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Malta's Independence Day celebrated in Melbourne

On 21 September 2015 the MCCV held a reception at the Maltese community centre in Parkville to celebrate the 51st anniversary of Malta's Independence. The Consul General of Malta in Victoria, Mr Victor Grech, was the special guest at the event, which was attended by a large number Maltese community members.

Among those present were Fr Edwin Agius mssp, Rector at Parkville; Sr Doris Falzon OP, Administrator of Rosary Home aged care facility, which is run by the Dominican Sisters of Malta; members of the MCCV Executive Committee, and Presidents and committee members of Maltese associations affiliated to the MCCV.

Following the playing of the Maltese and Australian national anthems, Mr George Saliba, MC for the evening, introduced MCCV President Mr Victor Borg to address the audience.

Mr Borg welcomed those present to the celebration of 51 years of Malta's independence.

"It is often said that the history of Malta is very exciting, gripping and you can really get value from reading history books to discover how many nations and foreign powers had dominated the island over the centuries," said Mr Borg.

He referred to the tragic parts of Malta's history in which the powers of the time who arrived in Malta and took a fancy to it, just took it over. He said that he often wondered how much suffering the local community in Malta went through over the centuries, not to mention how many inhabitants were taken as slaves to row on the ships of the foreign power.

Mr Borg said that, while we celebrate Malta's independence that was obtained in



1964, we need to remember that, for many centuries before, the Maltese were subjected to foreign dominations. He then briefly went through the list of foreign powers who had ruled over Malta over the centuries.

He spoke about the role that Malta played in the two world wars last century, becoming known as "the nurse of the Mediterranean" for the provision of hospital and medical services it provided to the wounded service personnel who served in the theatres of war. Malta also played a critical part during the Second World War. Several of those in the audience had themselves served in that war.

Mr Borg then spoke about the road to independence that started in the 1950s and included an unsuccessful bid for integration of the Maltese islands with Great Britain made by the then Labour Prime Minister Dom Mintoff. In the early 1960s Prime Minister Dr George Borg Olivier's Nationalist government proposed a constitution that would lead to Malta's independence.

On 21 September 1964, Malta became an independent state as a Constitutional Monarchy, with Queen Elizabeth II as its

Head of State and a member of the Commonwealth. That same year Malta was admitted as a full member of the United Nations.

Having won the General Elections in 1971, the Mintoff government introduced amendments to the constitution to establish Malta as a republic. These were approved by the required two-thirds majority in Parliament, after some Opposition members voted in favour. Malta became a republic on 13 December 1974 within the Commonwealth, with a Maltese President as head of state.

After a change of government in 1987, Malta's foreign minister, Prof Guido de Marco, applied to join the European Union in 1990. A referendum on EU membership was held in March 2003, which resulted in a favourable vote. The result of the General Elections held the following month gave a clear mandate to the Prime Minister, Dr Eddie Fenech Adami, to sign the Treaty of Accession to the European Union on 16 April 2003 in Athens, Greece. Malta joined the European Union on 1 May 2004 and Eurozone on 1 January 2008.

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President's Perspective

Historical Australia Hall building must be restored

There is considerable concern within the Maltese-Australian community in Australia regarding the future of the historic building of Australia Hall located in Pembroke, Malta. This building was constructed to provide a place for entertainment and refreshments for the thousands of ANZACs who were wounded in Gallipoli and taken to Malta for medical treatment and convalescence.

Australia Hall was built by the Royal Engineers and took two months to complete. It was officially opened on 22 January 1916 by the Governor Field Marshal Lord Methuen. The Australian Red Cross contributed £2,000 towards its construction cost. Some 58,000 soldiers had been nursed in various hospitals and nearby tented hospitals specially erected to deal with the large influx of wounded soldiers arriving on the island.

When the British military facilities in St Andrew's Barracks were closed down in 1978, Australia Hall became the property of the Maltese government. In 1979 it was granted to the Labour Party on a long lease as compensation for the compulsory acquisition of land that the party owned in Marsa for use by Malta Shipbuilding Corporation.

Unfortunately, in December 1998 Australia Hall suffered severe damage when its ceiling of metal trusses and sheeting was gutted by fire. However, its sturdy four external walls still remained standing. Today the building with no roof is in a derelict state, open to the elements and damage by vandalism.

In 2010 the Labour Party was taken to court for failure to keep Australia Hall in good condition, as was required under the 1979 contract. These charges were dropped in October 2013, after the Labour Party was returned to government.

On 1 September 2014, the Labour Party sold Australia Hall and some surrounding land to a private company for €582,343, an amount considered grossly below its market value. It was reported that no money changed hands on this deal, and instead, the Labour Party's pending debts with the company were paid off.

While it is not known what the new owners of Australia Hall have in mind for the site, since 1996 the building has been classified by the Malta Environment and Planning Authority (MEPA) as a Grade 2 building of historic, architectural and contextual value (as it forms part of a larger protected military complex). Thus, development in the area is so far restricted.

The history of Australia Hall forms an integral part of Malta's important role in ANZAC history. It is a fitting reminder of the valuable services provided by many volunteer Maltese nurses and medical practitioners to thousands of Australian and New Zealand servicemen. Their efforts earned Malta the title of "Nurse of the Mediterranean".

We urge Prime Minister Dr Joseph Muscat to commit the Maltese Government to the restoration of Australia Hall to its former glory as a monument to the excellent longstanding relations between Malta and Australia.

We commend the Australian High Commissioner H.E. Ms Jane Lambert for her efforts to save Australia Hall and her contacts with the current owners to explore restoration options and ensure that the building is not demolished.

We wish her every success and trust that the visit to Malta by Australian Prime Minister Mr Malcolm Turnbull for the CHOGM meeting in November will provide a timely opportunity for him to raise the matter with his Maltese counterpart.

Complete review of Australia's refugee policy overdue

On 9 November 2015, an Iranian Kurdish male refugee in his early 30s was found dead on Christmas Island, having escaped from one of the offshore detention centres three days earlier. It is understood that some 2 to 3 years ago he had been assessed as a genuine refugee and held in custody for the last 5 years awaiting authorisation for release.

How long will the Australian Government continue to hold refugees in detention centres in sub-standard conditions in the full knowledge that being held in such conditions leads many of them to self-harm and ultimately take their own life?

Recent legislative changes forbidding medical practitioners and other workers from publicly passing on information about the conditions and incidence in detention centres is detestable. The intention is to stop the Australian community from being informed of the shocking conditions and treatment to which refugees are being subjected.

The government's mantra of "we have stopped the boats" makes no reference of the cruelty to which refugees have been subjected. When one considers the thousands of refugees crossing into a number of European countries, the numbers of those who have managed to reach Australia's shores seem quite insignificant.

The admiration and high regard that the international community held Australia in for its values has changed to attitudes of contempt, strong criticism and condemnation for its inhumane refugee policy.

The Australian community should be clamouring for immediate change and closure of the offshore detention centres. There are many country regions in Australia which would welcome an influx of refugees, who have so much to offer to the Australian community, just as past waves of immigrants have shown.

One hopes that it will not be long before a complete review of the refugee program is undertaken by the Australian government so that refugees are treated with the dignity and humanity they deserve.

MCCV AGM

The MCCV held its annual general meeting on 4 November 2015. In presenting the president's report I outlined the extensive work program of Council including its welfare services. I also referred to the considerable refurbishing works at the community centre which were long overdue.

Once again I emphasised the need for the recruitment of volunteers to support the MCCV's programs, such as, the community social services, library and others. The Maltese community library at Parkville has been of great value to many members and a great resource for researching Maltese culture and history.

The Maltese Historical Association, which meets at the Maltese Centre on a monthly basis, continues to play its part in informing members and the general public of aspects of Maltese culture and history.

Maltese Language classes continue to be held at the Centre and many adult students enjoy their Maltese conversation classes. Our volunteer coordinator and teachers are committed to the project.

Victor Borg
MCCV President

State Government Scholarships for advanced diploma of interpreting in Maltese language



There is currently a severe shortage of Maltese interpreters in Victoria. We understand that there is only one Maltese interpreter who has National Accreditation Authority for Translators and Interpreters (NAATI) qualifications.

The Victorian State Government is offering scholarships of \$3,250 to students who are accepted into the [Advanced Diploma of Interpreting program at RMIT University](#) to study interpreting in the Maltese language. The Maltese Community Council of Victoria encourages those proficient in the Maltese language to take advantage of this scholarship and consider a career in this field.

For more details, [click here](#) to download a copy of the Government flyer and Expression of Interest form.

