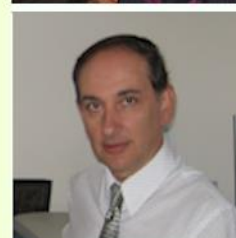


**MALTA IN THE WORLD**





**A GREAT ACHIEVEMENT****500th EDITION OF THE JOURNAL FOR MALTESE LIVING ABROAD**

By The Hon Ian Borg - Minister for Foreign and European Affairs and Trade



Malta, although being a small island state, plays a significant role in the global sphere with several Maltese who made a name around the world and been at the fore in the international stage. Being a Maltese Citizen is a privilege that carries with it the honour and prestige of forming part of a nation with a great culture and deep historical roots.

It is hence strongly heart-warming to see Maltese people and communities continue to flourish across the globe. Significant efforts, such as the Maltese e-Newsletter – A Journal for the Maltese Diaspora, show the dedication of the Maltese to stay true to their identity, culture, and heritage. In an increasingly globalised world, the fear of losing national identities is reverberating amongst communities of all sizes, but especially those like ours with relatively smaller populations. I continue to encourage that the Maltese international.

community remains committed to its resolve to protect and promote the essence of its very identity, including the Maltese language and the various elements of our culture, such as its food, traditions, and customs. One cannot help but acknowledging the many Maltese associations, the Council for the Maltese Living Abroad and the Maltese diaspora at large, for their contribution in keeping the Maltese heritage and language alive. I take this opportunity to urge for the readers to instil the same sense of pride and belonging to the Maltese Islands to the younger generations who are our future.

In light of this, the 500th edition of the Maltese e-Newsletter is not only an example of such commitment, but a testament to the dedication towards Malta. In a time when the world has become so deeply connected, it is becoming increasingly difficult to connect to those who have left Malta for a new life overseas. We remain steadfast in our drive to find all the means possible to engage with the Maltese diaspora no matter where they may be. However, the celebration of the Maltese e-Newsletter's 500th edition is proof that the Maltese not only want to be engaged. with, but also share the mission to engage.

In this regard, I congratulate the team behind the Maltese e-Newsletter, particularly Mr. Frank Scicluna, on its impressive achievement. One cannot underestimate the magnitude of this achievement, which evidently displays the dedication behind the team and its strong resolve towards keeping Malta alive in the hearts of all those who remain Maltese wherever they may go. I sincerely hope that this newsletter continues to build on these successes and push to reach more people who may wish to be part of Global Malta. The future of the Maltese diaspora depends on those who share this objective to keep it alive, and so, we hope that many will be inspired by the work of Mr. Scicluna and his team to grow Malta beyond its geographic area.

**Congratulations on the 500th edition of the Maltese e-Newsletter – A Journal for the Maltese Diaspora.**

## BISHOP GAUCI PROUD OF HIS MALTESE HERITAGE



I write from Alice Springs, Northern Territory, Australia where I have just ordained a deacon for our diocese.

I love this big vast land which is now my home.

I live in a multicultural community of communities. In the room where I am writing at the monuments there are people from Sri Lanka, India, Fiji, Vietnam and myself from Malta. I move around a lot and meet many people. I call myself Maltese Australian. I love my adopted home Australia where I have lived since 1965. Yet I am proud of my identity and my Maltese origins.

I love to read about my Maltese heritage. It helps me to understand more who I am.

I often speak with young people in First Nations communities. I always encourage them to be

proud of who they are. I encourage them to speak their language and to learn about their culture. Your magazine keeps me in touch with my Maltese roots. I enjoy such a large range of topics. History, contemporary events and current affairs, good recipes ... and much more ..

I congratulate those who contribute so many interesting articles.

I am so grateful to Frank who invests so much of himself to provide us all with such an informative and magnificent magazine. It certainly keeps me in touch with my roots ...

Thank you so very much.!

### REFLECTION BY CHARLES GAUCI BISHOP OF DARWIN



The church ordained Shehan as a 'transitional' deacon in Alice Springs. This means that, God willing, he will be ordained a priest, probably sometime next year.

During the ceremony, the bishop will ask those making the formal recommendation whether the candidate for ordination has been found worthy of this ministry.

I think that a better question could be, 'Is this man weak enough to be ordained?'

Ordination is responding to a call from God. One does not choose ordination but freely accepts

God's invitation.

Those ordained are not perfect; no one is! St Paul says, 'When I am weak, I am strong!' When we cooperate with God in our human weakness, it is God who brings about our healing.

Ordination is about service; it is about love; it is about being a channel of God's love. An ordained minister is a wounded healer. He needs to rely totally on God's grace.

We keep Shehan in our prayers as he is ordained in the service of God and people.

## Metsola Meet With Valletta Soup Kitchen Founder Next To Local Artist's Powerful Painting



The President of the Republic of Malta Dr. George Vella and Mrs. Vella visited Brussels' European Parliament building experienced somewhat of a Maltese takeover yesterday, with President George Vella and Roberta Metsola recognising and congratulating two locals on their incredible work. Metsola welcomed Vella and his wife Miriam yesterday saying the two had "a very good discussion on how we can further bring Europe closer to people in towns and villages across Malta and Gozo". During Vella's visit, the two met up with Fr. Marcellino Micallef, who was in the city to receive the prestigious European Citizen's Prize on behalf of the Valletta Soup Kitchen. Established in 2021 by Micallef, the organisation provides over 120,000 meals to over 30,000 guests, absolutely for free. Meanwhile, Vella and Metsola also met with Ruth Bianco, whose 2020 work Lines of Migration was recently purchased by the European Parliament and will now be on display in Brussels. Bianco's collage diptych is a large, powerful montage on handmade paper consisting of 18 A3 pieces. From stitching threads and tapes to drawings and texts, the piece was produced during the Covid-19 pandemic and unites "various threads of migration and lines of flight, be they human or bird". Congratulations to Micallef and Bianco for their incredible work in their respective fields and for bringing Malta's charitable and artistic works to Europe! – [lovinmalta.com](http://lovinmalta.com).

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Congratulations to Micallef and Bianco for their incredible work in their respective fields and for bringing Malta's charitable and artistic works to Europe! – [lovinmalta.com](http://lovinmalta.com).

## SPREADING THE GOOD NEWS

to Malta, Scotland and Canada

While having to endure the sad transformation of Malta it is refreshing to receive your Journal which revives so much about the great heritage of Malta and the Maltese here and in the wide world. I enjoy reading the Journal so much that I have an irresistible urge and I pass it on to my children and great children, friends in Malta, to a close friend in Scotland, to a lonely schoolmate in Canada and to a nephew in London. They all enjoy receiving it. Thank you.

Your Journal links us all and raises our spirits. With best wishes

**Herbert Manfred Lenicker**

I enjoy reading the Maltese Journal. It is my contact with Malta and anything to do with Malta even though I have lived in Australia since 1950. I listen to EBI FM as often as I can and read the Maltese News Papers on the Net several times a week. I enjoy the Journal much more. I enjoy the history of the island the old photos and as I am doing our family tree I have been able to relate to the names of the villages where my ancestors came from. Frank did you know that the new film of Napoleon which is at the movies was partly made in and around Malta. Keep up the good work and I am looking forward to the next issue. SAHHA .

Joe Chetcuti - Adelaide





## **FR. GABRIEL STEPHEN MICALLEF OFM WRITES FROM GOZO, MALTA**

I would like to congratulate Mr. Frank Scicluna for such a wonderful and interesting work that he is carrying out among the Maltese Communités, not only in Australia but also in

other parts of the world. I look forward to receiving this MALTESE JOURNAL which I am sure is very popular and well read by so many Maltese scattered around the globe.

