

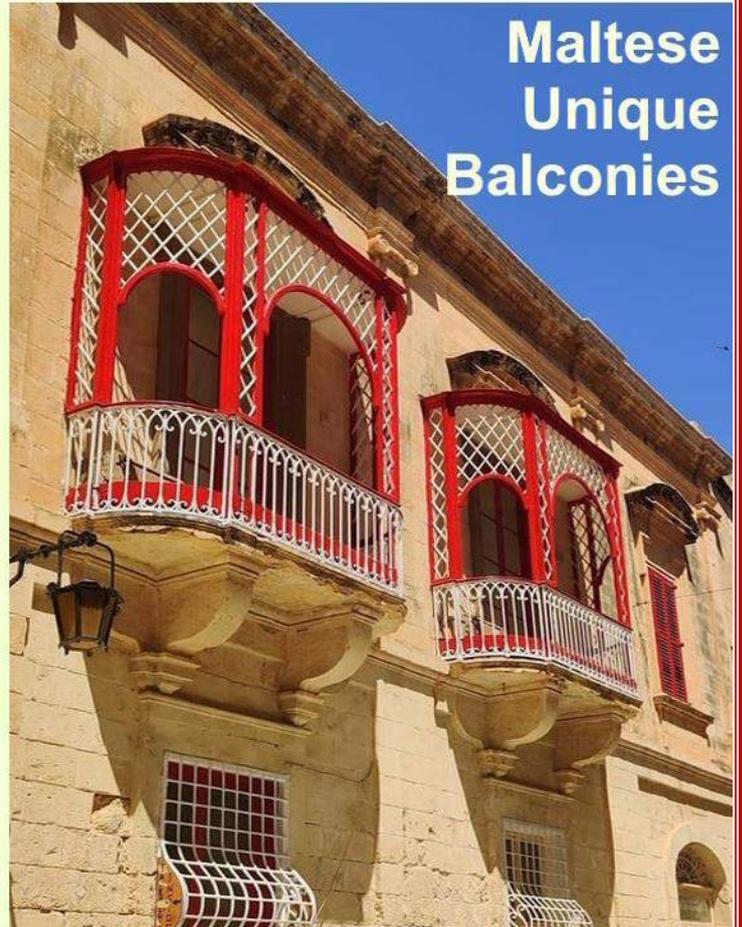
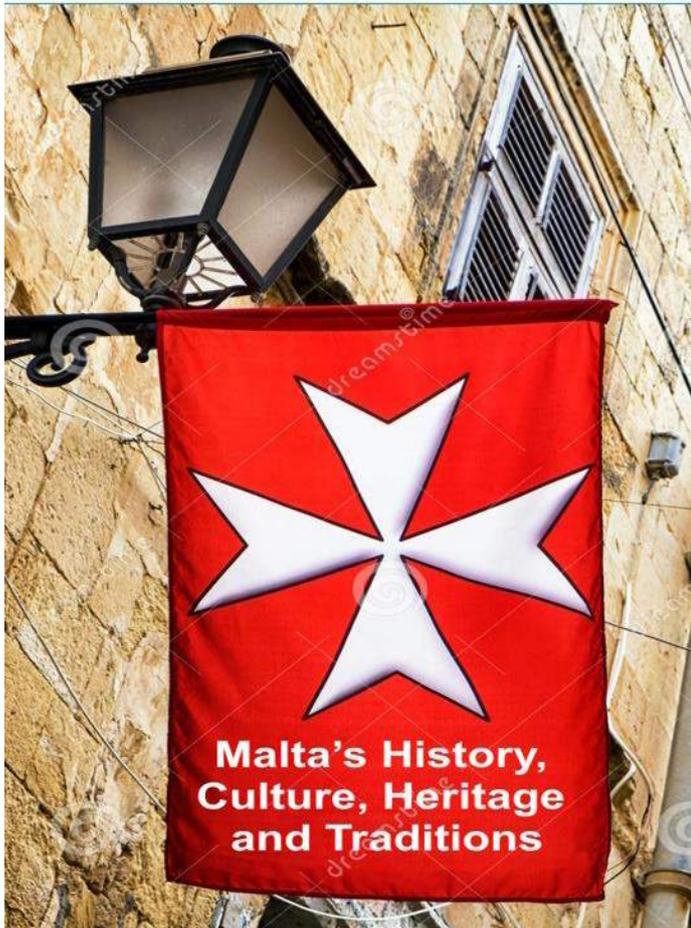


# Maltese Newsletter

Journal of Maltese Living Abroad

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OAM MQR JP

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## Maltese Unique Balconies



**Making Malta proud!  
Roberta Metsola awarded  
Woman of the Year**



**MALTESE-AUSTRALIAN  
AGNES BORG  
IS 104 AND STILL SAYS THE  
ROSARY IN MALTESE**



# St. Paul the Apostle Parish in Toronto under the Pastoral care of the MSSP

From January 1999

Until January 2023



Come join us for a special Mass on Sunday, January 29th at 10:30 am as we bid Farewell and Best Wishes to Fr. Ivano Burdian and the MSSP. We welcome Bishop Kasun on this day as he will be joining us for this celebration.



Thank you to the previous priests of the Missionary Society of St. Paul who ministered at our Parish. We thank them for their leadership, hard work and dedication. We will miss them!



- Fr. Mark Demanuele: 1999 - 2001
- Fr Dominic Cachia: 1999 - 2016
- Fr. Karm Borg (RIP): 2001 - 2015
- Fr. Manuel Parnis: 2015 - 2019
- Fr. Mario Micallef: 2019 - 2022



CONSULATE GENERAL  
OF MALTA  
CANADA

The Consulate General of Malta in Toronto wishes to thank the Missionary Society of St Paul for 23 years of pastoral service to the Maltese community in Toronto, ON, Canada.



Below you will find farewell messages from MSSP members who shared the life of the parish either who served here or spent a significant time here.



**READY FOR THE JOURNEY**

*I have got my leave. Bid me farewell, my friends.*

*I bow to you all and take my departure.*

*Here I give back the keys of my door, and I give up all my claims to my home.*

*I only ask for kind words from you.*

*We were neighbours for long, but I have received more than I could give.*

*Now the day has dawned. A summons has come and I am ready for my journey.*

*Written by Rabindranath Tagore (Modified for this occasion)*

**FAREWELL MESSAGE FROM FR. MARK GRIMA MSSP, SUPERIOR GENERAL** ... Dear brothers and sisters, with whom we share this journey of faith, the time is near to bid farewell to each other. It's never easy to leave people, places or work that you love. Paul, our patron saint, had to do this very often when he left one community to move to his next mission. As a missionary he knew too well that loving people meant that one day he had to suffer their loss. But it was worth the pain and effort, because for him sharing Christ was his primary goal. Like him, today, we feel this sense of grief because relationships were built, while joys and sorrows were shared during these last 24 years. Our desire as MSSP was always to share with you our faith in Christ, build the Maltese Christian community and be of assistance to all those in need. I do hope that, with all our limits, we managed to come near to our goal. Thank you all who were always close to our MSSP priests in their ministry and needs. We remember the many brothers and sisters in this Maltese-Canadian community who are no longer with us and are interceding for us from heaven. Our desire is the same as that of our founder Joseph De Piro, let

us continue to share the faith that St. Paul has brought to us, particularly with the new generations. God bless you all, and will keep each other in our prayers.

