

MALTESE E-NEWSLETTER

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MALTESE DIASPORA

THE EDITOR
ACKNOWLEDGED

Governor's
Multicultural
Awards 2024



ANDRÉ RIEU
AND HIS JOHANN STRAUSS ORCHESTRA

AN UNFORGETTABLE EXPERIENCE!
ANDRE RIEU IN MALTA

29 & 30 August 2025
GRANARIES - FLORIANA

TICKETS: SHOWSHAPPENING.COM

Grand Master
Manoel Pinto de Fonseca

MAC
Multicultural
Aged Care
The Centre for
Excellence in Cultural
Diversity and Inclusion

RECIPE
BZAR MIMLI
STUFFED CAPSICUMS

South Australia
Multicultural
Affairs

Governor's
Multicultural
Awards 2024



AWARD TO THE EDITOR OF THE MALTESE E-NEWSLETTER

CONGRATULATIONS to Frank Scicluna OAM, our much-loved editor of the Maltese e-Newsletter – A Journal for the Maltese Diaspora, on receipt of a Governor of South Australia (SA) Multicultural Award.

The Awards ceremony was held at Government House Adelaide on Wednesday, 5 March 2025, recognizing distinguished South Australians who exemplify outstanding commitment to inclusivity and understanding. Frank received his award from Her Excellency the Honourable Frances Adamson AC, Governor of SA.

In attendance were the Minister of Multicultural Affairs Honourable Zoe Bettison MP, Heads of the Armed Forces in SA, and consular heads including Carmen Spiteri, [Honorary Consul](#) of Malta. Frank's wife, Josie, was also present and deserves recognition for her long history of service to the SA Maltese community.

In her awards address, the Governor stated, "As Governor, I have the privilege of witnessing the transformative impact of cultural diversity in our state and meeting South Australians working with great dedication on behalf of our multicultural community"

Frank's dedication to SA and the Maltese community is well respected in our state. He served as President of the Maltese Community Council of SA for nine years. He was appointed by the Prime Minister of Malta in 2012 as a delegate for the Council of Maltese Living Abroad and was the Honorary Consul for Malta in South Australia and a Justice of the Peace.

Frank's service to education spanned 35 years with the SA Department for Education, and he also worked extensively with the Federation of Maltese Language Schools in Australia. He was President of the Ethnic Schools Association, Chair of the Australian Federation of Ethnic Schools Associations, and a member of the Ethnic Schools Board of South Australia.

Frank is an Order of Australia Medal (OAM) recipient for his services to the Maltese community in Australia. He was also previously awarded the Midalja għall-Qadi tar-Repubblika (Medal for Service to the Republic). This medal is awarded by the President of Malta, with the written approval of the Prime Minister of Malta, for distinguished service to Malta.

It was a privilege to be present with Frank's wife Josie at the awards to celebrate Frank's well-deserved recognition.

Written by Noel Mifsud JP

Chair Multicultural Education and Languages Committee of South Australia

Knight of Magistral Grace Sovereign Military Order of Malta



MAC
Multicultural
Aged Care

The Centre for Excellence in Cultural Diversity and Inclusion South Australia

For happier clients with a better quality of life Source – [www. mac.org.au/](http://www.mac.org.au/)

The culturally and linguistically diverse (CALD) community constitutes a significant portion of the Australian population, with every 1 in 3 persons aged over 65 years being born overseas.

As South Australia's peak body for cultural competency in aged care since 1993, we support CALD-specific and generalist agencies to meet the Aged Care Quality Standards by delivering exceptional services to the CALD community.

The Maltese Senior Citizens Association of South Australia is grateful to have the immense support of the Multicultural Aged Care team during the activities held every Friday at the Community Hall, Kilburn. With their help our association is able to provide several services including meals and other social activities to our Maltese elderly. NAC also prints this journal and distribute it to the seniors every week. thank you once again.



MARIA LIAN LI JOHNS

Chief Executive Officer

Maria's background is rooted in Brunei, where she was born and raised to a Chinese Bruneian native father and Chinese Eurasian mother. She hails from a large extended family with six brothers and three sisters, two of whom were born to different mothers. Maria was the recipient of Shell Scholarships and completed her education at Northumberland University in the UK. After graduating, she commenced working with Brunei Shell, where she gained

valuable experience in Human Resources, Public Affairs, and Training.

During her tenure at Shell, Maria crossed paths with her husband, Rhodri, a geologist, and they relocated to the UK for a period of nine years. In 1993, Rhodri secured a position at SANTOS, and the family moved to Adelaide, where they have since become Australian citizens. As her daughter became more self-sufficient, Maria transitioned into a cultural liaison officer role at the Department of Education, where she predominantly assisted refugee families. In 2006, Maria furthered her education by pursuing postgraduate studies in Social Work at Uni SA, while simultaneously working as a project officer at MAC.

Maria is an active participant in various women's groups, and her contributions extend beyond her professional capacity. She spearheaded the National Women's Alliance, where she mentored young culturally and linguistically diverse women and facilitated their leadership development.

GAMAL CHARMY

Operations Officer

Gamal is a Operations Officer at MAC since July 2021, following a successful placement. As a member of the CHSP team, Gamal undertakes client intake, assessment, and care planning, as well as ongoing welfare checks. In addition, Gamal collaborates with leaders and coordinators of CALD CHSP groups to ensure compliance with all regulations during SSG activities at various community clubs and venues. He will also be working with assisting



clients/consumers from CALD communities to access aged care services through the Aged Care Service Finders program.

In addition to the program activities, Gamal is also actively involved in supporting the executive, administrative and financial teams at MAC.

Born in Cairo, Gamal spent his childhood as an expat in the USA, Netherlands, and Malaysia, providing him with the opportunity to work and study in diverse, multicultural environments. This background has contributed to Gamal's proficiency in multiple languages and social skills. Upon arriving in Australia as a student in 2018, Gamal successfully completed a Bachelor of Business with majors in Finance and International Business from Monash University in Melbourne, followed by a Master of Social Work from Flinders University. Gamal has also obtained a Certificate III in Individual Support (Ageing and Disability).

Fluent in Egyptian Arabic and French, Gamal is highly regarded by clients, and consistently provides exceptional service.



AASH SHARMA

Communications and Media Officer

Aash is a dedicated social worker with specialised expertise in mental health and aged care. His private practice focuses on providing essential support and therapy for individuals facing mental health challenges, including clients under the National Disability Insurance Scheme (NDIS). Aash's passion lies in helping individuals navigate and overcome these challenges, making a meaningful impact in their lives. Beyond social work, Aash brings a wealth of experience in IT support, online media development, and e-resource creation. Collaborating with

the team at MAC, he plays a crucial role in designing culturally appropriate e-resources for Culturally and Linguistically Diverse (CALD) clients and service providers in aged care. Additionally, Aash provides online tech support for national activities of the PICAC Alliance, leveraging his deep understanding of the sector's digital transformation. Aash's multifaceted expertise, combined with his commitment to creating social impact, positions him as an invaluable team member at MAC. By leveraging current marketing trends and expanding the organisation's online presence, he consistently drives progress and fosters positive change in the aged care sector.

Originally from Nepal and having served as the School Captain/Head Boy at the British International School, Aash has demonstrated exceptional leadership skills. He successfully led community service projects aimed at creating positive change for underprivileged children in Nepal. Aash's dedication extended beyond project completion as he worked closely with local community leaders to ensure the long-term sustainability of initiatives, fostering self-reliance within underfunded organisations.

