



# NEWPORT NEWS

The Official Newsletter of the  
Newport Maltese Association and Seniors Group Inc.  
C/- 477 Royal Parade, Parkville, Victoria 3052  
Email: Newport.nmasg@gmail.com

March 2021

Andrew Gatt —Editor

Vol. 6 Issue 1

## *The President's Message*

Dear Members and Friends.

Welcome to the first newsletter for 2021, hopefully this year will be a better one than last year.

The Covid-19 pandemic stopped us from organizing anything that we had planned for last year. In simple terms our programme of events went up in smoke. It is no use crying over spilt milk, we have to be positive and take each day one day at a time.

We have achieved our first objective, the weekly meetings at Parkville. These gatherings have started with a bang and are getting better every week. The committee are complying with the rules to stay Covid-19 Safe, and with your support we will get there quicker.

Last year the Carnival Dinner Dance was the last function we organized before we went into lockdown.

This year we started where we left off. The Carnival Dinner Dance was held at the Melrose reception on the 14th March, needless to say it was a great success.

The Ballroom lit up with all the Happy Faces and greetings as members met each other after a long year of lockdowns. I am sure that this event will be on members minds for a few months to come.

Next came the Annual BBQ at Brimbank Park. What a glorious day, we could not wish for better weather. The committee members started early preparing to ensure that everything was prepared for the members.

The Carnival Dance and BBQ were well supported by you the members, and we had many requests for more.

Well the next major event is the Mother's Day Luncheon at Melrose Reception, which will be held in the Ballroom.

Hope to see you there.

Joe Ellul

President



Come and join us for our Second function in 2021.

**Newport Maltese Association & Seniors Group Inc.**

Invites you to the

***Mother's Day luncheon***

To be held at



***The Melrose Reception (Ballroom)***

2 Melrose Drive  
Tullamarine, VIC 3043



On Sunday the 2nd of May 2021 at 12.00am Noon

Music by DJ Dominic

Members \$40 Non-Members 50     **Attire:** Men Jacket and tie.

This year we will be holding the Mother's Day Luncheon in the Ballroom at Melrose Reception.

*Members and non-members need to confirm and Pay by 21st April 2021.*

*Because of Covid-19 restrictions and not to miss out book early.*

*When booking for other members or non-members we require names and contact numbers for each person attending.*

*Numbers are Limited and as we need to comply with Government regulations everyone need to respond early.*

*Due to current Restriction, the maximum of Ten (10) or less per table will be accepted.*

*If you feel unwell on the day do not attend. We must remain COVID-19 safe and free into 2021.*

*Please Contact Carmen Casa on 94368196.*

*Joe Ellul  
President  
Newport Maltese Association and Seniors Group Inc.*

### **A Slice of Malta`s History**

Did you know that before man`s arrival, the Maltese Islands are believed to have been part of a land bridge connecting Europe to Africa.

This is evidenced by fossil remains of prehistoric animals, which suggest their overland migration from one continent to the other.

**Ghar Dalam** known as the “**Cave of Darkness**” located just outside the town of **Birzebbuga**, shows evidence that Malta formed part of a bridge connecting the two continents. A small museum at the top of this impressive archaeological site displays the fossil remains of thousands of pre-historic animals, including dwarf elephants and red deer, that roamed Malta 170, 000 years ago.

Other finds at **Ghar Dalam** include human remains, which suggest that the early Neolithic settlers in Malta may have buried their dead here.

It is believed that the first human settlers were probably Sicilian **Farmers** who came over to Malta, sometime around 4000 B. C. The subsequent generations of these Neolithic people built impressive temples of stone that can still be seen at places like **Haqar Qim** on Malta and Ggantija on the Island of Gozo.

One particularly stunning complex left by these amazing prehistoric people is the **Hypogeum** at the town of **Paola (Rahal Gdid)**, a temple modelled on other sites but carved entirely underground.

**The Hypogeum**, was discovered in 1902 by workers digging a **cistern** (reservoir for water) is one of the most fascinating and unique prehistoric sites on Malta. It`s definitely worth a visit.