**FR MARK DEMANUELE WRITES:** Dear Parishioners at St. Paul's Dundas Toronto! I still remember the first few days with you when I came to the Parish. I was anxious and did not know what to expect. However, the warm welcome, the joy, and the love of the Maltese community changed everything. It's been a while since I left, but I assure you that you are always in my heart, as that was my first assignment out of Malta. You made it easier for me, and even though I was still young, you helped me grow and mature in my ministry. Thank you for all the love you showed, and even if the MSSP community was unknown to most of you, you welcomed us with open arms. I am sad that we must let go of a beautiful community, but circumstances are not encouraging. However, I cherish every day I was in the parish as the first MSSP Parish priest. Though we passed through hard times, we overcame them, making the parish beautiful and welcoming to many other people of different nationalities. I assure you that you are always part of my life, and thank you for making it so meaningful. God bless you! Dear parishioners below you will find farewell messages from MSSP members who shared the life of the parish either who served here or spent a significant time here. St. Paul the Apostle Parish under the Pastoral care of the MSSP January 1999 January 2023.

**FR DOMINIC CACHIA WRITES:** Dear Parishioners, I spent seventeen years among you, a special and blessed time. Recently, I had the unexpected opportunity to be with you once again. I was glad to see you again, as you were happy too to see me again. Once again we shared happy and sad moments. We had moments too of socializing especially at the New Year's Eve dinner dance and other events. With Fr. Ivano I shared the ministry of celebrating masses, funerals and both hospital and home visits. Now that the time has come for the MSSP to move I encourage you to continue to love and support the Maltese/Canadian Parish of St. Paul by coming to worship together and help the new Administrator Fr. Roy to continue to bring you closer to God. You are in my love and prayers. God bless you all.

**FR EMANUAL PARNIS WRITES:** I wish to take this opportunity of our departure from St. Paul the Apostle Parish in Dundas to thank the parishioners for all the

support they gave me during my time there. I wish you all the best and I promise to keep you in my prayers. May God bless you and keep on guiding you on and on in your spiritual journey.

**FR MARIO MICALLEF WRITES:** Times of transition are never easy. Even harder are times when one has to say goodbye. And yet, these are part of the life of every human being, and of every group where people gather. The parish community is not immune to this. As we, Paulist Missionaries, say goodbye to St Paul's in Toronto, I find myself reflecting on my own time shared with you as your pastor.

During this time friendships were formed, happy moments shared, and tears joined in moments of sadness. I know sometimes I might have hurt or disappointed someone, through human weakness rather than bad intent, and for this, I am truly sorry. Yet, thankfully the good times by far outweigh the bad ones. Many beautiful memories shared with many of you will stay etched in my memory for a long time to come.

As the parish moves into new, uncharted waters, I assure you of my prayerful support. As what happened to St Paul on the road to Damascus, moments of complete darkness and a sense of loss can lead, with God's grace, to a wonderful and bright future. God's providence has never failed us. I strongly believe it will not do so now. May God abundantly bless each and every one of you.

**FR. FRANKIE CINI WRITES:** I was a deacon at Dundas during my studies in Canada in 2000-2002. Over thirty people then came over to Zebbug Gozo, on the 18th of August 2002, for my first solemn Mass. My memories of St. Paul's are etched in my heart even at this sad time of parting. In those days with Frs. Mark Demanuele, the late Fr. Karm Borg, and Fr. Dominic Cachia I found my feet as a young minister and was

shaped by the friendliness of the parishioners. The lasting genuine friendships nurtured, and that time have remained special gifts on my journey! I have faith that this new chapter in the history of the Parish is an invitation to explore new ways of seeking the Lord's calling to faithfulness and joy. And if ever in Malta, our MSSP places are your home, always!

**FR GIOVANN TABONE** writes: Dear all, looking back albeit still very fresh my time with you last year was indeed a great blessing. Even if it was brief and most of my time was occupied with my studies, yet you made it, literally, living at home away from home. For this, for all your hospitality, friendship and truly 'being Maltese' made my sojourn indeed a blessing.

For this, thank you. While for us as MSSP, this chapter is certainly a bitter time of letting go, yet myself joining the chorus of other MSSP brothers who ministered and stayed at our beloved Maltese community in Canada was an honor and great delight. May you continue to be a seed of true witness to our Christian faith and heritage! Blessings.

**FR. IVANO BURDIAN WRITES** My dear brothers and sisters of the parish, the time has finally come to say goodbye. When I arrived in 2019, I was a bit hesitant because I was thinking what am I, an Aussie-Italian, going to do among the Maltese-Canadian community? That hesitancy disappeared pretty quickly due to the warm welcome I received and the relationship we built over these years. Together with Fr. Mario, it has been a true privilege to walk in faith with you and to be of service. We have laughed and cried, shovelled plenty of snow, and met Christ in many ways.

Despite the sadness I feel, I have been blessed with this experience with you. I ask you to hold me in your prayers as I take my next step as I promise to hold you in my heart and prayers as you move into the future together with Fr. Roy. May our faithful God bless you all.

**The editor, staff and readers of the Maltese Journal thank, salute and farewell the Fathers Missionary Society of St Paul who administered St Paul the Apostle parish church since 1999. This church is the heart of the Maltese community in the Toronto, Canada.**

**Previously, the parish had been run by the Franciscan Fathers of the Malta Province. The church's complex also hosts a Maltese-Canadian museum, curated by Malta-born Mr Richard Cumbo. Information, books, and hundreds of memorabilia were collected and archived in this museum by the Maltese-Canadian community and preserved for future generation. We urge the community to stay connected and united..**

## Socceroos star named Young Australian of the Year



Popular Socceroos star Awer Mabil has been named the 2023 Young Australian of the Year, following in the footsteps of Matildas captain Sam Kerr who received the award in 2018.

27-year-old Mabil also received South Australia's Young Australian of the Year award this year for his advocacy for refugee communities in Australia and those living in camps abroad. Mabil – currently playing for Czech heavyweights Sparta Prague – was unable to attend the ceremony in Canberra, with his award instead accepted by his mother and uncle.



Australian Prime Minister Anthony Albanese presents the Young Australian of the Year winner to mother Agot Dau Atem and uncle Michael Matiop of Awer Mabil during the 2023 Australian of the Year Awards at the National Arboretum on January 25, 2023 in Canberra, Australia. (Photo by Martin Ollman/Getty Images)Source: Getty Images

The flying winger grew up in Kakuma Refugee Camp in northwest Kenya after his family escaped civil war in Sudan. After moving to Australia in 2006 aged 10, Mabil has gone on to become a key figure in the Socceroos, scoring a crucial penalty against Peru to book Australia's place in the Qatar World Cup.

Mabil co-founded his own charity, Barefoot to Boots, alongside his brother Awer Bul.

The non-profit originated from a trip Mabil and Bul made back to Kakuma Refugee Camp in 2014, where the pair gifted football jerseys to some of the estimated 180,000 refugees living in the camp.

According to the organisation, over 2000kg of football boots and uniforms have been donated so

Zac Rayson from Fox Sports

far, before broadening their activities by sending medical equipment including incubators and ultrasounds as well as sanitary items to help young girls meet basic needs and be able to attend schooling.

