



MCCV News

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SBS funding situation given as reason for confirming cuts to Maltese radio programs

On 29 July SBS informed the Maltese Community Councils of Victoria and NSW that its decision to cut the two hours of Maltese radio programs has been confirmed and the outcome is final. SBS gave its funding situation as the reason for the cuts.

This follows the recent protests that both Councils made to SBS, the petition they submitted to the SBS Board supported by over 3,000 signatures and the meeting between Maltese community leaders and SBS management representatives held on 22 July.

SBS advised that the SBS Board was consulted about this difficult decision and was fully briefed about the community's response during the past few weeks. The SBS Board understands the impact of the changes on the community, and has spent much time deliberating these impacts before this decision was taken. SBS explained that its funding no longer permits the provision of these additional services.

Following a Joint Submission sent to SBS on 7 July, Maltese community leaders from the Maltese Community Councils of Victoria and New South Wales, representing the majority of Maltese living in Australia, attended a meeting with SBS management on 22 July via video link between Melbourne and Sydney to protest against the latest Maltese radio program cuts.

On 1 July SBS had issued a media release announcing its decision to cease



funding effective 6 August for two of the current four hours of Maltese language radio programs per week, at 12 noon on Tuesday and 2.00 pm on Thursday on SBS Radio 3. The only two remaining Maltese programs are on the analogue SBS Radio 2 schedule which are broadcast at 12 noon on Friday and 2.00 pm on Saturday.

A Joint Media release by the Maltese Community Councils of Victoria and New South Wales stated that the Maltese delegation argued strongly and persuasively against the cuts, reiterating the points that were made in their Joint Submission. They highlighted the outrage that the Maltese community feels at the latest SBS decision that will deprive the ageing Maltese community of any broadcasts in their language for five consecutive days each week from Sunday to Thursday.

The Maltese community leaders criticised SBS for again failing to consult with the Maltese community before reviewing and deciding to

discontinue funding of the two additional hours of Maltese programs that SBS agreed to after considerable community protests two years ago. When in 2013 SBS reviewed its radio broadcasts schedule, savagely cutting Maltese programs from nine to two hours per week, the largest reduction for any community, SBS had similarly failed to consult with the Maltese community before announcing its decision.

At the meeting, the Maltese delegation emphasised the unfairness of the criteria applied by SBS in reviewing the radio broadcasts schedule in 2013, particularly the very low weighting (only 15%) given to the ageing criterion in the assessment of community need.

As the 2011 Census clearly establishes, the Maltese community has a very high proportion of people over 65 years of age, who rely heavily on SBS Maltese radio broadcasts for information relating to aged care services and other entitlements provided by the Commonwealth and State Governments. Information is also relayed to them in these broadcasts in relation to specific services provided and available to them through the Maltese community and religious organisations. Many of them rely on these broadcasts for their participation in community activities. It provides them with a sense of comfort and security and a quality of life that they would not otherwise enjoy.

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President's Perspective

Time to establish a civil rights movement in Australia

Over the last few days on our TV screens we have followed the sad plight of thousands of refugees making their way to Europe from Syria, Afghanistan and Iraq. We have seen them crossing in rubber dinghies to Greek islands from Turkey and marching through Hungary in their desperate attempt at reaching Austria and Germany to make a future for themselves and their families. One can't help but admire their spirit to overcome all odds. It was pleasing to note the welcome extended to them by the German and Austrian communities. This is in sharp contrast to the treatment meted out by the Australian Government to refugees who happen to venture close to our shores.

Australia has dehumanised refugees to the extent that a large section of the Australian community appears to accept that the cruel and shameful conditions we impose upon them is justified as a means of "stopping the boats". One can recall the Government's reaction to the release of the report of Professor Gillian Triggs, President of the Australian Human Rights Commission, who detailed the appalling conditions and suffering of refugee children held in detention. Australia's policies have been denounced by the rest of the world, most notably in the New York Times in its editorial [Australia's Brutal Treatment of Migrants](#).

It is scandalous that the Australian Border Force Act, effective from July, imposes severe penalties including imprisonment of professionals and other staff for publicly disclosing any information relating to the conditions imposed on those held in detention. This is further proof of a government demanding secrecy to ensure that the Australian population is kept in the dark.

It seems that the community has been conditioned to become complacent and disinterested to the extent that it fails to observe core values including a fair go for everyone.

One recalls the public protests regarding the cruel treatment of livestock exported from Australia and a government prohibition of live exports pending agreement on slaughtering procedures. There have been little or no protests when it comes to the cruelty imposed on fellow human beings as a direct result of Australian government actions.

The establishment of a civil rights movement to challenge and to hold government to account for the treatment of people who seek refuge in this country is long overdue. It is not acceptable for a community to allow human beings to be detained for long periods of time and, as a result, suffer from serious medical and psychological conditions.

One can only admire the efforts of David Manne and Julian Burnside QC who have displayed a willingness to

challenge government legislation and procedures in the interest of the accused and disadvantaged refugees.

I believe that what is really needed in Australia is for the community to get the message across to our government through a well-organised and effective civil rights movement to constantly oversee government policies and, in appropriate cases, challenge them in the courts.

Establishing such a movement would not be difficult. One just has to observe the multitudes who regularly show up at public rallies organised by community groups to protest against unfair government policies. The latest example were the *Light the Dark—Australia Says Welcome* rallies held on the last day of August in cities across the country to show solidarity with the asylum seekers from war-torn countries who recently lost their life in their desperate search for safety and peace in Europe.

It is only through such movements that politicians can be held accountable.

Il-Bambina

We are fast approaching Malta's national feast day of Our Lady of Victories on 8 September otherwise known as *Il-Festa tal-Bambina*. We celebrate this feast every year with a Mass on the day at St Paul's Chapel in Parkville and a High Mass at St Mary Star of the Sea Church in West Melbourne on the following Sunday.

Malta's Independence Day

On Monday 21 September the Maltese community will also be celebrating Malta's Independence Day. From 21 Sept 1964 Malta gained its independence from Great Britain and ceased to be ruled or subject to direction of another nation. It marked a clean and long overdue break from a history of domination and rule by others. The MCCV will be hosting a function at the Maltese Community Centre in Parkville to rejoice in, and recount the great progress made as a sovereign state and member of the European Union with freedom to determine its own future.

Back on Deck

I have recently returned to the Maltese Community Centre after a long absence due to ill-health. I wish to take this opportunity to thank the many people who visited me in hospital and also those who sent get well cards. It was very comforting to me and my family.

Victor Borg
MCCV President

Raising community awareness of bad effects of gambling

Know the facts about pokies



Photo: <http://www.smh.com.au>

Pokies, poker machines or Electronic Gaming Machines (EGMs) were introduced in Victoria in 1992.

All poker machines in the state must meet specifications set by the state government and are regulated by the Victorian Commission for Gambling and Liquor Regulation.

The number of machines in Victoria is limited to 30,000 with 2,500 of these located in Melbourne's Crown Casino. The rest are equally divided between hotels and clubs.

Poker machines are computers that use randomised mathematical programming. This means the machine will pay out prizes at random intervals, keeping a percentage of the money put into them.

In Victoria, the law stipulates that poker machines must pay back 87 per cent of the money spent on it each year, after the deductions of any special jackpots. The rest goes to the pokie owners or in tax.

Any time you play, you are likely to lose more than the 13 per cent on average. The way the pokies are programmed means your losses could be two, four or even six times this amount.

Poker machines are designed to maximise the excitement factor to entice players to spend longer on the machine and make it possible to be quickly.

In Victoria, the number of times a pokie can spin is set at 28 spins per minute. This limit is designed to slow down the play and theoretically, the losses.

What are the chances of winning on the Pokies?

The pokies are simply a form of entertainment. However, sometimes people play the pokies for the wrong reasons, often spending more money or time than they can afford. If you think that you can beat the pokies, think again. You cannot change the fact that the odds are stacked against you.

The longer you play a poker machine, the more likely you are to lose all the money you have put in the machine.

