



THE MALTESE E-NEWSLETTER

Journal for Maltese Living Abroad

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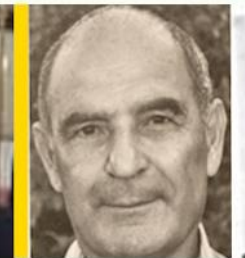
MARION ATKINSON



CHARLES GAUCI



CHARLES MIFSUD



FRANK ZAMMIT



GODWIN GAUCI



RAY GRIMA



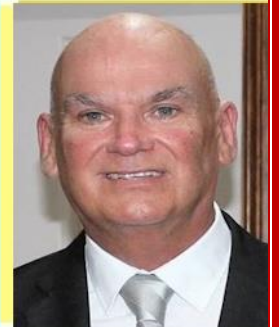
DR. RAYMOND XERRI

600th Edition

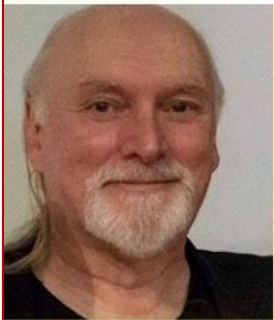
MALTA IN THE WORLD

GOZO

MALTA



LOUIS PARNIS



DR. BARRY YORK



JOE M ATTARD



G. STAGNO NAVARRA



EMMANUEL BRINCAT



FR. LONNIE BORG



JOHN CALLEJA



DR. CHARLES SALIBA



JOHN MANGION



MALTESE E-NEWSLETTER
Journal for Maltese Living Abroad

It's hard to explain the pain of separation
From one's own country of birth so long ago.
It's harder to lose track of your own nation
Mixed in your dreams making your worries grow.

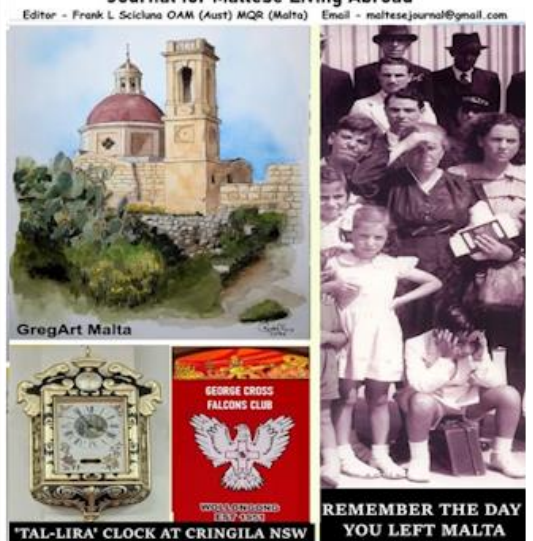
So, in some distant land you settled seeking
To solve all problems - but a new one's found:
You yearn to learn the news while in touch keeping
with what you left behind, what's new around.

Oh, what a blessing Maltese E-Newsletter
It is who love Malta's gossip and news
And to all who want to appreciate better
Her rich history, ancient culture and her views!

We enjoyed Six Hundred Issues with great pride
So, we pray that thousands more will yet abide.

Frank Zammit, 22.5.2026
NSW - AUSTRALIA

MALTESE E-NEWSLETTER
Journal for Maltese Living Abroad



WE INFORM, EDUCATE, ENTERTAIN AND CONNECT
MALTESE LIVING IN MALTA AND AROUND THE WORLD

THE MALTESE E-NEWSLETTER
Journal for Maltese Living Abroad



Thank you!

I am truly grateful for the numerous messages I have received on the significant occasion of the publication of the 600th edition of the Maltese journal. I could not have accomplished this without your unwavering support and assistance.

You were consistently present whenever I required help, particularly during times when I felt down and despondent. Over the past few years, I have formed many friendships here in Australia and across the globe.

Friends whom I have never met, yet they are genuine friends upon whom I can depend. Producing the free and unique journal has required considerable financial cost, time, energy, and sacrifices. However, I undertook this endeavour selflessly, and the only reward has been the positive feedback I continually receive from my readers. I hope you will remain loyal and enthusiastic readers until God grants me the strength, health, and sufficient energy to continue connecting with all the Maltese living abroad – the Maltese Diaspora.

Frank Scicluna - Editor

HIS EXCELLENCY CLIFFORD BORG MARKS Malta High Commissioner in Australia

CLIFFORD BORG-MARKS - HIGH COMMISSIONER FOR MALTA - CANBERRA, ACT



Congratulations are definitely in order for the publication of this 600th issue of the Maltese E-Newsletter – Journal for Maltese Living Abroad! This is a remarkable achievement, particularly for the perennial Editor Frank L Scicluna OAM, MQR, JP, for whom the Maltese Journal is clearly a labour of love.

Thank you, Frank, for your continuing contributions to the Australian-Maltese community in South Australia and beyond, as well as to the wider community of Maltese living abroad.

The Journal has helped its readers to stay in touch not only with major happenings in Malta and events within the community, but also with each other through the sharing of personal messages and updates. My thanks and congratulations also go to everyone else who has contributed one way or the other to the success and longevity of the Journal. Keep up the good work, Frank. We look forward to the next 100 issues of the Journal. My warmest regards to all the readers of the Journal and best wishes to all for health, happiness and prosperity!

THE MALTESE ENEWSLETTER THE PUBLICATION WHICH UNITES AND BINDS GLOBAL MALTA AND GOZO



Chev Dr. Raymond C. Xerri

600th Edition! Even trying to count them just as numbers you either become tired or one give's up, imagine having to plan, research, coordinate write, find photos, logos, images, proofreading, setting and distributing all those editions to thousands of Maltese, Gozitans and others world-wide. Truly a mammoth and monumental task.

Here in Gozo, this publication is re-directed to just over a 1,200 Non-Governmental Organisation in the Gozitan Islands, a few hundred copies are forwarded in hard and soft copies to the my return Gozitan migrants in homes around Gozo like 'Dar San Ġużepp' in Ghajnsielem, Villa San Lawrenz in San Lawrenz, the Nigh Shelter Ġesu Nazzarenu in ix-Xagħra, casa Amalia Day Centre & Night Shelter, to the Day Care Centres in Ghajnsielem, Elderly of and the University of the Third Age in ix-Xewkija and to the Active Ageing Centres at Ta' Kerċem, Ta' Sannat, ix-Xewkija, Taċ-Ċawla, il-Qala and iż-Żebbuġ, Furthermore, further copies are distributed to the Residenza Sant'Anna and at the Gozo General Hospital in ir-Rabat, Gozo and in 14 Gozitan Parish Centres and Gozitan Local Councils. The

Maltese eNewsletter offers our diaspora a sense of comfort, a vital link with their Maltese and Gozitan identity a way to cherish the customs and traditions.

