



# NEWPORT NEWS

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

June 2013

Lydia Cole—Editor

Vol. 3 Issue 5

## *The President's Message*

### Dear Fellow Members & Friends

By the time you will be reading this edition of the Newsletter we will be in the middle of winter. So while most of us are enduring the cold and wet weather that winter has to offer, a good number of our members are on their way to Malta for the summer months. Some are already swimming in the crystal blue water of the Mediterranean. Sending postcards and email messages, they are all telling us how much of a good time they are having, (making us feel jealous).

Recently the Hobsons Bay City Council in partnership with Louis Joel Arts and Community Centre held an Exhibition named “MERHBA” to celebrate stories of Maltese immigrants and their families.

As part of the exhibition, the secretary of our Association Vince Camilleri, Mrs Carmen Zammit, the secretary of the Tarxien Social Club and myself were invited to talk about life in Malta, the journey to Australia and life for Maltese families now living in Hobsons Bay.

The exhibition was very successful and we were more than happy to share our family life with members of our community.

A section of the Malta Migration Museum Project is the installation of four “Stand Alone Touch Screen Display Computers”. These com-

puters will display information about migration history at the touch of a screen. As migrants we all have a story to tell.

I am pleased to inform you that the Committee after considering the benefits that we as migrants and our descendants can gain from this project, have decided to sponsor one of these units.

As such I urge you all to support this worthwhile project to enable our children, grand children and their children, when visiting Malta to read and learn about and be proud of, their forefathers migration to Australia.

For the last two months I have been busy putting down on paper the history of our association, which will be a feature on one of these computers at the museum. If anyone needs to know more about the whole project you can talk to Joe Stafrace or ring him on 9848 4786.

Things are moving very smooth towards the 40th Anniversary Ball. In the next two weeks invitations tickets will be ready to distribute, so book early and you won't be disappointed. With Olga Ellul on holidays, the person to contact is Carmen Casa on 9436 8196

Application forms are now available for this year's “Bishop Joe Grech Memorial” Scholarship. Anyone between the age of 18-40 years old and are of Maltese descend can apply. Closing date for application---15th July 2013. Until next time, Sahha u Awguri.

George Saliba  
President & Seniors Co-Ordinator

## **Comedy Luncheon**

### **Newport Maltese Association**

#### **21st April 2013**

On a nice sunny Sunday morning our members and some of their friends all gathered at the Maltese Community Centre in Parkville for some lunch and being a “comedy luncheon”, everyone expected some fun and laughter, and they were not disappointed.

After lunch which was catered for by St. Albans Catering, George (The President), announced that there will be a comic play (farsa). No one knew what was coming until Zeppa (alias Paul Schembri) walked in being interviewed by Joe Ellul. Straight away the laughter started and continued on until the end.

The author of this play was Paul Schembri. Taking part in the comedy sketch titled “Haseb ghal kollox” were: Joe Ellul, Olga Ellul, Lena Saliba, Vince Calleja, George Saliba, Rennie Busuttill and Paul Schembri.

We still had time to fit in some dancing for those with itchy feet. This was a very enjoyable afternoon.

**To see all pictures in colour in all the newsletters go to the MCCV webpage on [www.mccv.org.au](http://www.mccv.org.au).**



# Seniors' Corner

by Gwen Busuttil  
Senior Committee Member

## **B.B.Q. PICNIC AT BRIMBANK** **THURSDAY 14TH MARCH, 2013.**

Where is all the hot weather we have been having, we were all worried that it might be a Fire Ban, however, a coat is quite appropriate this morning.

