



MALTESE E-NEWSLETTER

Journal of the Maltese Diaspora

Building Bridges between individuals and communities



Editor: Frank L Scicluna

maltesejournal@gmail.com

The Sliema promenade sparkles at night!



**Bishop Charles Gauci of Darwin
with Pope Francis
Rome - June 2019**



This is most
**This is the most
read, loved and
respected
journal of its
kind published
for the Maltese
living in every
corner of the
WORLD**



Independence Day is annually celebrated on July 4 and is often known as "the Fourth of July". It is the anniversary of the publication of the declaration of independence from Great Britain in 1776.

Independence Day is a public holiday. It is a day off for the general population, and schools and most businesses are closed.

Independence Day is a patriotic holiday celebrated by Americans worldwide

Independence Day is a day of family celebrations with picnics and barbecues, showing a great deal of emphasis on the American tradition of political freedom. Activities associated with the day include watermelon or hotdog eating competitions and sporting events, such as baseball games, three-legged races, swimming activities and tug-of-war games.

Many people display the American flag outside their homes or buildings. Many communities arrange fireworks that are often accompanied by patriotic music. The most impressive fireworks are shown on television. Some employees use one or more of their vacation days to create a long weekend so that they can escape the heat at their favourite beach or vacation spot.

Independence Day is a patriotic holiday for celebrating the positive aspects of the United States. Many politicians appear at public events to show their support for the history, heritage and people of their country. Above all, people in the United States express and give thanks for the freedom and liberties fought by the first generation of many of today's Americans. The Statue of Liberty is a national monument that is associated with Independence Day.

We wish all our American readers – HAPPY INDEPENDENCE DAY

“Id-Dar tal-Mirakli” in Pakistan: Where providence is a daily miracle



Part of the money being collected in aid of the *Dar tal-Providenza* on Xarabank on Friday is being passed on to the Sisters of Charity for their home in Pakistan called *Id-Dar tal-Mirakli*.

The home houses people with disabilities and is solely operated on providence. “For us, daily providence is a miracle,” said 89-year-old Sr Anna Maria (89), who shall be returning to Pakistan to continue working at the home. Sr Anna Maria has been working for 60 years at *Id-Dar tal-Mirakli* in Pakistan, where persons with a disability were often kept hidden or abandoned. In the past, there were no support homes

and they ended up living in prison or on the streets. The *Dar tal-Providenza* decided to donate a part of the sum collected during Friday’s telethon to *Id-Dar tal-Mirakli*. A €50 donation can be made by calling 5190 2070; for €25 call 5180 2013; for €15 call 5170 2012. A €6.99 donation can be made by sending an SMS to 5061 8944. Timesofmalta.com

CONSUL-ON-THE-MOVE PROGRAM – IMPORTANT ANNOUNCEMENT

**The visit of the Consul General of Melbourne to Adelaide had to be postponed to a later date (Sept) due to not enough applicants. So, we urge the members of the Maltese community of South Australia not to miss this opportunity to apply NOW for a new (or to renew) Maltese/European passport and other consular services Contact: Malta High Commission (ACT) on 02 6290 1724
Consul for Malta in South Australia: 0422 438 288 or (08) 7226 2136**



Chinese woman masters Maltese language in six months

She is enamoured of many things Maltese, especially the language.

Jinjing Xu, a Chinese woman who has been living here for six months, learned to speak the Maltese in no time at all

and now has a desire to teach Maltese in her own country. “My make is Jinjing. I am in Malta to learn Maltese,” she said. At first glance you’d think she was a tourist on a visit to the University, but Jinjing is learning Maltese hoping to be able to teach the language in China. “There are many expressions which are similar in Maltese and Chinese. For instance, ‘one foot in the hole’ (‘sieg waħda fil-ħofra’) and ‘what wind brought you here?’ (‘x’riħ ġabek hawn?’)”

What she finds most challenging and taxing is different meaning of the same verbs. For instance ‘qasam’ – ‘he cut the cake’; he crossed the road; he cut open his head; or the verb ‘qabez’ – to stick up for a person versus to jump on a person.

She loves Maltese bread, and any related idioms go down a treat. For instance “he lost his livelihood” (tilef ħobżu), “he’s not worth his salt” (ma jiswiex ħobż) it’s not his thing: (mhux ħobż għal snienu and so on. “The phrase I like a lot is “bread and butter” (‘ħobż u sikkina’) which denotes two things that get on very well together, like me and the Maltese language.”

“Words such as “abruptly” (dlonk) and “wisdom” (dehen) fascinate her but the list continues to grow. “The best expression I’ve heard so far which I absolutely loved was ‘ċičċi beqqi’ and the word for cod “bakkaljaw”, is also very good.” Jinjing was given the opportunity to learn the Maltese as a result of collaboration between the University of Malta and Beijing.

The Head of the Maltese Department, Michael Spagnol, said he was surprised that Jinjing mastered the language so quickly. “Truthfully I did not expect her to learn it so well in such a short time – we are talking about 5/6 months. But she is determined.” Jinjing talks about her fascination with the Maltese language on the program Insights which airs on TVM on Sunday evening.



La Valette Philharmonic Society appoints Cav. Dott. Tonio Portuguese as Honorary Member

Public Broadcasting Services Ltd Chairman, Cavaliere Dr Tonio Portuguese, presented DVDs of the La Valette band concert “La Sollevazione di Cristo” and the interview with Conductor Joseph Sammut to the society’s President Jonathan Grima

and Valletta mayor Alfred Zammit. The interview with Conductor Sammut by journalist Mario Xuereb was broadcast on the Ras imb Ras TVM programme.



The concert was filmed by PBS under the direction of Godfrey Smith and transmitted on Good Friday.

PBS Chairman Tonio Portuguese was appointed Honorary Member of the La Valette National Philharmonic Society as a recognition for his contribution in the activities marking the 145th anniversary of its foundation and as an appreciation of the public broadcasting's musical culture in Malta and Gozo.

Dr Portuguese is also Honorary President of the Maria Assunta Band Society of Gudja, of the Žebbuġ Ghaqda Mużikali u Soċjali

12th May and Life Honorary Member of the Leone Band Club of Rabat Gozo. He was decorated by Italy's President as 'Cavaliere Dottore al Merito della Repubblica Italiana', Officer of the Legion d'Honneur by French President Francois Hollande; Ġieħ ir-Repubblica Officer by Malta's President George Abela and Ġieħ Ghawdex by President Marie Louise Coleiro Preca.

The love of a mother with disabilities for her son with the Down Syndrome condition



Posted On June 26, 2019 - Updated 26 June, 2019 7:54pm
Report: Maria Muscat

At the age of 12 she suffered a disability as a result of an illness and after many years of marriage she bore a son born with the Down Syndrome condition. Despite the challenges she has had to face, Lorraine Pellicano says that her son Thomas has been a blessing on her life and she is spurred by eagerness to convey courage to other mothers.

In the bloom of her youth, Lorraine Pellicano was afflicted by severe arthritis and ended up with physical disabilities and mobility problems as well as disabilities in both hands.

Lorraine said she was 12 when she fell ill with severe arthritis which confined her to bed and caused her to miss her schooling and this led to other infirmities including hip replacements. After many years of marriage to Tommy, Lorraine gave birth to Thomas, who was born with the Down Syndrome condition. She said she often had misgivings she would not be capable, even though she had her husband's assistance and it still takes her time to do certain things.

Facing the challenges of a mother with disabilities and a son with a condition, the Pellicano family found a ray of hope in the Dar tal-Providenza. Lorraine had been working at the Dar for several years and after giving birth to Thomas she began to use the services offered by the Dar, including the therapeutic swim pool. Lorraine Pellicano said Thomas began using the hydrotherapy pool as part of his therapy to help to learn how to swim.

This Friday, the programme 'Xarabank' will be collecting donations for the Dar tal-Providenza so that families like that of Lorraine and Thomas and many other persons with disabilities continue to find a shoulder of support they can rely on. Lorraine Pellicano urged people to donate as much as they can because there is great need to meet the Dar's annual expenditure to continue helping those who are in need.

Maltese Journal - Packed with the stuff you love



Inspiring literacy through footie

On Thursday 6th June 2019, the National Literacy Agency, in collaboration with the Malta Football Association, organised a football event at the National Football Stadium in Ta' Qali to celebrate the end of the fifth cycle of the Footballers' Read & Write Programme.

