



# MCCV News

**Maltese Community Council of Victoria, Inc.**

**477 Royal Parade, Parkville, Victoria 3052, AUSTRALIA**

Phone: (03) 9387 8922 | Fax: (03) 9387 8309

Email: [admin@mccv.org.au](mailto:admin@mccv.org.au) | Website: [www.mccv.org.au](http://www.mccv.org.au)

Editor: Dr Edwin Borg-Manché | Sub-Editor: Andrew Gatt

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## Australian Prime Minister attends CHOGM Meeting in Malta

Australian Prime Minister Malcolm Turnbull attended the Commonwealth Heads of Government Meeting held in Malta on 27-29 November. He also met with the Queen at a special lunch for new Commonwealth heads of government in Malta.

In a CHOGM tradition, immediately after the official opening ceremony on November 27 all new leaders from Commonwealth countries attended a special drinks reception followed by lunch – held at San Anton Palace in Attard, the official residence of the president of Malta. The reception was hosted by both the Queen and the Prince of Wales. A Buckingham Palace source said it was not an overly formal affair, more a chance for a getting-to-know-you chat. There were 18 new heads of government in the Commonwealth since the previous CHOGM.

The Prime Minister joined Commonwealth leaders, united by their shared values and commitment to democratic principles, to discuss climate change and the common threat posed by terrorism and violent extremism.

Mr Turnbull gave a very positive assessment of the CHOGM meeting in Malta. When addressing a media conference, he made the following remarks:

"This has been a very good CHOGM. I want to congratulate the Prime Minister and the Government of Malta for its very capable hosting and chairmanship of the CHOGM. And I believe that the leaders have focused on a number of key issues that he described, but have done so in a very constructive way with outcomes from those discussions that will enable better to collaborate for the common good in the years ahead."

### Setting up climate change hub

Commonwealth leaders attending the CHOGM Meeting in Malta last weekend agreed to set up a climate change hub to facilitate access to funds for the small and



Prime Minister Malcolm Turnbull and his wife Lucy Turnbull arriving at the Mediterranean Conference Centre in Valletta for the CHOGM opening ceremony.

poor countries to reduce green house gas emissions. This decision came days before world leaders meet at the crucial climate change summit in Paris aiming for the ambitious goal of reaching an agreement for significantly limiting global warming.

Commonwealth Secretary General Kamalesh Sharma said the leaders have also decided to set up a new mechanism to help poor countries manage debt accrued on climate management. He said the details of the new set-up were still being worked out. He said various island nations and small countries were facing difficulty in securing financial support to reduce green house gas emissions and the hub would provide funds to them. "These small states are often told about money but none of them know the number to

dial," Mr. Sharma, the outgoing Secretary-General, said adding the hub will make "climate finance, a reality." Australian Support to Commonwealth Initiatives

Commonwealth leaders attending the CHOGM Meeting in Malta last weekend agreed to set up a climate change hub to facilitate access to funds for the small and poor countries to reduce green house gas emissions. This decision came days before world leaders meet at the crucial climate change summit in Paris aiming for the ambitious goal of reaching an agreement for significantly limiting global warming.

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## President's Perspective

# CHOGM Malta 2015 and some Christmas reflections

**D**uring the last weekend of November the leaders of about 52 member countries met in Malta for the Commonwealth Heads of Government Meeting (CHOGM), the second one held on the island within the last decade. The extensive coverage of the CHOGM meeting over all channels of communication around the globe provided Malta with great publicity as a great holiday destination.

In her address at the Opening Ceremony at the Mediterranean Conference Centre in Valletta, Her Majesty Queen Elizabeth II paid tribute to the Maltese government and the people of Malta for having shown resolute support and made a significant contribution to the Commonwealth. She praised Malta, one of the small states of the Commonwealth, as a reminder that a nation's size was no measure of the moral strength of its people. She also fondly recalled the time when she lived in Malta from 1949, the same year the Commonwealth was founded, with her husband, Prince Philip, who was stationed in Malta as a naval officer at the time.

We were delighted to watch on national and commercial TV news clips glimpses of the Australian Prime Minister Malcolm Turnbull on his visit to Malta for CHOGM. We hope that Mr Turnbull's visit will assist in the efforts of the Australian High Commissioner in Malta, H.E. Jane Lambert, to have the historic Australia Hall building at Pembroke, Malta restored and opened to the public. The building would make a great monument to the close relationship between Malta and Australia and become a place of particular interest to the large number of Maltese-Australians, young and old, who visit Malta every year.

