

Maltese eNewsletter



Journal of the Maltese Diaspora

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Artefacts by Mediterranean Ceramics



In 2008, David and Brian Grima decided to combine over 20 years worth of experience in the earthenware and ceramics industry, and set up Mediterranean Ceramics.

Their ceramics studio, which is based in Malta, strives to bring together various international artists and ceramists.



WORLD VISION



MRL

Malta Rugby League

Malta Carnival 2019 1-5 March



Check out marching parades of colourful floats and party-goers in bright costumes, music bands, and costumed children along the historic streets

Don't skip one of the most exciting seasonal events in the country—the Malta Carnival! It's a real delight adding a splash of colour to winter! The Carnival is celebrated right before the start of Lent, at the end of February and lasts for 5 days. The festival takes place across the islands, with the main celebrations in the capital, Valletta, where thousands gather to watch parades of colourful floats, music bands, and party-goers in bright costumes

and grotesque masks.

The Carnival in Malta is an old tradition dating back more than 6 centuries. The Knights of the Order of St. John were the pioneers of the celebration and introduced strength competitions and carnival balls to Maltese traditions, which have survived till modern times. The Carnival in Malta withstood the test of time and today enjoys massive popularity with locals and an increasing reputation with foreigners. Anyone is allowed to wear costume, cover his face with a mask, and fool around the streets during the Carnival. The Malta Carnival is simple merriment, spontaneity, and downright silliness.

Besides the Maltese capital, the Carnival's main parades are held in some other towns such as Floriana (island of Malta) and Nadur (island of Gozo). The Carnival begins in the morning in the streets and continues late into the night at the bars and clubs. During Carnival, you can find a special cake named 'Prinjolata' which is usually very big, but you can also buy mini-sized "prinjolata" as a souvenir.



WE WELCOME THE NEW MALTA'S CONSUL-GENERAL OF VICTORIA

Mario Farrugia Borg

The Maltese eNewsletter – the journal of the

Maltese Diaspora would like to sincerely welcome the new Consul-General for Malta in Victoria. Mario is very passionate about assisting the members of the Maltese community in Victoria.

Mr Farrugia Borg is living in the western suburbs of Melbourne with his partner Joanne and children. We sincerely wish Mario many years of consular service to the vibrant community of Melbourne in Australia.



How to know you are making an impact that counts

Photo by Jon Warren, World Vision

In 2019, what does it really mean to make a difference? When poverty, trauma and hardship are scarcely concealed in our view, whether on social media, television, in newspapers, brochures, even sometimes to the naked eye, it is hard to believe that our modest efforts can really do much to make even the slightest impact to the state of the world. And even if we did do our small part, would that impact be enough to make a slight dent? Could we really make a difference?

Over the years, the opportunity to make a difference has been presented to us in many ways, from one off donations to specific causes, to ongoing child sponsorship that provides long lasting support to communities in the developing world. The opportunities have been presented to us so conveniently that they fit almost effortlessly into our over-active lifestyles; camouflaging themselves in the money-in money-out system we operate in. Our acts of generosity have blended into our everyday lifestyles so much so that our impact has absconded and we have lost sight of what kind of a difference we can really make.

This is why we should, as generous individuals, not lose sight of the impact we can truly make and avoid that feeling of helplessness that occasionally emerges from the depths of our consciences. Here are a few ways that I have come up with which help me stay connected to the causes I care for so dearly, and assist me in acknowledging that my small acts of kindness really do make a difference.

Measure your impact

Big data in the twenty-first century has allowed organisations to measure their impact more precisely than ever before. Keep up to date with the impact of the organisation you support, whether through annual reports or monthly newsletter updates. Even organisations such as World Vision now have impact calculators that help you measure what difference you can make.

Follow the UN Millennium Development Goals & Sustainable Development Goals

At the start of the new millennium world leaders got together and produced a framework of eight goals, which would set to improve the lives of people worldwide. These goals included the eradication of extreme poverty, universal access to education and reduction in child mortality rates amongst others. Fifteen years on and, although there is still work to be done, amazing amounts of progress have been made. The new Sustainable Development Goals will be launched with a vision to transform the world by 2030.

Stay connected

Whether it's following a Twitter account, liking a Facebook page, signing up to a Newsletter or simply writing a letter to your sponsored child, all these acts help you to stay connected to what's going on in the world around you. It's not all doom and gloom, there are so many positive stories that come out of our generosity as human beings so spend a little bit of time reconnecting with the causes you love and be proud to be a part of positive change in the world. Together we really can make a difference.



Author: Bianca Caruana

Bianca is a digital marketer and web designer from Sydney. She has a strong passion for human rights and frequently blogs about altruism and travel. She has travelled to many parts of the world sharing stories of goodwill and positive change and she hopes to continue to inspire people to create a positive difference in their lives and the lives of others.



'Il-Qtates ta' max-Xatt'

The cat's out of the bag!

Teatru Malta is delighted to open its 2019 programme with the highly anticipated children's opera *Il-Qtates ta' max-Xatt* on 23 and 24 February in partnership with Festivals Malta. This magical piece is an adaptation of the much-loved children's book by Maltese author Clare Azzopardi, directed by Denise Mulholland and composed by Euchar Gravina. The opera, suitable for children aged between 8 and 10 will be held at the historic Maritime Museum in Birgu.

This heart-warming story treats the sensitive subject of loss through the eyes of a group of singing stray cats who struggle to come to terms with the 'disappearance' of two of the most important people in their life: Nanna and Nannu.

Audiences, young and old are invited to participate in this melodious interpretation of a story that explores one of children's greatest fears through the cheerful mediums of puppetry and song. Puppetry? Yes! The cats will be played by opera favourites Clare Ghigo, Ruth Sammut Casingena, Francesca Aquilina, Sean Borg and Louis Andrew Cassar but they will not be the only ones stealing the show because the cats are actually puppets made by the talented Matthew Pandolfino. Nanna and Nannu will be interpreted by Ruth Sammut Casingena who will be doubling as Pippistrell the cat and Nanna, while Jean Pierre Busuttil will be interpreting the role of Nannu.

This 45-minute opera is the perfect outing for the whole family if you are looking to do something a little different over the weekend. With both a matinee performance at 3pm and an early evening show at 6pm on both Saturday and Sunday, it is the perfect spot of entertainment before or after an afternoon tea or early dinner along the charming Birgu promenade with your younger ones.

This production is a collaborative work in partnership with Arts Council Malta, Festivals Malta, the Three Palaces Festival, Culture Pass Malta, The Ministry for Education and Employment, LESA and Heritage Malta. To book your tickets or for more information on this playful piece visit teatrumalta.org.mt or call 21220255 for more information.

Battle to make Malta an island free from single-use plastics - MEP Roberta Metsola

Giulia Magri



We need to become more aware of our plastic consumption and its impact on future generations, said MEP Roberta Metsola today.

Addressing a public dialogue 'The Prohibition of Single Used Plastic' organised by the European Parliament Office, Metsola said that "single use plastics are clogging our seas, killing our marine life and causing irreparable damage to Malta and Gozo's natural environment."

Metsola said she is fully behind the proposed EU measure to completely ban single-use plastic products like non-biodegradable straws and other materials. The ban will come into force by 2021, which Metsola said "is a future which is extremely close, but it is time that we change the mentality of not just the consumer but also the producers of such products."

There has been much discussion regarding the negative impacts of single-use plastic items. Metsola said that "75% of the marine litter in the world's ocean is plastic, and Malta and Gozo are no different."

Metsola said that although change might be difficult or problematic at first, change is necessary for the future of the planet's environment and the population's mental and physical health. "We must all take a few small steps to reduce the impact on our environment; the impact of such small decisions, such as carrying our own reusable cups or using paper/bamboo straws, can have an enormous impact."

She said that "European level legislation is crucial, but the situation in Malta and Gozo means that we should not and cannot wait." She noted that single-use plastic products also play a crucial part in circular economy and that cutting out such products will have a major impact on companies which produce and import them; but can Malta change its mentality towards waste and the environment?

"Is it not time to become the Mediterranean's first Island free from single-use plastics," she asked the audience.

