



# Maltese eNewsletter

The Journal of the Maltese Diaspora

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**CORAZON  
GHANAFEST  
FESTIVAL  
2020**



**Dominic Chircop is cured of  
COVID-19 and ready to give blood  
for virus battlers**



**100th anniversary of  
Ta' Pinu Sanctuary**





Operational Programme I - European Structural and Investment Funds 2014-2020  
 "Fostering a competitive and sustainable economy to meet our challenges"  
 Project part-financed by the European Regional and Development Fund  
 Co-financing rate: 80% European Union; 20% National Funds



***Due to the COVID-19 outbreak, MUŻA is temporarily closed until further notice***

The word MUŻA stands for the project's vision. The word is an acronym which stands for MUŻew Nazzjonali tal-Arti which is the Maltese name of the current National Museum of Fine Arts. It also refers to the muses; the mythological figures from classical antiquity inspiring creativity and, in effect, the etymological source of the word museum. MUŻA is also the Maltese word for inspiration. MUŻA strives to recognise the history of the collection of the Malta National Museum of Fine Arts, and the values which have shaped it over time.

MUŻA is Malta's visual arts institution and legacy project for **Valletta 2018 European Capital of Culture** title. The project is part-financed by the **European Union** under the **European Regional and Development Fund, European Structural and Investment Funds 2014-2020**.

In 2018, the project has been flagged by the Guardian as one of 13 must see new European museums and by Architecture Digest as one of 15 noteworthy brand new worldwide museums which opened in 2018.

The collection is laid out in sections inspired by stories grouped into four main themes being **The Mediterranean, Europe, Empire and The Artist**. The display is surprisingly unusual as it juxtaposes old masters with contemporary artworks, groups artworks and objects in ways similar to contemporary art installations, presents techniques on videos and interactive experiences complement objects and artworks on display. Key works include those by Southern Italian

artist **Mattia Preti**, British 20th century artist **Victor Pasmore** and Malta's own top 20th century sculptor **Antonio Sciortino**.

The building is the historic seat of the Italian knights of the Order of St John with a 500 year old history and is in itself a prime historic site, meticulously restored to expose historic layers. Main historic features such as the main staircase have been rebuilt in contemporary material. You can walk into the main courtyard, which is a public space in its own right, to discover the beauty of the building or explore the culinary experience at its bespoke cafeteria and restaurant serving dishes inspired by and branded to complement the collection on display. A tourist information office is also available on site and accessible through the main courtyard.

MUŻA is also a net zero building with virtually no impact on the environment as it generates its energy requirements through photo-voltaic cells purposely installed on its roof and lower consumption thanks to the intelligent use of the thermal mass of the building, double glazing and intelligent LED lighting systems.

<https://heritagemalta.org/muza-national-community-art-museum/>

Other Heritage Malta museums and sites in Valletta: Palace State Rooms and Palace Armoury, National Museum of Archaeology, Fortress Builders Interpretation Centre and Fort St Elmo – National War Museum.

## VALLETTA MARKET - IS-SUQ TAL-BELT

### The historical building turned into food market



### The best place to eat and shop for food in Valletta

Situated in the middle of Valletta is a food market that opened in the newly renovated historical building that is over 230 years, **IS-SUQ TAL-BELT- FOOD MARKET**. It consists of 4 floors of restaurants, fresh fruits and vegetables, delicatessen, and much more. From the exterior, the building is the Victorian-era architecture but the interior has been renovated and turned into the new destination in the city where it attracts both tourists and locals to drop by to grab a bite, shop for food, or relax.

When you step inside, you will be landed on the ground floor of the Is-Suq tal-Belt. The decoration is a mainly brownish colour with some colourful chairs and tables to create a more relaxing atmosphere. Here at Is-Suq tal-Belt you can enjoy shopping for fresh ingredients, eating great food from around the world, relaxing with bar and city view, and discovering the historical building in the heart of Valletta.

On the ground floor is where the food stalls are installed. You will be surrounded by the food stalls in the U-shape with tables that you can just choose to sit anywhere. Each stall presents its menu up front to attract the customers. The good thing about eating in the food market is that you can take time to consider and select the food that you would like to eat most, the bad thing is that you might end up select everything since they are all looking so tempting.

You can enjoy the cuisine around the world just under one roof here whether it is Italian, Maltese, Japanese, or any other that you can name. The food stalls comprise of Vecchia Napoli, Impasta, Zest, Tapea by Picoloco, T'Anna Mari, Konak, The Salad Bar, Gululu, Ta' Kelinu, Star Café, Moz Heart,

Burgers.Ink, Boston Grill, Annapurna, and Venchi. Currently, there are 15 food stalls, some have opened another branch while some just opened exclusively at Is-Suq tal-Belt. For instance, Venchi, which is one of the best quality gelato and premium chocolate from Italy that you can enjoy great chocolate and gelato after your meal.

Is-Suq tal-Belt consists of 4 floors with high ceiling which allow the wind to flow through on a hot summer day. Each floor has its own name, the -1 floor is named "Cook" which is where the food market is situated. The ground or 0 floor is "Eat" with numerous food stalls and tables, the first floor is "Relax" with more tables if you wish to sit in a more peaceful ambience. Lastly, the second floor is "Terrace" where there is a bar with an open balcony, where you can relax and enjoy the view of Valletta from up above. Sometimes there can be a private event in the Terrace, therefore, check if there is any sign of a private event before entering the area.

From the ground floor, take the escalator downstairs and you will find the food market. Once you are in front of the food market, you will be stunned by the modern yet classic design of the food market. You can feel the vibe of the historical building while the renovation itself gives it a hint of the modern world.

The food market area has been divided into categories and marked with signs for ease. There are fruits and vegetables, fresh fish, butcher, bakery, wines and spirits, and delicatessen. If you wish to buy some local food to bring back home with you as a souvenir, you will be able to find it here, whether it is the Twistees cheesy crisps, cactus drink, nougat, treacle ring, or olive oil.



The bakery shelf is full of products from local Maltese bakeries such as treacle ring and Maltese bread. Some are packed in bags and some in a beautifully designed box that you can buy as a souvenir. On the opposite of the shelf, there are the freshly baked bakery goods that you buy and eat right away. Besides the Maltese bakery, here you can

also find all the Maltese local products such as beans, cheese, fruits, snacks, drinks, and etc. Strolling around the supermarket in a foreign country while you are travelling is somehow pleasant. It allows you to discover something you might have never seen before in your life.

## TNEHIDA

Munxar, rahal ckejken u hiemed  
Mifrux bejn gholjiet u widien,  
Mis-Sanap sat-telgha Merziena,  
Mix-Xatba u l-Kantra flimkien.

Minn Ras il-Bajjada sax-Xlendi  
Fejn Wied il-Ghawdxija jintemm,  
Kont tilmah rahhala u bdiewa  
Imbieghda tad-dinja mis-semm.

Xoghol iebes ta' hafna tbatija  
Bil-ghodda antikwati taz-zmien,  
La magni u lanqas karrozzi,  
Bil-bhima biex tmur lejn ximkien.

Sakemm tfaccat tama fejjieda:  
Is-safar hemm xoghol ghal kulhadd,  
Hemm laham u ikel bil-kotra  
U hwejjeg ma jonqsu lil hadd.



Tnehida ta' ferh u ta' niket  
Insteghmet mar-rahall fil-hin:  
Il-holm taz-zghozija jitwettag  
U anki tar-rgiel mizzewgin.

Ghalekk kull familja tar-rahall  
Bkiet tara 'l uliedha sejr in  
Lejn art barranija... u meta  
Ghad jergghu jaraw lil xulxin?

Is-safar bhal mewt...ma fihx lura;  
Hekk hasbu ta' dari r-rahlin  
U bkew u stennew as ma mietu,  
Familji sal-lum mifrudin.

Jahasra, jien nghix din l-istorja  
Ta' niket, ta' ferh, ta' firdiet,  
Bhal tajra, nixtieq intir lura,  
Lejn bejtha, fejn kienet trabbiet.



Mons. José Agius

(emigrant u missjunarju fil-Brazil sa mil-1961)

NOTA: Nies Mons. Guzepp Agius: missieru, hutu, zijietu, nepputijiet u kugini hargu mil-Munxar, Ghawdex u emigraw lejn l-Awstralja hafna snin ilu. Illum joqghodu f'diversi bliet: Melbourne u Yallourn North (Victoria); Sydney, Richmond, Greystanes, Kellyville, Singleton u Broken Hill (New South Wales) u Brisbane (Queensland). Sintendi, nepputijiet u kugini huma kollha awstraljani ghax imwielda fl-Awstralja



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E-NEWSLETTER

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## Maltese eNewsletter



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**BIOGRAPHY****IRA LOSCO M.Q.R.**

(born 31 July 1981) is a Maltese singer and songwriter. Her career breakthrough came in 2002, when she represented Malta in the Eurovision Song Contest 2002 with the song "7th Wonder". She placed second in the competition, Malta's best ever result. Fourteen years later, she returned and represented Malta in the Eurovision Song Contest 2016 with the song "Walk on Water", placing twelfth. Losco has released six studio albums so far in her career, and is one of the most successful Maltese musicians of all-time. In 2018, she served as a judge on the inaugural season of *X Factor Malta*. She returned to serve as judge in 2019.

**CAREER** To date Losco has performed in over 15 countries and has won more than 20 music awards. She has appeared in front of audiences ranging from 1,000 to 80,000, and has played alongside renowned international acts such as Elton John, Katie Melua, Maroon 5, Akon, Mel C, Ronan Keating, Bob Geldof, Tokio Hotel and Gigi D'Alessio.