"To be honest, it hasn't sunk in yet," Mabil said at his Prague club in vision shared by Football Australia.

"For me it was an honour just to be nominated. Two months ago I was also nominated for the South Australian Young Australian of the Year. For me that was a big moment. To win that was one of the biggest moments in my life.

"To be able to be named Young Australian of the Year gives me power to continue doing what I'm doing. For me, I love to help people. I'm really motivated to build on from this."

Mabil said: "My mum and my uncle went to Canberra ... It was quite cool, when they called me (saying): 'we just met the Prime Minister!'"

He added: "Yesterday I facetedimed them and talked to some people there. Actually, I talked to Craig Foster, we had some nice words to each other. That was pretty cool, to talk to somebody who's a former Socceroo and also doing amazing, great stuff for our beautiful country. For me, that was nice."

Foster was nominated for Australian of the Year for his tireless advocacy for asylum seekers and multiculturalism, and played a role in helping Afghanistan Women's National Football team escape that nation after the Taliban gained control last year.

Michael Matiop reacts as he prepares to receive the Young Australian of the Year award on his nephew Awer Mabil's behalf during the 2023 Australian of the Year Awards at the National Arboretum on January 25, 2023 in Canberra, Australia. The Australian of the Year is a national award given to an Australian citizen by the National Australia Day Council. (Photo by Martin Ollman/Getty Images)Source: Getty Images

Mabil revealed he only found out about the award in the minutes before training – and understandably struggled to focus on the training paddock.

"I woke up and I tried to keep my phone on silent. Just before I went out to training that's when I found out I had won it! So I quickly turned off my phone and went to training before I got distracted," he laughed. "But during training I was obviously distracted, thinking how big this is for my family and also for our footballing community."



## AGNES BORG IN AUSTRALIA, WHO SUFFERS FROM DEMENTIA, IS 104 AND STILL SAYS THE ROSARY DAILY IN MALTESE

Agnes Borg, originally from Qormi but who has been living in Australia since 1964, turns 104.

Coryse Borg

WHEN Agnes Borg celebrated her mothers' 102nd birthday, her daughter Mariza came out with a unique way to make the day special for Agnes, who has dementia.

"We have been meeting some nice residents in the area on our walks. A couple of years ago I engaged the community by inviting them to send mum a birthday card to make her feel loved. We received close to 100. I thought mum would enjoy the fuss by people in our neighbourhood, and I will try anything to make mum have a bit of happiness in her last years with us. Hence the community 'walk with Agnes' was born," Mariza Harris, Agnes' daughter told [Newsbook.com.mt](http://Newsbook.com.mt).

Through the 'walk with Agnes' event, Mariza invited people from their community to go on a walk with her mother to celebrate the occasion.

Mariza says that her mother was always busy doing the necessary motherly things to raise her 10 children. ***I remember her doing her hair in that 1940 style – the 'romblu' at the front of her hair***

"Mum was a very thoughtful, caring, quiet and kind person and helped neighbours in need when she could. She never had a bad word to say about anyone. She would lend people things like a large pot, sugar, flower, potatoes or whatever they needed if she had it. Mum would look after their kids and even send some of us to help if we were old enough. She never asked for money for helping. I remember her teaching herself to speak and read English and enlisted our help. Mum also speaks and reads Maltese, Italian and a bit of Latin," says Mariza, "She liked to keep herself well groomed and I remember her doing her hair in that 1940 style – the 'romblu' at the front of her hair."



All 10 of Agnes' children were born in Sliema, Malta. Mariza was six years old when they arrived in Australia.

"I remember our beautiful home in Sliema, and the stairwell we often played on. The 'helwa tat-tork' at the bottom of the stairs which was placed in two large statues hands. I remember my beautiful aunties and uncles (mum's siblings) and how much they loved mum and us kid's. I remember the water and playing there with my siblings," she says.

***Agnes and some of her siblings Gesualda, Melita***

***and Carmelo in 1993***

Agnes went back to visit her siblings at least four times over the years.

"The last time I believe was in 1989. It was hard for her to save the money to travel due to her circumstances. In 1964 the family immigrated to Australia. In 1968 my dad passed away leaving mum to pay three mortgages and raise us children. It was a struggle; however mum managed to clear the debts and keep the family intact. I remember her often crying because she was worried the authorities would take the little ones away because of financial hardship," reminisces Mariza.



***Agnes and Carmelo in Malta***

Agnes and Mariza now live in Sydney. Mariza moved to St Clair in 1982 when she got married and she arranged for her mother to build and live next door to her. In 1986. Mum sold her home in Smithfield NSW where she lived for 20 years and lived with Mariza for a year till they did all the necessary running around to organise the construction of her house.



Agnes and her husband Leone in Sliema, 1945 Agnes' sister Melita, Agnes' mother Giuseppa Borg Gauci and Agnes

Agnes has had noticeable dementia since around 2007.

"By noticeable, I am referring to lapse in judgment impacting her safety. I had to start putting lots of procedures into place to ensure her safety. One of the first things I did was to purchase a mobile phone with a GPS tracking device. This was due to Mum forgetting which bus stop to get off when she went to her daily social activities," explains Mariza, who had to retire from full time employment in 2009 to take care of her mother.

*In her mind, home is back in Qormi with her parents and siblings*

Now, at 102 years old, Agnes has become quite frail and is no longer able to support herself on her legs. "I stay with mum in her room every night to help her when she needs to use the bathroom, which could be up to six times a night. She sleeps much of the daytime and at night she cannot sleep, which is to be expected. I don't like leaving mum alone due to falls risk and also mum is scared as she often forgets this is her home. In her mind, home is back in Qormi with her parents and siblings," Mariza says.

"I think Mum will be very excited and bewildered at the same time, that so many people have an interest in her and appreciate any flowers or cards she may receive. She will probably wonder what all the fuss is about!" she concludes.

Agnes Borg just celebrated 104th birthday. She emigrated to Australia in 1964 and has been suffering from dementia since 2007. Despite this, **she still regularly says the rosary in Maltese.**

In a comment to Newsbook.com.mt Mariza, Agnes' daughter said that "dementia stole many of my mother's memories but it did not steal her faith, manners and dignity".

"Her mind tells her that she still lives in Qormi and not in Australia" - daughter Agnes

Mariza described dementia as a cruel disease.

"My mother is going through a lot of suffering ... and I am with her. It is hard to see her deteriorate and suffer in this way. All this is mentally and physically exhausting. People think that dementia is just the disease, but it is much more than that. Not only does it destroy the person with it, but it affects the person's carers as well. I pray that the mother will not have to suffer anymore," added daughter Agnes, who is one of the ten children the woman had and who she raised alone after being widowed in 1968.

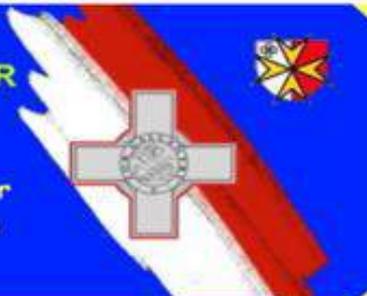
If you would like to know more about Agnes, you may do so on the Facebook page [Come walk with me, my mother Agnes and dementia](#)



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WE LOVE TO HEAR  
FROM YOU  
SHARE AND  
CONNECT WITH  
OTHERS**

**MALTESE  
E-NEWSLETTER**

The Journal for  
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Abroad



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## Il-Balbuljata fil-kitba tal-kliem Ingliz li daħal fil-lingwa Maltija u

I-ortografija tiegħu għadha qed tħabbel moħħ il-Kunsill Nazzjonali tal-ilsien Malti li madankollu qed jaħseb li f'qasir żmien joħroġ bid-deċiżjoni tiegħu



u jagħti regoli u direzzjoni kif għandhom jinkitbu bosta kliem misluf fil-Malti mill-Ingliz..