Even my distribution in the Gozitan Islands is for me a big task, imagine Frank's endeavour every fortnight over all these years. The Maltese eNewsletter is a life-long project of sheer love from Frank to our nation living throughout the globe. Frank you and your team are a true champions of entire nation, not just those who live in Malta and Gozo, but our nation is a Global Nation in 171 countries and territories around the globe.

The Maltese eNewsletter has over the years saw seismic shifts in our diaspora - Global Malta and Global Gozo. My 2023 academic paper entitled, 'The Gozian Diaspora, published in Issue 5 of the Gozo Regional Development Agency (GRDA) publication called, *Perspettivi – A Gozo Review*, which is a three-decade long scientific study of our nation's diaspora world-wide, the very first study of its kind spells out a clear picture of our diaspora today. The first and second generations in most migrant nations have or are fast passing away and nearly half of the new generations of Maltese and Gozitans are taking up Maltese Citizenship with the other half sees no reason to have both citizenships and yet others are not informed enough of such a precious opportunity dual and multiple citizenship offers or are completely unaware and not informed enough by our Embassies, High Commissions and Consulates world-wide. **Over 64,600 copies of this paper were requested and forwarded to a myriad of individuals, organisation, companies and the rest in nearly 65 countries and territories.**

Frank and his team are doing a very noble job and above and beyond their resources. It is truly the last international voice and link amongst our diaspora world-wide. For now I feel very proud to have played a tiny part in making this diaspora project a success story from the time I was a diplomat posted in Australia, New Zealand, The Philippine to the United Kingdom, Island to lastly in Canada during the COVID19 period. Today as Head of the Gozo Diaspora and International Office (GD&IO) within the Ministry of Gozo & Planning based in Gozo, with the largest Diaspora of over 410,000 Gozitans abroad as compared to the 383,000 Maltese abroad. I perfectly understand Frank's energy, love and commitment to our Maltese and Gozitan Diaspora because I too share the same, being a son of a Gozitan migrant family of il-Qala, with 43 relatives in 12 countries, studied and specialised in Diaspora Studies, graduated with the very first Doctorate in Philosophy in the world specialising in Maltese and Gozitan Diaspora studies, have worked for four decades in the interest of our diaspora worldwide. I augur Frank and his team many more years and many more editions of the Maltese eNewsletter. Thank you Frank, you are a star.

CHARLES GAUCI – BISHOP OF DARWIN

I value very much 'THE MALTESE JOURNAL'.

I have been in Australia now for over 61 years. Last year in November I was in Malta to celebrate a family wedding. I was looking out of the window where I was staying. I could see a Neolithic temple thousands of years old. I looked across the bay where tradition says that Saint Paul was shipwrecked. I felt the autumn mild air around my face. As this was happening, I had an awareness that I had evolved for many generations in this place. It was a powerful feeling.

I felt deeply connected; I belonged. I am a Maltese Australian. Both identities are part of my identity. I love Australia, this amazing vast land I also belong here. Hence receiving the journal keeps me in touch with my roots. I greatly appreciate Frank's amazing energy and ability to keep regularly producing such a well put together production. Thank you Frank and all those who support such a splendid effort. I look forward very much to receiving it.



PETER MALINAUSKAS - PREMIER OF SOUTH AUSTRALIA



On this significant occasion of the 600th Edition of the *Journal for Maltese Living Abroad*, I extend my sincere congratulations to Frank Scicluna OAM, the editor, and the readers who have supported the publication.

For generations, the Maltese community has been an integral part of South Australia's social, cultural, and economic fabric. This journal is a testament to the Maltese community's enduring strength, linking diaspora across the globe while preserving a rich heritage of language, tradition, and shared identity.

Reaching 600 editions is an extraordinary milestone. It speaks not only to the journal's longevity, but to the dedication and passion of the editor, Frank Scicluna OAM, and volunteers who have generously contributed their time and expertise over the years. Their efforts have allowed the stories, experiences and heritage of the Maltese community continue to be shared and celebrated.

By bringing stories of home, migration and belonging to readers around the world, the journal plays a vital role in ensuring that Maltese culture thrives across generations, regardless of distance. On behalf of the Government of South Australia, I congratulate the *Journal for Maltese Living Abroad* on this significant achievement, thank you for your enduring contribution, and wish you continued success in the years ahead.



MARIA JONES

MARIA JOHNS

CHIEF EXECUTIVE OFFICER - MULTICULTURAL AGED CARE

On behalf of Multicultural Aged Care, I would like to warmly congratulate the Maltese Senior Citizens Association on your 43rd Anniversary.

As a Bruneian with a culturally, linguistically and religiously diverse family background, and having relocated from the United Kingdom to Australia - identity, language, culture, faith, and community connection remain deeply important parts of our lives and values. These are also core values for many older people from multicultural backgrounds.

For multicultural older people, community organisations provide far more than services and support. They provide familiarity, trust, cultural understanding, and a culturally safe place where people feel they belong. They create spaces where older people can speak their own language, practise their faith, share food and traditions, maintain social connection, and preserve a sense of identity and dignity. This wonderful milestone reflects the strength, dedication, and community spirit of the Maltese community, and the important role the Association has played in keeping Maltese culture, connection, and tradition alive for older people and their families.

I would also like to sincerely congratulate Frank on the 600th edition of the Maltese Journal. This is an outstanding achievement and a true testament to his dedication to informing, celebrating, and strengthening the Maltese community over many years.

Congratulations once again on these remarkable milestones.



AWGURI - KAV JOE M ATTARD MINN GHAWDEX, MALTA

Bil-pjaċir ninnota li l-Maltese Journal qed jagħlaq is-sitt mitt edizzjoni minn twelidu. Mhux ċajta jirnexxilek tilħaqq din iċ-ċifra bl-inizzjattiva ta' briedem waħdu li mill-kwiet ta' daru jaħdem u jstinka biex iżomm dan l-appuntament kull hmistax. Trid tkun midħla tal-ġurnalizmu biex tapprezza biċċa xogħol bħal din. Naf x'jien ngħid għax jien għaddej t' l fuq minn nofs seklu nikteb fil-gažżetti u nistampa kotba u rivisti, ħafna drabi bla ma nircievi l-ebda tip ta' apprezzament, Imma la tkun tħobb il-ħaġa tibqa' tagħmilha għalkemm l-ingritudni ma tonqos. U l-EDITOR ta' dan il-ġurnal, i nemmen li jinqara ninn tant nies madwar il-globu, dan jafu sew u naħseb li ġarrbu kemm-il darba imma qatt ma qatt jiesu u wassal dan il-'Journal' sas-sitt mitt ħartġa tiegħu. Dawk kollha li jaqrawh, bla ma jħallsu xejn u bla ma jagħmlu l-ebda sforz, għandhom iħossuhom rikonoxxenti lejn il-moħħ wara dan ix-xogħol letterarju li jikkaverja tant ġrajjet u attivitajiet li kontinwament isiru mawdar id-dinja tagħna. Nixtieq nuri l-apprezzament tiegħi lejn dawk kollha li ta' kultant jaqdbu l-pinna u jaqsmu mal-qarrejja dak li jkollhom f'moħħom u f'qalbhom.