A donation to MCCF by the Grand Master of the Order of St Lazarus of Jerusalem



H.E. Chev Francisco de Borbón Graf von Hardenberg and H.E. Marie-Louise Coleiro Preca with Dame Patricia Pedrazas Freeman, the Secretary to the President Mr Carmel Briffa and Chev Carmel Bonello

The Grand Master of the Military and Hospitaller Order of St Lazarus of Jerusalem His Excellency the Chevalier Francisco de Borbón Graf von Hardenberg

paid a courtesy visit to the President of Malta Her Excellency Marie-Louise Coleiro Preca at San Anton Palace during his visit to Malta. He presented Her Excellency with two framed limited edition prints by one of Malta's leading contemporary artists Luciano Micallef. These will be auctioned in one of the forthcoming auctions held by Malta Community Chest Fund (MCCF).

The Order of Saint Lazarus is one of the most ancient of the European orders of chivalry, dating back to the 11th century. Today, the Order is an international self-governing, non-political, ecumenical body, having its own Constitution, while its membership is open to all men and women being practicing members of the Christian faith. Its international membership consists of Roman-catholic, Anglican, Protestant, Orthodox, and other Christians, upholding the principles of Christianity with their lives, fortunes and honour.

Its approximately five thousand members in 54 jurisdictions in 37 countries, including Malta, are dedicated to the care and assistance of the poor and the sick, including lepers, and to promote and maintain the principles of Christian chivalry. Grand Master Francisco de Borbón was accompanied by Deputy Vice Grand Chancellor Dame Patricia Pedrazas Freeman and the Commander of the Grand Commandery of the Castello, Chev Carmel Bonello.

Good Morning. This is again Sr. Michelina Micallef from Kenya. I thank you very much for publishing my article about our needs of help of building the Boarding, Kenya in the Newsletter 254..

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SWIFT CODE: IMBLKENA

FOR ULTIMATE CREDIT TO:-

FRANCISCAN SISTERS OF THE HEART OF JESUS

ACCOUNT NO. 03801487801211

OR

Sr. Michelina Micallef

Franciscan sisters of the Heart of Jesus

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Rear Admiral Gregory John Sammut



Gregory John Sammut (of Maltese descent) was born in Sydney in 1966. He fulfilled a long-held ambition to join the Royal Australian Navy and entered the RAN College in 1984. Having completed an honours degree in electrical engineering in 1987, he subsequently completed seaman officer training before qualifying as a submariner in 1991 and then obtaining his submarine command qualification in 1996.

Greg Sammut served as the commanding officer of the *Collins* class submarine, HMAS *Farncomb* for which he was awarded a Conspicuous Service Cross (CSC) in 2001. He has also commanded the *Anzac* class frigates HMA Ships *Ballarat* and *Toowoomba*. From June to November 2006, he was Commander Task Group 158.1, directly responsible to the Commander of Coalition Forces in the Northern Arabian Gulf. For this service he was awarded a Commendation for Distinguished Service in 2008.

More recently he was Commander Combined Task Force 150 from October 2010 to April 2011, during which he commanded operations of the maritime counter-terrorism task force of Combined Maritime Forces in the Middle East Area of Operations.

His shore duties have included Commander Submarine Sea Training, Chief Staff Officer–Operations in Fleet Command, Director Submarine and Specialist Ship Development within Capability Development Group, Chief of Staff to Chief of Navy, and Director General Submarine Capability within Navy Strategic Command. Promoted to rear admiral in September 2013, Greg Sammut assumed duties as Head Future Submarine Program.

He was made a Member of the Order of Australia (AM) in January 2016 for *exceptional performance of duty as the Head Future Submarine program, the Director General Submarine Capability and the Director Submarine and Specialist Ship Development.*

He is a graduate of both the Royal Australian Navy Staff College and the US Naval Command College in Rhode Island. Rear Admiral Sammut also holds a masters degree in business administration.

MALTESE E-NEWSLETTER

Journal of the Maltese Diaspora



Malta's position in the central Mediterranean has made it an important strategic base for many different powers, and meant that it has been subject to many invasions throughout the ages. A multitude of civilisations have occupied the island, notably the Phoenicians, Carthaginians, Romans, Turks, Arabs, Knights, French and British.

This journal is read, loved and respected by Maltese and non-Maltese living in Malta and Gozo and Abroad



SIBLINGS: Mario Caruana, Sina Barry, Marty Caruana, Barney Caruana, Sister Carmen Caruana, Steven Caruana, Violet Reid, Tony Caruana, Michael Caruana, Gregory Caruana, Rita Roberts, and Frank Caruana. DAILY MERCURY

Brothers and sisters reunited after nine years apart

by [LUCY MARTIN](#)

FOR the first time in nine years, 12 siblings have gathered in one place.

The Caruana brothers and sisters reunited to celebrate eldest Violet Reid's 70th birthday last Friday night. Mrs Reid officially celebrated her birthday on May 4.

At the event were Mario Caruana, Sina Barry, Marty Caruana, Barney Caruana, Sister Carmen Caruana, Steven Caruana, Violet Reid, Tony Caruana, Michael Caruana, Gregory Caruana, Rita Roberts and Frank Caruana.

Frank Caruana said some of the siblings lived in Mackay while others lived in Townsville, Rockhampton and Sydney.

"The idea of a family reunion for all 12 children was Sina's idea, who 12 months ago suggested that all needed to gather in 2017 for Violet's 70th birthday," Mr Caruana said.

"Sina and her husband Eric Barry decided the surprise reunion dinner, held on Friday evening at their residence in Peel St, would consist of traditional Maltese food which our parents served up in our younger days."



Violet Reid and her five sons John, Paul, Scott, Brett and Justin. **contributed**

Mr Caruana was two weeks old when the family, which included his three older siblings Violet, Tony and Carmen, left Malta to make a new life in Australia.

Mr Caruana said it had been a dramatic and distressing time for his parents, Rosario 'Rosie' and Barbara, made more difficult by the women and men being separated on the ship.

"The men were sent to one end and the women and children were at the other - Mum would have to send one of the children to Dad to get milk for me," he said.

Being an infant, Mr Caruana said his relatives had been worried about his safety on the journey and had wanted to keep him in Malta.

The ship docked in Sydney on Australia Day, 1951 and the family made their way to Mackay where Rosie Caruana had two brothers residing.

Another eight Caruana children were born in Australia.

"Mum didn't speak any English, so when Violet started school she would teach us English and over the years we taught Mum," Mr Caruana said.

He said his father had been in the British Royal Navy during the Second World War but retired in 1950. He worked at the Mackay Gas Works in Shakespeare St for 40 years.

The last time the Caruana siblings were reunited was nine years ago, after their father's death.

Rosie and Barbara's family tree has grown to include 26 grandchildren and according to Mr Caruana "too many great-grandchildren to count".

"Violet's five sons, John, Paul, Scott, Brett, Justin, organised a party for Saturday night for her birthday... at her son Scott's residence at which some 70 family and friends gathered," Mr Caruana said.

DR. MARLENE EBEJER – NEW PRESIDENT MCCV



At a Council Meeting held in October, 2018, Ms Marlene Ebejer was elected President of the Maltese Community Council of Victoria. Marlene was a community worker for 14 years and then studied law and became a lawyer and has practised for the last 13 years, started her own practice. Marlene Ebejer was born in Melbourne, her parents, Carmen and Charles Ebejer migrated from Sliema, Malta in 1956. Marlene grew up living with her parents, sister, brother and maternal grandmother (Nanna Nina). As a child living in a bi-lingual home, Marlene was quick to learn Maltese. When she was 9 years old her cousins came to live with her family from Sliema, Malta for 2 years. Her cousin, Godfrey, had travelled with a Maltese children's

book and from that book Marlene taught herself to read Maltese. There were many nights where Marlene's mother would have the Maltese newspaper and listen to Marlene reading articles or letters from relatives in Malta. Keen on the language she was not so keen on her culture not knowing whether she was Maltese or Australian. It was not until Marlene travelled to Malta when she was 22 for a 4-5 month period that she recognized she was a part of both cultures and began to embrace her Maltese heritage. In her late teens she became involved with a youth group at the Maltese Community Council of Victoria and enjoyed going on camps, playing in the indoor cricket team and going on outings. Marlene grew up in Broadmeadows and had friends from all cultures. She now lives in Melbourne.

After finishing high school Marlene began working for the Broadmeadows and District Ethnic Communities Council. Marlene continued to work in different community agencies and returned to study part time. Her first degree was a Bachelor of Arts (Multicultural Studies) from RMIT, followed by a Graduate Certificate in Asian Studies from Victoria University. For 5.5 years she ran the Meadow Heights Learning Centre. Whilst running the Meadow Heights Learning Centre Marlene was awarded a Graduate Diploma in Vocational Education and Training from Melbourne University. Marlene then moved to a private training company with the Australian Textile and Fashion Industries. During this time she studied for her Bachelor of Laws at Monash University.