Students from Imtarfa, Rabat, Senglea, Cospicua, Mgarr, Attard, Birkirkara, B'Bugia, Kalkara, Qala and Zejtun primary schools

participated in the sporting activity. The Footballers' Read & Write Programme (F.R.W.P) is a programme that combines reading and football, encouraging reluctant readers to read more through football. The pupils were given the opportunity to tour the National Stadium premises during the celebration event. The tour included the interview area, changing room, players' tunnel and the football ground. Later on, a football tournament was held for all participants at the Ta' Qali official training grounds. At the end of the ceremony, all F.R.W.P. participants were presented with a ball, a reading book and a certificate of participation.

During this scholastic year the National Literacy Agency collaborated with the following football clubs and nurseries: Sliema Wanderers F.C. Youth Nursery, Hamrun Spartans, Rabat Ajax, Mgarr United FC, B'Bugia Foundation, Cottonera Sports Complex (Sports Malta), Attard FC, Kalkara FC, Zejtun Corinthians and St Venera Football Ground. A special celebration was also organized for the Blata l-Bajda Middle School participants who took part in the fifth edition.

F.R.W.P. is inspired by the 'Premier League Reading Stars' (PLRS) in UK; a programme organised by the National Literacy Trust, Premier League Association and the British Council. In Malta, the programme is run by the National Literacy Agency in collaboration with the Malta Football Association (MFA), Sport Malta and the Parliamentary Secretariat for Youth, Sport and Voluntary organisations.

Zabbar umbrellas going places; winning campaign awards



Report: Keith Demicoli The installation of colored umbrellas in the Main Street of Zabbar has not only translated into photographic exhibitions in Paris, Singapore and Saudi Arabia but has also won the award for best social media campaign.

The award was given to the Local Council of Zabbar and to the company Y Limited who conducted the campaign, during the eighth edition of the eBusiness Awards, organised by the Communications Authority.

This year 21 entries in seven categories made it to the final, with the award for best app being won by Savvisave of Mapfre MSV Life while Tinkshop won the award for best website developed by the company NIU which allows for the design of products from the comfort of one's home. Karl Bezzina

won the award for best academic project in the field of information technology while the award for best eGovernment initiative went to MCST with its portal plumtri.org. MITA Agency won a new award for excellence and innovation in information security. Dana Farrugia, CEO of Tech.MT said that Malta was attracting a lot of local and international talent in the field of technology, "A platform like eBusiness awards serves as a way of recognising talent and promoting innovation". As of next year such awards will be organized by Tech.MT. Parliamentary Secretary for Innovation, Silvio Schembri said that e-commerce is growing very rapidly and these awards further confirm the progress being made in this area where Malta is the only country in Europe having an ultra-fast fixed internet service.



These phrases taken from interviews done by the pupils of Zejtun primary school to their grandparents some time ago

- We used to play in the fields. At school we learned less than nowadays.
- There were a lot of beggars around. A lot

of people had no job and the families were big.

- I remember Mass in Latin and we understood practically nothing.
- Life in the past was more tranquil and time passed much slower
- A lot of babies died during their first year of life.
- During World War Two a bomb destroyed the Zejtun's square and mess could be seen everywhere.
- Marriages were celebrated very early in the mornings.
- We used to walk a lot because transport was rare and scarce.
- During World War Two we used to rush to the shelters.
- During World War Two, the primary school served as a centre for soldiers. Pupils used to go to the Boys' Museum instead.
- Once, during WW2 a bomb fell on the doorstep of a blacksmith's workshop.
- We used to go to hear Mass early in the morning.
- In the 40s and 50s I remember children going to school poorly dressed.
- We used to say the Holy Rosary outside in the street
- Children enjoyed knocking on other's people doors and then ran away! They loved seeing people getting angry!
- We used to go to confession every Saturday and during the week we used to go to the MUZEW.
- Carnival was a time of joy and madness. Boys used to dress up as ghosts or as girls.
- Houses had the yard in their centre and our heater was a kerosene lamp
- .We used to go to the parish hall to see a play (it-teatrin) or a silent film.
- One of our regular outings was to go to feasts celebrated in nearby villages or play in the field
- My mum used to wear the għonnella (faldetta) and my father a wastecoat (sidrija).
- We used to wear hats when we go to a marriage celebration or a Holy Communion.
- I remember my mum fumigating the house with burnt olive branches to remove the evil eye.
- We used to help our father in his work in the fields.
- My favourite radio programme was 'Ir-Radju Muskettieri' on the Rediffusion.
- The ticket for the film cost six pence.
- Mum used a kerosene stove to cook food. We did not have a fridge but keep food fresh in the well

[Send us your story, comments and memories](#)



'Maltese style:

Spaghetti Omelette Froġa tal-għaġin

As I continue to explore both the people and food of Malta, I see a reoccurring theme emerge – the ability of the Maltese to work with whatever is at hand and an inability to waste when it comes to food. The spaghetti omelette I talk about here is yet another example of Maltese ingenuity at its

best. Most people would toss left over, unused cooked spaghetti in the bin, but not the Maltese. In true Maltese fashion, humble left-over spaghetti is transformed into something both delightful and delicious. I'd even go as far as to say it's the stuff childhood memories are made of...

I remember coming home from kindergarten as a five-year old and having my nanna make spaghetti omelette for my cousin Joanne and I for lunch. While the rest of our kindergarten friends were having cheese and apple and vegemite sandwiches, Joanne and I would be stuffing our faces on *Froġa tal-għaġin*. Mum used to make spaghetti omelette for us too, but there was something special about having it at my nanna's house with my favourite cousin.

I now make Froġa tal-għaġin for my kids, Hoover and Fussy, and I think they love it just as much as I do. I make it often for Fussy as it's one of the ways I can sneak eggs into him. Every now and then he asks 'what's in it' and I casually reply 'oh just spaghetti and cheese'. He is yet to learn that eggs are necessary to bind things together, and I am more than happy to keep 'eggs' out of his spaghetti omelette.

So here's my version, the third generational one in my family, which is as true to nanna's as I can get.

Froġa tal-għaġin – Spaghetti Omelette

Ingredients

200g organic spaghetti, cooked 2-3 organic eggs, beaten ½ cup grana padano
Sea salt and freshly ground pepper 1tsp ground cumin Olive oil

Optional Ingredients

Flat leaf parsley, finely chopped Anchovies, finely chopped, Dried chilli flakes

Method

1. In a bowl mix the cooked spaghetti, eggs, cheese, cumin and salt and pepper until well combined.
2. Put a little olive oil in a large pan and heat. Spread the spaghetti mixture evenly over the base of the pan and cook until it is golden and crisp on both sides. Serve immediately.

Photo: Nanette Johnson, Gourmetworrier.

SISTER MICHELINA MICALLET – Franciscan

Contact email: michelinamic1942@gmail.com



Greetings from the slums of KENYA.

Frank, I would like to thank you very much for your interested Newsletter. I really like it and I am very delighted to receive it. It is very colourful and contains very interesting news, please keep it up.

I would like to bring to your attention that a few weeks ago I have asked and begged to see if the Maltese Community can support us with some help to finish our school and to buy a bus for our Community and the children. Please, I beg you to try your utmost possible to help us, we depend a lot on people of good heart and on our benefactors. If you need any more information please don't hesitate to ask me. Even if you need me to send the School plans or any quotations. I am ready to send them. May God bless you and all the Maltese Communities around the world.

Sincerely Yours Sr. Michelina Micallet Administrator.

Traditional Maltese Recipe: Qassatat tal-irkotta (Ricotta pies)



Georgina tal-Forn

Two very popular snacks in Malta are **Qassatat** and **Pastizzi**. You can call them cousins with 'pastizzi' being the posher or richer of the two. I find 'qassatat' are the easier ones to make. There's all sort of different fillings you can use for the qassatat and ricotta ones seem to be the most favoured. You can add raisins or sauteed onions or fresh fava beans with the ricotta. These types of fillings are sought after during Lent when it's customary to fast. Other types of fillings include meat and anchovies, but really, you can make as many types of filling as your creativity and taste will take you. So this is your basic Ricotta Qassatat Recipe

Serves: 5-6

Ingredients:

For the pastry:

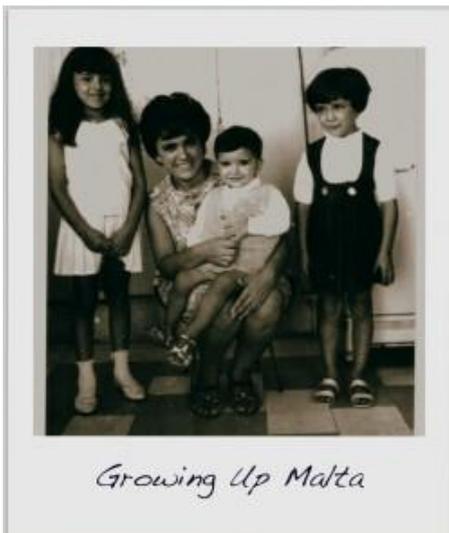
(a) 400 g/14 oz flour (b) 200 g/8 oz margarine (c) 1 tsp baking powder (d) Water (e) A pinch of salt

For the filling: 250 g/ ½ lb ricotta 1 egg

For the glaze: 1 beaten egg

Instructions:

1. To prepare the dough, mix flour, baking powder and salt in a basin, rub in the margarine.
2. Add enough water to form a dough. Roll out the pastry, and cut using a round 18 cm/7 inches pastry cutter.
3. Prepare the filling by mixing in the egg with the rikotta.
4. Taking the ricotta mixture, place some in the centre of each pastry circle.
5. Brush the pastry ends with the beaten egg, gather the edges towards the centre, leaving it uncovered over the rikotta filling.
6. Brush pastry with the beaten egg and bake for 20 minutes or till golden in a moderate oven.

