



NEWPORT NEWS

The Official Newsletter of the Newport Maltese Association Inc.
C/- 477 Royal Parade, Parkville, Victoria 3052

September 2012

Lydia Cole—Editor

Vol. 3 Issue 2

The President's Message

Dear Members and Friends,

I suppose many of you are aware that our President Mr George Saliba and his wife Lena are holidaying in Malta, also in Malta are James and Miriam Cunningham and Miriam Camilleri from the Seniors Group, also missing is Olga Ellul and her sisters are in America visiting family. We wish them all a very happy, healthy holiday and looking forwards in seeing them all return home happy, relaxed and ready for work. I would like to take this opportunity in thanking Andrew Gatt, Anne Caruana and Beatrice D'Amato for their assistance which is greatly appreciated.

On behalf of the President and the Members of the Executive (Association and Seniors) we would like to Congratulate Mr. Joe Abela (Deceased), Manuel Casha, Frank Calleja, George Cini and Benny Soler who were awarded the MCCV Community Award 2012. Whilst on the conversation of congratulations I would like to congratulate Reverend Father Mark Grima who is the new Mission-

ary Society of St Paul's Superior General elected also Professor Maurice Cauchi and Dr. Edwin Borg Manche' on their appointment as representatives of the State of Victoria on the newly formed Advisory Council of Maltese Living abroad.

Please note that our annual general meeting will be held on Sunday the 14th of October, 2012 at the Maltese Community Centre, Parkville at 2 p.m. and this is an election year. If any member would like to nominate for any position in the Executive please obtain a nomination form from our Secretary Mr Vince Camilleri, (you can also use the form printed on the back page of this Newsletter) and return to Vince no later than the 3rd of October 2012.

Our Association will be holding our Get Together Function on the 27th of October, 2012 at the Maltese Community Centre, Parkville for booking please contact our Social Secretary Mrs Olga Ellul on 9744 6096.

*Vince Calleja
Vice President*

ANNUAL DINNER DANCE

Saturday 7th July 2012

Well, lets begin with the weather, of course it was cold and raining all day. It's the middle of winter (a very cold one at that) what do we expect, 40 degrees? In Malta yes, not here, not in July. If we can put up with it a little longer, it will soon be hot enough and we will be complaining about the heat.

All that said, this did not discourage the 161 members and friends who attended on the night. A lot of our members who normally attend this function are in Malta, (enjoying the hot weather) and jolly good luck to them.

As usual, the hall at **Lakeside Banquet and Convention Centre** at Taylors Lakes is so nicely decorated and the food is always top class.

The music, supplied by **Moods Music** alias Mario Sammut adds to the night to make for a very enjoyable evening. I have to also commend our members and friends who really know how to have a good time and enjoy themselves.

Our special guests for the night were Mr Paul Borg and Ms Pauline DeManuele.

When it's time to sing the "Innu ta Newport" as soon as the committee walks to the stage, everybody is facing us clapping their hands and waiting for the "Innu" to begin, and when it comes on, everyone sings, there are not too many that do not know it by now. What a scene. I love it.

Now we come for the raffle, the winners were: Maria Mallia, Maryann Cumbo, Joe Cole,(oh hallilin, u ta Newport hallilin), Mary Portelli, Antoinette Spiteri, Rita Pullicino and Marlene Scicluna. From our feedback, it was a great night.

Our thanks go to all of you who support us by attending our functions and to all those who donate to the raffle. This year one of the donations was a beautifully decorated cake made by Tessie Buttigieg's daughter Ruth. (pictured left) Hope to see you all at our **Annual General Meeting on Sunday 14th October.**

Lydia Cole
P.R.O.



Ruth's Cake

ASSOCIATION ANNUAL GENERAL MEETING

**FOR CATERING PURPOSES,
THOSE WHO WILL BE ATTENDING THE ANNUAL GENERAL MEETING ON SUNDAY 14th OCTOBER, WHICH WILL BE HELD AT THE M.C.C.V. AT 2.00PM PLEASE CONTACT OLGA ELLUL ON :**

9744 6096.

THE NEWPORT MALTESE ASSOCIATION GET TOGETHER IS BEING HELD AT THE M.C.C.V. ON 27TH OCTOBER 2012. SEATS ARE LIMITED SO BOOK EARLY TO AVOID DISAPPOINTMENT.

FOR BOOKINGS PLEASE CONTACT OLGA ELLUL ON

9744 6096

Seniors' Corner

by Gwen Busuttill
Seniors' Committee Member

FUN AND GAMES NIGHT

Since its inception two years ago, this night is one of the events that everyone looks forward too. As the name implies, we are ready to let our hair down and have a good laugh.