Poker machines are programmed to pay out less than you put into them, so the odds are you will lose.

Losing money this time doesn't increase your chances of winning next time. You may have smaller wins but over time you can expect that these will not cover what you put in.

When playing a game like Black Rhinos, to have a 50 per cent chance of getting five rhinos, playing one line at a time, it would take 6.7 million button presses and cost nearly \$330,000.

Put simply, poker machines are a form of entertainment that you pay to use. Pokies are designed to entice. With the lure of flashing lights, thrilling sound effects and the promise of 'striking it lucky', it's easy to forget the facts about pokies. Beneath their colourful visual displays, pokies are simply computer programs that are specifically designed to take more money than they pay back. The fact is, the longer you play a poker machine, and the more likely it is that you will lose all of the money that you've put into it.

[Source: www.heathwest.org.au] ♦

SOME MYTHS ABOUT POKIES

Here are some interesting myths about pokies and the facts about your actual chances of winning.

FICTION: *Poker machines are more likely to pay out at particular times of the day.*

FACT: The result of each game is entirely random and is not affected by anything going on around you. The game has no way of knowing the amount of money the machine contains.

FICTION: *You can confuse poker machines into paying out by altering play patterns.*

FACT: No matter what you do, the computer program determining the result does not change. The machine responds only to you pushing the button.

FICTION: *You can influence the outcome of a game by touching the machine or pushing buttons in a particular way.*

FACT: The machine's buttons have only two states, on or off. No difference in approach to the pushing of the buttons will yield different results.

FICTION: *You can influence the outcome of a game through concentration or positive thought.*

FACT: The machine will always remain random, it cannot be convinced otherwise. The machine responds only to you pushing the button and nothing else.

FICTION: *You can make up for past losses by continuing to gamble.*

FACT: The result of your last game has no bearing on the result of your next game. It is illegal for poker machines in Victoria to base outcomes of games on previous outcomes. Poker machines cannot react to the frequency of wins or losses. The games operate randomly at all times no matter how many wins or losses have occurred in the past.

FICTION: *Certain machines are "hotter" or "luckier" than others.*

FACT: Poker machines are simply computers programmed to randomly select outcomes. While the odds may change depending on the game being played, individual machines are never "hot" or "lucky".

FICTION: *A "close miss" is an indication of an upcoming win.*

FACT: Every event or "spin" is random and a separate event. A near miss means as much as any other loss.

FICTION: *If I'm a skilled enough gambler, I can beat the odds*

FACT: Skill has no bearing on the outcome of playing the pokies. Your chance of winning when you sit down are the same as the person next to you. ♦

MCCV News

The MCCV News is published by the Maltese Community Council of Victoria every two months to inform the Maltese community about activities, news and information that would be of interest.

Contributions should be forwarded to the Editor either by email at pro@mccv.org.au or alternatively by post to:

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Maltese Association Northern Suburbs Inc. celebrates its 40th Anniversary



By Lewis Debono

One has to go back to 1967, when I saw a photo of a group of nuns being welcomed to the Parish of St Thomas More in Hadfield. The nuns were brought from Malta to teach at the parish school due to a shortage of teachers in the parish, overcrowding at the school and no government grants at the time.

In 1975 the church community was told that the then mother superior advised that the nuns were leaving the Parish. Through discussions held with the Parish Priest and the church community through Emmanuel Debattista, myself and other community members it was decided to form a committee.

Tony Galea introduced us to Victor Borg of the Maltese Community Council of Victoria (MCCV), who assisted us in setting up a new committee made up of Emmanuel Debattista President, Lewis Debono Secretary, Joe Saliba Vice President, and George Bugeja Treasurer, Joe Abela Social Secretary along with Stan Cauchi, Jane Debattista and Rita Saliba as committee members.

When the committee was first formed, we had few members, no funds and I still remember our first function which was a dinner dance to raise money for the victims of the recent Italian earthquake and from that, many other functions followed, with all the foundation members contributing financially to get the movement off and running.

A meeting was held with the archbishop and the Catholic Education Office about electing parents to the school board. After the elections both Emmanuel Debattista and I were elected to represent those with children in the parish school and George Bugeja to represent those with children in the state system.

After five years there was a split in the committee, those remaining continued meeting and working and on the 25 March 1986 the Association was incorporated and named Hadfield Maltese



Association Inc. but as the number of members grew it was decided to change the name to Maltese Association Northern Suburbs Incorporated (M.A.N.S.I.)

I am also very proud to say that George Bugeja and I are the only foundation members from the original committee to still be members of this Association. 💧

Inaugural Latrobe Valley Maltese Festival

The Maltese Australian Community Centre & Social Club Latrobe Valley Inc. is currently organising the inaugural Latrobe Valley Maltese Festival to be held in Morwell on 27 February 2016.

The Festival will provide a unique community day to be enjoyed by all who want to experience the wonders of Maltese culture and discover more about the country, the culture and its people.

The day's program will provide the community with numerous opportunities to immerse themselves in all things Maltese at Kernot Hall and Immigration Park Morwell.

The festival is a non-profit event and any monies made from raffles, entry, food & beverages, sales etc will be donated to the Centenary House in Traralgon.

Centenary house (www.centenaryhouse.org.au/) is a community owned facility that provides safe, supportive and affordable accommodation to patients / families of the Gippsland Cancer Care Centre at the Latrobe Regional Hospital.

The Latrobe Valley City Council is supporting this event and assisting with the organization, advertising & some funding. The event is also listed on the Latrobe City website in the events section.

The Festival will provide a great opportunity for the Maltese community and other local communities to get together to share food, culture, etc and enable them to reminisce and talk about the old days and the countries they came from. It will also provide an opportunity to appreciate their contributions to this community of Latrobe Valley in Gippsland and to mingle with some community celebrities present and be proud of their Maltese heritage.

There will be performers & celebrities in attendance during the day as well as entertainment for children plus other attractions. Food and beverages as well as frozen foods will be available for purchase. 💧

SBS confirms cuts to Maltese language programs

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The Maltese delegation argued vigorously that, in the medium and long term, the present criteria need to be revised to ensure that the present grave injustice to the Maltese community is not perpetuated.

The SBS management representatives appeared to be receptive to the suggestion of initiating a revision of the criteria well before the 2016 Census data becomes available in order to give communities adequate time to provide their input prior to the next SBS Radio schedule review due in the next couple of years.

The Maltese delegation urged SBS to reconsider its decision in light of the arguments presented at the meeting and to reinstate the two hours of Maltese programs in question until the next schedule review.

The SBS management representatives assured the Maltese delegation that the views expressed at the meeting would be relayed back to the SBS Managing Director and the SBS Board.

At the meeting the Maltese delegation presented a petition to SBS strongly protesting against the decision

to cease funding of two hours of Maltese programs on SBS Radio and calling upon the SBS management to reverse its decision and reinstate the current number of four hours per week. Over three thousand signatures supporting the petition were gathered on paper and online in a relatively short period of two weeks. The petition was submitted to the federal Minister for Communications, the Hon Malcolm Turnbull. 💧



Nisgà Cook Off 2015 – a dégustation feast of exquisite Maltese food

The fifth edition of community group nisgà's Maltese Cook Off 2015, held on Sunday 16 August at the William Angliss Restaurant in Melbourne proved to be another well-organised dégustation feast of exquisite Maltese food. It was an appreciative tasting of various mouth-watering Maltese traditional dishes produced by the eight competing teams and sampled by each table of guests.

This annual event brought together eight teams made up of three people, in some cases three generations from one family, cooking Maltese traditional food. This year's judging panel consisted of Maltese author and TV personality, Karmen Tedesco, Squisito Restaurant Head Chef Anton Camilleri and former MasterChef contestant, Chef Tregan Spiteri.

A simple menu of *Kosksu bil-Ġbejniet* (Broad bean soup with fresh cheeselets) and *Ġelat tal-Bajtar tax-Xewk* (Prickly Pear Ice Cream) was the winner this year. Carmen Portelli and her two children, Luke and Annie, impressed the judging panel taking out the award for overall winners as well as the best Maltese menu.