Advanced Diploma of Interpreting

The Advanced Diploma of Interpreting is a one year, part-time program, which begins in February 2016 and finishes in November 2016. Classes are held at RMIT University's City campus in Melbourne. Classes may be held during the day or evening depending on the timetable.

RMIT Program Fees

The scholarship does not cover the full program fee. Students will be required to pay the balance of the program fee. The amount to be paid will depend on each student's eligibility for a government-subsidised place or other concessions. For more information contact:

RMIT University Info Corner, (Corner of Swanston and LaTrobe Streets, City campus) on 9925 2260 or visit them between 9:00am-5:30pm Monday-Friday.

Scholarship Eligibility

To be eligible for a scholarship you must:

- be an Australian citizen, or have permanent residency *;
- be enrolled in the RMIT University Advanced Diploma of Interpreting in one of the languages targeted in 2016; and
- remain enrolled and meet attendance requirements for each unit at RMIT for the duration of the program in 2016.

** However, consideration will be given to applications from asylum seekers.*

Eligible students will be formally offered scholarships in February 2016. Scholarships will be paid after the RMIT enrolment census date of 31st March 2016.

NAATI Accreditation

Students who successfully complete the program and attain a pass rate of 70% or above in certain interpreting accrediting units will be eligible for Professional Interpreter accreditation by the National Accreditation Authority for Translators and Interpreters (NAATI).

Detailed information about NAATI accreditation will be provided by RMIT after enrolment. The cost of NAATI accreditation will be paid by the Victorian Government.

How to apply to RMIT

Apply to RMIT University **no later than 30 November 2015** by completing an online 'Direct Application' on the RMIT University website at <http://apply.rmit.edu.au/direct/Register>. ♦

Maltese Language Classes in 2016 at Parkville

Registration for Maltese Language Classes in 2016 is now open. The Maltese Language classes, sponsored by the MCCV at the Maltese Community Centre in Parkville, are held on Thursday nights. Students pay a nominal enrolment fee. Families pay a heavily discounted fee. The registration form may be [downloaded](#) from the MCCV website or requested from the Maltese Centre.

In Semester 1 in 2016 (4 February to 16 June) classes will be held at three levels:

- BEGINNERS (B1) CLASS:** 6.00 PM – 7.00 PM
- INTERMEDIATE (B2) CLASS:** 6.00 PM – 7.00 PM
- CONVERSATION (C1) CLASS:** 6.00 PM – 7.00 PM

All tutors are qualified LOTE Victorian teachers and attend regular professional development training in Victoria and interstate.

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: **The Editor—MCCV News, Maltese Community Council of Victoria, 477 Royal Parade, PARKVILLE VIC 3052**

LEARN MALTESE

FOR PLEASURE, WORK OR TRAVEL
BEGINNER ADULT CLASSES STARTING

4th February 2016

Don't let distance or work/family commitments stop you! Join us live online.

**WHERE: MALTESE COMMUNITY COUNCIL OF VIC Inc.
477 ROYAL PARADE - PARKVILLE, VICTORIA**

WHEN: THURSDAYS AT 6.00 PM

**Tel: 03 9387 8922 or 0412 115 919 after hours
<http://www.mccv.org.au/language-classes/>
Email: admin@mccv.org.au**

Malta's Independence Day celebrated in Melbourne

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Mr Borg said that for many centuries the Maltese did not have much say in their country's future as it kept moving hands from one power to another. Our islands were too small to have any prospects to defend ourselves. But the Maltese people are resilient and with strong Christian religious beliefs, particularly with a keen devotion to Our Lady, who came to our rescue at various critical times in our history.

Mr Borg observed that Independence Day of itself did not resolve Malta's problems. Independence brought with it great responsibilities for the leaders of the nation and the people. It's not much good having independence if one cannot give a just account of what is going on, as there were still matters of concern to be dealt with.

"As a sovereign state free of all external restrictions, save, of course, for the rules and regulations of the EU, Malta must govern itself with a great amount of self-discipline and subject itself to various checks and measures to ensure that the political process is not corrupted and is accountable to the electorate," he said.

Mr Borg further observed that legal processes are to be free of manipulation and direction. Any corruption must be exposed and eliminated. Past experience had shown that small countries generally find it difficult to maintain a respect for the law and the political process to the disadvantage of the community.

Mr Borg said that he believed that, while those in the audience were no longer residents of Malta, we need to keep a watchful eye on Malta's progress and be prepared to expose any abuse of process and what, in our view, is not working in the interest of our great nation.

He referred to the stand taken in early 2014 by the Maltese community in Australia over controversial introduction of the sale of Maltese Citizenship. Mr Borg said that gathering over 3,000 signatures on a petition over a three week period and having our petition presented to the Maltese Parliament as part of the debate on the topic, was a great effort. It showed that we are still interested in our country of birth and demand that we have a say.



MCCV President Victor Borg addressing the gathering with Consul General Victor Grech looking on.

Mr Borg said that it is too easy sometimes to let things happen and adopt an attitude of everything will be all right. But, unless we stand for justice, accountability and the advancement of our country of birth, we are simply cast off and not part of the process.

Mr Borg congratulated the people of Malta on the 51st Anniversary of Independence and hoped and prayed that Malta continues to prosper in the future. There have been great advances since the grant of Independence, excelling in the field of education, tourism, trade, health, information technology, financial and other services.

Mr Borg concluded his address by saying that he hopes that Malta can move on to another year of success and trusts that the legal and political processes in Malta proceed on a proper basis and done for the advancement of the nation.

The Consul General of Malta in Victoria, Mr Victor Grech, then gave his address. He spoke about the period of British rule which significantly influenced the Maltese economic, social and cultural life. Despite becoming independent in 1964, Malta has continued to maintain a strong relationship with Britain. The British highly respected the Maltese for their bravery, especially during the Second World War, particularly between 1940 and 1942 during the Siege of Malta, had led King George VI to award the George Cross to the Maltese people in 1943.

After World War II Britain started to reduce and downsize its military presence in various parts of the world through the process of decolonisation and Malta also formed part of this plan, although the process was very slow and painful.

Self-government in Malta was restored in 1947. However, the decision of the British government to dismiss workers from the dockyards led to massive unemployment and uncertainty and pushed Maltese workers to emigrate in large numbers to the USA, Canada and Australia where work was available.

Following extensive negotiations with the British government, the call made by the Maltese political parties for independence was approved in 1964. Malta became independent on 21 September that year and also a member of the United Nations.

Maltese diplomatic representatives overseas were appointed in the various countries and Maltese embassies and High Commissions overseas were established, including in the UK, Italy, France, USA, Australia and other countries.

In terms of population shift, during the ten difficult years preceding independence, about 35,000 people emigrated to Australia. Due mainly to emigration flows from Malta, the population of Malta fell by about seven percent or about 21,000 people in the ten years immediately after independence. The population, however, grew by 50% or over 100,000 in the last 40 years.

Mr Grech said that the post-independence years brought much progress to the Maltese islands, initially through the development of the tourism industry.

He said that we celebrate Malta's Independence Day not just as an important milestone in Malta's history but also as a celebration of the values of Maltese society – our strong family ties and the sense of solidarity and beliefs. These values are also implanted in the Maltese migrants who continued to embrace the same values and beliefs.

Mr Grech said that over the years the Maltese migrants were successful in all spheres of life, including business and the professions. Despite leaving Malta, they have remained still in love with Malta and highly value Maltese culture. This is found not only among those born in Malta but also among their descendants born overseas who are proud of their Maltese heritage. This can also be considered as an economic resource both

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University of Malta to offer Masters in Global Maritime Archaeology with University of WA and WA Museum

As of October 2016 the University of Malta and that of Western Australia together with the Maritime Museum of Western Australia will be launching a masters in maritime archaeology which will be delivered in Malta.

The MA in Maritime Archaeology is intended to expose students to a broad range of facets that fall within this discipline. Students will be able to start and develop their careers in the field of archaeology with special emphasis on the maritime and underwater sub-disciplines of the subject.

Furthermore, students may use the skill garnered from this robust course to pursue careers that are not related to archaeology. Skills-sets acquired throughout the one year duration of this programme are multi-dimensional, flexible and most importantly, desirable to stakeholders and employers.