Marlene was admitted as an Australian Lawyer in November 2005 and first worked as community lawyer at the Brimbank Melton Community Legal Centre followed by the Wyndham Legal Service. Marlene opened her own law practice in Werribee known as Ebejer & Associates Lawyers. Since then she gained her Masters in Applied Family Law, has become an accredited family law specialist and a family dispute resolution practitioner. Keen to work on her Maltese reading and writing skills Marlene attended some Maltese classes at the MCCV. In 2017/18 Marlene began volunteering at the Maltese Community Council of Victoria in Parkville providing free legal advice to anyone in need. Through that involvement she began to see what a great asset and resource the MCCV was and was encouraged to become more involved. In October 2018 she became the President of the MCCV. Just prior to her election she organised a successful event - the Back to Island Malta Party that featured Nicky Bomba's Bustamento. Over 200 people attended, there was lots of dancing, Maltese food and a sense of community and belonging.

Marlene is working with the executive to increase the programs offered by the MCCV and to strengthen partnerships with the various Maltese associations across the state. The goal is to grow the MCCV aged care programs and get younger generations involved so that the Maltese culture and community spirit can continue to flourish in Victoria. Next year Marlene will be taking over 50 people to Malta to attend a Family Law Conference so that Australian lawyers and other professionals working in the family law sphere can share experiences with their Maltese counterparts. Marlene welcomes the opportunity to meet other like minded people who want to work together so that the Maltese community can be further strengthened. MCCV NEWS Feb 2019

A proud tradition of Maltese Catholicism in Australia



By Jordan Grantham

Jean de Valette, Grand Master of the Order of Malta, gives thanks to God after victory in the Great Siege. Painting: Levee du Siege de Malte, Lariviere (Public Domain)

The Maltese people are proud Catholics, bearing the noble heritage of their island's Catholic history – where St Paul the Apostle was shipwrecked and the Knights of Malta saved Christendom from the entire Ottoman Turkish fleet.

The Maltese Chaplaincy in the Diocese of Parramatta is led by Fr Noel Bianco MSSP, out of the La Valette Social Centre, Blacktown.

"The Maltese are passionate about the faith because they have been catechised well," Fr Noel said.

"I am very proud of the Maltese Community especially in the Parramatta Diocese. I believe that our community would be one of the oldest ethnic communities," Fr Noel said.

Maltese began immigrating to Australia in the 1870s with an increase after the Second World War. From 1948 onwards, one fifth of the population of Malta departed for countries like Canada, America, England and a great number came to Australia, particularly Sydney and Melbourne.

Almost 100,000 Australians claim Maltese heritage, compared to Malta's population of 450,000. Our Lady Queen of Peace Parish, Greystanes is traditionally one of the Maltese hotspots in Australia.

"Maltese Catholicism is based on a serious catechesis that had been available for the Maltese faithful on a daily basis for the last 110 years. I refer to the excellent work of the Society of Christian Doctrine founded by St George Preca," Fr Noel said.

"The contribution of this group to Australian Catholicism is enormous, because the Maltese brought this heritage with them. 35% of the catechists that graduated last year for the CCD programme were Maltese," he said.

"I find that the prayerfulness of the Maltese is exemplary. They are always early for church. Wherever I go here in Sydney and in Melbourne I find Maltese involved in the parish life and give their contribution to the parish."

The Chaplaincy is based on at the La Valette Social Centre at 175 Walters Road, Blacktown. Fr Paul Baron OFM Cap helped found the centre in the 1970s.

"He got around him a group of Maltese people in a Committee and started to work with him 50 years ago," Fr Noel said.

The impressive centre comprises a Chapel, presbytery, meeting rooms, hall and popular restaurant and has even been visited by the Maltese President in 2016.

The centre features Sunday and Weekday liturgies in Maltese and English.

Two groups meet regularly in the chaplaincy – the Emanuel Charismatic Maltese Prayer Group and the Neo-Catechumenal Way of Blacktown (Maltese Chaplaincy).

Ongoing activities at the La Valette Social Centre include activities for the elderly and the Maltese Australian Youth Group.

The Chaplaincy celebrates important Feast Days in Maltese culture, including:

- Feast of St Paul's arrival in Malta
 - St. George Preca in May
 - St. Peter and St Paul
 - The Assumption
 - Memorial Mass for the Maltese buried at Pinegrove Cemetery on the first Sunday in November
- Pillars of the community include Antoinette Caruana, the President of our La Valette Social Centre and her husband Mark. Frank Zammit is also known for his literary skills.

Mark is “very interested in gathering the personal stories of people, so people can contact him to continue the Maltese oral history,” Fr Noel said.

The La Valette Social Centre helps to preserve the living traditions of Maltese Catholicism and knowledge of their incredible history.

Maltese Catholicism

The confluence of unique historical factors led to the importance of Maltese Catholicism in Australia. During WWII, Malta was the nearest British dominion to Axis Italy and was bombed within hours of Mussolini’s declaration of war on 10 June 1940.

Malta’s membership in the former British Empire led to its heavy bombardment during WWII and the subsequent opportunity of migration to Australia.

Malta’s strategic importance was the reason for being a British Naval base. This strategic importance was a crucial element for the survival of the Christian West during the 1565 Great Siege, when five hundred Knights of Malta and the Maltese held off the entire Ottoman fleet.

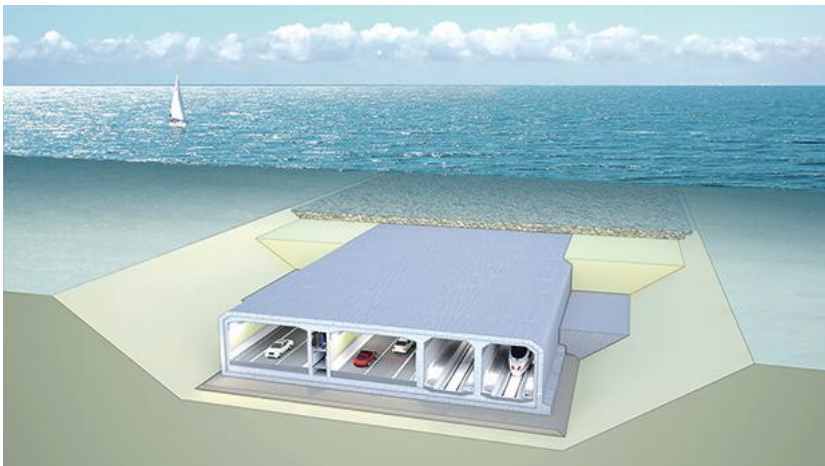
The Maltese Catholic community continues its venerable custom of defending and advancing the faith, now in Australia through evangelisation, catechesis and service.

“In any new movement in the church you will find Maltese and they are leaders. Of this I am intensely proud,” Fr Noel said. THE CATHOLIC OUTLOOK

by [Keith Micallef](#)

Immersed Gozo tunnel ‘would cater for a monorail’

Excavating a tunnel would cost more



A cross section of an immersed tunnel, similar to the one being proposed by the Malta Gozo Fixed Link Consortium.

A consortium lobbying for an “immersed tunnel” on the seabed between Malta and Gozo claims its proposal is the best solution as it would leave open the option to introduce a monorail system later.

It also believes that the government’s proposal to excavate a tunnel under the seabed would probably be costlier and would not offer such flexibility.

These arguments were made by a spokesman for the Malta Gozo Fixed Link Consortium in an interview with the Times of Malta.

Based on the principle of laying prefabricated concrete tunnel parts, which would be joined underwater, the project came to the fore last month when the consortium uploaded a short video presentation on the internet. Though it stoked debate, it also raised many questions on its viability.

Spearheaded by Luke Chetcuti, the son of the late Paceville magnate Hugo Chetcuti, who originally came up with the proposal about two years ago, the consortium is still “in formation”. The spokesman declined to name the other investors saying it would be “premature at this stage” but he did say that a letter of intent had been signed with an undisclosed foreign financier – “a huge financial company involved in the insurance industry”.

“Having consulted Danish experts and carried out various studies, we are now ready to present our proposal,” the spokesman said.

There were more than 150 tunnels of the kind being proposed around the globe, including one stretching over 18 kilometres between Germany and Denmark, he noted.



Clay inspirations

Artefacts by Mediterranean Ceramics are currently on display at the Ministry of Education and Employment in a bid to promote a clay sculpture modelling course. Photos: Chris Sant Fournier

As part of ongoing national efforts to promote vocational education and training (VET), the Ministry of Education and Employment is holding an exhibition dedicated to clay sculpture modelling.