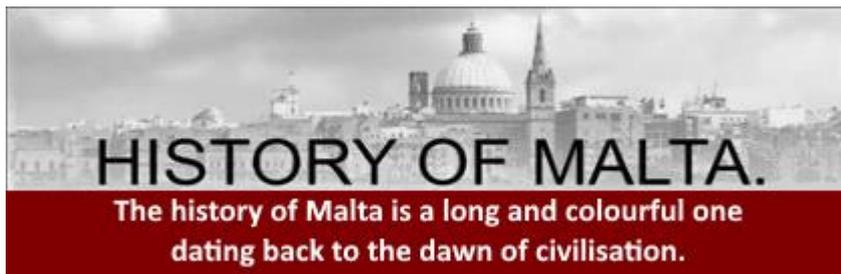


Rita, Mario and me with my mum in Malta.

My grandparents owned a bakery way back before I was born, which was then rented out to a wonderful family while we lived on the top floor until I was a teenager. As a little girl, I used to go down to the bakery and "help" knead the bread as much as an 8 yr old could. I was never told I was not doing it right...I just rolled that dough with all my might and although it never came out as round as it should, it was still the best bread ever!! Probably that was when my love for bread making started.

This is why my family became known as Tal-Forn and how I was always called Georgina ta' Maryanne tal-Forn...how cute is that!

Here we are in my nanna's kitchen which was practically where we lived. Door literally always open to friends and family who would pop in for a cuppa tea and a slice of cake! And my mum's house is still the same to this day...such fond memories.

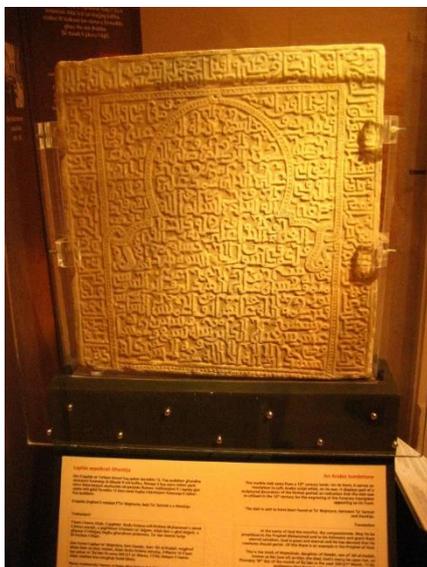


The Maltese Islands went through a golden Neolithic period, the remains of which are the mysterious temples dedicated to the goddess of fertility. Later on, the Phoenicians, the Carthaginians, the Romans and the Byzantines, all left their traces on the Islands.

In 60 A.D. St. Paul was shipwrecked on the island while on his way to Rome and brought Christianity to Malta. The Arabs conquered the islands in 870 A.D. and left an important mark on the language of the Maltese. Until 1530 Malta was an extension of Sicily: The Normans, the **Aragonese** and other conquerors who ruled over Sicily also governed the Maltese Islands. It was Charles V who bequeathed Malta to the Sovereign Military Order of St. John of Jerusalem who ruled over Malta from 1530 to 1798. The Knights took Malta through a new golden age, making it a key player in the cultural scene of 17th and 18th century Europe. The artistic and cultural lives of the Maltese Islands were injected with the presence of artists such as Caravaggio, Mattia Preti and Favray who were commissioned by the Knights to embellish churches, palaces and auberges.

In 1798, Napoleon Bonaparte took over Malta from the Knights on his way to Egypt. The French presence on the islands was short lived, as the English, who were requested by the Maltese to help them against the French, blockaded the islands in 1800. British rule in Malta lasted until 1964 when Malta became independent. The Maltese adapted the British system of administration, education and legislation. Modern Malta became a Republic in 1974 and joined the European Union in May 2004.

MALTA UNDER THE ARABS – A.D.870



For reasons that have deep religious and cultural roots, it must be admitted that many Maltese people find it difficult to accept their **Arab** and **Muslim** past. Yet the very language that is spoken in Malta is basically a **Semitic language** with main words, like all the numbers and the names of basic foods, being perfectly recognizable by Arab speakers. Even the grammar has strong Arab roots and likewise several place names all over the islands. Malta was conquered by Muslims in 870 AD after three centuries of **Byzantine** rule. The effects of that conquest caused ripples across the centuries that can be felt up to the present day. Various Muslim sources but no Byzantine ones record the conquest of Malta. This reminds one of the saying that history is written by the victors. After **Muhammad's** death in 632 AD, Islam spread across the whole of the **Middle East** and **North Africa** including parts of southern Europe such as **Sicily**, **Spain** and **Malta**. Some historians claim that among the general looting, some Christian structures in

Malta were dismantled and taken to **Sousse**, in present day **Tunisia**, as a prestigious reminder of their conquest.

Although Muslim sources do not spell it out, it is reasonable to assume that the Muslim victors dealt merciless with the defeated. This is because the only report that speaks of the years immediately after 870 AD mentions an 'uninhabited ruin' when speaking of Malta. In fact no archaeological remains were ever found from the years immediately after 870 AD, while 10th and 11th century pottery, typically Arab, was unearthed at Mesquita square, Mdina.

By 910 AD the founding of the city of **al-Mahdiyya** in Tunisia brought a new development for Malta, as ships sailing from Sicily to this new capital had to cross very close to the Maltese islands. This placed Malta at the centre of an important political and commercial route. However this was a dangerous route due to the risk of pirates and this meant that the Muslim conquerors had to keep a number of soldiers on the Maltese islands in order to protect this sea route.

Al-Himyari who recorded the events of that period says of Malta “The Island was visited by shipbuilders because the wood in it is of the strongest kind, by fishermen because of the abundance and tastiness of the fish around its shores, and by those who collect honey because that is the most common thing there.” The mid 11th century marks the arrival of many new settlers and the rebuilding of Malta’s ancient capital city **Mdina**. Many finds of 11th century ceramics confirm that by this time a growing community existed in Mdina. The ceramics are similar to ones found in Sicily indicating trade between the two regions. Similar finds in the Gozo Citadel confirm the same for the sister island. Moreover there is evidence of the importation of food, and this would only have become necessary by the presence of a large population.

Between 1048-49, Malta was attacked by the Byzantines who tried to reconquer the islands. The Muslims came together and when they counted themselves, they found that their slaves outnumbered the free men. So they offered freedom to their slaves in return for helping them to drive back the attackers. They succeeded in this and the islands were not attacked again. However one must be careful when dealing with records by writers of the period who may have been influenced one way or another. What really happened is uncertain, as in countless other ages, ‘history’ could have been written by biased observers. What is clear from the above account is that the local community was composed of masters and slaves. It is unclear whether the slaves were all Christians and whether Malta was their place of origin or the place that they were brought to after capture. Because many village names such as **Farruġ**, **Ġawhar**, **Kbir** and **Safi** started off in this period, it is plausible to assume that the first *‘rahal’* settlements also originate from this time.

Around 1091, **Count Roger of Normandy** landed in Malta defeating the Muslim resistance, which soon surrendered and agreed: to recognize him as the overlord, to give up their weapons, to pay an annual sum, and to release their Christian captives. The Christian captives came out of ‘il-Medina’ tearful with joy at their sudden liberation and welcomed Count Roger’s rule with shouts of *“Kyrie eleyson”* (Greek for “Lord have mercy on us”).