I know how much time and work it takes Frank to edit and publish this journal. I have experience of this work and I know what dedication is needed to succeed in publishing a magazine of such a high quality, because while I was in Adelaide, in South Australia, I used to issue a brochure every three months to members of the Catholic Maltese Community in South Australia.

Thanks to Frank's magazine, I keep myself updated and informed of what is happening in the community in S.A. For 23 years I was the chaplain of the Maltese community in Adelaide, South Australia.

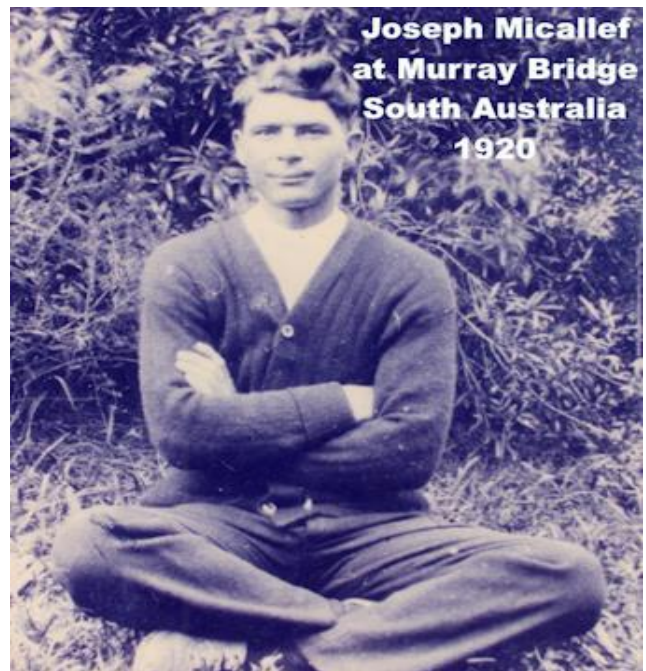
I would have liked to stay in Adelaide for a few more years because I was very happy there serving the community and I was loved and respected by Maltese. But due to health reasons I had to return to Gozo where I have a big family and thank God, I am in good health, now.

Ever since I was a child I was always drawn to Adelaide, because my father used to tell me how beautiful Adelaide and its surroundings are. My father, Joseph, in the First World War, was a soldier and was stationed in Thessaloniki (Salonga) Greece with an Australian garrison,

These soldiers persuaded him to migrate to Australia. As soon as the war ended, he left Malta and left for Australia in 1919. He spent about a year working in Murray Bridge as a builder with other Maltese and since it was winter and his group's work was in water, they couldn't stand the cold weather.

So, they left their job and moved on to Queensland. It's not like going from Hamrun to Valletta, hey! They found a ship going to Port Lincoln and the first job they found there was in a tuna factory, but because of the recession they ended up unemployed.

They travelled from village to village on foot or by whatever means they could find, and my father Giuseppi ended up again in Murray Bridge 1920 serving as farm hand with the local farmers. At least



he had accomodation and food.

After my father and his friend from Zebbug Gozo arrived in Sydney, they boarded a ship which was heading for Italy. Finally, they arrived back in Gozo. And that's how my father's adventure ended.

May I take this opportunity to wish Frank to continue with this sterling work with his journal "The Maltese Journal" and congratulate him for reaching this milestone – the publication of the 500th edition.

I wish you all the readers, especially the members of the Maltese community in Adelaide, a Merry Christmas, Peace and Prosperity and a New Year full of blessings and everything your heart desires.



**YOUR STORY  
MATTERS**

**KNOW IN ORDER TO UNDERSTAND**

Knowing the stories of migrants, helps us to understand their struggles, achievements, joys, hopes and aspirations. Share your story too



John Mangion

## AN ELECTRONIC JOURNAL THAT HAS TAKEN THE MALTESE LIVING ABROAD BY STORM

**John Mangion – Adelaide-Aust.**

On the occasion of the 500<sup>th</sup> edition of THE MALTESE E-NEWSLETTER I like to congratulate Frank Scicluna for this splendid journal. Frank, the editor, who was born in Malta, has dedicated many years to fostering the Maltese culture and language among the communities in Australia and across the world.

Frank, a retired teacher of Mathematics and Languages with the South Australian Education department for 35 years, is the editor of the Maltese e-Newsletter – A Journal for the Maltese Diaspora.

This free, bilingual (English and Maltese) and non-political journal has spread around the world like wildfire. It is Adelaide, Australia-based and distributed not only in every state and territory of Australia but also in many countries where other Maltese reside. It is keeping the Maltese communities connected with each other and with Malta and Gozo. The electronic newspaper is also printed and distributed to residents of several Aged Care Facilities, schools and to members of Maltese associations in Canada, Australia and USA.

Since the demise of *The Maltese Herald*, the only Maltese Newspaper in Australia, the Maltese Journal has become one of the only respected and effective digital contacts with Malta and the Maltese.

The journal is preserved at the libraries in Malta and Gozo, Malta National Library and at the Maltese Canadian archives in Toronto as well as in several Maltese clubs in Australia, Canada, USA and UK, on Facebook and on his website [www.ozmalta.com](http://www.ozmalta.com). One can also read the journal on the website of the Ministry of Foreign and European Affairs (Malta) and of the Maltese Community Council of Victoria.

Both Maltese and Australian governments have acknowledged Frank's achievements, dedication and services to the Maltese communities in Australia. In December 2018



the president emeritus Marie Louise Coleiro-Preca presented Frank with the "Gieħ ir-Repubblika" medal (MQR). The Australian Federal Government acknowledged his work by honouring him with the prestigious award of the Order of Australia Medal (OAM) for his services to the Maltese community in Australia and for his work in education and multiculturalism.

He was also given the South Australian Governor's certificate of 'outstanding achievement' in community service, education and multicultural affairs. In 2013 he received the award of "Citizen of the Year" by the Mayor of Prospect, Dr. David O'Loughlin..

The Prime Minister of Malta appointed him a delegate for the *Council of Maltese Living Abroad*. This pro bono work was supplemented by large community contributions when he was the Honorary Consul for Malta in South Australia and as Justice of the Peace.

Frank, who is fluent in Maltese, was also a champion of the Maltese language in Australia where he spent over 30 years as principal of the Maltese Language School of Adelaide and the first national president of the Federation of Maltese Language Schools in Australia and of the Australian Federation of Ethnic Schools Associations.

During these last several years he visited Malta regularly where he actively participated in the annual council meetings and the in the Conventions of Maltese Living Abroad. Frank is the author of several books including MALTA AND THE ANZACS – THE NURSE OF THE MEDITERRANEAN which was published during the centenary of World War 1 and launched by the Governor of South Australia H.E. Hieu Van Le in 2015.

If you would like to subscribe in the e-newsletter, send Frank an email: [maltesejournal@gmail.com](mailto:maltesejournal@gmail.com)



## Malta Journal Edition 500

### Sean Richardson - Australia

Each time the Malta Journal arrives in my inbox, a steel rope unfurls towards Malta and pulls at my soul, to take time to reconnect with the small

Mediterranean island.

The words contained in the journal weave stories, like adding another strand to the rope, tying the past into the present. Bringing historical stories of personal experience and island culture into the present, reminds me of the significance of Malta's position in the world. The significance is brought to life in the stories of personal struggles of those living in Malta, those who left due to their own circumstances and the people who visited and fell in love with everything Maltese.

Since Frank's first edition in May 2013, these stories have been told and shared through the Malta journal. The 2013 edition was a modest publication of 4 pages, shared with a handful of family and friends. After ten years the regular journal has reached its 500th edition, with a regular publication of 30 pages, that finds readers across many countries.