“Ir-regola prezenti li hemm tgħidlek li jekk kelma daħlet fil-Malti inti għandek tiktibha fonetikament jiġifieri kif tħossha kif tismagħha tiktibha u hawnhekk jibdeu il-problemi mbagħad.” Kif jispjega Dr Farrugia b’dan il-metodu mhux kollox ward u zahar. Irrimarka li waħda mill-problemi hi li mhux kulhadd ilissen l-istess kelma bl-istess mod.

“Hemm min jgħidlek festival u *festivil* x’se nikteb jiena liema hi t-tajba festival jew festivil u għandek kliem ieħor ngħidu aħna cupboard. *Kaberd* ħa nikteb jew *kabord*.”

Id-diffikultajiet ma jiqfux hawn... għax il-kliem Ingliz fil-Malti mhux biss jinkiteb kif jinstema’ iżda jeħtieġ li jsegwi r-regoli tal-Malti. Dr Farrugia semma l-eżempju ta’ kliem bħal team (tjtm) u diese l(dijzil), li fihom tinstema l-“j” iżda skont ir-regoli tal-Malti għandhom jinkitbu mingħajrha.

“Bħalha għandek il-kelma scooter qed tisma l-ħoss ta’ w imma skont ir-regoli tal-Malti ma tistax tiktibha dik il-w.” Meta wieħed jikkonjuga l-verb... m’għandux iħallat l-Ingliz u l-Malti fl-istess kelma.

“Eżempju l-verb *tikkowċja*. Jekk ħa nħalli l-verb bl-Ingliz... kif se niktibha nicoachja jiġifieri jekk se niktibha bil-Malti niktibha kollha bil-Malti ma titsax tħalli biċċa bl-Ingliz u biċċa bil-Malti.”

Il-kelma Maltija għandha dejjem tingħata preferenza u m’għandux jinħoloq kliem ġdid b’kapriċċ.

“Darba smajt lil xi ħadd pereżempju jgħidlek għaliex ma nużawx il-kelma ħussab minflok kompjuter. Issa jekk jien se nmur għand tal-ħanut ħa ngħidlu tini ħussab ġdid ma jifhimix qed tifhem trid tkun realistiku.”

Ħafna għandhom inċerti dwar liema kliem jiktbu bl-Ingliz jew liema kliem Ingliz jiktbu kif jisingħu. Għaldaqstant id-diskussjoni dwar kif għandhom jinkitbu dawn il-kliem li qed jitwaħħdu fl-ilsien Malti għadha għaddeja.



F’ħafna ilsna l-isem Google sar ifisser magna tat-tiftix fuq l-internet, tkun liema tkun.

U spiss dawn il-lingwi jnisslu wkoll verb minnu, bit-tifsira ta’ tfittex xi tagħrif online: bl-Ingliz “to google”, bil-Ġermaniż “googeln”, bit-Taljan “googlare”, bil-Kroat “guglati”. Anki bil-Malti tista’ “tiggugilja”. U jekk trid tista’ “tittwitja” (Twitter), “tiskajpja”

(Skype) u “tinstagramma” (Instagram). Jekk tiggugiljahom, kollha jitilgħulek.



## Pioneer broadcaster Victor Aquilina passes away

Victor Aquilina, one of the pioneers of Maltese broadcasting, has passed away in Australia. He was 92-years-old. Aquilina was the first dj on cable radio, which was run by Rediffusion. He had joined it in 1950.

He had also worked as a programme producer and newscaster during his career, and went on to become head

of programmes in 1971. He had been involved in the production of a number of TV programmes when Malta Television was set up in 1962.

When he migrated to Australia, he headed SBS Radio Melbourne, where he produced programmes for the Maltese community in Australia.

## Who is Adelaide Cini?



Adelaide Cini was the thirteen child coming from a wealthy family. She was born on 25 October 1838 in the capital city of Malta, Valletta.

She was 18 years old when she went to knock at the door of the Convent of St. Catherine in Valletta. The pious Sister Giuseppa Baldacchino who met her at the

barred familiar window was impressed to see this thin weak daughter of the wealthy pasta factory owner in front of her asking to be accepted as a postulant nun.

Later Sister Giuseppa was convinced of Cini's religious background, but as she was under a psychological strain following a marriage

proposition to which her parents objected, she advised Cini to return to her home and wait for God to show her the real nature of her vocation.

Later Cini came across a young Sicilian prostitute who was becoming known for her activities among the more affluent sectors of society. She befriended the woman and persuaded her to live with her at her parent's home.

The Sicilian woman had redeemed herself, and Cini embarked on a mission among numerous abandoned girls from the poorer classes of the Maltese society. With the financial help of John Asphar and his wife Angelica she opened her first home for unmarried mothers.

Cini turned her father's pasta factory into a conservatory for the more needy girls following her father's death. Cini died on 28 March 1885, aged 46. She was originally interred at the Santa Maria Addolorata Cemetery in Paola. Her remains were exhumed and transferred to her Institute on October 15, 1919.



### ORDO EQUESTRIS SANCTI SEPULCHRI HIEROSOLYMITANI

Locumtenentia Melitensis 18 Moonlight Ville, Triq il-Qasba, Ibrag SWQ2422 – MALTA.

Email: [admin@eohsjmalta.com](mailto:admin@eohsjmalta.com)

## CARDINAL GRECH HONOURED BY THE ORDER OF THE HOLY SEPULCHRE



His Eminence Cardinal Mario Grech, Secretary General of the Synod of Bishops was conferred with the Grand Cross of the Equestrian Order of the Holy Sepulchre of Jerusalem by the Cardinal Grand Master Ferdinando Filoni, on the 25th January 2023. A delegation led by H.E. the Lieutenant Roberto Buontempo,

composed of members of the Council of the Maltese Lieutenancy was present for this historical event, which was held at the Order's seat Palazzo della Rovere, located a few meters away from St Peter's Square in Rome.

This historical palazzo predates Saint Peter's Basilica by more than five centuries. The following day members of the council were invited to a thanksgiving mass celebrated by Cardinal Grech inside the Clementine Chapel located within the underground necropolitan grottoes and Papal crypts of St Peter's Basilica. The mass was concelebrated by Rev. Can. Chev. Robin Camilleri.

With some 30,000 Knights and Dames across the world, the Order

of the Holy Sepulchre is a Central Body of the Catholic Church. It is one of two Orders officially recognized by the Holy See and its mission is to support, through donations, the pastoral, educational and social works of the Latin Patriarchate of Jerusalem, including the territories of Jordan, Palestine, Israel and Cyprus. The philanthropic aspect of the Order's activity is closely related to the members' spiritual commitments and their participation in Holy Land pilgrimages, both of which deepen the links between the Mother Church of Jerusalem, the local Churches, and the universal Church.