Armed with BBQ on the trailer, knives and chopping board at the ready, we met at Brimbank, a hive of activity, fetching water, assembling all the equipment which we brought with us from the Centre, and preparing the food. My job was to peel and slice a big bag of onions. Even the thought would make your eyes water, but not a tear was shed by Lena, Carmen Spity, as we fondly call her, or myself. The boys then had something to start cooking, amazingly, this took some three barbeques, and some ten men! Before you know it our members started arriving, cups of teas and coffees to warm up, some home baked goodies were shared around. Picnic chairs, tables all got set up and designated, and after the multitude was fed, relaxation took over, groups played cards, some went for a walk, and the day turned out to be beautiful, even the sun came out. Layer by layer we took cardigans off, I even finished up with a suntan.

The bocci game was a great crowd pleaser. The (trophy winners) were very popular, and were designated to the Red and the Green. Noise was the order of the day. You had to be there to know what I mean.

A great day out, very relaxing, and a good day to catch up with everyone. Well done everybody.

**Left: Photos from Mothers' Day Function at Melrose Reception.**



## **MOTHERS' DAY** **27<sup>th</sup> April, 2013 at Melrose Melbourne.**

Everyone has one, and most of us are one, so its' only natural that this event is so popular by all our members. Two hundred and twenty two people attended, and George opened the evening by welcoming everyone, and with men upstanding proposed a toast to all the mothers present.

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## Seniors' Corner contd.

Melrose is now one of our favourite venues for events. The food and service were what we have come to expect, coupled with Tony Buttigieg, our D.J. who provided us with enjoyable music for us to dance to.

All ladies were given a ticket for our three door prizes. Congratulations to our winners of the bottles of Bailey Irish Cream. I forgot to make note of the names, only remember that Carmen Spiteri was one, as the usual chant went up..... hallilin, u ta Newport hallilin. (hope I spelt that correctly).

Joe Galea, Charlie Borg, Maryanne Bugeja, Mary Cefai, Charlie Borg, Carmen DeGuara and Georgina Dalli were winners of the raffles held. And as the night came to a close, George reminded everyone to look forward to a memorable night we are planning, when the Association will be celebrating our 40<sup>th</sup> Anniversary Dinner. Not to be missed!

## Roxburg Park Hotel Luncheon

23<sup>rd</sup> May, 2013

Luncheon at Roxburg Park Hotel was another great success.

One hundred and seven of us gathered all ready for a lovely buffet luncheon. The food was great, the company was excellent, and from the din in the room, you could tell that everybody was having a good time.

We thank all the members who were very understanding and obliging when this event had to be postponed to the following week, allowing so many of our members to pay our respects by attending the funeral of our much loved member Effie Borg. R.I.P.

## Activity Fun Night

8th June 2013

Everyone came loaded with bags of food, if we had to combine all the food we could have fed half of China. That's the Maltese way, make sure there is enough.

We played Bingo, Horse Racing and then the challenges began, some were calling "A minute to

win it" but it took more than a minute for most of them although some of them were very quick to finish the challenge.

It was a fun night and everyone seemed to enjoy it. All the money collected went back to the people as prizes.

**Below: Pictures of the contestants doing the challenges.**



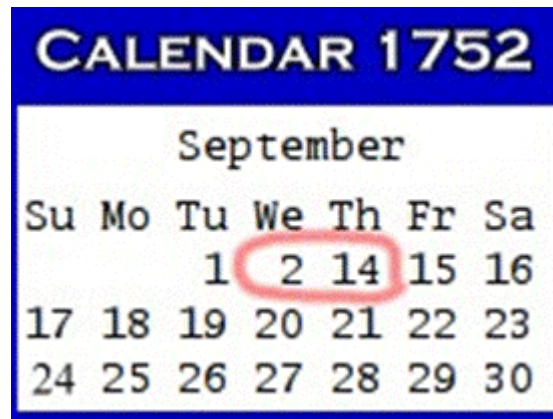
**Below: Pictures from Comedy Night and Senior's Fun Night**





**Here is an interesting historical fact that you probably didn't know,  
(I sure didn't).**

**Just have a look at the calendar for the month of September 1752.**



CALENDAR 1752						
September						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

