



NEWPORT NEWS

The Official Newsletter of the
Newport Maltese Association and Seniors Group Inc.
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Andrew Gatt —Editor

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The President's Message



Dear Members and Friends,

I hope that as you are reading this you are all well and safe.

Winter is nearly over, and Spring is in the air. The sun starts shining for longer periods, everything starts coming to life with trees in bloom, flowers everywhere. And now is the time to start preparing the veggie patch for planting the summer vegetables.

I am saying all this because we must be positive during these times of uncertainty of what is round the corner. Lockdown has prevented us from having our weekly gatherings.

As a committee we have missed being at the Maltese Centre every Wednesday greeting and meeting all of you. Mind you a few of us have missed the goodies that you used to share with us, especially Rennie who seemed to get the greater share. Talking about goodies, this lockdown has brought out cookery books and old family recipes, and I am sure that there are some of you that have tried and cooked different things that they never cooked before.

An idea that came to mind was to have a collection of recipes. Over the years we have tasted so many different types of Pudina, that I am sure that we can create a 101-recipe book. We can call the book the Newport 101 Pudina book.

On a different note, most of our functions and trips had to be cancelled or deferred because of restrictions. The committee is still working in the background so that we will be ready to go when the restrictions are lifted. Until then we need to try and keep the communications open. This includes the men of our organisation. Our wives tend to call each other, however, most men find it hard to pick up the phone and call. Therefore, I ask everyone to take the extra step and try to stay connected especially with members that do not have electronic access.

Stay safe

Joe Ellul
President



James Cunningham

Most of us probably got to know James (Jimmy) Cunningham when together with his wife Miriam became Committee Members of the Newport Maltese Association & Seniors Group. Myself, I can recall the time when both of us were serving an electrical apprenticeship at her Majesty Naval Dockyards back in Malta during the late 40`s early 50`s. Jimmy was in his 3rd year of training, and I was in my first year (1951).

We used to attend the Dockyard Technical College for our respective classes and it was during our lunch break that we got to know each other. Naturally, our discussions use to be about what we were up to during the weekends, I would tell him what movies I went to see, and Jimmy will tell me, guess what, where he went dancing, places like the Chalet at Sliema, the Phoenicia Hotel at Valletta and at the Rocky Vale in St. Julian. No doubt, dancing played a big part in Jimmy`s life and he carried that enthusiasm with him to Australia. The sound of music, no matter what the occasion was, Jimmy and Miriam will be dancing. I remember on one occasion, while on a trip, we were walking about, and a street performer (busker) was playing music and before we knew it, Jimmy and Miriam are dancing in the street to the amusement of all passing by.

Going away on weekend trips organized by the Association, passing through ghost Towns, Jimmy always use to say in Maltese (tal-Life ghawn) referring to the empty streets. He was definitely a city boy; he loved the hustle and bustle of the City Life.

Working for one of the Airlines Company, Jimmy and Miriam used to travel back to Malta regularly for the summer holidays and Jimmy would spend his days on the beach, sunbathing all day long. He will come back to Australia looking like dark chocolate with his suntan.

During his years as a member of the Newport Maltese Association Executive, Jimmy`s biggest contribution was, his involvement in the running of bingo games on Wednesdays gathering of the Newport Seniors Group at the Maltese Community Centre at Parkville.

I wonder if there`s any Dancing Hall up there, if there is, Jimmy will be the first one on the dance floor.