The tables started to be laden with all the goodies from everyone's kitchen. (We certainly have some good cooks amongst us) Drinks were on us. It was a cold night, but we soon warmed up with all the activities we had lined up. Tickets were given out for the Door Prize, and the winners were Matilda Borg and Jane Willett.

Everyone loves **BINGO** and this was a **FREE** one. Prizes were a Pork Roast, Frozen Chickens, Continental Sausages, Nuts and Wines. Winners were Frances Camilleri, Tony Zerafa, Doris Grech, Freddie Sacco, Rita Pullicino, Lillian Calleja, Louis Sacco, Mary Bonnici, Lina Farrugia, and Margaret Blackman.

We had Dominic Sacco win the Blindfolded Solo Dancer. The ever popular Horse Race was next, and the eager punters put their money on their favourite number, many wagering on more than one, and the excitement was on. We had some slow starters, but horse 7 won in the end. The dividend was \$10.

Joe Sammut showed his technique in DIY and was first to hammer in the nails. Then every table was handed out a list of questions for the Trivia. Table 13 proved to be the cleverest on the night. You always learn something from trivia questions.

No doubt about it, the winners of the ball and spoon race must practice at home. Such style, winners were Frances Camilleri, Jane Willett, Andrew

Gatt and Tony Borg. Then we had Tennis Balls which had to be bounced to land in a bucket. The successful ones were Nick Caruana, Charlie Borg, Rosalie Rossi and Alice Leone Ganado. Well done, it's not that easy, will have to practice for next year.

This is always a laugh for all those watching, and frustrating for the participants, were you have to pass a balloon which you are holding between your legs, to your partner who is standing across the room. Lots of fun. Winners were Joe and Sylvia, Andrew and Anne and Lou and Maria.

It was such a fun night for everyone, whether you watched or participated everyone had a good night, and we would like to thank Charlie Meilak who provided the music for the dancing brakes in between the games. You did a mighty fine job at that Charlie.

All I can say is **why do kids have to have all the fun!**

Christmas in July

28th July 2012

This year's Christmas in July was held at the Melrose Reception. Middle of winter is more Christmassy then during our warm/hot summers. Everyone was dressed merrily for this luncheon. Melrose is now a popular venue with our club members as it is comfortable, tables are set beautifully, we even had a Christmas theme as our centrepiece. Not forgetting also that we had plenty of room for our dancing.

Joe Ellul presided over the proceedings and did a wonderful job at that too. Mario was given a warm reception, everyone loves his music and he knows what we are like. All the birthdays and anniversaries were acknowledged and George and Lena Saliba were given a big send off as they were leaving in a few days for their holiday in Malta.

Food as always was superb, and you would have to be very hard to please if you did not enjoy yourself.

Contd. next page..

As I am writing this in hospital, I do not have the list of raffle winners available. I know we **had** quite a few lovely gifts for the winners to select from.

Thank you again to all those who support us, by attending as well as being part of our raffle.

Best regards to you all and thank you all for your good wishes.

From your hop along committee member.

Gwen Busuttil

Father's Day Function

25th August 2012

Every function is unique in its own right. Well this year's function was a first, when one takes into consideration that George Saliba was away on holidays in Malta and Vince Calleja had a wedding on the day. I cannot recall any other function when the President/ Coordinator and Vice President were away at the same time.

Furthermore half the senior's committee were away as well. However the remaining six and Olga took to the task of preparing the room and worked like the Magnificent Seven. Not only did they have everything prepared but they also were ready to welcome the members as they started to arrive.

At 6 pm I welcomed the members and friends on behalf of the committee and promised them that we were going to have a great time as we had the three main ingredients.

Good Company, Excellent Food and the No 1 DJ in Melbourne.

Needless to say following the antipasto the dance floor was packed with happy dancers. After a small break, the 4 door prizes were drawn and won by Louis Sacco, Joe Galea, Fred Farrugia and finally by Joe Debono. Then the entre was served and more dancing followed.

The main meal, dessert and more dancing with the raffle thrown in, took the rest of the night. Come 11pm we started to wind down and clearing the tables with praise from the members for another successful function.

