.fedsquare.com.

The Victorian Multicultural Commission is proud to have the support of Federation Square as a Major Sponsor of Cultural Diversity Week 2017 'Our Journey, Our stories'.



St. Paul's Games Night for Youth



Entry per Person: \$10.00

Children 6 years of age or younger must be accompanied by an adult.

**Where: St Paul the Apostle Parish
(3224 Dundas Street West)**

When: Friday November 17th, 2017

Time: Doors open at 6:30 pm

Ticket entry includes:

- A variety of games for youth of all ages
- Pizza dinner with beverages included
- A fun time for the whole family!

Please email stpaulyouthgroup@hotmail.ca for any questions.

**ST PAUL THE APOSTLE
CHURCH**

TORONTO – CANADA

Just a reminder to have your children, nieces and nephews and any young person you know to join the Youth Group in a fun night. The Maltese Canadian Youth Ambassador, Christina Bartolo will also be their joining in the fun.

Friday November 17th, 2017 at
6:30pm.

St Paul the Apostle Parish
Church at 3224 Dundas Street
West, Toronto.



Justin and Federica crowned Miss Intercontinental Malta and Mister Supranational Malta

Justin Axiak and Federica Nicastro were crowned Miss Intercontinental Malta 2018 and Mister Supranational Malta 2017.

They were crowned on Saturday at the Aria Complex after competing with 36 other models. 21-year old Justin Axiak is a sports student at the University of Malta. Malcolm Camilleri and Bjorn Camilleri came second. Federica Nicastro is a professional dancer. Alison Tabone and Elysia Galea placed second. Justin, Federica, Malcolm and Alison will travel to Paris to take part in the beauty contest.

Speaker urges Auditor General's staff to perform duties fearlessly



tvm.com.mt

Report: Maria Muscat

Photos: Maria Muscat

The Auditor General is expected to publish various auditing reports in the coming days. Auditor Charles Deguara stated that his office is currently carrying out seven investigations requested by the Government or the Opposition, indicating that in the coming days various auditing reports on Government entities operation will be presented in Parliament.

On the occasion of the 20 anniversary of the establishment of the Auditor General Office, Parliament Speaker Dr Anġlu

Farrugia visited the National Audit Office. He spoke about the appointment by two-thirds of the House of the Auditor General who enjoys full autonomy under the responsibility of Parliament. He stated that the staff at the Office should continue to perform their duties fearlessly, saying that the auditor has an important function as the guardian of the management of public finances and the financial governance.



Malta's Ambassador meets Maltese who have lived their whole life in Tunisia

Report: Nigel Mifsud - tvm.com.mt

The geographical proximity of less than 600 kms between Malta and Tunisia has facilitated a lot of the contacts between the two countries and, in fact, for many years there was a sizable Maltese community in

this Arab country. Although the number of Maltese in Tunisia has dropped, the contacts between the two countries are still strong, including Maltese investment.

Despite having a culture and language which are distinct from Malta, over the last 200 years there has always been a strong Maltese community in Tunisia. In the middle of the 19th century, there were around 3000 people, specially in the areas of Susa, Monastir, Mehida and Sfax. By the end of the 19th century, the number went up to 15,000. The Maltese worked on farms, ports and small industries while it is documented that they introduced different types of trees which they brought over from Malta.

Malta's Ambassador to Tunisia, Mark Pace, said that gradually, the Maltese population decreased considerably after many of them emigrated to France when Tunisia obtained its independence.

"Today the Maltese community is very small, 100 or 200 the most. It consists of three groups of people, the descendants of thousands of Maltese – some tell you there were around 15, 20 or 25 thousand who emigrated to Tunisia between the mid-18 century up to the beginning of the 20th century. The second group

consists of businessmen who have been there around 17 years and have managed to continue living there successfully. The third group is made up of those Maltese who have married Tunisian nationals and have continued to live here,” said Ambassador Pace.

Many members of the Maltese community recently got together at the home of Ambassador in the capital of Tunis, on the occasion of the official visit of President Marie-Louise Coleiro Preca. Among these were Carmen Ellul, a woman who has been living in Tunisia for the last 60 years, ever since her family emigrated when their father found employment there.

At the age of 79, Sister Concetta Dimech has been in Tunisia for 40 years. Although she does not know the language, she still manages to communicate with the Tunisians who respect the Maltese a lot. “They treat the Maltese from Tunis as their siblings because they were born here. I don’t see any difference between those who say they are Maltese or French. They are the same.”

The Maltese presence in Tunisia also offers an opportunity for employment for Tunisians. Among these is the Bortex factory which employs around 600 people.