History also tells us that the temple builders apparently, disappeared without a trace around 2000 B. C.

George M Saliba.

These are difficult times and the attached links may help if in need REACH OUT.

<https://www.dhhs.vic.gov.au/coronavirus/maltese>

<https://mccv.org.au/wp-content/uploads/sites/16/2020/06/Getting-tested-for-COVID-19-Maltese.pdf>

<https://www.sbs.com.au/language/maltese/coronavirus-updates>



Stay safe  
Viva  
NEWPORT.





## Carnival Dance March 2021



What a special night it was.

It was also the first opportunity that the Committee on behalf of our members had to say thank you to George and Lina Saliba after stepping down from the committee after 47 years of service to the Newport Club and to the Maltese community in general.

With all our heart we wish you both a happy and healthy future. Viva Newport.



## INTERESTING AUSTRALIA FACTS



The name **Australia comes from** the Latin, 'Terra Australia Incognito', which means the Unknown Southern Land.

**In the area (land);** Australia is **32 times** greater than that of the U.K, almost **twice** than that of Europe, and almost **equal** to that of the [United States of America](#).

Australia has **the lowest** [population density](#) in the world—two people per square kilometre.

Australia is **the only continent-nation** in the world. It means, it is a continent and an independent country as well. It is also the smallest, flattest, and driest inhabited continent in the world.

If you know Australia's total population, you can clearly see that **the population of kangaroos in the country outnumbers that of the humans**. And there are strict measures in place to check the population of the national animal.

In Australia, you can undergo **a unique health treatment** which is expected to be **40,000 years old**. These Aboriginal cultures and healing techniques are believed to be the oldest in the world. Difficulties and illnesses such as depression, cancer and substance abuse can be treated with these century's old techniques.

**The longest fence in the world** is in Australia and it is 5,530 kilometers in length. It is called the 'dingo fence'.

The **first cops in the country were all criminals**. They were a band of eight of the most well-behaved convicts, formed in 1789 by Governor Arthur Philip.

If you are interested in **the world's deadliest spiders**, you should definitely visit Australia. These spiders are available in the Australian Reptile Park, which is the only place in the world where these spiders are milked. These spiders are known as **'the funnel web'**. The venom is milked from these spiders and sent to a laboratory in the country where it is made into antivenom.



The **world's highest steel arch bridge** – the Harbor Bridge – is in Sydney, Australia. It spans 97.3 m and 134 m high above the mean sea level. It is recorded in the Guinness for its span.

Nullarbor Links is **"the World's Longest Golf course"**, situated along 1,365 kilometers of the Eyre Highway that crosses the southern coast of Australia in two states (South Australia and Western Australia).

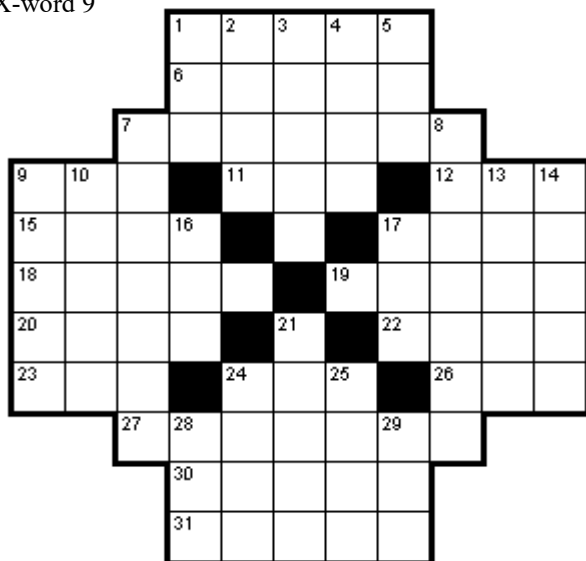
The platypus and echidna are **the only two** [mammals in the world that lay egg](#). And you guessed it right; they are only found in Australia.

In Australia, they have **a town named '1770'**. Yeah, the name just contains digits. The town is a six-hour drive north from Brisbane along the coast of Central Queensland.