## The 'us' and 'them' demarcation continues to be root of human suffering - President Vella



We are duty bound to commemorate the victims of the Holocaust but we should, as from now, reflect and raise our voices on the ongoing suffering of the unfortunate millions who become victims of the politics of division and the machine of war, and who fall within the categories of the disenfranchised, the poor and the forgotten, President of Malta George Vella said.

"If we do not do it now, who will be organizing a Remembrance Day for these people in the future?" he asked.

In an opinion piece published in The Malta Independent today, Holocaust Remembrance Day, President Vella writes that "segregation through political and legal means, and the use of dehumanizing language and policies erecting mental and physical demarcations between 'us' and 'them', continue to be at the root of human suffering and injustice."

President Vella also referred to the "millions of unborn babies" who are killed before seeing the light of day, many other millions who live in the "most abject of conditions" and more millions of refugees who are searching for stability and security.

"The ideology that certain people are superior to others still exists. Whether we admit it or not, this is at the basis of racism, xenophobia, discrimination, and apartheid," he writes.



**Relations between Malta and Australia need no introduction.**

**On the occasion of the National Day of Australia, Dr. George Vella, President of Malta remarked that the two countries enjoy excellent bilateral relations and have developed a political rapport which has resulted in many high-level exchanges and a robust corpus of agreements.**

**Malta and Australia have built strong relationships beyond the bilateral levels.**

**Both are members of the global community. He says, ' I am confident that Malta's outstanding relationship with Australia will continue to be strengthened in the future.**

**THE MALTESE  
E-NEWSLETTER**

Published in Adelaide,  
Australia since 2013  
free, bilingual and non-political  
The editor and team  
produce this journal mainly  
for Maltese living abroad.



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AND EMPOWER MALTESE  
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## Joseph Galea OAM



With his guitar and knowledge of Maltese folk music, Joseph Galea OAM has spent 40 years filling a hole that Australia's establishing Maltese community initially didn't know it had. "In 1975 I was asked to play folklore guitar songs by the Maltese Council in Sydney," he recalls. "I was in a band playing rock and roll, but when I was asked to play at this special

event, it sparked a lot of interest. The community was hungry for the culture that they had left behind in Malta. There was a thousand people at that event and they reacted so strongly to hearing their music, their culture."

Ever since, Mr Galea has been taking Maltese folk music not only to the Maltese community, but to wider audiences and including Italian and Spanish songs in his repertoire.

"There is still work to do in maintaining connection with Maltese culture, particularly as the original cohort of Maltese migrants is ageing."

"I came to Australia when I was ten years old. I loved Australia as soon as we docked in Fremantle. I loved the coastline and the wide open spaces."

On being awarded the Medal of the Order of Australia, Mr Galea says, "I am humbled and honoured and would like to acknowledge my wife's support and contribution as well. We have a lot to thank Australia for."

**GHAWDEX**  
**#INHOBOK**

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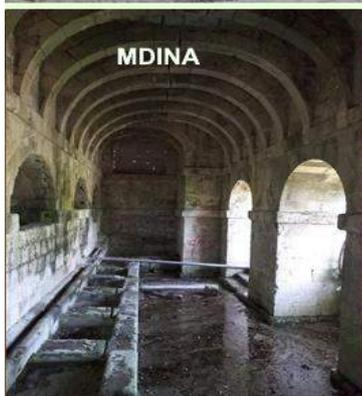
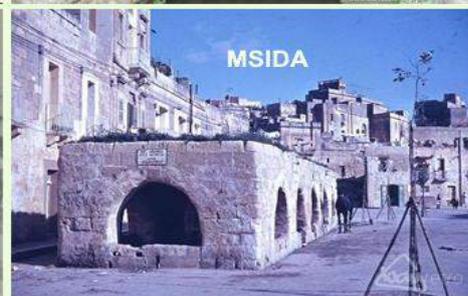
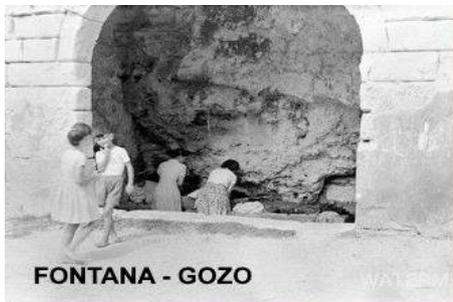
**FREE EVENT**

GOVERNMENT OF MALTA  
MINISTRY FOR GOZO

Cultural Heritage Directorate

FEVASI

# Maltese housewives used to wash their clothes in back in the day



*What a nostalgic hit!*

*Caroline Curmi*

Back when Maltese households didn't have water and electricity supplies, matriarchs used to carry their washing to communal springs where they'd wash their clothes while catching up with the gossip of the day. Referred to in Maltese by the literal translation *L-Ghajn tal-Hasselin*, most of the sites have now been relegated to tourist attractions. However, their charm prevails and washer springs continue to be a well of nostalgia for locals and a source of allure for visitors. Below are six Maltese springs which were used on the daily by housewives.

## 1. FONTANA, GOZO

One of the most famous washer springs on the islands, this site makes the list of Gozitan must-sees. The irrigation system used is a very old one, yet the spring remains functional to this day. Driving past on your way to or from Xlendi, you can still sometimes

spot an old lady or two with their blue plastic basins, furiously handwashing their garments in a serene setting.

**2. DINGLI** A slippery flight of stairs between Diar il-Bniet and Sta. Domenica Church will lead you down to this natural spring. Situated right across a valley, the spring provided a near-constant supply of fresh water to nearby communities.

**3. MARSAXLOKK** While the area has been preserved, the spring's overhead wooden structure has been removed. However, the community has chosen to commemorate its original purpose with a beautiful statue of a man clambering out of the spring with two wicker baskets and heading towards two young children with fish at their feet, linking the spring with the village's fishing history. What a cute touch!

**4. MSIDA** In plain sight of most, its unfortunate placing in the middle of traffic central means it's often overlooked. Constructed in 1705, the spring lay abandoned for a long time resulting in a health hazard for residents due to drainage overflows and resultant stagnant waters. Efforts have been made to restore it and remove potential risks.

**5. MDINA** Located near Mdina's western gate, this spring has been abandoned for a long time, and a call was issued in 2010 warning of its potential collapse. Erected in the 17th century during the time of the knights, the constant water supply resulted in the erosion of its foundation. It is not known whether the spring was restored as part of the 2015 project by the Mdina Local Council to bring the Casino Maltese adjacent to it back to its former glory.

## 6. GHAJNSIELEM, GOZO

Commissioned in 1710, the spring enjoyed immense popularity in the 18th and 19th century. Due to its later abandonment, the spring fell into a pitiful state and was removed in the '50s to make way for a square. Although most of the original Ghajn tal-Hasselin is no longer, a replica of it – with the inclusion of some original features – was inaugurated in 2015.

*Do you remember any of these in use?*

### Maltese Community Council of Victoria, Inc.



## Wenzu u Rozi

18-19 February 2023

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**GORGINA ATTARD**

**MUSICWORX** is delighted to present Gorgina Attard in the role of Zolli, Rozi's sister.

Born in Canada, Gorgina and her family returned to Gozo when she was a young child. She remained there until she migrated to Australia in 2012. Gorgina has enjoyed music and musicals for as far back as she can remember and had also performed in school plays in both primary and high school. Familiar with past musicworx productions, Gorgina was keen to join the Wenzu & Rozi cast when the opportunity presented itself, recalling the stories of the elderly couple from childhood books. In her free time, Gorgina enjoys spending time with her family and taking care of her three kids.