The journal has created its own story of how it has connected the Maltese diaspora with everyday life in Malta, and its vibrant history. The journal chronicles those who celebrate the Maltese influence across the globe, through stories of Maltese people contributing to their local society.

The journal's success is a credit to Frank's hard work. Originally from Vittoriosa, Frank has maintained a deep connection with Maltese life, visiting regularly and being involved in local issues, including participating in the Conventions of Maltese Living Abroad. This labour of love is produced through researched content and individual contributors, becoming a valuable link connecting Maltese around the globe back to life in the smallest nation in the EU. You, the Maltese diaspora, have planted a seed of the Maltese culture within each of your own communities. Through the journal we are able to see each seed grow as you share your experiences, successes and achievements. The journal's success must be judged by the growth, from those handful of family and friends reading the few pages to the publication's current reach of over 5,000 people who, now cherish each edition that shares the celebrations of Maltese culture, life, history and food, and how people's lives are enriched outside of Malta.

The weekly updates of all things Maltese from around the globe, told through the personal stories, memories and interesting research, are a reminder of the contribution that the small, but significant, island of Malta, has made to the world.

The ongoing hard work, dedication and contributions to make the journal so valuable will continue to add strands to strengthen the ties that connect to Malta and amongst the Maltese people around the globe creating a steel network that binds us close.

[www.seanrichardson.com.au](http://www.seanrichardson.com.au)

### GRAZZI U AWGURI

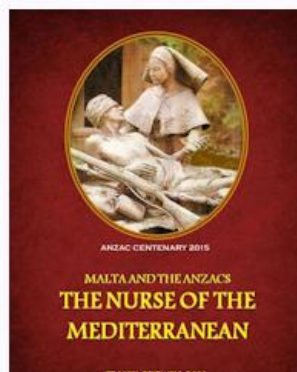
Grazzi u prosit kbira oħra għal din l-edizzjoni wkoll.

It-tagħrif li fija huwa imprezzabbli. Per eżempju, dik id-differenza fid-djaletti, qatt ma kont tajt kasha. Nawguralek li tibqa għal ħafna snin oħra l-pont li tagħqqad lill-Maltin. Awguri minn issa għall-ħarga li jmiss, IL-500 WAHDA. Saħħa u tislijiet. Alfred Tonna

**You have reached a milestone like no other to be celebrating the 500<sup>th</sup> online issue of the Maltese eNewsletter. Your dedication has managed to unite us and keep us updated not only with all the States in Australia but with Malta and many other countries in the world where Maltese reside. Congratulations on this fantastic effort.**

**Herbert Portanier- Melbourne Australia.**





**Congratulations  
Frank – what a  
great  
achievement  
reaching  
500th edition of  
the Maltese  
Journal Living  
Abroad**

Since the day I read your signed published book for the ANZAC Centenary 2015: Malta and the ANZACs – The Nurse of the Mediterranean and the many articles published over the years via the electronic version Maltese Journal magazine with great photos and stories had inspired me to set up ANZAC sports in Malta.

Your on-going informative news and photos published around the ANZACs in Malta, the articles have become a tool for educating our young Australian athletics including Malta's Junior colleges involved in our ANZAC sports.

During our first ANZACs sports in Malta held this year, many locals were kept up to date of our event in Malta, thanks to your informative Maltese Journal magazine – locals appreciate the various articles and stories plus photos especially the old vintage black & white photos.

I attended this week the 2023 Premiers ANZAC spirit award ceremony where high school students receive recognition in their research on a serviceman or servicewoman who served in a conflict zone during the

20 th Century. The large backdrop photo selected for SA premier to stand in front when photos were taken during the ceremony was one I selected a few years ago as well as appeared in one of your many articles taken in Malta during WWI showing wounded ANZACs disembarking – Malta's profile during both world wars [WWWI and WWII] and connection with Australia is gaining momentum and will soon be a destination place for Australian High School students to conduct research in Malta under the ANZAC spirit program. The Journal and its content continue to be a tool for education, keeping us well informed and in touch with Maltese living abroad as well as news and stories from Malta.

To reach 500th edition of your Maltese Journal is amazing and you should feel proud and no doubt those thousands who receive the Journal we all join in to salute you and hope to see many more journals published. God bless.

**John Calleja JP**

**[Malta ANZACs] Adelaide, Australia**



A big thank you for the Maltese Journal. I've been working with the Migrants Commission for 12 years now, first as researcher for the museum. So many of the articles were useful for our website, especially those telling the stories of the migrants to Australia. Although the focus of the Commission has changed and interest in the museum has lessened, I still archive and read every issue carefully and share articles and information with my colleagues. It's fascinating reading and I appreciate all the effort you put into the magazine. Congratulations on the

500<sup>th</sup> issue! Thanks, and keep those newsletters coming!! **Cindy Billard** Migrants Commission Archdiocese of Malta.



Hi Frank Hope you are well Wow-Sensational - Proset-Congratulations-Awguri ! Cannot find enough superlatives to express my admiration towards you and of course your 500th Edition of The Maltese Journal. I have been following this Informative non-Political journal for many years and always passed it on to family members and friends. Looking forward to many more editions.

Once again Congratulations and God bless – **Regards Jim Borg NSW**



## 140 YEARS OF ST. JOHN AMBULANCE IN AUSTRALIA



HELP NEVER GETS OLD



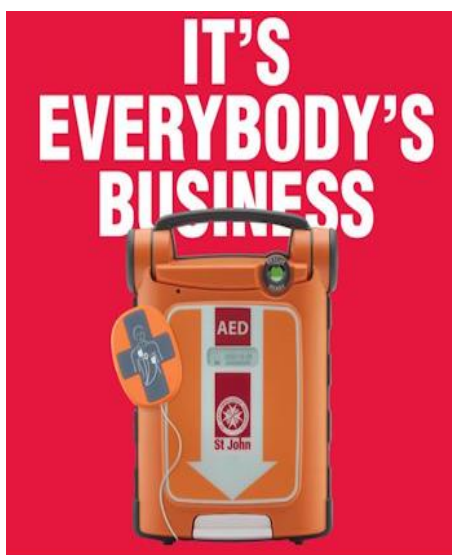
## The Order of St John

The Order of St John of Jerusalem, Rhodes and Malta is a major international charity, accredited to the United Nations, whose organisations provide first aid, health care and support services in over 40 countries around the world. The Order's charitable work is carried out by the St John Eye Hospital Group in Jerusalem and St John Ambulance organisations worldwide - with volunteers and staff of over 400,000.

The Order of St John traces its origins back 900 years to the Knights Hospitaller from whom St John today derives its inspiration and maxims - Pro Fide Pro Utilitate Hominum, 'For the Faith and in the Service of Humanity.'

The Order of St John itself is an Order of Chivalry of the British Crown with 25,000 members around the world. The full name for the Order of St John is The Most Venerable Order of the Hospital of St John of Jerusalem. 24 June 1883 is recognised as the establishment of St John Ambulance in Australia. It was on this day, at the Athenaeum Theatre in Melbourne, that a public meeting was convened to establish the first Branch of the St John Ambulance Association in Australia. The 'aid to the injured movement' grew quickly with volunteer doctors teaching first aid to the workers on the nation's railway yards. From this, we have our skilled First Aid volunteers today.

St John has grown across the decades to become a truly national organisation - well established in every state and territory. We are part of an international network spanning 44 countries around the globe. Together we can celebrate our many services and the positive impacts achieved within our diverse communities. We can also unite to recognise the dedication and commitment of more than 20,000 volunteers and staff across the nation. The celebrations began on St John's Day, 24 June 2023, and will run throughout the remainder of the year culminating in November 2023.



### Defibrillator

A defibrillator is a device that uses electricity to re-start the heart or shock it back into a normal rhythm.