Titled *Il-Holma Ssir Realtà* (the dream becomes reality), it follows another exhibition involving oil and water gilding techniques that was held at the ministry last year as part of a series themed *L-Alternattiv Mhux Inferjuri* (the alternative is not inferior).



The objective of the current display of vases, plates, animal figures and other artefacts by Mediterranean Ceramics is to raise interest in the clay sculpture modelling course that has been introduced as a pilot project at the Maria Regina College Mosta Secondary School (Żokrija) as part of the 'My Journey: Achieving Through Different Paths' programme.

The programme, which will be implemented across all secondary State schools in September, is one of the targets of the Framework for the Education

Strategy for Malta 2014-2024.

Students will be able to study traditional subjects but can now also choose applied and vocational learning programmes as optionals at Year 9 (formerly called Form 3).

The clay modelling course was designed by Karl Parnis with the help of artist Antonio Mifsud.



Successful students will earn a SEAC – Secondary Education Applied Certificate, which is the equivalent of the SEC certificate awarded to students who pass their 'O' levels. It will be possible to further one's studies at Mcast.

Vocational subjects were first promoted to secondary education certificate (Sec) level five years ago, when students could sit for five such subjects. Since then, the number of vocational subjects offered has steadily increased to include agribusiness, engineering technology, hairdressing and beauty, health and social care, hospitality, information technology, textiles and fashion, media literacy and retail.

Data released during the European Vocational Skills Week held last November revealed that just over a quarter of all Maltese students aged between 14 and 16 opt for vocational subjects, the fourth-lowest

rate in Europe.

According to Eurostat, the EU statistics office, of the 19,303 students in upper secondary school, 5,557 chose to study vocational subjects in 2016.

The exhibition is open at the foyer of the Ministry for Education and Employment in Floriana from Monday to Friday between 8am and 5pm until February 27



Meet Alexandria Galea who doesn't mind a cotton tale or two or three

For generations my family have been working on the land. The family tree has gotten its hands dirty in many fields starting in horticulture on the Mediterranean island Malta and dry land cropping in South Australia. Today some are growing sugar cane or rearing cattle. In the mix I have grown up in the Central Highlands of Queensland on my parent's irrigation property where we grow cotton, grains and pulses.

Despite coming from these blood-lines I never quite inherited the nature of the typical country girl. I blissfully ignored practicality and sun safety to rock getups that only the Spice Girls could pull off around irrigation ditches or cattle yards (at least I was easy to spot). Although I was never hard to find as you could hear me a mile away yelling for help when bogged or caught in such a good yarn with the calves that I'd walk straight into the backside of a cow.

Enough said farm work was not quite my strong point but I loved it. As I grew up I realised I had a passion for collaborating, sharing and learning with others, in particular youth, or what others would call an interest in talking the ears off somebody. With this in mind I set out to become a teacher.

A passion for teaching and sharing a story led to an invitation to join the Young Farming Champions program. Following high school I spent my time split between studying a Bachelor of Secondary Education and working in agricultural businesses. Working in agriculture started as a necessity to pay for the hefty bills of text books and late night educational excursions at university to become a real joy which I looked forward to. I got to experience a range of jobs from working with agronomists bug checking, accounting and supplying growers with products. Most importantly I got to have a good yarn with a diverse range of people within the industry. *Never a dull day in my office especially when you get stuck in the mud*

I found this work very interesting and rewarding, it opened my eyes to the magnitude of careers in agriculture which are not locked within the boundary fence of a farm. For the first time I could see how I (the not so intuitive farm girl) could be involved in an industry so close to my heart. I enjoyed liaising with farmers, the mix of working in the field and in the office, understanding the science behind growing plants and the ability to see a range of crops across a vast area. I was half way through my teaching degree when I realised that I also wanted to be studying agriculture. This greatly excited me to think of all the pathways I could take. Upon graduation of university I had the opportunity to work in the classroom however I turned to the field to gain more experience and exposure to agriculture. I was fortunate to be able to take on a role as a sales agronomist with Cotton Growers Services.

Working in agriculture is full of challenges to overcome in particular managing climate constraints. In this role I had the pleasure of facilitating educational workshops at the Emerald Agricultural College to give students exposure to and broaden their knowledge of different types of crops, roles within farming and a range of technologies. In this space I am the most excited, it is a feeling of its own to open the eyes of another especially about farming.

My path in agriculture has only just began and I am very excited to see where my sparkling boots take me and for the yarns to be had! All are welcome to join.

This 23-Year-Old from Zejtun Just Became the First ever Maltese European Pool Champion

He's the first Maltese to ever claim this title

Becca Bonello Ghio



The young Maltese pool player Scott Muscat won this year's European Pool Championship, beating the Irish Comcar Kerr in the finals.

The European Pool Championship involved pool professionals from all over Europe to take part in tournaments held in Killarney, Ireland.

Muscat made it to the finals of the Under 23 category, beating his opponent with a final score of 7-5. The Maltese men's team also did very well as they also made it to the finals but were beaten

by the English national team, with a score of 8-3.

Though Muscat defeated Kerr, when Muscat was leading with a score of 6-2 he relaxed and the Irish player was able to recover four more points for himself. However, Muscat kept focused and ended the match with a splendid clearance that awarded him the title.

The European Pool Championship has been held annually since 1980, and this is the very first time that Malta has ever won it. In 2007, the accomplished snooker and pool player Tony Drago also reached the finals of the men's category, though he landed second place.



World Eight Ball Pool Championships

For the 15th consecutive year the Malta Pool Association will be sending four teams representing our country in the coming World Eight Ball Pool Championships being held in Blackpool between Wednesday 20th and Friday 29th

June.

The Mens Team is composed by Christ Tabone, Wayne Bonnici, Claudio Cassar, Kevin Mercieca, Jason Mifsud, Duncan Pisani, Malcolm Azzopardi and Troy Zammit. Carmel Cilia will be managing the team during the championships.

In the Over 50's category team captain Brian Grech will be accompanied by Marcel Micallef, Christ Mills, Alfred Attard, Tonio Mifsud and Marco Bonello.

Malta Under 23's team, current European Champions, managed by Jason Agius includes Ryan Pisani, Dejan Grech, Scott Muscat and Ian Grech.

The Juniors, Under 18's, national team consist of Elcid Aquilina, Christian Spiteri, Steve Muscat, Rudgear Scerri and Neil Caruana. Team is being managed by Saviour Mifsud.

The association will be contributing towards all expenses for the participation of the four teams.

Ban on karrozini would be hurried and unrealistic – Moira Delia

Albert Galea



Asking for a ban on horse drawn carriages would be a hurried and unrealistic demand, animal rights activist and TV presenter Moira Delia said. A total ban on the traditional *karrozini* would result in the slaughter of all the horses, something which could only be avoided if the government took over the care of them, Delia said.

A better, and more realistic solution to this situation related to horse drawn carriages would be the imposition of a time-frame ban for the summer months, Delia explained. Such a ban, she said, would be in force from July up to mid-September and would stop horse-drawn carriages from being used between 12 and

4:30pm, when the summer heat would be at its worst.



Furthermore, Delia appealed to car drivers to be more considerate to carriages drivers and the horses when commuting.

Lucienne Selvagi, another activist, also told this newsroom that a total ban on these horse-drawn carriages would solve nothing and in fact be of more detriment to the horses themselves. This is because the horses are working animals and once they are used to a certain lifestyle, it will do them more harm than good to have them living in stables for the rest of their lives which is what

would happen as Malta does not have the space or resources to keep them out in the countryside. In an ideal world, Selvagi said, there would be limitations on the times in which the horses are worked, with the horses being rested during the summer peak hours. However, Selvagi appreciates the difficulty in such a solution because most of the work in this industry comes in during these hours from tourists disembarking from cruise liners.

Furthermore, Selvagi stressed that the vast majority of these horses are looked after extremely well and that most *kucciera* own more than one horse, meaning that the horses themselves do not actually work every day.

With all these notions at play, Selvagi said it is a very difficult situation to find a solution for, but she reiterated that a total ban will solve nothing. She did however appeal for a higher presence of enforcement officers in Valletta and severe penalisations on cars which are found to be parked under the shades which are meant for horses. Furthermore, she said, more supervision is needed on water points to stop vandalism on them. Selvagi said that it is normally the horse owners themselves who very often foot the costs for these water points, but they then find the outlets not working. She also appealed to local councils to be more cooperative when more shades for the horses are asked for.