### Events connecting Malta with Australia

This year there were several events promoting connections between Malta and Australia. One of them was linked to CHOGM. In October we had the pleasure of welcoming among us the Cosmos Wind Ensemble, consisting of Godfrey Mifsud on clarinet, Rebecca Hall on flute, Ulrike Buhlmann on bassoon, and John McDonough on Oboe, members of the Malta Philharmonic Orchestra. Their well-attended concert, held at Monash University in Clayton, included music by Maltese and international composers. Their visit to Australia, sponsored as part of the CHOGM cultural programme, was very well received by Maltese-Australians and the general Australian community.

Earlier this year, during the Convention for Maltese Living Abroad held in Malta last April, many Maltese-Australian artists had an opportunity to display their works of art at the Diaspora Arts Exhibition with the theme of *Beyond Malta—Works by Maltese Artists Living Abroad* at Heritage Malta's exhibition venue in the Auberge d'Italie building in Valletta.

The screening in Australian cinemas of the Maltese language feature film *Simshar*, written, produced and directed by Rebecca Cremona made us all feel proud of the high

standard of the production. The beautiful scenery of Malta made us feel nostalgic, bringing to mind familiar locations in the country where many of us were born and raised as children.

### MCCV achievements in 2015

As the year draws to a close, the MCCV is proud of its many achievements over the last twelve months. It has a great record of community achievements. Community welfare continues to be a priority.

Plans are in train to extend the current programs to ensure that our ever growing number of aged community members are provided for.

### Christmas reflections

We are fast approaching the Christmas festive season and one cannot help but recall the traditional celebrations in Malta, our country of birth.

Street decorations would be installed in the capital city of Valletta and in every suburb and village in Malta and Gozo.

As young children, we also had a great expectation of gifts from our parents and, of course, Father Christmas.

The highlight of the Christmas season was the midnight mass held in all the parishes. The Christmas sermon by a young boy at the start of mass was for all those present a joy to experience. The child would have been coached for weeks leading to Christmas, memorising the whole sermon, which would have been prepared for him typically by the Parish Priest or another member of the parish clergy.

As the Council representing the Maltese community in the State of Victoria, we have continued to work with the priests from the Missionary Society of St Paul to retain this Maltese tradition. Midnight mass is celebrated in the Maltese language. The sermon by the child is also delivered in Maltese. The only variation is that a young girl may be called upon to deliver the sermon.

Christmas is a time for family members to get together generally at the parents' home for lunch or dinner and the exchange of presents. These celebrations in Malta occur in winter and it takes some adjustment to celebrating Christmas in Australia in scorching heat, although with the unpredictable climate changes we have been experiencing in recent years, we have had the odd occasion of a coolish spell around Christmas.

On behalf of the Council, I wish to take this opportunity to thank the members of the MSSP, the diocesan priests and the Maltese nuns, who continue to look after the religious needs of the community.

In closing, on behalf of the members of the Executive Committee, may I extend to you our best wishes for a Blessed and Peaceful Christmas and a Safe and Happy New Year 2016.

**Victor Borg**  
MCCV President



# Malta's Republic Day celebrated in Melbourne

**O**n Sunday 13 December the MCCV marked the 41st anniversary of Malta becoming a republic with a celebration held at the Maltese Community Centre in Parkville.

Among those present were the Consul General for Malta in Victoria Mr Victor Grech and the Chair of the Ethnic Communities Council of Victoria, Mr Eddie Micallef and the MCCV Chaplain Fr Edwin Agius mssp.

After the singing of the Maltese and Australian national anthems, MC for the evening Mr George Saliba invited the MCCV President Mr Victor Borg to address the gathering.

Mr Borg welcomed those present and spoke briefly about the history of Malta and the foreign dominations ending with the British rule which came to an end on 21 September 1964. After 10 years as an independent nation, then Prime Minister Dom Mintoff instigated constitutional changes that resulted in Malta being declared a republic on 13 December 1974.

Mr Borg said that it is tremendous to see Malta, a tiny island in the centre of the Mediterranean and claiming equal power as other big nations. Since Malta joined the European Union on 1 May 2004, there has been great development in the nation. One only needs to visit the island to see the physical changes that it has been going through, with the restoration of historical places of interest. Malta continues to be a favourite holiday destination with tourists visiting Europe.