Father and son to be ordained as priests – Man told his wife of his wish on her death bed

Report: Mario Micallef – tvm.com.mt

It is a story which is probably without precedent in the history of

the Maltese church as a father and son are both preparing to enter the priesthood. Tony Pace is studying to become a diocesan priest and his son is a novice with St Paul’s Missionary Society.

Born in Gudja, Tony Pace is 64. He was widowed four years ago when his wife, Joan, died of cancer. The couple, who were both teachers, lived in Safi after they got married. Tony describes Joan as a very strong spiritual woman, who despite the terrible disease she had to endure, was always full of courage and inspiration. He describes how, 24 hours before she died, she called her loved ones together. She started with her three children: Pauline, David and Deborah.

“She said goodbye very calmly, she amazed me, that moment felt very sacred to me,” Tony says. “Then it was my turn. She told me, ‘Tony I want you to get married again.’ To be honest I was startled, and when one is startled one tends to just say the first thing which comes into one’s head. The first thing I told her was, ‘Joan don’t you know me by now? Don’t you know I only make the same mistake once?’ But honestly I said that because I could not think of anything else to say. Then I told her, ‘Listen, I want to enter the priesthood’. And once I said it, I could not get the thought of becoming a priest out of my mind “.

We met Tony at the Virtù seminary. He is in the second year of his vocational formation in a course which will take four years. We asked him how he felt this call to enter the priesthood and he spoke of the many years during which he was involved with the Society of Christian Doctrine (M.U.S.E.U.M.) of which he was an active member until the age of 24. He said that he was the same with his family; once he got married, he dedicated all his time to them. In fact, together with his wife Joan, they were very involved in voluntary work in the field of education outside of schools hours within the Safi parish, where Tony used to lead a choir.

He says it was providence which put him in touch with the Safi parish priest, Fr David Farrugia, with whom he spoke about his vocation. “He carried out the necessary contacts for me, I went through the initial

screening process, and in May 2015, I received the go ahead that I can start the formation course to enter the priesthood."

Meanwhile, his three children had reached adulthood. One of his sons is also entering the priesthood. He has finished his novitiate in the Philippines with the St Paul's Missionary Society. His two daughters still live at home, with one of them about to get married in a few months. Tony feels his children have accepted his decision as they were used to their parents being active outside the family. "The children have seen this as a continuation of how we have always lived."

Tony still lives at home with his children and goes to the Seminary for meetings according to the programme created for him by the Rector,, Dun Albert Buhagiar. During the week he attends University as part of his formation course, reading for a degree in Theology. In Safi he is still helping out with various work in the parish.

FAREWELL KISS

Nurse in iconic Times Square kissing photo from the end of World War II dies aged 92



Greta Friedman, 92, was believed to have been the nurse in one of the most iconic photos of the 20th century

By BRITTANY VONOW

THE woman widely believed to be the nurse in the iconic image of two people kissing in Times Square to celebrate the end of World War II has died. Greta Friedman died at 92 after developing health complications on Thursday.

The photograph, taken by Alfred Eisenstaedt, is one of the most iconic images of the 20th century. Greta Friedman, centre, and her grandkids Caroline, left, and Michael, right. Friedman, who was claimed to be the woman in the iconic VJ Day photograph, has now died

Her son, Joshua Friedman, who confirmed the 92-year-old's death, said his mother had been living in an assisted living facility for the past two years.

She died on Thursday with CBS News reporting she will be laid to rest with her late husband, Mischa Elliot Friedman, who was buried at the Arlington National Cemetery in Virginia.



While there have been many claims over the identity of the nurse in the photograph, author Lawrence Verria claimed to have proven that Friedman, along with sailor George Mendonsa, were the people in the iconic image taken in New York as crowds celebrated VJ Day.

Rustle up some family friendly dinners brimming with fresh fruit and veg from Chef Dean Edwards

The author of "The Kissing Sailor: The Mystery Behind the Photo that Ended World War II", Verria said Friedman's height, hairstyle and

uniform matched other photographs of her taken at the time and therefore proved she was the woman in the iconic image.

Attempts to solve the mystery around the true identities of the couple also included Life Magazine issuing a plea for the couple involved in the photograph to come forward in 1980, receiving multiple claims.



Speaking about the image, which was taken by Life Magazine photographer Alfred Eisenstaedt, Friedman told CNS in 2012: "I did not see him approaching, and before I knew it I was in this tight grip."



The photograph has been controversial after concerns the kiss may have been sexual assault, but Friedman, who was actually a dental assistant, since said she understood the excitement and the sailor being swept up in the moment. Friedman, who went on to marry a doctor in 1956, said the kiss did not go for long. The iconic image has since been re-enacted by couples thousands of times in Times Square.