Maltese e-Newsletter



FIND US ON FACEBOOK: [frankscicluna.3](#)

Malta Migration Museum - Valletta

Maltese-Canadian Archives - Toronto, Canada

Gozo National Library - website - www.ozmalta.com

Letters To The EDITOR

The Council of Maltese Living Abroad (CMLA) has decided to send out your journal plus all other e-journals and their links from the Diaspora to all executive committee members in the hope that they, in turn, will send these out to all those on their email directories. We are lobbying that the same happen at the HCs, Embassies, CGs, Consulates,

Hon Cs, etc. We are encouraging recipients to contact the journals directly to secure their own direct contact. You may see a sharp rise in the number of those wishing to receive the newsletter - especially from overseas. We see this as a great opportunity to increase Malta's exposure not only amongst 2nd and 3rd generation but also Malta supporters, friends, MA travel agent sympathisers, our kids. The core of these journals are essentially in English, so this is an opportunity for the children and grandchildren to print out their e-copy and give to nanna and nannu in much the same way as I do at St. Dominic's Home for the Elderly. Perhaps the youngsters may even get interested in reading the journal themselves. Malta got more than 46,800 'tourists' from Australia last year!!! We are now #11 country sending 'tourists' now 2.84 million per annum to a country with a population of 440,000... to Malta!!! The Maltese Aussies are doing something right, somewhere.

Another initiative which could do much good amongst younger MAs is the suggestion, from Emanuel Camilleri, that the now high quality PBS News Bulletin from Malta arrive with English captioning. Great idea. Can I suggest that you solicit an article from Emanuel or Marisa (Privitera) on the reasons for our request to Malta.

I thoroughly enjoyed your coverage of the Order of Malta SMOM Hospitaller, HE Confreze Prince Dominique de la Rochefauld Montbel, Bailiff Grand Cross of the Order of Malta, in your last issue. I, and John Aquilina, together with the President of the Australian Association, Dr. Ian Marshal, I spent almost a week with him a couple of months ago in the Philippines where there were the Presidents, Ambassadors and Hospitallers of the Asian Pan-Pacific OoM region... Dominique is a truly great hospitalier and a giant in international aid and succour of the poor and sick projects on a global scale. The Order now boasts over 110,000 volunteers and 18,000 high profile knights and dames... to say nothing of over 640 hospitals, etc. etc. Keep up the good work... and a great journal with lots of Malta information running. **Prof Steve Gatt NSW**

Hi Mr. Scicluna With pleasure I do receipt the Maltese Journal on time and I also forward it to our cousin Sister Agnes Farruga she is in a convent in NSW ,and she love it . thank you and keep up the good work ,Regards **Joe Monsigneur- ADELAIDE**

Dear Frank, Just to say hello and Introduce myself; my wife and I appreciate your journal; we have been living in Canberra since 1956; I was the senior radiographer at the old Royal Canberra Hospital and my wife was a piano teacher; a few years back one of her pupils won an Australia wide competition; we have three children, seven grandchildren and five great grand children; later on, as soon as I can obtain them I may be able to forward to you some very old photos of Malta taken by an official photographer in the Royal Navy. Meanwhile thankyou again Regards

George Zarb MSR. Lond Evelyn Zarb LRSM. Lond

G'Day Frank, I hope that you and your family are doing well.

Yes we do receive the much appreciated Maltese Journal and I still do pass it over to lots of contacts. They too appreciate receiving it and do look forward to read it.

Thanks very much for your hard work and dedication to the Maltese community in Australia and all over the world. Why is it that there are no electronic Maltese novels that I can buy and download on my iPad yet? I have used 'Octavo' but downloads are not available for downloading on iPads on it. And usually I do read my ebooks when I do not have internet connection such as on cruise ships. If you do know of any can you please let me know. Thanks and regards **Daniel Mallia, Greystanes NSW**

I do appreciate your newsletters that serve to awaken the memory and lift up the hearts of our elderly Maltese who sometimes have only memories to go to when they are feeling isolated or abandoned. Thank you. Tony Farrugia

Dear Frank I do appreciate your newsletters that serve to awaken the memory and lift up the hearts of our elderly maltese who sometimes have only memories to go to when they are feeling isolated or abandoned. Thank you **Sr Lorraine Testa (asjm)**

Thank you for your wonderful and informative magazine that covers Malta's past, present and future so well! I was quite disturbed to read the article " Emotional Case for a Tunnel". Such a proposal would I believe undoubtedly change the character of Gozo. It certainly has the potential to open the floodgates to the type of development that is currently happening in Malta with its out of character high rise such as the Hilton? As an Australian Maltese, I see a major part of the charm in visiting Gozo is the approach to this beautiful rustic island by sea. Yes I'm sure life was tough for Josianne Cutajar as a student having to reside in Malta to complete her Tertiary Education and that commuting may be inconvenient for Gozitan residents but the damage to the charm of Gozo by the proposed tunnel and the environmental impact will far outweigh the convenience and enormous expense of a tunnel! As for the concerns regarding Tertiary Education provisions for Gozo, I'm sure some arrangement can be made where an annexe of Malta's University can be set up on Gozo catering to certain faculties. This would be far less expensive than the proposed tunnel and its environmental and cultural impact on Gozo. **John Micallef Kiama Heights NSW Australia.**

Order of Saint John of Jerusalem - Knights Hospitallers

Good evening Frank. Many thanks again for your Journal. I was delighted to read the article about our Order on Pages 20 and 21 My wife and I are looking forward to tasting the Pastizzi when we are in Malta in 5 weeks time!!!! *Yours sincerely in the Service of Saint John*

Graeme Gatley KGSJ Secretary, Priory of South Australia

Hello Frank, The newsletter was wonderful. Many thanks for sharing it with us! I took the liberty to include it on our Spotlight webpage for others to enjoy. <https://www.mhasfbayarea.org/spotlight.html>

Take care, **Debbie Gatt Ghiglieri MHA Secretary**

Thank you so very much for your wonderful newsletter. It always contains heaps of information about Maltese everywhere . We really are very lucky to have you keeping us up to date with events to do with Malta and the Maltese! Please do continue this great task as it is an excellent way to keep in touch with our beloved Malta. Congratulations , prosit, grazzi, Xewqat sbieh **Georgina & Reg Scillio Melbourne**

Hello Frank Thanks for all your efforts in the journal it keeps us in touch with our heritage look forward to reading it my wife who is of Italian heritage looks forward to the journal which gives us the inspiration to travel back which we have done many times. Great work **Mark Zahra.**

Dear Frank, Thank you for sending me the Maltese E Newsletter. It is so interesting that I think not only Maltese citizens or those of Maltese background enjoy reading but anyone who loves history and news from all over the world. Good on you! You're doing very good and appreciative work. God bless you and all those who contribute to the publication.

Regards, Sr. Vittoriana DeBattista

am very appreciative you send the Maltese Newsletter. I look forward every week to read the newsletter. I have passed your detail on to other interested Maltese who did not know about the Newsletter. Thankyou Anthony Zarb



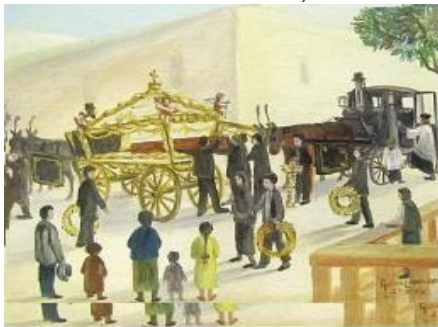
OLD MALTESE TRADITIONS

(Photo) Devotional representations of souls in purgatory from a niche in *Hal Għaxaq*.

If you are too old for trick-or-treating at Halloween, you might be up for a night in a 17th-century prison cell at the Inquisitor's Palace at Vittoriosa (Birgu).

But before heading to bed, you can feast on toast, kawlata (vegetable soup with pork) and a roasted pig, which years ago would have first been let loose on the streets with a bell hanging around its neck. This unfortunate **hanżira tal-erwieħ** (pig of souls) would have only enjoyed its freedom for a few days, roaming the streets while parishioners fed it, until they cooked it on All Souls Day to feed the poor.

Another traditional Maltese dish, also dubbed tal-erwieħ, was a large pot of vegetable soup that was prepared around the same day. Guido Lanfranco has documented the tradition of helping the poor, through the distribution of food, as a means of offering prayers for the dead. In the run-up to All Souls' Day, neighbours would fill up a cauldron with vegetables, beans and sometimes pasta. The minestra, or kawlata in some cases, would be distributed among the poor, who turned up with a can or a small pot.