Mr Borg said that the Maltese has a lot to be proud of. Independence and becoming a republic shows that the country was able to stand up for itself. Despite the thousands of miles that separate Malta from Australia, the Maltese community in Australia still feel very close to our country of birth.

Mr Borg referred to the holding of CHOGM in Malta in the last weekend of November and how good it felt to see Malta feature in news bulletins.

Mr Borg said that as Maltese living abroad we have a right to express our discontent when things are not going well. He gave as an example the sale of Maltese citizenship scheme and the dangers that people saw with such a scheme especially during a high time of crisis that Malta finds itself in.

Mr Borg also spoke about Australia Hall, a historical building that has been abandoned by both main political parties in Malta and is now in a state of disrepair. The



From left, MCCV Vice President Dr Edwin Borg-Manché, MCCV President Mr Victor Borg, Ethnic Communities Council of Victoria Mr Eddie Micallef and Consul General for Malta in Victoria Mr Victor Grech

Australian High Commissioner in Malta is doing her utmost to have the building restored to its former glory for use by the public.

In his address, Consul General Victor Grech thanked those present for their attendance at the MCCV event to celebrate Malta's Republic Day.

Mr Grech said that Republic Day is an important day to commemorate and pay homage to notable people and legends who played an important role in nation building. It brings together the people and develops a sense of pride in citizenship as they reflect on their achievements and events that are part of their history. They also provide an opportunity to focus on future prospects.

Mr Grech then focused on the life of Sir Anthony Mamo, who although coming from a financially poor family background, was able to rise to the positions of Chief Justice, Governor General and first President of Malta. Mr Grech then read out the speech that President Mamo delivered on the day on which Malta was declared a republic, which Mr Grech believed was still of relevance today.

In conclusion, Mr Grech said that, as the Maltese-Australian community, we join with the rest of the people of Malta and Gozo to remember and show respect to

those who gave their share to the political, social and economic life of our country, as we also look forward to the future of our independent republic.

ECCV Chair, Mr Eddie Micallef was then invited to address the gathering. He said that, as a second generation Maltese-Australian, he has no difficulty being Australian or saying he is a proud Australian of Maltese descent, having a Maltese mother and a Gozitan father. He does not see any contradiction in that and everyone should have that in the way they talk about themselves.

Mr Micallef said that there are so many sections in the community today who question the purity of the nation that they believe is rightfully theirs. Nobody has the right to determine who and under what circumstances they move around in this world. We are seeing difficult decisions being made regarding the stripping of citizenship. It is important that appropriate safeguards are put in place so that citizenship is not taken away at the whim of a Minister. Those Maltese with dual citizenship are potentially vulnerable to this.

Fr Edwin Agius also briefly addressed those present about the strong connection between our religion and significant events in the history of Malta. ♦

## 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](mailto:pro@mccv.org.au) or alternatively by post to: **The Editor—MCCV News, Maltese Community Council of Victoria, 477 Royal Parade, PARKVILLE VIC 3052**





## Australian Prime Minister attends CHOGM Meeting in Malta

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PHOTO: DOI - Pierre Sammut

From left: Prime Minister Turnbull addressing the Joint Media Conference at CHOGM. Malta's Prime Minister Joseph Muscat is second from right.

Commonwealth Secretary General Kamallesh Sharma said the leaders have also decided to set up a new mechanism to help poor countries manage debt accrued on climate management. He said the details of the new set-up were still being worked out. He said various island nations and small countries were facing difficulty in securing financial support to reduce green house gas emissions and the hub would provide funds to them. "These small states are often told about money but none of them know the number to dial," Mr. Sharma, the outgoing Secretary-General, said adding the hub will make "climate finance, a reality."

### Australian support to Commonwealth initiatives

At the Commonwealth Heads of Government Meeting in Malta last Saturday, the Prime Minister Malcolm Turnbull announced Australia's support for four key Commonwealth initiatives:

- Australia will provide \$2.5 million over five years to help fund a new Commonwealth Unit in the Commonwealth Secretariat dedicated to countering extremism and radicalisation. This will strengthen the ability of Commonwealth countries to counter the extremist narrative. A team of experts will be seconded into the Commonwealth Secretariat to build expertise in tackling the common threat we are all facing from violent extremism, and foreign fighters. The Unit will work with civil society networks and Commonwealth governments to develop counter-

extremism resources, especially building up technical counter-terrorism expertise.

- Australia will provide \$1 million to support the new Commonwealth Climate Finance Access Hub, based in Mauritius, to help small island developing and least-developed states to effectively access existing climate funds. These countries have asked for assistance in accessing the climate finance they need to effectively deal

with climate change and develop investment-ready projects.