## Give Your Community a Pulse

A St John Ambulance G5 defibrillator not only protects your employees and patrons, but also your wider community.

There's no telling when or where a sudden cardiac arrest will occur, and it often ends in tragedy. However, having this life-saving device on hand can save lives.

Every year over 30,000

Australians die from sudden cardiac arrest. Without a defibrillator nearby and applied to them within 3-4 minutes, they didn't really have a chance.

**Together, we can change that.**



**Congratulations dear Frank Scicluna!**  
**500th newsletter**  
**500 x information from all facets of Malta**  
**500 x more than 20 pages = more than 10,000 pages - a whole library!**  
**A great achievement!**  
**Thank you for your commitment and your enthusiasm!**  
**Best wishes from Germany**  
**Maltese-German Association**  
**Christian Launer**  
**GRAZZI HAFNA**

Il-Maltese E Newsletter qed tagħlaq il-500 ħarġa tagħha



### **IL-500 HARGA TAL- GURNAL MALTI TAL-EMIGRANTI**

Dal-gurnal ħabib ta' bosta  
 Qed imiss il-ħames mija  
 Mindu ra d-dawl tad-dinja -  
 Lil djarna mela bid-dija

Billi min-naħat tal-globu  
 Iġibilna kull aħbar  
 Li bla dubju tinteressa  
 Kemm lil kbar u kemm liż-żgħar!

L-editur dlonk jagħmel ħiltu  
 Magħna jkun ta' kull ħmistax  
 B'gurnal mimli w attraenti  
 Mhux sa jonqsok, ma tarax!



*Kav. Joe M Attard*

Ħafna huma s-suggetti  
 Illi tista' taqra dwarhom –  
 Storja, Folklor, Sports, u Kċina  
 Ma tistax tgħaddi mingħajrhom!

Naħseb illi din-Newsletter  
 Saret parti mill-familja  
 Tal-Maltin u l-Għawdxin kollha  
 Ta' kulhadd il-ferħ, il-milja!

Inġegġgkom biex taqrawha  
 Mhux biss, imma iktbu fiha,  
 Kulhad jaqbel meta ngħidu  
 Li tal-għerf saret nixxieġha!

Nawgurawliha għomor ħelu  
 Tkompli tferraħ lil kulhadd  
 U li tibqa' dlonk tghallimna  
 Ma titlaqna qatt u qatt!

Kav Joe M Attard Rabat - Għawdex

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## Father Andrew Cuschieri; served Bolivia's poor

### IN MEMORY of MY LATE BROTHER, THE REV. Fr ANDREW CUSCHIERI

Fig Right: logo of registered charitable organization run by volunteers out of Streetsville's St. Joseph's Parish Church in Toronto Canada. Figure Left: Family portrait – Rev Fr Andrew is on the extreme right of the Back row.

By Prof Sir Alfred Cuschieri, MD, PhD, ChM, DSc, FRSE, FRCS Eng, FRCS Ed, FACS (Hon), FMedSci, RSB

I was first introduced to the eMaltese eNewsletter, [MalteseJournal@gmail.com](mailto:MalteseJournal@gmail.com) by a close friend, Dr. Herbert Manfred Lenicker, a well-respected and internationally known paediatrician.

We were in the same class at Medical School of the Royal University of Malta, then located in the grounds of St Luke's Hospital at Guardamangia. Herbert and I shared many experiences travelling as medical undergraduates across mainland Europe, including being stranded in Rome because I suddenly lost consciousness and was taken to a nearby hospital accompanied by Herbert Lenicker.

Fortunately, I made a quick recovery, but to our consternation, the rest of the party had continued the train journey destined for Munich with our passports. To make a dire situation desperate, we realised that it was Saturday, hence the British Consulate once we located would be closed, more likely than not. Indeed it was, when he got there, the

doors were closed. Undeterred, we continued knocking frantically on the door, until it was opened by a middle-aged lady, who quickly surmised our predicament, and let us in, but immediately closed the consulate doors.

Uttering 'you stay put' she rushed through and closed the inner glass door. Some 10 minutes later, though it seemed an eternity to us, the Consul himself appeared, and after hearing our story gave us each a document, which he indicated would enable us to continue our journey, but we stressed that had leave are seat at each and every train stop and wait on the platform, until checks were made at approved; moreover, we were instructed to report to the police station once we arrived in Munich. This experience truly cemented our friendship, such that we have remained in regular contact usually by email.

My brother, the Reverend Fr. Andrews Cuschieri, Joe to me, reminds me of Benjamin Disraeli (BD), politician, novelist and bon viveur, he was a man with many interests, but who became a Conservative politician and eventually Prime Minister of the UK for almost 7 years, during which BD initiated a wide range of legislation to improve educational opportunities and the life of working people. To him are attributed several quotes including the famous "There are three kinds of lies: lies, damn lies and statistics."

But to me, his most meaningful quote was ‘If you really want to know a subject, you have to write a book about it’.

In many ways despite so utterly different in character and life style my late brother, Rev Father Andrew Cuschieri, reminds me of this former and only Jewish British PM because both achieved the impossible despite the prevailing circumstances . Disraeli's premiership saw the passing of a large amount of social legislation in Britain: the 1875 Climbing Boys Act reinforced the ban on employing juvenile chimney sweeps; the 1875 Artisans Dwelling Act allowed local authorities to destroy slums, though this was voluntary, and provided housing for the poor. In the same year the Public Health Act provided sanitation such as running water and refuse disposal.

My catholic brother, Rev Fr Andrew Cuschieri, gave up a Professorship in Canon Law at the Antonianum University in Rome and Adjudicator (canon law lawyer) of the Sacra Rota of the Vatican, primarily to improve the quality of life of the poor people of rural Bolivia in Cochabamba, having been

visibly moved and a changed person, after one visit when he was teaching in Canada, according to my brother Tony who also lived and died in Canada.

I have been informed by an accountant friend, that Rev.Fr Andrew Cuschieri raised in cash and goods an estimated 5.0 Million US dollars, in his total dedication to improving the quality of life of the people of Cochabamba, where he built a Hospital which was progressively enlarged to a capacity of 400 beds , primary and secondary schools, and 4 churches; in addition to establishing on his return to Canada, a registered Charity , ‘the Human Family in Christ’, which survives him to this very day.

Not bad for a Maltese lad who entered the Franciscan seminary in Valletta, at the age of 16 and was ordained priest 5 years later, when he left for Rome and subsequently, when as he wrote to his parents and myself ‘ this life in Rome’ is simply not what I chose the priesthood for’ and .....he did improve the quality of life of the inhabitants of Cochabamba.... forever.

**Sir Alfred Cuschieri** is a Maltese-British surgeon and academic. He is most notable for his pioneering contribution to the development and clinical implementation of minimal access surgery, also known as key-hole surgery . He has been Professor of Surgery at the Scuola Superiore Sant'Anna in Pisa, Italy, since 2003 as well as Chief Scientific Advisor to the Institute of Medical Science and Technology at the University of Dundee since 2008. Alfred obtained his medical degree from the Royal University of Malta in 1961. Soon after graduation he left Malta for the United Kingdom to undertake further research into his areas of surgical and technological interest at the University of Liverpool. At Liverpool, he rose to become a lecturer in the medical school and then, in 1974, to a Personal Chair in Surgery.



In 1976, Cuschieri moved to Scotland to join the University of Dundee School of Medicine as Professor of Surgery and Chairman of the Surgery and Molecular Oncology Department. It was while working at Ninewells Hospital in the city that he and his team first began researching the medical and technological basis for minimal access surgery. Cuschieri's team took advantage of, among other internal and external ergonomic developments, smaller cameras allowing insertion into the incision made in the skin as a result of this progress the first minimally invasive surgery in the UK was carried out at Ninewells in 1987.