Hearse and priest's carriage in funeral procession.



A Child's Funeral



Newwieha, or weepers commissioned for household mourning

On November 4, these two dishes will be served at the Inquisitor's Palace in Vittoriosa during a Heritage Malta thematic supper topped with a glass of mahluta, the bittersweet drink recalling the ups and downs of life.

For the event, called **L-Għid tal-Erwieħ**, there will also be **ftieti tal-għaža** (toasted bread with garlic and parsley), reminiscent of the days when mourners would feed only on bread and meals prepared by their neighbours. The supper will also include għadam tal-mejtin – a bone shaped, almond-based sweet. Hired mourners will set the tone of the meal. Apart from following coffins in funeral processions, the newwieha used to go into mourners' houses and break some pottery items or turn pots upside down, because people were not meant to cook following the death of a relative.

A literary work written by Immanuel Mifsud will be read out before the diners call it a night.

Those with a more adventurous streak can sleep in one of the palace's prison cells, but they will need to take with them their own sleeping bags and torches.

For more information, call 2166 3731 or visit www.heritagemalta.org or the Inquisitor's Palace Facebook page. Photos: Guido Lanfanco and Kenneth Cassar



<https://www.surfacelanguages.com/language/Maltese.html>

Learn basic Maltese phrases and sentences by selecting the phrases that you want to learn from the list. These cover a wide variety of Maltese topics, including the numbers in Maltese, days of the week in Maltese, Maltese greetings and the months in Maltese. The Maltese phrases have audio recorded by a native speaker.



Maltese Port Manager Killed in Somalia Terror Attack 'Probably Refused To Pay Protection Money'

Diplomatic source speaks of dangerous background behind Paul Anthony Formosa's assassination

Tim Diacono

The **murder** of port manager Paul Anthony Formosa in Somalia may have stunned people in his home country of Malta but it reflects ordinary everyday life in the east African country.

A well-informed diplomatic source said that notorious terror group al-Shabaab probably killed Formosa as a warning sign after he refused to pay them protection money.

"Al-Shabaab is as much a criminal business dedicated to earning money as it is a jihadist insurgency and makes up to \$30 million a year from extortion and taxes," the source said.

"Chances are Mr Formosa refused to pay protection money and was killed as a warning and to clear a space to allow a replacement who may well pay."

"Al-Shabaab's statement will cite the usual 'killed a Christian, foreigner etc' but aside from that narrative, which helps, there is also an intimidation and money factor at play."



Military group al-Shabaab claimed responsibility for the murder

Formosa, a former Malta Freeport employee, was the construction project manager of a subsidiary of DP World, a leading global port terminal operator owned by the Dubai government. In 2017, DP World won a 30-year concession to develop a port in Bosaso, a deal which sparked protests by

several residents during which at least one person died.

Comments on a Somali internet forum indicate that Formosa was a well-known and controversial figure in Bosaso.

He was reportedly shot several times in the head at close range by gunmen disguised as fishermen and died in hospital shortly afterwards. One of the gunmen was caught alive and has been identified as a member of al-Shabaab.

In a statement, al-Shabaab accused DP World of looting Somalia's resources and accused Formosa of being in the African country illegally. *Formosa used to work at the Malta Freeport* The Maltese Foreign Affairs Ministry issued a statement to confirm it is following the case closely. "On the early morning of Monday, 4th February 2019, a Maltese national who was a construction project manager for P&O Ports, a subsidiary of the Dubai-based DP World, was shot dead inside the port of Bossasso, Somalia. According to media reports, Islamist militant group al-Shabaab has claimed responsibility."

"The Ministry for Foreign Affairs and Trade Promotion is following the case closely and will issue additional information should there be significant developments"

The Malta Freeport also paid homage to its former employee, describing him as a lively and open-minded man and a hardworking worker who was much-loved by his colleagues.

"Paul maintained a very good relationship with the Freeport even after he found another job and often used to visit the terminal whenever he returned to Malta," Freeport CEO Alex Montebello said.

ORDER OF MALTA

Sovereign Military Hospitaller Order of St. John of Jerusalem of Rhodes and of Malta
Grand Priory of England • British Association • Official Site



THE GRAND PRIORY OF THE ORDER OF MALTA IN ENGLAND

There were English knights of the Hospital from the time of the First Crusade, long before the foundation of the English Langue in the early years of the fourteenth century. In the English Langue were knights from England, Wales, Scotland and Ireland. Around 1144, two priories were established, one for England, Wales and Scotland, and another for Ireland. The superior was the Prior at Clerkenwell, whose territory also included a commandery in Wales. The Prior of Ireland, whose grand commandery was at Kilmainham, came under Clerkenwell's jurisdiction, though this was not always very effective as Irish brethren sometimes became involved in their country's internal wars. Scotland had only one commandery, Torphichen, in Midlothian, whose incumbent was known as "Prior of Scotland," though he was subordinate to Clerkenwell.

The Prior of England, "My Lord of Saint John's," given precedence before all lay barons, was an important figure in English life. Like the rest of the Order, the Grand Priory of England received a great accession of wealth and property when the Templars were suppressed in 1312.

In Scotland the Commander of Torphichen, the "Lord of Saint Johns" sat in Parliament until 1563. The heir of the last commander still sits in Parliament as Lord Torphichen.

In 1380, a Prior of England, Robert Hales, became Treasurer to Richard II. His poll tax proved unpopular, provoking the Peasants' Revolt in 1381. Clerkenwell was burned and Robert was executed with the Archbishop of Canterbury by an angry mob.

Such events did little to diminish the Order's prestige, however. The Peasant's Revolt was all but forgotten when Henry VII was named "Protector of the Religion." In 1517, Thomas Stanley, 2nd Earl of Derby, and Charles Somerset, 1st Earl of Worcester, were received into the Order as "knights of honour," a grade which did not require a vow of profession.



In 1527, the Grand Master named Henry VIII "Protector of the Religion," the title the Sovereign's predecessor had accepted. But royal favour was not to survive the winds of the Reformation, and Henry dissolved the Grand Priory in 1540. Several prominent knights of Malta were executed between 1539 and 1541 for denying the Royal Supremacy: Thomas Dingley, Adrian Fortescue, and David Gunston. William Salisbury and John Forest died in prison.

Queen Mary revived the English Langue in 1557, and Clerkenwell was restored under the Grand Prior Thomas Tresham. The Virgin Queen was less sympathetic. In 1559, Elizabeth dismembered the Priory and seized its lands and assets.

Today, the gatehouse of the old Priory of Clerkenwell is the seat of the Most Venerable Order of St. John of Jerusalem in the British Realm, which purchased it during the nineteenth century. In 1963, the Order of Malta and the Venerable Order (the latter was founded by Royal Charter in 1888) signed a joint declaration of recognition and cooperation, though there exists no historical connection between the two orders.

Despite the Reformation and the consequent dissolution of the Grand Priory of England, there were always English, Scots or Irish knights of Malta. Until the end of the eighteenth century, most of the Englishmen and Irishmen tended to join the Italian Langue, while Scots usually joined the French Langues. Titular Grand Priors were appointed, together with titular Priors of Ireland and Bailiffs of

Egle. The Order was not without recusant knights, but the last titular Grand Prior of England, Girolamo Laparelli, died in 1815.

Edward VII received the honorary cross of a Bailiff Grand Cross of the Order of Malta in 1882; he wore it during a visit to Malta after his accession to the throne.

The Sub Priory of the Blessed Adrian Fortescue was founded in 1972, with Lord Robert Crichton-Stuart as Regent. Subsequent Regents included Andrew Bertie (the Order's Grand Master from 1988 to 2008), Viscount Furness, the Earl of Gainsborough, and Grand Master, Matthew Festing (2008 to 2017). In 1993, the Grand Priory of England was restored after being in abeyance for nearly 450 years except for titular Grand Priors.

The 56th Grand Prior of England, Frà Fredrik Crichton-Stuart, succeeded Frà Matthew Festing, on his election as Grand Master of the Order, in 2008 and held the position until his death on 14 June 2011. The 57th Grand Prior, Ian Scott, was installed on 13 October 2011

Active couple won Fred and Ginger Award



Mark Walton, host of the Thursday morning dance Come Dancing at the Chandelier, presents the February Fred and Ginger Award to Harry and Mary Bugeja

Harry and Mary Bugeja are regular dancers every Thursday morning at Mark Walton's dance "Come dancing" at The Chandelier, Collinswood.