Losco started her career with a college band called Tiara but they split up a few months after Losco represented her country in the Eurovision Song Contest 2002 which was held in Tallinn. She placed second with the song "7th Wonder".

In 2003, she was chosen to perform the song "Reaching Higher", which was the official song of the Xth

Games of the Small States of Europe Malta 2003. Losco was awarded the Midalja għall-Qadi tar-Repubblika in 2008.

Losco has been involved in advertising in her country, including for Guess, McDonald's Salad Plus, and Vodafone's Music Jam Campaign.

Losco won the Maltese national selection for the Eurovision Song Contest 2016 on 23 January, with the song "Walk On Water". On 31 July 2018, it was announced that Losco will be a judge on Malta's version of *The X Factor*.

**EUROVISION SONG CONTEST**

Losco represented Malta at the Eurovision Song Contest 2002 with the song "7th Wonder". She finished runner up, just 12 points behind eventual winner Marie N, which was Malta's highest result ever in the competition until it was equaled in 2005.

In December 2015, it was revealed that Losco had submitted two songs for the Malta Eurovision Song Contest 2016, the country's national selection process. Her entries "Chameleon" and "That's why I love you" were both shortlisted for the semifinal, with "Chameleon" qualifying for the final. On 23 January, Losco won the national selection with over 40% of the votes cast by the Maltese public.

Following Losco's win at the Malta Eurovision Song Contest 2016, she stated that she was open to the idea of performing a song other than "Chameleon" at Eurovision, should it improve Malta's chances of



winning. The national final rules, set by PBS, allow for the winning song to be partially modified or completely changed. On 19 February 2016, PBS announced that an international jury consisting of representatives from ten countries, along with local experts from Malta, would be presented with several songs, including a revamped version of "Chameleon", and would determine which song Losco would perform at the contest. On 14 March it was announced that she would perform the song "Walk on Water". The song and video were released on 17 March 2016.

The dress she wore for the contest was by Alex Zabotto-Bentley, who has also designed for Lady Gaga, Prince and Kylie Minogue. In order to increase the chances of winning the contest, the budget was increased drastically, from minimum €200,000 in a previous given year to an approximate maximum of €1,500,000 during Losco's participation in 2016. In the first semi-final, on 10 May 2016, "Walk on Water" qualified for the Eurovision final. In the final on Saturday 14 May 2016, she placed 12th out of 26 countries.

# Dominic is cured of COVID-19 and ready to give blood for virus battlers



*LENDING AN ARM: Bathurst's Dominic Chircop, who has recently recovered from COVID-19, has joined a nationwide initiative to donate plasma in order to help boost the immunity of patients still battling the virus.*

A Bathurst man cured of COVID-19 has joined a cause to provide vital blood donations to assist patients who are still hauling the virus. Dominic Chircop visited Orange's lifeblood Donor Centre on Wednesday to donate convalescent plasma, the first patient to do so at the centre since the drive commenced on Monday.

Mr Chircop, who has regularly donated blood for 40 year saw the donation drive advertised on television and quickly decided to take part. 'I rang up the blood bank to arrange an appointment and had to go to Orange as they have a permanent donor centre there,' he said. It was a great process, though slightly drawn out as I had to fill out a lot of paper-work!" Convalescent plasma is the liquid part of blood that contains antibodies and once someone has recovered from COVID-19, the antibodies

against the virus remain in their plasma. Mr Chircop contracted COVID-19 in March on the widely-documented Ruby Princess cruise ship, where hundreds of Australian cases are believed to have stemmed from Interestingly, his wife, who was on the cruise ship with him, never contracted the virus. Mr Chircop said it took 18 days to fully recover from COVID-19, and experienced a range of symptoms in the process. I lost my sense of smell and taste, my body ached all over and I experienced problems with breathing and headaches." He said.

This persisted for around six days, but I started to pick up after that, and sleeping with a CPAP machine [which I regularly use/ certainly helped? it did knock me around a bit, but thankfully it never got to the point where I had to be admitted to hospital.' Mr Chircop said he was regularly monitored in health care workers and police throughout the nation of his recovery.

With MCI 700 active cases in Australia, Mr Chircop is encouraging others in the region who have been COVID-19-free for over a month to assist lifeblood in the donation of plasma. "It's not difficult, and it actually leaves you less fatigued than a normal blood donation," he said. "Anything we can do as donors to help combat the COVID-19 pandemic is absolutely essential." The option to donate convalescent plasma is being offered alongside regular blood donation operations at both permanent and mobile donor centres operated by lifeblood. If you have recovered from a confirmed diagnosis of COVID-19 and believe you may be eligible to donate, please call 13 14 95 or visit [lifeblood.com.au](http://lifeblood.com.au).

**Every edition of The Malteser Journal is precious because the information therein, most times I never heard of them. This results in eagerly waiting for issue after issue. The main thing about this "Journal" is that it serves as an important link between us migrants here in Australia, however, by sharing it we are actually enlarging this chain to other shores including the Island of our birth MALTA. Thank you Mr Frank Scicluna for such a splendid and excellent job. Please keep up this your great work. Regards Percy E. Cartwright Jnr Shellharbour City NSW.**



## What do Maltese migrants in Canada want from Malta?



7 October, 2019

**Report: Reno Bugeja from Canada**

Malta's membership of the European Union and the agreement between the European Union and Canada, known as CETA, have opened up opportunities for employment and trade which are being exploited by both Maltese-Canadians and by Maltese. The Consul General for Malta in Canada, Dr Raymond C Xerri, told TVM that there has been an increase of traditional Maltese

products on the Canadian market, and these are much sought after by Maltese migrants, as well as applications for Maltese citizenship and a bigger movement by Maltese seeking opportunities in Canada.



Dr Raymond C Xerri pointed that he has only been Maltese Consul General in Canada for three months, although this is not his first experience in migration as he was born in the United States and has served both in Australia and in the UK, as well as on the Council for Maltese living overseas. In an interview with TVM, Dr Xerri expressed his satisfaction at working among the second largest Maltese community living abroad, adding that although they have retained their identity with the Maltese language and with festa traditions, they have integrated well in Canada.

"There are 38,000 Maltese living in Toronto, but there is also a substantial number in other parts of the country. They are industrious, well educated, and occupy important posts even in administration."

With a good number of Maltese migrants, many with the Maltese flag on their lapels and others carrying the flags of both countries, attending a social activity, Dr Xerri stated that second, third and fourth generation Maltese in Canada feel themselves Canadians so much that they hardly used to bother to apply for Maltese citizenship, to which they are entitled. Dr Xerri added that it is only recently, and after membership of the European Union, that applications for Maltese citizenship have increased.

"The choice of second, third and fourth generation Maltese to apply for a Maltese passport stems from our country's heritage, their roots, but also from the great opportunities offered by a Maltese passport to those who are entitled to it."

According to Dr Xerri, the CETA agreement between Canada and the European Union which has been ratified by Malta has led to an increase in the number of Maltese products in Canada, and to a bigger movement of Maltese seeking opportunities in Canada.

"Part of this arrangement provides for European citizens to be able to come and work in Canada. This is helping to ensure the Maltese population in Canada does not continue to drop. Maltese products being exported to Canada have also increased. I cannot obviously mention particular products, but these are continuing to increase."

Despite the fact that many Maltese have made Canada their country, their roots were and still are strongly Maltese, not only for the great majority who still speak the language, but they also follow events in Malta and even frequent the Maltese church and celebrate Maltese feasts with a Canadian touch.

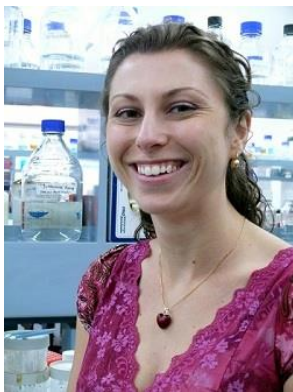


Herbert Portanier, a volunteer with St. Vincent De Paul Society Victoria, Australia, also known as Vinnies is participating at the CEP Sleepout, where on the 18<sup>th</sup>. June, he will be sleeping rough to raise funds for the thousands of people who have lost their jobs during the pandemic.

Please click on this link to donate.

All donations are tax deductible and a receipt will be issued by the Society on payment. Herbert thanks you in anticipation of your kind donation.

<https://www.ceosleepout.org.au/fundraisers/sccpressvdp-vicorgau/melbourne>



## Dr Megan Chircop, Cancer Council NSW funded researcher

**I am a molecular and cellular biologist with research interests focusing on the molecular mechanisms of mitosis and cancer. I obtained my BSc Honours degree in molecular biology/biochemistry at Macquarie University in 1999. I have a PhD in cancer research at the University of Sydney in 2002.**

My team is developing new anti-cancer treatments aimed at stopping cell division in difficult to treat brain tumours.

This research has the potential to reduce brain cancer tumours by up to 75 per cent and could ultimately outperform existing chemotherapy drugs, with the hope that it also has fewer adverse effects. Although the research is still in its early stages, that is preclinical development and testing, we hope these treatments will be progressing towards clinical trials within 10 years. Brain Cancer has been under-studied and under-funded for too long. Although just 1600 people are diagnosed with brain cancer in Australia each year, 1200 die from the disease which is the number one cancer killer of people under the age of 39

### DFAT - COVID-19: Assistance to temporary visa holders

I am writing to let you know about an initiative by the Department of Home Affairs to assist temporary visa holders impacted by COVID-19 to return home if they wish.