Greta Friedman, who was born in Austria, is believed to have been one of the two people in the iconic image. The couple were reunited in 2012 with experts saying they had confirmed it was Friedman and Mendonsa who were the real couple.

George Mendonsa, who is widely believed to have been the sailor in the photograph said: "The excitement of the war being over, plus I had a few drinks, so when I saw the nurse I grabbed her, and I kissed her."

The couple formally met in the 1980s, exchanging Christmas cards to stay in touch, even re-enacting the kiss in 2012. Friedman is survived by her two children and her three grandchildren.

Pomegranate and mint tea



A delightfully warming alternative to tea or coffee, this hot drink is packed with health benefits and free of caffeine.

Packed with antioxidants, pomegranate tea is touted with health benefits like improving cardiovascular health, boosting the immune system, stabilising blood sugar and reducing the risk of diabetes as well as reducing the risk of cancer. Pomegranates are known to be anti-inflammatories, with some studies suggesting that regular intake of pomegranate has reduced the effect of conditions such as

osteoarthritis.

Pomegranates come into season just at the time we feel the need for warm drinks. Staying away from tea or coffee because of the caffeine need not deprive you from the cosiness of a hot cup of something under a blanket. Simply boil a pomegranate with some mint for a healthier cuppa.

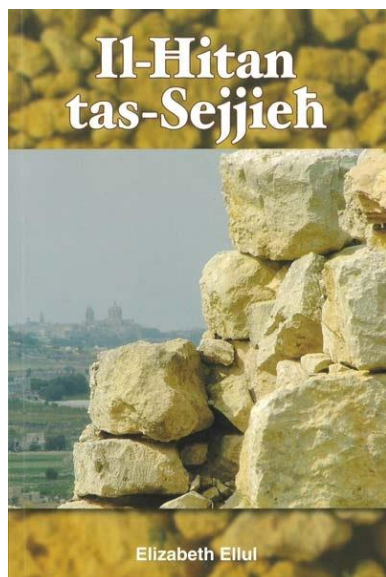
Pomegranate and mint tea

Ingredients - 4 cups filtered water - 1 pomegranate - 1 or 2 springs mint - 1 tbsp honey

Method - Rinse the pomegranate and cut into quarters. Place in a small saucepan with the water and bring to the boil. Add the spring of mint and reduce the heat to simmer.

Allow to simmer for 15 mins. Strain through a fine sieve reserving the tea. Add the honey and stir until dissolved.

Serve in large mugs.



IL-HITAN TAS-SEJJIEH

Ta' Elizabeth Ellul

Il-ħajt tas-sejjieħ jinbena mingħajr l-użu tat-tajn. Kull min imur xi mixja fl-għelieqi tagħna jinduna bil-parti importanti li għandhom fix-xena rurali.

F'dan il-ktieb, Elizabeth Ellul turi fost l-oħrajn kif jinbnew dawn il-ħitan u kif jistgħu jitharsu u kif jisewwew, kif kienu jintużaw fl-antik, u xi aspetti legali li hemm marbuta magħhom. Dan il-ktieb tajjeb għal dawk kollha li jridu jharsu x-xena rurali ta' pajjiżna u jzommu ħajja daqskemm jgħixu l-kultura tal-bini tal-ħitan tas-sejjieħ.

Elizabeth Ellul hi perita li ggradwat fl-Arkitettura u l-Inġinerija Ċivili mill-Università ta' Malta fl-1989. Kitbet dan ix-xogħol bħala t-teżi għall-grad tagħha. Minn dak iż-żmien 'l hawn ħadmet ma' l-Awtorità ta' l-Ippjanar għal

ħdax-il sena. Mizżewġa lill-Perit Andrew Ellul u għandhom żewġ itfal, Ann Marie u Peter.

PRASPAR MILL-KLINIKA kitba ta' Marica Mizzi, illustrazzjonijiet ta' Mark Schembri

Mhux faċli tassocja tbissima jew daħqa ma' tabib, professur, spiżjar jew dentist. Normalment persuni b'din il-professjoni iktar nassoċjawhom ma' xi ħarsa biċ-ċiera, ta' tħassib, ta' dubji, ta' preokkupazzjoni. Ma' xi tikmixa tax-xufftejn. Ma' wiċċ laskri, biex ma noqogħdux induru mal-lewża!

Imma mhux f'dan il-ktieb. Hekk kif tibdew tqallbu l-paġni, se tintebħu mill-ewwel li dan il-ktieb se jwasslilkom in-naħa l-oħra ta' dawn il-professjonisti, l-element umoristiku tagħhom, aneddoti li għaddew minnhom u li għabulhom tbissima u li issa din it-tbissima, jew kultant anki daħqa kbira, se tgħaddi għand il-qarrej. Għax iva, it-tbissima tittieħed.