Joe Ellul

Secretary-Seniors Group



New Year's Eve Ball

**Tickets for the
New Year's
Eve Ball will
be available in**

**October. This is always an
excellent night so come and
join us in the fun on the last
day of the year.**

**Prices not yet available but
we will let you know in due
course.**

**Please register your inten-
tions with Olga Ellul. If you
do not see her on Wednes-
days at the Seniors meetings
you can ring her on**

9744 6096

**On behalf of the Newport
Maltese Association and the
Seniors Group I would like
to wish you Gwen, a speedy
recovery from your unfortu-
nate injury and hope that
you will be back with us real
soon. I'm sure that you are
terribly missed especially on
Wednesdays. Please be care-
ful Gwen and no more acci-
dents.**

**Lydia Cole
PRO**

BANANA, BANANA, BANANA

A professor at CCNY for a physiological psych class told his class about bananas. He said the expression 'going bananas' is from the effects of bananas on the brain. Read on:

Never, put your banana in the refrigerator!!! This is interesting. After reading this, you'll never look at a banana in the same way again.

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fibre, banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia : High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school (England) were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fibre, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey.. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand , for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood Enhancer tryptophan.

Smoking & Tobacco Use: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium

cont. on next page

levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So maybe it's time to change that well-known phrase so that we say, '**A banana a day keeps the doctor away!**'



The Importance of walking

Walking can add minutes to your life.

This enables you at 85 years old to spend an additional 5 months in a nursing home at \$4,000 per month.

My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we have no idea where the hell he is.

I like long walks, especially when they are taken by people who annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again.

I have to walk early in the morning, before my brain figures out what I'm doing... I joined a health club last year, spent about 250 bucks. Haven't lost a pound. Apparently you have to go there!

Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.

I do have flabby thighs, but fortunately my stomach covers them.

The advantage of exercising every day is so when you die, they'll say, 'Well, he looks good doesn't he.'

If you are going to try cross-country skiing, start with a small country.

I know I got a lot of exercise the last few years,.....just getting over the hill.

We all get heavier as we get older, because there's a lot more information in our heads.

That's my story and I'm sticking to it.

AND

Every time I start thinking too much about how I look, I just find a pub with a Happy Hour and by the time I leave,

I look just fine.

This poem was written by James A. Kisner

Each year he sent her roses
 And the note would always say,
 I love you even more this year,
 Than last year on this day.
 My love for you will always grow,
 With every passing year.
 She knew this was the last time
 That the roses would appear.

She thought, he ordered roses
 In advance before this day.
 Her loving husband did not know,
 That he would pass away.
 He always liked to do things early,
 Way before the time.
 Then, if he got too busy,
 Everything would work out fine.

She trimmed the stems and
 Placed them in a very special vase.
 Then, sat the vase beside
 The portrait of his smiling face.
 She would sit for hours,
 In her husband's favourite chair.
 While staring at his picture,
 And the roses sitting there.

A year went by, and it was
 To live without her mate..
 With loneliness and solitude,
 That had become her fate.
 Then, the very hour, as on Valentines before
 The doorbell rang, and there
 Were roses sitting by her door.

She brought the roses in,
 And then just looked at them in shock..
 Then, went to get the telephone,
 To call the florist shop.
 The owner answered, and she asked him,
 If he would explain, Why would someone
 do this to her, causing her such pain?

"I know your husband passed away,
 More than a year ago," The owner said,
 "I knew you'd call, and you would want to know.
 The flowers you received today,
 Were paid for in advance.
 Your husband always planned ahead,
 He left nothing to chance".

"There is a standing order,
 That I have on file down here,
 And he has paid, well in advance,
 You'll get them every year
 There also is another thing,

That I think you should know,
 He wrote a special little card...he did this years ago.

Then, should ever I find out that he's no longer
 here, that's the card that should be sent to you the
 following year."
 She thanked him and hung up the phone, her tears
 now flowing hard. Her fingers shaking,
 As she slowly reached to get the card.

Inside the card, she saw that he
 Had written her a note
 Then, as she stared in total silence,
 This is what he wrote..
 'Hello my love, I know it's been a year
 Since I've been gone....
 I hope it hasn't been too hard for you to overcome.

I know it must be lonely, and the pain is very real.
 For if it was the other way, I know how I would
 feel.
 The love we shared made everything
 So beautiful in life.
 I loved you more than words can say,
 You were the perfect wife.

You were my friend and lover,
 You fulfilled my every need.
 I know it's only been a year,
 But please try not to grieve..
 I want you to be happy,
 Even when you shed your tears.
 That is why the roses will be sent to you for years

When you get these roses,
 Think of all the happiness that we had together,
 And how both of us were blessed.
 I have always loved you and I know I always will.
 But, my love, you must go on, you have some liv-
 ing still.

Please try to find happiness,
 While living out your days.
 I know it is not easy,
 But I hope you find some ways.
 The roses will come every year,
 And they will only stop,
 When your door's not answered,
 When the florist stops to knock.

He will come five times that day,
 In case! You have gone out.
 But after his last visit,
 He will know without a doubt!
 To take the roses to the place,
 Where I've instructed him
 And place the roses where we are,
 Together once again.