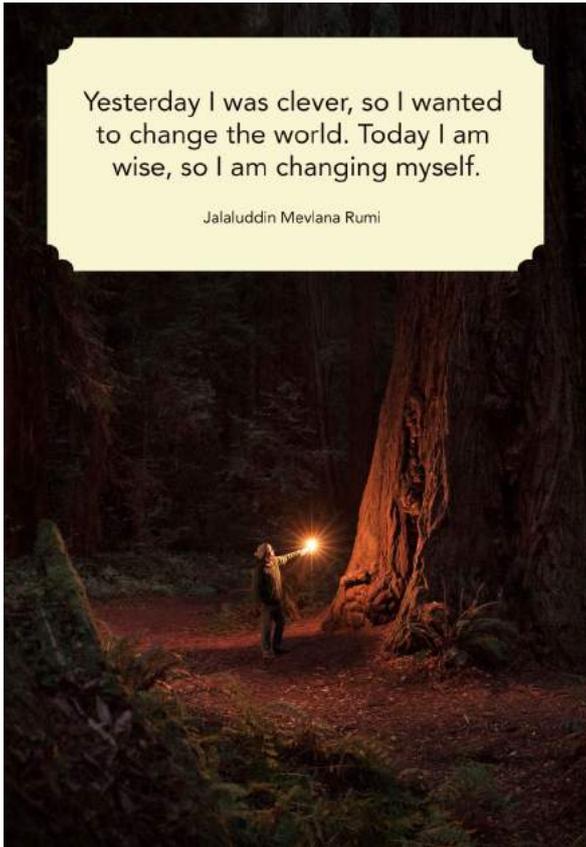
RIP Jimmy.

George M Saliba



Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.

Jalaluddin Mevlana Rumi



Everyone asked a 100-year-old man for his health secrets:
The old man said:
I'll tell you a secret.
I've been married for 75 years.
Promised my wife when we got married that when two people quarrel, the loser has to walk for 5 kilometers.
I've been walking 5 kilometers every day for 75 years!

Everyone asked again:
But how come your wife's very healthy as well?

The old man answered:
I'll tell you another secret.
She'd been following me to make sure I really finish the 5 kilometers!



Difficult roads often lead to *beautiful destinations.*



It is very important that all our members reach out to one another during these very difficult times as a simple phone call can make a big difference.

We are getting to a stage when we can see daylight and hope that all stay safe until we meet again.

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.



\\ Calling all Garden Lovers //

During the Covid 19 Pandemic Lock Down, it was interesting to note how many people took to the Internet and posted photos of their beautiful garden flowers, displaying some of the most popular plants such as: - Azaleas, Begonia, Daffodil, Hydrangea, Rhodadendron, Rose, Camellia etc. etc. Others, who some of us refer to as “green fingers” decided to share photos of their Garden Produce namely: - Tomatoes, Broad beans, Lettuce, Broccoli, Pumpkins, silverbeet, Kale, and the list goes on.

Looking through some magazines some time ago, I came across a short write- up about the National Plant of Malta, and I started to wonder how many of us are familiar with the plant, so I thought it would be of interest to introduce the plant to the readers of the Newsletter.

Well, to start with, the name of the plant is:-Maltese Rock Centaury, to the botanists it is known as *Palaeocyamus crassifolius* (hard to chew) and to the Maltese it is known as Widnet il-Bahar (that`s more like it). It is an endemic plant known only from the Maltese Islands, growing on the southern cliffsides facing the sea, but since the 1970s it has been cultivated in public and other gardens. It grows quite large, with purplish flower heads in spring and summer, and has elongate, fleshy leaves and is a remnant of an ancient flora.

The official adoption of the Maltese Rock Centaury as the National plant coincided with the centenary of the death of the Maltese Botanist Stefano Zerafa who in 1827 first described the plant close to Wied Babu (creek) is most evident.

There are numerous other native trees on the Maltese Islands, but one in particular, caught my attention, the name is (wait for it) The Judas Tree (is- sigra ta Juda). It is commonly found lining streets in Malta. The tree blooms profusely in pink towards the end of winter. The flowers turn into leaves only to be shed a few weeks later.

George M Saliba OAM



Cheirolophus Crassifolius





Joseph Cole- (1935- 2021)

Joe Cole was born on the 27th of December 1935. He hails from the town of **Paola (Rahal Gdid)** which is located in the Southeastern Region of Malta. As a young man, Joe attended **De La Salle College** in **Cospicua**. In 1951 he gained an apprenticeship at the **Royal Naval Dockyard in Malta** in the **Electrical Trade**. He also attended part time studies in **Electrical Engineering and General Studies** at the Government Technical College.