In second place came Emmanuel Cilia, his brother Anthony and nephew Matthew with team *Taż-Żigilott* with their menu of Rabbit Gems and Baked Rice.

In third place came *Mill-Kċina ta' Parkville*, a team consisting of MCCV Executive Committee members Edwina Mallia, Rosemary Attard and Antonia Camilleri, with their Bread with *Bigilla* (Broad Bean Paste) and Baked Swordfish. They also took out the People's Choice Award.

The afternoon was a mixture of food and music. The 250 guests were entertained by renowned musician Nicky Bomba and his band, Bustamento, while veteran singer Nikol Caruana belted out a few traditional Maltese favourites. An impromptu drumming session on pots and pans by Nicky Bomba had the audience on their feet (photo right by Innovating Visuals).

During the event, it was also officially announced that, the Maltese movie *Simshar* directed by Rebecca Cremona, will be screening in cinemas in Melbourne and Sydney. 💧



The winning team: Carmen, Annie and Luke Portelli with Consul General Victor Grech, Nisgà's Sandra Mooney (centre rear) and Marlene Scicluna (second from right) (Photo: Innovating Visuals)



The MCCV team *Mill-Kċina ta' Parkville*: MCCV Executive Committee members, from left: Edwina Mallia, Rosemary Attard and Antonia Camilleri (Photo: E Borg-Manché)





L-artrite u l-ugiegh fl-għadam

Hafna nies tismagħhom jgħidu li jbatu b'ugiegh fil-ġogi. Aktar ma nixjiehu, aktar hemm ċans li nibdew inbatu

b'dan.

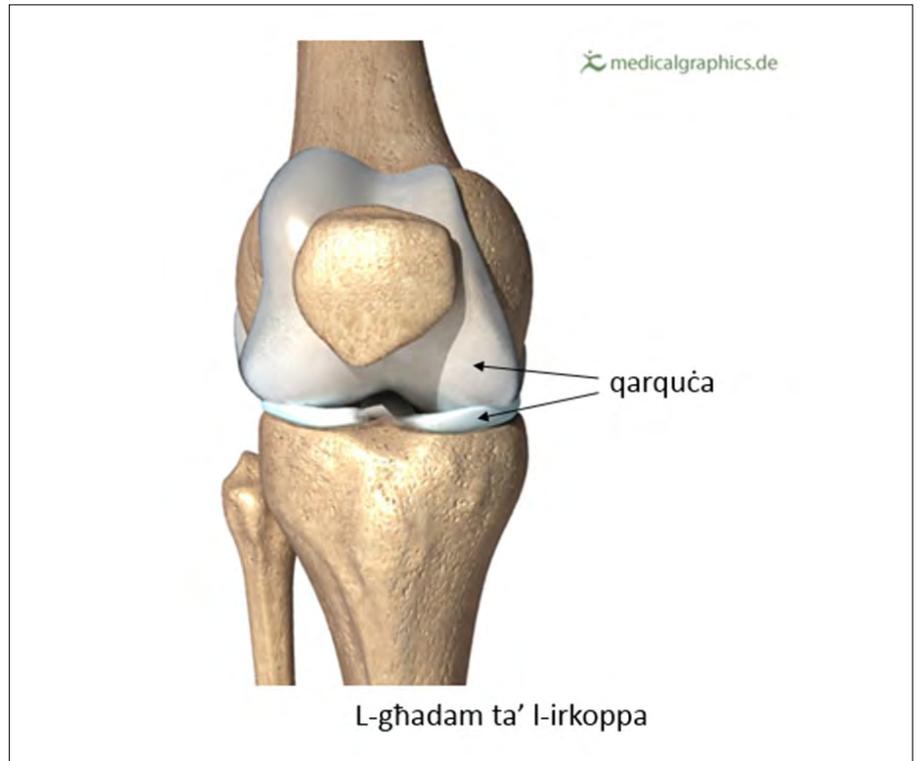
X'inhi din l-artrite? Hemm iktar minn kwalità waħda ta' artrite, però l-aktar waħda komuni fil-kbar hija dik li insejhula osteoartrite'.

Kif naħseb li jaf kulhadd, l-ġogi huma mgħottija bil-qarquċa li tiksi l-għadam tal-ġogi. Meta jkun hemm problemi f'din il-qarquċa, allura x'aktarx li jibda l-ugiegh fil-ġogi, u dan ifisser li nkunu qed nisvilluppaw l-artrite.

Għaliex niżviluppaw artrite? U min huwa sugġett għal din il-problema? L-ewwel nett irridu naraw li l-aktar ġogi li jkunu affettwati huma dawk tas-saqajn, jiġifieri l-irkubtejn, u tal-ġembejn ('hip joints'). Naturalment dawn huma preċiżament il-ġogi li l-iġorru fuqhom it-toqol kollu tal-ġisem. Allura aktar ma hemm piż, aktar dawn il-ġogi ikunu stressjati.

Naraw ukoll artrite f'dawk il-ġogi li sofrew xi problema, partikularment f'atleti u nies li iħaddmu l-ġogi tagħom kontinwament jew li għandhom xogħol tqil u repetittiv. Fi kliem ieħor, kull meta il-ġogi ikunu abbużati u mweggħa, allura hemm ċans li l-ħsara fil-ġogi tisviluppa artrite wara ħafna żmien.

Minn barra l-osteoartrite, hemm kwalitajiet oħra ta' artrite. Hemm artrite li tissejjaħ artrite reumatika (jew 'rheumatoid arthritis'). Din l-artrite m' għandiex x'taqsam ma'



l-osteoartrite, u hija differenti ħafna minnha. Din l-artrite x'aktarx tafettwa il-ġogi ta' l-idejn. Hija komuni ukoll, u insibuha aktar spiss fin-nisa milli fl-irgiel. Għandha ukoll rabta ma' l-eredità, jiġifieri hemm aktar ċans li wiehed jisviluppa din l-artrite jekk xi hadt mill-ġenituri jkollhom ukoll din l-artrite. Ġieli nsibuha ukoll fit-tfal.

Fl-aħħarnett, l-artrite tista' tirriżulta minn infezzjoniet u kawzi oħra. Per eżempju, hawn min ibagħti b'kundizzjoni li bl-Ingliż insejhula 'gout'. Din taħkem l-aktar fuq il-ġogi tas-saqajn.

Minn dan li għedna s'issa jidher ċar li sewwa l-prevenzjoni kif ukoll il-kura ivarjaw skond il-kwalità tal-mard. L-aħjar prevenzjoni ta' l-osteoartrite hija li wiehed inaqqas il-piż, għaliex din hija kawża

important. Eżercizzju moderat u mediċini għall-ugiegh huma ukoll meħtieġa. Hawn ukoll min isibli ċerti mediċini oħra li jistgħu ikunu siewja u li jordnalek it-tabib. Meta l-artrite tkun avanzata ħafna jista' jkun hemm il-bżonn ta' operazzjoni biex il-ġogi jinbidlu.

Minn-naħa l-oħra, l-artriti l-oħra għandhom bżonn ta' mediċini differenti li t-tabib tiegħek jkun jista' jagħtik parir fuqhom. 💧

Mediterranean Diet

Lifestyle & Well-Being



By Rev Dr Victor Shields

On 31 July 2015, an information session on the Mediterranean Diet was held at the MCCV facility in Watt Street Sunshine. The Guest speaker was Fr Shields whose talk is reproduced below.

Today exists a new way of thinking about health and illness. Health is not only the product of biological processes (virus, cancer, etc.) but also of psychological (thoughts, beliefs, etc.), behavioral (habits for example) and social processes status, ethnicity)

Protect Your DNA

As we age, the ends of our chromosomes -- called telomeres -- become shorter. This makes people more vulnerable to disease. You might think there's nothing you can do, but new research suggests otherwise. In a pilot study, lifestyle changes boosted an enzyme that increases telomere length. Other studies also find diet and exercise can protect telomeres. So healthy habits may slow aging at the cellular level.