With his specialised social work expertise, technological proficiency, and demonstrated leadership, Aash continues to make a significant impact in the field of mental health and aged care.



SENIOR CITIZENS ASSOCIATION OF SA INC. COMMITTEE 2024-25

Godwin Gauci – President, Antony Jackson – Vice President,

Charlie Mifsud - Secretary, John Mangion - Treasurer,

Committee members - Jane Grima and Mary Borg.

Auditor and Trustee – Frank Scicluna, Public Officer – John Mangion,

Bulletin's Editor – Godwin Gauci.

President of the Republic of Malta visits Grand Master of Sovereign Order of Malta



**The President of the Republic of Malta
and the Grand Master of the Order of Malta**

The President of the Republic of Malta, Myriam Spiteri Debono, was received today by the Grand Master of the Sovereign Military Order of Malta, Fra' John Dunlap, at the Magistral Palace in Rome. The visit is the first since her election as president in April 2024. Since the establishment of diplomatic relations in 1966, 18 visits have been made by Presidents of the Republic and Grand Masters and Six by Ministers and Grand Chancellors.

For Grand Master Fra' John Dunlap the meeting was an opportunity to thank the President for her visit and to renew “the congratulations of the Order on her recent

election and best wishes for the success of her mandate”. The meeting highlighted the deep historical and cultural ties that have united Malta and the Order for almost five centuries. The relationship between Malta and the Order of Malta dates back to 1530, when the Emperor Charles V granted the island to the Order with the approval of Pope Clement VII. Since then, despite the historical events that forced the knights to leave the island in 1798, the ties between the two entities have remained strong and “this visit is a further tangible sign of it”, commented Fra' John Dunlap.

During the meeting, President Spiteri Debono and Grand Master Dunlap addressed issues of common interest, including the geopolitical crises of the last few years and the promotion of peace. Both stressed the importance of International Law and the need to support the processes of reconciliation and stabilisation, within a framework of respect of freedom and human rights. President Spiteri Debono expressed gratitude for the work done by the Order in the most complex scenarios and for the activities of social impact in the Republic of Malta, considering it a crucial partner in promoting shared values such as cooperation, solidarity and peace.

Humanitarian activities in Malta

Some of the major humanitarian initiatives the Order promotes in Malta are the distribution of meals to cancer patients, immigrants, rough sleepers and lonely people, as well as support for prisoners, elderly people in retirement homes and homeless. The Order of Malta also organises pilgrimages for the sick in Gozo, activities for the elderly, orphans and young disabled people. It also operates a shuttle service to accompany wheelchair patients to hospital and a residence for single mothers and children. In addition, there is a service of canine rescue units for emergencies and first aid during religious events.

The Grand Magistry had donated a fully equipped mobile clinic to the Maltese government to provide first aid to migrants rescued off the coast of Malta. Recently, the Order's Embassy in Malta has collaborated with the NGO “Children Not Numbers” to offer medical care to seriously ill children from Gaza.

A TRIBUTE TO THE EDITOR



The Maltese e-Newsletter - Australia

The following is Dr. Raymond Xerri's tribute to Frank Scicluna - Editor.

I would like to express my profound gratitude and appreciation on behalf of myself, my family and the nearly one million Maltese and Gozitan diaspora spread in 190 countries for your steadfast dedication and hard work over the past lifetime, not only the 17 years you have served as Honorary Consul of Malta to our community in the State of South Australia with such love, passion and dedication but to your unique service to Global Malta. Global Malta is indebted to you and your team for your sterling service by bridging our diaspora communities everywhere.



Our 'Maltese E-Newsletter - The Journal of the Maltese Diaspora' which you edit, has increased the much needed awareness in the Maltese Islands, in continental Europe and around the

world that the country of Malta is not just the population of the Maltese in Malta and Gozitans in Gozo, but we are a Global Malta, a global nation with roots and presence everywhere, like any other country around the world. Thanks to you and your newsletter, Maltese Canadians have become aware more than ever before of the importance of learning about their compatriots around the world and you have been the key to this development and important step.

Frank, thank you so much for your service, your work as a Councilor on the Council of Maltese Living Abroad when I was Director for the Directorate for Maltese Living Abroad, for your friendship and your love for our nation, Global Malta. May God bless you, your family and friends.

Dr Raymond C. Xerri

Former Consul General of the Republic of Malta to the Commonwealth of Canada



President receives courtesy visit by Dr Raymond Xerri

by [Gozo News](#) ·

President Myriam Spiteri Debono received a courtesy visit by Dr Raymond Xerri, who presented a copy of his book 'Gozitan Crossings.'

The publication focuses on the Gozitan identity and its difference from the Maltese identity in the context of the Maltese and Gozitan diaspora around the world.

Among other themes, the book celebrates the cultural, linguistic and dialectic diversity, and the contrasting lifestyle.

Photo: Office of the President/Francis Debono

DR. RAYMOND C XERRI

B.A.(Hons.)(U.S.A.), E.U.Sch.(E.U.Law) (F.R.G.), D.D.S., M.A.(Dip.St.)(Malta), L.F.I.B.A.(U.K.),
D.G.(U.S.A.), Ph.D. (Australia)



Dr. Raymond Xerri was born in New York City on 2 February 1969 of Gozitan parenthood from Qala. He commenced his primary education at the St. Joseph Catholic Primary School of New York (1973-76), continued at the Qala Primary School (1977-80) and received at his secondary education at the Sacred Heart Seminary in Victoria, Gozo (1981-1986).

On June 1986 he migrated to his birthplace city and there continued his post-secondary education at the Jesuit Brothers' Manhattan College (1986- 1990). In 1989, Raymond was awarded the European Union Scholarship to study European Union Law at the Institute for European Studies at the Albert-Ludwig University in Freiburg-im-Breisgau, West Germany, the same year Germany was reunited. In 1990 he graduated with honours and was awarded the Bachelor of Arts in Political Science and International Relations.

In 1991 Raymond returned to Gozo where he became a citizen of Malta on 15 November. He continued his post-graduate studies at the Mediterranean Academy for Diplomatic Studies at the University of Malta and earned a Certificate in Diplomatic Studies in 1992; a Diploma in Diplomatic Studies in 1993 and finally a Masters of Art in Diplomatic Studies in 1994.

In March 1994 Raymond Xerri was appointed First Secretary and Commissioner of Oaths in the Diplomatic Corps of Malta and served Malta at the Malta High Commission in Canberra, Australia (July 1995-1998). In 1998 he became Gozo's first-ever Policy Co-ordinator and E.U. Office Coordinator at the Ministry of Gozo serving a three year term till 2001 . Between 2001-2005 he served Malta as Counsellor at the Malta High Commission in London, in the United Kingdom and Consul-General for the Republic of Malta in Canada.

Dr. Raymond Xerri is married to Marlene nee' Dimech and has a son, Armando Antonio (October 2002) and a daughter Felicity Ann (April 2004). In 2002 , Raymond Xerri was admitted to the Degree of Doctor of Philosophy at Victoria University, Melbourne ,Australia becoming the first student from Malta ever to graduate in Gozitan Studies from any university and the first to graduate at doctoral level at the same university. Dr. Raymond Xerri is an author, editor and producer of a number of publications, multimedia and multilingual productions. He is also a founder, co-founder and active member of a number of Gozitan, Maltese and international based organisations. He has received numerous international awards and is the initiator and editor of this series, *Gozo and the Gozitans*.