A lack of appropriate training in this form of surgery, and instances of procedures going wrong even resulting in deaths, led to some concern and mistrust in the new techniques. As a result, training units were set up at hospitals and medical schools around the UK with one of the first designated in 1993 under Cuschieri's directorship.<sup>[6][7]</sup> Cuschieri holds some fifty-eight patents for various surgical instruments and has been originally published around five hundred times in peer-reviewed journals. He became European Editor-in-Chief of *Surgical Endoscopy*.



## Col (retd) David Vassallo

*Congratulations on your 500th EDITION OF THE Maltese e-Newsletter. You may be interested to publish something about Ben Jinks' Diary in your 500th publication, especially as it's on the theme of remembrance. See details below (and the video links to this new Heritage Malta publication) - it should be of even more interest to your own readers.*



Dear Friend of Millbank and guests

I thought I'd share something about volunteering. Hopefully of interest. It might encourage you to volunteer locally and help with research. Some of you know that when I visit Malta I volunteer at the National War Museum Archives in Fort St Elmo, held by Heritage Malta. There I came across a compelling Second World War diary which I was moved to transcribe and edit. It had been donated in 1994 by a RAF veteran who'd served as groundcrew at Luqa and Ta' Qali airfields in 1941-43, keeping the planes serviceable and flying during the height

of Malta's blitz, in siege conditions reminiscent of the conflict in Ukraine. He often wrote while in a slit trench under heavy bombardment - his descriptions are such that you feel you're there with him. Several of his friends were killed or wounded,

and he was injured too, spending a month at Mtarfa Hospital under the care of the RAMC and QAIMNS before he could return to duty, but some effects persisted...

Ben Jinks' diary has now been published by Heritage Malta, being launched online yesterday, 7 November. It is dedicated to him and his fellow groundcrew, the unsung heroes of Malta's battle, braving death daily to keep the island free.

You might like to see a short video or two ...

1. On volunteering and the diary -

<https://heritagemalta.mt/about/volunteer-with-heritage-malta/>

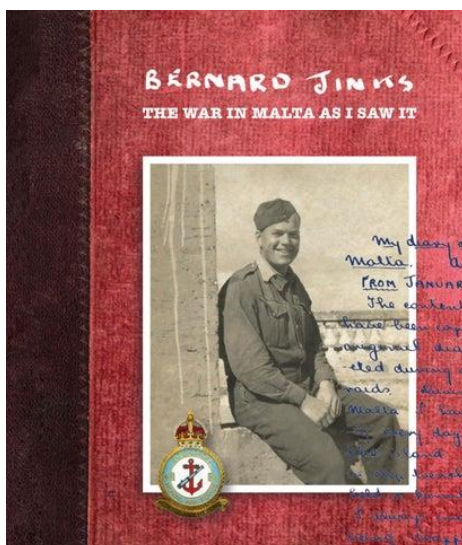
2. Online launch - <https://www.facebook.com/HeritageMalta/videos/662803295975127>

While available in hardback, you can read it free online at

[https://issuu.com/heritagemt/docs/ben\\_jinks\\_diary](https://issuu.com/heritagemt/docs/ben_jinks_diary)

I hope you feel it is a fitting tribute to the RAF and the defenders of Malta, especially in this month of Remembrance.

Lest we forget - Col (retd) David Vassallo FRCSEd, DHMSA, MA (History of Warfare), L/RAMC



## BEN JINKS' DIARY

The epic story of the Siege of Malta has been recounted over and over again. Notwithstanding, Bernard Jinks' diary provides a new and insightful perspective of the dark time. Publication was not on the author's radar. He compiled it for his own sake. A personal memoir of an intense experience.

A way of coping with the most intimate fears, frustrations and longings. Effectively, Jinks personifies the sentiments of the population at large. For months on end, the future was masked by suffering and uncertainty, but he, like the rest of the people living in Malta and Gozo back then, never gave up hope. Lest we forget.

St. Sebastian Seniors Association Committee – 2024

Patrick Caruana-Smith  
President



Monica Caruana-Smith  
Vice President



Evelyn Farrugia  
Secretary



Mary Gatt  
Treasurer



Mary Barbara  
Assistant Treasurer



Rose Musu  
Event Organiser



Lorraine Batres  
Internet Administrator



Allan Borg  
PRO



Tony Musu  
Committee Member

**The St Sebastian Seniors Association Vic. Australia was set up in 1990. The committee and club members are predominantly of Maltese descent, yet welcome anyone and everyone from various cultures and ages to take part in the monthly events.**

**Events include family social nights, bus day trips and weekends away.**

**We start the year off with our Liturgical Mass and we celebrate special occasions throughout the year including Mother's Day, Father's Day and Christmas.**

**To keep with our Maltese tradition, we host our two-day festivities mid-year.**

## **MALTA POPULATION - One in four is non-Maltese**

According to the National Statistics Office, 542,051 people lived in Malta at the end of 2022, with 137,376 – or just over 25% – being foreign nationals.

Based on this new data, the number of foreigners living in Malta since then has jumped by 8,534 people, a rise of 6.2%.

The data also revealed differences in where different people choose to live.

St Paul's Bay remains Malta's most highly populated locality with over 36,000 residents. Of those 36,013 people, 14,311 are Maltese and the remaining 21,702 – 60% – are foreign nationals.

The localities with the highest concentration of Maltese people are Birkirkara with 18,146, and Mosta with 17,766 people. A high number of Maltese also live in Żabbar and Qormi, with each home to around 14,000 Maltese people.

Meanwhile, European nationals in Malta seemed to prefer making a home in the northern harbour district. Barring St Paul's Bay, with 5,581, Sliema has the highest number of EU residents living in it with 5,702 people, followed by St. Julian's with 3,164 people and Gżira with 2,714.

Msida and Swieqi were also popular with EU residents, with both housing just under 2,500 people.





The Ġgantija Archaeological Park complex is a unique prehistoric monument situated at the centre of an extraordinary archaeological landscape, the Xagħra plateau on the island of Gozo. It consists of two structures built between c.3600 and c.3200 BC.

Notwithstanding its age, the monument survives in a considerably good state of preservation. The Neolithic builders made use of both locally sourced Globigerina and Coralline Limestone. The hard-wearing Coralline Limestone is used extensively at Ġgantija, while the softer Globigerina Limestone is reserved for inner furnishings, such as doorways, altars and decorative slabs.

The site consists of two structures, with separate entrances and a common boundary wall. Each unit consists of a number of apses flanking a central corridor. Two plaster fragments with red ochre, now on display at the Ġgantija Archaeological Park Interpretation Centre suggest that the internal walls were plastered and painted over.

Remains of animal bone discovered in this site suggest communal rituals and feasting. The use of fire is shown by the presence of stone hearths. A number of libation holes in the floor may have been used for the pouring of liquid offerings. It is probable that during ceremonial activities, the congregation would have assembled outside the monument, since the large forecourt in front of the two structures was purposely raised by the same builders.

Entrance to the Ġgantija Archaeological Park is from an Interpretation Centre that provides visitors with the opportunity to explore various aspects related to life in the Neolithic Period. The centre is also home to a selection of the most significant artefacts discovered at various prehistoric sites in Gozo.

The temples were rediscovered and carefully restored by European and native Maltese archaeologists during the beginning of the 19th century. The Ġgantija temples were listed as a UNESCO World Heritage Site in 1980. In 1992, the Committee decided to expand the listing to include five other megalithic temples located across the islands of Malta and Gozo, with Ġgantija's listing being renamed amongst "the Megalithic Temples of Malta."