Yet in reality, contrary to legend, Count Roger’s visit did not mark the end of Muslim presence in Malta, as it was not much more than a raid to control Malta before taking over Tunis and North Africa. In fact, it was in 1127 when Count Roger’s son, **King Roger**, took over the island when it was threatened by a Muslim rebellion, that Europeanisation started. Still, **Islam** continued in Malta for over a century and long after 1127; the official languages of Malta and Sicily were probably, **Latin**, Classical Arabic and **Greek**. Christianity was reintroduced in Malta by King Roger in 1127 and flourished there ever since. At first, Greek Byzantine influence was supreme, but the Latin (Western) Church favoured by the Normans eventually took over in Malta.

Bibliography: The ‘Norman’ Heritage of Malta by Godfrey Wettinger

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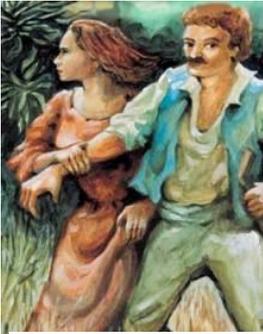


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Love, devils, pirates, brigands and miracles – the stuff of Maltese legends. Albert Fenech

Although in modern-day light national and local legends seem to be nothing more than stuff and nonsense, a detailed study of these legends reveal the preoccupations that shaped national and local history as well as religious traditions, fears, love desires and a more-often-than-not an all's well that ends well living happily ever after desire.



Painting of the Bride of Mosta – lover Toni Bajada and Marianne

Malta's legends identify an ever-lasting fear of invading Turks and Moors (still very much an ethos that prevails today) and they of course always carry the unpleasant role of being perpetual "baddies". Eternal damnation is another prevailing theme with Satan and his henchmen displaying a clever and crafty bag of tricks with which to trap the spiritually good and thus capture their souls to be confined to the fires of eternal hell.

Intertwined with evil is the perpetual castigation of lost souls lavishing in the neither here nor there limbo returning as ghosts and ghouls to castigate humanity with the evil of their doings in life (the Jacob Marleys of the Charles Dickens novel "A Christmas Carol" which however finally rescues all with a cosy and happy ending).

THE BRIDE OF MOSTA

Love and romance must always have a place, the love-driven mania of a man or a woman cruelly separated from their paramour and the great lengths they go to to bridge the obstacles and distances placed between them. The presence of St Paul of Tarsus and his Malta shipwreck have evoked various legends of miracles, conversions and the triumph of goodness over evil.

One of the better known legends is that of "L-Gharusa tal-Mosta" (i.e. the Bride of Mosta), featuring a beautiful Maltese maiden, her doting Maltese lover and the "bad" Turk who whisked her away and kept her incarcerated – necessary ingredients for a fairy tale!



Cumbo Tower in Mosta, still standing today.

The legend has been handed down from the Middle Ages and the perpetual struggle between Maltese Christian inhabitants and marauding Turks and is centred around the Cumbo Tower in Mosta which still stands today. A Marquis and his family lived there together with their beautiful maiden daughter Marianne. Their servant was a captured Turk named Haggi who was loyal and hardworking and eventually granted his freedom.

However, of his own choice, Haggi remained at the tower and was consigned to serve the beautiful Marianne with whom he eventually fell in love and began to have designs.

In stepped local lad Toni Manduca coming from a noble and titled family who instantly fell in love with Marianne and asked the Marquis for her hand in marriage and the Marquis delightedly accepted. The hustle and bustle of wedding plans commenced but Haggi sulked about cursing his bad luck and eventually decided his best way out was to return to his homeland and to forget Marianne.

That was easier said than done and Haggi continued to dote from a great distance. Finally, he decided on a plan of action. He contracted a band of young cut-throats, commissioned a boat and returned to Malta almost on the eve of the wedding. He made his way to Mosta, charmed his way into the tower by mimicking Toni Manduca's voice to deceive the Marquis who allowed him to enter and for his pains was stabbed fatally in the heart.

Marianne was kidnapped and whisked away back to Turkish shores where Haggi, now a Sultan, kept her incarcerated.

Her husband-to-be Manduca was driven to the point of insanity. He sailed off for Turkish shores and after landing ascertained the whereabouts of Sultan Haggi and Marianne. As he walked around the Sultan's palace trying to figure a way of gaining illicit entry he heard Marianne sadly singing a Maltese ballad and Toni instantly sang back.

Marianne caught a glimpse of him and implored her Turkish maidservant to help her escape to rejoin her lover and the maid obliged. They returned to Malta, married and lived happily ever after. Too far-fetched – yes of course but the sugary fantasy that humanity relishes.

Curiously the large village of Mosta features in a number of legends, clustered as it is around a deep-running valley which of course just has to be haunted at night, where inexplicable flickering lights have been “seen” in the dark and far-away piercing and anguished screams “heard”. In time a chapel dedicated to St Paul was built in the valley as respite and restitution for the souls haunting it.

GHAR HASAN

The valley itself became known as “Il-Wied ta’ L-Esperanza” (the Valley of Hope) and is spanned by the Chapel to the Madonna of the Valley of Hope and naturally has its own legend spawned in the mid-18th century. It is said a family farmed the land nearby when a cut-throat band of Moorish corsairs made their way inland, killing and slaughtering along their way until they eventually reached the valley. The news spread and in haste the family fled along the valley on their way to safety and refuge in Mosta. However, their 20-year-old daughter, hot and weary, fell behind and sought refuge in a cave abundantly covered by sprigs of huge parsley and spiders’ webs.

The corsairs soon reached the area. They had seen the young woman fleeing from a distance and were convinced she was in hiding nearby. They searched high and low with no success. They passed the cave several times but with its foliage of parsley and cobwebs decided she would not be hidden in there. As this was very near Mosta, the corsairs feared a large counter-attack from the villagers so they gave up and headed back towards their ship.



The cave at Ghar Hasan.

Later, in gratitude, the young woman insisted that a chapel be built there in thanksgiving and hence the Chapel to the Madonna of the Valley of Hope.

To the south of Mosta at the other extreme of the island is Ghar Hasan in Birzebugia, a hilly rock cave with a splendid overlook view of the deep, blue Mediterranean Sea where it is said in the 13th century a Turkish pirate Hasan captured a local girl and kept her in the cave against her will. Eventually she fell in love with her captor and they lived a life of content in the cave. However, it was not to be. The Christian Knight rulers of the islands had

decreed that Christians should not consort with Muslims. They heard of the couple illicitly living in the cave and a party set out to arrest them.

The party had almost reached the cave when Hasan and the maiden bound themselves together and plunged into the sea where they were drowned and hence remained united in eternity to prove the power of ever-lasting love. The cave remained a popular visitor place, particularly for lovers but also unfortunately as a suicide jump place and has now been closed off.

Times have changed and young people no longer harbour such dreams, caught up as they are in Star Wars and inter-planetary videogame destruction. Sadly, cannabis, crystal meths, cocaine and heroin have replaced long handed-down legends.

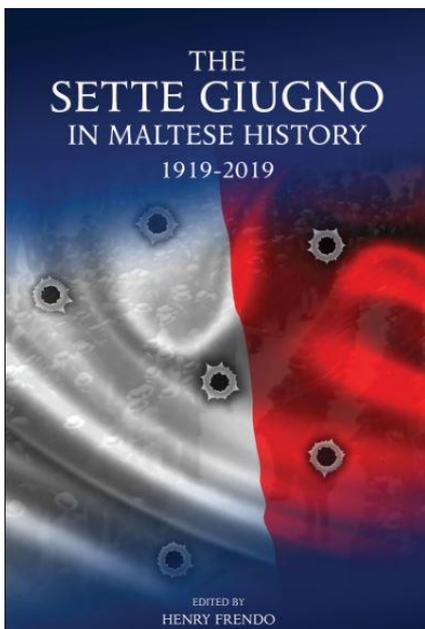


Prof Henry Frendo

New book marks 100 years since the Sette Giugno riots

Report: Ruth Amaira

It's been one hundred years since the Sette Giugno riots. These events which defined and coloured Malta's socio-political history are remembered in history books, among these Professor Henry Frendo's book "The Sette Giugno in Maltese History". Picture Malta at the end of the First great war: the First World War had a crippling effect: cost of living had soared and the price of bread rocketed. In his book, Professor Henry attributes the Sette Giugno riots to the accumulation of many things which had long been brewing.



In his words, "Sette Giugno showed that the Maltese were a people who felt deeply, who anguished, who protested, and who, on that occasion, exploded. For numerous reasons – the cost of living, the cost of bread. Professor Frendo says that at the same time there was a request for self-government, for a representative assembly with thousands entering Valletta to show solidarity with and support for this cry from the heart. The author goes on to say that there were several groups of people affected in different ways. The book combines the historical aspect with other aspects. It talks about politics in Malta at that time and Malta's economic situation. It considers the legal and judicial aspects of Sette Giugno.