Temporary visa holders who visit the temporary visa pages of the Home Affairs website will be able to indicate online an interest in leaving Australia to return home. They will then be directed to information outlining commercial flight services and any upcoming charter flight options that may assist them.

In addition, temporary visa holders will be able to complete an online form requesting that their contact details be passed to their relevant embassy or consulate in Australia.

Home Affairs will collate the online registrations by nationality and convey the data to DFAT (Protocol Branch). We will pass the information on to individual missions for action as appropriate.

I would be happy to answer any questions about this initiative, which we hope will help your citizens in Australia to access information more easily about possible pathways home.

Best regards

Kate Logan

[Protocol.Branch@dfat.gov.au](mailto:Protocol.Branch@dfat.gov.au)





## Moved to Spain

I would like you to meet Noel Agius from Malta who has been living in Spain since 1978. Noel Agius left Malta in the search for something bigger and ended up landing in Spain, which he considers his

home.

He decided to leave Malta because he was offered employment in Vancouver.

Noel and his wife found Canada too cold in winter. He got a job offer in Spain a year after so they decided to moved to Murcia.

He was asked to start work immediately although he didn't know how to speak Spanish, expect for some words and phrases in Italian/Spanish but after six months he could speak Spanish fluently. They live in the south-east of Spain. In this area there are not many tourists, the weather is excellent, food is delicious and the locals are very friendly

Noel spent 30 years working in the clothing business, but at the age of 50 he decided to do something entirely different. He realised the industry was shifting dramatically and that he needed a change. So, he decided to run a pain

clinic, a new concept owned by a prestigious doctor that uses ozone therapy to alleviate chronic pain and strengthen the body's immune system. But two years ago Noel decided to retire.

While he was working he used to do a lot of travelling. Since he retired he loves driving his 4 wheel-car and every month he goes to the mountains or down the coast.

Noel spends every Easter holiday helping the needy in Morocco. He takes medical and non-medical supplies to the Moroccan desert and mountain villages. Once, he also brought building supplies and in three years built a hospital in Chinguetti, in the centre of the Mauritanian desert. He used to travel to Moroccca with my son, first as a teenager and then as his second in command. They crossed deserts, mountains, rivers and sandstorms together. It has been a great experience so far.

He still loves Malta and he travels to the island twice a year, but he would not like to return back to Malta for good. He said "It's too small and crowded for me. I am now used to living in the countryside, close to the big city." But, he still loves visiting Malta and catch up with his family and friends. He still miss them even though they have lived far away for so many years



## Plane arrives in Malta with words of thanks and a rainbow

**Report:** Melvic Zammit TVM

With the words "Thank you" and a large rainbow emblazoned on the side as a gesture of appreciation to the front liners during the COVID-19 pandemic, a plane from DHL Express arrived in Malta at around 9am this morning from Marseille with medical equipment. After earlier this year, DHL offered its services to the Maltese Government to carry essential medical equipment, today 45 concentrators of oxygen were brought to Malta which will be used at Mater Dei hospital.



## Maltese restaurant owner donates free meals to health workers in New York

Sebastiano Cappitta, a Maltese man of Sicilian descent migrated from Malta at an early age. He went to live in Miami, where he got married and then traveled to New York where he still lives. In New York, Sebastiano opened a number of food establishments..

Sebastiano Cappitta has been building an Upper West Side empire over the past several years, working his way uptown as property values and rents climb. "I keep moving up," he says. "I like to be pioneering." His seven restaurants — which include Acqua, Bettola, Bettolona, Buca, Coccia and Isola on Columbus — span a stretch from 79th to 139th Streets, and his newest spot Arco (886 Amsterdam Avenue) falls smack in the middle at 103rd Street.

This spot, says Cappitta, is "more of a cafe and then a restaurant in the evening. We have breakfast in the morning, things like croissant, biscuits, and cake." The menu then shifts full tilt into Sardinian fare, paying homage to the Mediterranean island influenced by northern Africa and southern Europe. "Sardinian food is not well represented here," says Cappitta, who was also attracted to the fare because he wanted to do something different from Buca, which is right around the corner and serves pizza.

Chef Roberto Rui is a native of Sardinia (Cappitta is from Sicily, though he grew up in Malta), and he's turning out a menu steeped in seafood, fresh pasta, sausage, a traditional Sardinian mussel dish, and Pane Frattau, a thin Sardinian bread with tomato sauce, parmesan, and a poached egg. For dessert, look for items like fresh ricotta with honey. "It's very hearty," says Cappitta. "And we'll change the menu often."

The restaurant is pairing that menu to a wine list also culled from Sardinia as well as a short beer list and a board of fresh juices.

Cappitta chose this address for its history and location close to the hospital. "There's no place around there for the people who work there," he says. "I wanted to open something that wasn't a deli." The 40-seat space will open up to 20 additional outdoor seats when the weather warms up.

So does Cappitta have plans for more restaurants in the neighborhood? "At the moment, I need some time off," he says. "This is my seventh restaurant, and on the seventh day, you rest." Arco is open for breakfast, lunch, and dinner daily

## Lin-Nanniet

### Għanja miktuba minn Etienne Pawney

Illum fha ngħannu tfal ċkejkn  
Mhux fha ngħidu fmerijiet  
Ngħidu xi fhaġa differenti  
Fha nsemmu lin-nanniet

Fuq id-dinja nqala` gwaj ikrah  
Ta' dis-sena ma ninsiefx l-annu  
Kemmm qiegħed jiddispjaċini  
Minħabba n-nanna u n-nannu

Kultant lin-nanniet inċempel  
Biex ngħid li leħinhom smajtu  
Għand in-nanniet kont inħobb niekol  
L-ikel tagħhom immisjajtu

Nanna meta tibda ssajjar  
L-ikel tiegħek kemm ifuħ  
Ma nistax niġi fdejk bħas-soltu  
Għajnejha dejjem bid-dmugh

Nanna kemm fadt paċenzja bija  
Kont toqgħod bilqiegħda tismgħani  
U nannu għalkemm inkwetajtek  
Ċert li fdejk tixtieq tarani

Nanna kont twassalni l-iskola  
Għalik kienet saret rutina  
U n-nannu jgħinni fil-homework  
U kien joħodni d-duttrina

Nanna x'hin terġa tarani  
Kemmm fha xerred dmugh minn għajnejk  
Għax miegħi ngħannqek wahda kbira  
U nbusek bewsa fuq xufftejk

Lilek nannu wkoll inbusek  
Sabiex ma naraxx bil-buri  
U min għandu n-nanniet mejta  
Imur jgħamillhom bukkett fjuri





## IF YOU LIVED IN CANADA INSTEAD OF MALTA, YOU WOULD:



### HEALTH

**LIVE 1.4 YEARS LONGER**

In Malta, the average life expectancy is 80 years (78 years for men, 83 years for women). In Canada, that number is 82 years (79 years for men, 85 years for women).

### ECONOMY

**MAKE 15.0% MORE MONEY**

Malta has a GDP per capita of \$42,000, while in Canada, the GDP per capita is \$48,300.

**BE 42.3% LESS LIKELY TO BE LIVE BELOW THE POVERTY LINE**

In Malta, 16.3% live below the poverty line. In Canada, however, that number is 9.4%.

**BE 47.7% MORE LIKELY TO BE UNEMPLOYED**

In Malta, 4.4% of adults are unemployed. In Canada, that number is 6.5%.

### LIFE

**BE 22.2% LESS LIKELY TO DIE DURING CHILDBIRTH**

In Malta, approximately 9.0 women per 100,000 births die during labor. In Canada, 7.0 women do.

**BE 28.6% MORE LIKELY TO DIE DURING INFANCY**

In Malta, approximately 3.5 children die before they reach the age of one. In Canada, on the other hand, 4.5 children do.

### BASIC NEEDS

**BE 16.2% MORE LIKELY TO HAVE INTERNET ACCESS**

In Malta, approximately 77.3% of the population has internet access. In Canada, about 89.8% do.

### EXPENDITURES

**SPEND 26.4% LESS ON EDUCATION**

Malta spends 7.2% of its total GDP on education. Canada spends 5.3% of total GDP on education.

### GEOGRAPHY

**SEE 1026.8 TIMES MORE COASTLINE**

Malta has a total of 197 km of coastline. In Canada that number is 202,080 km.

### **CANADA: AT A GLANCE**

**Canada** is a sovereign country in North America, with a total land area of approximately 9,093,507 sq km. A land of vast distances and rich natural resources, Canada became a self-governing dominion in 1867 while retaining ties to the British crown. Economically and technologically, the nation has developed in parallel with the US, its neighbour to the south across the world's longest unfortified border. Canada faces the political challenges of meeting public demands for quality improvements in health care, education, social services, and economic competitiveness, as well as responding to the particular concerns of predominantly francophone Quebec. Canada also aims to develop its diverse energy resources while maintaining its commitment to the environment.