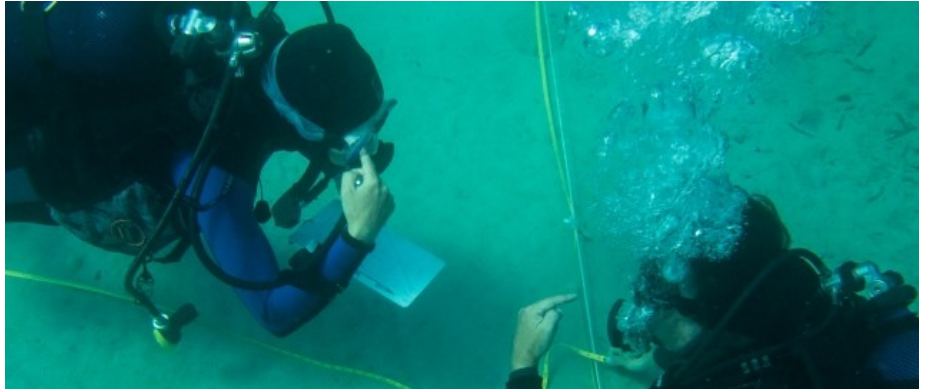
University of Malta
L-Università ta' Malta



THE UNIVERSITY OF
WESTERN
AUSTRALIA



WESTERN AUSTRALIAN
museum



The [Master's programme in Global Marine Archaeology](#) is an accelerated, 12-month programme commencing in October 2016. It's being offered by the University of Malta in collaboration with the [University of Western Australia](#) and

[Western Australian Museum](#). Online Application for the coming programme will be available in the coming weeks. ♦

Malta's Independence Day celebrated in Melbourne

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in the short and long term.

Mr Grech said that Independence Day is celebrated not as a point of arrival but as a point of departure, when Malta turned a new page in its history from a long history of colonisation.

Since independence, Malta has become an economic success story. From a fortress economy that depended crucially on the UK military budget, Malta's economic structure was transformed into a much diversified and a fairly independent set of industries. The Maltese labour market was also affected by a transformation in the role of women in society. Raised education levels combined with changing social norms resulted in an increase in the level of participation of women in the labour market.

In the first three years of independence Malta was among only six countries in the world to achieve an annual average growth rate higher than 5 percent.

Tourism in Malta has also increased considerably since independence. Over the past 10 years, the number of tourists to visit Malta reached the figure of 1.7 million, which is almost 45 times the number who visited Malta in 1964.

Mr Grech said the transformation of the Maltese economy since independence make us feel proud that successive governments in Malta have made a treasure out of its independence and built a truly strong and bright future for its future generations. We are grateful for all the political figures who contributed over all these years to this success.

Mr Grech said that the role of the State has also changed dramatically, although as in other open and small economies, it continues to play a relatively more active economic function.

Mr Grech finally spoke about the events that will be hosted in Malta in November relating to the EU-African Summit on the refugee migration and the Commonwealth Heads of Government Meeting (CHOGM). These two meetings will bring together many nations of the world from the EU, Africa and the Commonwealth, which consists of 53 member States jointly representing 2.2 billion people.

Fr Edwin Agius mssp then addressed the gathering. He spoke about the reference to St Paul's shipwreck in Malta in Chapter 28 of the Acts of the Apostles in the Bible. St Luke reported that they learned that the

island was Malta. Unlike many countries, Malta got a mention in the Bible.

Fr Agius said that when St Paul came to Malta he gave us the greatest gift – the gift of the Christian faith. He came providentially and from the time of his arrival, there was a big change in the history of Malta. While the Maltese were religious before St Paul's arrival, as the ancient Neolithic temples show, St Paul gave Malta the Christian faith that the Maltese still cherish to this day. Today there are over 365 churches in Malta. This means that one can go to a different church every day of the year.

Fr Agius paid tribute to the many religious leaders who made a positive contribution to the history of Malta. He then introduced Fr Lonnie Borg mssp who recently arrived from the Philippines to serve the Maltese community in Australia. Fr Borg is originally from Mosta and attended St Paul's Missionary College in Rabat before joining the MSSP. He served for several years in Pakistan before recently serving in the Philippines. ♦

Report by Edwin Borg-Manché

Presentation of MCCV Community Awards 2015

The second part of proceedings at the reception held on 21 September at the Maltese Centre in Parkville to commemorate the 51st Anniversary of Malta's Independence consisted of the presentation of the MCCV Community Awards 2015.

In 2012 the MCCV established its Annual Community Awards to publicly recognise, and show its appreciation for, the valuable contribution of Maltese people to the enrichment of the Maltese community in Victoria, whether by their contribution to scholarship, education, welfare services, arts and generally to the well being of our Maltese community.

This year the MCCV honoured twelve members of our community who have made a significant contribution to various aspects of our community life. The Awards were presented to the successful nominees, namely:

- **Education: Mrs Frances Bonnici**
- **Culture: Mr George Aquilina**
- **Welfare Services: Mrs Mary Dingli**
- **Alfred Bonello** for his contribution to the Community
- **Youth: Mrs Rita Catania (in absentia)**
- **General services to the community: Mr Eddie Micallef, Mr Gejtu Deguara and Mr Reno Grima**



MRS FRANCES BONNICI

Frances Bonnici was born in Paola, Malta. A teacher by profession, she trained as a teacher at the Mater Admirabilis Training College in Malta. In 1986 she arrived with her family in Melbourne, where started teaching after completing conversion studies at the Phillip Institute in Coburg. Initially, she started as an emergency teacher, then as teacher of Italian, at a small country school, Panton Hill. She also taught Art, before progressing to classroom teacher.

An active member of our community, in 2002 Mrs Bonnici was elected President of the

Maltese Historical Association, a position she held for some 12 years. She also held the position of MHA Treasurer for some time prior to her presidency.

In 2005 she started to look at encouraging students to learn Maltese and she organised student bursaries for this purpose. She established the Maltese language immersion morning activities, mostly conducted in the Maltese language. To run these immersion mornings she was assisted by the Maltese Literature Group and Newport Maltese Association.

She attended as a Victorian delegate at meetings of the Federation of Maltese Language Schools held in Canberra and Sydney.



MR GEORGE AQUILINA

George Aquilina is the founder of the Klabb Ghannejja Maltin. Through his efforts club premises were established at Gooding Street, St Albans. He was personally responsible for considerable improvements made to the premises, including the construction of the carpark and driveways. Over many years, the club provided an excellent opportunity to showcase the beauty of Maltese folk music, known as "ghana", in Australia.

Maltese *ghana* singing has been traditionally with the Maltese nation for centuries and was always regarded as the music of the peasant, the farmer, the labourer and the washerwomen. It has generally been associated with the working classes.

Klabb Ghannejja Maltin was formed to provide an environment and a meeting place for the Maltese *ghannejja* (singers of ghana) and *kitarristi* (guitarists) living in Melbourne to meet and express themselves in this traditional form of Maltese folkloristic music, thereby keeping it alive in their adopted country of Australia.

The Maltese community is grateful to Mr Aquilina for his leadership in the field of Maltese culture as expressed in traditional Maltese music and singing.

MRS MARY DINGLI

Mary Dingli was born in Malta and came to Australia in her mid-20s in 1959. Together with her family, she always lived in Springvale which in the early days was the



hub for the Maltese migrants living in the South Eastern Suburbs.

Since 1970 the Maltese community of the South Eastern Suburbs had their chaplaincy based at St Paul's Missionary College in Wantirna South, looking after the social and cultural welfare and religious needs of the Maltese in the area. Mary joined a committee which helps the Maltese chaplain to care for the needs of the community.

Mrs Dingli was the President of a Ladies Auxiliary Group which was started to work with women in the Maltese community in the late seventies. This group addressed the needs of women who were not in the workforce and felt isolated. She was instrumental in organizing outings and other cultural and social activities for this group.

Mrs Dingli freely shared her knowledge and great talents to help these women to widen their interest by involving them in arts and craft work, such as, paper tales, lace work, and other crafts. For many years she organized a craft stall at the College Fete and the Maltese Cultural Festival.

For many years Mrs Dingli has championed and supported the MCCV by attending and organising groups to participate in Maltese community activities. For many years she has organized a bus to take people to the Friday night bingo at the Maltese Centre.

Still active in the community, Mrs Dingli currently holds the positions of Treasurer and Social Secretary of the Maltese Seniors of the South Eastern Suburbs and also Social Secretary of St Paul's SE Suburbs.

MRS RITA CATANIA (in absentia)

Mr Michael Catania accepted the award on behalf of his wife, who was unable to attend.

Born in Australia of Maltese parents, Rita Catania has been involved in Maltese community affairs for several years. As member of the MCCV Youth Committee, she started the highly successful youth group, known as *Generation AusMalts*, which have a very active Facebook page with hundreds of followers.