Ġabra ta' aktar minn 200 aneddotu marbutin mal-qasam tas-saħħa b'laqta umoristika li għaw bis-serjeta' lill-professuri, tobba, infermiera u tant oħrajn.

U kif tista' ma titbissimx meta taqra li tabib magħruf mar iħabbat il-bieb u fixkluh ma' technician tal-watching machines? Jew ma' tabib li għabruh mit-triq il-pulizija għax ħasbuh pazjent li għadu kemm ħarab minn Monte Karmeli? U meta fil-kamra mortwarja l-katavru jqum u jaħsad lil kulħadd? U kemm stejjer dwar x'jista' jagħmel pazjent bis-suppożitorju... U possibbli... anki fuq is-siġġu tad-dentist tista' tidħaq?! L-ebda tabib jew professur ma jista' jagħtik garanzija li l-medicina li jiktiblek se tfejkek żgur. Imma dan il-ktieb qed jagħtik il-garanzija li l-istejjer miktubin fih se jdaħħquk. Issa tara! **TO BUY BOOKS ABOUT Malta CONTACT**

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MALTESE E-NEWSLETTER

The journal of the Maltese Diaspora

**IF YOU ARE A MALTESE CITIZEN LIVING IN MALTA
OR LIVING ABROAD - THIS IS YOUR JOURNAL**

IR-REFUGJATI MALTIN F'GĦAWDEX FI ŻMIEN IL-GWERRA

Kav Joe M Attard Victoria Għawdex



Fil-bini tal-Bank of Valletta fil-Victoria f' dawn il-jiem (9 ta' Novembru '17) kont mistieden għat-tnedija tal-ktieb tal-poeta Għawdx Charles Bezzina *Ir-Refugjati Maltin f'Għawdex fi Żmien il-Gwerra*. L-awtur jaħdem ma' dan il-Bank li anke sponsorja din il-pubblikazzjoni li titkellem dwar il-qagħda ta' tant Maltin li matul l-aħħar gwerra għażlu li jmorru joqogħdu Għawdex biex jitbiegħdu mill-periklu tal-gwerra. Kif jistqarr l-awtur stess kienu hafna dawk li nkurraġġewh biex jidhol għal din il-biċċa xogħol iżda kien is-Sur Anton Tabone ex Speaker tal-Kamra tad-Deputati u ex Ministru għal

Għawdex li ssokta jheggu biex jagħmel tiftix u johroġ b'din il-pubblikazzjoni li issa għandna f'idejna. Fil-fatt il-ktieb jiftaħ b'Messaġġ mis-Sur Tabone innifsu li fost hwejjeġ oħra jistqarr li x-xewqa li jara dan ix-xogħol mitbugħ kompliet tikber fih meta s-sena l-oħra waqt li kien il-knisja għall-festa tal-Immakulata Kuncizzjoni għand il-Patrijiet Frangiskani Victoria, lemaħ vażun dehbi li kien fih bukkett fjuri tal-ganutell bi strixxa tal-karti mdawra miegħu u b'kitba li tgħid hekk: 'Bukkett fjuri tal-ganutell mogħti mill-Bormliżi li kienu refugjati f'Għawdex fi żmien il-gwerra'. Bezzina sab ukoll għajn kbira ta' informazzjoni fl-arkivju ta' missieru Frans li kien isegwi mill-qrib l-andament tal-gwerra f'pajjiżna.

Fil-kelmejn tad-dahla li għamillu għall-ktieb, Lawrence Mizzi, awtur ta' diversi kotba, jgħid li malli fil-11 ta' Ġunju 1940 bdew gejjin l-ajruplani Taljani u jwaddbu l-bombi li garrfu l-bini u qatlu hafna nies, qam paniku kbir fost ir-residenti tan-naħat milquta. U eluf kbar...madwar 10,000 fl-ewwel granet ħarbu letteralment minn djarhom b'ta' fuqhom senduqhom u rhewlha lejn l-irħula '1 bogħod mit-Tarzna. L-aktar li laqgħu refugjati kienu diversi rhula f'Malta kif ukoll il-gżira tagħna, Għawdex.

Ir-refugjati Maltin f'Għawdex fi Żmien il-Gwerra

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Nghid għaliġa barra hafna tagħrif interessanti li jagħtuna missier u iben f'dan il-ktieb tagħhom, *Ir-refugjati Maltin f'Għawdex fi żmien il-Gwerra*, nahseb l-ewwel wieħed tat-tip tiegħu dwar dan is-suġġett, haġt gost ferm naqra dwar tifikriet pesonali ta' whud mill-Maltin, illum magħrufa, li kellhom iqattgħu snin tfulithom mal-familji tagħhom f'Għawdex. Fost dawn qrajt b'interess x'kellhom xi jgħidu u x'jiftakru minn dak iż-żmien diffiċli, il-Perit Andre Zammit, Ugo Mifsud Bonnici li kulhadd jiftakru sa ftit snin ilu President ta' Malta Repubblika u politiku kbir u Victor Wickman, espert tal-Istorja navali u marittima fil-gzejjer Maltin. Dawn it-tlieta mesew u garrbu l-faqar u l-għera ma' tant oħrajn, għax wara kollox dak li taf iġġib magħha l-gwerra.