## **The Planning Authority ignores UNESCO and approves flats near Ġgantija Temples**

Application approved despite UNESCO request for a Heritage Impact Assessment

Daniel Ellul = Times of Malta

A photo montage of the planned apartment block less than 200

metres away from a world heritage site. Photo: Planning Authority

The Planning Authority has approved a 22-apartment block of flats and 20 basement garages near world heritage site Ġgantija Temples, despite a request from UNESCO for a heritage impact assessment. It voted seven votes to one in favour of the development less than 200 metres away from the temples in Xagħra, Gozo.

NGO representative Romano Cassar was the only board member to vote against it, insisting that the heritage impact assessment be carried out before any decision is taken.

He also highlighted the impact the development would have on the landscape.

The block of apartments will be built 157 metres from the Ġgantija temples but Planning Authority says it is outside the formal buffer zone.

But on Thursday, Planning Authority chairman Emmanuel Camilleri said that the Superintendent of Cultural Heritage (SCH) did not ask the authority to require the document.

They also considered that the SCH and the UNESCO World Heritage Sites Technical Committee had said they had "no objection to the volume and massing of the building as proposed in the latest drawings".

The development will take place 157 metres from the temples, which along with six other megalithic temples were inscribed as world heritage sites in 1980.

In an email in February, Superintendent Kurt Farrugia noted that the UNESCO World Heritage Centre had written a letter to Malta's Permanent Delegate to UNESCO that "insisted in accordance with the operational guidelines, a Heritage Impact Assessment should be carried out for this development." The Planning Commission suspended a decision on the application awaiting the impact assessment.

NGOs had previously said that the site lies within the buffer zone of the temples but the case officer at the hearing said that the site lies in an area of archaeological importance but outside the formal buffer zone for the temples. Hundreds have objected to the development, saying the development would impact the world Heritage status of Ġgantija.



The National Monument is one of the museum's most important and visible tributes to our migration heritage.

Today's Australia has been shaped by migration. We've come from all the lands on earth to build this great country.

The museum collects the stories of migrants to Australia, and the National Monument is one of our most important and visible ways of recognising the people behind these stories.

Over 32,000 names already

appear on the 88 bronze panels that are joined together and run down the northern promenade of the museum, facing Pyrmont Bay. On 21 March 2021, His Excellency, General the Honourable David Hurley AC DSC (Rtd) declared the Welcome Wall as Australia's National Monument to Migration.

#### **Register to be part of the next special ceremony**

You can honour a migrant – a loved one, a member of your family, yourself, or a new arrival – on Australia's National Monument to Migration at the Australian National Maritime Museum.

A donation is a fitting way to honour loved ones who have migrated to Australia and to ensure their personal stories are held in this important national collection.

#### **Adding a Name**

As an acknowledgement of your tax-deductible gift of \$500 your name, or the name of a family member, relative, co-worker or friend will be etched in bronze onto the museum's Australia's National Monument to Migration in recognition of their journey across the seas to make Australia their new home.

#### **To acknowledge your support, you will receive:**

- A personal inscription in bronze on the Australia's National Monument to Migration
- Dedicated online profile page
- A profile that can be securely managed and shared with friends and family
- Research functionality: search other names who may have arrived via the same vessel / time
- Exclusive invitation to a donor recognition ceremony for new inscriptions on the National Monument
- A tax-deductible receipt.

Find out more: <http://sea.museum/support/national-monument>





## **MALTESE AUSTRALIAN PRIEST IN THE DIOCESE OF WAGGA WAGGA NSW**

Father Rick Micallef, for four years, served as Parish Priest of Berrigan, Mulwala and Barooga in the Diocese of Wagga Wagga, Now he is the sixth rector of Vianney College founded in 1992 by his predecessor, Bishop William Brennan. Bishop Brennan's vision of establishing a rural seminary was to train men for the diocese of Wagga Wagga, NSW. In reaching its thirtieth year Vianney College has welcomed a number of men from a diversity of different cultures and backgrounds from local, within state, interstate and overseas students. Many have become ordained for the Wagga diocese, and others for their home diocese. While visiting Wagga Wagga, my wife Josie and I met Fr. Rick for a coffee. We were impressed to learn that he can speak fluent

Maltese although he was born in Wollongong, Australia. Fr. Rick is still very interested in the culture and history of Malta, and he visited Malta several times. His grandparents emigrated to Australia from Malta long time ago and settled in the Wollongong region and they used to frequent the George Cross community centre at Cringila. Fr Rick's parents are also Maltese, and his father Joe's passion is dancing and for many years taught kids folk-dancing and they performed at the centre several times. Joe is the mentor for the Maltese folklore dancing group in Cringila. The President of the Community Centre, Mr Louis Parnis, invited Fr. Rick Micallef to celebrate Mass on the occasion of the Malta National Day, il-Vitorja, in September 2024.

The members of the Maltese Community of Illawarra New South Wales congratulates Mr. Frank Scicluna on his impressive achievement of producing the 500th edition of the Maltese e-Newsletter. One cannot underestimate Frank's achievement and his strong resolve to keep Malta alive in the hearts of all those who remain Maltese wherever they reside. I sincerely hope that this newsletter will continue to build on these successes and push to reach more people around the world.

**LOUIS PARNIS PRESIDENT G.C.F.C.C.**





## ANOTHER SUCCESS STORY

### John Farrugia – Adelaide Australia

Frank, I thank you for your lovely e-Newsletter.

I consider myself and my family part of the 'new' migrants having arrived in Adelaide in 1983. My wife MaryRose and myself were in our thirties then and the children David

and Rosemarie were 5 and 4 years old respectively. With a First Class Honours Degree in Mechanical Engineering and very fluent in English, it was quite easy to find work and settle my family and myself. W/ithin 6 months thanks to the keen work of MaryRose, we settled in a lovely house in Unley and I was on my second job as Development Engineer at Bridgestone on Edwardstown. I did not enjoy the environment in this company and moved on to a position of Works Manager with Bunzyl Plastic Products in Hendon. After hours, I was tutoring Year 12 students in Mathematics and Physics.

However, the lure of owning a small business was too much and in 1987, with the great assistance of MaryRose, a few great friends and even our children we opened our first Spend A Penny Variety store in Findon. This business grew well. Simultaneously, I was invited to do consultancy work with leading insurance assessors. This was most enjoyable but I had to turn it down after I declined an offer to join a firm full time. Self-employment was far more exciting for me. This is when I became a Chartered Engineer, Member of the British and Australian Institutes of Engineers, a qualification which I cherish.

In 1989, with MaryRose, we designed and constructed, as builders, our current home on West Lakes. This was an ambitious project involving the employment of various tradesmen whom I had never met before. But my engineering skills and knowledge came in very handy. I even got to use Mathematical Calculus to work out the largest water tank for a given space.

In 1992 we all moved into this beautiful large house and have been living in it ever since.

In the meantime, the elder son David graduated as a Computer Engineer and Lawyer whilst

Rosemarie got her degree in Marketing. Both have since married, David to Nicci and have 3 lovely children together whilst Rosemarie to Alessandro with whom she has a lovely 7 year old boy.

Since then *Spend A Penny* grew extensively but we decided to go to a more ambitious project namely, developing our large house we had left behind in Malta. This has indeed been very challenging as it was all being done by remote control from Australia. Our organisational ability and excellent skills in time management came very handy and were crucial.

We also had unintended assistance from other areas, namely, the Maltese Consulate in Canberra and the Charles Sturt Council. My position of Vice Consul was terminated. I was no longer a PEP - a politically exposed person. This facilitated the movement of capital immensely. And Charles Sturt City Council decided to close my (unprofitable) retail section at the warehouse in Kilkenny thereby allowing me more time for the Malta project; and also making, sadly, two great employees redundant. The timing of these two events seem to indicate they were related somehow. They both were very helpful to our project.