It illustrates the excessive use of force used by the British and also demonstrates the turbulent period the British Empire was experiencing elsewhere in the world with rebellions in countries like Ireland, Egypt and India. Prof. Henry Frendo says that "they too were in a state of panic themselves. The atmosphere at the time was conducive to expression and this manifested itself in dissatisfaction and disappointment. Because, in fact, what did Malta achieve after the First War? Everything came to naught. The book "The Sette Giugno – in Maltese History", was launched on the occasion of the hundredth anniversary of the Sette Giugno riots that left four Maltese dead after they were shot by British soldiers. This paved the way for a new Maltese Constitution and for responsible government, with the opening of the Maltese Parliament, in 1921. (www.tvmm.com.mt)

Contact: <https://maltaonlinebookshop.com/>



Dear Frank, I have written to you an e mail not long ago saying that I am moving back to Gozo Malta from Scotland. Please, keep on sending me the journal. In my last e mail I told you that I read with great interest your article about the group of Maltese who came to Australia in 1916 and were not allowed to disembark, then they had to go to New Caledonia. My grandfather Joe Spiteri was one of them, he also was one of those who tried to run away from the ship. Thanks very much once again. Fr. Edward Vella

Nicknames in Malta

Even the suburbs have a nickname in Malta
IL-LAQMIJET TAL-PAJJIŻI

L-Isla tar-rixa
 Il-Birgu tat-toqba
 L-Imsida tal-ħama
 Ħaż-Zabbar tat-tut
 Tas-Sliema tal-pepè
 Ħal Tarxien tar-redus
 Il-Furjana tal-qagħqa
 Il-Ħamrun tas-sikkina
 Ħal Qormi sa nofsinħar
 Raħal Ġdid tal-midjunin
 Iż-Żejtun ta' saqajhom catta
 u Birkirkara tal-patata catta

kont.taf.li

facebook.com/ke/makelma.mt

What's in a name? In the villages of Malta and the sister island of Gozo, each family has its own nickname. Individual persons may also have separate nicknames. The Maltese word for nickname is "laqam"

(from "tlaqqam" meaning "to graft"). Indeed, a nickname is grafted to the identity of a person, family or group and serves as a social label. Surnames are mainly used for official reasons.

The Maltese proverb "Skond ghamilek laqmek" (your nickname reflects your behaviour) underlines the personal and social implications of the endemic use of nicknames.

In general nicknames are rather innocuous. When they refer to some weakness they are usually good-humoured. A few can be rude if not crude.

Most nicknames are preceded by the preposition "ta" (of). One is referred to by first name followed by family nickname. Thus: Toni tal-Ggant (giant), Marija ta' l-Ghoqdija (knotty). A person may be specifically referred to by the definite article plus the nickname. Thus: il-Hotbi (the hunchback), il-Qanfud (the hedgehog).

Nicknames that describe a personality trait are the most expressive. Typical examples: "ta' Tontu" (stupid); "ta' Xewwiex" (troublemaker); "tal-Pupa" (doll); "tal-Patann" (chubby); "ta' l-Izdingat" (sloppy); "tan-Nittien" (lecher); No wonder some Maltese become paranoid about their nicknames. And there is no way one can get rid of one's nickname. Everybody is stuck with their nickname(s) through thick and thin.

Many nicknames derive from names of animals. These nicknames provide insight in the psycho-social dimensions of language. A quarter million Maltese coexist closely with limited animal resources. Maltese prize their animals but some islanders are notorious for trapping or shooting migratory birds.

Here are a few examples of nicknames derived from animals: "ta' Gelluxa" (young bull); "tal-flieles" (chickens); "il-Kavall" (mackerel); "ta' Hanfusa" (beetle); "tas-Summiena" (quail). A priest who was nicknamed "il-Gurdien" (rat) is philosophical if not downright theological about his sobriquet! He says he endures it as a purgatorial penance.

The most prevalent nicknames are those referring to occupations; e.g. "tas- Surmast" (school principal), "tas-Saqqafi" (roofer), "tal-Melh" (salt vendor), "tar-Rizzi" (hawker of sea-urchins), "tas-Siggijiet" (man in charge of chairs in churches).

Entire towns and villages are given nicknames. These nicknames originated when villages and towns were isolated from each other. This separation led to parochialism verging on hostility.

"Tar-Redus" (manure) stigmatizes the town of Tarxien. This nickname triggered a violent disturbance some years back. On the feast-day of the patron saint in the neighbouring town of Paola, the local Band Club played a tune mimicking bleating of goats. The locals baa'ed along with the march; which was just too much for Tarxienians. Violence erupted and police had to intervene.

Some village nicknames owe their origins to legends. Zeitun has a peculiar nickname. Zeituners are known "ta' saqajhom catta" (flat-footed). According to legend, the inhabitants of Zeitun were the only Maltese who rejected the religion preached by Saint Paul after his shipwreck on the island. They stamped their feet in protest to Paul's proselytizing. The man from Tarsus wasn't amused by this "barbarian" (not just in the biblical sense:-) behaviour and laid a curse on the villagers and their descendants.

Lampuki (Dorado fish)

The Maltese Islands' favourite fish!



Lampuki (in the plural) or Lampuka (singular) is the Maltese name for the dorado fish. It goes by two other names as well ... dolphin fish or mahi mahi fish.

The lampuka has a beautiful silver and golden colour. This migratory fish visits the Maltese Islands' waters from the end of August till early December, therefore fishing for this type of fish takes place between **August (towards the end) and November**.

How do Maltese fishermen fish for lampuki?

They weave fronds from palm trees into flat rafts. They then place the rafts on the surface of the sea. What happens is that the lampuka (dorado fish) schools under the rafts because these large rafts provide shade and shelter from the scorching sun. In Maltese, these types of "rafts" are referred to as *kannizzati*.

The fishermen then use nets to catch the dolphin fish.

It is believed that this type of fishing method has been in use since ancient Roman times!

The Maltese people are very fond of this type of fish and when in season, you can usually spot many lampuki vendors roaming the streets with small vans.

It was customary in some old villages to see women with prams selling them! Yes prams ... without the baby of course :) What they do, is use the pram as a sort of trolley to carry the wooden fish crates on. (The type of prams that they use are usually very old, no longer in use ones). In the old days, women used to put the wooden fish crates on their heads and hit the streets to sell them.

The lampuka grows really fast but the local fishermen usually aim to catch it when it **weighs from 1 to 1.5 kilos maximum** - just enough to sit nicely on a plate.



This fish is a good source of vitamin B12, B6 and B3. The lampuka is a delicious fish and there's a huge demand for it. So much so, that local fishermen also export their catch to other countries.

You can freeze your Lampuki either raw or cooked. If you freeze raw Lampuki cleaning them before. Ask your fishmonger to remove the gills, insides and scrape off the scales. I find cleaning fish in my kitchen can get messy. Your fishmonger is better equipped with large stainless steel sinks, sharp knives and a power jet water hose to wash the insides of the fish - so good! If you would like to freeze the fish in portions, ask him to cut them for you.

Alternatively, you can freeze the fish whole. When you get home, pat the fish dry with kitchen paper, put in date-labelled freezer bags and pack neatly in your freezer until needed. Frozen Lampuki can last for at least six months. If you are freezing the Lampuki cooked in a pie (see picture) and freeze once you assemble the pie, **before** baking. When you need to use the pie, defrost for a few hours in the fridge, then bake as usual, following your oven instructions.





Carmelite Sanctuary - Valletta - Malta

The

Basilica of Our Lady of Mount Carmel (*Bażilika Santwarju tal-Madonna tal-Karmnu*) is a Roman Catholic church in the Maltese capital Valletta on the island of Malta. It is part of the UNESCO World Heritage Site, which includes the entire city of Valletta, and is one of the most famous churches and main tourist attractions of Valletta.

Original Church The first church was dedicated to the Annunciation. It was built around 1570 on the designs of Girolamo Cassar. In the 17th century it was given to the Carmelites and thus received its present patronage to Our Lady of Mount Carmel. The façade was redesigned in 1852 by Giuseppe Bonavia. On May 14, 1895 by Pope Leo XIII elevated the church to the rank of Minor Basilica. The church was seriously damaged during the Second World War and it had to be rebuilt.

Present Basilica
The new church was built from 1958 to 1981. It was consecrated in 1981. The 42 meter high oval dome dominates both the city skyline and Marsamxett Harbour. It is higher than the steeple of the immediately adjacent Anglican Cathedral in Valletta. The main attraction in the interior is a painting of Our Lady of Mount Carmel dating from the early 17th century. The interior has been sculpted by the sculptor Joseph Damato over 19 years. Striking are the columns of red marble.