**(If you think I'm joking, you may search it on Google and see it for yourself.)**

**In case you haven't noticed, 11 days are simply missing from the month.**

**Here's the explanation: This was the month during which England shifted from the Roman Julian Calendar to the Gregorian Calendar.**

**A Julian year was 11 days longer than a Gregorian year. So, the King of England ordered 11 days to be wiped off the face of that particular month. (A King could order anything, couldn't he?)**

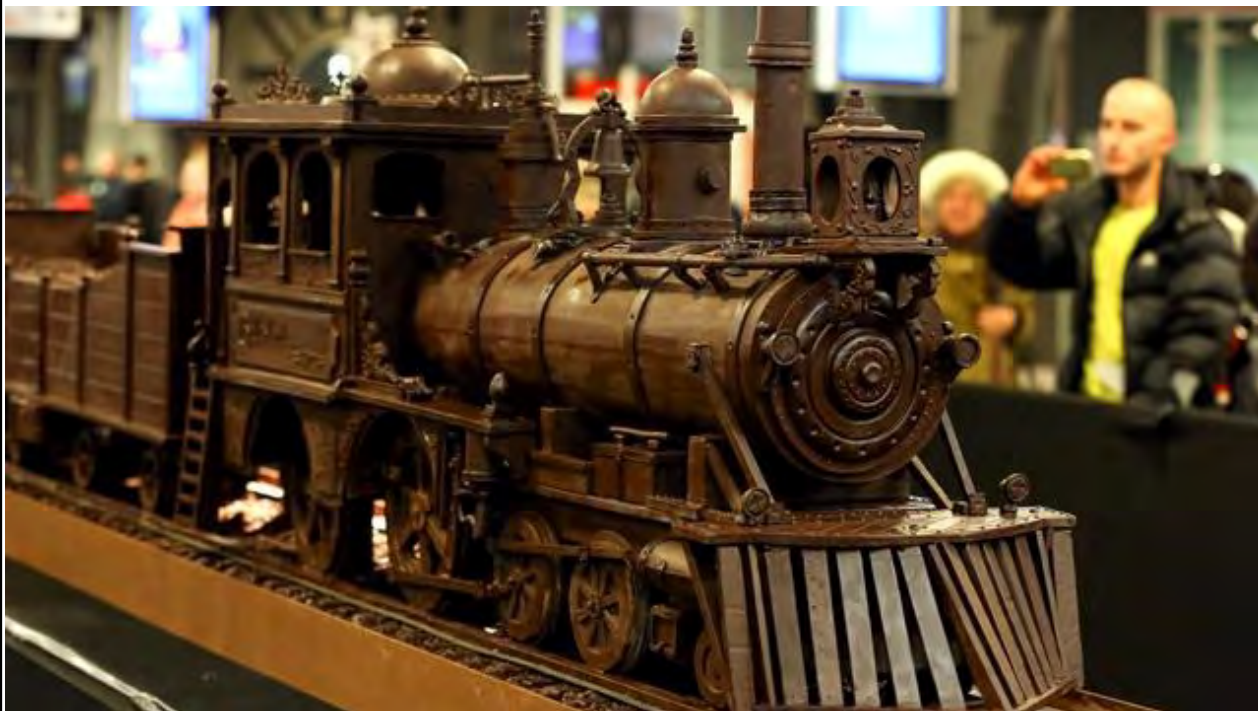
**So, the workers worked for 11 days less that month, but got paid for the whole month.**

**That's how the concept of "paid leave" was born. Hail the King!!!**

**In the Roman Julian Calendar, April used to be the first month of the year; but the Gregorian Calendar observed January as the first month. Even after shifting to the Gregorian Calendar, many people refused to give up old traditions and continued celebrating 1st April as the New Year's Day. When simple orders didn't work, the King finally issued a royal dictum; which stated that those who celebrated 1st April as the new year's day would be labelled as fools.**