Ċertament li fil-Journal sa ssib xi ħaġa li tinterressak għax il-kitbiet ivarjaw minn Sports, Aħbarijeit, Politika, Letteratura, Kċina, Storja, Folklore, Reliġjon u dak kollu nli forsi qatt ma ħlomt bih. Jiena nħajjar lil kull min ikollu xi materjal interessanti biex jaqsmu mal-qarrejja li nazzarda ngħid huma mxerrda mad-dinja kollha. Bl-Ingliż jew bil-Malti, għandek ssib dejjem xi ħaġa li tinterressak. Ma nixtieqx intawwal imma nappella biex kull min jaqra danil-journal, jsita' jekk rid, wara li jkun qrah, jgħaddih lil ħbiebu, huma fejn huma għax ma int se tħallas xejn għajr li tagħfas buttuna u dak li tixtieq imur fl-ibgħad parti tad-dinja. Żgur li s-Sur Frank japprezza wkoll kelma ta ringrazzjament u apprezzament fl-okkażjoni ta' din is-Sitt Mitt Ħarġa tal-Maltese Journal.

Prosit u Grazzi. Kav Joe M Attard



OUR E-NEWSLETTER FOR THE MALTESE DIASPORA Emmanuel Brincat – Melbourne - Australia

Technology, when used properly, is truly a wonderful tool. It allows us to communicate quickly, efficiently and economically, while also helping to keep communities connected no matter where they live in the world.

Such is the case with the E-Newsletter compiled and distributed by Mr Frank L. Scicluna from South Australia. For many years now, this publication has become an important source of information, communication and connection for the Maltese Diaspora throughout

Australia and beyond.

Personally, I have been receiving the E-Newsletter for approximately seven years, and during that time I have found it to be both highly informative and extremely interesting. The variety of articles published regularly ensures there is always something worthwhile to read and reflect upon.

What makes this publication stand out is the dedication and honesty of its contributors. The articles are not fanciful or superficial; they are written by correspondents who know and understand their subjects well. Importantly, they are not afraid to address matters that are sometimes considered sensitive or even taboo within our communities.

I only recently began contributing to the E-Newsletter myself, and I sincerely thank Mr Scicluna for encouraging me to do so. Through this platform, I am able in my own humble way to highlight the many activities and achievements of the various Maltese associations here in Victoria. In doing so, the E-Newsletter helps preserve and promote the work being carried out by our Maltese communities for future generations.

One particular article that greatly captured my interest was recently written by Mr Victor V. Vella of New South Wales regarding the Council for Maltese Living Abroad. Had the E-Newsletter did not publish such an article, many of us within the Maltese Diaspora may never have known what actually takes place during these important annual meetings.

I still remember attending the first convention in the year 2000 as Secretary of the Maltese Community Council of Victoria, together with then President Mr Victor G. Borg. At that time, the organisation now known as the Council for Maltese Living Abroad carried the Maltese title “Mexxejja ta’ l-Assocjazzjonijiet tal-Maltin ta’ Barra u ta’ Nisel Malti”.

Upon our return to Victoria, we reported back in detail to the affiliated Maltese associations during the next monthly meeting of the Maltese Community Council of Victoria. Today, many within our community still wish to hear and understand what outcomes, discussions and decisions arise from such important gatherings.

As a Maltese broadcaster, I remain deeply interested in matters that concern Maltese people living away from our homeland. When little or no information is shared publicly, people naturally begin to question the value and effectiveness of these meetings. This is why publications such as the E-Newsletter are so important — they help keep our community informed, engaged and connected.

Another section of the E-Newsletter that I always enjoy reading is the series on the “History of Malta”. These articles never fail to bring back memories and nostalgia of our school days and our beloved homeland. They remind us of our heritage, traditions and identity as Maltese people.

The points mentioned above are only a small example of why I believe this E-Newsletter deserves our continued support and appreciation. There are many more subjects and features within its pages that educate, inform and unite the Maltese Diaspora.

Publications such as this require dedication, time and commitment from editors and contributors alike. **Therefore, I encourage readers not only to continue supporting the E-Newsletter, but also to contribute articles, opinions, memories and community news whenever possible. In doing so, we help ensure that this valuable publication continues to thrive for the benefit of present and future generations.**

MALTESE GERMAN ASSOCIATION



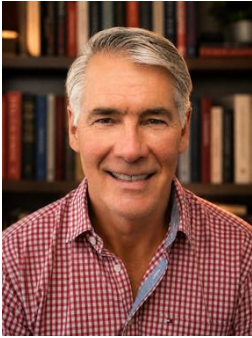
Bettina and Christian Launer - Germany

On the occasion of the 600th edition of THE MALTESE E-NEWSLETTER I like to congratulate Frank Scicluna for this splendid journal. Just thirty months after the big 500th edition, Frank is now celebrating his 600th issue!

The magazine covers not only historical topics but also current issues, right through to traditional recipes from Maltese cuisine.

Thank you, Mr Scicluna, for your ongoing dedication in keeping the Maltese Diaspora informed through your very interesting

and informative E-Newsletter.



Six hundred editions of MJ

Sean Richardson – NSW, Australia

Six hundred editions is no small milestone. Journals endure because people find themselves in the pages. Stories which connect to their history, humour, memories and sense of place. I feel grateful to have contributed occasional articles over the years and to have been given the opportunity to share stories that, I hope, entertain readers and offer something a little different about Malta, beyond the postcard sights and memories.

For me, the Journal is a meeting place where, hopefully, conversations can be had and connections made between generations. Malta is often spoken about through postcards and headlines, but the stories that stay with us are usually smaller and more personal. The Journal gives room for those stories to exist and creates a space where the familiar and unexpected can sit side by side. As a reader, I am naturally drawn to articles that reveal another side of Malta and Gozo. History remains endlessly fascinating, particularly the hidden details that sit beneath the major events we all know. I enjoy writing and reading pieces that connect culture, people, literature, language and place.

I think there is value in articles that surprise, rather than simply inform and that also look at contemporary Malta and ask how its identity continues to evolve, while remaining recognisably Maltese. One of the Journal's greatest strengths is its ability to be a reminder of language, traditions and familiar places, while also providing shared experiences between Maltese communities around the world.