BenRikVille Estate in Balzan, Malta now is an icon in the village. It boasts 18 large apartments (~200 sq mtrs each), two shops and 40 underground garages on 3 levels. Thanks to the sterling work and ability of my wife MaryRose and myself., we have made my parents BENjamin and RIKkarda Farrugia immortal. BenRikVille Estate was leased out before it was completed.

Many ask me to this day, but why do you do this? We do it because it's hard and we love a challenge.

Working in Malta has many challenges and the trials and tribulations we faced were not light in nature. However, we met very good people and are ever so proud to be called Maltese. .

Today, we spend most of our time either with the family or travelling to Malta and beyond or playing Chopin and Beethoven. We are proud to be Maltese.

**SHARE YOUR STORY WITH OTHERS. SEND IT TO US**





## Tributes paid to Malta-born former Lord Chief Justice Igor Judge



We never had anyone of his stature in the legal profession'

James Cummings

*Lord Chief Justice Igor Judge (left) sitting next to the late Queen Elizabeth II. File photo: AFP*

Tributes have been paid to the late Igor Judge, the Malta-born former Lord Chief Justice of England and Wales who died on Tuesday aged 82.

Lord Judge served as Chief Justice of England and Wales from 2008 to 2013 and was known as much for his geniality as his legal acumen.

Describing news of Lord Judge's death as a "very sad occasion," former justice minister Tonio Borg praised his career and character.

"He is the Maltese national to have achieved the

highest rank [in law] outside of Malta. This is something the country should be very proud of," said Borg, a law professor.

"We never had anyone of his stature in the legal profession," he said.

Recalling seeing Lord Judge shopping locally with his mother on one occasion while visiting his home country, Borg described him as a "very humble man."

"Despite his successes abroad he never abandoned his Maltese nationality," he said.

Commenting on the former Lord Chief Justice's auspicious last name, Borg noted he was the product of two judges; his father's surname Judge and his mother's Micallef, derived from *mħallef*, meaning the same.

In a *Times of Malta* interview in 2008, when asked if his family names had influenced his career choice Lord Judge said that although he knew he wanted to be a barrister from a young age, his surname hadn't been a factor.

Asked to respond to the comments and jokes on the subject, he replied: "It's a perfectly good joke."

*We never had anyone of his stature in the legal profession-* Former justice minister Tonio Borg



In the same interview he said he was very proud of his heritage and visited the country regularly, noting its rich history.

He joked that although he understood the language, he spoke "enthusiastic but not brilliant or grammatical Maltese." In 2015, he presided over Prize Day at St Edward's College in Vittoriosa, his *alma mater*, an occasion the school's headmaster Nollaig Mac an Bhaird described as "an honour".

Recalling entering the room where the ceremony was being held, Mac an Bhaird said Lord Judge refused to allow him to open the door for him, instead insisting the headmaster enter the room first. "He was a very humble, kind and correct man," said Mac an Bhaird.

That day, Lord Judge told the prize-winners that although they should be proud of their achievements, this should be tempered with modesty.

Describing Lord Judge as a "massive intellect," the headmaster said one could "hear a pin drop when he was speaking," adding he had been impressed by the former Lord Chief Justice's ability to relate major issues to personal experiences.

Regarding Malta, Mac an Bhaird said Lord Judge had told him during his visit that it was his home.

"He went to the UK, but his heart was in Malta," he said.

## Nasim Malik Secretary of the International Committee on Human Rights visits the Happy Parenting - Malta (For Happier Children)

Nasim Malik the Secretary of the International Committee on Human Rights had several meetings with the Administrators of Happy Parenting - Malta for Happier Children.

These meetings were organized through the Muslim Ahmadiyya which works closely with Happy Parenting and with various associations and other entities working in the social field.

Ahmadiyya Muslim believes in 'love for all and hatred for non' and collaborates even with other religions for the common good.

Nasim Malik came to Malta to raise more awareness about the importance of religious freedom. This is because recently the persecution by certain extreme groups has increased towards those groups that embrace beliefs that do not agree with theirs, including the Muslim Ahmadiyya in a particular way in Pakistan.

Nasim Malik spoke about the role of the international committee for Human Rights which works to achieve justice for all. This International Committee is a non-governmental organization made up of administrators and members from many countries around the world.

Nasim Malik also visited the Parental Alienation Support Group that meets at the Attard Parish Centre. He congratulated Happy Parenting for the beneficial work they are doing for the good of Families through Prevention, Support and Therapy - education through international seminars; parenting skills and counselling by psychotherapists; food and other essential items and recommendations to the concerned authorities in particular so that the children have both parents in their lives together, and where the parents are separated there should be joint upbringing, and as equally as possible.



*The photo from left to right: Anthony Cauchi Founder and PRO of Happy Parenting - Malta (For Happier Children), Mary Gauci, Nasim Malik Secretary of the International Committee on Human Rights and Dr Conrad Borg Manchè Vice President*

Nasim Malik shared his vast experience that he acquired for many years with families with social difficulties. Apart from being in this International Committee for Human Rights for several years, Nasim has worked closely with families in crisis, in several countries that are in a state of war or extreme injustice.

Nasim recognizes the need for love and affection when children are brought up with both parents. On the other hand, Nasim also recognizes how difficult it is for children who do not have the love of their parents during upbringing. This is because many end up aimlessly, being aggressive and sometimes even committing acts of vandalism, falling into addictions, and behaving with contempt towards society and towards everyone.

It is therefore important that society knows how to take care of the healthy progress of families in difficulties, particularly when the problems are long-term ones. This is to avoid as much as possible that there is no irreversible psychological trauma. It is also important to embrace religion and pass on values to our children, because when we stray from noble and spiritual values, the family and society suffer.

### Marion from Brisbane here

Thank you once again for this fabulous newsletter – it is great with so much information and news in it. Also 500<sup>th</sup> issue – what an amazing achievement – many and sincere CONGRATULATIONS – so many items giving us all information from the past – many of these a number of us would not know but for your newsletters. I look so forward to every edition and print them all out – keep them in folders and then I am always able to look up items that I remember reading. Also, love the recipes – have given them to one of my nieces and she tries them out regularly. So again, CONGRATULATIONS and many and sincere thanks. Great work and a FANTASTIC ACHIEVEMENT. Kind regards Marion Atkinson - Queensland



## Baked Stuffed Marrows/Zucchini (Qarabaghli mimli fil-forn)

Lisa Buttigieg-LiGreci

I love this time of the year when home gardens and farmer's markets are filled with the bounty of summer. Recently I visited a farmer's market in Port Sanilac, MI and came across a gigantic zucchini that inspired this month's recipe. One of my favorite varieties of squash is zucchini. Normally you would not use a zucchini this large, but I just couldn't help myself and had to take it home with me to stuff for this recipe. In Malta, qarabaghli mimli is traditionally made with marrows. Marrows are round in shape like small pumpkins as opposed to the long slender shape of the zucchini. Unless you grow your own, marrows are not available in most North American markets. Zucchini is readily available year-round and makes an excellent substitute.