**From then on, 1st April became April Fool's Day. History is really interesting, isn't it ?**

## MALTESE TALENT



A train made entirely of chocolate sets a new Guinness World Record as the longest chocolate structure in the world. The train is 112ft long, weighs 1,250kg and took more than 700 hours to construct. The sculpture, constructed by Maltese chocolatier Andrew Farrugia, is on display at a railway station in Brussels

*The Newport Maltese Association are celebrating their  
40th year Anniversary*



*Come and join us in this special Gala Anniversary Dinner  
at the Melrose Reception Centre on 5th October 2013*

*Book early to avoid missing out*

*For booking contact Carmen Pasa on 9436 8196*

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## **The Italian 'Secret' to a Long Marriage**

At a church in Woking U.K, they have weekly husbands' marriage seminars.

At the session last week, the priest asked Giuseppe, (who was approaching his 50th wedding anniversary), to take a few minutes and share some insight into how he managed to stay married to the same woman all these years.

Giuseppe replied to the assembled husbands,

'Wella, I've tried to treat her nicea, spenda da money on her, but best of all is, I tooka her to Italy for our 25th anniversary!'

The priest responded,

'Giuseppe, you are an amazing inspiration to all the husbands here!

Please tell us what you are planning to do for your wife for your 50th anniversary?'

Giuseppe proudly replied:

....."I gonna go picka her up"



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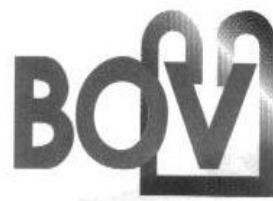
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**NEWPORT MALTESE ASSOCIATION**  
**FUNCTION DATES FOR 2013**

<b>SAT OCTOBER 5th</b>	<b>ANNIVERSARY GALA DINNER</b>	<b>MELROSE RECEPTION</b>
<b>SUN OTOBER 13th</b>	<b>ANNUAL GENERAL MEETING</b>	<b>M.C.C.V.</b>
<b>SAT OCTOBER 26th</b>	<b>GET TOGETHER EVENING</b>	<b>M.C.C.V.</b>
<b>SUN DECEMBER 1st</b>	<b>CHRISTMAS BREAK UP</b>	<b>MELROSE</b>
<b>TUES DECEMBER 31ST</b>	<b>NEW YEAR'S EVE BALL</b>	<b>LAKESIDE RECEPTION</b>

**FOR BOOKING PLEASE CONTACT OLGA ELLUL ON 9744 6096**

**NEXT FEW FUNCTIONS FOR THE**  
**SENIORS GROUP FOR 2013**

<b>SAT/SUN</b>	<b>29/30th JUNE</b>	<b>POKIE WEEKEND</b>
<b>SUNDAY</b>	<b>28th JULY</b>	<b>CHRISTMAS IN JULY DINNER-MELROSE</b>
<b>SUNDAY</b>	<b>18th AUGUST</b>	<b>FATHERS' DAY FUNC TION-MELROSE</b>
<b>SAT/SUNDAY</b>	<b>14th-15th SEPT</b>	<b>POKIES TRIP TBA</b>

**FOR BOOKING PLEASE CONTACT CARMEN CASA ON 9436 8196**

## **Cinnamon and Honey**

Hopeful newcomers to holistic health marvel at reports about honey and cinnamon as a miracle cure-all. On the other hand, alternative health skeptics scoff at the notion of cinnamon and honey as medicine, pointing out that the plethora of articles about the curative benefits of this food duo originated with a 1995 article in the tabloid newspaper Weekly World News. The truth is that cinnamon and honey have been used to promote health for centuries but their efficacy depends largely on a lifestyle of energetic activity and whole foods.

### **Traditional Healing**

In Traditional Chinese Medicine (TCM), cinnamon is viewed as possessing heat or yang, and is thus used to cure ills stemming from excess yin or coldness. Honey, in this system, is viewed as a neutral substance, balanced between yin and yang. Ancient practitioners of India's healing tradition, Ayurveda (from the Sanskrit Ayur meaning life and Veda meaning knowledge), classified 8 different varieties of honey each with its own healing properties. Ayurvedic healers use cinnamon to help heal gum disease, erectile dysfunction, and many other conditions.