I share stories from the Journal with family and friends, particularly when an article uncovers something unexpected sparking a conversation, a memory, or sometimes even a reason to revisit a place. **I hope the Journal continues to remain curious and that it keeps welcoming different voices, preserving stories and by doing so, creating connections between readers.**



Charles N. Mifsud. MQR OAM J.P. – NSW AUSTRALIA

Dear Frank, I would like to extend my congratulations and express my gratitude for the Maltese Journal that you write, produce, and make accessible to us in Australia and across the globe. Simultaneously, I encourage you to persist in your endeavors to maintain this vital channel of communication, which undoubtedly is a significant challenge, as I am certain it demands extensive research, considerable time, effort, and financial resources to reach all of us worldwide.

Personally, I eagerly anticipate receiving the Maltese Journal here in Sydney, Australia, each week, as I believe it has become an essential link in the communication chain that keeps us connected, whether we are in Australia, Malta, or anywhere else in the world. In my view, this publication has filled some of the gap that the Maltese Herald once addressed. I am also aware that the Maltese Journal, like any other publication, incurs costs for its production.

Therefore, I hope that those of us—individuals, clubs, community centres, and other entities—who benefit from the services provided by the Maltese Journal will offer financial support to ensure its continued existence. I would dislike the thought of taking it for granted. In conclusion, Frank, please continue your excellent work, as I wish you, your readers, and supporters good health, happiness, and peace.



FR LONNIE BORG MSSP -MELBOURNE

Recently I met an Australian woman as I went out from our house. She told me that she is our neighbour and that she just returned from Malta. She went for a short holiday just one week. That was for her enough to develop a fascination with the Maltese Islands. She asked for more information about our country, its culture and about the Maltese living in Australia. I informed her that next door we have a library of Melitensia books. She asked about any recent writings, and I told her of Mr. Frank Scicluna forthrightly the Maltese Journal, a link for all the Maltese living abroad.

Malta is a small archipelago in the middle of the Mediterranean Sea. It has very few natural resources. This led many Maltese to leave our islands in search of a better life and future abroad, Australia, United States, Canada and United Kingdom. The most sought destination was Australia. Our Missionary Society of St. Paul had its first missionaries here in 1948. According to the Australian Census, about 200,000 individuals of Maltese heritage, live here in Australia, mostly in Victoria, New South Wales, in the cities of Adelaide, Brisbane and Perth. Once you are Maltese you remain linked to Malta and the Maltese. You can never forget your roots of origin.

Here I like to thank Mr. Frank Scicluna who with much effort and personal initiatives manage to send the Journal of the Maltese to so many who are regularly waiting for it. This brings to all of us news about Malta and other places where the Maltese reside, stories and cultural articles of interest and other topics of interest. Thanks, and Grazzi hafna for this sterling work. Keep it up and God bless



CONGRATULATION FRANK ...WOW 600TH EDITION OF THE MALTESE E-NEWSLETTER FROM AUSTRALIA TO THE WORLD – AMAZING ACHIEVEMENT.

John and Grace Calleja - Adelaide

If we had such a thing like Hollywood in Australia giving out OSCARS for best journal newsletter – your readers will join me to vote you for an OSCAR award.

It's hard to reflect which one of the 600th edition stands out, each edition is different that makes the MALTESE E – NEWSLETTER special.

We always learn something new about Malta's current and past history, activities happening, our Maltese Living Aboard updates and off course Maltese food recipes. When I last attended the ANZAC service in Malta, many who knew I was from Adelaide commented positively on your Maltese E newsletter and told me they look forward reading the next edition – it is also an education tool for the locals.

Putting together such a quality newsletter takes hours upon hours to accomplish – many of us are amazed the short turn around publishing the next newsletter. I also like to thank your contributors and support you receive.

A healthy and energetic 90-year-old recently told me the secret to long life is to have an endless project that keeps the mind busy. The MALTESE E NEWSLETTER is your endless project wishing you longevity and we all look forward with your readers receiving many, many more future editions. God Bless.

A MILESTONE IN CULTURAL DIPLOMACY: THE 600TH EDITION OF THE *JOURNAL FOR MALTESE LIVING ABROAD*



Written by: Dr Charles Daniel Saliba - Malta

www.charlesdanielsaliba.com

The *Journal for Maltese Living Abroad* has reached its 600th edition since its first edition was published in May 2013. This milestone is proof of the vitality of this independent journal, which provides a focal point for information, advice and discussion in relation to the Maltese islands, the Maltese identity, Malta's history, culture and heritage and its unique language, il-Malti. Since its aims and objectives are aligned with those of the Council of Maltese Living Abroad (CMLA), the journal serves as a platform for historical memory, community news and success stories. Thus, it is the mouthpiece of all Maltese living

overseas. It also gives Maltese natives, like me, the opportunity to send their message to the Maltese diaspora.

The fact that it is bilingual in Maltese and English makes it accessible to a wide audience, including different generations of migrants, some of whom can speak Maltese, some English and others both. Since it is free and distributed via email, websites and social media, it continues to widen its dissemination and attract new audiences. For the future, continued investment in technology is crucial so that the journal continues to expand its global reach and accessibility.

This journal is also proof of the vision and meticulous work done by its founder and editor, Mr Frank L. Scicluna, MQR, OAM. **An educator by profession, who also served as the honorary consul for Malta in South Australia and was a delegate to the CMLA**, Scicluna founded this long-running Australian-based publication, through which he embarked on a successful cultural diplomacy mission that spread worldwide to connect members of the Maltese diaspora around the globe to each other and to their homeland of Malta. It is for such work and for his lifelong distinguished accomplishments that he has received multiple honours. Amongst the highest honours Scicluna has been given for his work and service to the Maltese community are **the il-Midalja għall-qadi tar-Repubblika (MQR), the Order of Australia Medal (OAM) and the Governor of South Australia Multicultural Award for his work in education and multiculturalism.**

Being a published author myself, born and bred on the island of Gozo, I found this journal to be an important springboard to disseminate information to the Maltese diaspora, and to the journal's readers in general, about my academic ventures and published books. This was important to me because I specialise in teaching Maltese as a foreign language, and I have published many bilingual textbooks for different ages and languages, mainly in Maltese/English, Maltese/Italian, and Maltese/German, which are ideal for this journal's audience. The feedback I received once the press release was published in this journal was a testament to its reach and impact.

Given its content, this journal is an essential read not only for expats and people residing on the Maltese islands but also for every person interested in the global Maltese footprint. This journal is indispensable, especially nowadays, because it contains a treasure trove of information. As the Maltese saying goes:

Jekk ma tafx ħrafet pajjiżek, If you do not know your own country's folktales,
Ħrafet min taf, ħrafet qaddisek? whose on earth do you know?