Spanning 2000 km from Halls Creek to Wiluna in outback WA, the Canning Stock Route is **the longest and most remote stock route in the world**.



X-word 9

**Across**

1. Shelf (5)
6. Musical drama (5)
7. Competence (7)
9. Friend (3)
11. Rotating disk (3)
12. Simian (3)
15. Wading bird (4)
17. Snob (4)
18. Risible (5)
19. Conifer (5)
20. Finished (4)
22. Ebb (4)
23. Number (3)
24. Place (3)
26. Decay (3)
27. Proposition (7)
30. Change (5)
31. Bullock (5)

**Down**

1. Tennis stroke (3)
2. Long narrative poem (4)
3. Detain (5)
4. Forbidding (4)
5. Consume (3)
7. Illness (7)
8. Part of a square-rigger (7)
9. Edging of small loops (5)
10. Higher up (5)
13. Musical instrument (5)
14. Heron (5)
16. Male title (3)
17. Church bench (3)
21. Cite (5)
24. Fur (4)
25. Woody plant (4)
28. Possesses (3)
29. Make a mistake (3)

Wishing all our members a very Safe and healthy  
**Easter.**

# Portelli Funeral Services



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MANAGING DIRECTOR

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Australian Government



THE VISUAL ARTS AND CRAFT STRATEGY

## ACKNOWLEDGEMENT

The President and Executive Committee of Newport Maltese Association & Seniors Group Inc. wish to thank the Department of Premier and Cabinet and the Victorian Multicultural Commission for their continued support of our Club.



### Newport BBQ March 2021.

Nobody could have expected a better day, weather wise, early in the morning it was a bit overcast, but no rain in sight, simply perfect.

Rennie must have timed it nicely, as by the time we arrived with the BBQ, the job that I hate most had been done 10kg of onions peeled and sliced, (I guess I will not be able to get away with it next year). You ladies have got the job down pat. Being the eldest of the ladies now, have got its advantages I say.

As everyone arrived, tables were getting set, with Covid safety in mind, they were spaced out, and think it created a more comfortable setting than other years, when most tried to stay right under the gazebo.

As the fellas got the barbeques set up, and that is plural, as Fred brought his along, which made the cooking job so much easier, the onions were first to go on. There is nothing than the aroma of onions cooking to get the appetite going. Next the sausages, which needed straightening, and there I lent a hand, but no matter how much I tried, they still bent as they cooked. Anyway, enough of that.

Member were scattered everywhere, some who we have not seen for some time. Somebody even brought a tent top along, just perfect for the crowd sitting underneath it to celebrate Eileen's birthday. Pretty soon lunch was ready, and it all looked yummy, it didn't take long before everyone was served, and tucking into it.

Mr Selfie as we call him was there, and in full swing taking snaps which he shared on Face Book the following day.

One of my friends in Malta commented to me how good we have it here, after seeing. Carnival photos, then the barbeque ones, and we are. You miss all this, like we did last year. It is a year we will never forget.

Thank you all, it shows how much we all missed our events. Thank you to my fellow committee members pulling together to make it another success.

Gwen Busuttil



## Traditional Maltese Kwarezimal Recipe (Lenten Biscuits) (Gf, Df)

Kwarezimal is a traditional Maltese recipe enjoyed during the Lent period, hence 'Lenten Biscuits'.

They are a delicious blend of almonds, citrus, sugar, and mixed spices which are then glazed with honey and topped with more almonds.

### Ingredients

5 cups pure ground almonds (750g)  
1 1/4 cup granulated sugar (250g)  
2 tsp cocoa powder  
2 tsp mixed spice and 2 tsp cinnamon  
2 medium eggs, room temp. (or water - as needed)  
Zest and juice of 1 orange  
2 tsp orange blossom water  
2 tsp pure vanilla extract  
2 tsp almond liquor (optional)  
Honey, to glaze  
Chopped roasted almonds, to top Bottom of Form



### Instructions

Preheat oven to 175°C. Line a baking sheet with parchment paper.