### **Honey and Cinnamon Benefits**

Folk wisdom still retains knowledge of the healing properties of both honey and cinnamon. Honey and cinnamon are still used as medicine in many situations, especially among people who, because of distance or income, have reduced access to mainstream health care.

Honey possesses natural anti-bacterial properties. Honey poured on wounds or burns prevents

infection and promotes healing. Regular consumption of honey and cinnamon together, when combined with an overall healthy diet and moderate activity level, can prevent heart disease by clearing clogged arteries.

Drinking honey and cinnamon in lukewarm water results in them moving through the bladder and cleansing it, as well as clearing infections there. Drinking this beverage on a regular basis can also relieve, and in some cases entirely cure, arthritis pain.

This drink also strengthens the immune system, helping ward off colds as well as some viruses. Applying a paste of honey and cinnamon to infect-

ed gums can ease pain and bleeding as well as slow the progression of the infection.

When consumed together, honey and cinnamon can ease digestion, helping to prevent gas. Honey and cinnamon also provide energy, making people more mentally alert and ready for physical activity.

The two biggest claims for honey and cinnamon are that they enhance the ability to lose weight, and they are effective against some forms of cancer.

While these latter two claims are unproven, however nature does provide an amazing range of natural healing substances, most of which are untested by medical science. Relying exclusively on honey and cinnamon for either weight loss or eliminating cancer is not advisable.

### **How to Gain Maximum Benefits**

Cinnamon and honey can boost your health, both separately and in combination. However, our modern dependence on the pharmaceutical industry has fooled us into believing that medicines should be able to provide a cure regardless of lifestyle. If you follow health news, it becomes obvious that the pharmaceutical industry's "magic bullet" drugs make one set of symptoms disappear, only to create

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a new set of symptoms.

Disease results from imbalance, so finding health and balance again requires a recalibration of choices about how we live. A couch potato who follows up a dinner of fried chicken and potato chips with a dessert of cinnamon and honey will receive few health benefits. You are more likely to reap the full healing power when you include honey and cinnamon as part of your healthy lifestyle.

Sources:

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### **Maltese Magic**

**A MALTESE and an Irishman entered a chocolate store. As they were busy looking, the Irishman stole 3 chocolate bars.**

**As they left the store, the Irishman said to the MALTESE, "Man I'm the best thief, I stole 3 chocolate bars and no one saw me. You Can't beat that."**

**The MALTESE replied: "You want to see something better? Let's go back to the shop and I'll show you real stealing."**

**So they went to the counter and the MALTESE said to the shopkeeper, "Do you want to see magic?"**

**The shopkeeper replied, "Yes."**

**The MALTESE said, "Give me one chocolate bar."**

**The shopkeeper gave him one, and he ate it. The MALTESE asked for a second bar, and he ate that as well. He asked for the third, and finished that one too.**

**The shopkeeper asked: "But where's the magic?"**

**The MALTESE replied: "Check in my friend's pocket, and you'll find All three bars of chocolate."**

### **COMPLETELY FINISHED**

**No dictionary has been able to adequately explain the difference between COMPLETE and FINISHED. However, in a recent linguistic conference held in London, England, and attended by some of the best linguists in the world, Samsundar Balgobin, a Guyanese, was the clear winner.**

**His final challenge was this:**

**"Some say there is no difference between COMPLETE and FINISHED. Please explain the difference between COMPLETE and FINISHED in a way that is easy to understand."**

**Here is his astute answer:**

**"When you marry the right woman, you are COMPLETE. when you marry the wrong woman, you are FINISHED.**

**And if the right one catches you with the wrong one, you are COMPLETELY FINISHED!"**

**His answer was received with a standing ovation lasting over 5 minutes**