THE BUGEJA FAMILY FROM ADELAIDE ENJOYING THEIR MALTA VISIT

Paul Bugeja has been a dedicated reader of the Maltese Journal for numerous years, and his entire family takes pride in their Maltese heritage. Paul and his wife have travelled to Malta on several occasions, and they maintain their connection to their homeland through the Journal for Maltese Living abroad.



ROSS PULO – A MALTESE-AUSTRALIAN NSW

I am amazed at the constant, and very interesting, amount of information that comes through on the Maltese Journal. I always look forward to receiving each edition. Thank you Frank and the Team.!

I am a child of immigrants who came to Australia in the late 50's like so many others to find a new future for themselves and their families. Yes! I grew up exposed to the Australian way of life and am grateful for the sacrifices my parents made for us to have a better life and opportunities which we would not have had in Malta after the war.

However, I have always nurtured and respected my Maltese culture and language. As a child, I was always curious to know what Malta was like and so much enjoyed the stories my parents told my siblings and I. Out of all my siblings, I have kept up the love and interest of our heritage and families. I have visited Malta often, and feel very connected to this day.

The journal is key for me in that connection. I so enjoy reading the historical richness of the islands. There was so much I did not know about our islands till your newsletter was circulated for us to enjoy!

I am so grateful to you Frank for your hard work and commitment to bring out the journal with so much interesting information that will keep me connected and proud of our history and culture. I have lived in Australia since 1959 as a child of 5 years of age, and I am 72. I have never lost my love for our country and of its people. Your newsletter keeps me close to that identity and allows me to keep up with what is happening with other countrymen around the world, especially learning and reading of so many historical events that our islands have endured and experienced.



Honorary Consul for Malta in Queensland President – Queensland Maltese Australian Community

It is with great pride and gratitude that I join in celebrating the remarkable achievement of Mr Frank Scicluna and his journal as it reaches its 600th edition. This milestone is not simply a number—it represents two decades of unwavering dedication to keeping the Maltese diaspora connected, informed, and culturally grounded across the globe.

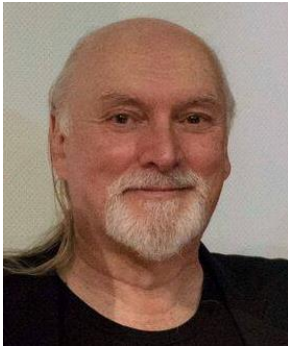
What began as a newsletter for the Maltese diaspora in Australia has grown into something far more significant: an essential communication platform for Maltese communities worldwide. In an increasingly digital age, this journal has become a vital bridge—connecting us across continents and time zones, ensuring that no matter where we live, we remain part of a shared Maltese story. One of the greatest joys of reading this journal is discovering the remarkable work being done by Maltese community groups in different countries. Whether through celebrations of our cuisine, the vibrant preservation of our language, or the passionate promotion of our arts and traditions, these communities are ensuring that our culture does not fade with time or distance. They are keeping Malta alive in the hearts and homes of our people abroad, and this journal documents and celebrates their efforts with warmth and genuine pride.

Beyond community news, the journal also provides us with informative articles about the historical events and heritage of Malta itself. These pieces remind us of our roots, deepen our understanding of our nation's unique place in history, and give our younger generations the knowledge and connection to our homeland that distance alone cannot provide.

As Honorary Consul for Malta in Queensland and President of the Queensland Maltese Australian Community Inc, I strongly encourage the Maltese Government, its various agencies, and Maltese businesses to recognise the extraordinary value of Mr Scicluna's work and to support his initiatives through sponsorships and partnerships. This journal is public service of the highest order—served voluntarily but deserving of institutional backing that ensures its sustainability and growth.

I wish Mr Scicluna all the very best as we look toward edition 601 and beyond. At the same time, I would encourage him and his supporters to consider a succession plan—one that ensures this vital connection remains strong for generations to come. The Maltese diaspora has never needed this journal more, and it must continue to thrive for all the Maltese living abroad who depend on it to feel close to home, to one another, and to our shared heritage. Congratulations, Mr Scicluna. You have built something truly special.

WE EXTENDED AN INVITATION TO THE SECRETARY OF THE COUNCIL FOR MALTESE LIVING ABROAD TO SEND US A MESSAGE ON BEHALF OF THE COUNCIL; HOWEVER, WE REGRETTABLY DID NOT RECEIVE ANY RESPONSE.- strength in unity



DR BARRY YORK

Hearty congratulations on number 600. What an achievement! 'The Maltese Journal' connects Maltese across the planet - first, second and third generations together, be it in Malta, Canada, Australia, USA, UK, or wherever Maltese have migrated and settled. The journal is a rich and reliable source on the culture, heritage and history of Malta and Gozo as well as on the stories of the Maltese communities in other countries, their struggles, sacrifices and successes. **We are lucky to live in a time when modern**

technology allows this to happen regularly - and lucky to have someone like you who brings it all together with such dedication, reliability and diligence. Prosit - and thank you!



President Louis Parnis JP

George Cross Falcons Community Centre-Cringila NSW

On behalf of the Community of the Illawarra, I would like to extend my congratulations to Frank Scicluna, the editor of the Maltese Journal, on the release of the 600th edition of the Maltese Journal. Mr. Scicluna

dedicates his own time and resources to ensure that the Maltese Diaspora receives timely information as events unfold. I would like to express my gratitude to Frank and his team for their unwavering support of the George Cross Falcons Community Centre and the various functions we organize throughout the year – including our weekly gatherings every Monday, the Regatta, the feast of Our Lady Queen of Victories, Sette Giugno, the ANZAC commemoration, and many others. It is important to note that this is the only remaining publication, distributed globally, following the gradual cessation of the Maltese Herald several years ago. Personally, I eagerly anticipate reading this Journal, and once again, I extend my thanks to Frank

GEORGE STAGNO NAVARRA - MALTA



Thanks Frank and I wish you continued success for the future. Having come this far with the issue of a 600th edition of the Newsletter, I can only think of the great satisfaction you will be feeling today. Many moons ago when you put pen to paper and started writing the **FIRST Maltese E-Newsletter**, you never thought of the day when the many hundreds readers of this publication, would have been reading it around the world. I am ever so happy to be one of those readers, who are lucky, to regularly receive via email, this magnificent journal. Once again, I wish to you best of luck for the future.



THE MALTESE JOURNAL - REVIEW

JOURNAL FOR MALTESE LIVING ABROAD

Godwin Gauci, the President of the Maltese Senior Citizen Association in South Australia.