Nahseb li għal mument il-ħabib tiegħi Charles warrab fil-ġenb il-ħabiba tiegħu l-Poeżija u kkonċentra dwar dan il-ktieb li meta taqbd u f'idejk, ikolli nistqarr, ma tħallihx għax il-kurżita tirkbek u żżommu quddiemek sa ma taqrah sal-aħħar. Qabel nagħlaq irrid insellem lill-memorja ta' Gorg Cassar, li għallimni l-Malti fil-Liceo, li ha' hsieb fela din il-pubblikazzjoni bir-reqqa kollha qabel ma rat id-dawl tal-istampa u li għadda għall-ħajja aħjar is-Sibt tard bil-lejl 21 ta' Ottubru 2017.



Lisa Busuttill and grandmother Maria Dolores Micallef at nanna's house dishing out lampuki pie to the family.

Lisa Busuttill's grandmother's cooking is the best

Whenever I visit my grandmother, I always find an abundance of food waiting for me. My favourite dish is undoubtedly lampuki pie, which she makes with fresh lampuki from the fish vendor who comes around Ħamrun every week selling the fresh catch of the day. The pie is filled with a steaming blend of peas, potatoes, onion, garlic, parsley, cabbage, spinach and tomato sauce encased in a crisp homemade pastry.

When I was younger, after school, I would happily sit and watch my grandmother whip up some hearty homemade ravioli or rich octopus risotto. I would love it when she would ask me to help her. My grandfather was a chef in the Royal Navy and my grandmother says that she learnt a lot of her recipes from him.

Whether we would visit her for lunch or for a big family meal on Sunday, we would always eat until we couldn't stand up. I couldn't resist taking seconds or thirds. It's not about being hungry – it's about the tempting taste. It's like grandma Maria's mission is to fill up her family's tummies.

Sunday lunches consisted of five course meals starting with a simple broth with fresh cheeselets, lasagna, some kind of roast meat or Maltese sausage, grandma's version of a trifle for the first course of dessert, followed

by ice cream and then fruit and nuts.

Our whole family live in the same area, so grandmother is always in the kitchen cooking up something on the off chance that someone will pop by to say hello. Her fridge and freezer are overloaded with all kinds of fruit, vegetables, meat and fish. After feeding us a nourishing meal she never sends us off without bags of plums, tomatoes, or other extra local goodies she buys from the market.

My grandmother's passion for cooking has rubbed off on me. I love using her traditional recipes and adding a modern twist to them. However she has been cooking longer than I have so she has her own techniques to make food taste just right.

Grandma Maria makes delicious rabbit. She fries the rabbit in gravy and wine and puts it in the oven. I add raisins, bay leaves and nuts. Grandmothers tend to cook traditional recipes. When I tell my grandmother to add some coconut milk or curry to a pot she's lovingly stirring up, her face squirms in disagreement. These are foreign intruders in her kitchen.

The smell of her cooking conjures up food memories that are irreplaceable by any fancy ingredient. I hope I will always cook with the same deliciousness and abundance for my daughter Kylie.



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 **The Journal of the
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**THE LINK BETWEEN
MALTESE LIVING
IN MALTA AND ABROAD**

Myths and Legends

The Bride of Mosta (L-Gharusa tal-Mosta)

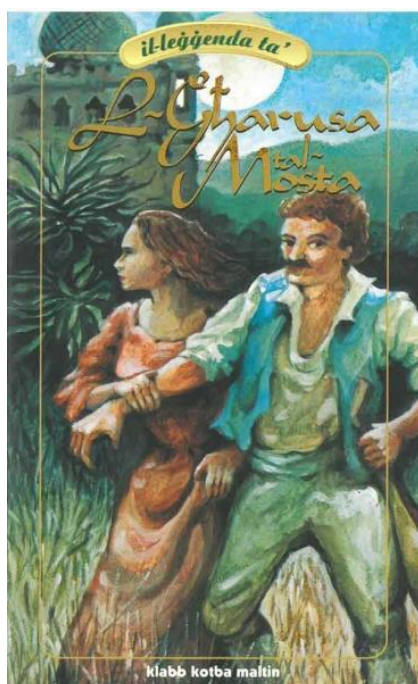


This is one of the best loved Maltese legend, the story known as *L-Gharusa tal-Mosta*, or *Mosta's Bride*.