**WE SALUTE AND THANK THE PEOPLE OF GOZO AND THE
MALTESE AND GOZITAN COMMUNITY OF CANADA FOR
SUPPORTING THIS JOURNAL FOR MALTESE LIVING ABROAD**



In loving memory of
Sr. Natalia Calleja
Franciscan Sister of the Heart of Jesus
 Born in Birkirkara Malta 1940
 Died in Adelaide South Australia 2025

Sr Natalia was resident at St. Raphaels 's home for the elderly, which is situated next to her convent, comforted by the Holy Sacraments. A Mass to celebrate her life on earth was held at Christ the King Catholic Church, Henley Beach Lockleys on Wednesday 12 March 2025.

Sr. Natalia, although born in Malta, spent most of religious life in Australia especially in Queensland, Sydney and Adelaide in the service of God, and helping the elderly and the Maltese community with love, kindness, humility and gentleness. The Editor, Frank Scicluna, correspondents and readers of the Maltese Journal extend their condolences to the Franciscan Sisters of the Sacred Heart of Jesus, her family and friends. May She Rest In Peace



HIGH COMMISSION OF MALTA IN INDIA

CELEBRATING 100 YEARS OF MALTESE JESUITS PREISTS IN INDIA

On Saturday 01 March 2025, the High Commissioner of Malta to India H.E. **Reuben Gauci** travelled from New Delhi to Dumka, Jharkhand to attend the 100th Anniversary celebrations of the arrival of the Maltese Jesuits among the Santali tribe, starting the Santal Mission.

The High Commission of Malta in India thanked the Deputy Prime Minister of Malta Hon Ian Borg, for giving his time on a weekend to speak to Maltese Missionaries in India, along with religious visitors from Malta, on the occasion of the 100th Anniversary of the arrival of Maltese Jesuits in India.

Malta's Auxiliary Bishop Joseph Galea Curmi and Jesuits Fr Jimmy Bartolo Sj and Fr Cecil Azzopardi SJ travelled from Malta for the occasion. The Nuncio to India H.E. Leopoldo Girelli also traveled from New Delhi to preside over the occasion. The arrival of the Maltese Jesuits in India falls on 09 March 1925, 40 years before the establishment of Malta-India Diplomatic Relations on 10th March 1965.



MACKAY MALTESE CLUB QUEENSLAND Australia



Doris Gauci
PRESIDENT



Peter Zahra
VICE PRESIDENT



Lyn Zahra
TREASURER



Veronica Gauci
SECRETARY

A WORD FROM THE PRESIDENT by Doris Gauci

I am thrilled to address you as we embark on another exciting year filled with opportunities to celebrate our rich heritage and vibrant community spirit. As we step into 2025, I am filled with hope and enthusiasm for the journey ahead and the moments we will share together. This is our first newsletter for the year and hopefully 2025 will be a good year for everyone.

Some of you may already know that I am the President of the Mackay Maltese Club (MMC). If you see me out and about please don't hesitate to come and say hello.

The end of 2024 was quite eventful for me; not long after being nominated as President of the MMC in October I became a Nanna for the first time, as my grandson Dominic was born.

The MMC had a Melbourne Cup Luncheon in November. In December the committee had the Christmas break-up, and we also gifted wine & ham to the Francis of Assisi Sisters.

This year I hope to see more members attend our events. Every third Thursday of the Month (Unless stated otherwise) the MMC has a Meet & Greet morning tea, where we get together at different locations for a chat. It is great to catch up with one another.



Our first luncheon for the year will be at Wests Leagues Club Walkerston. We will have Raffles, Lucky Door & Membership Draw. You must be a member and present on the day to win. We will be taking membership payments on the day. Finally I would like to thank the MMC Committee for their continuous support. It is

very rewarding to be part of this club and honouring Maltese culture within the Mackay Community. On August 2024 the Mackay Maltese Club Committee had the AGM. There were two position retirements from President Rose Borg & Treasurer Janis Vella, who have stepped down after many years of commitment and hard work.

We strive to continue with the Maltese passion of the Mackay Community and hope that we gain further support for the future.

2025 MEMBERSHIPS

2025 Annual Memberships for the Mackay Maltese Club are due!

Each year your membership subscription of \$5.00 helps our club to continue providing the Mackay Maltese Community with a sense of cultural identity and belonging. With your support we hope to continue our donations to charity, to provide newsletters and functions such as social

lunches, bus trips and Our Lady Victories celebrations. The New Year means it is time to renew your membership. Please also encourage your friends and family to become a Mackay Maltese Club Member by simply filling out this form and returning with payment.



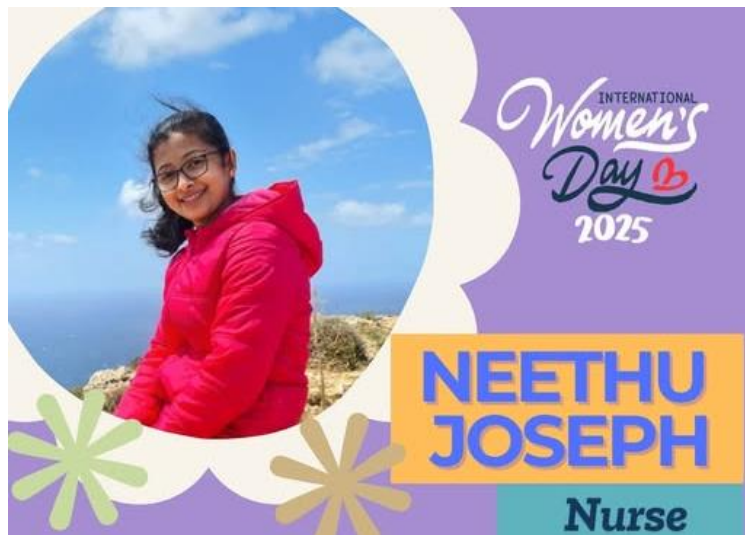
VOLUNTEERS WANTED We have 1 meeting per month. All ages welcome.

We promote Maltese get togethers, be involved in community events and support the Mackay community by donations. It's an honour to be part of upholding Maltese culture for the Maltese people in Mackay.

If you would like more information please contact

Doris Gauci on 0419 027

INDIAN NURSE WORKING IN MALTA



Neethu Joseph is an Indian nurse living in Malta for the past 8 years and working at Mater Dei Hospital under the Ministry for Health for the last five years.

Living in Malta with her husband and two sons wasn't an easy transition in the beginning but with the supportive environment and her job flexibility, they ensure their children feel cared for. They work opposite shifts so that one of them will always be with the children at home. They said they appreciate the quality-of-life Malta offers and look forward to

continuing this journey peacefully with their family.

WE THANK ALL THOSE WHO SENT A DONATION

If you want to send a donation here are my bank details

Bank - Commonwealth (Australia)
Account No. - 00502597

BSB - 065106
Name - Frank Scicluna





GEORGE BARTOLO OAM

Another Pioneer Dies at the age of 85

We received the very sad news that our good friend and colleague, George Bartolo OAM, passed away today, Tuesday 11/03/2025.

George was a past President, Treasurer and Life Member of the Maltese Community Council of NSW. He was a pioneer and leader of the Maltese community for over 60 years. The editor and readers of the Maltese eNewsletter offer our condolences to George's daughters, Karen and Janet, and to all his family and friends. A true gentleman, George will be sadly missed. Rest in peace dear friend.