I first met Mr. Frank Scicluna approximately sixteen years ago when I began attending this club. At that time, he served as The Honorary Consul for Malta in South Australia. Throughout the years, as Frank traveled back and forth to Malta, he consistently brought back a wealth of information regarding Malta and its local news. The people here were incredibly welcoming, maintaining connections with their homeland, as many have resided here for an extended period and occasionally yearn for home. Frank envisioned a way to connect the Maltese community in Adelaide with those in Malta. Consequently, he initiated the publication of this information in Adelaide in a hard copy format, which he titled The Maltese Journal. He visited numerous Maltese clubs to present this journal, and some readers even sent copies to family members in other states. As he observed the journal's distribution expanding to other states in Australia through its readers, Frank decided to publish it online, allowing many Maltese individuals and their friends to access it as well. This positive news spread rapidly, and before long, it reached several hundred additional readers worldwide. Today, it is published in over twenty different countries, connecting thousands of Maltese individuals who eagerly anticipate the stories and facts about Malta each week.

Mr. Frank Scicluna has expanded the realm of journalism by covering a wide array of topics, ranging from the Maltese who immigrated to Australia and other nations many years ago, to the history of the Island and its inhabitants, the resilience of the Maltese during numerous Wars and Battles, the receipt of the George Cross in WWII, as well as narratives about various Churches, Musicians, and traditional Maltese Recipes. I look forward to reading it each week, as it provides me with a wealth of information spanning from the past to the present. In the past, I have shared several stories of my own regarding my family and friends with Frank for publication. I observe that many other individuals and Clubs contribute to the readers by presenting facts and stories about their activities and the numerous events they host. This reflects what is occurring globally among many Maltese. I am truly delighted to express my heartfelt congratulations to you, Mr. Frank Scicluna, on achieving a significant milestone with the publication of the Six Hundredth Issue of The Maltese Journal. I extend my sincere gratitude from the depths of my heart, and I can confidently say, on behalf of the Maltese worldwide who read and appreciate this Magazine, a very warm THANK YOU. I am certain that all readers around the world are eagerly anticipating the next issue, which will be the 600th ISSUE. Like many others, we look forward to many more stories and facts in the years ahead. Additionally, I would like to mention that The Maltese Seniors have recently celebrated their 43rd Anniversary as a club, and I extend my thanks to all the Members, the Committee, and the Volunteers for their support and services, as we look forward to many more years together.





THE MALTESE JOURNAL AND WHAT IT MEANS TO ME AND TO THE MALTESE LIVING ABROAD

MARION ATKINSON – QUEENSLAND AUSTRALIA

Firstly, I must congratulate you, Frank, for all of the wonderful editions of this newsletter and special congratulations are in order for this the 600th edition.

What an achievement!! What amazing information in regard to ancestry, events, people – ordinary and famous people who are Maltese or have Maltese background and ancestry, you have given to thousands of readers – not only in Malta, but all over the world I have discovered so much from these newsletters, some articles about my ancestor, Pierre Louis Ovide Doublet (born in Beaugency, France), but who went to Malta in the time of Napoleon Bonaparte: articles about the Knights Templar : information about the beautiful places that exist in all parts of Malta.

My grandmother was born to parents Paolo Doublet and Donna Vittoria Inguanez, married my grandfather who was wounded at Gallipoli and recuperated in Malta. My grandmother came to Australia as a war bride in 1918 and she often spoke to me, her eldest grandchild and eldest granddaughter, of her life in Malta. Until that time, I had not heard of Malta as I was only very young, maybe 9 years old. Those memories and information were the basis on which I commenced researching my family history and my ancestry on Malta. What a journey and the Maltese Newsletter has given me so much.

I came to know about this newsletter some years ago but not before editions in the high 300 s and since then, I have kept every edition, printing out many and relishing the topics, the colour, the history and just reading about people and stories connected to Malta.

For those of us who live far from Malta, distance is measured in more than kilometres. I live in Brisbane, Queensland, Australia, far from Malta but I have visited 3 times and have visited many of the places mentioned in the Maltese newsletter. This distance is measured in missed village festas, family gatherings, church bells, and the everyday rhythm of life that forms part of who we are. When people leave their homeland, they often carry realities with them, the life they are building in a new country and the deep emotional connection to the land they called home before making a new life in a new land.

That is why the publication of the Maltese Journal/Newsletter is so important. It is not just something to read, it is something that helps us remember, reconnect and remain part of a wider Maltese family, no matter where in the world we may be.

What makes the Maltese Journal especially meaningful is that it acts as a bridge, and it links Malta with the diaspora, but it also connects one generation to another. Many Maltese and descendants living abroad, left the islands decades years ago. Others are children or grandchildren of migrants and may know Malta through stories, language, food, faith and memory. A journal dedicated to Maltese life abroad helps preserve these threads before they are lost. It gives older readers a sense of continuity and belonging, while also offering younger readers a way to understand where they come from. In a world where smaller cultures can easily be overshadowed, the value of such a publication cannot be overstated. Commentaries marking milestone editions of the journal have highlighted its contribution to protecting Maltese identity, language, customs and traditions among communities scattered across the globe.

To me, the Maltese Journal represents both comfort and continuity. It reminds readers that being Maltese does not end at the airport or the shoreline. Identity travels with us. Even after many years abroad, people still want to hear the language, read about events in Malta, learn about the achievements of fellow Maltese overseas, and stay informed about developments that affect the community. It strengthens our resolve to visit Malta, re visit Malta and reconnect on a personal level. A journal can provide all of this in one place. It can celebrate achievements, announce community events, share historical reflections, and keep alive the stories that bind people together. In that sense, it becomes far more than a newsletter. It becomes a meeting place of memory, culture, and shared experience.

The continued reach of the Maltese Journal also says something powerful about the needs of the diaspora. Available through the website of the Maltese diaspora and through many circulating editions, the publication has become a regular point of contact for readers in Australia and other countries where Maltese communities have settled. Reports about the journal describe it as one of the most effective continuing links with Malta for people living overseas, especially after the decline of other community publications. They also note that printed copies have reached aged care facilities, schools and community associations, allowing readers of different ages and circumstances to remain connected. That practical outreach matters because culture survives when it is shared consistently, not only celebrated occasionally.

Another reason the journal matters is its role in preserving the Maltese language and heritage. For Maltese abroad, language can be one of the first things to weaken over time, especially among younger generations who grow up surrounded by another dominant culture. Yet, language carries humour, values, memories and a particular way of seeing the world. When a journal includes Maltese alongside English, or tells stories rooted in Maltese life, it sends a clear message – “our heritage is worth keeping”. It encourages pride rather than embarrassment, participation rather than silence, and continuity rather than forgetting. This is especially important for younger Maltese abroad, who may need resources that make heritage feel relevant, living and inclusive rather than distant or ceremonial.