- Australia will fund the second phase of the Commonwealth Secretariat's Junior Election Professionals Initiative with \$1 million. This initiative will help train election officials across the Commonwealth in more effectively managing election processes. This Australian contribution will further strengthen the Commonwealth's election monitoring effort.
- Australia will increase its funding to the Commonwealth of Learning with \$1 million in 2015-16 to support a range of projects aimed at improving access to education in Commonwealth countries, especially for girls, including through distance and open learning.

Prime Minister Turnbull also participated in a breakfast hosted by Prime Minister Cameron and President Khama of Botswana to discuss practical ways the Commonwealth can support efforts by member countries to tackle corruption, as well an event to highlight progress on the Global Polio Eradication initiative to which Australia has contributed \$36 million over four years.💧



The President of Malta H.E. Marie Louise Coleiro Preca greets Queen Elizabeth II on her arrival at the President's Palace at Sant'Anton.





## Queen pays tribute to Malta during CHOGM opening ceremony

In her address at the opening ceremony of the Commonwealth Heads of Government Meeting in Malta on 27 November, Queen Elizabeth II paid tribute to the Maltese government and the people of Malta, who, she said, had shown resolute support to the Commonwealth.

The Queen said that Malta was one of the small states of the Commonwealth and a reminder that a nation's size was no measure of the moral strength of its people.

The Queen spoke fondly of the time she spent in Malta with her husband as a newly-married couple in the early 1950s, adding: "Prince Philip and I first came to live here in 1949, the same year in which the Commonwealth was founded."



Photo : DOI - Clifton Fenech







# MCCV Children's Christmas Party 2015

By Edwidge Borg, MCCV Maltese Language Classes Coordinator

**T**he MCCV held its annual children's Christmas party on Sunday 6th December 2015.

This annual event has attracted new visitors to the MCCV premises in Parkville.

Carmen Mamo was a great help in looking after the bookings and publicity for the Christmas party. Alfred Cachia adorned the premises with Christmas decoration and to add to the festive mood additional decorations attractive to the children supplemented the main hall décor for this occasion. Edwidge Borg, Nolene Xerri and Andrew Gatt prepared the hall with addition fairy lights, silver tinsel curtain to attract and bring a children Christmas mood to the large hall.

The food and beverage was donated and catered for by the MCCV Ladies auxiliary led by Marlene Xerri and partners who annually prepare a suitable spread for our young party participants and adults. Pastizzi, pies, minced pies were on the menu. The fairy bread was well liked and demolished in a flash. The MCCV Ladies Auxiliary have been partners in organising the Children's Christmas party since its inception. The MCCV is grateful to the volunteer ladies and husbands who in a few hours cater for a very receptive audience.

Various activities were organised. The young revellers enjoyed traditional Maltese games such as passju. The craft table proved as popular as ever. This year the children made various decorations to hang on a Christmas tree. The craft stall was prepared by Edwidge Borg and coordinated by Frances Bonnici. Frances used her teaching skills to assist the young participants to excel in displaying their decorating skills.

The adults accompanying the children, also joined in the fun and activities of the day, while they enjoyed a cup of tea or coffee and delicious refreshments. The Amazing David displayed showmanship with his magic tricks, balloon twisting and party games, and our young party goers had their face painted by Shiney Shelley.

Santa (Joe Camilleri) assisted by Antonia Camilleri appeared at the right time with his decorated sleigh carrying presents which were provided by their respective adult relative. Each child



received their present and had their photo taken with Santa. Many of the nannas and parents had their photos taken.

At the end of the party children were given a party bag sponsored by George Caruana and GAM. Rita Catania and her mother prepared these bags and Josephine Farrugia had a great time meeting and greeting the guests and giving out the bags. Olga Ellul was a great help, in taking photos to record this happy occasion.

The MCCV annual Children's Christmas party, originally organised by Lillian Calleja, has always been a successful event thanks to the voluntary support of many helpful hands that come on board to assist. The success of this event is credit to the volunteers.

I would like to thank everybody who prepared, participated and cleaned up on the day and to the parents, grandparents and children who attended. We hope to see you again next year. 💧





## MCCV's valued support for Palliative Care community awareness program appreciated

On 21 October 2015 representatives from the MCCV attended the feedback session for the Culturally Responsive Palliative Care Strategy on 21 October 2015 organised by Palliative Care Victoria (PCV). The efforts of the MCCV for its support for the project was publicly acknowledged at the forum.