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Presentation of MCCV Community Awards 2015

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As leader of this group, Rita was the driving force behind several professionally organised and highly popular community events, such as, masterclasses for the making of *figolli*, *ravjul* and, most recently, *pastizzi*, which brought together the older and younger generations of Maltese in Melbourne to celebrate and enjoy the Maltese food culture.

Rita has also been involved with Maltese language classes, where she made several presentations in Maltese. She has been on interviews conducted in Maltese on the Maltese programme of SBS Radio. Rita has also been involved in the running of the MCCV Children's Christmas party this year.

In 2012 Rita was the recipient of the inaugural Bishop Joseph Grech Memorial Scholarship. On her trip to Malta she took every opportunity to familiarise herself with all aspects of Maltese culture. She also shared her experiences by posting regular contributions to the GAM Facebook page. On her return, she continued to infuse other young persons of Maltese heritage with her enthusiasm for Maltese culture.

Rita studied Travel and Tourism Management and started her career in hospitality and travel. During the past 14 years she has been working in marketing communication in the sports entertainment industry.



MR EDDIE MICALLEF

Eddie Micallef was born in Brunswick in Melbourne to Francis Emmanuel Micallef, a tradesman's assistant, and Rita Margaret, née Dali, who worked as a clothing machinist. He attended Catholic schools before studying at the Royal Melbourne Institute of Technology,

becoming an apprentice fitter and turner in 1958. He completed his apprenticeship in 1963, becoming a turbine fitter in 1965.

In 1968 he joined the Australian Labor Party, and he became vice-president of the Reservoir Branch from 1973 to 1974. In 1983 he was elected to the Victorian Legislative Assembly as the member for Springvale in a by-election and served in Parliament until 1999.

Mr Micallef was promoted to the front bench in 1992, serving as Shadow Minister for Industry Services and also assisting the Shadow Minister for Industrial Relations. Ethnic Affairs was added to his portfolio in 1994, but he stepped down from the front bench in 1997. He retired from politics in 1999.

Mr Micallef has been an active and prominent member of the Maltese community in Melbourne. He attended the Convention of Maltese Living Abroad in Malta in 2010. For several years, he represented the MCCV on the Ethnic Communities Council of Victoria and last year he was elected Chairman of the ECCV, a position which he still holds. He is always keen to support and assist the MCCV in its activities.



MR GEJTU DEGUARA

Gejtu Deguara has been a very active member of the Maltese community in Melbourne for decades. He is a former President of St Gaetan's Society Inc, an MCCV-affiliated association, a position he held for several years.

For 16 years, Mr Deguara formed part of the MCCV Executive Committee and for a number of years as Vice President. During this time he played a major role in organising various community activities.

For many years Mr Deguara was also responsible for maintenance works that were required to be carried out at the community centre. The MCCV thanks Mr Deguara for his efforts in ensuring that the centre has been maintained to a high standard.



MR ALFRED BONELLO

Alfred Bonello has been a very active member of the Maltese community in Melbourne for decades. He was co-founder of the Maltese Australian Seniors Club Glenroy.

For some 30 years he served as the Secretary of the Maltese Association Northern Suburbs, formed in 1976 to provide an opportunity for the Maltese community in the Northern Suburbs of Melbourne to meet at social functions and gatherings as well as on specially organised trips and outings.

In the early 1980s Mr Bonello held the position of Secretary and Assistant Secretary on the MCCV Executive Committee.

Many of us would recall Mr Bonello, together with his late wife Lina, participating in the Maltese Cultural Festival events by manning the *bigilla* stall.



MR RENO GRIMA

Reno Grima is the founder of St Helena Maltese Australian Social Club Inc. He started the club in 1980 and was its President for 10 years.

For the past 35 years Mr Grima has been promoting events involving artist singers and comedians from all over Australia and, particularly, from Malta, to provide entertain the local Maltese community. His main motivation in promoting such events is simply to bring the Maltese together and to see them enjoying themselves.

While he founded and closely supported St Helena Club, Mr Grima extended his assistance to several other Maltese associations and at 79 is still keen to continue to provide assistance to those seeking his help. ♦

Maltese Cultural Exchanges with Australia

By Prof Maurice Cauchi

Over the past few weeks there has been a significant input of Maltese cultural events to Australia. In the past such events have been few and far between and have left our Maltese brethren overseas in a state of cultural limbo.

Firstly, as part of CHOGM Cultural Outreach concert program, the visit by the **Cosmos Wind Ensemble**, described as 'Malta's most dynamic chamber music ensemble', gave concerts in Sydney and Melbourne where a considerable audience turned up to listen to them. A program consisting essentially of music by Maltese composers, including not only the inevitable Charles Camilleri, but also the younger composers Albert Garzia and Ruben Zahra. This music, so inspired by the Maltese environment, certainly evoked a sense of nostalgia.

The second event which has hit Australia is the film **Simshar**, hailed as the first ever Maltese film to get international distribution. Already making a considerable impact in the wider cinematic scene, this film deals with the very topical and equally distressing theme of migrant and refugee upheaval and the threats they face as they endeavour to escape impossible conditions at home and search for safe havens away from home. It has been the dream of Maltese migrants to see films where actors speak Maltese (albeit not always with a perfect dialectical accent) in a genuine Maltese environment.

More importantly perhaps is the idea behind this film and the message that it propagates. It highlights the dangers faced by those who are so desperate that they prefer to face almost insuperable odds and often succumb to terrible tragedies at sea. It is an intelligent film that puts a human face to the asylum seekers who are all too often portrayed as a nameless, faceless – and therefore less than human – problem that Europe is forced to deal with. It clearly implies that once any normal person is made aware at first hand of their vicissitudes, even the



Cosmos Wind Ensemble: from left: Godfrey Mifsud – Clarinet, Rebecca Hall – Flute, Ulrike Buhlmann – Bassoon, and John McDonough – Oboe.

most hardened anti-migrants are quite likely to change their negative views and come to sympathise with their plight. (In this respect one is reminded of a recently produced SBS film: 'Go back to where you came from', which is equally powerful in this respect.) The subtlety of *Simshar* comes from the way it conveys most of its emotional impact and message through the experience of a Maltese fishing family, who must also battle the sea to survive.

Some might have hoped for glitzy panoramic views of Malta aimed at well-heeled tourists. Instead we get a gutsy, raw and powerful exposé, a realistic picture of life at sea. We have also been largely spared the exaggerated overacting which has been the regular fare on local productions for television. At long last, we have a genuine Maltese product which we are proud to show to the general international public. ♦



SIMSHAR – the highly acclaimed Maltese movie in Australian cinemas

Malta's first official entry for Best Foreign Language Film at the 87th Academy Awards, *Simshar* is based on the true story of the Marsaxlokk fishing family which shocked the Malta in 2008. The film was shot in 21 locations around the Maltese islands and showcases a lot of our customs. The dialogue in the film is in Maltese but it has English subtitles (the trailer of the movie can be viewed on [Youtube](#)).

The film is Malta's first ever submission to the Academy Awards. It has received excellent international reviews. Its release in Malta was extremely successful and it has also screened in Brussels, Portugal, Cyprus and Africa, where it has done very well and won several awards. There are upcoming screenings scheduled in Canada, France, Germany, Macedonia, Greece and several other countries – both in prestigious festivals and as theatrical releases.

In October the movie was shown in 12 Australian cinemas in five States and the ACT. The writer and director of *Simshar*, Ms Rebecca Cremona, said that, other than being special because it is the first time a Maltese film is being distributed in Australia, it meant a lot to her because there is a very significant Maltese community in Australia.

On 23 September Rebecca Cremona was interviewed on [ABC TV Breakfast](#) show in Australia (pictured below), when she spoke about Malta's first international feature film, about two parallel stories of survival at sea.



On 5 October 2015 Ms Cremona and her mother visited the Maltese Community Centre at Parkville. MCCV President Victor Borg (pictured above with Ms Cremona) welcomed them and showed them around the Centre.

Film Reviews

Below are links to some of the film reviews:

"Malta is a favoured destination for Hollywood filmmakers but its own industry is just setting sail – and Simshar is leading the fleet" – Philippa Hawker

THE AGE <http://www.theage.com.au/entertainment/movies/simshar-maltas-first-oscar-contender-a-harrowing-tale-of-highsea-drama-20150930-gjxtcw.html>

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*"Malta's first Oscar entry is a beautifully shot, dark drama...with a gut wrenching twist."*

**THE WRAP** <http://www.thewrap.com/50-countries-enter-oscar-foreign-language-race-the-complete-list-so-far/>

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"... a rare Maltese production. Inspired by true events, it tells an engrossing story of how socio-political influences contributed towards a set of unfortunate events in the Mediterranean."