This journal has also provided an insight into the close connection between Malta and Australia, bearing the name of “The Nurse of the Mediterranean”, truly an amazing book written by the author of the Journal, Frank Scicluna.

It has also provided us with the insight of how Malta and its people have suffered through world wars. How the brave and heroic people came together and rebuilt what was so tragically destroyed. What has emerged from these shattering times is a testament to the type of people the Maltese are, strong and resilient, brave and hardworking, bringing so much to the countries they have made their home after leaving Malta.

In the end, The Maltese Journal means belonging. It means that even when we are separated by oceans, we are not disconnected. It means our stories, traditions and identity, still have a place to live and grow. For the Maltese living abroad, the journal is a reminder that community can be sustained through words, memories and shared purpose.

For me, it stands as a symbol of loyalty to our roots and of hope for the future. It tells us that Malta is not only a place on the map; it is also a living presence in the hearts of its people everywhere. As long as journals like this continue to inform, inspire and unite us, the Maltese spirit abroad will remain strong.

Once again Frank, my many and sincere congratulations on this the 600th edition of the Maltese Journal – an amazing achievement. May you continue to provide us with this wonderful gift and thus keep alive the Maltese spirit and the Maltese connection to all corners of the globe.

RAYMOND GRIMA – SOUTH AUSTRALIA

RAYMOND GRIMA – SOUTH AUSTRALIA



Since arriving in Australia in 1967 as a 13 year old from Malta, I always tried to keep my heritage close to my heart. Since that time I took an interest in keeping updated in Maltese news by buying the journals available at the time.

As I got older and these journals were no longer available the internet took over and have been looking forward to receiving the online journals that I subscribed to.

The Maltese E-Newsletter has been a very well presented and most informative journal that has been prepared for the Maltese Community in Australia. I look forward to receiving each edition as it covers a big range of news locally, interstate and from Malta

coupled with many teachings about Malta, the Maltese traditions and culture.

As a member of the SA Maltese Community and have served in Maltese Societies in committees in the past and currently play in the Maltese Queen of Victories band of SA, I particularly take big interest in reading about the Maltese festi and the bands.

I take this opportunity to thank The editor of this wonderful journal Mr Frank Scicluna for his time and amazing efforts to produce such a high-quality level publication.

Congratulations on your 600th edition and may God bless you and keep you healthy to continue with your mission to keep us Maltese migrants informed at all times.

Ad Moltos Annos Best wishes and gratitude

JOHN MANGION – Adelaide, Australia



I would like to extend my congratulations to Frank Scicluna, the editor of the Maltese e-Newsletter, the Journal for Maltese Living Abroad.

This journal is consistently published by the Multicultural Aged Care of South Australia and is distributed to all members and friends who participate in the weekly luncheon at Kilburn, South Australia. We express our gratitude to MACSA for this commendable initiative, particularly to Mr. Aash Sharma for overseeing the journal's printing.

It brings me immense joy to witness members eagerly securing a copy as soon as the journal is available. Some individuals even take multiple copies to share with their relatives and friends. The Senior Citizens Association of SA always warmly welcomes Frank to the club, as he serves not only as a financial adviser but also as one of the two trustees of the association. During his tenure as the honorary consul for Malta, he attended all our events as well as those of other societies without fail. For many years, he was a radio broadcaster on the Blue Grotto Maltese program on 5PBAfm in Salisbury and served as the principal of the Maltese Language School for 33 years. Therefore, on behalf of the Maltese community, I would like to express my heartfelt thanks and congratulations



Manwel Attard
(Sliema)



Wenzu Dye
(Vittoriosa)



Karmnu Abela
(Valletta)



Guzeppi
Bajada - Gozo

UNDERSTANDING THE SIGNIFICANCE OF SETTE GIUGNO

By Victor V Vella NSW

I do not plan to revisit the facts and details surrounding the events of the Sette Guigno (7 June), both prior and subsequent, as they are widely recognized.

I will contextualize the event historically and discuss its interpretations, deliberately avoiding any retrospective and biased analyses of the occurrence. In Malta, the post-war challenges led to a decline in the standard of living. The British military presence in Malta was diminished, resulting in fewer troop ships arriving, which caused bars, restaurants, and souvenir shops to experience a downturn in business. With the reduction of naval forces, activities at the naval dockyard decreased, leading to a decline in the workforce. As one historian noted, economically, the islands quickly became distressed, particularly when one considers that the war itself did not cause significant damage to the island. The conflict was primarily focused in France and neighboring countries.

Malta was well defended by the British navy, a crucial force, and it was largely inaccessible to aircraft, as aviation was still in its early experimental phase. This was starkly illustrated by the bombing of the Spanish town of Guernica by a German aircraft, an event famously captured and mourned in Picasso's renowned painting of the same name. Thus, during the war, Malta felt secure and even prosperous. However, the true impact of the war was felt afterward, peaking a year following the signing of the Treaty of Versailles.

Given Malta's dependence on imports, securing overseas supplies became increasingly difficult after the war. Consequently, these goods became scarce and costly. Flour, a staple food on the island, was mixed with less expensive barley as the usual wheat imports from Russia ceased due to Russia's own famine. This situation was already being experienced towards the end of the war. In 1917, a month prior to the 7th of June, dockyard workers went on strike to protest the escalating cost of living, marching in their thousands along the main street of Valletta. There were already rumours of a major rebellion.,

What about the formal political organisation of the time in Malta during the built- up to Sette Giugno. Nearly 3 months before there were already no demonstration, there was a meeting of the National Assembly on the 25 of February, under the leadership of Dr. Philip Sciberras who was elected President. The assembly showed a high standard of political maturity as well as some degree of national unity. One may well say that party political organisation was in its infancy. In the Assembly 3 major parties were represented. i.e The patriotic Party, or Comitato Patriottico, the

Giovine Malta , a group of young university students and a nationalist Party. There were also representatives of the Imperial Govt. Workers Union and the Unione Cattolica San Giuseppe. On that day i.e. on the 25 th. February, the crowds were united behind the General assembly.

One could well saythat was a show of strength and of some maturity. That could be well seen during the meeting of the Assembly. However, this show of unity and maturity did not have the means to improve the standard of living on the Island. No wonder outside, the public had other ideas, as one commentator put it: the situation only required a final match to set it all ablaze.

And the 7th of June.....the Sette Giugno struck the match.

