



# NEWPORT NEWS

The Official Newsletter of the Newport Maltese Association Inc.  
C/- 477 Royal Parade, Parkville, Victoria 3052

June 2014

Lydia Cole—Editor

Vol. 3 Issue 9

## *The President's Message*

*Dear Fellow Members & Friends*

*So far this year, things have been moving smoothly for both the Association and the Seniors Group. As much as we try to accomplish all activities according to the combined programme of events we produce, sometimes things don't workout that way for us.*

*Such was the case with the "Warburton Day Out" we had planned. Originally we had enough members who put their names down for the outing to fill two buses. For some reason, within a week more than half of the members cancelled out which unfortunately left the Committee no choice, but to cancel the outing.*

*In such cases, it would be very appropriate, if in the future the members who intend to be part of the outing, make sure they are free of other commitments to come along before they put their names down. This way it will save the Committee the embarrassment of booking the buses and then cancelling.*

*As most of you are aware, the last three years, the Association has received grants from the Victorian Multicultural Commission totalling \$7,500. That works out to \$2,500 a year.*

*This money has been allocated as such :-*

*Subsidising the Association Fancy Dress Dinner Dance, \$500.00*

*Subsidising the Association Christmas*

*Break up Party, \$2,000.00*

*Vince Camilleri, the Association Secretary, is at present corresponding with the office of the Commission to obtain the necessary forms for grants which are now available and hopefully we will be successful once again with our applications.*

*Recently, the Committee Members of both the Association and the Group held a joint special meeting, specifically to work out the "Combined Programme of Events for 2015".*

*As you can imagine, there are reception centres to be booked, musical providers (DJs) to engage, buses for outings, pokies weekends and accommodation, also caterers (when needed) to be booked. It is important, with so many other organisations in the same field, that where possible we try to programme our activities not to clash with other clubs and associations and away from public holidays.*

*You will be happy to know that the Association, this year, will be holding the "New Year's Eve Dinner Dance" at the "Emerald Receptions Centre" in Settlement Road, Thomastown.*

*For those of you who are not familiar with the place, I can assure you that it is of a high standard with plenty of car parking space. We will be looking forward to have your company on this night as we continue with our tradition of making sure that everyone present on the night will have a good time to welcome a new year.*

*Until next time, Sahha.*

*George M Saliba.*

*President & Seniors Co Ordinator.*

# Seniors' Corner

by Gwen Busutil

## B.B.Q. BRIMBANK PARK 13<sup>th</sup> MARCH 2014

To everyone else, it's a case of getting ready, filling up the thermos flask, have the baked cakes, biscuits, nuts, and maybe some fruit, plates and cutlery for yourselves, and off we go. However, for the committee it's quite different. How many are coming? 150 wow! Which sausages does everyone prefer? Hope the steak is tender. Hope the butcher has it ready early in the morning for us. Bread cannot be picked up too early, they cannot slice it when it's hot. Salads, we need big basins to wash the greens, and make sure our knives are sharp as we need to slice up a whole bag of onions. Who is picking up the ice for the drinks? Have we got enough cans of drinks? The day before we leave Parkville, make sure we take the first aid with us, (just in case), enough BBQ utensils, serviettes, butter, sauces, tablecloths for the tables we are serving from, and make sure we can secure them if it's windy. Almost forgot the Bocci..

This is all the committee before we meet at Brimbank. Bring extra knives, cutting boards, garbage bags. Rennie make sure you remember the BBQ on the trailer, and it's a good idea to bring a second one for the onions. As you can see, it is a team effort, and we enjoy doing it

Thank goodness the weather was pretty good, heard some even got a suntan that day, the meat was tender, and we did have enough of everything. Everyone had a good time, some played cards, the bocci were popular as many joined in. It gives all of us a chance to sit down and relax with friends. And if you've run out of hot

water, someone is sure to have some left for that cuppa.

Will do it all again next year, God willing.