AWARD CIRCUIT <http://www.awardscircuit.com/2014/11/09/film-review-simshar-/>

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*"Malta – a European island nation near Italy – is often used as astonishing location for big budget studio films. This year, however, **Simshar**, a great immigration drama will represent the country."*

**INDIEWIRE** <http://blogs.indiewire.com/sydneylevine/83-submissions-for-best-foreign-language-film-at-the-87th-academy-awards-20141111> ♦



# A detailed narrative of the Maltese in Egypt

By Prof Maurice Cauchi

*A Transient Colony in the Valley of the Nile: The History of the Maltese Colony in Egypt throughout the centuries by Nicholas D. Chircop OAM, Self-published, 2015. 423 pp.*

**T**his is, without any doubt, the most comprehensive compendium of information about the Maltese community of Egypt, starting with the involvement of Maltese troops in the invasion of Egypt by Napoleon. It culminates in the maelstrom of 1956, when all British citizens, which included Maltese, were expelled from Egypt.

The book starts with a short description of life in Malta, as well as in Egypt, in the 18th century, when migration to the northern shores of Africa was in full swing.

It then describes the life and vicissitudes of Maltese migrants, as they eventually made a successful settlement on the banks of the Nile. This was not, however, a smooth and uneventful settlement and, on more than one occasion, they were uprooted and had to find shelter elsewhere.

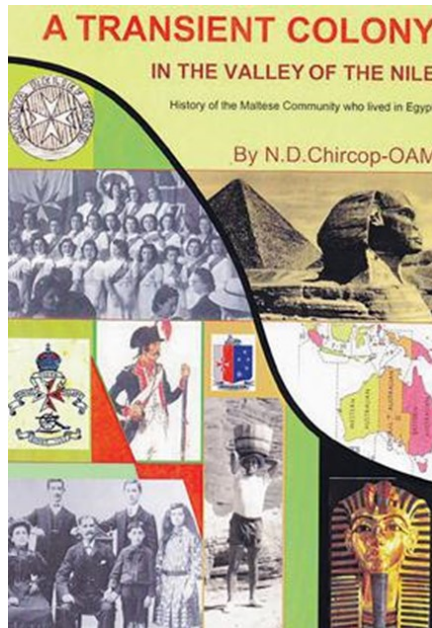
The book chronicles the story of many individuals who contributed to the development of the Egyptian economy over the decades. One is pleasantly surprised to read about the many Maltese who managed to obtain very senior positions in various professions, and whose achievements were duly appreciated by the Egyptian, as well as the British colonial, administrations of the time.

One such outstanding individual was Andrea De Bono, who may be considered one of the most intrepid personalities that have emanated from the shores of Malta and who made it his lifetime ambition to search for the sources of the Nile.

We read about various aspects of the history of the Maltese in Egypt, about the establishment of the Maltese colony along the Nile, particularly in Alexandria. We read about the many organisations, religious institutions and community organisations working for the benefit of Maltese migrants, which were crucial to the education system in Egypt at the time.

This book illustrates how a settler's life, while being mostly uneventful, can be shaken by intermittent convulsions that threaten one's existence.

One such episode occurred in 1882, when Egyptians rioted against foreigners and many Maltese found themselves homeless and penniless. It is indeed a sobering episode.



Many left Egypt and came back to Malta. Their reception in Malta left a lot to be desired, with few people being prepared to help their brethren in their hour of greatest misery.

Chircop quotes from the newspapers of the time, as well as from official correspondence, to highlight the poignancy and the desperation of those compatriots who suddenly found themselves obliged to abandon their homes and their adopted country.

This was a forerunner of events that were to take place some 70 years later when, in 1956, they were again thrown out of Egypt. This time they were not even allowed to land in Malta and had to seek shelter mainly in Australia, Britain and France.

A particularly poignant personal history is that of Oscar Caruana, who related his experience in connection with being extradited in 1957. Two policemen knocked on the door and he was given seven days to leave the country, in the meantime being kept under house arrest.

He and his family were allowed to take with them only 95 Egyptian pounds and jewellery to the same value. All his possessions were to be left for the benefit of the widows of Egyptian soldiers.

By the time they made their way to the ship, all their cash and jewellery had been wheedled out of them by unscrupulous hangers-on, rendering them penniless until reaching Genoa.

From then on they lived on charity provided by the British Consul and by the Red Cross.

This work gives us a detailed narrative about life in Egypt. It gives a lively description of what it must have been like to be a migrant at that time. The author gives a first-hand account of life in that country in the first 50 years of the 20th century. For those who have been there and lived through the episodes described in this book, there is no doubt that many memories will be evoked.

It is a compendium summarising the contributions made by hundreds of Maltese people to the country which they made their home for several generations.

Why write another book about migrant life? I believe there are many good reasons why someone with a detailed knowledge of the history of the country, as Chircop has, should ensure that these stories are not lost in the flotsam of history.

In the first place, this story ensures that the experiences of these migrants, who settled in Egypt over a period of a century-and-a-half, are not forgotten. This is of interest not only to those who lived through the episodes described, but also to every person interested in the story of emigration.

Secondly, this book provides considerable insights into relationships between countries during colonial administration. The role of individuals, their personalities, their response to challenges and their role in changing the history of a nation, including their questionable decisions which led to catastrophic rioting and wanton destruction, are all described here in ample detail.

A third good reason for writing this book is to remind the people in Malta about the role that migration plays in the economics of a country. It is also a good reminder of the interplay – not only economic but also political, demographic and even psychological – between those who leave and those who stay at home.

During the early part of migration history, in the middle of the 19th century, every migrant left Malta with the intention of staying for a while and then coming back to Malta. Migration was purely a means of obtaining urgent cash for family dependants during crises.

The Maltese economy went up and down like a yo-yo, often improving during episodes of war and sinking in-between.

*Continued on page 11*



## A detailed narrative of the Maltese in Egypt

*Continued from page 10*

War-related activity kept the economic wheels well oiled.

But nobody expected the migrant to stay abroad for ever and, if not exactly welcomed back, they were not barred from returning when they wished, or when they were obliged to, as happened several times during periods of crisis, including epidemics, riots and wars.

This laissez-faire attitude, however, became very seriously unhinged in the post-World War II period and, more precisely, during the Suez crisis in the 1950s, when British citizens were obliged to leave Egypt.

To the everlasting shame of the Maltese government, these refugees of Maltese origin were refused settlement in Malta.

At the time, of course, Maltese in Malta or outside it were all British citizens, carrying British passports. Maltese in Egypt always thought of themselves as Maltese and had retained their customs and their culture, if not always their language.

It is, therefore, the more puzzling to understand on what basis they were refused entry into Malta, apart from the obvious explanation that Malta at the time was passing through an economic depression and could ill-afford the 10,000 or so Maltese from Egypt. There was no legal and certainly no moral justification for such an action.

As it happens, these migrants, who were always flexible and ready to face new challenges in their new environment, have now made their homes all around the world, in Australia, the UK, France, the US and other countries.

They have an impressive record as members of the Maltese diaspora, forming part of that amorphous body called Greater Malta, which includes all those Maltese who still consider Malta their home, if not their place of residence.

This book fills an important niche in the history of migration, and the author is to be commended for committing his memoirs to paper. He has taken pains to consult many original documents, including newspapers, newsletters and other documents in several languages, which mark him as a polyglot, a characteristic he shares with many other Maltese from Egypt. ♦

**Copies of the book may be obtained by sending an e-mail to:**  
[nchircop@bigpond.net.au](mailto:nchircop@bigpond.net.au).

[Published on [timesofmalta.com](http://timesofmalta.com) on 20 September 2015 and on [mauricecauchi.wordpress.com](http://mauricecauchi.wordpress.com) on 13 October 2015]

## Stories My Parents Told Me: Tales of Growing Up in Wartime Malta

*Stories My Parents Told Me: Tales of Growing Up in Wartime Malta* by Rupert Grech, [FARAXA Publishing](http://faraxa.com), 2013. 148 pp.