The church building is listed on the National Inventory of the Cultural Property of the Maltese Islands. The feast of Our Lady of Mount Carmel is held on 16 July in Valletta.



CHRISTMAS ISLAND - AUSTRALIA
ANNUAL RED CRAB MASS MIGRATION

Christmas Island's mass red crab migration is one of the most incredible natural processes on Earth.

Every year, millions of these large crabs emerge from the forest to make their way to the ocean to breed, swarming across roads,

streams, rocks and beaches.

It's a truly spectacular sight that world-renowned naturalist Sir David Attenborough described as one of his great TV moments. Emigration starts with the first rainfall of the wet season. This is usually in October or November, but sometimes be as late as December or January.

Red crabs all over the island leave their homes at the same time and start marching towards the ocean to mate and spawn. Male crabs lead the migration and are joined by females along the way.



The exact timing and speed of the migration is determined by phase of the moon. Red crabs always spawn before dawn on the receding high-tide during the last quarter of the moon. Incredibly, they know exactly when to leave their burrows to make this lunar date.

However, because crabs wait until the first rainfall to start their trek, they sometimes have to hurry. If the rains arrive close to the optimal spawning date, they will move rapidly. But if the rain comes early they may take their time, stopping to eat and drink

on their way to the coast.

If it begins raining too late to make the spawning date, some crabs will stay in their burrows and migrate the following month instead.

Mating - The larger male crabs usually arrive at the sea first but are soon outnumbered by females. After their arduous journey from the plateau, the crabs take a dip in the sea to replenish moisture.

Next, the male crabs retreat to the lower terraces of the island to dig burrows. The huge number of crabs means burrows are very close together, and males will often fight each other for possession of a burrow.

The female crabs then join the males on the terraces to mate in or near the burrows. After mating, male crabs have a second dip in the sea before starting their journey back home.

Spawning. - The female crabs stay behind in the moist burrows. They produce eggs within three days of mating and will remain in the burrows for about another two weeks as the eggs develop,

Each female crab can produce up to 100,000 eggs, which she holds in a brood pouch.

When the moon reaches its last quarter, the egg-laden crabs leave their burrows and amass on the shoreline, packing into shady spots above the waterline. In some areas you might see up to 100 crabs per square metre of beach or rock.

When the high tide starts to turn before dawn, the crabs move into the sea and release their eggs before returning to the forest. Spawning may occur on 5–6 consecutive nights during the migration.

Red crab larvae hatch from the eggs as soon as they make contact with the water. Clouds of larvae swirl near shore before being taken out to sea by waves and the receding tide.

They grow through several larval stages over the next month, eventually developing into prawn-like animals called megalopae. The megalopae gather in pools close to the shore for one or two days until they become fully formed baby crabs and emerge from the water.



Measuring about 5 mm across, the tiny crabs begin marching inland, taking around 9 days to reach the safety of the plateau. There they will stay hidden in rocky outcrops and forest debris for the first three years of their life.

However, the vast majority of larvae never make it out of the water – instead they are eaten by fish, **manta rays**, and the enormous **whale sharks** that visit Christmas Island to take advantage of this annual feast. Most years, no or very few baby crabs will emerge from the sea at all. But once or twice a decade, a huge number will survive, which is enough to maintain the island's large red crab population.

Watching the red crab migration. **Crab bridge. Photo: Wondrous World Images**

The red crab migration is Christmas Island's biggest tourist attraction, drawing nature-lovers from all over the world. The easiest places to watch the migration and spawning are Drumsite, **Flying Fish Cove**, **Ethel Beach** and **Greta Beach**. To protect our red crabs, some sections of roads may close for part or all of the day during the peak migration time, often at short notice. But you can park your car and carefully walk among the sea of moving crabs as they make their way to and from the beach.

You will also see crab bridges built over the roads. These are great places to stand and watch the flow of crabs.

Public notice boards and local radio provide updates on crab movements during the migration. Please follow all signs and the advice of national park staff.

Archbishop concerned youngsters being introduced to drugs during village feasts

Karl Azzopardi



“Those who supply drugs to young people will face God's judgment”, Malta Archbishop Charles Scicluna warns. “Some youngsters are being introduced to drugs through their participation in village feasts”. he said



Archbishop Charles Scicluna has expressed his concern about young people being introduced to trying drugs for the first time during Malta's traditional feasts.

Scicluna said those who supplied drugs to youngsters would have to face God's judgment, as he expressed his empathy with parents who worry what their children might encounter when attending the feast of their town or village, especially considering that several of them return home inebriated.

The Archbishop was speaking in a recorded video message at the start of the summer feast season, and on the occasion of a special fundraising event in aid of the Pope's

Charity, which will be held on Sunday

“I get worried when I hear that young people are trying drugs for the first time while celebrating the village feast of their patron saint,” Scicluna said, “[...] Imagine the disbelief you feel if you're a mother or father.”

The Archbishop also took the opportunity to drive home the message that both internal and external celebrations have a religious narrative.

Mgr. Scicluna underlined that Catholic values should be reflected in the way village feasts are celebrated, especially when it comes to the way the various band clubs related with each other, since this made the difference between a celebration of a Christian feast and that of a pagan one.

“Let us not forget that the catholic narrative must be preserved in the way we talk about each other, especially in relation to band club or village rivalries,” he said. “It is good to celebrate and have fun, but there is a respectable way of doing so,” the Archbishop emphasised.



Mnarja – farmers put their best foot forward

Daphne Cassar

The atmosphere at Buskett Gardens was a festive one as farmers and growers put on show their best products and their best quality animal breeds on display.

Animal breeds were a major attraction for many, with various competitions for cows, sheep, goats, dogs, horses, fowls, rabbits and other animals.

Cows, sheep and goats were evaluated by a jury, among the priorities being the quality of the milk they yield. Vince Parnis explained that milk is inspected for quality and volume produced, while for meat

purposes the quality of meat and the strength of muscles, two different qualities of agricultural importance.

Luqa Briffa was in seventh heaven as the quality of his prize ram was classified in top spot. He said his first placing was achieved because of the prime quality and the care given to his herd.

This year, traditional sheep shearing was also on the forefront, a talent that is not so common among farmers nowadays. Daryl Grech explained that machinery has now replaced traditional skills in shearing. He said efforts are being made to resurrect traditional hand-shearing and a competition was held for the best shearer, with the judging being not on shearing speed but the best quality.

He said sheep wool is now being discarded because not so many are left who work the wool to produce blankets, carpets and other items.

The annual Mnarja activities present an opportunity for Maltese and tourists who are not familiar with the agricultural sector to experience a close-up view of the work that takes place by farmers as well as experiencing the "ghana" folklore singing.

Maltese-style food was also highly popular, particularly traditional fried rabbit and a plate of spaghetti as well as stews and crisp-fried pastries.

President George Vella presented the trophies to the competition winners after delivering an emotional address that the Maltese should strive their utmost to preserve traditions that were so popular with past generations. (TVM.COM.MT)



Members of the Grand Chapter of Malta with Fr. Raymond Portelli Parish Priest of St. Maltin De Porres in Peru in th Basilica of St. Peter and Paulin Nadur, Gozo, Malta.

Photo: Carmel Saliba

CONFRATERNITY OF THE KNIGHTS OF ST. PETER & ST. PAUL

On the 29 June the universal church celebrated the Solemnity of the feast of St. Peter and St. Paul, I like to extend my warm greetings for a lovely day to our members.

On Monday the Grand Chapter of Malta had its investiture ceremony which was presided by the Grand Master Chevalier Peter Paul

Portelli who is currently visiting his home country.

Afterwards the Grand Chapter of Malta attended Mass in the Basilica of St. Peter and Paul in Nadur and together with the Grand Chapter of Melbourne, donated money to the mission of Fr. Dr. Raymond Portelli of the parish of St. Martin De Porres in Peru.

The Grand Chapter of Malta is taking part in a procession with the Clergy and the Bishop of Gozo H.E. Mons. the Most Rev. Mario Grech from the church of the Sacred Heart to the Basilica.

On the feast of St. Peter and Paul our members in Malta are wearing the insignia during the pontifical Mass and the celebrations in the evening.

No more Karozzini carriage rides in the scorching sun?



Commissioner for the Appropriate Treatment of Animals, Dennis Montebello, said on live television that coachmen did not oppose the new proposed regulations

New regulations on horse-drawn carriages, *karozzini*, will be issued in the coming days, Dennis Montebello said.