So was the Sette Giugno uprising inevitable. ...did it have to happen We know it did and whether you believe in history as made by circumstances or by heroes, it did happen. It can well be judged as a spontaneous protest against the unbearable low standard of living of the time. After a major war like WW1 there were high expectations that the peace would bring with it an instant standard of living higher than the one at the start of the war. This was not possible as the major countries were impoverished by the war even though they were victorious. Historians agree ...that this brought about huge resentment in the population. Besides the prices of some basic essentials went up by 200 per cent , as was the case with the price of bread which went up from 2 and a half pence to 6 3-4 and meat from 1 sh. went up to 3s.6d . To make matters worse the pay and salaries remained the same during the war and after. In May of the same year i.e. a month or so before the 7th of June the dockyard workers which was still the British naval dockyard went out on strike. And this was the first serious strike in Malta. On that occasion. About a month before the 7th of June, the workers in their thousands marched to Valletta. All troops were 'confined to barracks' as the government was afraid of a general uprising. The Br. Government's 'first step' on the day after the strike was to imprison Dr. Enrico Mizzi who was then the Secretary of the General Assembly. This added fuel to the ferment of resentment as he was considered one of the most popular and brave members of the National Assembly.

SECOND GOZO CHAPELS PERSONALIZED COVER

The Gozo Philatelic Society is pleased to announce the issue of the second in the major project of personalized stamps on illustrated covers featuring Gozo's Chapels and small churches. Each card shows the front of the building, with an internal shot on the stamp. The information on the back includes a further detail.

This second cover (in alphabetical order) has the church dedicated to St Anthony of Padua run by the Franciscan friars in Mgarr already featured on a 2012 stamp. The postal

cancellation was given at the Ghajnsielem post office. Subscribers will be receiving their copy of the first two covers within days but those interested in a subscription for the whole collection (designed by GPS President Anthony "Toni" Grech) are invited to write to stamps.gozo@gmail.com.





SHAUN PARNIS AND REBECCA RIXON MAKE MALTA PROUD Indoor bowling

Shaun Parnis and Rebecca Rixon represented Malta this week at the 2026 World Indoor Championship held at the Ocean Grove Bowls Club, Victoria. We extend our sincere gratitude for their unwavering loyalty to the Maltese flag and we are proud of both of them.

Shaun Parnis (born 1980) is an international lawn bowler. He was born in Australia to Maltese parents and competes internationally for Malta. His birthplace is Bankstown, New South Wales, Australia, and he is affiliated with the Dapto Citizens Bowling Club. Parnis represented Malta in the 2006 and 2010 Commonwealth Games. He was also selected for the Maltese team at the 2018 Commonwealth Games on the Gold Coast in Queensland, where he advanced to the semi-finals of the Pairs event alongside Brendan Aquilina. In 2020, he was chosen to participate in the 2020 World Outdoor Bowls Championship in Australia. Furthermore, in 2022, Parnis was selected for the 2022 Commonwealth Games in Birmingham.

Rebecca Louise Rixon (born 2000) is a Maltese international lawn bowler. She hails from Nambour, Queensland, Australia, and was part of the Maltese team at the 2018 Commonwealth Games on the Gold Coast in Queensland, where she earned a bronze medal in the Fours alongside her sister Connie-Leigh Rixon, her mother Rosemaree Rixon, and Sharon Callus. In 2020, she was selected for the 2020 World Outdoor Bowls Championship in Australia; however, the event was cancelled due to the COVID-19 pandemic. In 2022, Rixon competed in both the women's pairs and the women's fours at the 2022 Commonwealth Games in Birmingham. In 2023, she was chosen to represent Malta at the 2023 World Outdoor Bowls Championship, participating in the women's pairs and women's fours events. Partnering with her sister in the pairs, she reached the final against Malaysia, ultimately winning the silver medal after a close match that ended 15–11. In December 2024, Rixon triumphed at the World Bowls Junior Indoor Championship.

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Name - Frank Scicluna



The Malta International Arts Festival returns from 12–21 June 2026 with a multidisciplinary programme exploring the connection between nature, creativity, and artistic expression. This year's edition introduces the implicit theme From Earth to Art, with several performances and installations centred around the transformative use of earth and sand.

Pegasus - flight to freedom

As part of the programme, Pegasus - Flight to Freedom continues the festival's collaboration with Refugee Week Malta. Through a large-scale sand sculpture of Pegasus, the project reflects on themes of migration, freedom, and belonging, inviting communities to shape the artwork collectively while encouraging dialogue around refugee experiences.



Sand Sculptures

A highlight of this year's Malta International Arts Festival is Sand Sculptures. A first for Malta featuring large-scale installations by international artists across Birżebbuġa, Bormla, and Valletta. Inspired by Greek mythology, the works transform public space through art, storytelling, and community

engagement, with Óscar Rodríguez Vila's sculpture in Valletta also serving as the set for Malta's Labyrinth.

Sand artist: Oscar Rodríguez Vila, photo by Igor Stančík



Grains of ... Sound, piano and sand a

In this project, the narrative of the music is brought to life through the captivating visual storytelling of sand art animation. In Pictures at an Exhibition by Mussorgsky, each of the suite's ten vivid movements depicts a specific artwork by Russian artist Viktor Hartmann; while Ravel's Gaspard de la Nuit is inspired by the poetry of Aloysius Bertrand.

Sand artist: Erica Abelardo, photo by Erica Abelardo Photo: Sand artist Michela Ciappini

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 several countries. 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 breadcrumbs as needed (not pictured)
- salt and pepper for seasoning
- Cooking spray (not pictured)



Directions:

Heat the vegetable oil in a large pot. Cook the onion, garlic and bay leaves on medium high heat until soft.

Add the tomato paste and cook for a few minutes to get rid of the raw taste.

Add the chopped tomatoes, salt, and pepper. Simmer for 5 minutes.

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.

While the meat is cooking, cut the zucchini lengthwise in half and scoop out the seeds with a spoon and discard.

Now scoop out about half of the flesh leaving some flesh around the edge.

Roughly chop the zucchini flesh, place in a clean cheesecloth or tea towel and twist tightly to remove the moisture.

Taste the meat mixture for seasoning. Add more salt and pepper if needed.

Stir in the chopped zucchini flesh with the meat mixture.

Immediately remove from the heat and allow to cool. The zucchini will be cooked in the oven.

Beat together the eggs and cheese.

Once cool, add the eggs and cheese to the mixture. Stir to combine.

Season the mixture with salt and pepper to taste if needed.

If the mixture is too loose, add up to 1 cup of breadcrumbs to firm it up.

Preheat the oven to 350° F

Rub the zucchini shells with olive oil and season with salt and pepper.

Fill the zucchini halves with the mixture.

Place in a baking sheet prepared with cooking spray.

Add about ½ inch of water in the baking dish. This will help cook the zucchini and prevent it from burning.

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. .



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 *ċlambu*.
 - 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	leħem	Mr.	sinjur	sinjowr
fat	xaħam	xeħem	stick	bastun	bastown
coal	faħam	feħem	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