It's your typical folk tale, one of passion, love, and betrayal, perfectly showing the culture of the time. So enjoy this little dip into Maltese myths and legends!

Once upon a time, long ago there was a tower in the village of Mosta. This was known as Cumbo Tower and it belonged to a kind and generous family. Within this tower lived the beautiful Marianne. She was aided by a servant named Haggi. He had been a Turkish slave, however the Cumbo family bought him and set him free, employing him as their daughter's assistant. Haggi was madly in love with the beautiful Marianne and dreamt of being with

her.



These dreams were shattered when a young man, Toni Manduca, set his eyes on the beautiful girl and asked her father to allow him to marry the girl. Delighted at the prospect, the father said yes. But while everyone rejoiced and got lost in the buzz of planning a wedding Haggi sulked and scowled, feeling betrayed by fate. In the dead of night he snuck out of the tower and made for the coast. There he found a boat and set sail to Turkey.

Almost a year later, on the eve of the wedding, Haggi returned to Malta. This time though he wasn't alone, he brought a group of friends with him and they slowly made their way towards the house. Toni was out at the time, so Haggi knocked on the door and pretended to be the young man who stole his love from him. He mimicking Toni's voice and the Marquise let him in. As soon as the Marquise opened the door Haggi jumped onto him, dragging a blade across his throat, killing him instantly. He then ran up to where Marianne was and snatched her from her room. Bundling her up, Haggi and his friends made their way back to the boat, and sailed back to Turkey.

When Toni found out what happened he vowed to find his bride and bring her back to her mother. He disguised himself as a Turk and found a boat to take him there. Once he arrived in Turkey he explored the area, and after a few days picked up enough information to find out that Marianne was living with the Sultan in his palace.

As he walked around the palace he heard a beautifully sad song coming from a window, and recognised the singing as Marianne's. Toni instantly started singing

back to her. She stuck her head out of the window, overjoyed to see her rescuer, realising that the words he was singing were in actual fact an escape plan. Marianne quickly turned to her only friend, the Sultan's daughter and asked her to aid her in her rescue. The daughter, who cared for Marianne and wanted to see her happy, agreed to help her. She disguised Marianne as a poor woman and smuggled her out of the palace.

Toni and Marianne stealthily made their way to the shore. They found a small sailing boat and rowed out of the harbour, their hearts pounding. Once in the open sea they unrolled their sail, and with God on their side made their way to safety.

Of course, just like any other fairy tale or legend, the protagonists lived happily ever after. However, the story isn't a Maltese legend for no reason. Malta was prone to attacks from the Turkish Empire, and often the invaders would steal girls and take them back with them. What's more is that Cumbo Tower still exists to this day, you can spot it if you drive around Mosta's outskirts. So perhaps the story has some truth to it (with a little bit of embellishing of course!) Either way, it's a tale as old as time itself passed down from one generation to the next!

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MALTESE NEWSLETTER

The Journal
of the MALTESE DIASPORA

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Bipolar Disorder__by Dr. Victor Chircop-Sullivan

Bipolar Disorder is also considered as one of the psychotic illnesses, it is a serious mental health condition that affects around 2 percent of the population, Bipolar disorder used to be known as Manic Depression, because people tend to experience extreme moods both low (depression) and high or excited (manic).

CAUSES OF BIPOLAR DISORDER - While the causes of bipolar disorder are not fully known, a combination of genetic and other factors are usually associated with its development. As with other Mental Health conditions, a family history of bipolar disorder can increase the likelihood of someone developing the condition at some point in their life.

Bipolar Disorder

Bipolar disorder is generally characterized by unusual shifts in mood, energy, and activity levels. There are treatments for bipolar disorder and people with this condition can lead full, engaged and productive lives.



SIGNS AND SYMPTOMS - People with bipolar disorder experience extreme highs and lows. In a high (manic) state people may behave in an over-excited way. Everything speeds up – their thoughts, speech and movements and they may have difficulty in focusing on tasks or feel frustrated and irritable.

LOW OR DEPRESSING MOOD - The symptoms of a low or depressed state are the same as those people experiencing depression. These include feeling low or sad, withdrawing from friends and

family, and losing interest in previously enjoyable activities.

In a depressed state, that person would feel in a low mood, irritable, loss of change of appetite, lack of motivation, low of self-esteem, sleep disturbance suicidal thoughts, difficulty managing small tasks or making simple decisions.

THE HIGHS (MANIC) - In the manic state (High), that person would feel, increased energy, irritable, overactivity, increase spending, increase sex drive, racing thoughts, rapid speech, grandiose ideas, hallucinations and delusions.