In a large bowl, mix the almonds, sugar, cocoa and spices together until thoroughly combined. In a separate bowl, mix the remaining wet ingredients together.

Make a well in the centre of the dry ingredients and pour in the wet mixture, a little at a time until it forms a dough by hand. You might not need to use all of the wet mixture.

Divide the dough into 6 equal portions. Roll each into a log shape. (Do not flatten, it will spread out in the oven on its own). Make horizontal criss-cross dents on the top with the back of a knife.

Bake for around 12-14 minutes in the middle rack, then move to a higher rack and bake for another 2-4 minutes. Do not over-bake or it will harden. Take out of the oven and brush immediately with honey. Sprinkle the tops with chopped roasted almonds.

Let cool completely before serving. Enjoy!

### Note:

Store in a sealed container in a cool dry place for up to a week. Freeze for longer storage.

Size: Approx. 12cm x 4cm.

**Note:** You can use mixed ground almonds if you do not have pure. If you do not want to use eggs, you can use water. Add it slowly at the end, as needed until it all comes together.



NEWPORT MALTESE ASSOCIATION  
AND SENIORS GROUP Inc.  
COMMITTEE MEMBERS

Joe Ellul	9744 6096
Andrew Gatt	0416777807
Gwen Busuttil	9333 3693
Olga Ellul	9744 6096
Carmen Casa	9436 8196
Arthur Galea	0439830454
Maurice Spiteri	9469 2067
Carmen Spiteri	9469 2067
Victor Casa	9436 8196
Rennie Busuttil	9333 3693
Miriam Camilleri	9398 4018
Anne Caruana	9449 7792
Mary Galea	9304 1452
Antonia Camilleri	9390 1686
Antonia Scicluna	0408750187
Fred Scicluna	93695325
Joe camilleri	93901686



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DISABILITY



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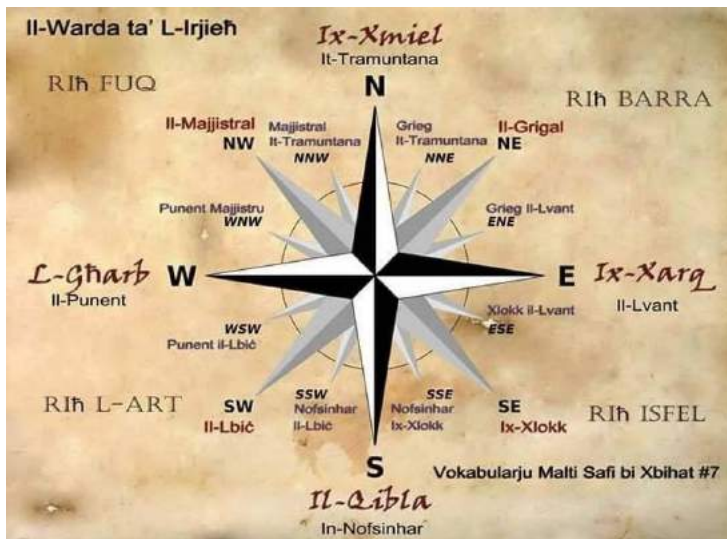
WEEK  
BALDDER

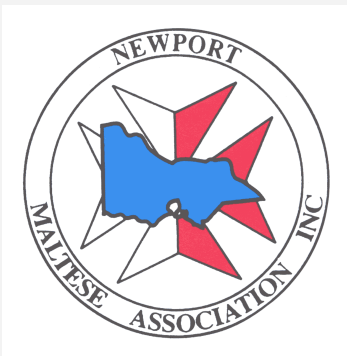


LEAKAGE  
PROBLEMS

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[www.weecare247.com.au](http://www.weecare247.com.au)