Montebello is the Commissioner for the Appropriate Treatment of Animals. On TVM programme, INSIGHT, he said that regulations in Naples and Rome ensured that horse-drawn carriages would not operate if the temperature is over 30 degrees

Celsius. Another regulation imposes that horse-drawn carriages can only operate on level ground and will not be employed on hills or slopes.

"The coachmen did not lament as much to the new proposed regulations. They realise that if certain regulations are imposed, carriages will be outlawed in the future," Montebello said on the programme. He added that it was after all in the interest of the coachmen that this would not happen since this was their daily source of income.

THE IMPORTANCE OF RECYCLING FIGHTING AGAINST GLOBAL WARMING



• From the world's most prominent scientists to celebrity activists, global warming is one of the most spoken-about environmental topics. What isn't so widely known, though, is that recycling can be a key weapon in the fight against global warming. GreenPak - operators of recycling in Malta - discuss the various ways recycling can help combat global warming:

1. Reduces Greenhouse Gas Emissions Globally, landfills account for double the carbon dioxide emissions produced by air travel worldwide. Every two tons of waste we prevent from going to a landfill is equivalent to taking one car off the road for a year! Breathe, breathe in the air!

2. Reduces Deforestation Trees play a critical role in absorbing the greenhouse gases that contribute greatly to global warming, which is why GreenPak encourages tree preservation by recycling. Fun fact: recycling one ton of paper saves 17 trees from being cut down! Studies show that deforestation and landfills account for about 25% of the world's greenhouse gas emissions annually, a figure which can be greatly reduced by doing our part and recycling.

3. Saves Energy It almost always takes less energy to make a product from recycled materials than it does to make it from new materials. Let's take aluminium as an example: using recycled aluminium scrap to make new aluminium cans uses 95% less energy than it does from the raw material used to make aluminium. Another great example is paper, which is the 5th largest industrial energy consumer worldwide. Production of recycled paper uses 65% less energy than paper production using raw materials.

4. Saves Water Production of recycled paper uses 80% less water than paper production using raw materials, reducing methane and nitrous oxide emitted during wastewater treatment, and therefore, greenhouse gas emissions!

Reusing and then recycling waste products are crucial steps in saving energy and natural resources, which help to reduce carbon emissions that contribute to global warming. At GreenPak Malta, we are dedicated to reducing the negative impact we have on the environment through educational campaigns and schemes for battery and bottle recycling in Malta. <https://www.greenpak.com.mt/>

Swimmers make it around Gozo for a green cause

Four out of five completed this year's Wave of Change swim

Philip Leone Ganado

Photos: Kurt Arrigo Photography via Wave of Change Malta / Facebook



Andrew Azzopardi



Steven Grech

Andrew Azzopardi: 'Swimming at 3am in pitch darkness next to the cliffs is tough'.

Five swimmers took on a gruelling feat to raise awareness about plastic pollution, swimming around Gozo as part of the Wave of Change movement.

Richard Zerafa, Neil Agius, Steven Grech, Andrew Azzopardi and Hannah Cutajar leapt into the sea at Hondoq ir-Rummien at 3.15am on Saturday ahead of a daunting 35-kilometre swim around the island's entire perimeter.

While one of the swimmers had to withdraw due to severe seasickness, the remaining four all completed their swims, arriving back at their starting point between 10 and 12 hours after setting off.

The challenge was part of the Wave of Change movement, which encourages the public to pick up three pieces of plastic pollution in the course of their day, and challenge their friends to do the same.

"The build-up to the swim was a lot more challenging than I thought it would be," Mr Azzopardi, one of the swimmers who completed the challenge, told Times of Malta.

"You know you're going to suffer so mentally it's very challenging. Swimming at 3am in pitch darkness next to the cliffs is tough, but not as tough as I thought it would be."

Mr Azzopardi had taken part in several triathlons and long-distance swimming events before, but never anything beyond 12 kilometres, making the Gozo challenge a significant leap.

Along with the rest of the team, he had been training with the challenge specifically in mind since March, having already been in regular training before that.

"I felt pretty good until the 24-kilometre mark, next to Marsalforn; I had about three hours of seasickness but I got through it," he said.

"After that, though, it became one big mind game. I had people swimming with me, which helped a lot, but I think I underestimated the last bit: that's when you start to feel the pain in your shoulders and all the jellyfish stings."

Mr Azzopardi also praised the huge logistical operation supporting the challenge – which included support boats for each driver, as well as three medical and two logistics vessels – and highlighted the efforts of the man coordinating it all from land, Simon Zammit.

The Wave of Change movement has been growing in popularity since a similar swimming challenge around Malta last year, when three athletes attempted to circle the 70-kilometre coastline in under 24 hours. Mr Agius, one of the Wave of Change founders and who led the way in the latest Gozo challenge, was then the only of the three to make it all the way around.

I hope this finds you and your family well, are you planning a holiday this year and going to Malta? There is so much happening this summer reading the Newsletters. We have only been to Malta twice and after reading your Newsletters I realise how much we have missed. The first time we were there we were so busy looking for my great grandfathers and great grandmother's birthplace. We also enjoyed going to Valletta in an old bus that had no windows and took part in a Festa. We met some Maltese who had the surname of Vella and I kept telling them that we could be long lost cousins as my maiden name was Vella. Great memories. I have kept most of the newsletters that you have forwarded, hoping that one day if we travel overseas and spend time in Malta, I will do some research before we leave, and look for new places to see and do. Please keep sending your Newsletters. Regards, Mireille Daw(Vella)

Thank you ever so much, for such an informative, article, I dearly love to read about my mother country, I also pass on to family and friends, again many thanks Carmen Grima Sent from my iPhone

I am well & thank you for asking I wish you & you're family the same, Yes I have been receiving the Maltese journal for over three years now, my wife & I always look forward to read it from the top to the bottom I also forward a copy to some of my friends, my family here in WA, in England and in Malta everyone compliments about how great the journal is. Once again Frank on behalf of my family & friends thank you so much.

Lino Magro.



USA: Pete Buttigieg Is a National Hero ... in Malta

“It would be amazing to have a Maltese in the White House.”

The Maltese are already making plans for what they will do if their favourite son’s son, Pete Buttigieg, is elected as the next U.S. president.

Written by **Barbie Latza Nadeau**

There is a popular saying in Maltese that goes something like this: *Tixtrix hut fil-bahar*, or “don’t pay for the fish while they are still in the sea.”

But on the tiny European island, the Maltese are already making plans for what they will do if their favourite son’s son, Pete Buttigieg, is elected as the next U.S. president.

Prime Minister Joseph Muscat has even officially endorsed Buttigieg’s candidacy and has said he is proud to call him a friend.

“We will hold a parade for sure,” Maria Cutajar, a local florist, told *The Daily Beast* when asked what it would mean if he won. “It would be amazing to have a Maltese in the White House.”

Malta, which has an area of just 122 square miles, has been the site of numerous summits—it’s where U.S. President George H.W. Bush met Soviet leader Mikhail Gorbachev to end the Cold War—and Franklin D. Roosevelt visited the island in December 1943.

The fact that Buttigieg is gay is the last thing on most Maltese people’s minds. The island nation is leap years ahead of the rest of Europe in terms of gay marriage rights and same sex adoption rights, which has been especially slow to become law in Catholic countries in southern Europe.

But they won’t be renaming a Maltese street after the top Democrat—it would just be too confusing. You see, while Buttigieg has become somewhat of a comical challenge for Americans to pronounce, it is one of the most common last names on the tiny island state.

‘Mayor Pete’ as most people call the mayor of South Bend, Indiana, because his last name is too unpronounceable, is the son of a well known Maltese immigrant Joseph Buttigieg, who taught at the University of Notre Dame in Indiana until his death in January 2019. The professor studied in London and became a naturalized U.S. citizen in 1979, but he also left a strong legacy in Malta. He was an external PhD examiner who often visited the university to lecture. He also continued until his illness to be an expert lecturer across Europe on Antonio Gramsci, the Italian Marxist philosopher whose ideology is still embraced in many left-leaning circles. The elder Buttigieg, who translated Gramsci’s *Prison Notebooks*, studied at the University of Malta, where he has a lecture hall and a small coffee room dedicated to him. The elder Buttigieg travelled to Moscow to meet Gramsci’s son Delio as part of his research, and quotes him in his research notes.

Five of the eight aunts and uncles of ‘Mayor Pete’ still live on the island of Malta, where locals say the famous nephew has visited many times. There are numerous tourism websites that now show pictures of the Democratic hopeful on sunny beaches and superimposed in restaurants.