When someone is experiencing the highs disorder, they feel over excited and energised, even though they may sleep very little. Individuals can also experience hypomania which is less severe form of mania, when they are unusually friendly very productive and generally report feeling incredibly good. They might feel like they are getting better and rarely see their symptoms as alarming or worrisome The problem is that without treatment hypomania can progress into mania, where complications can occur.

During a manic phase people feel on top of the world and as though they are unstoppable or invincible . Often mania leads to compulsive behaviours such as binge shopping, excess use of alcohol or drugs or promiscuous behaviour, symptoms of mania include, racing thoughts, intense irritability, feeling tense, high self-esteem, talking quickly, not sleeping much, acting impulsively such as spending a lot of money or having sex with strangers, having poor judgement, participating in risky behaviours like using drugs, trouble concentrating, easily distracted, skipping school or work.

TREATMENT AND SUPPORT - A combination of medical and psychological treatment is used to treat bipolar disorder. While everyone is different, the evidence shows that medication plays an important role in treatment in most cases. The most important thing is to keep taking the medication and therapy you have been prescribed. This article concludes the Psychotic category of mental illness. In the next episodes we will discuss the Non-psychotic or Neurotic categories of mental illness, such as depression, stress, anxiety, post-traumatic stress disorder (PTSD), obsessive compulsion disorders (OCD) and other conditions the patient experiences that are out of his or her control and cause distress to the individual.





LEARNING MALTESE IS COOL

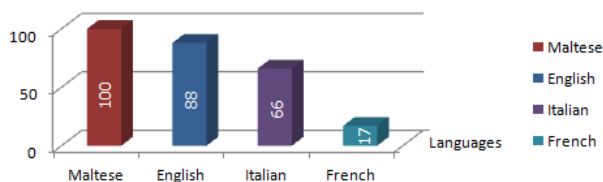
The official languages of Malta are Maltese and English. Maltese, a language of Semitic origin written in the Latin script, is the national language of Malta. Over the centuries, it has incorporated many words derived from English, Italian and French. Italian is also widely spoken.

The Maltese language is a source of fascination to both visitors and linguists. The Maltese speak a unique language,

Malti, the only Semitic language written in Latin characters.

Through the ages, many foreign words, particularly English and Italian, have become part of the language. English, which is also an official language, is widely and fluently spoken and is the language of international business.

Languages in Malta



What is surprising is that the Maltese managed to retain a unique language in face of so many others brought by various powers over the centuries. Maltese was largely only a spoken language until the latter half of the 19th century when its grammatical rules were defined and written down.

The earliest written evidence of Maltese is a ballad by Pietro Caxaro, (d.1485). The Knights attempted to script it as well. The survival of the language is perhaps testament to the resilience of the Maltese to remain a distinct people and culture. Malti is thought

to derive from the language of the ancient Phoenicians who arrived in Malta in 750 B.C.

The influence of the Arabs who made the Islands home from the 9th to 13th centuries is clear in the Maltese language whose roots are closely akin to Arabic. Place names and numbers are the most obvious examples of Arabic influence on the language.

For non-native speakers trying to learn Malti, the most awkward sound is similar to the Arabic q - an almost silent, but difficult to master, glottal stop. If you are interested in learning Maltese, several language schools on the islands run courses in Maltese for non-native speakers. also Maltese schools are found in other countries including Australia and Canada. You may also learn Maltese online. There are several websites on the web on learning Maltese. Enjoying it from the start

Basic Maltese phrases

Hello
Goodbye
Good morning
Good morning (short)
Good evening
Good night
Yes
No
Please
Thanks
My name is ..
What is your name?
How are you?
Fine, and you (man speaking)?
Fine, and you (woman speaking)?
Pleased to meet you
How much is this (masc object)?
How much is this (fem. object)?
See you later
Sorry
Excuse me

Hello
Sahha
L-ghodwa t-tajba
Bongu
Bonswa
Il-lejl it-tajjeb
Iva
Le
Jekk joghgbok
Grazzi
Jien jisimni ..
X'jismek?
Kif int?
Tajjeb, u inti?
Tajba, u inti?
Ghandi pjacir
Kemmi jiswa dan?
Kemmi tiswa din?
Narak iktar tard
Skuzani
Skuzi

Is speaking Maltese easy? - Well nothing is easy at first. Is speaking French easy? It isn't either. However I believe that in life we tend to do good in what we like doing. So if you like the 'sound' of the spoken Maltese language you will soon start to get familiar with the pronunciation in your head. In fact I need to add some video/audio here to introduce you to the pronunciation. We have 30 letters in our alphabet and the 'y' is missing. Other peculiarities: we have 2 'g', a 'gh', 2 'h', an ie and 2 'z'. Not to worry, but just note that the ċ, the ġ and the z' are dotted, The 'h' is crossed as it is in the 'gh'.