**IL-FESTI MAGHNA.....INGAWDUHOM!**

L-antiki kienu jghidu li *Gunju gunjett, nehhi l-qmis u d-dublett!* Ara ma tagħmlux xi waħda u tisimghu minnhom! U dan bla dubju jfisser li tkun bdiet is-sħana u mat-temp sabih ifiggu fuqna l-festi. Naturalment din is-sena se jkollna festi b'differenza għaliex bl-imxija tal-Coronavirus ma' saqajna, idejna jinsabu marbuta u ma nistghux ingawdu l-festi bħas-snin l-imghoddija. Imma l-Knisja xorta waħda tfakkar il-qaddis titolari tagħha 'l ġewwa mill-għatba tat-tempju u allura ċertu ferħ jinħass ukoll. Barra minn hekk illum il-ġurnata bil-mezzi tal-Kommunikazzjoni Soċjali li għandna, nistghu ngawdu dak kollu li jkun qed isir fil-knisja u allura n-Novena, il-Jiem tat-Tridu, lejliet il-festa, il-Pontifikal tal-Ħadd filgħodu, kollha jistghu jitgawdew bil-kumdata għax wara kollox, l-essenjal, tal-festa hemm qiegħed. Veru li sa jkun hemm differenza għax in-nies ma tistax tiltaqa' u tiffraħ flimkien, in-nuqqas tal-marċijiet, it-tlielaq tal-bhejjem, fejn isiru, il-briju, il-Wirja Agrarja fil-Ġonna Pubbliċi ta' Villa Rundle, iċ-Ċiġċifogu u n-nar tal-ajru, kuncerti fil-knejjes, dawn kollha taru mar-riħ. Jiena nissuggerixxi lill-gruppi tal-Armar fi hdan il-parroċċi tagħna biex dawn talinqas jarmaw il-Pjazza tal-knisja (kif sar f'Hal Tarxien fil-festa tal-Lunzjata) għax kull parroċċa għandha hafna armar sabih; dan johloq atmosfera sabiha u jnissel hena u allegrija u kull min għandu xi festun inheggu jixegħlu f'Jum il-festa tal-Patron/a kif ukoll itella'

l-bandiera fuq il-bejt. Mill-mitluf tiehu li tista' jghid il-qawl biex hekk is-sajf tagħna ma jirrendix ruħu biss hinijiet twal fil-bajjiet tagħna. B'hekk ma naħsibx li nkunu qed niksru xi regolamenti u allura din l-pesta li kaxkret tant nies lejn il-qabar, ma tkomplix tippersisti.

L-ewwel festa dik ta' San Pawl nawfragju fil-Munxar, (għax tghid smajna xi żewġ murtali tal-bomba l-Ħadd 24 ta' Mejju qabel raxx id-dlam) diġa giet u marret u issa Ħadd wara Ħadd, fl-aħħar tasal ta' kulhadd. It-tieni festa fil-Kalendarju tal-festi Għawdxin hija dik ta' Sant'Antnin Ta' Padova li l-Patrijiet ta' Giezu jfakkru f'Għajnsielem u l-Ħadd ta' wara, is-7 ta' Gunju, barra t-tifkira ta' din il-festa Nazzjonali tas-Sette Giugno, fl-Għasri jkollna l-festa tal-Corpus Christi u kieku din is-sena konna naraw xi żewġ bandalori godda jperpru fil-pjazza tal-knisja li thobb tpingi l-artista Audrey Mercieca minn Hal Luqa imma miżżewġa lill-Dentist Għawdxi wild dan ir-raħal, li naf li huwa benefattur ta' din il-parroċċa mhux daqstant kbira. Is-Sibt 13 ta' Gunju l-Patrijiet Frangiskani fil-Victoria jfakkru l-festa tat-Tawmaturgu Sant Antnin ta' Padova, il-qaddis tal-mirakli. Għall-Kappillan il-ġdid il-Kan Dun Simon Cachia, fil-Fontana ddedikata lill-Qalb ta' Gesu' fil-Fontana, din kienet se tkun l-ewwel festa tiegħu imma se jkollu jistenna sena oħra biex narawh imexxi l-Purċissjoni bl-istatwa kapolavur ta' Wistin Camilleri. Il-Ħadd 14 ta'

Gunju ssir il-festa tal-Qalb ta' Gesu' fin-Nadur fil-Knisja ta' Karkanja u l-Ħadd ta' wara kieku konna mmorru x-Xewkija għall-festa tal-Battista. It-Tnejn 22 ta' Gunju nagħmlu t-tifkira tas-Sejha tal-Madonna Ta' Pinu lit-twajba Karmni Grima u t-Tnejn 29 tax-xahar taħbat il-festa tal-Imnarja fin-Nadur. Il-Ħadd 5 ta' Lulju kont inhobb nidhol sal-Għarb għall-festa tal-Viżitazzjoni u naf li l-Banda tar-raħal xorta qed thejji pubblikazzjoni tal-festa għax b'xi mod is-Sindku u President tal-Banda, cappasni fiha. Ikun imiss il-festa tal-Madonna tas-Sokkors ġewwa Ta' Kercem u fit-tielet Ħadd ta' Lulju, ir-Rabat ifakkar lil San Gorg Megalomartri. F'Ta' Hamet ukoll issir il-festa helwa lill-Madonna tal-Karmnu l-Ħamis 16 ta' Lulju. Wara San Gorg tigi l-festa lil Santa Margerita f'Ta' Sannat u fid-29 tal-istess xahar Monsinjur Giovanni Cremona jfakkar lil Santa Martha fil-knisja helwa tagħha magħrufa bħala 'Tal-Għonq'. Fl-ewwel Ħadd ta' Awwissu il-Qalin jagħmlu l-festa lill-Patrijarka San Guzepp u l-Ħadd ta' wara 9 ta' Awwissu, naqsmu lil Għawdex u mmorru nifirħu mal-parruċċani ta' San Lawrenz Levita u Martri. Bla dubju tuġġhu qalbu s-Sindku ħabrieiki t'hawnhekk li ta' kull sena jorganizza ġimgħa shiħa ta' attivitajiet kulturali u divertenti bi thejjija għall-festa. Imma dis-sena mhemmx x'tagħmel la dal-Virus irid hekk!

Ikunu diġa tgerbu nofs il-festi meta mmorru għall-festa li



jmiss, dik tas-Sibt 15 ta' Awwissu li ssir fil-Belt Victoria waqt li f'Malta din l-unika festa ssir f'ghadd ta' bnadi oħra. Mhux hekk jixirqilha lill-Assunta! Fit-23 t'Awwissu fiż-Żebbuġ ukoll issir il-festa f'għieħ l-Assunta u l-Ħadd ta' wara ninżlu minn hawnhekk, naqsmu r-Rabat u mmorru għall-festa tal-Madonna Ta' Loreto f'Għajnsielem. Il-Ħadd 6 ta' Settembru ninżlu sax-Xlendi għall-festa helwa tal-Madonna tal-Karmnu u jumejn wara nitilgħu x-Xagħra għall-festa popolari tal-Bambina. L-aħħar festa fil-kalendarju tal-festi Għawdxin teħodna għand l-irħieb Kapuċċini qabel taqbad it-triq lejn Marsalforn għall-festa tal-Madonna tal-Grazzja fejn issa nsibu Gwardjan ġdid u ħabrieħi, devot sewwa ta' Padre Pio, li kien diġa midħla ta' dan il-kunvent.

Biex ikollkom stampa ċara ta' x'jibqa' sal-aħħar tas-sena, inżid ngħidilkom minn tagħrif li ksibt mill-Kurja t'Għawdex, li l-Ħadd 27 ta' Settembru, fix-Xagħra fix-xaqliba nmsejha tan-Nazzarenu, il-parruċċani jagħmlu l-festa lil Gesu Nazzarenu u l-Ħadd 11 ta' Ottubru, il-Kappillan tal-Għasri jagħmel il-festa lill-Madonna tal-Patroċinju fil-Kappella antika tagħha fil-periferija tal-Għasri. L-istilla tal-Maltemp, l-Immakulata Kuncizzjoni ssir kemm fil-Belt Victoria mill-Patrijiet Frangiskani kif ukoll fis-Santwarju qadim tagħha fil-Qala fit-8 ta' Diċembru. L-aħħar festa, forsi sa dak inhar tkun battiet din il-pesta, issir lil Santa Luċija fl-irħajjel li jgħib isimha u forsi jkollna l-

okkażjoni nisimghu n-noti ferrieħa tal-Banda cittadina Leone li tieħu seħem attiv f'din il-festa helwa fejn insibu Rettur lill-Monsinjur Pawlu Cardona li għal fuq minn tletin sena ħadem fil-Belt Eterna sakemm l-Isqof Monsinjur Mario Grech kien sejjahlu lura bħala Arcipriet tal-Knisja Bażilika ta' San Gorg.

B'hekk, għal min iħobb il-festi bħali, tajtkom stampa ċara tal-festi li jżewqu is-Sajf Għawdxin matul is-sajf. Jalla kif għidna dan il-virus ikun batta sew biex forsi jkollna l-okkażjoni nieħdu seħem f'xi pellegrinaġġ b'xi statwa titulari!

**Kav Joe M Attard**

Victoria

Ghawdex

#### WELCOME

Welcome to Maltese eNewsletter! We'll start of by saying something about our journal. It started in 2013 and it's main aim was simply to connect and unite the Maltese communities living abroad.

The number of readers started to grow so we started to write more in-depth articles [about Malta](#). By the beginning of 2015 number of subscribers increased drastically so we decided to re-design the journal, a responsive one that adapts itself to the users screen, and obviously a more colourful one.

This journal's main traffic comes from Malta, Australia, Canada, USA and UK, however we are always pushing this journal to grow stronger internationally, after all who doesn't want to know about Malta? We will continue providing this free service, that's our promise.

## Special handstamp marks 100th anniversary of Ta' Pinu Sanctuary



BY [GOZO NEWS](#) · A special handstamp marking 100 years from the foundation of Ta' Pinu Sanctuary in Għarb, Gozo, is being issued by MaltaPost.

The commemorative handstamp will be issued this Saturday, the 30th of May 2020 from the Victoria Post Office.