**WE ALWAYS KEEP THE  
MALTESE LIVING  
ABROAD ON THE  
MAP**

## 'Bajtar tax-Xewk' -The Prickly Pear Fruit in Malta



When traveling down almost any country lane around the islands it is often hard to miss the ever abundant cacti that flow over the Hajt tas-Sejjeħ (rubble wall/dry stone wall) lining the roads. These flat cacti are the source of one of Malta's more unusual products and national

obsessions ... the prickly pear.

Prickly pears are known as 'Bajtar tax-xewk' (*Opuntia ficus-indica* or Indian Fig) grow with large flat, rounded cladodes (also called platyclades) which often become magnificently tangled and twisted sculpture-like objects, were it not for farmers lopping off bits from time to time it might well take over. In the past farmers would use it as a boundary between fields; it is certainly as the most effective deterrent to both the intruder and wandering livestock, the spines are after all quite sharp. Like all true cactus species, prickly pears are native to the Western hemisphere. Prickly pear species are found in abundance in Mexico, the western United States in the arid regions in the Northwest and throughout the mid and lower elevations of the Rocky Mountains such as in Colorado.

Throughout the heights of summer, the Prickly pear reigns supreme in Malta's landscape. The small fruit gradually emerges throughout the year attached to the end of the leaves and are ripe when they turn into any variety of bright colors. One will find shops and vans that sell them, kindly they remove the spines, which is certainly a relief. However, some brave souls may choose to pick and peel them for themselves, though this is best left to hardy folk whose hands seem glorious immune to the little spines. When peeled the color inside is a positively diverse rainbow of

options with greens yellows, reds, and purples being among the more common.

While abundant, Malta does not seem to make a great deal of use from its Prickly pear harvest. In Sicily, they are adventurously turned into a plethora of delectable treats including candies, granitas, sorbets, ice creams and jellies as well as serving it up as dessert in restaurants. Here it is usually served one of two ways, either raw, where it has flavors similar to watermelon, honeydew melon, strawberries, and figs, or as the traditional liqueur Bajtra. The procedure required to make the liqueur Bajtra begins with the extractions of the juices, and while the process is complicated and does require some effort, the fermentation process is similar to that of winemaking. When completed it appears as a baby pink liquid, should be served ice cold and lends itself dutifully as a delightful after dinner drink. The juice of the pears can be also turned into jam.



The fruit is collected between August and September of each year from local farmers. The pulp from the fruit is extracted from the plant which is the typical "plate shaped" leaf, is sieved into vets and fermented with the addition of a yeast species. It is widely believed that prickly pears have medicinal properties. Many chemical compounds have been extracted from it which have been found to be useful against several conditions especially inflammations. In Malta, it was used against stomach aches, bone pain, inflammations, and insect stings.

Interestingly, a species of scale insect thrives on the prickly pear. This insect produces carmic acid which is used to make cochineal, a red dye used in red food coloring and cosmetics. The dye was used by the Aztec and Mayans in Oaxaca, Mexico, and exported to Europe, today it is still used as the coloring agent for all red Smarties. *InterContinental Malta*.

## The Sword of Grand Master de La Valette



One of the most precious treasures belonging to the Order of St John was the Sword and Poniard (dagger) of Grand Master Fra' Jean de La Valette. The great victory of the 8th September, 1565 at the

end of the Great Siege of Malta earned the admiration and gratitude of Christendom. The crowned heads of Europe vied with each other to honour the Order in the person of its victorious Grand Master Fra' Jean de La Valette.

The gifts of the king of Spain, Philip II, a sword, poniard and gurdle, were to become among the most treasured emblems of the Order of St John. On the sword were engraved these words: PLUS QUAM VALOR VALETTE VALET. The gifts were presented to La Valette by an envoy from the king, Fra' Antonio Maldonado. He delivered a eulogy before a large gathering of members of the Order and many foreigners who were on the island at that time.

Fra' Antonio Maldonado acclaimed the Grand Master as the greatest of leaders in Christendom and exhorted him to maintain the struggle against the enemy. La Valette was deeply moved by the envoy's words. He replied that without the intercession of the Virgin Mary, whom, he had implored in battle, the victory would have been impossible. In gratitude he had already proclaimed 8th September, the Feast of the

Nativity of the Blessed Virgin, was to remain a national feast day of the island, and that from now on the Sword and Poniard would be carried, unsheathed, in the ceremonies of thanksgiving carried out on that day as a sign of readiness to take up arms in defence of Christianity.

La Valette decreed that the Sword and Poniard should be kept in the Treasury of the Order. When Valletta was built and the Magistral Palace completed, the treasures were kept in the Armoury and only removed in accordance with the instructions of La Valette. On these occasions



the Sword and Poniard were carried by a favourite page of the Grand Master-

usually the son of a high-ranking nobleman. These gifts now became regalia and added to the splendour of the Order's ceremonial.

The gurdle was made of gold while the Sword and Poniard were masterpieces of the jewellers art. The hilt and pommel were enamelled and embossed in gold with decoration of emblems of knighthood finished off with scrolls. The precious stones which encrusted both hilt and pommel gave a flashing brilliance to the weapons when held aloft.

The last appearance of the Sword and Poniard in the Conventual Church of St John Valletta, Malta at the celebration of Victory was in 1797, a few weeks after the election of Grand Master Hompesch and nine months before the surrender of Malta to Napoleon and the French. It was then that the Sword and Poniard were taken from the Treasury of the Magistral Palace. The whereabouts of the girdle is unknown but the Sword and Poniard presented to La Valette by Philip II were taken to France where they are now on display in the Louvre.

  
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### SAINT NICHOLAS FESTA COMMITTEE

**Sunday 19<sup>th</sup> March 2023**  
 Good Shepherd Parish Hall  
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**THE BIG FETE – FIERA TAL – FNIK**  
 At 1.30pm

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**ENTRY IS FREE AND PLENTY OF PARKING**  
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Variety Night on Saturday 29<sup>th</sup> April  
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 Fiera on Sunday 15<sup>th</sup> October  
 Dinner Dance Saturday 11<sup>th</sup> November  
 The Feast of St Nicholas on Sunday 3<sup>rd</sup> December

For further information please contact:-  
 The President – Emanuel Vella on 0405 677 064  
 Or  
 Public Relations Officer – Stella Vella on 0414 188 226



Cor Unum Asjm· Celebrating a 50 year journey in Brasil. A huge thank you to our Maltese Missionary sisters who 50 years ago travelled to Brasil to sow the charism of our Mother Foundress there #asjm #grateful

## COMMON IDIOMS PHRASES IN MALTESE

[www.pristineworks.com/blog/11-maltese-phrases-you-need-to-know-malta](http://www.pristineworks.com/blog/11-maltese-phrases-you-need-to-know-malta)

Maltese is hardly the easiest language to learn. Beyond vocabulary and grammar, the language is further coloured by idioms, phrases, inflections and mannerisms that only make sense to someone who has mastered the language. That's how a native speaker will always recognise a true native speaker.