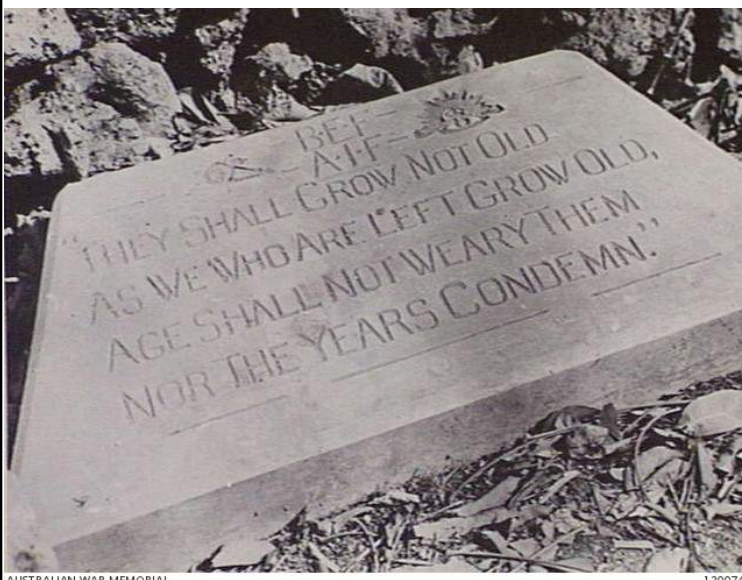




## Newport Maltese Association And Senior Group Inc

Saturday 10th April	Fun & Games Night ( Parkville)
Sunday 2nd May	Mother's Day Lunch
Thursday 13th May	Luncheon TBA
Thursday 3rd June	Day Trip
Sunday 4th July	Christmas in July Lunch
Sunday 29th August	Fathers' Day Lunch
Monday 13th September	Day Trip TBA
Sunday 26th September	AGM
Sunday 10th October	Annual Dinner Dance
Late October	Annual Trip TBA
Sunday 21st November	Spring Carnival Parkville
Sunday 5th December	Christmas Break-Up
Friday 31st December	New Year's Eve Ball

Anzac Day marks the anniversary of the first campaign that led to major casualties for Australian and New Zealand forces during the First World War. The acronym ANZAC stands for [Australian and New Zealand Army Corps](#), whose soldiers were known as An-



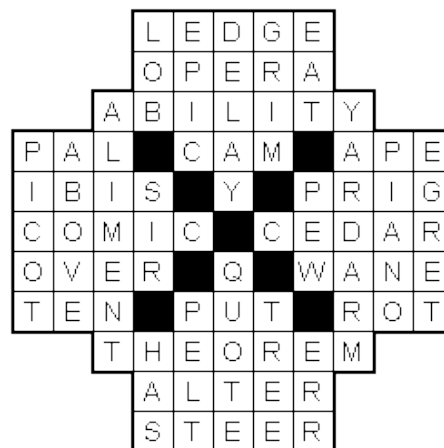
AUSTRALIAN WAR MEMORIAL

120074

zacs. Anzac Day remains one of the most important national of both Australia and New Zealand however, the ceremonies and their meanings have changed significantly since 1915. According to Dr Martin Crotty, a historian at the [University of Queensland](#), Anzac commemorations have "suited political purposes right from 1916 when the first Anzac Day march was held in London and Australia, which were very much around trying to get more people to sign up to the war in 1916–1918."



## Hwawar

Habaq (*Basil*)Naghniegh (*Mint*)Saghatar (*Thyme*)Merqtux (*Marjoram*)Tursin (*Parsley*)Riegnu (*Oregano*)Klin (*Rosemary*)Xibt (*Dill*)Salvja (*Sage*)Rand (*Bay Leaves*)Karfus (*Celery*)Stragun (*Tarragon*)Kurrat Salvagġ  
(*Chives*)Melissa (*Lemon Balm*)Tursin Ingliz  
(*English Parsley*)

KIEN HEMM WAHDA  
TAL-PEPE U LIL SID TA'  
HANUT STAQSIETU "DO YOU  
HAVE GROUND ALMONDS?"

"INTRITA?" STAQSIHA HU

QALTLU "LE, I'M CARMEN"



To all of our members who are celebrating Birthdays or Anniversaries over this period we wish you all the happiness and health on these occasions.



The Committee:

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