Be Conscientious

An 80-year study found one of the best predictors of a long life is a conscientious personality. Researchers measured attributes like attention to detail and persistence. They found that conscientious people do more things to protect their health and make choices that lead to stronger relationships and better careers.

Make Friends

Science has given you one more reason to be grateful for your friends -- they might help you live longer. Australian researchers found elderly social butterflies were less likely to die over a 10-year period compared to people with the fewest friends. Another analysis of results from 148 studies supports the link between plentiful social connections and longevity.

Choose Your Friends Wisely

Your friends' habits rub off on you, so look for companions with healthy lifestyles. Studies indicate obesity is socially "contagious" -- your chance of becoming obese increases by 57% if you have a friend who becomes obese. Smoking is another habit that spreads through social ties, but the good news is that quitting is also contagious.

Quit Smoking

While it's no secret that giving up cigarettes can lengthen your days -- the amount of extra time may surprise you. According to a 50-year British study, quitting at age 30 could increase your lifespan by an entire decade. Kicking the habit at age 40, 50, or 60 boosts life expectancy by 9, 6, or 3 years, respectively.

Embrace the Siesta

A siesta is standard in many parts of the world, and now there's scientific evidence that napping may help you live longer. A recent study with 24,000 participants suggests that regular nappers are 37% less likely to die from heart disease than occasional nappers. Researchers think naps might help your heart by keeping stress hormones down.

Follow a Mediterranean Diet

The Mediterranean diet is high in fruits, vegetables, whole grains, olive oil, and fish. An analysis of 50 studies involving more than half a million people shows the impressive benefits of this diet. The findings show it significantly lowers the risk of metabolic syndrome -- a combination of obesity, elevated blood sugar, increased blood pressure, and other factors that raise your risk of heart disease and diabetes.

Eat Like an Okinawan

The people of Okinawa, Japan once had the longest life expectancy in the world. Researchers attribute this to the region's traditional diet, which is high

in green and yellow vegetables and low in calories. Some Okinawans make a habit of eating only 80% of the food on their plate. As younger generations have veered from these traditions, life expectancy in Okinawa has fallen.

Get Married

Several studies show that married people tend to outlive their single counterparts. Many researchers attribute the difference to the social and economic support marriage provides. While a current marriage offers the greatest benefit, people who are divorced or widowed have lower mortality rates than those who have never been married.

Lose Weight

If you're overweight, slimming down can protect against diabetes, heart disease, and other life-shortening conditions. Belly fat appears to be particularly harmful, so focus on deflating that spare tire. A 5-year study of Hispanics and African-Americans suggests eating more fiber and exercising regularly are effective ways to reduce belly fat.

Keep Moving

The evidence is overwhelming -- people who exercise live longer on average than those who don't. According to dozens of studies, regular physical activity reduces the risk of heart disease, stroke, diabetes, some forms of cancer, and depression. Exercise may even help you stay mentally sharp in your old age. Ten-minute spurts of activity are fine, as long as they add up to about 2.5 hours of moderate exercise per week.

Drink in Moderation

Heart disease is less common in moderate drinkers than in people who don't drink at all. But keep in mind that too much alcohol pads the belly, boosts blood pressure, and can cause a host of other health problems. The American

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Mediterranean Diet

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Heart Association recommends that if you drink alcohol, the limit should be one drink a day for women and one or two for men. But if you don't drink, don't start. There are many other ways of protecting your heart.

Get Spiritual

Research suggests people who attend religious services tend to live longer than people who never attend. In a 12-year study of people over age 65, those who attended services more than once a week had higher levels of a key immune system protein than their peers who attended no services. They were also significantly less likely to die during the study period. The strong social network that develops among people who worship together may contribute to their overall health.

Forgive

Letting go of grudges has surprising physical health benefits. Chronic anger is linked to decreased lung function, heart disease, stroke, and other ailments. Forgiveness will reduce anxiety, lower your blood pressure, and help you to breathe more easily. These benefits tend to increase as you get older.

Use Safety Gear

Accidents are the fifth most common cause of death in the U.S., and the top cause of death for people ages 1 to 24. Wearing safety gear is a simple way to boost your odds of a long life. In the event of a motor vehicle crash, seatbelts reduce the risk of death or serious injury by 50%. In bike accidents, most deaths are caused by head injuries, so always wear your helmet.

Make Sleep a Priority

Getting enough good quality sleep can lower the risk of obesity, diabetes, heart disease, and mood disorders. Sufficient sleep will also help you recover from illness faster. Burning the midnight oil, on the other hand, carries serious health risks. Sleeping less than 5 hours per night boosts the risk of premature death, so make sleep a priority.

Manage Stress

Dean Ornish, MD, has published research suggesting that lifestyle changes including stress management

not only help prevent heart disease, but may actually reverse it. Although avoiding stress is not a viable option for most people, there are effective ways to control it. Try yoga, meditation, or deep breathing. Even a few minutes a day can make a difference.

Maintain a Sense of Purpose

Finding hobbies and activities that have meaning for you may contribute to a long life. Japanese researchers found men with a strong sense of purpose were less likely to die from stroke, heart disease, or other causes over a 13-year period compared to those with a low sense of purpose. Another study at Rush University Medical Center indicates that having a greater sense of purpose is linked to a reduced risk of Alzheimer's disease.

Exercise

In addition to helping you feel and look better, exercise can significantly improve your quality of life by lightening your mood and reducing your risk of falling injuries and dementia? Learn which exercises are recommended for older adults, get instructions for simple exercises you can safely do at home, and find more healthy reasons to stay active

Forgive to Live

In a world riveted by conflict, everyone has a "grievance story" – we've all been hurt or rejected by someone who mattered to us. Most of us have been told to forgive. Unfortunately, however, we've never been told how or why to forgive. Even the idea of forgiveness can be repulsive if we believe that it will open us up to more hurt. But apart from religious motivation there are other serious reasons to forgive, because if you are still holding grudges you had better check your pulse and take a measure of your blood pressure. New Research shows that hatred, envy, harbouring feelings of betrayal etc. can raise your blood pressure to such an extent that you can suffer a stroke, a heart attack, kidney trouble and perhaps even death. In this lecture Fr Shields will demonstrate how forgiveness can have tremendous effect not only on our psychological but also on our spiritual well-being.

Maria Cilia (pictured below) gave a presentation about the art of cooking and how to prepare healthy cooking using simple ingredients. Maria also provided the people present some easy recipes for them to use.



Maltese Historical Association Events — May & June 2015

Commemorating the 450th Anniversary of The Great Siege of Malta of 1565

At the May Event, MHA President Joseph Borg (pictured right) delivered the first of three lectures on the Great Siege of Malta.

The reasons for the Great Siege of Malta of 1565 have their roots going back to the rise of Islam in 630. With the expansion of Islam, the Holy lands fell under their influence. This affected the Eastern Roman Empire as well. Later, the spread of the Mongolian hordes impacted on the eastern end of this empire.

The crusades started when the emperor in Byzantium asked the Pope to help him fight these invaders. The message of the crusades was to reclaim the holy land to Christianity as it was before Islam took over. The result of this was the formation of the various orders of Knights, amongst which were the Knights Hospitallers. The fourth crusade was to diminish the power of the Byzantines and the formation of the Outremers.

Saladin organised his forces and after some 200 years of European presence the whole area was once again under Arab rule. Meanwhile, the Turks started their move westwards and within another 150 years they had conquered Constantinople and parts of the Balkans. The Order of St John (Hospitallers) had by this time moved to Rhodes.

Over in the West, Spain was reunited by Ferdinand and Isabella, and the Moors were ordered out of the country. The New World was also discovered and trade was flourishing in both directions, i.e. from East to West and vice-versa, with some of the Italian kingdoms having a great say in the matter (Venice, Genoa, Pisa).

The exiled moors were bent on revenge and, through the agency of two famous brothers, Kheir-ed-Din and Aruj Barbarossa, the Barbary pirates came to the fore. They preyed mainly on Spanish shipping but they also raided the coasts of lands facing the North African coast, from Morocco all the way to Tunis. Apart from pillaging, they also dragged a lot of innocent people to their lairs as slaves. Malta was in the thick of this.