Bartolo, George (14.10.1939- 2025)

Founder of the Maltese Community Council, NSW

Born in Rabat, George Bartolo received his education at the Mriehel Technical School and emigrated to Australia at the age of 19.

Bartolo had an extensive career within the Maltese community of NSW. He joined the George Cross Falcons Club of Wollongong and served as Secretary (1960-62) and President (1963-65). He was re-elected president in 1967 and negotiated a loan to build the club premises which was officially opened in 1969. From 1970 to 1975 he served as President.

Bartolo, who was founder member of the Maltese Community Council of NSW in the early 1970s, was senior vice-president of the Wollongong Agricultural, Horticultural, and Industrial Show Society and was president for two consecutive years. He was instrumental in the amalgamation of both clubs in Wollongong, the George Cross and the Maltese Falcons, and became the first President of the George Cross Falcons Club. In 1993 he was granted a sponsorship of A\$44,000 for further extension of the club which was completed later. In 1992 he was elected Senior Vice-President of the Maltese Community Council of NSW and since 1994 has been the President of the same council. George was involved in the Commonwealth funded Good Neighbour Council in the 1970.

COMMONWEALTH DAY IN NSW



the Maltese flag was proudly displayed alongside the flags of all 56 Commonwealth nations at [Parliament of NSW](#) in celebration of Commonwealth Day.

The Consul General attended an event organised by the Commonwealth Day Council in the presence of Her Excellency the Honourable Margaret Beazley AC KC, Governor of NSW. During the event, Her Excellency delivered His Majesty King Charles III's official Commonwealth Day message.

This year's theme, "Together We Thrive", celebrates the enduring spirit of Commonwealth member countries, united by the shared values outlined in the Commonwealth Charter.

**Keeping the Maltese Living Abroad
on the MAP**

KRISTU LURA STRADA STRETТА

THE VALLETTA CULTURAL AGENCY will be presenting the drama 'Kristu Lura fi Strada Stretta'



(Christ Returns to Strada Stretta) – 10 years after it was performed for the first time. The drama is directed by Carlos Farrugia and written by Joseph Galea. The production relates the Holy Week with a contemporary interpretation that starts with the scene of a writer who

stopped to have a beer at a bar in Strada Stretta.

'Kristu Lura fi Strada Stretta', which is based in one of the most popular streets in the capital city, will be held in the open air and also in The Splendid. The concept is based on a writer who in the 70s went to have a beer at a bar in Strada Stretta.

The production will be performed from 11 April till 19 April, including in the morning of Holy Friday and on Easter Sunday. Director and actor Carlos Farrugia told TVMnews that when the production was first performed, it raised a lot of curiosity and was well received by the public. This time it will also include dancers and live musicians.

Apart from the actors – myself, Jeremy Grech and Sarah Camilleri – we have three other actors who will symbolise ghosts of what used to occur in Strada Stretta – a symbol of sailors, however they explain more things than sailors.

Carlos Farrugia. Actress Sarah Camilleri, who participated in the production's first edition, said that the concept is unique in its nature.

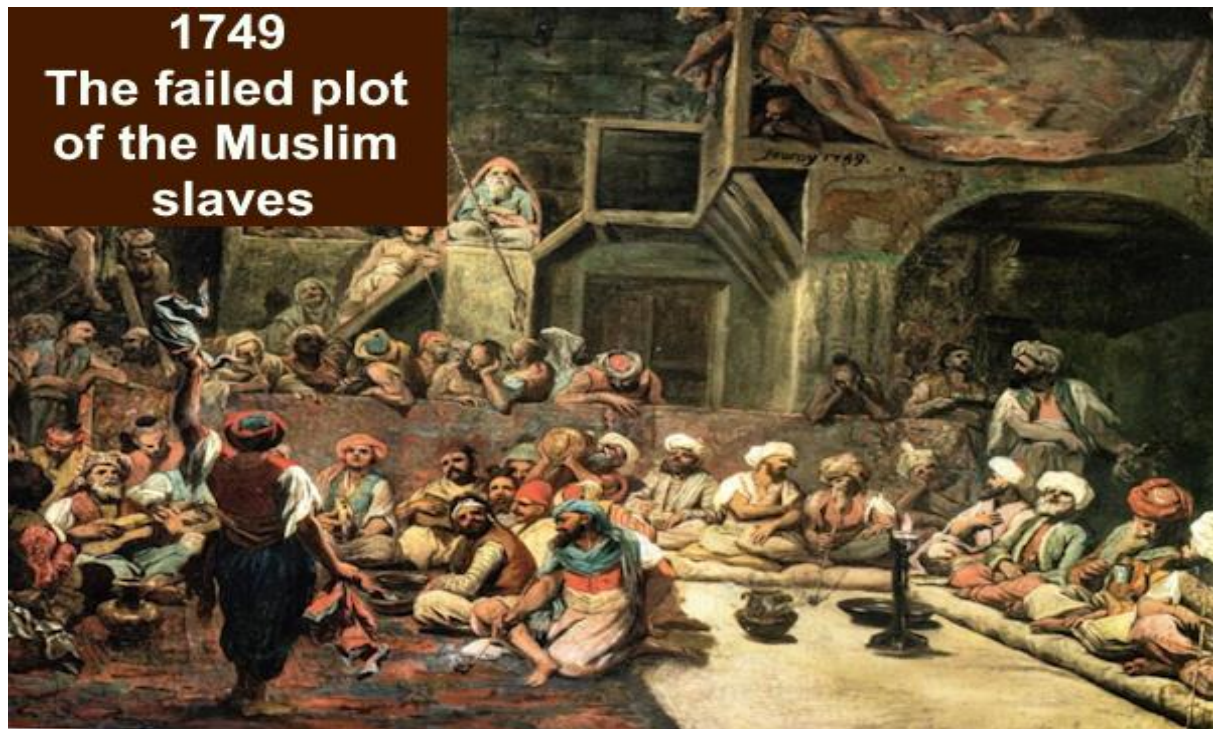
It is somewhat contemporary...not a traditional story that we normally see in productions during Lent. There are almost symbolism and connotations related to the bible...one can also look at it simply as a story which occurred in the 70s at a bar in Strada Stretta.

Sarah Camilleri

During the production's launching, the Cultural Agency's chief executive Jason Micallef said that one of the best elements behind arts is the curiosity aspect and this production provides this element. He said that private companies who present such production do a lot of good, because they provide an opportunity to local talent, among others.

Meanwhile, the Operations Head within the Malta Arts Council Luke Dalli remarked that the original production was part of the Strada Stretta regeneration plan as at that time, he added, the street was renowned for its darkness, drugs and problems. Source: TVM NEWS

The Conspiracy of the Slaves in 1749



(Maltese: *il-kongura tal-ilsiera* or *il-konfoffa tal-ilsiera*) was a failed plot by Muslim slaves in Hospitaller-ruled Malta to rebel, assassinate Grand Master Manuel Pinto da Fonseca and take over the island. The revolt was to have taken place on 29 June 1749, but plans were leaked to the order before it began; the plotters were arrested and most were later executed.

In the mid-18th century, there were around 9,000 Muslim slaves in Hospitaller-ruled Malta.^[2] They were given freedom of religion and allowed to gather for prayers.^[3] Although laws prevented them from interacting with the Maltese people, these were not regularly enforced. Some slaves also worked as merchants and at times were allowed to sell their wares in the streets and squares of Valletta.