## MOTHER'S DAY LUNCHEON MELROSE on 27<sup>th</sup> APRIL 2014

What a lovely prelude to the actual Mother's Day! This will be a day just for you to sit down with your Newport Club family and enjoy the beautiful atmosphere that we have become accustomed to at Melrose. May I just say that everyone looked beautiful, and the men too, who always wear a suit to our events.

George opened the event by having everyone charge their glasses with a toast to all mothers. Then three lucky ladies had more to celebrate with by winning a bottle of Baileys Irish Cream which was the door prize.

Compliments to the chef at Melrose, the four course meal was just delicious. Our waiter made sure the wine, beer and soft drinks were all flowing, and together with John our DJ, the dance floor was always full. Dancing is good exercise, and good for the spirit. It was great to see so many making the most of it.

Thank you to all those who support the raffle so readily, as you all know the Club subsidises the event quite heavily, and that is one way that you can help. There were some lovely prizes to select from.

Thank you all for making this another very successful day.

## LUNCHEON AT ROXBURG PARK Thursday 15<sup>th</sup> May

Since we have been coming here, I have heard of so many that frequent this venue for the delicious buffet that is on offer at Roxburg Park Hotel. So when again this year this was our chosen venue, it was well received. By 11.30 when we arrived there were many of you there already. 131 attended, and

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you could eat as much or as little as you wanted. The selection was quite varied, from soups, to Asian cuisine, pizzas, roasts, salads, seafood, etc., not only just the food, we also have no problems with parking.

For those that enjoy the pokies they are there as well. And when you have had enough, your car is there, you don't have to go because the bus is leaving.

**Altogether a nice afternoon.**

### **Seniors' Group Fun Night**

**7<sup>th</sup> June**

On this cold Saturday night our members were not put off with the weather, as all there knew from past experience it will live up to it's name.

As it was dinner time, all the tables were set with all the cooking which was done at home, I know many co-ordinated the menu for the whole table, and they each selected either a sweet or a savoury option to bring along. Rennie went around and came back to our table with a selection of good-

ies.... Cheeky so and so!

Bingo was next, and of course that is always fun. Fifteen games, and fifteen winners, followed by the **TRIVIA** which I thought was quite hard, congratulations to the table of clever people who got seventeen out of the twenty questions right. All got chocolates.

As I went outside to get myself a cuppa, George told everyone that our famous **HORSE RACE** was next. Both Lina and I set ourselves up at the table, when everyone rushed us. Anyone would think that the race was about to start.... Many wanted to make sure that they were winners... one of each, which resulted in all of those getting their money back. One punter wanted \$5 on the winner, so I gave her number 4. Lucky lady! Needless to say I had no time to drink my cuppa.

The feedback we got is that everyone enjoys our Fun Night, and they would like us to hold it more often, it gives everyone a chance to participate in the fun, and time to socialize too.

Thank you all for being there to make it a success.

## *New Year's Eve Dinner Dance*

*Will be held at*

### *The Emerald*

*213-215 Settlement Road, Thomastown*

*Four course meal plus wine, beer and soft drinks*

*Don't miss out,*

*Come and join us in the fun and celebrate the*

*New Year 2015*

*Bookings with Olga Ellul on 9744 6096*

## AUSTRALIA DAY



Australia Day is the official national day of Australia. Celebrated annually on 26 January, it marks the anniversary of the 1788 arrival of the First Fleet of British Ships at Port Jackson, New South Wales, and raising of the Flag of Great Britain at that site by Governor Arthur Phillip. In contemporary Australia, celebrations reflect the diverse society and landscape of the nation, and are marked by community and family events, reflections on Australian history, official community awards, and citizenship ceremonies welcoming new immigrants into the Australian community.