Orders for this special hand postmark may be placed from the Philatelic Bureau, MaltaPost p.l.c. 305, Triq Hal Qormi, Marsa, MTP 1001, online at [www.maltaphilately.com](http://www.maltaphilately.com) or by mail – Telephone 2596 1740 – e-mail: [info@maltaphilately.com](mailto:info@maltaphilately.com).

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**THIS JOURNAL  
IS LOVED,  
SHARED AND  
RESPECTED  
EVERYWHERE**

## Australia has beaten coronavirus': Top health official says a second wave of COVID-19 is unlikely as transmission rates plunge to nearly zero - with just 30 patients in hospital nationwide

A pedestrian wearing a facemask is pictured walking in Melbourne on May 17. The chance of a second wave of COVID-19 this year is unlikely, according to one of the nation's top health officials

The chance of a second wave of COVID-19 in Australia this year is unlikely, according to one of the country's top health officials, as transmission rates fall to nearly zero.

New South Wales chief health officer Dr Kerry Chant told state politicians the ban on international travel and the state's grasp of social distancing meant it was well placed to stem further outbreaks of the virus and prevent a second wave. There is just one coronavirus patient in intensive care across the state - and only five nationwide as of Tuesday. A total of 30 COVID-19 patients remain in hospital across the country.

In the private briefing, Dr Chant conceded NSW's ability to prevent a second wave would rely on widespread adherence to social distancing rules.

Dr Kerry Chant said NSW's ability to crush a second wave would rely heavily on widespread

adherence to social distancing rules. People dine in at Crew cafe in Burleigh Heads on the Gold Coast on May 16 after social



distancing rules were relaxed. It comes as the state looks to June 1 for the next stage of restriction easing - with beauty salons and nail bars set to re-open and regional travel permitted. 'The policy for how to deal with a second wave is that we'll evaluate it at the time,' an MP close to the meeting told *The Australian*.

'[Dr Chant's] message was: It's very possible to contain all this because we don't have the internationalists coming in, and we have good social distancing and hygiene practices.'

There were only two new cases of COVID-19 in NSW recorded in the 24 hours to Monday.

There are 7,133 cases of the coronavirus nationally since the outbreak began, but just 478 of those are still active

## They Died of What? Historic Causes of Death

### Names for Old Diseases and Obsolete Medical Terms

Two centuries ago doctors were dealing with medical conditions such as burns, asthma, epilepsy, and angina that are still familiar today. However, they were also contending with deaths caused by such things as **ague** (malaria), **dropsy** (edema), or **spontaneous combustion** (especially of "brandy-drinking men and women"). Death certificates from the nineteenth and early twentieth centuries often include obsolete medical terms which may be unfamiliar or unexpected, such as **milk sickness** (poisoning by drinking milk from cows that have eaten the white snakeroot plant), **Bright's disease** (kidney disease) or **consumption** (tuberculosis). A newspaper account attributed the 1886 death of fireman Aaron Culver to drinking too much cold water. It also wasn't uncommon during the Victorian-era to see an official cause of death noted as **visitation by God** (often another way of saying "natural causes").

Numerous health conditions that led to death prior to the early twentieth century have all but disappeared today thanks to drastic improvements in hygiene and medicine. Hundreds of thousands of women died needlessly during the eighteenth and nineteenth centuries of puerperal fever, an infection caused by bacteria introduced by unwashed hands and medical instruments. Prior to the middle of the twentieth century and the widespread use of vaccines, diseases like smallpox, polio and measles killed thousands each year. Yellow fever was the noted cause of death on the majority of 5,000+ death certificates issued between August 1 and November 9, 1793.

Many once common medical treatments have fallen by the wayside as well. The use of maggots to debride dead tissue from infected wounds was commonplace well into the twentieth century, prior to the widespread introduction of penicillin during World War II. Leeches were popular with doctors for blood-letting to "balance" the four humors (blood, phlegm, black bile and yellow bile) and bring an ill patient back into good health. And while there really is such a thing as medicinal snake oil, there were also many quacks who peddled the health benefits of unproven patent medicines and elixirs.





**Greg Caruana NSW  
Australia**

## KIF LAQTITNI L-COVID-19

Bhala anzjan nghid id-dritt, li għall-ewwel 15 il-gurnata ma tantx mort tajjeb. It-tfal kollha itammbu f'widnejna. "Mum, Dad" tohorgux. Ftakru li intom vulnerabbli

hafna. Watch out! If you have to go to hospital with this virus at your age, you are in trouble. Jekk tridu xi haga mis-shops, għidulna u ngibuhom ahna. U biex nghid hekk, biex kont immur nixtri xihaga mis-shops, kont qisni ha mmur bis-serqa. Fuq il-mezzi tax-xandir, kienu jghidu li jkun ahjar li ahna ma nohorgux, u ma tistax taghti tort lill-awtoritajiet tas-sahha, għax nafu li sa issa, l-kazi madwar id-dinja tal-covid -19, lahhqu 'l-fuq mill-hames miljuni. L-imwiet s'issa lahhqu l-fuq minn 350, 000. U għal ftit konna jnsejna, kemm ahna ffurtunati li hawn go l-Awstralja u anke f'Malta, l-awtoritajiet tas-sahha, kienu armati tajjeb, u li rnexxilhom jikkuntrallaw din il-pandemija. Jekk inharsu lejn pajjizi oħrajn, bhall-Amerika, l-Italja. Spanja, l-Ingilterra u l-Amerika Latina u postijiet oħra madwar id-dinja, sirna nafu x'herba għamlet din il-virus. U minhabba f'hekk, ahna kellna nbatu l-konsegwenzi li kienu ristizzjonijiet fuqna l-anzjani. Dawn ir-ristizzjonijiet kienu bħal, ma stajniex imorru nzuru z-zgħar neputijiet tagħna.

Hawn bdejna nindunaw li dawn l-affarijiet għalkemm għalina ma kienux jidhru mportantissimi, meta sibna ruhna privi minnhom, indunajna l-importanza li kien fihom bħal ma stajniex nannqu lill-neputijiet zgħar tagħna. Hasejna ferm in-nuqqas ta' dik l-ghajta ta' nannu u nanna, u flimkien dik it-tgħanniq nnoċenti tagħhom li kienet bħal balzmu. U hawn naturalment beda jgini l-hsieb li l-oggett tapprezzah meta titlifu, u bla ma kont naf, beda jitlali San Pietru. Jahasra bdejt nahtaf lil kull min jigi quddiem, speċjalment tal-familja. Biex taqqada kultant lanqas norqod ma stajt. Izda niringjazza lill-Mulej, talli jien bniedem pozittiv, u wara ftit irnexxili nzomm il-kontroll. Mingħajr ma kont naf, bdejt nimmedita, kemm ahna ffurtunati, li għadna d-dinja tant sabiha u komda. Izda sfortunament kollna waqajna f'sitwazzjoni tant imweġra, li ma konna napprezzaw xejn. Ahna sirna li niehdu kollux for granted. Veru li hdimna biex akkwistejna dak li

għadna, u rabbejna lill-uliedna tajjeb, fejn tajnihom kollox fuq platt tal-fidda, li bla ma ridna, tant fissidnihom li bdew igergru mix-xejn. Veru li

normalment lill-uliedu kulhadd iridhom ahjar minnu, għax dan id-don, uritnih mill-antenati tagħna. Izda flok li niringjazza lill-Mulej għal kumdi ta' li għandna madwarna. Fejn l-xjenza tant kibret fil-qasam medicinali, li permezz tat-dawn tobbja esperti li għandna, l-hajja twalet u saret iktar komda. Sfortunament gejna bil-maqlub u l-hajja kawzi giet boring.

Il-mezzi li nikkommunikaw bihom saru tant komdi li x'hin irridu, nistaw u naraw lil tal-familja, huma fejn huma. Għal grazzja t'Alla hafna minna, konna drajna li kull sentejn jew tlieta mmorru holiday sa Malta jew xi postijiet oħra bħal cruisers, bi prezzijiet moderati hafna, imma jahasra bħal kollox, kollox indara u certu nies ma tferrahom b'xejn. Hawn indunajt li haga mportantissima li ahna tlajna biha li dik li hi dixxiplina, li għalina kienet il-pedament tal-hajja tagħna, kienet qieghda tisparixxi minn kullimkien, u sintendi magħha, naqas hafna r-rispett, u mingħajr ma nindahal lill-hadd kif jahsiba, llum narani li qegħdin nigu skjavi tal-libertajiet li hdimna għalihom. Kulhadd irid jagħmel li jrid u li jfettli, u jekk tipprova taghti parir li dawn l-imberkin tfal tagħna, tismagħhom jghidulek, "that's your opinion, you are too old and an old fashion".

Izda hawn nixtieq nagħlaq pozittavament, "that every cloud has a silver lining." Għalija din il-pandemija bħal kull haga oħra, kellha silver linings ukoll. Għamilna fuq tlett xhur, fejn kellna nuqqas kbira ta' traffiku fit-toroq tagħna u anke madwar id-dinja kollha, u l-istess nghidu għal ajruplani. Allura naturalment, naqas hafna it-tingis tal-arja. Rajna li f'postijiet kbar fejn il-popolazzjoni hi hekk kbira, bħal l-Indja u postijiet oħra fl-Ewropa, wara xi gimghat l-atmosfera bħal donna bdiet tisparixxi dik is-shaba li qisha cpar. Id-dehra kient tidher tant sabiha, u naturali, li l-atmosfera kienet donna, qieghda tghidilna, għal gid tagħna u ta uliedna thamgux izjed id-dinja li qegħdin tghixu fiha. Haga oħra pozittiva għalija kienet, li għadna hafna nies tal-affari tagħhom, li qegħdin jagħtu l-pariri professjonali tagħhom, biex imexxuna f'din il-maltempata li



inqbadna fiha. Hawn jigi f'rasi ghalina l-Maltin, intervista li TVM ta Malta, ghamel xi gimghat ilu, lill-psikjatra Malti, Dr. Joe Cassar "ex membru parlamentari", fejn dan minghajr ma tlaqliq ta xejn, qalilna li nqabad vittma tal covid-19, u li kellu joqghod hmistax il-gurnata kwaratina gewwa.