**T**ales of Growing Up in Wartime Malta is a collection of seven short stories by Rupert Grech based on actual events during World War II on the Mediterranean island nation of Malta. The stories describe a difficult time for children and their families where survival was paramount and family ties were what sustained them. These stories are interspersed with snippets of history, factual details and descriptions which establish a setting for tales which are, at times, emotionally moving and, at other times, bring a smile to your face. The stories also describe a culture of a time past for a deeply religious and frugal people.

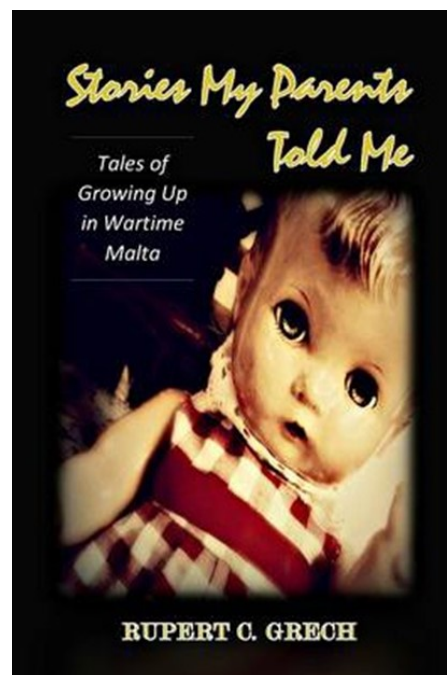


Rupert Grech is a recently retired school principal from the Central West region in NSW, Australia. He is of Maltese parentage. He spends half of

each year in Malta these days, and during one visit, he was fortunate enough to have his book published by Faraxa Publishing.

Grech's book is receiving very positive reactions from readers and is creating interest in Malta. He has been asked to participate in several book signings. He has been featured in a supplement in *The Sunday Times of Malta* and he was recorded for a Maltese TV show on books and authors. The author has also been interviewed on ABC Regional radio in Australia by Angela Owens on her breakfast program <http://bit.ly/1AK6Ajt>.

Mr Grech says that he feels honoured that his book has a foreword by Dr Barry York Ph.D, OAM, Director of the Australian Museum of Democracy and author of *The Maltese in Australia*.



Barry York's wrote:

*Rupert Grech's 'Stories My Parents Told Me' is a lovely collection, based on stories his parents handed down of Malta during the period of World War Two. Rupert Grech has conveyed the stories with skill and charm. They make for a very engaging read, and one learns about Malta in the process. Through tales about dolls and grapes and a 'house without rent' and four others, the reader feels immersed in Malta – its folklore, its history and culture.*

*Through these stories, told with enormous affection, we experience the backdrop of war and suffering but also the foreground of human spirit, family life and the unexpected. Religion, social divisions, 'Empire Day', memorable individual characters (including a "Quasimodo type"), lampuki, prickly pear, Gozo, local music bands, Dun Gorg and Il Muzew, ghosts... and, of course, emigration, all feature in the tapestry that has been so finely woven by the author. ♦*

The book is available in both paperback and ebook editions from [Amazon](http://Amazon), [Book Depository](http://BookDepository) and major booksellers worldwide. The book is also available directly from [FARAXA Publishing](http://faraxa.com).

# Il-Grupp Letteratura Maltija jippreżenta Programm Mużiko-Letterarju

Minn Paul Vella, PRO - GLM

**N**har il-Hadd, 20 ta' Settembru, il-Grupp Letteratura Maltija tal-Victoria organizzat Programm Mużiko-Letterarju fis-Sala taċ-Ċentru Malti ta' Parkville, fis-2 pm. Ftit aktar minn 50 ruh mill-Komunità Maltija attendew.

Il-programm beda bil-kant tal-Innu Malti u dak Awstraljan. Wara dan, is-Segretarja, Rosemary Attard, tat merħba lil dawk preżenti u ntroduċiet lill-President, Dr Victor Sammut, li dan minn naha tiegħu sellem lil dawk preżenti u tkellem fuq il-Grupp tagħna, l-attivitajiet ta' matul is-sena u affarijiet li għaw fl-istess żmien. Huwa qal lil dawk preżenti li l-Grupp jiltaqa' darba kull xahar fil-Boardroom taċ-Ċentru Malti fejn il-membri jaqraw proża u poeżija, kemm tagħhom jew ta' awturi oħra. Semma wkoll li darba fis-sena jkollna BBQ għall-membri għand il-hbieb tagħna Frank u Draga Bonett. Dr Sammut hegġeġ lil dawk preżenti biex isiru membri tal-Grupp.

Imbagħad beda l-programm ta' qari u kien imiss lill-istess Dr Victor Sammut fejn qralna żewġ poeżiji li kiteb huwa stess: *Erbat ijiem l-isptar u Talba għall-paċi f'dinja mhawda*.

Rosemary Attard għażlet li taqra żewġ poeżiji tal-mibki u qatt minsi l-membri tagħna, Laurie Armato: *Il-Gawwija z-zoppa u Ta' widnejh kbar*. Imbagħad kien imiss lil Paul Vella li qralna n-novella li kiteb huwa stess: *Pietru u l-ħabiba* fejn wara, Ray Anastasi qralna żewġ poeżiji tiegħu stess: *Qasmuli qalbi u Dejjem insallbuk, dejjem tahfrilna*.

Wara kien wasal il-hin għall-ewwel intervent mużikali. Il-Grupp magħmul minn Manuel Casha u Joe Gauci fuq il-kitarri, Alfred Xuereb fuq is-synthesizer u Joe Camilleri fuq il-percussion, tawna erba' siltiet mużikali, kemm Maltin u oħrajn.

Hawn kellna waqfien ta' nofsiegħa fejn dawk preżenti kellhom iċ-ċans li jiehdu kikkra te jew kafè, gallettini u kejkijiet.

Marie-Louise Anastasi qrat il-poeżija tagħha: *Le qatt ma ninsew* u poeżija tal-poetessa Maltija, Mary Grace Caruana,



*Sabiha l-poeżija. X'tahwid għandna fi zmienna* hija kitba ta' Gużi Camilleri li qraha huwa stess. Hawn kellna intervent mużikali ieħor.

Frank Bonett huwa membru tagħna li dejjem ifaħħar lill-fundatur tal-Grupp tagħna, Dr Gużè Abela li dejjem kien ihegġu biex jikteb il-Malti. Din id-darba Frank għażilna żewġ poeżiji ta' Dr Abela: *Ejja hdejjja u Carol mhix id-dar*.

Wiehed mill-membri godda tagħna huwa John Muscat. John qralna żewġ poeżiji li kiteb huwa stess: *Art twelidi u Il-ħmura*.

Nazzarene Żerafa huwa membru tagħna li joqgħod fi Brisbane, Queensland. Kull sena jibagħtilna xi xogħol tiegħu u din id-darba baġat poeżija jisimha *Kull par għal paru* li nqrat mill-membri tagħna Rose Lofaro.

Wara intervent mużikali ieħor, kien imiss lil Manwel Cassar li qralna żewġ poeżiji tiegħu: *Tidwija u Azzjoni*. Żewġ poeżiji ta' Manuel Casha: *Hemm ngħix*

*jien u Madwar il-mejda* inqraw minnu stess. Il-membri tagħna, George Portelli, għazel biex jaqralna poeżija sabieħa tal-Professor Oliver Friggieri: *Solitudni*. Dr Clemente Zammit qralna proża tiegħu: *Id-Duqqajs*. L-aħħar qari tal-programm sar minn Michael Xuereb li qralna x-xogħol tiegħu: *Il-ġenituri u Musbieh inemnem*.

Il-programm spicċa b'aktar mużika mill-Grupp.

Fl-aħħar kulhadd gie mistieden biex imur fil-foyer taċ-Ċentru fejn kien hemm te u kafe, pastizzi, pies u sausage rolls, kejkiet.

Grazzi lil dawk li organizzaw dan il-programm u lil dawk li ppreparaw u ħadmu fil-kċina, Salvina Vella u Doris Sammut. 💧





# Hu Hsieb Sahhitek

Professur Maurice Cauchi



## Is-sahha tat-tfal taghna

**B**la dubju ahna l-Maltin ngħożzu t-tfal taghna. Nagħmlu minn kollox biex jitlegħu f'saħħithom. Nagħtuhom l-ahjar ikel li nistgħu u noqgħodu attenti biex nħarsuhom minn kull periklu.

Pero meta niġu għall-ikel u x-xorb, x'aktarx li nsibu problemi: mhux għax irridu nilgħabu bis-saħha ta' uliedna, imma forsi għax ma nafux preċiż x'għandna nagħmlu biex nagħtuhom dak li hu l-ahjar għalihom.