In 1956, Joe went to live in England for a short time and on his return to Malta, he started working for the **Royal Air force as an Aero Electrical Fitter** where he stayed for 7 years.

1958 was a very good year for Joe. It was the year when Joe met a beautiful young lady named Lydia at a dance, who was to become his wife. They were married in April 1962. Like many Maltese at the time, Joe didn't see much of a future in Malta, so they decided to migrate to Australia.

On the 5th of August 1963, **Joe, and Lydia with now, their daughter Ann-Maree**, boarded the first plane (Qantas Boeing 707) that took immigrants to Australia. They arrived in Melbourne on 7th August of the same year. **Following is a summary of Joe's work in Australia: -**

Electrical Fitter, with the Melbourne & Metropolitan Tramways board; **Production Control Clerk**, for Massey Ferguson in Sunshine **Purchasing Officer**, for TV Channel 9 in Richmond; **Sales & Stock Records Clerk**, for West Footscray Engineering

When Joe took over the **Treasurer's Portfolio** with the **Newport Maltese Association**, it was a blessing from the sky. A treasurer's job carries a lot of responsibilities, and for the next 30 years, Joe did his job with great diplomacy and honesty. His clerical experience helped Joe creating a clear and accurate system, ensuring the development of the Association's finances, and he did all that to perfection.

In 2001, Joe with his wife Lydia formed part of the newly formed "**Newport Maltese Association Seniors Group**". Naturally, Joe was the obvious choice to take on the Treasurer's job (and Lydia appointed the first Secretary).

Joe has been an integral part of our Association, totally dedicated to the Association and what it stands for. The Association has come this far, because over the years it has been blessed with people like Joe & Lydia.

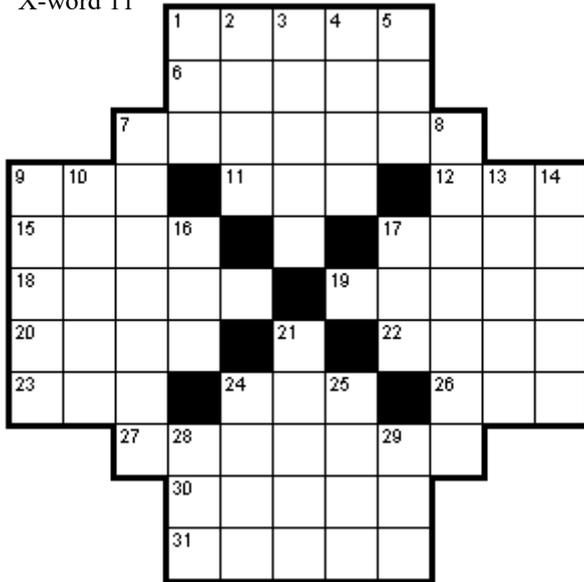
Living in the Western suburbs was the only natural that He support the Western Bulldogs in the AFL and the Melbourne Victory Soccer Team.

Joe, a very respectful person, who wouldn't hurt a fly, was totally dedicated to his wife Lydia, his daughter Ann and the 3 grandchildren.

Joe, a true gentleman, will be genuinely missed by all his family and all his friends.

George M Saliba OAM

X-word 11

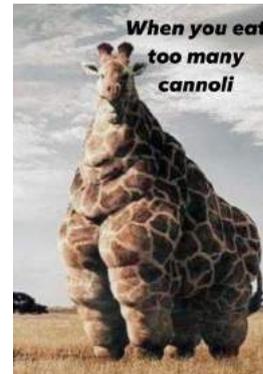


Across

- 1. Strong and sharp (5)
- 6. Roofing material (5)
- 7. Luxurious (7)
- 9. Energy (3)
- 11. Type of tree (3)
- 12. Mischievous fairy (3)
- 15. Leave out (4)
- 17. Woody plant (4)
- 18. Waterway (5)
- 19. Type of reef (5)
- 20. Highly excited (4)
- 22. Edible tuber (4)
- 23. Romanian currency (3)
- 24. Musical composition for two (3)
- 26. Lodge (3)
- 27. Hone (7)
- 30. Impressive display (5)
- 31. Mode (5)

Down

- 1. Small snake (3)
- 2. Hint (4)
- 3. Large gathering (5)
- 4. Particular point (4)
- 5. Lair (3)
- 7. Sinister (7)
- 8. Tract (7)
- 9. Outspoken (5)
- 10. Visual representation (5)
- 13. Acquire knowledge (5)
- 14. Criminal (5)
- 16. Label (3)
- 17. Small amount of rum (3)
- 21. Hasten (5)
- 24. Flit (4)
- 25. Opaque gem (4)
- 28. Possesses (3)
- 29. Small hole or loop (3)



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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.