Din l-intervista ta dan it- tabib, kienet mimlija b'taghlum ghal kulhadd, bhal x'ghadna naghmlu, jekk wara kollox,

xi hadd minna jintlaqat minn din il-pandomija tal-covid-19. Li kif qalilna wara kollox, li ghalkemm waqa vittma ta covid-19, ma waqatx id-dinja, izda ghamlilna l-kuragg biex inkomplu ghaddejnin. Dan it-tabib psikjatra taghna ezempju kif hareg minnha qawwi u shih. Hawn naghlaq billi nawgura lill-huti Maltin, paci u sliem, u nispera li wara kollox, din ix-xejkatura li hadna min din il-pandomija, tkun ta taghluma ghalina, u **STAY SAFE**

## Poeżija f'ritratt

### Fl-Isqaq

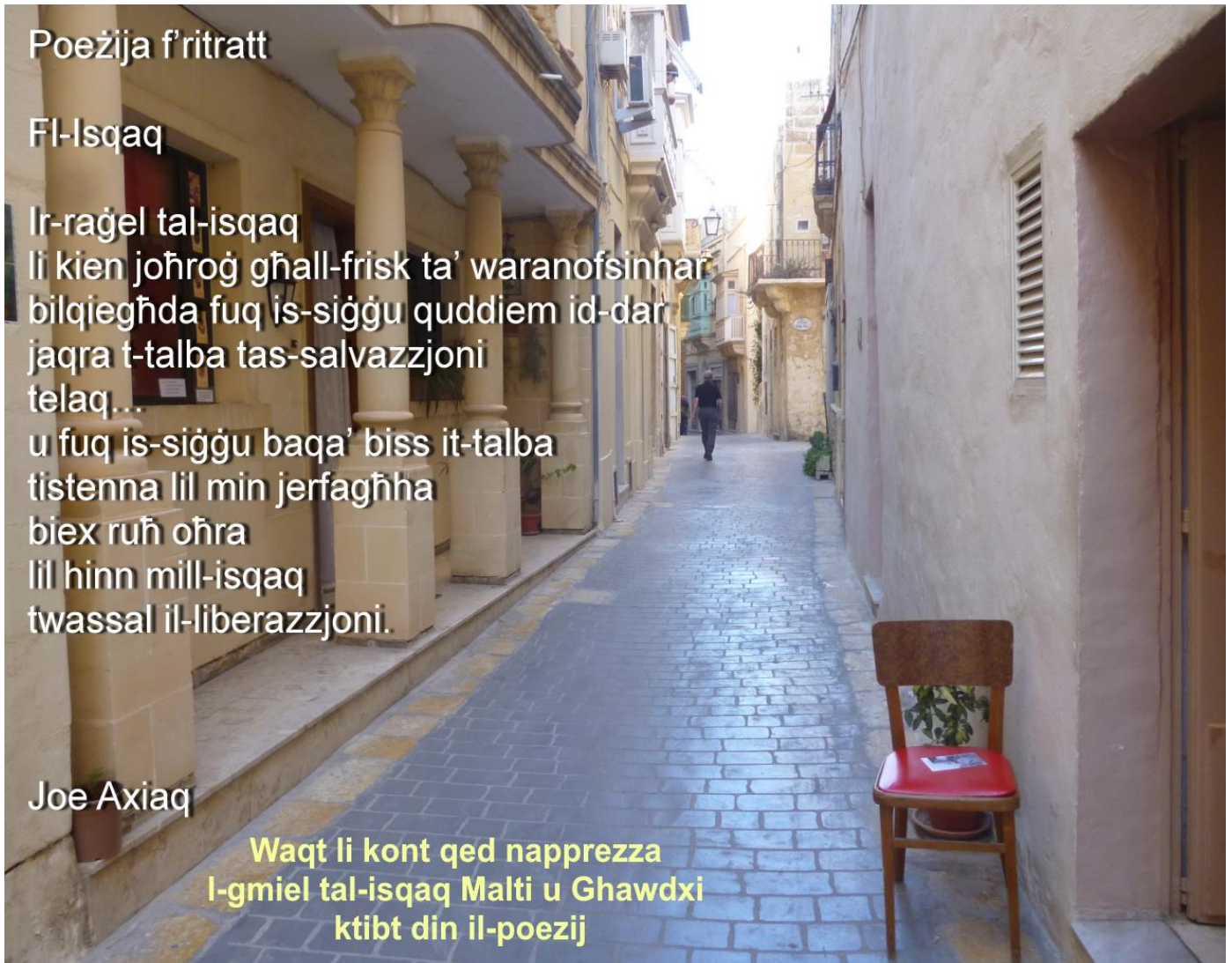
#### Ir-raġel tal-isqaq

li kien joħroġ għall-frisk ta' waranofsinar  
bilqiegħda fuq is-siġġu quddiem id-dar  
jaqra t-talba tas-salvazzjoni  
telaq...

u fuq is-siġġu baqa' biss it-talba  
tistenna lil min jerfagħha  
biex ruħ oħra  
lil hinn mill-isqaq  
twassal il-liberazzjoni.

Joe Axiaq

Waqt li kont qed napprezza  
l-gmiel tal-isqaq Malti u Ghawdx  
ktibt din il-poezija



**If you a story, poem, essay or a personal experience which you would like to share it with others – email it to me. We are just a big happy family and we love each other**



# Maltese Stuffed Marrows Recipe

by [louise](#)

Very common in the Maltese household, these stuffed marrows are just as good cold. Other recipes use rikotta for the filling but I prefer the traditional way. *Qarabagħli* – marrows or courgettes, are a staple in Maltese kitchens, one of those vegetables that are ever present on your *Nanna's* countertop. By far the most traditional Maltese way to cook these versatile vegetables is by stuffing them and baking them, resulting in the mouth-wateringly good *Qarabagħli Mimli fil-Forn*.

**Prep time:** 25 minutes

**Cook time:** 60 minutes

**Servings:** 6

- Ingredients
- 800 grms large marrows - not "zucchini" type but if only those are available use the largest possible.
- 1 large [onion](#) finely chopped
- 1 clove of [garlic](#) minced
- 2 fresh bay leaves
- 3 large [tomatoes](#), chopped
- 2 tbsls tomato paste
- 600 grams minced [beef](#) (Traditionally,
- 300gms meat and 300gms corned [beef](#) –
- 150 grams of [bacon](#)  
(vegetarians can use 700gms of ricotta mixed with some parsley and a bit of milk)
- 2 [eggs](#) beaten
- 4 tbsls of grated [parmesan cheese](#)
- [Olive oil](#)
- [Semolina](#)
- [Sea salt](#) & freshly ground [pepper](#)



## DIRECTIONS

1. Preheat the oven to 180C/350F
2. Cut the marrows lengthwise in half and scoop out the insides with a teaspoon. Reserve about half the pulp.
3. Fry the onion, garlic and bay in some olive oil until soft. Add the chopped tomatoes and tomato paste and cook for a further few minutes.
4. Place the bacon in a food processor and blend until finely minced.
5. Add the beef and bacon to the onion mix and cook until done. (vegetarians, add the ricotta mix)
6. Stir in the marrow pulp and then allow to cool.
7. Once cool add the eggs and cheese and season the mixture to taste.
8. Fill the marrow halves with the meat mixture and then lightly sprinkle with semolina. Place in a lightly oiled baking dish and then drizzle a little more olive oil over the filled marrows
9. Bake for about 45 minutes until the meat mixture is golden and crisp. Another alternative is to slice about 6 potatoes and an onion and place them on a dish, then add the stuffed marrows and cook the whole thing together. A great meal in one dish. You may use green-pepper or egg-plants instead of marrow.