Tiffany Pisani flies the flag at Miss Universe pageant in Las Vegas

Matthew Agius – Times of Malta
11/11/17

Pisani, who shot to fame after winning Britain's Next Top Model in 2010, will be representing Malta at the Miss Universe competition, described as "the biggest and most followed pageant in the world," having been crowned Miss Universe Malta last August.

Malta's current top model Tiffany Pisani is jetting off to Las Vegas to represent Malta in the Miss Universe pageant.

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Tiffany Pisani poses with the Maltese flag before boarding her flight to Las Vegas. She will now compete against representatives from another 98 countries from around the globe in Las Vegas during the three week competition, participating in various photo and film shoots, gala events, charity events and interviews.

Over a billion people worldwide will be watching the Miss Universe finale when it is aired live on FOX on 26th November from Planet Hollywood in Las Vegas. The ceremony will be hosted by Steve Harvey for the third year in succession. Tradition demands that last year's winner, Iris Mittenaere from France, will crown her successor and hand over the glittering prize of this global competition - a one year contract with MUO and IMG in New York.

Diabetes pilot project to be extended nationwide next week



Tuesday 12 November marks World Diabetes Day. The Maltese government is set to extend a pilot project launched last July to Type 2 diabetics requiring insulin, who will be eligible for free glucose sticks and glucose meters.

There are at present around 35,000 people (some 10 per cent of the population) living with diabetes, 6,000 of whom are dependent on insulin.

As part of government policy to continue enhancing patients' participation in the management of diabetes mellitus, as well as to further help decrease complications related to diabetes mellitus through better monitoring of blood sugar levels, all insulin requiring diabetic patients will now be entitled to a new blood sugar monitoring machine, and up to four blood sugar monitoring sticks a day.

As of next week roll out plan will start all over Gozo and over the following nine days, the roll out plan will continue all over the rest of Malta. Last summer's pilot project had covered four localities: Gudja, St Julian's, Mgarr (Malta), and Kercem.

In the near future, insulin requiring diabetic patients who are entitled to the blood sugar monitor and sticks will receive an entitlement letter from Central Procurement and Supplies Unit (CPSU), as well as, an information letter from the Pharmacy of Your Choice (POYC). These have to be presented at the pharmacy where the patient is registered.

In 2016, all patients with Type 1 diabetes were given four sticks a day to check their diabetes. This year, it is being extended to people with Type 2 diabetes who use insulin, and next year the plan is to extend it to all those with Type 2 diabetes.



Boris Johnson met with Maltese professor linked to US Russia investigation

The UK foreign secretary denied having ever met Joseph Mifsud only a week ago

Joseph Mifsud (left) with Boris Johnson (centre) and Prasenjit Kumar Singh (left) (Photo: The Observer)

UK Foreign Secretary Boris Johnson appears to have lied about whether he had ever met with Joseph Mifsud, the professor named in the US Federal Bureau of Investigation's probe into Russian meddling in US elections, after a photo emerged showing the two together at an event.

Mifsud, who once served as personal assistant to then foreign minister Michael Frendo, is believed to have introduced former Trump advisor George Papadopoulos to a Russian who said he was close to officials at the Russian foreign affairs ministry. Mifsud had once addressed a news conference with Labour leader Joseph Muscat about an initiative to bring more tertiary education pluralism to Malta.

The Observer reports that the revelations came at a time when "concern is growing about possible Russian interference in the Brexit campaign, in which the foreign secretary played a crucial role". Moreover, the report claims that though the FBI had known about Mifsud's role as a high-level go-between linking the Trump campaign and the Russian government since at least July, "it appears British Intelligence did not warn the foreign secretary about the potential embarrassment or security implications before he attended a fundraising dinner with Mifsud on 19 October".

Critics have rejected this version of events, insisting it was inconceivable that the FBI hadn't told their UK counterparts about Mifsud, who was reported by the same newspaper, to have told colleagues that he was planning on meeting Johnson to discuss Brexit. Last week a spokesman for Johnson said the two had never "knowingly met" after it emerged that they had attended the same event.



Remembrance Sunday – November 2017

Malta, like the rest of the British Commonwealth, commemorated Remembrance Sunday today, paying tribute to the fallen servicemen and civilians of the two world wars. Archbishop Charles J Scicluna led Mass at St John's Co-Cathedral, which was attended by President Marie-Louise Coleiro Preca, with the Speaker, Members of Parliament from both sides of the House, and members of the diplomatic corps. The

President inspected a Guard of Honour on St John Square before the Mass.