Meantime, the Knights were expelled from Rhodes where they took part in attacking and looting Turkish vessels (Corso). They transferred to Rome from where the Grand Master, De L'Isle Adam managed to talk Charles V, the Holy Roman Emperor, into ceding Malta and Tripoli to them. Charles' reason for this was obvious: he wanted someone to guard the south-western flank of his empire.

Charles started a series of offensives against the corsairs and this often required the knights to join in, much to the anger of the corsairs, among whom we now meet Dragut. He formed an alliance with Suleiman in Constantinople, so the influence of the Turkish navy spread into the Western Mediterranean. Unfortunately, Charles V and Frances I of France did not see



eye to eye because of heritage issues and were frequently at war with each other. In fact, Francis even had an alliance with Suleiman against the Spaniards. Thus there was no united European force against the spread of the Ottoman Empire. Only Charles faced this problem because he was after all a Hapsburg, and it was central Europe that was being invaded by the Turks. The Reformation also split alliances because of religion. This also led to a weakening of the strength of the Order as both the English and some German Knights left the Order

The knights in Malta resumed the Corso into the Eastern Mediterranean, since they always dreamed that one day they would re-conquer Rhodes. Accordingly they were not very happy with the idea of protecting Malta and Tripoli. However, since no other place was made available for them as a base, they reluctantly started to fortify the areas around the Borgo and Senglea, and they even built a fort (St Elmo) at the tip of the Sciberras peninsula and another (Fort St Michael) on the landward side of Senglea.

Internal squabbles in the Order were also present, mainly because of the feuds between Charles V and Francis I. The Spanish and French langues of the Order were frequently antagonistic to each other.

The Corsos were bringing in a lot of loot to Malta. The best known commander of the Corso was none other than Romegas, one of the heroes of the siege that was to follow. On one of his expeditions he attacked and captured several large merchantmen, amongst which was one that belonged to the chief eunuch of the court of Suleiman. He also captured many notable people including the nurse of one of Suleiman's daughters.

Agitation in Suleiman's court against these piratical acts led him to issue an edict, calling for the building of a great fleet with sufficient numbers of men, weapons and supplies in order to remove the Knights from Malta.

At the June Event, MHA President Joseph Borg delivered the second lecture.

Mr Borg read an extract from the book, *The Siege of Malta 1565*, by Francisco Balbi di Correggio, relating to the events that happened on the 16th June 1565, exactly 450 years earlier. This reading described many of the topics that Mr Borg wanted to talk about later in the evening.

Mr Borg spoke about the leaders of the antagonists during the campaign, and the strengths and weaknesses of Suleiman, Mustapha Pasha, Piali Pasha and Dragut, as well as Don Garcia de Toledo and Grand Master de La Valette.

He suggested that the antagonism that was shown between Mustapha and Piali was the main reason for their defeat. He also offered an opinion that to some extent, Suleiman was also at fault, since he knew that these two men did not get on well at all, to the extent that he made Dragut (who was not a Turk) the provisional leader of the expedition. Dragut was ten days late arriving in Malta and, rather than waiting for him, the two Pashas started the siege by firstly attacking St Elmo rather than Mdina, which would have secured the north of the island, thereby cutting all means of communication with the outside world.

On the other hand, Dragut was seen to be a good leader and a great planner, though he never overruled Piali's idea to attack St Elmo first. He too was of the opinion that Mdina should have been the first port of call. Maybe he was in awe of Piali because of his connection to the Sultan?

Don Garcia was seen to be at a loss as to what to do in sending relief to the island. Sure he had plenty to worry about. He did not have too many soldiers at his disposal and he was uncertain as to how he would defend his region in the event of Malta falling to the Turks. He would have been in bigger trouble had he to send his troops across to Malta to be defeated. His reticence to act can therefore be understood. That said, he did eventually allow the relief force to sail, thus saving the day.

Jean de La Valette was seen to be a great leader and a man of great discipline. The way he managed the various battle scenes was amazing. He listened and acted on the facts before him, but he also knew his enemy well. He also showed a great admiration towards the Maltese and would never abandon them. This of course meant that the people never gave up the hope that they would come out of the ordeal triumphant.

Mr Borg also spoke about communications, supplies of food and munitions, medical stations and hospitals to take care of the wounded, biological warfare, psychological warfare, espionage and public health measures. He finished his talk with a brief description of the aftermath, the fact that the island/fortifications were in ruins and that the majority of the survivors were maimed for life. This subject, *The Aftermath of the Siege*, will be the topic of the September lecture, the last in the trilogy on the Great Siege of Malta of 1565. ♦

Maltese Historical Association Event — August 2015

Sir Temi Zammit—Man Making History

In this talk Professor Maurice Cauchi (pictured right) emphasized the many talents of Sir Themistocles (Temi) Zammit (1864–1935), who graduated as a medical officer and then specialised in laboratory medicine. A personal friend of Louis Pasteur, Sir Temi was instrumental in finding the cause of the then rampant disease, unfortunately known as 'Malta fever', more recently as 'Mediterranean Fever' or 'Undulant Fever' and, more correctly, 'Brucellosis'.

This disease was common in Malta until the early 20th century and in the time before antibiotics it caused many long term complications, with a high death rate of about 2%. Sir Temi discovered a simple test to determine whether persons or animals were infected. However, nobody knew how the disease was transmitted. At first it was thought to be transmitted via mosquito bites, like malaria. Sir Temi showed that mosquitoes could transmit the disease to monkeys and even to humans! However, he realised that goats were the main carriers of the bacteria, and transmitted them via bodily fluids and raw milk.

At the time, thousands of goats roamed the cities and towns, and everybody drank goats' milk. The goat herds travelled from door to door and were milked twice a day. Infected goats could appear quite healthy. Testing and destruction of infected animals and boiling milk became routine and the disease disappeared from military personnel, who drank only boiled milk. Some Maltese, however, continued to drink raw milk and eat cheese made from raw milk. They continued to get the disease until centralised milk collection and pasteurization became established in 1938. Since then, there have only been occasional small outbreaks in Malta. Today, the incidence of Brucellosis is about 500,000 a year globally.

Sir Temi also turned his attention to archaeological excavations. As the first Director of the National Museum of Archaeology in Valletta, he introduced strict scientific techniques and detailed recording of finds. He completed the excavation of the Hypogeum and Ghar Dalam and discovered many ancient tombs, especially around Rabat. His most important work was the excavation of the 5000 year old Tarxien temple.

Sir Temi was devoted to the Maltese language and wrote several stories in Maltese which were intended to be both

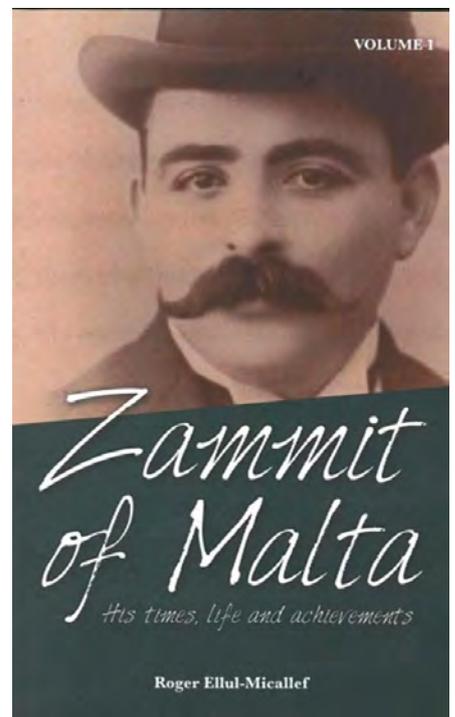


entertaining and informative.

For all these activities and more, Sir Temi is remembered as one of the most prominent Maltese citizens that ever lived. ♦



Sir Temi Zammit



Maltese community pays last respects to 'Laurie' Spiteri

On Saturday 15 August the main hall of the Maltese Community Centre in Parkville was the venue for the funeral service of prominent Maltese community leader, Emmanuel 'Laurie' Spiteri, who passed away on 8 August, aged 91.