**MELA** (me-la) '*Mela*' is the most versatile and most commonly used word in the Maltese language. Any foreigner will quickly pick up the frequent '*mela*' amid all the strange sounds uttered from locals' mouths. What it means and how to use it is less easy to grasp, however. The use of '*mela*' ranges from, 'So ...' when you're about to begin speaking or tackle something new, to 'Agreed,' 'Of course' or 'Obviously' indicating an absolute 'Yes,' to 'No way!' (*meeela*) which is the complete opposite!

**UWEJJA** (uu-wey-ya) Another very versatile word, '*uwejja*' literally means 'Oh come on!' It can also mean 'please' when you need to insist, 'hurry up' when you're running out of patience, and 'you've got to be kidding me!' when you've heard something that conjures a sense of disbelief. Like '*mela*', it's the intonation, facial expressions and gesticulations that accompany the expression that convey the right meaning in the right context.

**BIS-SERJETÀ?** (biss-ser-ye-ta) When '*uwejja*' is used in disbelief, it will often be followed by the question, '*Bis-serjetà?*' It literally translates as, 'Seriously?' and is often used by itself to mean, 'Really?' There's often a hint of sarcasm in the undertone.

**JEW** (yeww) When the reaction of disbelief or contempt is high, you'll often find an additional '*jew?*' at the end of a sentence. Literally translated as 'or', it tends to indicate an invitation to prove the opposite is true, as in "*Uwejja, bis-serjetà, jew?*" or "*Int miġnun, jew?* (Are you crazy, or...?)" It can also indicate impatience, as in "*Inti ġej, jew?*" meaning, "Are you coming, or... (should I leave without you)?"

**TA! (TÀ)** Quite the opposite and in good response to '*Jew?*' we have '*Ta!*' There's simply no arguing with '*Ta!*' Probably derived from the

word '*Taf*' meaning 'You know,' place '*Ta!*' at the end of a sentence to indicate it is an absolute not to be questioned or discussed. For example, "*Issa nwasslek jien, ta!*" meaning, "I'll give you a lift, no discussion!" That's the kinder version of its use. Another example is, "*Fallini, ta!*" meaning "Leave me alone, and don't even try ignoring this warning!"

**MHUX HEKK?** (muush-ekk) Literally meaning, 'Isn't it so?', '*Mhux hekk?*' also finds various uses from genuine affirmation (not a question) to pure sarcasm (Whatever/WTF) depending on the context and inflection, as well as mannerisms. It is sometimes simply stated as '*Hux?*' The cutest thing is that Gozo has its very own version of this which is '*Ma tafx?*' (pronounced '*Ma tofx?*' or *ma-tofsh*) which translates as, 'Don't you know?'

**HEQQ** (he-qq) Strange filler word this one, because it means nothing at all. It's more of a guttural sound used to indicate resignation, to acknowledge someone when stating the obvious, or possibly to semi-incriminate them when they say or do something that's unwelcome

**AJMA** (aay-ma) Quite fitting for all the scenarios described above for '*Heqq*', '*Ajma*' has the additional possibility of relieving anxiety when you state it in a long loud sigh, particularly when you are fed up or bored. '*Ajma*' actually means 'Ouch!' when one is in pain ... just that the Maltese take it into the realm of psychological and emotional pain not just the physical kind! '*U ajma*,' on the other hand, means, 'Don't make a fuss!' or 'How ridiculous!'

**IL-MARELLI** (mar-el-lee) Interestingly, this expression derives from Malta's deeply ingrained Catholic faith. This versatile phrase is a non-blasphemous modification of the Holy Mother's name and is used whenever one might feel scared, sad or even angry! Indeed, both this and the original '*Madonna*' are widely used in moments of overwhelm or frustration, almost as if calling for divine intervention! Other interesting religious derivatives include '*Illallu*' and '*Illistra*', both of which are more commonly used to express surprise or wonder.

**HI** (hee) '*Hi*' probably stems from '*Fija*' meaning 'brother' and can be used in different scenarios. It will often be used in the absence of knowing one's name. Or as a term of endearment. Or even in condescension! Again, the opposing variations will depend a lot on the tone of voice, the context and the relationship in question. Got it, *hi?*



## About Malta's Ħajt Tas-Sejjeħ

### Malta's Rubble Wall

By **Matthew Baldacchino**

Between the red telephone boxes, the charmingly-uncomfortable wooden promenade benches, and the patchwork fields that dot the (as-yet)-unbuilt areas of the Maltese Islands, we do have a surprising number of eye-catching icons that make you scream "Malta" the moment you happen to lay eyes on them – and the same can be said for the *ħajt tas-sejjeħ*.

While it may not be a purely Maltese creation in its own right, the traditional take on the rubble wall has its own characteristics and carefully thought out structure that have made several older structures stand the test of time.

**They've been around around for a while** Given the similarities of the *ħajt tas-sejjeħ* and similar specimens in Sicily, it is thought that the Maltese rubble wall as we know it today originated around the time of Arab Dynastic rule, dating as far back as the 9th century AD, when both the Maltese islands and Sicily were part of the Arab Dynasty.

**The walls are held up without any concrete** Also known as dry-stone walling, the *ħajt tas-sejjeħ* at its most basic level relies solely on the the irregular but careful layering of different-sized rocks over each other, allowing gravity to do its job and keep the wall up without the need for any concrete. Of course, more modern versions of the *ħajt tas-sejjeħ* employ the use of concrete for more aesthetic purposes.

**Building a rubble wall needs some well-laid planning** There's an art to building a proper *ħajt tas-sejjeħ* and this is clearly seen in the different stones that are used to build the wall. Larger rubble stones constitute the peripheries of the rubble wall and are what most of us have come to associate with the traditional *ħajt tas-sejjeħ*, but the interior of the

wall is filled with smaller stones called *maskan* that help give the wall substance as well as serve a number of functions listed below.

**Soil-sieving 101** Part of the irregular structure of the *ħajt tas-sejjeħ* means that there are several air pockets and channels within the wall, helping it act as a reservoir for soil, preventing severe farmland erosion during heavy rainstorms.

**Their tilt helps keep things upright** In taller versions of the *ħajt tas-sejjeħ*, you can appreciate the thought that went behind building these walls in the first place. The walls are never built perpendicularly but instead taper upwards, with a wider base and a narrower top. This is to prevent a wall collapse as lighter and smaller rocks are used as you go higher up the wall.

**Rubble walls make great habitats** The rubble walls serve as their own microbiome being home to everything from lizards and skinks to beetles and hedgehogs.

**7. They're protected by law since 1991** Rubble walls in Malta are protected by law, particularly because of their role in acting as a habitat as well as for their cultural and historic value.



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## 30km of rubble walls in Gozo restored

**EU-funded €10 million project completed** timesofmalta

Newly built rubble walls which were financed through the project. Photo: Gozo Ministry

Around 30km of rubble walls across Gozo have been restored or rebuilt through a €10 million EU-funded project. Walls along 40 different roads in Xaghra, Nadur, Xewkija, Għajnsielem, Għasri, San Lawrenz, Sannat, Qala, Santa Lucija, Kerċem, Żebbuġ and Rabat were improved as a result, the Gozo Ministry said in a statement recently. The works were led by a division of the ministry named EkoGħawdex. They were co-financed through the EU's agricultural funds. The completed works were jointly announced by Gozo Minister Clint Camilleri

### HAJT TAS-SEJJEIEH

Kliem u Muzika - David Azzopardi

Qalb ir-raba fuq il-gzira , donnu jinseg xi harira ,  
Tara l-bidwi jibni hiemed , bl-akbar sengha w hila kbira ,  
Taht id-dell ta' xi hasira , x'hin tarah lilu tammira ,  
Jibni hajt , hajt tas-sejjieh.