On behalf of the MCCV Vice President Joseph Stafrace was presented with a Certificate of Appreciation by Michael Bramwell, PCV Chair, and Eddie Micallef, Chair of the Ethnic Communities Council of Victoria (ECCV).

The following is a summary of the discussion at the Culturally Responsive Palliative Care forum held on 21 October 2015:

### Practical actions

- Ongoing conversations with clients about palliative care and palliative care services
- Continue to raise awareness within the culturally and linguistically diverse (CALD) community organisations about palliative care:
  - Training staff about palliative care
  - Face to face discussions with clients and their families
- More community information sessions about palliative care
- Use ethnic media (especially radio) to promote awareness of palliative care
- Continue linking with PCV to discuss specific situations/cases and potential referrals to palliative care (health literacy in action)
- Promote and distribute the bilingual brochures about palliative care
- Recognise the importance of GPs in CALD communities as gatekeepers and referral points



From left, Eddie Micallef, Chair of the Ethnic Communities Council of Victoria, MCCV Vice President Joseph Stafrace and Michael Bramwell, Chair of Palliative Care Victoria

- Need for more palliative care social workers and counsellors with experience in working with CALD patients and families

### Future topics for discussion

Potential areas of focus for the next National Palliative Care Week forum to be held in May 2016:

- Feedback/reflection from participants on their own provision of or referral to palliative care
- Emergency/crisis response to need for palliative care – what does this look like?
- What funding is available for information/advocacy?
- A high profile story about experience of palliative care (e.g. Filipino example)
- A session on the Health Complaints process (Office of the Health Services Commissioner)
- Information about support for families (grief, loss, spiritual care, etc) and how this is linked into ethnic communities
- There should be a *structured* process at the forum to encourage relationship building between ethnic community organisations and palliative care services so they are brainstorming on the day about how they can continue to work together
- Conversations about 'finding out' whether/how palliative care can help in situations with families
- Linking with Councils, Community Health Services, etc to improve awareness of and access to palliative care
- Need for more support from palliative care in a crisis or emergency (at home, on demand) and how to undertake advocacy on this issue
- Continue to work with peak bodies (ECCV and others) – focus on better resourcing to meet practical needs in the community
- Education for overseas trained doctors about palliative care. 💧



## Reskeon Seniors enjoy a trip around Port Phillip Bay



**O**n Thursday, 29th October, a group of 48 members enjoyed a trip around the Bay.

We started the journey at 8.30 am from North Reservoir to Sorrento through Mornington Peninsula Freeway, arriving in Sorrento around 10.30 am where Coach Captain, Bill, took us around sightseeing of beautiful houses.

We boarded the Peninsula Sea Road Ferry around 11 am, for the trip across Port Phillip Bay to Queenscliff. Then we enjoyed morning tea/coffee with biscuits and goodies provided by some of the members.

We disembarked the ferry at Queenscliff and headed to the Gateway Hotel in Corio where we enjoyed buffet lunch and tried our luck in the gaming rooms.

Around 3 pm we boarded the coach again to make our way back to Reservoir. Once again, Coach Captain, Bill, gave us an interesting commentary on site we were passing through.

We arrived in Reservoir around 4.30 pm. Members told us they enjoyed the trip which was heavily subsidised by Reskeon Maltese Association Seniors Group by more than half the cost. ♦

— Paul Vella



## Mass for our dearly departed

**O**n Wednesday, November 4, Reskeon Maltese Association Seniors Group organised a Mass for our dearly departed at their weekly meeting at Merrilands Community Centre. The Mass was celebrated by Canon Fr Emmanuel Bonello. Members brought photos of their family members no longer with us. Before the Mass Paul read a list of dead members who served on Reskeon committees over the years

starting with founding President, John Gauci, and his wife, Anne. The list also contained a names of relatives of Reskeon family members and was placed on the Altar. The Mass was offered for repose of their souls. Fr Emmanuel delivered a lovely Homily for the occasion. Some 120 members were present. ♦

— Paul Vella







## Hu Hsieb Sahhitek

Professur Maurice Cauchi



# Ugħieh fl-ghadam

**I**ssa li kbirna sew fl'età x'aktarx li nibdew inhossu ugħieh, daqqa hawn u daqqa hemm. Ugħieh fl-ghadam u fil-muskoli huwa komuni ħafna u jista' jinkwietana, speċjalment meta ma jkollniex idea minn fejn ġej dan l-ugħieh.