The meaning and significance of Australia Day has evolved over time. Unofficially, or historically, the date has also been variously named "Anniversary Day", "Invasion Day", "Foundation Day", and "ANA Day". January 1788 marked the proclamation of British sovereignty over the eastern seaboard of Australia (then known as New Holland). Although it was not known as Australia Day until over a century later, records of celebrations on 26 January date back to 1808, with the first official celebration of the formation of New South Wales held in 1818. On New Years Day 1901, the British colonies of Australia formed a Federation, marking the birth of modern Australia. A national day of unity and celebration was looked for. It was not until 1935 that all Australian states and territories had adopted use of the term "Australia Day" to mark the date, and not until 1994 that the date was consistently marked by a public holiday on that day by all states and territories.]

In contemporary Australia, the holiday is marked by the presentation of the Australian of the Year Awards on Australia Day Eve, announcement of the Australia Day Honours list and addresses from the Governor-General and Prime Minister. It is an official public holiday in every state and territory of Australia, unless it falls on a weekend in which case the following Monday is a public holiday instead. With community festivals, concerts and citizenship ceremonies, the day is celebrated in large and small communities and cities around the nation. Australia Day has become the biggest annual civic event in Australia.

The President,  
Executive Committee  
& Committee Members of the Seniors  
Group  
congratulates Mr. Paul Borg on his well  
deserved award, the Medal of the Order of  
Australia (OAM)  
for his work with the Maltese Community.



*Congratulations Paul*

## **Top 5 Health Benefits of Avocado**



There are some amazing avocado benefits for your health. If you would like to lose weight, improve your skin and lower your risk of many life-threatening diseases, here's why it's worth eating more of this extremely healthy fruit.

### **1. Cardiovascular Health**

Coronary heart disease is still the biggest killer in the UK and is essentially a disease of inflammation. Some experts believe society's much increased use of processed vegetable oils, high in pro-inflammatory omega-6 fats are a significant factor in cardiovascular disease. They advise lowering our intake of polyunsaturated fats and increasing the amount of monounsaturated fatty acids in our diet.

Avocado is a great source of monounsaturated oleic acid that research has shown to both reduce dangerous low-density lipoprotein cholesterol at the same time as increasing the more beneficial high-density lipoprotein cholesterol .

Avocados also contain a rich variety of heart nutrients including vitamin E for preventing cholesterol oxidation; folate for reducing dangerous homocysteine levels in the blood; potassium for regulating blood pressure; phytosterols for reducing cholesterol absorption; and dietary fibre to control blood sugar levels.

Equally delicious avocado oil is an even richer source of oleic acid, vitamin E and phytosterols and, along with healthy coconut oil, is the only heat stable cooking oil I would ever use.

### **2. Skin Benefits**

The monounsaturated fats in avocado are also beneficial for improving your skin tone. They are vital for maintaining good moisture levels in the epidermal layer of your skin that make it look and feel soft and healthy. Omega-9 fats can additionally help reduce skin redness and irritation and are involved in repairing damaged skin cells.

Avocado benefits also include protecting your skin from wrinkles and other visible signs of aging with its antioxidant carotenoids, vitamin E which helps guard against photo-aging from sun exposure and vitamin C which is involved in the creation of elastin and collagen for maintaining your skin's elasticity and firmness. There's much more on just how good avocado is for your skin here.

### **3. Avocados and Weight Loss**

Many people would be surprised that a food high in fat and calories would be considered good for weight loss. However research has shown that monounsaturated fatty acids are more likely to be used as slow burning energy than stored as body fat.

This slow burning energy and the feeling of satiety or satisfied fullness that you get from eating an avocado is one of the reasons they are known for reducing hunger and appetite.

It's also why including more foods in your diet that are high in healthy fats and less with processed carbohydrates makes such a big difference when you want to lose weight. Snacking on nuts like almonds and walnuts instead of high carbohydrate foods is also highly beneficial for weight loss.

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This may go against old nutritional advice but look where that has gotten us. People eat low-fat versions of just about everything these days, yet we are more overweight than at any time in history.

If you would like to know what really causes your body to store fat and what actually works to lose weight then see the fat burning furnace page. Counting calories, limiting fat intake and starving yourself has failed most people and will continue to do so.

Only by eating more fat burning foods and generally going against most of what we've been taught about dieting in magazines is there a real chance at significant weight loss.