## Mysteries and Myths of the Maltese ST PAUL'S GROTTO – RABAT MALTA

The ancient people of the Maltese islands had many stories and legends surrounding their history and ancestors. Most of these myths find

their foundations in truth and historical facts, although they were then embellished every time they were handed down from generation to generation. Some of these legends are associated with well-known characters in Maltese history, while others are closely knit with popular events of antiquity. There are some characters which pop up in quite a few folktales, and whose adventures differ from one town to the other. St. Paul, who is said to have landed in Malta in the year 60A.D., features in many a legend. One of the many stories surrounding this holy character states that while St Paul and the other members of the crew of the ship were warming themselves by the fire built for them by the Maltese natives, a viper grabbed onto and bit Paul's hand. The Maltese natives immediately marked Paul as an evil man, who albeit being just saved from the perils of the sea, had to meet his end with a viper's bite. However, Paul just shook off the (usually) deadly viper and threw it into the flames, carrying on with no apparent injury. The natives, having seen this, were awe-struck, and proclaimed that Paul was a holy man. Legend states that from that day on, all the snakes found in Malta became non-poisonous – something which is true to this day, as no venomous snakes or reptiles are found on the island. St Paul has a very close connection to Mdina and its neighbouring town of Rabat, where there is a church dedicated to the same saint. This church is said to have been built above the grotto where St Paul lived and prayed in while he was waiting for the ship taking him to Rome to be restored. The Grotto Myth states that the stone, cavernous walls of this grotto had miraculous healing properties, and that no matter how much of it was taken and removed by the devotees visiting the grotto as a memento, it remained unchanged, as if nothing was altered. This Grotto is still a popular spot today, and can be visited through the Church of St Paul in Rabat. The Grotto forms part of a series of many underground catacombs, which stretch underneath Rabat and Mdina. Some of these catacombs, such as those of St Agatha in Rabat, are open to the public and can be visited for a small fee. Another legend based in Mdina, is the legend of St Agatha. In 1551, a group of Turkish invaders launched an attack on Mdina, which at the time was called 'Citta Notabile'. A nun living in an Mdina nunnery claimed that she saw a vision, where St Agatha instructed her to make a procession around the walls of the city, while holding up a sacred image of the saint. The nun promptly did as she was told, and it is said that the Turks abandoned their attack on the city, and proceeded to raid nearby Gozo instead. We can only imagine how many times poor St Agatha's name was called out that night – in celebration and in heresy!

## GHANAFEST 2020 ONLINE FESTIVAL

Ghanafest is a celebration of Maltese heritage that explores how our traditions and identity have been influenced and shaped by neighbouring customs. Taking place in June, this 2-day festival marks the beginning of the summer festivals season in Malta.

The Festival caters for everyone and includes live music, gastronomy, craftsmanship and so on. Ghanafest is the only a festival were the “għannejja”, traditional Maltese folk singers, take their “għana” (pronounced /'ɑ:nə/ AH-nə) to the stage in its various forms. Ghanafest also welcomes folk singers from neighbouring countries and invests heavily in local talent by helping them develop contemporary folk music. This year, Ghanafest will go to the people in their homes in the form of an online festival. Adapted for online entertainment, the programme includes online workshops, interactive activities for all the family, competitions for kids, “għana” watch parties, bands performing from their homes and so much more.

**MUSIC SESSIONS BERNIE & POD | CORAZON | IL-LAPESSKALD | STERJOTIPI**

**Wed 10 Fri 12 Sat 13 June**



### When Time 20:35

The name Bernie & Pod was derived from the founder band members' name and profession...Bernie for Bernard and Pod for Ivan's profession (Podiatry). Bernard and Ivan have known each other for more than 25 years and in 2014 they decided to raise funds for children being taken care of by the Ursuline Sisters by performing an acoustic gig. In 2015 Duncan was invited to join the acoustic duo as a percussionist. The band never looked back and together as a team they strive to produce innovative and unique music.

Bernie & Pod do their utmost to produce innovative and unique kind of music, mainly in Maltese. The band has released four original

songs, each song being accompanied by a music video. Apart from their original productions, they also perform in different local festivals and have been invited to perform in well-known events such as The Farsons Great Beer Festival, Rockestra, Delicata wine festival, Rock the Fort and Birgu Fest to name a few. They also perform in various pubs around the Maltese Islands where they are distinguished for the vibe they create throughout their gigs.

In 2017, Bernie and Pod's original song “Int u Jien dal-Milied” was chosen as one of the main songs to be performed by the band in the National Christmas Concert organised by the OPM where the band was also accompanied by the Malta Youth Philharmonic Orchestra.

Watch Bernie & Pod's performances for Ghanafest Online on Wednesday 10th, Friday 12th and Saturday 13th June at 20:35 on [www.festivals.mt/ghanafest](http://www.festivals.mt/ghanafest) and the Ghanafest Facebook page.

Corazon is a presenter and singer/songwriter mostly known for her songs in the Maltese language, which have led her to win the Festival L-Għanja tal-Poplu 4 times.



### CORAZON

Corazon has launched two albums of her original songs: ‘Hawn Jien’ in 2014 and ‘Għall-Bejgh’ in 2019. She has also produced several concerts of her own original work, all of which were sold out weeks in advance. She was awarded the title of “Best Songwriter” just a few months ago in the latest edition of the Malta Music Awards. Aside from her artistic career, Corazon has graduated with a Doctorate in Law from the University of Malta and works as a Notary Public at her Notarial practice in Żebbuġ, Malta.

Find out more information about Corazon

on <https://www.facebook.com/mizzicorazon/>

Watch Corazon perform during Ghanafest Online on Wednesday 10th, Friday 12th and Saturday 13th June at 20:35 on [www.festivals.mt/ghanafest](http://www.festivals.mt/ghanafest) and the Ghanafest Facebook page. <https://www.festivals.mt/>





## JP2 FOUNDATION

Region Island of Gozo  
REPUBLIC OF MALTA

Email address  
[jp2foundation@gmail.com](mailto:jp2foundation@gmail.com)

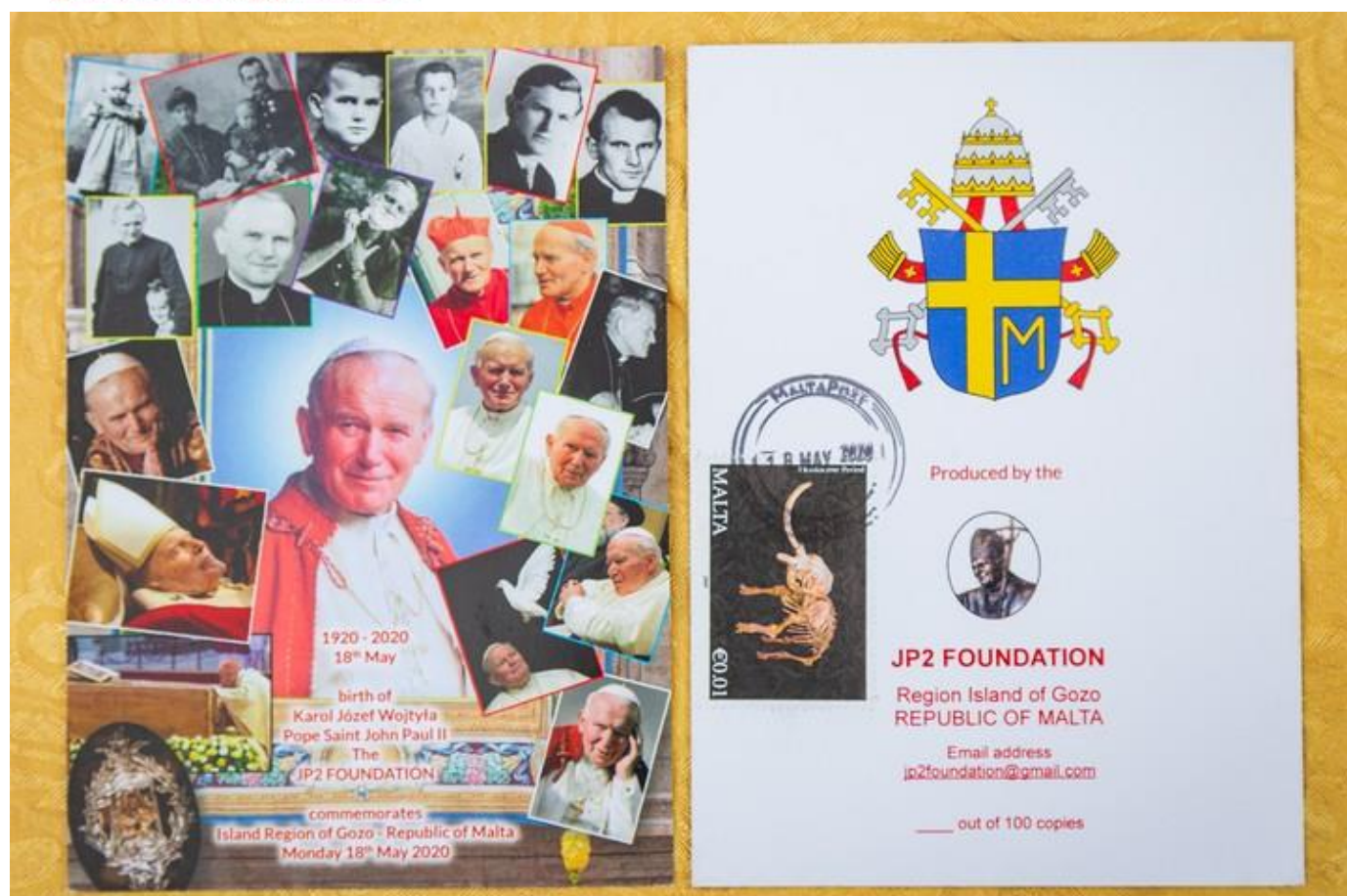
### Press Release

The JP2 Foundation commemorated the 100th anniversary of the birth of **Karol Józef Wojtyła** and the 30th anniversary of the Pastoral visit made to Gozo by Pope John Paul II by issuing two first day cards.

The first card shows photos of the life of Pope John Paul II before and after becoming Pontiff while at the back of the card one can find the information referring to the postal rubber stamp carrying the date of 18 May 2020, the 100th birthday commemoration.

On the second card is a photo of the National Monument dedicated to Pope Saint John Paul II which is found on the road to the Basilica of Our Lady of Ta' Pinu. On the reverse side of the card, a collection of photos highlighting the Pope's visit to Malta and Gozo. These cards commemorate the date of his historic visit and carry the postal rubber stamp of 26 May 2020, exactly 30 years after his visit.