Joe Debono

I remember quite well, when, after being one week in Australia, my brother Freddie took me to watch a game of soccer and he pointed to a young man and said to me “that is Joe Debono one of the best players of the George Cross Soccer Team”. I couldn’t help noticing how well dressed this young man was, and with Jet black straight hair and good looks, he looked more like a pin-up Film Star, that was way back in June,1958.

As it happens, fate brought us together. When Joe and Inez were married, they settled in Newport where myself and Lena (my wife) were living. We used to attend Sunday Church Service at the same time and with other Maltese settlers in the area use to stop for a chat after the church service. That was the beginning of a long and happy friendship.

Joe was one of the Committee Members that founded the Newport Maltese Association in 1973. His contribution to the Association over the years, especially with fund raising activities certainly helped making the Association flourish. Joe always felt a sense of belonging to one of the most successful Associations, The Newport Maltese Association.

I must add that Joe was very well supported by his wife Inez and together they always, supported the Association.

Joe, in my opinion was a humble, easy-going person and he not only excelled in the game of soccer, he was also very good at the game of billiards (just ask the men around the billiards table on Wednesdays).

In the years gone by, Joe`s favourite past time was trapping wild rabbits in the bush with friends and after a successful catch all is shared for everyone to take home and enjoy on the frypan.

Joe was an expert at stuffing olives, he loved doing that and would fill one jar after another, only to share them with his friends especially when we all get together at a function. He also loved to spent time in his vegetable garden. His daily morning trip to the shops at Borrack square in Altona North never failed to buy what the family needed for the day, most of the time accompanied by his close friend Vince Camilleri.

On top of all that, Joe was truly dedicated to his wife Inez and his 4 daughters, their spouses and grand children.

Rest in Peace Joe.

George M Saliba OAM.

Cheesy cauliflower slice

Ingredients

- 1 medium cauliflower, rinsed and cut into florets
 - 1 cup (80g) mozzarella cheese, grated
 - 1/2 cup (40g) parmesan cheese, grated.
 - 2 free range eggs, lightly beaten
 - 1 tsp Dijon mustard (optional)
- 1 tsp dried herbs or spice of choice (smoky paprika, nutmeg or an Italian herb mix)



Method

Preheat oven to 220C (200C fan-forced) and line a baking tray with baking paper.

Pulse cauliflower florets in a food processor or blender, until they resemble a coarse cauliflower meal. If using a blender, you are best to do this in batches.

Put 2 cups of water into a medium saucepan and bring to the boil. Place cauliflower meal into a sieve and position the sieve on top of the saucepan. Steam cauliflower meal for 5 minutes, or until soft.

Use a large spoon to press down on the cauliflower to get rid of any excess water, then transfer cauliflower onto some clean kitchen towel and squeeze out remainder of water.

Place cauliflower into a medium bowl with half the mozzarella, half the parmesan, eggs, mustard, and herbs/spices. Combine well with a metal spoon.

Spread mixture onto the baking tray and use your hands to shape into an even-thickness rectangle. Sprinkle remaining cheeses on top.

Bake for 30 minutes or until cheese has melted and slice is cooked through. While still hot, use a pizza cutter or sharp knife to slice into squares, then transfer to cooling racks.

Serve with tomato sauce, salsa, fresh sliced tomatoes, or a little green salad.

Notes

This slice is delicious eaten hot or cold and is a great lunch box idea.