A large number of community members filled the hall to join Laurie's four children, Sydney, Leslie, Rowland and Desiree and their families to pay their last respects and farewell a dearly loved father, grandfather and great-grandfather and a well-respected community leader.

Among the mourners were the Consul General of Malta in Victoria, Mr Victor Grech, MCCV President Mr Victor Borg and members of the MCCV Executive, and MCCV-affiliated Associations' presidents and committee members. Rev Dr Victor Shields mssp led the funeral mass, which was concelebrated with Fr Emmanuel Adami mssp.

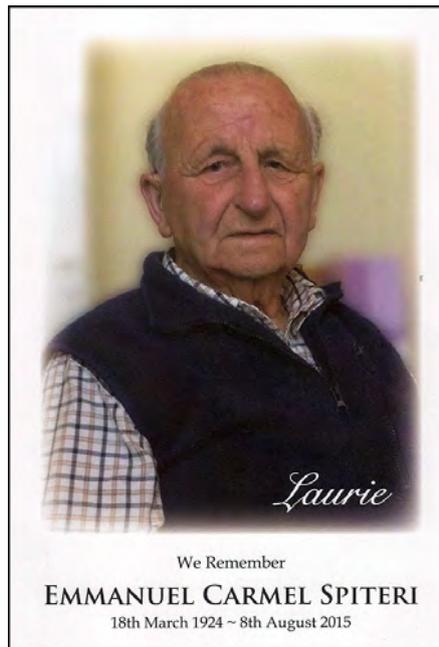
After the reciting of the Rosary, MCCV President Victor Borg was invited to give the eulogy. Having welcomed those present to the Maltese Centre, Mr Borg observed how fitting the venue was for the funeral of a man who had given great leadership for the community. Laurie had worked tirelessly and raised funds for the building of the Centre, which had become a second home for him, constantly calling around for socialising and having the odd meal and helping generally in community activities.

Mr Borg said that he had met Laurie when he first joined the MCCV decades ago and even then he had shown signs of leadership and his wisdom and words of advice were always welcomed.

Laurie Spiteri was born in Floriana in 1924, the son of Benedetto and Maria. When he was 4 years old, his family moved to Hamrun. Laurie married Ivy Scicluna in 1948 and two years later they migrated to Melbourne, Australia with their first born child, Sydney, just under a year old. At the time of arrival, Ivy was expecting their second child, Leslie, who was born in 1950. They had another two children, Rowland born in 1951 and Desiree born four years later. Laurie was blessed with nine grandchildren and 8 great-grandchildren to whom he was really close.

Mr Borg said that the Spiteri family was a very closely knit family, which is typical of Maltese families. Laurie and Ivy came to Australia to give their children a better future and to have opportunities which possibly they may not have had at all in Malta, particularly in those difficult times when they migrated.

Mr Borg said that in Malta Laurie was employed as a marine engineer and on arrival in Melbourne he was offered a job immediately at GMH at Fisherman's Bend.



He was there for a short time. In 1955 he joined the Australian airlines, TAA, and three years later he obtained qualifications as an aircraft engineer. He retired in 1987, aged 63. He had lost his wife Ivy in 1983.

Mr Borg said that as a young man Laurie joined the Scout Movement in Malta. In 1940 he presented himself to the forces in Malta and joined Malta's Own Regiment. He had not told his parents and simply said to them that he had joined as a volunteer. One of his jobs was guard duty, guarding the shores to make sure no-one came ashore unannounced. While on guard duty one day, he noticed a pile of soaked civilian clothing on a beach which he immediately reported to the authorities. Within days a Maltese citizen, who had been living in Sicily, was arrested as he had apparently come ashore with wireless equipment to spy for the enemy.

Mr Borg said that in 1958 Laurie was a founding member of the Maltese Ex Services Association of Victoria, in which he held the position of Secretary for many years and President for the past 15 years.

As the 50th Anniversary of the Award of the George Cross was approaching, Laurie was a member of a committee formed by members of the Association to establish the monument located just outside the building of the Maltese Centre in recognition of the sacrifice of so many Maltese people who perished during the war years. On that committee he held the positions of Secretary and Functions Organiser, with Nicholas Chircop as President, Frank Bugeja as PRO and Joe Montebello as Project Manager.

Laurie was very pleased with their achievements. On an annual basis he was actively involved in making arrangements for the George Cross Award commemoration

mass held in St Paul's Chapel followed by a ceremony of the laying of wreaths at the monument.

Laurie loved his country of birth and was well up with the history of Malta, particularly the wartime years. However, he also had a great love for his country of adoption. He often spoke about the opportunities which Australia had given him and his family and the way everyone had settled.

Mr Borg said that Laurie had a great community commitment, taking part in all MCCV activities. He played a big part in the raising of funds for the construction of the Maltese Centre in Parkville. Laurie was exemplary in his attendance at the monthly Council meetings, fact, at these meetings he would take a seat on the front row and fully participate. There were not many occasions that Laurie did not list a matter down for discussion under General Business.

Mr Borg said that everyone admired Laurie for his great spirit. It was hard to believe that a man of 91 years could really maintain an independent life in the way that he did, no doubt greatly assisted by his daughter Desiree. In any event, he would drive to the Centre for the monthly Council meetings and drive home afterwards pretty late in the night. He felt that he had a commitment and was determined that he would carry it out.

Mr Borg said that Laurie was a well-respected member of the community. He would be the first to help in case of need and many people were referred to him for assistance, particularly for obtaining employment, issues relating to their war service and pension entitlements.

Mr Borg said that we should feel honoured that Laurie would have chosen to have his funeral service at the Centre. We are all better for having known Laurie. He was a man with a great, warm personality, a man who drew others to him and a man who was relied upon heavily not just by the community generally, but also by the individuals who sought his assistance.

Mr Borg said that it is often said that life in unpredictable, and how true that is. Only a fortnight earlier Laurie visited him in hospital with great words of encouragement telling him that he will soon get back to good health and it was great having a conversation with him. Little did either of them know that, in effect, they were saying farewell.

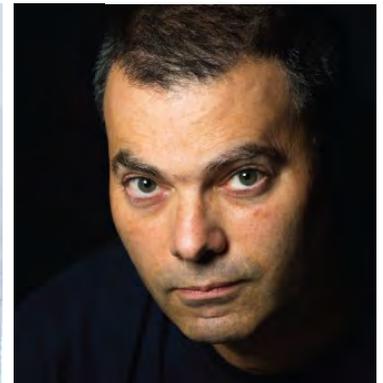
After the mass, the funeral cortège proceeded to Fawkner Cemetery where a graveside service was led by Fr Shields. 💧

Isle Landers — Boat migration and Malta

An illustrated talk



European Union Centre on
Shared Complex Challenges



Darrin Zammit Lupi was born in Malta in 1968. He joined *Times of Malta* in 1996 and Reuters on a freelance basis a year later. His work over the past two decades has taken him all over the world, during which time he covered the Bosnian war, the Kosovo refugee crisis, the Southeast Asia tsunami tragedy, the Libyan conflict, development issues in various parts of Africa and several other international assignments. His work has been widely published in the international press, including *TIME*, *Newsweek*, *The New York Times*, *The Sunday Times*, *The Guardian*, *Paris Match*, *The Sydney Morning Herald*, *Der Spiegel* and others.

Isle Landers is a photographic art project based on photojournalist Darrin Zammit Lupi's documentation of the lives of asylum seekers and migrants through and after their journey across the Mediterranean to Malta. Mr Zammit-Lupi will give his talk '**Isle Landers**' in Ballarat on 12 September 2015 and in Melbourne on 17 September 2015.

Hear Darrin, a regular winner at the Malta Journalism Awards, speak of his experiences and the stories behind the pictures — documenting the drama, tragedy and on occasion tears of joy — of the irregular migration centred around his home island of Malta, as his way of reminding the world about the reality of what is happening.