Bhal swar zghar f'eghlieqi mtarrga , dan il-hajt mimli skultura ,  
Fih elf forma, elf figura ta' kull daqs u ta' kull sura  
Fih elf xebh, karikatura , dellijiet , fili miksura .  
X'seher fik , Hajt tas-sejjieh !

Rit - Dari , dari , dari dduur . Tara , tara , tara zgur .  
gewwa x-xari , qalb ir-raba, go l-eghlieqi , kull fejn tmur .  
Jibni b'sengha l-gabillott , ghal ilqugh sigar tal-frott ,  
Jibni hajt - hajt tas-sejjieh !

Bidwi jpejjep wiccu mkemmex - xahmet l-art fuq hajt jixxemmex .  
Xwejha hiemda tirrifletti u gremxul jaqbad l-insetti .  
Tfal u hrief fl-isbah trobbija - il-bebbux ghal frisk mohbija .  
X'seher fik , hajt tas-sejjieh

Fuqek tmil qisa l-mahbuba – sigra xwejha tal-harruba .  
Bejn ix-xquq geblitek griza tixref il-haxixa ngliza .  
gewwa x-xaghari , qalb ir-raba - f'saqwi jhaddar kollu xaba'  
Ssahhar l-art - hajt tas-sejjieh !

Rit: Dari , dari , dari dduur . Tara , tara , tara zgur .  
gewwa x-xari , qalb ir-raba , go l-eghlieqi , kull fejn tmur .  
Jibni b'sengha l-gabillott , ghal ilqugh sigar tal-frott ,  
Jibni hajt - hajt tas-sejjieh !

Bhal swar zghar f'eghlieqi mtarrga , dan il-hajt mimli skultura ,  
Fih elf forma, elf figura ta' kull daqs u ta' kull sura  
Fih elf xebh, karikatura , dellijiet , fili miksura .  
X'seher fik , hajt tas-sejjieh !

## Pope to Order of Malta: after the divisions, it is time for concord



The Sovereign Military Order of Malta is holding an extraordinary Chapter General with 111 members called to elect – under the chairmanship of the Lieutenant Grand Master Fra' John Dunlap and Cardinal Silvano Maria Tomasi, the Pope's special delegate – the Grand Commander, the Grand Chancellor and the other top positions, on the basis of the new Constitutional Charter and the new Codex Melitense.

### **Challenge to the worldly mentality**

Marking the event, Pope Francis sent a message to the order. His reflection on this new journey of the Order opens with his thanks to the members for their “almost millenary” work, carried out in the humanitarian, medical and social fields and which today counts Lampedusa, “with migrants who have fled their countries”, and Ukraine and surrounding areas “for those fleeing war”, among its main poles of activity. “To build a more just world, there is no other road than that of the Gospel,” the Pope writes, and of “great merit,” he acknowledges, “is your work of consoling the afflicted, both in their spiritual and material needs. The Pope adds that this is just as the challenge against “the worldly, selfish and today consumerist mentality” belongs to you, to be

faced “with your exemplarity of life and your works of mercy”.

### **Unity in the Rule**

Pope Francis emphasised that this heritage of charity needs a coherence of life with the Gospel and with the rules of the Order, because “without faith” those same works “would only be philanthropy”. Coherence today, on the threshold of the new course, passes in particular, for all members of the First, Second and Third Class of the Order, from observing in personal and community practice the new Constitutional Charter and the Codex Melitense, “the fruit,” the Pope recalls, “of a long journey” within the Order, lived “not without contrasts,” and finally arriving at the new norms that can now bring “the whole Order,” he says, “a spiritual renewal and work in charity, thus strengthening its unity.

### **Strengthen unity**

Precisely the theme of unity, constitutive of the Knights of Malta, is a point on which the Pope insists with a direct appeal to the conscience of each one. “I heartily ask you,” the message reads, “to come to a sincere mutual forgiveness, to reconciliation, after moments of tension and difficulties that you have experienced in the recent past. May the charity of forgiveness be the way of life that distinguishes you’. And a little further on – offering guidance on how to conduct life within community structures – Pope Francis reiterates the thought: “firmly strengthen your unity, otherwise you will not be credible in your works. Conflicts and oppositions damage your mission”. The life trajectory of those who militate in the Order of Malta should be the same as that of Jesus, who “reigns in humility, from a manger and a cross”. *Source: [vaticannews.va](http://vaticannews.va)*

and EU Funds parliamentary secretary Chris Bonett.



**Maltese Community Council of Victoria**  
presents a  
**musicworx**  
production

**Wenzu u Rozi**  
*Praspura wara l-oħra*

New Shows added due to popular demand



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Adapted for stage & directed by Simone Cremona

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**LUDWIG GALEA**  
KANTANT  
MINN MALTA



Carnival Week is undoubtedly one of the most colourful events in the Gozitan – and Maltese – calendar. Traditionally preceding Christian Lent, Carnival provides five days of revelry with many people dressing up in colourful costumes and covering their faces with masks.

Carnival is closely associated with Maltese folklore. It has been celebrated in Malta since the arrival of the Knights of St. John in 1530, and some studies date the first carnival revelry back as early as 1470. Up until 1751, carnival was an activity exclusive to Valletta, but that is certainly not true today.

In Gozo, the main activities take place in It-Tokk (Independence Square), the main square in Gozo's capital Ir-Rabat and in In-Nadur.

Ir-Rabat (Victoria)'s celebrations are the usual carnival fare much like those in Valletta with floats, costumes and general revelry. Carnival in Nadur is quite different.

## Dementia in the Family

The Impact on carers



**Alzheimer's Research UK**  
The Power to Defeat Dementia

## 6 Facts About a Person With Dementia

*By Dan Lonigro, CPI Global Professional Instructor*

### **I can still smell the flowers.**

I don't garden anymore, but I can still smell the flowers. Bring me some roses. This will remind me of my past.

### **I can still communicate.**

I can't talk the way I used to, but I can still communicate. Be patient as I try. This will help me feel connected.

### **I can still make decisions.**

I don't have the judgment I used to, but I can still make decisions. Give me choices. This will make me feel like I'm a part of things.

### **I can still wash my face.**

I can't take a bath by myself anymore, but I can still wash my face. Assist me with direction. This will help me feel purpose.

### **I can still sing.**

I can't dance anymore, but I can still sing. Help me enjoy music. This will enrich my life.

### **I can still move my body.**

I can't walk unassisted anymore, but I can still move my body. Walk with me, and support me if I stumble. This will help me feel engaged.

You are my lifeline. I depend on you. But please don't do for me what I can do for myself. Recognize what I can do and help me to function as a person.

You are key to the quality of my life.



**Do you live in Australia and practice traditional Maltese handicrafts, either as a hobby or for commercial purposes?**

**If so and you wish that your details and services are registered, please contact us for further information on the below email:**

**[maltaconsulate.melbourne@gov.mt](mailto:maltaconsulate.melbourne@gov.mt)**