In February 1748, Hungarian, Georgian and Maltese slaves on board the Ottoman ship *Lupa* revolted, taking over 150 Ottomans prisoner, including Mustafa, the Pasha (i.e. 'lord' or 'governor') of Rhodes. They sailed the captured ship to Malta and the prisoners were enslaved. Mustafa was placed under house arrest on the insistence of France due to the Franco-Ottoman alliance and was eventually freed. He converted to Christianity and married a Maltese woman, so he was allowed to remain in Malta.

Mustafa planned to organize a slave revolt on 29 June 1749. The day was the feast of Saints Peter and Paul (Maltese: *L-Imnarja*), and a banquet was to be celebrated at the Grandmaster's Palace in Valletta. Slaves were to poison the food at the banquet as well as within the auberges and other palaces.^[6] After the banquet, a small group of slaves would assassinate Grand Master Manuel Pinto da Fonseca in his sleep, while 100 palace slaves would overpower the guards. They would then attack the Slaves' Prison to free the remaining Muslims, while others were to attack Fort Saint Elmo and take weapons from the armouries. The Ottoman Beys of Tunis, Tripoli and Algiers were to send a fleet which was to invade Malta upon receiving a signal from the rebels.

The plot was discovered on 6 June, three weeks before it was to take place.^[6] Three slaves had met in a coffee shop in Strada della Fontana (now St Christopher Street), Valletta, near the Slaves' Prison, to win the support of a Maltese guard to the Grand Master, and began to quarrel. The shop owner, Giuseppe Cohen, who was a former Jew who had converted to Catholicism, overheard them mention the revolt and reported this information to the Grand Master. The three slaves were arrested and revealed details of the plan under torture.

The leaders were subsequently arrested, and 38 of them were tried and executed. Some plotters converted and asked to be baptized just before being killed. One hundred and twenty-five others



Grand Master Manuel Pinto
de Fonseca



Mustaphà Pasha
of Rhodes

were hanged in Palace Square in Valletta,^[6] while eight were branded with the letter *R* (for *ribelli*, 'rebels') on their forehead, and were condemned to the galleys for life.^[7] On the insistence of France, Mustafa Pasha, who was behind the revolt, was not executed but was taken back to Rhodes on a French vessel. The house in Valletta which was given to Giuseppe Cohen as a reward for revealing the plot. Since 1773, the building has housed

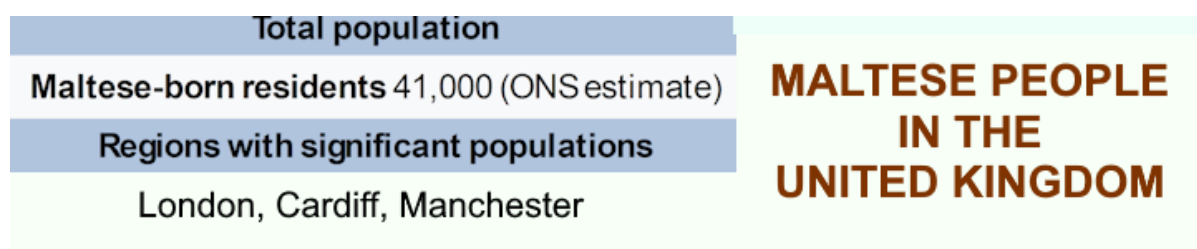
the Monte di Pietà. Plaque above the door of Giuseppe Cohen's house now in the storeroom of the National Museum of Archaeology. Following the foiling of the plot, Grand Master Pinto reported the events to his ambassadors in Europe. Laws restricting the movement of slaves were made stricter. They could not go outside the city limits, and were not to approach any fortifications. They were not allowed to gather anywhere except their mosque, and were to sleep only in the Slaves' Prison. They could not carry any weapons or keys to government buildings.

Cohen, who had revealed the plan, was given an annual pension of 300 *scudi* from the order's treasury and another 200 *scudi* from the Università of Valletta,^[7] and a house in Valletta which had previously been the seat of the *Università* until it moved to new premises in 1721. The house remained in the Cohen family until 1773, when they were given an annuity and the building was taken over to house the Monte di Pietà.

WE ARE ALL PART OF THE STORY

SEND US YOUR STORY AND SHARE IT

WITH OTHER READERS



Maltese people in the United Kingdom are citizens or residents of the United Kingdom who originate from the country of Malta.

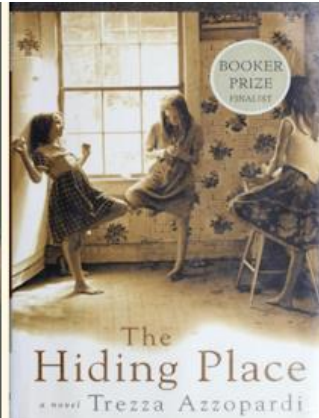
Post-World War Two migration flows from Malta to the UK

Prior to the passage of the Commonwealth Immigrants Act of 1962, there were few restrictions on Maltese migration to the UK. Malta had experienced significant emigration, particularly as a result of the collapse of a construction boom in 1907 and after World War II, when the birth rate increased significantly. In the nineteenth century, most migration from Malta had been to North Africa and the Middle East, with high rates of return migration, but in the twentieth century most emigrants went to destinations in the New World, particularly the United States, Canada and Australia. Numbers opting for the UK were smaller, despite the colonial links. Indeed, prior to World War I, there were very few Maltese in the UK, except for a community in Cardiff. The UK was seen as a distant and cold country by most Maltese.^[2] Between 1919 and 1929, 3,354 Maltese were recorded as sailing to the UK, with 1,445 of these returning in later years. The remainder did not necessarily all stay in the UK, however, with many subsequently moving on to Australia. Nonetheless, by 1932, a street adjoining Commercial Road in London was home to a Maltese community. Many of these Maltese people worked in London's docks. Similar communities existed around the docks in Chatham and Portsmouth.

After World War Two, Malta's Emigration Department would assist emigrants with the cost of their travel. Between 1948 and 1967, 30 per cent of the population emigrated. After 1962, Maltese people required vouchers to migrate to the UK, but these were relatively easy to obtain from the Emigration Department until 1971. The Emigration Department would arrange for prospective migrants to be interviewed by British firms in order to allow their passage to the UK to fill labour shortages. At this time, it was also common for Maltese women to marry British military servicemen, and for Maltese to join British merchant ships. Migration statistics recorded in Malta and the UK differ in terms of the number of Maltese migrants recorded. Maltese statistics suggest that 8,282 people left Malta for the UK between 1963 and 1970 (inclusive), with 949 recorded as returning. British statistics, meanwhile, suggest that 8,110 Maltese migrants arrived in the same period, excluding students, diplomats, seamen, visitors and their families.^[3] Between 1946 and the late 1970s, over 140,000 people left Malta on the assisted passage scheme, with 57.6 per cent migrating to Australia, 22 per cent to the UK, 13 per cent to Canada and 7 per cent to the United States.

Significant seasonal migration to the UK started in 1962. This year saw 70 Maltese women recruited to work in British fruit and vegetable canneries for six months. By 1967–69, 250 Maltese people per year were moving to the UK for seasonal work, mostly in the canning, ice cream manufacture and hotel and catering sectors. The seasonal migration of female workers was organised by the Emigrants' Commission of the Catholic Church in Malta.

According to the Malta Emigration Museum, between the end of World War Two and 1996, a total of 31,489 migrants left Malta for the UK. 12,659 subsequently returned to Malta. Net migration over the period was therefore 18,830.