On Thursday February 7 they were awarded the title of "Dancers of the Month" as Fred (Astaire) and Ginger (Rogers).

Each was presented with a gift - Mary with a lovely red rose and wore the pink boa worn by the lady winner each month

while Harry received a box of chocolates

Harry said: "Dancing has always been one of our main hobbies

"In the early years it was more cabaret and dinner dances. About 20 years ago we were introduced to New Vogue dancing and ever since never looked back.

Nowadays we dance three to four days a week. We find it so much fun socialising and exercising. Our time now is devoted first and foremost our family then dancing and cruising.

"To all the many dancing friends we say thank you for your friendship."

Folklore - Il-Gideb ta' Toninu

ta' Anastasju Cuschieri

"Ma, ma mmurx skola!" "Ma tmurx l-għaliex?"

Qum, qieghda ngħidlek, Minn dak il-friex,

U għatti sidrek Għax ġej ir-rih: Isa, Toninu, Isa, sabih."



"Le, ma mmurx skola, Le ma mmurx żgur! B'dan l-uġigh kollu Kif tridni mmur?"

Ajma b'did-darsa Kemm jien muġuġh!

Ħares ftit wiċċi Kemm hu minfuħ."

"Ġej, ġej!" "Min, ma?" "Ġej il-papà." "Għadek fis-sodda?"

Dan il-għaliex?" "Kont sejjer nilbes, Staqsi 'l mamà." U hareġ jiġri minn taht il-friex.



Valhmar Camilleri

Manchester United stars promote Lisa Maria Memorial Dingli 10 race

Race to be held on March 19

Five former Manchester United stars from Alex Ferguson's Class of '92 together with four popular Maltese TV personalities have teamed up to promote the Lisa Maria Memorial Dingli 10 event on March 19.

Gary Neville, Ryan Giggs, Paul Scholes, Nicky Butt and Phil Neville have come together to support the cause of the event and the mission of the Lisa Maria Foundation through a pre-event promotion video.

Apart from this, well-known local celebrities including tenor Joseph Calleja, singer Ira Losco, animal lover Moira Delia and TV newscaster Keith Demicoli are also supporting the objectives of the St. Patrick's Athletic Club organized, Lisa Maria Memorial Dingli 10 event, similarly through a video recorded message.

Since 1991, the Dingli 10 has established itself as a tradition and the most prestigious race on the local running and walking calendar after the marathon distance.

This year's race will be celebrating its 29th edition since it was first organised by the St Patrick's Athletic Club.

Since 2015, in collaboration with the Lisa Maria Foundation, the Dingli 10 has also included the Lisa Maria Memorial race and walkathon, both aimed at promoting the foundation's objectives of raising awareness about safeguarding the youth and the young.

Key to attaining those objectives is the use of sporting endeavor and St Patrick's Athletic Club is proud to help further those very objectives through its events.

Consisting of three different events, namely a 10 Mile road race, a 2kms event for kids and a 10 Mile Walkathon, The Dingli 10 is highly popular for its scenic beauty as the route meanders through some of Malta's most beautiful countryside making the challenge an interesting and colourful one.

Held only 2 days before the change over to the Spring season, the event is notable for most often being blessed with exceptionally lovely sunny yet cool weather, turning the activity into a veritably enjoyable experience.

The Walkathon event is very popular as it makes for a lovely challenging hike which can be enjoyed in the company of friends whilst partaking of the unfolding beauty of the Dingli area and surrounding countryside.

The Dingli 10 mile Road Race and Walkathon both start near the entrance of Gnien Il-Haddiem, Triq il-Maddalena, Dingli. One can register for the race on <http://stpatricksac.com/dingli-10/>



St Bernadette's Parish

Sunshine North, Victoria, Australia

Under the Pastoral Care of the Maltese Paulist Missionaries

59B Westmoreland Road, Sunshine North, Vic 3020

Parish Priest: Fr John Taliana MSSP **Assistant Priest:** Fr Denis Carabott MSSP

Pastoral Worker: Miss Amanda Browne

Parish Secretary & Office Staff: Mrs Joyce Cutajar, Miss Josie Desira, Miss Mary Gatt, Mrs Bev Tessari



Situated in the west of Melbourne, the region we now call Sunshine North was once bare paddocks with no houses or roads but attracted by the prospect of work in the many industries in Sunshine, people flocked to this area after the Second World War. Before 1956, Catholics would have to attend Mass at Our Lady's in Sunshine or St Theresa's in Albion so in 1952, Fr Maurice Heriot, Parish Priest of Our Lady's approached locals about establishing a Weekly Giving Scheme for a 'shilling or two' to build a Church. To help raise even more funds a small marquee was often erected on the corner of Suffolk and

Westmoreland Roads for fetes, cake stalls and gatherings.

The journey began with the construction of the Church in 1955 on land donated by the Craddock Family under the direction of Father Leonard Egan, then Parish Priest of Our Lady's. The Architect was Mr A Niven, the builder was Mr J Fraser and the quoted price was £15,000. Because of limited resources the building had to be a multi purpose one, suitable for school during the week and Mass at the weekend. Parishioners would come on a Friday evening to pack up the desks and move partitions and fold special seats into pews.

Conditions were primitive and for many years there was no heating, proper sewerage or grounds and many children would come to school during the winter months in gumboots.

In 1956 St Bernadette's became a separate parish and Father Leo Halloran, then assistant Priest at North Brunswick was appointed first Parish Priest celebrating his first Mass in the new parish on Pentecost Sunday (20 May) of that year. Unfortunately, Father Egan, died just one month before the church/school was officially opened and blessed by Archbishop Mannix on 23 September 1956.

In 1964 the Parish became a three Priest Parish under the care of the Missionary Society of St Paul and it was then decided to build a new hall. Father Charles Borg and many parishioners co-ordinated the works beginning with the foundation stone laid at the end of 1964. For many months Parishioners worked tirelessly every weekend to erect the building which became a fantastic asset, hosting functions and parties which raised much needed funds for the Parish. There are many fond memories of this important period in the life of the Parish, especially the many gatherings and parties which took place encompassing all the many and varied cultures of our Parishioners.

After even more fundraising and planning by then Priest Father Galea, 1976 brought about one of the biggest changes in the Parish with the opening and the blessing of a new Church. Officially opened and blessed on 30 May 1976 by Archbishop Frank Little it is an important date which signifies the beginning of a new era and St Bernadette's third decade as a Parish.

A Mass Centre at Cooke Avenue was completed in the early months of 1988 once again built by monies raised by Parishioners. A Home for the Elderly was constructed by Catholic Homes in the mid-nineties, to accommodate ageing Parishioners who wanted to continue living in the area. Further renovations to the Church were undertaken in 1997-2000, and these changes have contributed to the modern and welcoming building we enjoy today.

From very humble beginnings in 1956 the Parishioners of St Bernadette's have forged a strong Community that not only stamped the Parish's formative history but would also lay the foundation for growth in the years that followed. The community has always prepared itself for the inevitable changes that would be needed for the next decade of the parish and beyond.

Everlasting love - Julia and Oscar Sammut



Dayna Clarke

At 81 years of age, Julia and Oscar Sammut share a love story that stands the test of time, for this will be their 57th Valentine's day together. However, due to enduring multiple strokes five years ago, Julia now resides in a Floriana residential home. Oscar spends every hour of the homes permitted visiting time by his wife's side, a few streets from

their family home.

"I have never missed a day visiting in 5 years, I know she has the best care, but still at night I miss her terribly, I do get lonely" Oscar adds. Unfortunately, due to the severity of the stroke, Julia is unable to talk but she comprehends well. Her face lights up at the sight of Oscar arriving at the home, her eyes remain fixed on him and she giggles throughout his account of their romance.



The love-struck couple's story began during World War 2. As a five-year-old boy Oscar's family home in Floriana was bombed heavily, consequently, his family moved to the nearby town of Hamrun. It was here he first met Julia, as next-door neighbours and with just a 6-month age gap between them. Their mothers were the best of friends, and as children, the pair went everywhere together, from school to Church "We even had the Holy Communion together" adds Oscar.

At the age of 10 Oscar's father, serving in the Royal Air Force, moved his family to the U.K where Julia and Oscar lost touch. Oscar remained in the U.K and served two years in the Suez Canal. 10 years later his family holidayed to Malta, where by chance he stumbled across Julia again.