Introduction by Mark Avellino, Project Co-ordinator, 2015 *Ballarat International Foto Biennale* and chaired by Professor Nikos Papastergiadis, Director of the Research Unit in Public Cultures, School of Culture and Communications at the University of Melbourne.

Launch at Ballarat International Foto Biennale 2015

12 September 2015 at 2.30pm **BALLARAT**

Location: **Mining Exchange, 8 Lydiard St N, Ballarat, Victoria**

On the 12 September 2015 at 2.30pm, there will be the formal launch of the photo exhibition of the **Ballarat International Foto Biennale 2015**. The exhibition will be open for public viewing between 22 August to 20 September (including 'Isle Landers' exhibition).

- Opening address by David Manne, Executive Director of the Refugee and Immigration Legal Centre (RILC) Human rights lawyer and migration agent.
- Followed by Victor Grech, Consul-General of Malta for Victoria
- 'Isle Landers' is presented by Darrin Zammit-Lupi
- Q & A with Darrin Zammit-Lupi
- Book signing

DINNER: Maltese Arts and Cultural Night

Where: Lydiard Wine Bar, 13 Lydiard St N, Ballarat Victoria

When: 12 September 2015

Time: 5.30pm – 10.00pm

Cost: \$50 per head

Booking: <http://www.trybooking.com/Booking/BookingEventSummary.aspx?eid=157637>

This event is brought to you by the Consulate General of Malta in Melbourne and the [University of Melbourne EU Centre on Shared Complex Challenges](#). The EU Centre is co-funded by the European Commission and the University of Melbourne.



ILLUSTRATED TALK at the University of Melbourne

'ISLE LANDERS' – BOAT
MIGRATION AND MALTA

17 September 2015 at
1.00pm to 2.00pm **Carlton,
Melbourne**

Location:

*Seminar Room Carlton Con-
nect 700 Swanston Street
Carlton, Melbourne*

Audiovisual presentation by Mr
Darrin Zammit-Lupi, photo-
journalist of the 'Times of
Malta'.

Registration is required either
from the attached Flyer or
from the following link: [https://
www.eventbrite.com.au/e/isle-
landers-boat-migration-and-
malta-an-illustrated-talk-tickets
-18184052992](https://www.eventbrite.com.au/e/isle-landers-boat-migration-and-malta-an-illustrated-talk-tickets-18184052992)

Il-Festa ta' Santa Liena iċċelebrata f'Melbourne

Bhalissa għaddejnin mill-istaġun tal-festi, kemm f'Malta u kemm f'Melbourne.

Is-St. Helena Maltese

Australian Social Club Inc. ta' Melbourne iċċelebraw il-festa ta' Santa Liena nhar il-Ġimgħa, is-Sibt u l-Ħadd, 21, 22 u 23 t'Awwissu.

Din is-sena kienu celebrazzjonijiet speċjali minhabba li l-Għaqda kienet qed tiċċelebra l-35 Anniversarju mit-twaqqif tagħha.

Il-funzjonijiet reliġjużi inżammu fil-Croatian Catholic Church, Fitzgerald Road, Ardeer.

Il-Ġimgħa, 21 t'Awwisu, fis-7.30 pm giet iċċelebrata Quddiesa minn Fr Edwin Agius, Rettur f'Parkville, tas-Socjeta' Missjunarja ta' San Pawl, bis-sehem tal-Maltese Choir of Victoria.

Wara l-Quddiesa kulhadd gie mistieden biex imur fis-sala tal-knisja għal kuncert varjat fejn kien hemm ikel u xorb, u marċi brijjużi mill-Maltese United Brass Band.

Is-Sibt, 22 t'Awwissu, l-Għaqda organizzat il-Ballu kbir tal-Festa fis-sala tal-Melrose Reception and Convention Centre, Tullamarine, fejn għalih attendew madwar 700 membri u hbieb.

Fost dawk prezenti kien hemm il-Konslu Ġenerali ta' Malta fil-Victoria, is-Sur Victor Grech; l-Awditur tal-Klabb, is-Sur Paul Borg u s-Sinjura tiegħu, Pauline; ir-Rappreżentant Ewlieni tal-Bank of Valletta fl-Awstralja, is-Sur George Portelli; is-sinjuri Robert u Miriam Vella (979 FM); u s-Sinjuri Ray u Marie Louise Anastasi (974 FM).

Il-muzika giet provduta mill-Banda Vibe. Matul il-lejla kien hemm floor show mill-Katoomba Dancers.

Naturalment ma naqas il-brijju kbir b'marċi għall-okkażjoni mill-Maltese United Brass Band. Dan wiehed mill-ikbar u l-aktar ballijiet popolari f'Melbourne fost il-Komunita' Maltija.

Imma l-qofol ta' dawn iċċelebrazzjonijiet bla dubju hu jum il-festa. Il-Ħadd, 23 t'Awwissu. Fl-istess Knisja li semmejna qabel, li kienet mimlija bħal bajda, giet ikkonċebrata Quddiesa fit-3 pm. Prim Ċelebrant kien l-Isqof Hilton Deakin. Jikkonċelebraw miegħu kien hemm Fr Edwin Agius, mssp, Fr Denis Carabott, mssp, Fr Emmanuel Adami, mssp, u Fr Dominic Degiorgio. Ċeremonjier kien is-Sur Emmanuel Farrugia. Waqt il-Quddiesa ha sehem il-Maltese Choir of Victoria taht id-direzzjoni ta' Charles Schembri u Lidia Gusman. Wara inqas il-Barka Sagramentali.



Fuq mill-lemin: Victor Bartolo, Fr Emmanuel Adami mssp, Reno Grima, l-Isqof Hilton Deakin, Fr Edwin Agius mssp, il-Konslu Ġenerali is-Sur Victor Grech.

Taht: Il-purċissjoni bl-istatwa ta' Santa Liena. [Ritratti provduti minn Mary Bartolo]



Wara l-Quddiesa, il-President, Victor Bartolo, stieden lis-Sur Reno Grima, il-Fundatur tal-Għaqda biex jintroduċieh lil dawk prezenti.

Għal xi 4.30 pm harġet il-Purċissjoni bl-istatwa sabiha ta' Santa Liena madwar il-Knisja u kienet akkumpanjata miż-żewġ baned Maltin, il-Malta Gozo Concert Band u l-Maltese Own Band Philharmonic Society Inc. L-għaqdiet Maltin ma naqsux li jattendu u jimxu wara l-istatwa ta' Santa Liena bl-Istandardi tagħhom. Hafna nies ukoll imxew wara l-purċissjoni. Kien hemm għadd ta' tfal libsin kostumi Maltin u anki kien hemm sinjorina liebsa l-għonnella u anki tifel liebes ta' kavallier.

Wara l-funzjonijiet reliġjużi, kulhadd gie mistieden biex imur fis-sala tal-istess Knisja għall-programm varjat li gie mhejji mill-Għaqda. Il-programm beda b'marċi

brijjużi miż-żewġ baned Maltin li akkumpanjaw il-vara artisitika ta' Santa Liena li giet imdawra madwar is-sala. Wara li l-baned spicċaw il-programm muzikali tagħhom, beda daqq varjat mill-grupp The Vincents. DJ Dominic daqq bejn intervent muzikali u iehor.

Prosit lill-President tas-St Helena Maltese Australian Social Club Inc., is-Sur Victor Bartolo u l-kumitat habrieki tiegħu għall-organizzazzjoni ta' din il-festa. Hadna gost naraw prezenti lill-Fundatur u l-President Onorarju, is-Sur Reno Grima, li qatt ma jonqos li joffri l-ghajnuna tiegħu fejn tkun mehtiega.

Ringrazzjament lill-kumitat u lil dawk il-voluntieri kollha li għenu biex din il-festa tkun is-suċċess li kienet. 💧

Newport Maltese Association Comedy Luncheon



The afternoon of the 9th of August was a very special one with some very important *guests* taking part in the comedy luncheon held by the Newport Maltese Association at the Maltese Community Centre in Parkville.