**TREZZA
AZZOPARDI
MALTESE-WELSH
WRITER
HER FIRST NOVEL
WAS TRANSLATED
INTO MALTESE**

Biography Trezza Azzopardi was born and grew up in

Cardiff. She has an MA in Film Studies from The University of Derby, and in Creative Writing from the University of East Anglia, where she now teaches.

Trezza has written four novels: her first, *THE HIDING PLACE*, won the 2001 Geoffrey Faber Memorial Prize and was shortlisted for the Booker Prize; *REMEMBER ME* (2004) and *WINTERTON BLUE* (2007), were both listed for the Wales Book of the Year. Her latest novel, *THE SONG HOUSE*, was [serialised on BBC Radio 4](#). Her novella *THE TIP OF MY TONGUE*, based on one of the tales from *The Mabinogion*, was published in October 2013. She also writes short stories, which have been widely anthologized, essays, and occasional pieces for radio. Her work has been translated into twenty languages. Cardiff author finally ‘speaks’ father’s tongue – Maltese.

***The Hiding Place* IL-MOHBA** evokes a time when the city of Cardiff was one of the oldest multi-racial communities in Britain. A novel of childhood and family feuding, set in the Maltese community of Cardiff's Tiger Bay. Seen through the eyes of Dolores, it tells the story of her compulsive gambling father, Frankie, who loses everything to his rival Joe Medora, head of the Maltese Mafia.

This part of Wales was once a magnet for seafarers, merchants and workers from around the world. They arrived from Norway, Spain, Italy and further afield from Somali and the Caribbean, making their home in Butetown, an area near the docklands that came to be known as Tiger Bay. Tiger Bay exists now only in people’s memories and in popular culture. Most of the original terraced housing was demolished in the 1960s, replaced by an anonymous housing estate and high rise blocks of flats. What remained became a victim of a docklands regeneration scheme in the late 1990s. Even the name Tiger Bay has largely disappeared, the victim of a re-branding to “Cardiff Bay.” The decline of this once vibrant community forms the backdrop to ***The Hiding Place* by Trezza Azzopardi**, a deeply immersive saga of one Tiger Bay family. Her story of the Gauci family from the early 60s to the end of the nineties is a stark portrayal of the reality of life for many immigrant families in Cardiff in the post-war decades: one of poverty, neglect and mental illness. Maltese-born Frankie Gauchi arrived in Cardiff as a sailor, intending to stay only long enough to get another passage. But he’s excited by his first glimpse of the city’s tall buildings and wide streets so he stays, marries Mary (an “immigrant” of sorts, having moved to Cardiff from the valleys of South Wales) and becomes the father of six daughters.

It’s the youngest girl Dolores (known as Dol) who acts as the narrator of this bleak tale, starting with her memories of childhood and ending with a return to Tiger Bay to attend her mother’s funeral .

Her memories are fragmented and not fully understood at the time. But it’s hard to deny the power of her first-person, quasi-omniscient viewpoint. Within the first five pages for example we learn that her birth was not a cause for celebration in the Gauci household.



1. Sue Moran (Michael's wife), Michael, Marie and Pat Pirotta 2 Pirotta extended family and friends at the commemoration 3. The plaque 4. Michael Pirotta (Tom's son) with Parafield General Manager – Tom Ganley

Hair transplant pioneer remembered 50 years after tragic death

[Matthew Bonanno](#) Valletta-born Thomas Pirotta (right) migrated to Australia in 1949, where he made a name for himself by pioneering his own techniques in hair transplant operations. The first Maltese-born surgeon in Australia who developed his own hair-transplant techniques has been remembered by his family 50 years after dying in a plane crash.

Relatives of Valletta-born Thomas Pirotta gathered at the Parafield Airport heritage centre in Adelaide to unveil a plaque dedicated to him. It was there that, on March 3, 1975, Pirotta died while piloting his light twin-engine aircraft. His four passengers also died in the crash.

The ceremony was attended by his children Michael and Marie, and his widow Patricia.

Pirotta, then 16, emigrated to Australia in 1949 after obtaining a place at the University of Adelaide to study medicine. His unusually high intelligence meant he had skipped several years of school in Malta.

Relatives of Valletta-born Thomas Pirotta gathered at the Parafield Airport heritage centre in Adelaide yesterday to unveil a plaque dedicated to him.

He then continued his studies in Edinburgh and London, before moving to Melbourne to practise surgery.

He made a name for himself by pioneering his own techniques in hair transplant operations and was one of only two surgeons in Australia who offered the procedure at the time. He ran clinics in Melbourne, Sydney and Adelaide.

In 1969, Pirotta carried out a hair transplant on his brother, Charlie.

Aside from his private practice, Pirotta was also a volunteer surgeon in the St John's Ambulance Brigade.

A biography of Pirotta in a newsletter for the Maltese Australian community paints a picture of a Renaissance man. In his youth back in Malta, Pirotta was a keen artist and also won accolades in swimming and waterpolo. Later in life, he took up martial arts and gained a love for cars. He owned several vehicles, including two Jaguars. But Pirotta's greatest passion was flying. He obtained a commercial pilot licence and accumulated 538 flight hours until the accident that claimed his life. He was also very active in Melbourne's Maltese community, having served on the board that established the city's Maltese community centre. Pirotta's granddaughter, Katie, who moved from Australia to Malta in 2014, said he was highly popular in Maltese and aviation circles.

"I would have loved to have met him. He was loved and respected because he came from humble beginnings and did good," said Katie, who was inspired by her grandfather to become a pilot herself.



MCsims PASTIZZERIA OFFICIALLY OPENS ITS DOORS IN LONDON

Malta's Mcsims opened its doors officially at 82 Mitcham Road where Tequila Mockingbird was previously located.

The pastizzeria's opening was first announced on the Instagram page

tootingsnewsie, revealing that it would be opening at 82 Mitcham Road.

The bakery offers the traditional Maltese cuisine to Londoners and all those visiting.

'It was much needed – us Maltese Londoners needed something lol! So so good', said Joe Falzon, sharing the video with Malta Daily.



I had a great visit to McSims to meet with members from Cardiff's Maltese community.

Wales and Malta have deep cultural, historical, economic, and sporting connections which many people won't know about, and I'm always happy to help celebrate and promote those connections.

The Maltese community in Cardiff has a particularly long history, as Cardiff Docks brought in lots of Maltese people along with the many, diverse communities that settled here at the time. In fact, there weren't many Maltese people in the UK at all before the First World War - except

for here in Cardiff. It's also fantastic to see more Maltese food appearing across the city - and I can definitely recommend the pastizzi at McSims for an authentic taste of Malta!. **STEPHEN DOUGHTY**

STEPHEN DOUGHTY MP - BIOGRAPHY

Stephen Doughty was appointed Minister of State for Europe, North America and Overseas Territories in the Foreign, Commonwealth & Development Office on 8 July 2024. Stephen was first elected as Welsh Labour and Co-operative Member of Parliament for Cardiff South and Penarth in November 2012.

Stephen studied at Lester B. Pearson UWC in Canada, Oxford University and St Andrews University. He later worked for the OSCE Parliamentary Assembly and for members of the then National Assembly for Wales.

Stephen spent a number of years working for humanitarian and international development NGOs World Vision UK, Oxfam GB, Oxfam International and Oxfam Cymru. During

the previous Labour government he was Special Adviser to the Secretary of State for International Development.