Places of interest in Victoria



The Pinnacles

On Phillip Island's southernmost point, you'll discover a scene straight out of a Tolkien tale. The Pinnacles of Cape Woolamai are a group of pink granite stakes rising from the perilous sea. Best seen during low tide, The Pinnacles can be reached via a walking track which is four kilometres long. [Cape Woolamai VIC Australia](#)



The Blowhole

Listen as the tide stirs and resonates inside the limestone walls of the cave that has been carved out at the end of Elephant Rock. Located on the Great Ocean Road, visitors can find The Blowhole by following the marked gravel path.

[Port Campbell VIC Australia](#)



Organ Pipes

Resembling cathedral organ pipes, the 70-meter basalt columns were formed approximately one million years ago after Mount Holden erupted. As the molten lava cooled, it created a natural amphitheatre. Situated in Keilor North, the parkland has an awe-inspiring effect on all who visit.

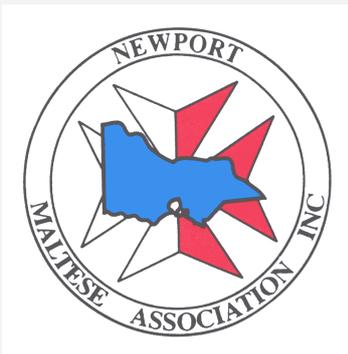
[Organ Pipes Rd, Keilor North VIC Australia](#)



Loch Ard Gorge

Named after the ship Loch Ard which tragically ran aground in 1878, Loch Ard Gorge is 3.5 kilometres northwest of The Twelve Apostles. Visitors can take the stairs down to the beach or visit the small museum dedicated to the sites history.

[Great Ocean Rd, Campbell VIC Australia](#)



Newport Maltese Association And Senior Group Inc

Sunday 4th July

Sunday 29th August

Monday 13th September

Sunday 26th September

Sunday 10th October

Late October

Sunday 21st November

Sunday 5th December

Friday 31st December

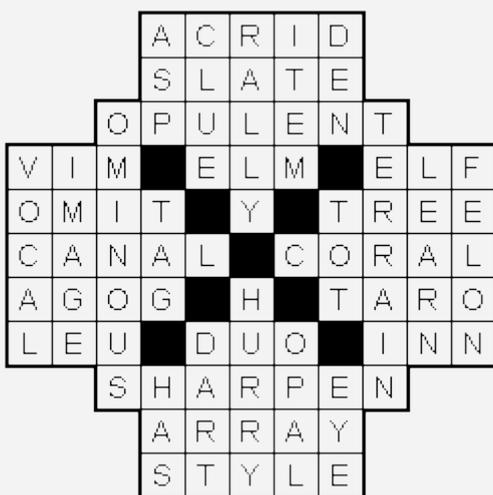
Postponed will be rescheduled.

Postponed will be rescheduled

Spring Carnival Parkville

Christmas Break-Up

New Year's Eve Ball



1. What do Alexander the Great and Winnie the Pooh have in common? Same middle name.
2. I was horrified when my wife told me that my six-year-old son wasn't actually mine. Apparently I need to pay more attention during school pick-up.
3. What is the opposite of a croissant? A happy uncle.
4. If April showers bring May flowers, what do May flowers bring? Pilgrims.
5. Which branch of the military accepts toddlers? The infantry.
6. Did you know you can actually listen to the blood in your veins? You just have to listen varicosely.
7. Though I enjoy the sport, I could never date a tennis player. Love means nothing to them.
8. I have a joke about time travel, but I'm not gonna share it. You guys didn't like it.
9. What's the opposite of irony? Wrinkly.
10. I was kidnapped by mimes once. They did unspeakable things to me.

NEWPORT MALTESE ASSOCIATION
AND SENIORS GROUP Inc.
COMMITTEE MEMBERS

Joe Ellul	9744 6096
Andrew Gatt	0416777807
Gwen Busuttill	9333 3693
Olga Ellul	9744 6096
Carmen Casa	9436 8196
Arthur Galea	0439830454
Maurice Spiteri	9469 2067
Carmen Spiteri	9469 2067
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Miriam Camilleri	9398 4018
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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.



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