#### **4. Diabetes**

The most common symptoms of undiagnosed diabetes include a sudden and large increase in thirst and hunger and much more frequent urinating. A dry mouth, significant unexplained weight loss, vision problems and leg pain are also common symptoms. If you're experiencing any of these issues then please see your doctor for a simple diabetes test.

For those already living with diabetes, the oleic acid in avocado is especially recommended for its ability to lower 'bad' LDL cholesterol while raising the 'good' HDL cholesterol. Keeping cholesterol levels in check is vital for diabetics as they have a much higher risk of cardiovascular disease.

Having more monounsaturated fats in a diabetic diet is also beneficial for reducing high triglyceride levels and may help improve insulin function and blood glucose levels.

Other health benefits of avocado that can help with the condition include its vitamin C for strengthening blood vessels and capillaries and improving immune function for diabetics. While the vitamin E found in avocado lowers cholesterol oxidation that can lead to heart attacks and strokes. It may also provide some protection from nerve damage in patients with peripheral neuropathy.

The high levels of potassium in avocados are another important nutritional factor for diabetics due to its role in maintaining a healthy heart and regulating blood sugar. All in all, avocados are a very healthy food for those living with diabetes and for people wishing to lower their risk of developing the disease.

#### **5. Arthritis**

Osteoarthritis is a painful disease of joint inflammation and soreness that affects millions of people in the UK. Many common foods like wheat, corn, milk and sugar are known to worsen symptoms, but anti-inflammatory avocado is one of the few foods consistently reported to reduce arthritic pain.

Avocados contain high levels of monounsaturated fats, phytosterols and antioxidants like vitamin E, vitamin C and a variety of carotenoids that may help with reducing the inflammation that leads to arthritis.

### **More Health Benefits of Avocado**

Eating avocados more often can have many health benefits, including a healthier heart, better skin, helping you lose weight and treating or avoiding serious health problems such as diabetes and arthritis.

In a more concentrated form, regular use of a good cold-pressed avocado oil like this, especially as a replacement to the damaging vegetable oils most people use in cooking, can be especially beneficial for you. There are many more healthy nutrients in avocado, but I hope these five benefits are more than enough reason to look more closely at one of nature's healthiest foods the next time you're out shopping.

Once you do get your avocados, the next page has ways to ripen them both quickly and in a staggered way, so you can always have a ripe avocado ready to eat.

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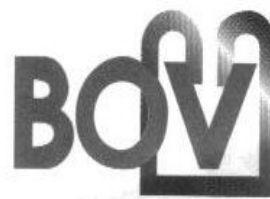
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## WHERE DO CASHEWS COME FROM?



Ever wonder where cashews come from? You might think they grow inside a shell like any other nut, but their true origins are far more bizarre.

First of all, cashews are not actually nuts, but rather fruits from the cashew tree, a large evergreen tree that thrives in tropical climates. The tree is large growing to 10-12m tall. The largest cashew tree in the world covers an area of about 7,500 square metres, it is located in Natal, Rio Grande do Norte, Brazil.

### CASHEW TREE

The tree produces red flowers, which in turn produce yellow and red oval structures resembling apples. These so-called cashew apples are very juicy and pulpy, and their juice is often added to tropical fruit drinks.

### CASHEW APPLE AND FRUIT



However, cashew apples are not actually fruits in a scientific sense; the real fruit of the cashew tree is the kidney-shaped formation growing at the end. These fruits, also called drupes, are harvested and become what we know as a cashew nut. In their raw form, the outer layer of the fruit contains multiple toxins including anacardic acid, a powerful skin irritant similar to the toxin found in poison ivy that must be removed prior to eating.

Roasting the cashews destroys the toxins, but roasting must be performed carefully outdoors because the smoke can irritate the lungs, sometimes to a life-threatening degree. When they are roasted, cashews change from their natural greenish-gray color to the light brown nut sold in stores.