### L-osteoporosi

Wahda mir-raġunijiet l-aktar komuni li jikkawżaw ugħieh fl-ghadam hi dik li nsejnhula *osteoporosi*. Dan ifisser li l-ghadam ma jibqax b'saħħtu bħal qabel. Kieku kellek ċans thares ġewwa l-ghadma tara li din qed tiżvojta bil-mod il-mod u issir aktar ħafifa u mingħajr saħħa. Din il-kundizzjoni nsibuha f'kull minn beda javanza fl-età, pero hija aktar komuni u tibda aktar kmieni fin-nisa milli fl-irġiel.

Għaliex jiġri dan? Biex ikollna għadam f'saħħtu jehtiegu dawn l-affarijiet: l-ewwelnett jehtiegu li jkollna dieta tajba li tkun mhallta, jiġifieri li jkun fiha proteini u vitamini, kif ukoll minerali speċjalment il-kalċju. Dawn insibuhom fl-ikel kollu u dawn il-problemi jaffettwaw li dawk li għal xi raġuni jew oħra mhux qed jieħdu ikel normali.

Però l-aktar kawża importanti hija n-nuqqas ta' *ormoni* li jaffettwaw l-ghadam. Fin-nisa, wara l-menopawsa, dawn l-ormoni (imsejnhin *estrogeni*) jibdwu jonqsu u, wara xi ftit snin, nibdew naraw l-ewwel sinjali ta' osteoporosi.

### Eżerċizzju ta' kull jum

Forsi l-aħjar mezz biex nevitaw li jiġri dan huwa li nżommu l-ġisem attiv u naghmlu eżerċizzju ta' kull jum. Dan mhux biss jgħin biex inaqqas il-piż, iżda importanti ukoll ġgax isahħah l-ghadam.

Sfortunatament, meta l-osteoporosis tidhol il-ġew sew, hemm ċans li l-ghadam tant jsiru dgħajfin li hemm ċans sew li jinkisru bl-inqas sforz. Għalhekk insibu li nies ta' età avanzata għandhom ċans li jinkisrullhom l-ghadam ('fracture'), u dan jista' jġib kumplikazzjonijiet oħra. Importanti allura li nghamlu viżta għand it-tabib biex dan jagħtina parir kif nevitaw din is-sitwazzjoni tant komuni.



Photo: [www.nia.nih.gov](http://www.nia.nih.gov)

### Kawzi oħra ta' ugħieh fl-ghadam

Naturalment ugħieh fil-ghadam jista' jkun ġej minn kawzi oħra. Per eżempju, meta' niehdu xi mediċini għal ħafna żmien, dawn jista' jkollom kumplikazzjonijiet, inkluż ugħieh fil-ghadam. Għalhekk huwa importanti li naghmlu viżta regolari għand it-tabib biex dan jista' jikkontrolla il-mediċini li qed niehdu, u nevitaw kumplikazzjonijiet aktar 'l quddiem.

Jista' ikun ukoll li l-ugħieh ikun ġej mill-*gogi*. L-*artrite* hija dik il-kundizzjoni fejn il-*gogi* ma jibqewx normali, u jibdwu jiddegeneraw. Il-qarquċa ta' bejn għadma u oħra tibda titmermer, u dan iġib ugħieh. Din il-kundizzjoni hija komuni ħafna f'nies ta' ċerta età.

### Ugħieh ikkawżat mill-muskoli

Irridu naraw li ugħieh jista' ikun ġej mhux mill-ghadam, iżda mill-muskoli li hemm madwar l-ghadam. Din hija problema komuni ħafna ukoll, u għalhekk ma għandiex naqbu għal konkluzjonijiet aħna mingħajr ma naghmlu viżta għand it-tabib halli din tkun tista tagħraf x'inhi l-problema u tagħtina l-parir li jkollna bżonn.

### Ugħieh fid-dahar

Fl-aħħarnett jehtiegu insemmu partikularment ugħieh fid-dahar, li ukoll huwa komuni ħafna. Dan l-ugħieh ikun ġej mħabba l-fatt li il-*gogi* li hemm fis-sinistra tad-dahar ma jibqgħux normali u

jibdwu jagħfasu fuq in-nervi li herġin minn bejn rukkell u iehor. Għalhekk wiehed jibda ihoss ugħieh fid-dahar li ħafna drabi jiġri tul is-saqajn anke sal-pala tas-sieq.