### Ingredients:

- 8 zucchini/marrows or 1 very large zucchini
- 1 lb. ground beef
- 1 lb. ground pork
- 2 large onions, finely diced
- 2 cloves of garlic, minced
- 4 dry bay leaves
- 6 large tomatoes, diced
- 4 Tbs. tomato paste
- 4 eggs
- 8 Tbs. of grated parmesan cheese
- 4 Tbs. vegetable oil
- 2 Tbs. olive oil
- 1 cup bread crumbs as needed (not pictured)
- salt and pepper for seasoning
- Cooking spray (not pictured)

### Directions:

1. Heat the vegetable oil in a large pot. Cook the onion, garlic and bay leaves on medium high heat until soft.
2. Add the tomato paste and cook for a few minutes to get rid of the raw taste.
3. Add the chopped tomatoes, salt, and pepper. Simmer for 5 minutes.
4. Add the beef and pork to the onion and tomato mix and cook on medium high until the liquid is completely reduced and all moisture is gone. This will take some time, so stir often to avoid scorching the bottom of the pot.
5. While the meat is cooking, cut the zucchini lengthwise in half and scoop out the seeds with a spoon and discard.
6. Now scoop out about half of the flesh leaving some flesh around the edge.
7. Roughly chop the zucchini flesh, place in a clean cheesecloth or tea towel and twist tightly to remove the moisture.
8. Taste the meat mixture for seasoning. Add more salt and pepper if needed.
9. Stir in the chopped zucchini flesh with the meat mixture.
10. Immediately remove from the heat and allow to cool. The zucchini will be cooked in the oven.
11. Beat together the eggs and cheese.
12. Once cool, add the eggs and cheese to the mixture. Stir to combine.
13. Season the mixture with salt and pepper to taste if needed.
14. If the mixture is too loose, add up to 1 cup of breadcrumbs to firm it up.
15. Preheat the oven to 350° F
16. Rub the zucchini shells with olive oil and season with salt and pepper.
17. Fill the zucchini halves with the mixture.
18. Place in a baking sheet prepared with cooking spray.
19. Add about ½ inch of water in the baking dish. This will help cook the zucchini and prevent it from burning.



20. Bake on the middle rack for 45 minutes to 1 hour or until the meat mixture is golden and crisp. Depending on the size, you may need more or less time. My giant zucchini took over 1 ½ hours.

21. Serve with your favorite marinara sauce and top with more grated cheese.

COOKS NOTE: Many Maltese cooks make a one pot dish by adding potatoes. (Qarabagħli mimli fil forn bil patata) Simply layer the bottom of the baking dish with peeled & sliced potatoes and onions that have been tossed in olive oil. Season with salt, pepper, garlic powder, fennel seeds, and a little tomato paste. I would still add some water to the baking dish to aid in the cooking process. Place the stuffed zucchini on top and bake.



## ZEJTUN Dialect

One of the dialects of the Maltese language is the **Żejtun dialect** (Standard Maltese: *Djalett taż-Żejtun*). This dialect is used by many of the inhabitants of Żejtun and in other settlements around this city such as Marsaxlokk, and spoken by about 12,000 people. The following three words are examples; there are many more that make it into the list of vocabulary found in this dialect.

- For 'kite' the Standard Maltese word is *tajra*, but in this dialect it is found as *manuċċa*.
- For 'foggy weather' the Standard Maltese word is *ċpar*, but in this dialect it is found as *ċlambru*.
- For 'slingshot' the Standard Maltese word is *żbandola*, but in this dialect it is found as *steringa*.

All the vocal letters in this dialect possess a liquid versatility which allows the position, emphasis and tone of the vowels to change without any distinct rule; in some words the consonant letters are found to change as well. Such variations in the dialect are innate to native speakers.

### The vowel A

The vowel *a* in the Żejtun dialect changes into /u/ or /e/.

When the last vowel of the word is *u*, it changes into the diphthong /ow/. Sometimes the *u* is changed into *ew*. Examples:

English	Maltese	Żejtun dialect	English	Maltese	Żejtun dialect
newspaper	gazzetta	gezzette	ship	vapur	vapowr
meat	laħam	lehem	Mr.	sinjur	sinjowr
fat	xaħam	xehem	stick	bastun	bastown
coal	faħam	feheme	vase	vazun	vazown
water	ilma	ilme	money	flus	flews
burner	spiritiera	spiritiere	fish	ħut	ħewt
home	dar	dur	shop	ħanut	ħenewt

### The vowel E

The vowel *e* changes into the vowels /a/ or also /i/.

The vowel *o* in this dialect changes into *u*, however it demands an element of phonetical emphasis to differentiate this changed *u* from the previous one. In philology such emphasis requires an accent, hence it is notated as *ù*. Example:

For examples:

English	Maltese	Żejtun dialect	English	Maltese	Żejtun dialect
wild	selvaġġ	salvaġġ	school	skola	skùla
seriousness	serjetà	sirjitu	wheel	rota	rùta
seminary	seminarju	siminurju	pan	borma	bùrma
when	meta	mite	sack	xkora	xkùra
			corner	rokna	rùkna
			roll	romblu	rùmbu



## THE MALTESE CULTURAL ASSOCIATION OF NSW INC.

### Proudly presents a **DINNER DANCE**

Commemorating Malta's Republic Day

At the Fontana Amorosa

47-49 Balmoral Street, Blacktown

(Formerly known as the Balmoral Function Centre)

**On Sat. 9 December 2023 from 6:00 pm** Includes a 4 course meal, wine, beer & soft drinks.

Featuring the six-piece Rockin XPress Band & the Cittadini Cultural and Theatrical Group in an entertaining stage play.

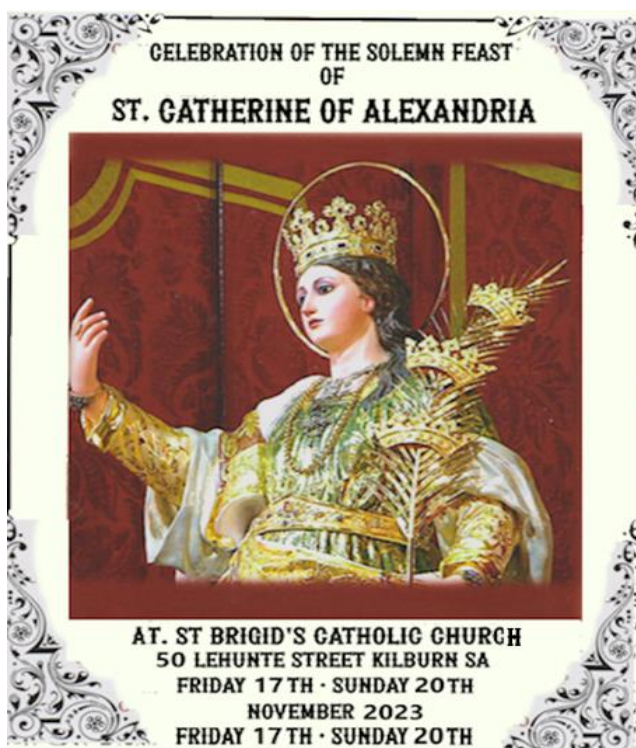
**Dress code: Gents - Coat & tie, Ladies - Formal.**

**Tickets at \$65 per person. Adults only.**

**To book, call Charles N Mifsud on 0421 662 298**

**Victor Fenech on 0421 345 325**

**Or Monica Ledger on 0414 859 386**







## MMG CONCERT BAND OF VICTORIA



### MORWELL DAY OUT Lunch & Museum SUNDAY 19 NOVEMBER 2023

Join us for our next fundraiser -  
Bus Trip to Morwell. Pick up from Caroline Springs  
George Cross at 8.30am  
We will visit the Maltese Museum, including  
a Maltese 3 course lunch  
Drinks available to purchase. No BYO

NOW WITH  
RABBIT STEW ON  
THE MENU!!

PLEASE CALL  
AMIE 0404 894 576  
TO SECURE YOUR SEAT

SEATS ARE LIMITED!!!!

COST  
ADULTS - \$70 PP  
KIDS - \$50 PP  
12 AND UNDER