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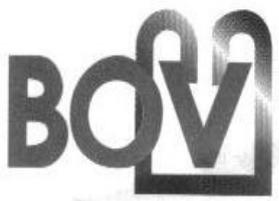


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NEWPORT MALTESE ASSOCIATION
FUNCTION DATES FOR 2012

SUN	OCTOBER 14th	ANNUAL GENERAL MEETING	M.C.C.V.
SAT	OCTOBER 27th	GET TOGETHER	M.C.C.V.
SUN	DECEMBER 2nd	CHRISTMAS BREAK UP	MELROSE RECEPTION
MON	DECEMBER 31ST	NEW YEAR'S EVE BALL	TAYLORS' LAKES RECEPTION

FOR BOOKING PLEASE CONTACT OLGA ELLUL ON 9744 6096

NEXT FEW FUNCTIONS FOR THE
SENIORS GROUP FOR 2012

SAT/SUN	15/16 SEPTEMBER	WEEK-END POKIES TRIP
THURSDAY	11th OCTOBER	TO BE ADVISED
	LATE OCT TO EARLY NOV	TO BE ADVISED
WEDNESDAY	12th DECEMBER	CHRISTMAS BREAK-UP

FOR BOOKINGS PLEASE CONTACT
CARMEN CASA ON 9436 8196

Rokna tac-Cajt

An English professor wrote the words:

“A woman without her man is nothing”
on the chalkboard and asked his students to
punctuate it correctly.

All of the males in the class wrote:

“A woman, without her man, is nothing.”

All the females in the class wrote:

“A woman: without her, man is nothing”

Punctuation is powerful

It is a slow day in a little Greek Village. The rain is beating down and the streets are deserted. Times are tough, everybody is in debt, and everybody lives on credit.

On this particular day a rich German tourist is driving through the village, stops at the local hotel and lays a €100 note on the desk, telling the hotel owner he wants to inspect the rooms upstairs in order to pick one to spend the night. The owner gives him some keys and, as soon as the visitor has walked upstairs, the hotelier grabs the €100 note and runs next door to pay his debt to the butcher. The butcher takes the €100 note and runs down the street to repay his debt to the pig farmer.

The pig farmer takes the €100 note and heads off to pay his bill at the supplier of feed and fuel. The guy at the Farmers' Co-op takes the €100 note and runs to pay his drinks bill at the taverna. The publican slips the money along to the local prostitute rinking at the bar, who has also been facing hard times and has had to offer him “services” “on credit. The hooker then rushes to the hotel and pays off her room bill to the hotel owner with the €100 note.

The hotel proprietor then places the €100 note back on the counter so the rich traveller will not suspect anything. At that moment the traveller comes down the stairs, picks up the €100 note, states that the rooms are not satisfactory, pockets the money, and leaves town. No one produced anything. No one earned anything. However, the whole village is now out of debt and looking to the future with a lot more optimism.

**And that, Ladies and Gentlemen, is how the
bailout package works**

Next time you use a pair of rubber gloves, you are going to smile when you think of this.....

A dentist noticed that his next patient, a little old lady, was nervous, so he decided to tell her a little joke as he put on his gloves...

“Do you know how they make these gloves?”
he asked.

“No I don’t” she replied

“Well,” he spoofed, **“there is a building in Canada with a big tank of latex, and workers of all hand sizes walk up to the tank, dip in their hands, let them dry, then peel off the gloves and throw them into boxes of the right size”**.

She didn’t crack a smile.

“Oh well, I tried” he thought.

But five minutes later, during a delicate portion of the procedure, she burst out laughing.

“What’s so funny?” he asked.

“I was just envisioning how condoms are made!”



NEWPORT MALTESE ASSOCIATION Inc.

EXECUTIVE COMMITTEE NOMINATION FORM- 2012

YOUR NAME: (Please Print) _____

ADDRESS: _____

Signature: _____

I wish to nominate _____

For the position of _____
In the **Newport Maltese Association Inc. Executive Committee**

Seconded by: (Please Print) _____

Signature _____

Has this member agreed to be nominated? YES NO (please circle)

Signature of nominated member _____

Nominations for Executive Committee positions close on Wednesday 3rd October 2012.

The Election for the Executive Positions will take place at the ANNUAL GENERAL MEETING on Sunday 14th October 2012 at 2.00pm at the Maltese Community Centre 477 Royal Parade, Parkville.

**Please return this form to:
The Secretary
Mr V. Camilleri
7 Freeman Road
Altona North
Vic. 3025
Phone: 9314 3177**