Nibdw bil-ħxuna żejda. Nisimgħu in-nanniet taghna jgħidu 'Alla jbierek kemm hu f'saħħtu' meta kienu jaraw xi tifel 'qawwi', jiġifieri aktar ohxon minn haddiehor! Daż-żmien nistgħu nighidu li l-magħġoranza tat-tfal għandhom aktar piż milli suppost. Il-ħxuna żejda hija daż-żmien waħda mill-aktar fatturi importanti li jġibu mard u problem aktar 'l quddiem.

Sfortunatament, daż-żmien, mad-dinja kollha fil-pajjiżi sviluppati, inklużi Malta u l-Awstralja, in-numru ta' tfal li għandhom piż aktar min-normal qed kullma jmur dejjem aktar jikber, u l-problemi li l-ħxuna żejda għib magħha qed kull ma jmur ikomplu jikbru ukoll.

L-ewwel nett, naraw li tfal li huma hoxxin jisviluppaw f'adulti hoxxin. Hafna xaham fil-ġisem iġib il-mard fl-arterji, aktar ċans ta' pressjoni għolja, aktar ċans ta' mard tal-qalb u anke ta' puplesija. X'aktarx li min għandu piż żejjed isibha bi tqila aktar minn haddiehor biex jagħmel eżerċizzju jew jiehu parti fi sport, u dan ikompli iżid il-piż.

X'inhi l-kawża ta' din "l-epidemja"?

Ir-raġuni hija ċara. Daż-żmien qed nieklu hafna iktar milli hemm bżonn, qed nieklu hafna ikel li fih abbondanza ta' zokkor u xahmijiet, u fl-istess hin m'hux qed nagħmlu eżerċizzju biżżejjed.

Sfortunatament l-ikel Malti fih abbondanza ta' xaham u karboidrati:



Photo: www.huffingtonpost.com

il-hobż Malti ma jgħaddih hadd u ahna ma nafux nieklu mingħajr hobż! Għagin, pastizzi, pasti kollox jinżilna għasel u kollha fihom hafna xahmijiet jew zokkor.

Minn barra minn hekk, l-ikel li nixtru minn delicatessen (bħal per eżempju ġobon, perzūt, 'dips', 'sausages', u kull xorta ta' ikel li jkun ippakjat jew proċessat) kollox fih hafna zokkor jew melħ li ma huma xejn tajbin għas-saħha taghna.

Imma fuq kollox naraw li daż-żmien li t-tfal taghna ma jhobbux jixorbu ilma, imma jippreferu xorb li fih hafna zokkor, bħal 'soft drinks', u dan iżid fil-piż sostanzjalment.

Għalhekk x'għandna nagħmlu biex nevitaw li neħxienu? Importanti li l-familji taghna jifhmu li ma nistgħux inkomplu nieklu dak li konna nieklu meta ahna konna zghar b'abbundanza hafna aktar milli kellna dari. Jehtieg li nimmodifikaw id-dieta u nnaqqsu mix-xahmijiet li nagħmlu mat-tisjir taghna. Din m'hix haġa hafifa għax diffiċli nbiddlu d-drawwiet li drajna bihom. Pero' daż-żmien it-televixin mimmi bi programmi ta' tisjir, u jeżistu hafna kotba li fihom riċetti li jgħinu biex inżommu ruħna b'piż normali.

Importanti ukoll li niżguraw li t-tfal jieħdu magħhom l-iskola ikel sustanzjuż u mhux hafna hobż u karboidrati oħra. Fuq kollox ma ninkoraġġux lit-tfal jieħdu flus biex jixtru dak li jridu, għax żgur li jonfqu dan fuq hekk u ikel mimli zokkor.

Forsi l-aktar haġa important hija li naqtgħu xorb li fih iz-zokkor u nidraw nixorbu ilma. B'dan il-mod innaqsu hafna mill-kwantita' ta' zokkor li qed nibilgħu ta' kuljum.

Ma ninsewx ukoll li l-eżerċizzju huwa tajjeb għal-kulhadd, sewwa għat-tfal kif ukoll għall-kbar, u għandna nipprovaw nimxu jew nagħmlu eżerċizzju ieħor regolarment. ♦

# Celebration of Maria Bambina Feast held in Melbourne

By Paul Vella

**R**eskeon Maltese Association Seniors Group Inc. on behalf of the Missionary Society of St. Paul once again organise the feast of Maria Bambina this year.

On Tuesday, 8th September, a Mass was celebrated by Fr Edwin Agius, mssp, in the St. Paul's Chapel, next to the Maltese Centre, Parkville. This was attended by around 100 members of the Maltese Community. After Mass, all were invited to go to the foyer of the Maltese Centre for refreshments.

On Saturday, 12th September, Reskeon organised the Vittoria Dinner Dance at Firenze Receptions, Fawkner, which was well attended by more than 150 members and friends.

Distinguished guests included the President of the Maltese Community Council of Victoria, Mr Victor Borg; MCCV Vice-President, Dr Edwin Borg Manch ; MCCV Treasurer of , Mr Paul Borg and Mrs Pauline Borg; Honorary Life Members of Reskeon Maltese Association Seniors Group Inc., Dr Clemente Zammit and Mrs Mary Zammit; Life Member of Reskeon Maltese Association Seniors Group Inc., Mr Caesar Vella and Mrs Phyllis Vella. Also present were the MCCV PRO Mr Andrew Gatt and Mrs Annie Gatt.

Also attending the function was Malta Guide Dogs Foundation chairman Mr Leone Sciberras, who is blind, and his carer Ms Lilibeth Cachia, who were visiting Melbourne for meetings with the Guide Dogs Victoria.

Music was provided by DJ King Charlie and MC for the night was Joe Cutajar. After he welcomed all those present and thanked President, Salvina Vella, who single-handedly organised the dinner dance, he invited everyone to be upstanding for the singing of the Maltese and Australian National Anthems.

Later in the night the Malta Gozo Concert Band, under the direction of Ms Tanya Schembri, played marches for the occasion which created the merriment for the night, similar to that of the Maltese Festas. All those attending complimented the way the night was organised, the food and the atmosphere.

On Sunday, 13th September the mass for the Feast of Maria Bambina was held at St Mary Star of the Sea Church, West Melbourne.

Among those present were the Consul General of Malta in Victoria, Mr Victor Grech; the President of MCCV, Mr Victor Borg; members of the MCCV Executive; members of the Sovereign Military Hospitaller Order of St John of Jerusalem, of Rhodes and of Malta; Mr



George Portelli, Chief Representative of the Bank of Valletta in Australia; members of Sisters from religious Orders; members of the Society of Christian Doctrine and members of the Maltese Ex-Services Association of Victoria. A large number of Maltese Associations attended as well along with their banners, as well as the banners from the four villages and towns where the Bambina is celebrated in Malta and Gozo: Senglea, Mellieha, Naxxar and Xaghra, Gozo.

Rosary was recited at 2.30 pm by Mr Emmanuel Farrugia. This was followed by a Concelebrated Mass. Main celebrant was Fr Edwin Agius, mssp, Rector at Parkville. Concelebrating were Fr John Taliana, mssp; Fr Emmanuel Adami, mssp; Fr Lonnie

Borg, mssp; Can. Fr. Mannie Bonello (Parish Priest of St. Joseph the Worker Parish, North Reservoir; and Fr Karm Borg. Master of ceremonies was Emmanuel Farrugia assisted by Frank Siriani. The music and singing was provided by the Maltese Choir of Victoria under the direction of Mr Charles Schembri and Ms Lydia Gusman.

The Procession with the statue of Maria Bambina took place in the streets around the church and this was followed by the Benediction of the Blessed Sacrament. 💧



## Newport Maltese Association holds its AGM

By Lydia Cole, PRO

On Sunday 4th October 2015, the Newport Maltese Association held the Annual General Meeting at the Maltese Community Centre at Parkville.

140 members of the Association, attended the meeting chaired by the President, George Saliba OAM.

George opened the meeting with a prayer and then thanked all those present for attending.

Minutes of the previous AGM were read by the Secretary, Vince Camilleri, who at the end of the meeting retired from the Committee, after many years serving the Association. On behalf of all the members past and present, Mr Saliba thanked Vince for all that he had done for the Association over so many years.

During his speech the President said "that after 42 years, the general feeling amongst us is that, as an Association we remain as strong as ever and I can only attribute the success we've enjoyed over the years to team work:- Leadership that includes and utilizes all



the talent that each and everyone of the people responsible, including you the members".