Stephen served at the Wales, Home Affairs, Arms Export Controls and International Development Committees in Parliament. He was also an opposition Whip and a Shadow Minister for Trade and Industry. He chaired the All-Party Parliamentary Group for HIV and Aids, and was a member of the British-Irish Parliamentary Assembly.

Stephen completed the Armed Forces Parliamentary scheme, attending the Royal College of Defence Studies 2017 to 2018. He has also served as an Army Reservist.

In 2020 he was appointed Shadow Foreign Affairs and International Development Minister and in 2021 he was appointed Shadow Minister for Europe, North America and the Overseas Territories



MORE PEOPLE OF MALTESE HERITAGE IN WALES

Joe Cordina (born 1 December 1991) is a Welsh-Maltese professional boxer. He is a two-time super-featherweight world champion, having held the International Boxing Federation (IBF) title from April 2023 until May 2024 and previously in 2022.

As an amateur, he won a bronze medal at the 2014 Commonwealth Games and gold at the 2015 European Championships, both in the lightweight division. He also represented Great Britain at the 2016 Summer Olympics. Cordina is of Maltese heritage. When asked What does

representing your Maltese heritage mean to you: he answers "It is a weight on my shoulders but it is a good feeling for me to represent the Maltese people."



Photo DOI Daniel Scicluna

Chadwick are a number of dams, pouring into each other, on the island of [Malta](#). The area is locally known as **Wied il-Qlejgha** (Qliegħa Valley). Their location extends from Qliegħa Valley in the limits of [Mtarfa](#) and [Rabat](#), to Għasel Valley ([Wied il-Għasel](#)) in the peripheries of [Mosta](#).^[1] It consists of a complex system of well-planned small dams, draining into Speranza Valley, and then into the sea at [Salina Bay](#).

The lakes are formed behind a number of dams constructed by [Sir Osbert Chadwick](#), a British engineer, in the late 19th century.^[1] The water drains into Wied Speranza and ends at the sea at Salina Bay.^[2] The valley provides farmers with water to irrigate their land.^[1] Wied il-Qliegħa is only full during the winter months.^[2] During this period, the lakes are abundant with life. Biodiversity includes several indigenous plants, insects, tadpoles/frogs and crustaceans.



AN AFTERNOON OF ELEGANCE AND ENCHANTMENT

HARPIST DR ANNE MARIE CAMILLERI PODESTA' IN SOLO CONCERT Saturday 8th March 2025

Phoenicia Hotel Ballroom, Floriana

Event organized by LIONS CLUB SLIEMA

Review by Lion Tonio Portuguese

Members of the Lions Club enjoyed a wonderful afternoon of beautiful musical selections performed by outstanding Harpist Dr Anne Marie Camilleri Podesta'.

Her pieces included appropriate adaptations of several

popular compositions by Franz Lehar, Andrew Lloyd Weber, Edoardo di Capua, Taylor Swift, Francis Lai, Louis Armstrong, and Ennio Morricone amongst others.

We were enchanted and fascinated by her highly relaxing performances including My Way, Memories from the musical Cats, Love Story, What a Wonderful World, the Merry Widow operetta, A Moment in Time.

Ms Camilleri Podesta' expressed consistent versatility and a delicate flair in her professional renditions much to the delight of patrons that packed the Phoenicia Ballroom. She rightly received a warm round of applause enhanced by a standing ovation.

Dr Camilleri Podesta' is a unique Role Model combining her demanding medical duties as a highly active Consultant Anaesthetist at Mater Dei Hospital, specialised in Anaesthesia and intensive care, a strongly motivated trainer and lecturer, together with a great love and a profound passion for the Harp and its melodious and amazing renditions. Her medical commitments are complemented by her vocation as a leading national and overseas Harpist, including top performances with the Malta Philharmonic Orchestra and in international venues in Vienna, Lisbon, Portugal, Liverpool, Dublin, a highly esteemed Ambassador of Maltese culture. A big well done to the President, Committee and all Lions for this event with an extremely high performance and organizational standards.



PRISONERS OF WAR IN MALTA WW1

Prisoners of war (POW) in Malta were mainly held at Verdala Barracks, St Clement Camp and adjacent camps (Zejtun), Salvatore Fort and Polverista Barracks until March 1920 and guarded by officers and men of the Royal Malta Artillery and the King's Own Malta Regiment of Militia.

The POWs held in Malta were not our prisoners.

They were military personnel captured by the British Forces and their allies and sent to Malta which was considered to be a secure location for POW camps. Maltese were not responsible for the state of the camps and the POWs' welfare although many in the employ of the British Forces did have direct contact with these German and Italian prisoners. A good relationship did ensue in most cases.

The Nazis and the Fascists who had bombed the living daylight out of this country were allowed Red Cross packages, mail and had the comfort of knowing that their families knew of their survival. The vast majority of prisoners held in the local camps were captured in Italy in the last phase of the war. They were not involved in the bombing operations. Only a few were actually captured and held here after being shot down over our islands. They were entitled to Red Cross packages and (censored) POW mail, just as British prisoners in German and Italian captivity were entitled to the same treatment irrespective of whether or not they had participated in bombing attacks against Axis countries.

The POWs were not a burden on the Maltese taxpayer. The cost of "hosting" them and providing them with food, medicine and clothing was borne by the British Forces which also controlled the flow of POWs and made sure they only kept as many as they could handle.

When captured, POWs did not attempt to hide their identity or origin. They only withheld information regarding their military units - it is a soldier's duty not to divulge information to the enemy.

The POWs did not wreck what their captors provided them with. On the contrary they used their skills and ingenuity to improve their surroundings and turn their spartan Nissen huts into a home away from home.



They did not throw away the food provided to them but actually cultivated vegetables and fruit and even helped in the kitchens and in the distribution of food.

Some of the POWs had medical training and tended to their fellow prisoners' health and sometimes they were called upon to provide medical assistance to British and Maltese personnel in charge of camp security.

The POWs organised cultural and sports activities. They printed their own newsletters. Their football teams were a formidable force

on the rough grounds where they played against their captors, providing many Maltese football fans with a spectacle.

They produced souvenirs in a variety of materials such as Malta stone, aircraft duralumin or Perspex which they then sold to raise money for their needs. Some Maltese homes still have some POW art displayed on a shelf.

POWs worked on various construction projects, which the Maltese enjoy to this very day, such as the chapel at Pembroke and the Lido at St George's Bay. They even offered to rebuild the Royal Opera House. Incidentally, this project never materialised because someone thought it fit to publicise it as a threat to Maltese workers' jobs (Is it not ironic that our unions now remain silent while our workforce is slowly but surely being swamped with underpaid "asylum seekers"?).

There were times when the POWs organised peaceful protests that were just that and no more. There are no reports of prisoners carrying stones or weapons fashioned out of chicken bones. There was one occasion when they cheered and clapped when some Maltese workers protested over the POW's employ in construction works - the Maltese protesters carried placards which read "Germans Go Home" and the POWs loved it.

Above all, the POWs were a self-disciplined lot and their level of education and culture could only have left a positive influence on those who came into contact with them. The Maltese never felt threatened by their presence.

Limited releases of former prisoners continued in March 1919 with the repatriation of 28 Ottoman Greeks and the release of two Austrian civilian internees.