Jiġifieri hemm ħafna raġuniet għaliex l-ugħieh fil-ghadam huwa daqshekk komuni. Ħafna drabi dana jiġi u jmur fi żmien qasir. Drabi oħra jibqa għall-żmien itwal u jista' jġib kumplikazzjonijiet.

Għalhekk huwa importanti li ma nittraskurawx, għaliex meta' l-mard jidhol 'l ġewwa ikun aktar diffiċli li nikkontrollawh. ♦

### MCCV Christmas Raffle Winners

The winning ticket numbers of the MCCV Christmas Raffle 2015 drawn on 18 December 2015 at the Maltese Community Centre are as follows:

1st Prize: **0145**

2nd Prize: **0041**

3rd Prize: **0126**

4th Prize: **0234**

5th Prize: **0094**

6th Prize: **0381**

7th Prize: **0079**

We congratulate all the winners and also our thanks goes to all those who participated for their support.

NOTE: Bingo will restart on Friday 15 January 2016,



## Il-Laqgħa Ġenerali Annwali tal-Grupp Letteratura Maltija

Minn Paul Vella

**N**har il-Ġimgħa, 27 ta' Novembru, il-Grupp Letteratura Maltija tal-Victoria kellu l-Laqgħa Generali Annwali, fiċ-Ċentru Malti ta' Parkville. Sbatax-il membru attendew. Is-Segretarja, Rosemary Attard qrat il-minuti tal-ahħar Laqgħa Annwali Ġenerali u wara kellna r-rapport finanzjarju mingħand it-Teżorier, Ray Anastasi. Imbagħad kien imiss lill-President, Dr Victor Sammut, li jagħmel ir-rapport tiegħu. Huwa tkellem fuq l-attivitajiet li l-Grupp kellu matul is-sena u fahħar ix-xogħol siewi ta' kull membru tal-kumitat. Dr Sammut tkellem fuq il-Folju tagħna li johroġ kull xahar li jservi ta' holqa bejn dawk li jhobbu l-Malti fl-Awstralja u dawk f'Malta u nfatti anki dawk li joqogħdu f'pajjiżi ohra madwar id-dinja. Huwa qal li l-Folju jasal għand madwar 450 indirizz elettroniku f'Malta kif ukoll f'pajjiżi bħal l-Amerka, il-Kanada, Franza, l-Ingilterra u hafna bnadi ohra. Il-membru Rose Lofaro, għan-nom tal-membri kollha irringrazzjat lill-kumitat għax-xogħol tagħhom matul is-sena. Ringrazzjament mar ukoll għall-membri kollha għas-sapport tagħhom u tal-attenzenza tagħhom ta' kull xahar. Wara dan, il-membri tal-kumitat niżlu mill-pożizzjoni tagħhom biex issir l-elezzjoni għall-kumitat ġdid. Waslet nominazzjoni waħda għal kull pożizzjoni u għalhekk ma kienx hemm bżonn ta' elezzjoni u dawk innominati



awtomatikament ġew eletti hekk (ritratt fuq, mill-lemin): *Teżorier*: Ray Anastasi; *President*: Dr Victor Sammut; *Segretarja*: Rosemary Attard; *Viċi*

*President*: Marie Louise Anastasi; *Segretarja tal-Attivitajiet Soċjali*: Salvina Vella; u *Uffiċjal għar-Relazzjonijiet Pubbliċi (PRO)*: Paul Vella. ♦



Membri li attendew, quddiem, mix-xellug għal-lemin: Josephine Cassar, Salvina Vella, Rosemary Attard, Rose Lofaro, Marie Louise Anastasi. (wara, mix-xellug) Manwel Cassar, Frank Bonett, Joe Bonett, John Muscat, Dr Victor Sammut, Joe Lofaro, Ray Anastasi. (wara nett, mix-xellug) Paul Vella, Charles Attard, Michael Xuereb, Alfred Xuereb. Nieqsa mir-ritratt, Bernadette Cassar.

## Stella Maris Association holds its AGM

**T**he Annual General Meeting of the Stella Maris Association was held on the 13th Dec 2015 at the St Joseph the worker hall in Thomastown. It was a very well supported meeting with the current committee under the leadership of Mr Charlie Xerri who was elected President for another year.

The meeting was followed by a BBQ and all enjoyed the afternoon. ♦







## MCCV Planned Activity Group holds Christmas party at Maltese Centre

**O**n Tuesday 8 December the MCCV Planned Activity Group (PAG) hosted its annual Christmas Party at the Maltese Community Centre in Parkville, which was organised by the Planned Activity Coordinator and the MCCV Ladies Auxiliary who funded the event.