The financial report was read by the Vice-President, Joe Ellul in lieu of the Treasurer Joe Cole who was suffering from a sore throat.

At the conclusion of the meeting, everyone enjoyed some refreshments with a cup of tea or coffee. ♦



## Paolina Armato taghlaq 102

Minn Paul Vella

**W**ahda mill-aktar anzjani Maltin, Paolina Armato, għalqet l-età sabiha ta' 102 nhar is-Sibt, 31 ta' Ottubru.

Paolina, twieldet Birkirkara u hija ir-raba' wilt minn 12 - erba' bniet u disa' subien. Hija emigrat mall-familja taghha minn Malta fl-1955.

Paolina qaltilha li l-familja taghha maghrufin li jghixu 100 sena jew aktar. Infatti ommha lahqet 105 filwaqt li ohtha l-kbira mietet ta' 100 sena u tliet xhur.

Hija, flimkien ma' ommha u hutha l-bniet baqgħet id-dar biex tiehu hsieb hutha s-subien li dejjem hadmu biex jaqilghu l-ghixien - tlieta minnhom bdew negozja ta' parrukkiera.

Meta ġew l-Awstralja marru joqgħodu Ascot Vale u wara marru joqgħodu Airport West. Illum il-gurnata, Paolina, flimkien ma' huha ż-żgħir, Salvu, li għandu 90 joqgħodu fin-North Western District Private Nursing Home go Gladstone Park.

Ftit snin ilu huma tilfu lil huhom, Laurie, li tant kien iħobb l-ilsien Malti, kien poeta



maghruf u membru tal-Grupp Letteratura Maltija tal-Victoria.

Il-familja Armato kellhom jemigraw lejn l-Awstralja minhabba li l-hajja kienet saret f'it iebsa għalihom. Għall-ewwel hija kienet f'it imdejqa li halliet lil Malta imma wara hija rrealizzat li issa l-Awstralja

kienet il-pajjiż ġdid taghha.

In-neputi taghha, John Galea, qal lil *Hume Leader Newspaper* li zijtu dejjem kienet devota tal-familja. Hija għaddiet minn hafna tbatijiet matul hajjitha kemm minn żewġ gwerer u diffikultajiet ohra, imma hija qatt ma tismaghha tgorr. John qal li hi dejjem kienet ta' eżempju għalihom biex qatt ma jaqtgħu qalbhom.

Paolina qalet lil *Hume Leader* li hija żżomm moħħha attiv billi taqra l-gazzetta ta' kuljum u tara l-programm *The Chase* fuq it-televiżjoni, kemm dak Ingliż kif ukoll dak Awstraljan, u tagħmel il-crossword f'xi gazzetta Maltija. Hija qalet li tiehu gost li dejjem tirbaħ u tkun fuq quddiem ta' huha, Salvu, fil-footy *tippings*.

Meta staqsewha x'inhu s-sigriet biex tghix hajja twila, Paolina qalet li hi qatt ma pejpjet, tiehu bajda friska kull filgħodu u tazza inbid aħmar ma' l-ikel.

Ahna ningħaqdu mall-Komunità Maltija biex nixtiequha hajja twila mimlija ferħ u saħħa. ♦

## Community Events Calendar

For up-to-date and more detailed information, visit our website at [www.mccv.org.au/community-events](http://www.mccv.org.au/community-events)

### November

|                           |                                             |                                       |
|---------------------------|---------------------------------------------|---------------------------------------|
| Wed 18 November @ 6.30 pm | MCCV Executive Committee Meeting            | Maltese Community Centre, Parkville   |
| Sat 28 November           | Weekend Trip Away – St Gaetan's Society Inc | N/A                                   |
| Sun 29 November @ 6.00 pm | Break-up Party – Newport Maltese Assn       | Melrose Reception Centre, Tullamarine |

### December

|                            |                                                                                 |                                                |
|----------------------------|---------------------------------------------------------------------------------|------------------------------------------------|
| Wed 2 December @ 7.00 pm   | MCCV Council Meeting                                                            | Maltese Community Centre, Parkville            |
| Sat 6 December @ 6.00 pm   | MCCV Children's Christmas Party                                                 | Maltese Community Centre, Parkville            |
| Sat 12 December @ 2.00 pm  | Jubilee Year of Mercy: Mass of the Blessed Virgin Mary by Archbishop Denis Hart | Ta' Pinu Shrine 15 Flanagans Drv Bacchus Marsh |
| Sun 13 December @ 12.00 pm | Christmas Lunch – St Gaetan's Society                                           | St Martin de Porres, Avondale Heights          |
| Sun 13 December @ 6.30 pm  | Malta Republic Day Reception                                                    | Maltese Community Centre, Parkville            |
| Wed 16 December @ 6.30 pm  | Break-up Party – Newport Maltese Seniors Group                                  | Melrose Reception Centre, Tullamarine          |
| Thu 31 December @ 7.00 pm  | New Year's Eve Dinner Dance – Newport Maltese Assn                              | Emerald Reception Centre                       |

## MCCV Survey on the Third Generation of Maltese in Australia—REMINDER

Just a reminder about the MCCV survey that is being conducted to obtain a picture of the Third Generation of Maltese in Australia.

Teenage children (aged 10 to 17 years), whose **grandparents** (or **great grandparents**) were born in Malta, are invited to fill in the survey questionnaire, which is available from the Maltese Community Centre in Parkville or may be [downloaded](#) from the MCCV website. **Completed forms may be returned as a scanned electronic copy or in paper form** to Prof Maurice Cauchi [mnc25@optusnet.com.au](mailto:mnc25@optusnet.com.au) or Maltese Community Centre, 477 Royal Parade, Parkville, Victoria 3052.

Completed forms should be returned **by not later than 30 November**.



## MCCV CHILDREN'S CHRISTMAS PARTY 2015

## FESTIN TAL-MILIED GHAT-TFAL 2015

**When:** Sunday, 6<sup>th</sup> December 2015  
**Time:** 2.00 pm to 4.30pm  
**Where:** Maltese Community Centre  
 477 Royal Parade, Parkville

Don't miss an afternoon of fun Christmas cheer and Australian/Maltese connection brought to you by:



**Featuring:**  
 Games, Music,  
 Activities and, of  
 course, SANTA

**Cost:**  
 Adults \$10.00  
 Primary School  
 Children FREE!

**Bookings:**  
 Carmen Mamo  
 9387 8922 by 23<sup>rd</sup>  
 November 2015

**What to bring:**  
 A small gift  
 wrapped with your  
 child's name and  
 surname which  
 Santa will give to  
 your child

**Dress Code:**  
 Fun or Fancy

**Refreshments:**  
 Provided by the  
 MCCV Ladies  
 Auxiliary



Maltese Community Council of Victoria, Inc.

## JOURNEY TO LOURDES THROUGH SPAIN & FRANCE

From 18<sup>th</sup> May to 5<sup>th</sup> June 2016

19 Days/18 Nights

Spiritual Leader: Fr. Kevin Davine OMI



The Grotto of **LOURDES** awaits you! The **19-day** journey starts in **Barcelona** and meanders through glorious **Spanish and French countryside**. We follow the pathways of some of the Church's greatest Saints from **Montserrat** to **Lisieux**. We visit the enchanting **Chateaux de la Loire** and **Monet's Garden**.

### Tour highlights

- **Barcelona** - half day city tour including Gaudi's masterpieces
- **Montserrat** – Performance of Escolania Children's Choir
- **Manresa** – Visit the Cove of St. Ignatius
- **Lourdes** – Private Mass at Our Lady of Lourdes Sanctuary
- **Toulouse** – Visit the Church of the Jacobins
- **Rocamadour** – Visit St. Amador's Crypt
- **Paray le Monial** – Shrine of St. Marguerite
- **Nevers** – Visit St. Bernadette's Tomb
- **Tours** – Visit 6 of the Chateaux de la Loire
- **Chartres** – Visit to the Labyrinth in the Cathedral
- **Mont St. Michel** – Visit Tiphaine's House
- **Lisieux** – Visit to St. Theresa Basilica
- **Giverny** – Monet's Gardens

### Inclusions

- 18 Breakfasts, 16 Dinners, 1 Lunch
- 3/4\* Centrally located hotels + Porterage
- Local English speaking guides
- PRICE per person **from \$7,855** on twin share basis
- Price includes return airfares: Melbourne-Barcelona & Paris-Malta-Melbourne based on Earlybird specials which end 11 November 2015

For more information, itinerary and booking contact Carmen Mamo on 9387 8922.