More significantly, March 1919 saw an apparent change in Allied policy affecting the PoW Camps on Malta, with the arrival of political detainees from both Egypt and Turkey. In both countries after the end of World War 1, nationalist movements were striving for independence and self-rule, but in a



Mohamed Mahmoud Ismail Sidky Saad Zaghloul Hamad El Basel Malta 12 Apr 1919

manner that conflicted with Allied ambitions. In Egypt, this resulted in the arrest of Saad Zaghloul, leader of the Wafd party, who in 1924, was destined to become Prime Minister. Along with seven other Egyptian nationalists, they were deported to Malta and treated as PoWs. Leaving Alexandria on 8th March 1919 on SS Caledonia, they arrived at Malta on 13th March and were probably allocated local PoW numbers 2658-2665. The deportations created considerable unrest in Egypt and after only one month, at least five including Saad Zaghloul were repatriated on the orders of General Allenby. A photograph of four of those deported to Malta was taken in St. Clements Camp on 12th April 1919, a couple of days before repatriation.

The situation in Turkey was more complicated and influenced by the possibility of prosecuting a number of senior statesmen and military officers for war crimes. In 1919, a number of these senior personnel were arrested in Turkey and as a sign of things to come, General Ali Ihsan Pacha and his batman Corporal Ibrahim Ahmed were deported to Malta arriving on 29th March 1919. They were allocated PoW numbers 2667 & 2668.

In a similar manner, the former PoW Camp Commandant at Philippopolis in Bulgaria was also sent to Malta on suspicion of harsh treatment of Allied PoWs. Georges Nikoloff was allocated PoW No.2666.

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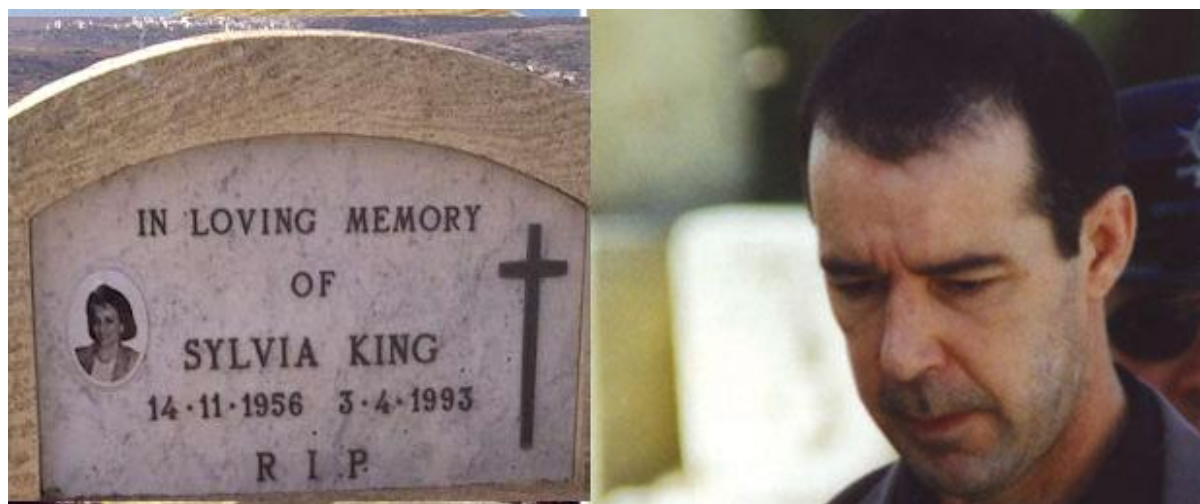
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32 YEARS SINCE SYLVIA WAS MUDERED

One of the most notorious murders in Malta's criminal history took place 32years ago at one of the Malta's's most peaceful spots. Champion bowler Sylvia King, 36, died when her car was set on fire in scenic Kuncizzjoni, having earlier been kidnapped from Marsascala.

One of the first clues that investigators had found the missing woman was the discovery of a gold pendant in the shape of a bowling pin, embedded into the victim's charred body.

Sylvia King, 36, a social worker, had won the national bowling championships just four days earlier.

"The car was still very hot when we arrived. It was totally burnt," said forensic expert Anthony Abela Medici, who was the one who pulled Ms King's charred body out of the back seat of the car set on fire in Kuncizzjoni, limits of Rabat, on the night of April 3, 1993.

Ms King had been abducted near the Sant' Antnin plant and bundled into a car, shortly after she left the Lemon and Lime Bar she owned in Marsascala. Her killers first took her to a dump near Għaxaq, but investigators believe plans changed when they saw children playing in the area.

Instead, they drove Ms King to Kuncizzjoni, where she was burnt alive in a car.

"The sheer cruelty of the crime was incredible, certainly one of the worst I've seen in my career," said Dr Abela Medici, who investigated cases like the bloody EgyptAir hijacking in 1986.

Investigators realised they were dealing with a female victim when they turned the body over to find a burnt bra strap.

Parts of the vehicle's shattered window, which melted with the intense heat, were found underneath her head, suggesting she was struggling after the fire started, Dr Abela Medici told *Times of Malta* on Tuesday. Their suspicions were confirmed when an autopsy revealed soot in the victim's windpipe. She was found with two heavy blows to the head, possibly knocking her out unconscious. The victim's bag, including her personal diary, together with pistols, presumably used in the abduction, were later found in a field in Żabbar.

It took police hours to net the killers. The mastermind was Joseph Harrington, a man with psychopathic tendencies, who wanted to know the whereabouts of his estranged wife. Back then, Ms King was involved in an organisation that supported people in need and had become friends with Ms Harrington, who feared her husband. Evidence also led the police to drug addict Tony Baldacchino, who admitted with investigators he was involved in the murder.

Harrington was convicted of the murder in 2000 and was jailed for life. He [died](#) in 2014.

Baldacchino who had been convicted in a separate trial in 1997, was released from prison in 2002, and was found dead the following year at his flat in Buġibba.

Feta and Lamb Stuffed Capsicums

These are stuffed capsicums with a Greek theme which incorporate lamb, risoni, spinach and feta. You could also use beef or turkey mince if you prefer

Ingredients **Serves:** 6

- 250g risoni pasta or rice
- 2 tablespoons olive oil
- 1 yellow onion, chopped
- 2 large cloves garlic, chopped
- 700g lamb mince
- 4 1/2 teaspoons dried oregano
- 1 tablespoon dried basil

- salt and pepper to taste
- 450g frozen chopped spinach, thawed and drained
- 2 tomatoes, diced
- 180g tomato paste
- 220g crumbled feta cheese
- 6 large green or red capsicums - tops removed and seeded
- 2 tablespoons olive oil

Directions

Preparation: 20min

Cook: 45min

Ready in: 1hour5min



1. Bring a pot of lightly salted water to a boil over high heat. Cook the risoni in the boiling water uncovered, stirring occasionally, until tender yet firm to the bite, about 8 minutes. Drain.
2. Heat 2 tablespoons olive oil in a large frypan over medium high heat; cook and stir the onion and garlic in the hot oil until fragrant, about 1 minute. Crumble the lamb mince into the mixture; season with the oregano, basil and salt and pepper. Continue cooking until the lamb is completely browned, 7 to 10 minutes. Remove from heat. Stir the risoni, spinach, tomatoes, tomato paste and feta cheese into the lamb mixture until evenly incorporated.
3. Evenly rub the outside of the capsicums and the tops with 2 tablespoons olive oil. Season with salt and pepper. Arrange in a baking dish large enough to accommodate all of them standing upright. Fill the capsicums with the lamb mixture and replace the tops.
4. Roast in the preheated oven until the capsicums begin to brown, 30 to 40 minutes.

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