The party celebrated the end of another successful year of PAG and provided the opportunity to bring a number of frail elderly Maltese people and senior citizens together to socialise and celebrate Christmas.

Invitations to this celebration were extended to all Planned Activity Group participants and a number of residential care facilities who have Maltese residents, including Rosary Home, St Bernadette's, St Georges and Cumberland Manor. A number of housebound Maltese people were also invited to this event.

In total there were 120 people in attendance. Transport was organised for over half of the guests and a number of volunteers assisted by driving busses and cars.

The festivities commenced with Fr Edwin Agius holding a beautiful Mass and performing the Anointing of the Sick to all present.

Following this, the entertainment began with Carol and Christian performing many songs and sing along Christmas Carols throughout the day. Elvis made a special appearance as well as Joe Camilleri who was wonderfully entertaining both in and out of his Santa suit. Young Sophie Brugada also sang a few Christmas Carols and encouraged the crowd to join in.

The Ladies Auxiliary organised delicious entrée, roast lunch and a lovely dessert. As always, they were extremely organised and helpful with the entire day.

A number of volunteers ranging from Executive members to family members of clients and staff also assisted with transporting clients participating in the entertainment and serving food and drinks to all present. Planned Activity Group staff members assisted all present with any personal requirements.

Overall, the day was very successful with plenty of dancing, singing and laughter. Functions such as this one would not be possible without the tireless efforts of the wonderful volunteers who generously donate their time to assist the Maltese Community in celebrating such a special day.

Feedback received from staff, clients and others in attendance was all very positive with a special mention being about the entertainment and the food. 💧



## MANSI holds last event for 2015

On 6 December the Maltese Association Northern Suburbs Inc. held their breakup party for 2015 at the Hadfield Hall in Middle Street Hadfield. All members enjoyed the evening with Santa and Mrs Claus, who made a special guest appearance at the event.







## Maltese Historical Association holds its Annual General Meeting for 2015

The MHA AGM was held on Tuesday 17 November. The minutes of the last AGM of 18 November 2014 were tabled and read.

In the President's report, Joseph Borg outlined the range of monthly talks held this year. He thanked all those who had helped the MHA, and paid tribute to those who had passed away, especially Emmanuel (Laurie) Spiteri, a member since the inception of the MHA.

Joe encouraged members to give a talk to the group and to invite family and friends.

Office bearers and Committee members were then elected. The

Committee remains the same, with the welcome addition of Robert Blythe.

In General Business a \$500 donation to the MCCV was approved, as well as a \$50 donation to the 3ZZZ Radiothon appeal.

Robert Blythe suggested we make greater use of social media, such as Facebook, and Angela Portelli suggested networking with GAM. Membership forms and flyers could be left at the Maltese Community Centre and talks of greater interest to younger people could be delivered, such as traditions, customs and folklore, as well as tapping into student interest through the Maltese language classes.



**The MHA Committee for 2016**

Back: Robert Blythe, Charlie Portelli (Committee members)  
Front: Charles Gatt (Secretary), Joseph Borg (President), Mario Bonnici (Treasurer), George Portelli (Vice President). [Photo: Lewis Zammit]

## 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)

### December

Thu 24 December @ 11.30 pm	Christmas Eve Midnight Mass (with Carols singing)	St Paul's Chapel, 477 Royal Parade, Parkville
Thu 31 December @ 7.00 pm	New Year's Eve Dinner Dance - Newport Maltese Assn	Emerald Reception Centre



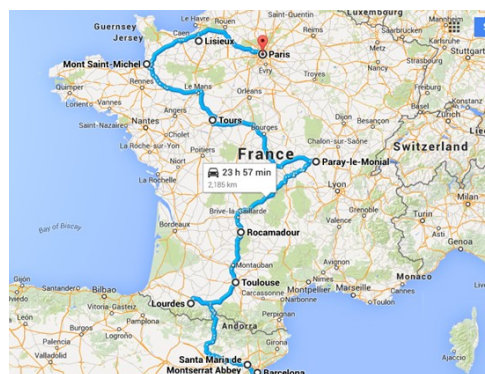
Maltese Community Council of Victoria, Inc.

## 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
- Above price includes return airfares: Melbourne-Barcelona & Paris-Malta-Melbourne based on Earlybird specials which ended 11 November 2015

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