A numbered limited edition of the afore-mentioned cards are for sale to those that are interested, especially those who are philatelic collectors. For more information, please send an email on [jp2foundation@gmail.com](mailto:jp2foundation@gmail.com) Joe M Attard PRO







*Pretty Bay, Birzebbuga*

## LET'S VISIT BIRZEBBUGA

**PRETTY BIRZEBBUGA** is a growing seaside resort in the **South East** part of **Malta**, lying between Kalafrana and the fishing village of Marsaxlokk. It hosts around 10,000 inhabitants, and has been a popular tourist destination particularly because of the archaeological sites of Ghar Dalam and Borg in-Nadur, as well as the sandy beach of **Pretty Bay**. The village derives its name from Maltese, translating into a 'well

of olives'. The meaning can be seen in the town's coat of arms - a blue chevron and an olive branch on a white background. The blue represents the sea while the olive branch represents the significance of this tree in the past local economy.

The town is built around Pretty Bay, encouraging the establishment of various shops, cafes, restaurants, a hotel, and several other tourist amenities along the coastline. There is a popular gazebo and a children's playing field in Pretty bay, surrounded by a walkway that crosses the sandy beach. The neighbouring St. George's Bay has a rocky shoreline, which makes it popular for sun bathing, snorkelling, sailing and fishing. It is also famous for pre-historic cart Ruts that run across the beach.

There are two popular band clubs in Birzebbuga which contribute to the town with music of the highest quality. Both bands march through the town during the feast of St. Peter in chains that is celebrated every first weekend of August. The highlight of the feast is the carrying of St. Peter's Statue leaving from the **Parish Church** going around the streets coupled with a spectacular firework display. The main streets are brightly decorated and lined with kiosks selling nougat, candy floss and other typical food.

**HISTORY** The first people who landed in Birzebbuga were the Phoenicians, who travelled by sea, and chose this area because it is the first point to hit when coming from the East, while the bay offered shelter for their ships. During their stay they built a temple, called the temple of Erocle, while many graves belonging to these mariners were excavated around the town.

On a high hill called Kaccaturo, in front of Ghar Dalam, there are remains of a typical Roman Villa, which the Romans built during their times. The harbour played an important role in history, not only it was used by the Phoenicians, Romans and Arabs; but it also featured in the Great Siege of 1965 when the Turks landed there. During the 20th century it became a base for British naval warships and was also used for military flying boats. Nowadays, the harbour plays a huge economical role with the Freeport, handling an impressive number of cargo ships and containers on a daily basis.

The town also has historical buildings that date back centuries, enlightening us about how people on the island lived through different rulings. Such buildings include Farretti Coastal Battery, and the Birzebbuga entrenchments, dating back to the times of the Knights, as well as other fortifications built by the British in the areas of Benghajsa, Delimara and tas-Silg.

**PLACES OF INTEREST** **Ghar Dalam:** Close to Birzebbuga is the key historical site of Ghar Dalam, meaning a dark cave. Ghar Dalam provides the earliest evidence of human presence on Malta, with artefacts dating back 7,400 years to the Neolithic Period.

**Borg in-Nadur:** At Borg in-Nadur you can find the remains of a temple or settlement, dating back to the Bronze Age. These ruins are significant because they show a four-apse temple (c. 2000BC), and an original fortified settlement. **Ghar Hasan:** This is another interesting cave in Birzebbuga, situated high up on the rocks overlooking the sea. It is popular among tourists because of its remarkable formation and interesting location. A legend narrates that under the rule of Count Roger, an Arab.

**SUPPORT US TO KEEP US GOING**

## CANADA-HOLY SEE BILATERAL RELATIONS

Canada established diplomatic relations with the Holy See in 1969 and maintains separate diplomatic missions to the Republic of Italy and to the Holy See in Rome. Canada recognizes the important international role and influence of the Holy See as a sovereign entity governing the Catholic Church. As the headquarters of faith group with some 1.2 billion adherents across the globe, the Holy See is an important vantage point on global and regional issues.

Important milestones for Canadian Catholics have been the occasion to build closer ties between the Holy See and Canada. Pope Benedict XVI canonized two Canadian saints, Saint Frère André in 2010 and Saint Kateri Tekakwitha in 2012. Two Canadian archbishops were named to the College of Cardinals: Cardinal Thomas Collins, Archbishop of Toronto, was named in 2012 by Pope Benedict XVI, and Cardinal Gérald Lacroix, Archbishop of Quebec, was named in 2014 by Pope Francis. In 2014, Pope Francis marked the canonization of Canada's two newest saints, François de Laval and Marie de l'Incarnation at a Mass celebrated at St Peter's Basilica.

### Diplomatic Representation

Through its mission to the Holy See, Canada advocates for its interests and contributes to a better understanding of Canada in the Holy See. The Holy See has a Nunciature in Ottawa.

## CANADA AND THE ORDER OF MALTA

In 2008, Canada established official relations with the Sovereign Military Hospitaller Order of St. John of Jerusalem, of Rhodes and of Malta, through an exchange of letters between Canada's Minister of Foreign Affairs and the Order's Grand Master.

Founded in 1048 as a monastic community dedicated to helping the sick and the needy, the Order was originally known as the Hospitaller Order of Saint John of Jerusalem. Through the Middle Ages, it evolved into a religious and military chivalrous order of the Roman Catholic Church and is commonly known today as the Sovereign Military Order of Malta (SMOM). It is the sole successor to the original Order of 1048.

The Order continues its medical and humanitarian work today, helping victims of armed conflicts and natural disasters by providing medical assistance, caring for refugees, and distributing medicines and basic equipment for survival. Through its development assistance program, Canada works with the Order in many parts of the world, in particular for the delivery of humanitarian assistance.

[The Ambassador of Canada to the Holy See](#) is Canada's official point of contact with the Order, which is based in Rome.

## GRAB AND GO THE MALTESE CENTER

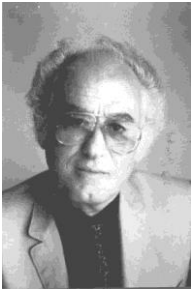
27-20 Hoyt Avenue South  
Astoria, New York 11102 USA

The Maltese Center will open  
on Sunday May 31st between

the hours of 10 am & 1 pm for "Grab & Go" at the door. Available for purchase are Kinnie and Pastizzi. Limited quantities are available. Mouth and Nose covering mandatory when purchasing. Cash Only. No entry inside the Center at this time. We will also accept donations for cleaning & sanitizing products. Our wish list : bleach, disinfecting wipes, hand sanitizers. We hope to provide a reopening update soon. Thank you ...



## FRANCIS EBEJER



**Francis Ebejer** (1925 — 1993) was a Maltese dramatist and novelist. Ebejer studied medicine at the University of Malta between 1942-43 before abandoning the course to work as an English-Italian interpreter with the 8th Army of the British Forces in Tripolitania, North Africa (1943-44). After the war he became a teacher in England. Upon completion of St Mary's Training College, Strawberry Hill, Twickenham (1948-50), he was appointed a primary school head teacher in Malta, a post he held till 1977. Ebejer wrote seven full-length novels in English, and another one in Maltese, all published. His final novel, *The Malta Baron and I Lucian* was published in 2002, nine years after the author's death. Other novels by Ebejer include *A Wreath of Maltese Innocents* (1958), *Wild Spell of Summer* (1968), *In the Eye of the Sun* (1969), *Come Again in Spring: Requiem for a Malta Fascist* (1980), and *Leap of Malta Dolphins* (1982). He wrote the Maltese *rumanzett* entitled *Il-Harsa ta' Rużann*. Several university students have written their theses for laureateships and doctorates in English on his works.

Ebejer was the leading Maltese dramatist of the second half of the 20th century, having written over fifty plays, the majority in Maltese, for the stage, television and radio, several of them recipients of literary and dramatic awards. In the 1950s he wrote mostly for the radio, the sixties and the seventies saw the more mature Ebejer producing most of his stage plays for Malta's National Theatre, the Manoel Theatre in Valletta. His three great works, *Vaganzi tas-Sajf* (1962, Summer holidays), *Boulevard* (1964), and *Menz* (1967) were a great success.

*Vaganzi tas-Sajf*, a play in three Acts, is one of his best known dramas, and has been translated into French, Italian and German, and published respectively in France, Italy, and Malta. *Menz* was performed in Spain, Tokyo and Venice.

Ebejer experimented much with the theatre. In *Boulevard*, for example, he experiments with the idea of the absurd, using language to smash the stability of tradition. Another concept he introduced in Malta is the thesis play. In *Menz*, for instance, he discusses the usefulness of individual freedom within a social system that imposes rigidity; in *Vaganzi tas-Sajf* man has to look for internal peace within the bounds of his own experience and maturity; and in *L-Imwarrbin* (1973, The Cliffhangers) he sets the past in confrontation with the present to reveal the workings of the individual conscience and makes use of the play-within-a-play technique to retain the link with reality. Ebejer received many awards and titles in Malta and abroad for his literary works. He received the Malta Literary Award four times, the Phoenicia Cultural Trophy and the Cheyney Award. In 1985, the Municipality and University of the French city of Avignon awarded him La Medaille d'Honneur de la Ville d'Avignon in recognition of his contribution to literature and the theatre.

## The Ruby Princess cruise is the centre of Australia's largest coronavirus outbreak. (AAP: Dean Lewins)







## MALTESE-AMEICAN COMMUNITY ORGANIZATIONS OF THE SAN FRANCISCO BAY AREA



At Italian Heritage Day Parade. Sunday 13 Oct. 2019