First we had Harry Belafonte and Liza Minelli performing the song "There's a hole in the bucket".

Next we had the **Class of 69**. This was a somewhat unruly class which gave the

teacher a hard time and got him all confused at times.

Two special guests were Nick Caruana who sang some very well liked Maltese songs and also Charlie Vassallo with his rendition of "Torna Sorrento" The acknowledgments for these two were enormous, we even had a puppet show.

The highlight of the afternoon was the "Le Girls" straight from Las Vegas dancing to the tune of "We are Family".

The roar of laughter and clapping brought the hall down. If it was any louder we would have been in trouble.

Although this was spontaneous it turned out to be a fantastic afternoon and a lot of people went home with a smile on their face. ♦

Lydia Cole

Jade Colver-Vella National Karate Champion



Picture: Cameron McCullough

Congratulations to Jade Colver-Vella (above second from left) who competed at the National Karate Championships in South Australia recently (8-9 August).

Fourteen-year-old Jade has now become a four time National Champion and two time Oceania champion. Jade came home with 3 gold medals, which means she is a National Champion for the fourth year in a row! Jade returned with gold in her weight division – Kumite Individual Female Cadets under 54Kg; in the Open weight division – Kumite Female Cadet Open (14/15yo); and in the teams event – Team Cadet Female Kumite

Jade has worked so hard to achieve her goals, which have finally paid off. At the end of the tournament it was announced that Jade would represent Australia at the Junior World Championships to be held in Jakarta in November this year.

This has been a two-year goal for Jade, which has involved training 6 days a week, and lots of sacrifices and dedication. She has persevered and achieved her ultimate goal – The World Championships. She still has 3 months of hard work ahead of her and we wish her all the very best of luck for the World Championships.

Jade is granddaughter of Reskeon members Caesar and Phyllis Vella.

Well done, Jade, and all the best for the future!

Paul Vella

Well done, Madison!

I have often said that we should be proud with the achievements of our young ones and that we should encourage them in whatever they choose to specialise in, being studies, sports or whatever. Recently, Rose Sacco from the Reskeon Seniors Group at Merrilands Community Centre proudly told me of the achievements in sports of her granddaughter, and netball player 16-year-old Madison Conwell who during July trained with the full Australian netball team. She was one of only four players from Queensland to join the squad. It was just reward for a kid who has been showing great improvement in this particular sports discipline.

Madison has been playing netball and indoor netball since the age of five. She has represented Queensland on numerous occasions and even formed part of a number of Division 1 representative teams for different Queensland Associations.

But after playing for Queensland in the Australian National Junior competition, last December Madison received her greatest honour when she was selected to represent Australia in the Under-16s Tri-Nations series in indoor netball. At the series that was held in Perth she played centre and wing attack against New Zealand and South Africa and was even named vice-captain of the U/16s.

Paul Vella



Madison with her trophies and medals, and with her parents Grant Conwell and Tania Conwell (Sacco)



MCCV Survey on the Third Generation of Maltese in Australia

The Maltese Community Council of Victoria is conducting a survey to obtain a picture of the Third Generation of Maltese in Australia. We are particularly

interested in their knowledge about Malta and Maltese culture. This will enable us to determine the degree of culture maintenance among our third generation.

Teenage children (aged 10 to 17 years), whose **grandparents** (or **great grandparents**) were born in Malta, are invited to fill in the following questionnaire. The survey questionnaire is also available for download from the MCCV website.

Completed forms may be returned as a scanned electronic copy or in paper form.

BY EMAIL: Scan the completed form and email it to the email address of Prof Maurice Cauchi mnc25@optusnet.com.au

BY POST: Post completed form to: Prof Maurice Cauchi, Maltese Community Centre, 477 Royal Parade, Parkville, Victoria 3052

The information provided will be treated in the strictest confidence.

Please pass this survey form and request for survey participation on to your children, friends and acquaintances.

Five prizes to the value of \$100 each will be available for children who participate in this Survey. To be eligible, participants are required to complete the survey form including their name and postal address. The winners will be drawn from eligible participants who submit a completed survey form **by not later than 30 November 2015.**

Community Events Calendar

For up-to-date and more detailed information, visit our website at www.mccv.org.au/community-events

September

Sat 12 September @ 6.30 pm	Reskeon Maltese Association Seniors Grp.—Vittoria Dinner Dance	Firenze Receptions, Fawkner
Sun 3 September @ 2.30 pm	Feast of Marija Bambina (Tal-Vitorja)	St Mary Star of the Sea Church, Howard Street, West Melbourne
Sat 19 September @ 6.00 pm to 11.00 pm	Get Together – St Helena Maltese Australian Social Club <i>Mary Abdilla 93705164</i>	Klabb Għannejja Maltin Hall 4/6 Gooding Street, St Albans
Sun 20 September	Bus trip to NSW—St Gaetan Society	
Mon 21 September @ 6.30 pm	MCCV Reception for Malta's Independence Day—Carmen Mamo 9387 8922	Maltese Community Centre, 477 Royal Parade, Parkville
Wed 23 September @ 2.00 pm	Information Session on Dementia—Sr Lorraine Testa 9310 1000	St Bernadette's Aged Care Facility, 17 Park Drive, Sunshine Nth

October

Sat 10 October @ 6.00 pm	Annual Dinner—Newport Maltese Association	Melrose Reception Centre, Tullamarine
Sun 11 October @ 12.00 pm	Members' Barbecue—St Gaetan's Society	St Martin de Porres, Avondale Heights
Sat 17 October @ 6.00 pm	Get Together – St Helena Maltese Australian Social Club	St Martin de Porres, Avondale Heights

MCCV Council Meetings are held at 7.00 pm on the first Wednesday of every month at the Maltese Community Centre, 477 Royal Parade, Parkville.

Anniversary Mass at St Patrick's

The Catholic Archdioceses of Melbourne along with the Life Marriage and Family Office, organised a Mass for those couples who this year were celebrating their 25th, 50th, 60th or 70th Wedding Anniversaries. This Anniversary Mass is organised every year at St. Patrick's Cathedral, East Melbourne. The Mass was celebrated by His Grace the Archbishop of Melbourne, Denis Hart, D.D.

The Cathedral was filled to the brim by couples who were celebrating one of these anniversaries this year.

In his Homily, Archbishop Hart, spoke of the importance of the union in marriage to create a better family and a better society.

Each couple received a special pack for the occasion, including a certificate of their Marriage Anniversary signed by the Archbishop, a prayer bookmark, a Renewal of Marriage Vows and other items.

We were very happy to notice a lot of Maltese couples attending this special Anniversary Mass. Apart from myself and my wife, Salvina, celebrating our 50th Wedding Anniversary this year, celebrating the same anniversary were Lino and Helen Hammett, Victor and Carmen Casa, Maurice and Carmen Spiteri and Charles and Tilda Vassallo among others. Celebrating their 60th Wedding Anniversary this year were Jim and Mary Dingli, of Springvale.

Most of these couple had the chance to meet personally with Archbishop Hart, outside the Cathedral for a chat and a special Blessing.

Paul Vella



Paul and Salvina Vella with Archbishop Denis Hart. (Photo by Lino Hammett)

IN SEPTEMBER WE CELEBRATE THE FEAST OF MARIJA BAMBINA

Saturday, September 12:

Reskeon Maltese Association Seniors Group are organising the Vittoria Dinner Dance at Firenze Reception Centre in Fawkner. Tickets: \$52. For full information and bookings, phone — Salvina Vella 9460-4404 Mobile: 0409 961 928.

Sunday, September 13:

At St Mary Star of the Sea Church, Howard Street, West Melbourne. Rosary at 2.30 pm. Immediately after, there will be a Mass followed by benediction and (weather permitting) the procession with the statue of Our Lady accompanied by the Malta Gozo Concert Band. Everyone is invited to attend all these functions and let us be united as one Maltese Community. Be there and take part. As in every year Reskeon Maltese Association Seniors Group organises the Feast of Marija Bambina on behalf of the the Missionary Society of St. Paul.