The ending ‘tigieg,’ which is Semitic in origin, oddly actually translates to the word ‘poultry’ and is part of countless last names. The first instances of the surname Buttigieg go back to the middle ages, and the *Times of Malta* reports that it is the most popular last name on the small island of Gozo off the Maltese coast, made famous in the movie *By the Sea*, in which Angelina Jolie and Brad Pitt played a warring couple.

Writing in the *Journal of the Maltese Diaspora*, the editors have vowed to honour their American presidential hopeful whether he wins or not. “He has put Malta on the map,” they say.

And that isn’t always easy for such a tiny speck of land.

THE CATHOLIC CHURCH IN SCOTLAND

Diocese of Dunkeld

Bishop - The Right Reverend Stephen Robson MSc, MTh, STL, JCL, STD

Diocesan Office, 24 – 28 Lawside Road, Dundee, DD3 6XY Tel. 01382 225453 Fax. 01382 204585



MALTESE-SCOTTISH MASS IN PERTH - SCOTLAND

The first Maltese-Scottish Mass took place in Perth to celebrate Malta's national day – the feast of Saint Paul, which actually falls on February 10. It is a national holiday in Malta and a celebration was held at St Mary Magdalene church in Perth, Scotland.



Mass
was

celebrated by Fr Edward Vella, Deacon Jean Gove and Mgr Charles Hendry and it was in Maltese and English. This is a special event in the Maltese calendar and is of great significance to Malta and its people." Marilou Ciantar, assistant organiser for the event, said: "A group of Maltese nationals living in Scotland got together to commemorate the event".

"This was the idea of Fr Edward Vella, parish priest at St Bride's Roman Catholic church in Pitlochry."

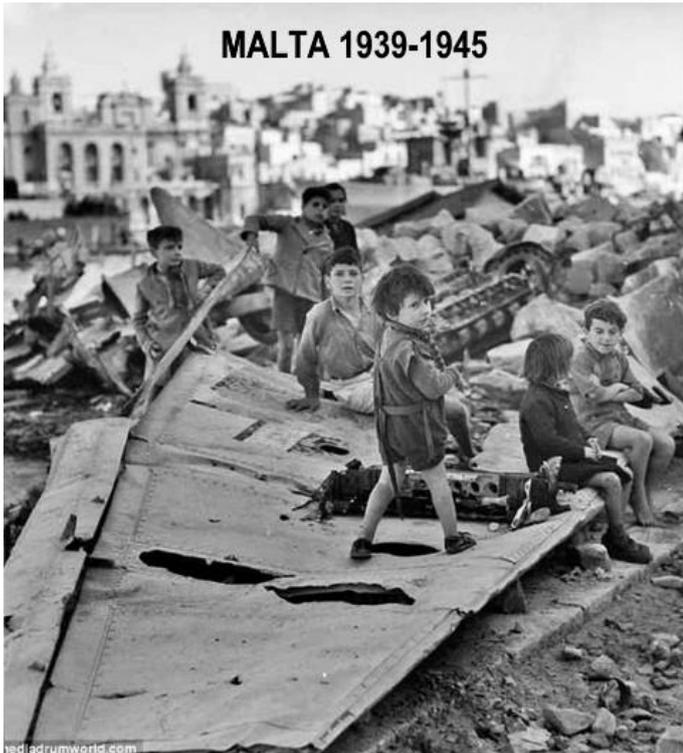
"It celebrates the shipwreck of St Paul on the Island of Malta, then known by its Roman name of Melita. Paul was on his way to Rome to undergo trial when a violent storm led to his ship being wrecked. All aboard swam ashore to safety. This event is mentioned in the Acts of the Apostles (Chapter 28) and this makes the country one of only 18 modern nations to be mentioned in the Bible, 'Later we learned that the island was called Melita. And the people who lived there showed us great kindness, and they made a fire and called us all to warm ourselves.'"

"The shipwreck (around AD 60) is thought to have occurred in the area known as St Paul's Bay and St Paul's Island; a statue on the island commemorates this event. This is how Malta, which was a pagan country at the time, converted to Christianity. The governor of the day, Publius became_ a Christian, and was appointed as the first Bishop of Malta."

"It is thought that the site of Publius' home is marked by the cathedral in medieval city of Mdina. The feast of St Paul is the first in the Maltese calendar of village festas and heralds the arrival of spring." Following Mass, lunch was held at Paco's Restaurant, Perth.

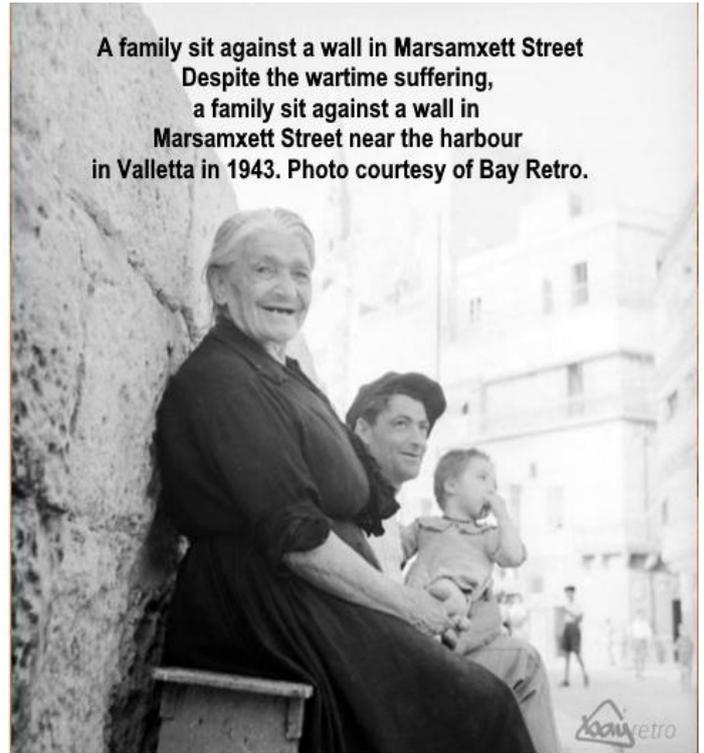
MALTESE DIASPORA - one big, happy family

MALTA 1939-1945



vediadrumworld.com

A family sit against a wall in Marsamxett Street
Despite the wartime suffering,
a family sit against a wall in
Marsamxett Street near the harbour
in Valletta in 1943. Photo courtesy of Bay Retro.



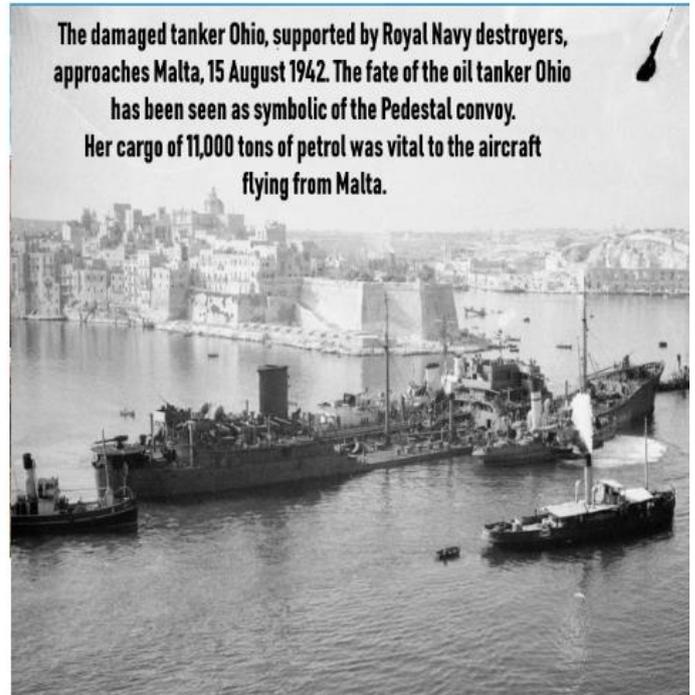
Bay Retro

Life on Malta during this period posed some hardships, including a lack of food, the blackout and the continual threat of invasion. Children among pictured among the Stuka wreckage

The Royal Opera House
in Valletta destroyed by the Nazi
during WW2



The damaged tanker Ohio, supported by Royal Navy destroyers,
approaches Malta, 15 August 1942. The fate of the oil tanker Ohio
has been seen as symbolic of the Pedestal convoy.
Her cargo of 11,000 tons of petrol was vital to the aircraft
flying from Malta.



THE SECOND WORLD WAR – MALTA BRITISH COLONY
In 1942 the tiny island of Malta became the most bombed place
on earth, the concentration of bombs far surpassing that
suffered by London in the Blitz.