"I will never forget that evening, it was the feast of San Gaetan, and I bumped into the mother of Julia, she remembered me as a boy and told me to come to the home and meet Julia, I went along and that was it, our eyes locked and we never looked back.

"We spent two weeks courting, and I proposed, back in those days Julia went to her family to request permission, and fortunately they were over the moon! We married two years later in St Publius Church, Floriana, Julia was the most beautiful bride -can you believe she made her own dress! She is incredibly talented with sewing. After the wedding, we had a big party in Sliema and then the honeymoon in Mellieħa. Things were very different back in those times, Julia's brother had to accompany us on every date until we married. Julia also stopped working and she devoted herself to the home, and our family" The couple went on to have three children, and now have eight grandchildren who are a big part of their lives.

When asked the secret to long-lasting love Oscar was quick to reply "We do everything equally, whether that's decisions or choices we have always involved one another. We never forget about the small things either, such as making a cup of tea or helping each other. I still buy her flowers because she adores them. Love is not always in the big grand gestures, it takes time to make it work. These days people give up quickly, everybody wants everything instantly, whether it is success, a job or love, but love is a seed you have to grow and nurture."

Photos Alenka Falzon

MALTA RUGBY LEAGUE



WORLD RANKED (16TH)

RUGBY LEAGUE INTERNATIONAL FEDERATION

Along with an eye catching logo featuring a Maltese Knight which has become the moniker of the national team, the Malta Rugby League has selected to play in a red and white jersey reflective of its nations colours that boasts the world renowned Maltese cross emblazoned across it.

Malta's national team debuted in 2004 against the British Defence Forces coming away with a 78-0 win. Although Malta has yet to qualify for the Rugby League World Cup, the team has made remarkable progression since its first international with varying levels of success playing the sport in Malta/Gozo, across Europe, the United Kingdom and down in Australia.

MRL's successful bid for Rugby League European Federation (RLEF) affiliate membership was awarded in 2013. After the International Rugby League (RLIF) rankings were released in November 2018, the small island nation reached its highest ranking in history (16th).

A noteworthy achievement for a country of less than half a million people with little to no resources available for the 13-man code.

MALTA REACHES ITS HIGHEST WORLD RANKING

On the back of 8 fully sanctioned international matches played in 2018, which represents a record, Malta have leaped to 16th in the World Rankings.

General Manager David Axisa commented: "This is great recognition to round off what has been a very successful year for our national team. We saw many new faces come through into the senior squad, a large number of them from Malta itself, some from professional competitions abroad and a few graduates from our Junior Knights programme operating in Australia which is led by Peter Cassar" Taking the title of Emerging Nations World Champions was obviously our biggest accomplishment, but to justify our position moving forward, more needs to be done in terms of local participation and government support back at home in Malta" Axisa added.





A PRICKLY-PEAR A DAY KEEPS THE DOCTOR AWAY

Why have we abandoned the prickly pear?

Kristina Chetcuti

I can tell your age if you tell me the first thing that comes to mind when I say 'prickly pear'.

If you think, "Ah, the colourful cactus fruit!" then you were born pre-1975. If you go, "Isn't that a pinkish liquor or something?" then you were born after 1988. If, on the other hand, what flashes right before your eyes is Malta's 1980s coat of arms – that one with a huge cactus and lots of prickly pear fruit, the luzzu, the farmer's fork and the baker's peel – then you were born some time between 1975 and 1988. The designer of that coat of arms must have had a Mexico-meets-Marsaxlokk moment by way of inspiration and consequently, we, the 1975 to 1988 generation associate the prickly pear with this archived visual in our memory. That, and the image of its 3D version stone monument in Marsa, which seems to have been tucked away somewhere as I haven't seen it in ages.

Maybe this childhood nostalgia is the reason why the prickly pear is my summer favourite fruit, right up there with the watermelon. As a child, I remember that in several corners of the streets in Paola, there always used to be farmers sitting outside their vans, with buckets of prickly pears soaked in water.

My mother would make us run home, get a glass bowl and run back with a "please sir, can I have some bajtar tax-xewk?" They'd peel off the prickly skin of the fruit, one by one, until the bowl was full. They did not even wear gloves, which is no mean feat. I once touched a prickly pear and to this day when I think of those furry, invisible but tenacious spines I get an irresistible itch. Back home, my sister and I would beeline for the Italian pink bajtar first, and then proceed to eat them in order of colour: baby pink, then orange, then the green, and the yellow last.

These days I hardly ever see people selling prickly pears in the streets. Instead I see them at supermarkets, ready packed bajtar tax-xewk imported from Sicily. Cactus is still used by farmers as natural agricultural fencing over the rubble walls and when you drive past fields you still see the plant taking over the rubble walls, but, increasingly, the fruit is not being picked up. I don't blame farmers. Why go through all the hassle, when the market is ungrateful?

Forget the apple. Clearly it's a prickly pear a day

As a result the bajtar tax-xewk is being left to waste. In Italy, wherever you go in summer you'll find they serve prickly pears for breakfast, as a delicacy with antipasti, as a sorbet or as an ice-cream flavour. Here, there's only one use for it – that liqueur which millennials are familiar with, which is okay, I suppose, if you love alcohol with a taste of Calpol.

The great pity is that it's our great loss. The prickly pear fruit is actually very healthy and we could all do with more of it. Despite its silly, carnivalesque appearance, the fruit is a blend of nutrients, including Vitamin C, Vitamin Bs, magnesium, potassium, calcium, copper and fibre.

If we eat three of the fruit a day, our daily requirement of vitamin C would be sorted. The calcium in it helps with the strengthening of bones, which is great for a nation where osteoporosis is the order of the day. And who needs Weetabix when the fibre content of these cacti fruit help move foods along the digestive journey? The levels of fibre in the fruit also lowers the levels of bad cholesterol in the body; and as I well remember in my younger days, it helps when you're a tad hangover.

These last few years, international nutrition and science journals have gone on and on about the boons of this fruit. The significant levels of potassium, for example, can help lower blood pressure,

which is beneficial for the prevention of coronary heart diseases and strokes. It is also full of antioxidants – those little things in food that stop or delay damage to the cells by removing the waste products in our cells and which lower the chances of cancer in people.

And recently a University of Malta-led study has found that chemicals extracted from the prickly pear could hold the key to delaying two of the diseases of ageing: Alzheimer's and Parkinson's disease.

I mean, what else do we need to elevate this fruit to manna status? We should really be walking round wearing T-shirts saying "Il-Bajtra hija l-King" and that sort of thing.

Forget the apple. Clearly it's a prickly pear a day which keeps the doctor away. And we're so lucky the whole island is dotted with them. All we need is to give the fruit tender loving care so that at the mention of the prickly pear, new generations will go: "Ah, yes, I've already taken my daily portion of that colourful healthy fruit!"

Maltese man, wife killed in plane crash in US

Reasons of crash are still unknown



Carmel and Paula Azzopardi in Gozo.

A Maltese man and his wife were killed in a plane crash in Texas, the US, on Friday.

The pilot, Carmel Azzopardi and the passenger, Paula Azzopardi, 49, both of Amarillo, were killed in the crash in Roberts County, just west of the Hemphill County Line, according to the Texas Department of Public Safety.

Investigators said the Cessna C421 crashed for reasons still under investigation, [according to media reports](#).

No further details were provided.. Mr Azzopardi migrated

to the US when he was young and his three children live in Malta, Times of Malta is informed.

An animal lover, Mr Azzopardi was a regular visitor to Malta, having visited the island just last November. He held both a light aircraft and helicopter license.

The Foreign Ministry said they were in contact with the US authorities about the incident.



Campus Book Fest 2019- Malta University

The Campus Book Festival, organised by the National Book Council in collaboration with Għaqda tal-Malti - Università, is now in its sixth edition, and from its inception it has aimed

at providing a space for Maltese publishers and authors to promote their work with a mature audience, such as university students. Only a few weeks are left until the launch of the Festival on 27 March 2019 at the University quadrangle. Students as well as the general public are invited to engage in the Festival activities, that all revolve around books: discussions, book presentations and launches, interviews, animated readings, tours, quizzes - there are plenty of events on offer across the three days. Some of the book-related activities are listed in this article and more details on all events will be shared on the Campus Book Festival Facebook page

(<https://www.facebook.com/events/281884592429111/>). The full programme of the Campus Book Festival 2019 can be found here (<http://ktieb.org.mt/campus-book-festival-2019-programme-of-events/>).

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WE WILL SEE YOU NEXT WEEK**