Next time you crack open a tin of cashews, take a moment to appreciate the long journey those little c-shaped nuts took from the tree to your table!





## Something you might like to know

"**Stewardesses**" is the longest word typed with only the left hand and "**Lollipop**" is the longest word typed with your right hand.

No word in the English language rhymes with **month, orange, silver, or purple**.

"**Dreamt**" is the only English word that ends in the letters "mt".

Our eyes are always the same size from birth, but our nose and ears never stop growing

The sentence: "**The quick brown fox jumps over the lazy dog**" uses every letter of the alphabet.

The words '**racecar**,' '**kayak**', and '**level**' are the same whether they are read left to right or right to left (palindromes).

There are only four words in the English language which end in "dous": **tremendous, horrendous, stupendous, and hazardous**

There are two words in the English language that have all five vowels in order: "**abstemious**" and "**facetious**."

**TYPEWRITER** is the longest word that can be made using the letters only on one row of the keyboard.

A "**jiffy**" is an actual unit of time for 1/100th of a second.

A shark is the only fish that can blink with both eyes.

A snail can sleep for three years.

Almonds are a member of the peach family.

An ostrich's eye is bigger than its brain.

Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age.

In the last 4,000 years, no new animals have been domesticated.

Rubber bands last longer when refrigerated.

The average person's left hand does 56% of the typing.

The cruise liner, QE 2 moves only six inches for each gallon of diesel that it burns.

The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.

The winter of 1932 was so cold that Niagara Falls froze completely solid.

There are more chickens than people in the world.

Winston Churchill was born in a ladies' room during a dance.

Now you know (a little) more than you did before!!

**NEWPORT MALTESE ASSOCIATION**  
**FUNCTION DATES FOR 2014**

<b>SUN JUNE 22nd</b>	<b>NEWPORT DAY OUT</b>	
<b>SUN AUGUST 10th</b>	<b>COMEDY LUNCHEON</b>	<b>M.C.C.V.</b>
<b>SUN OCTOBER 12TH</b>	<b>NEWPORT AGM</b>	<b>M.C.C.V.</b>
<b>SUN OCTOBER 26th</b>	<b>NEWPORT ANNUAL DINNER DANCE</b>	<b>MELROSE</b>
<b>SUN NOVEMBER 30th</b>	<b>BREAK-UP</b>	<b>MELROSE</b>

**For Booking please contact Olga Ellul on 9744 6096**

**NEXT FEW FUNCTIONS FOR THE**  
**SENIORS GROUP FOR 2014**

<b>SUNDAY</b>	<b>6th JULY</b>	<b>CHRISTMAS IN JULY- MELROSE</b>
<b>SUNDAY</b>	<b>31st AUGUST</b>	<b>FATHERS' DAY- MELROSE</b>
<b>SAT/SUN</b>	<b>6-7 SEPTEMBER</b>	<b>WEEKEND POKIES</b>
<b>OCT-NOV</b>	<b>INTERSTATE TRIP</b>	
<b>WEDNESDAY</b>	<b>17th DECEMBER</b>	<b>BREAK-UP</b>

**For Booking please contact Carmen Casa on 9436 8196**



# NEWPORT MALTESE ASSOCIATION Inc. EXECUTIVE COMMITTEE NOMINATION FORM- 2014

**YOUR NAME:** (Please Print) .....

**ADDRESS:** .....

**Signature:** .....

**I wish to nominate** .....

**For the position of** .....

**In the Newport Maltese Association Inc. Executive Committee**

**Seconded by:** (Please Print) .....

**Signature** .....

**Has this member agreed to be nominated?**      **YES**      **NO**      (please circle)

**Signature of nominated member** .....

**Nominations for Executive Committee positions close at noon on Wednesday 3<sup>rd</sup> October 2014.**

**The Election for the Executive Positions will take place at the ANNUAL GENERAL MEETING on Sunday 12th October 2014 at 2.00pm at the Maltese Community Centre 477 Royal Parade, Parkville.**

**Please return this form to:**  
**The Secretary**  
**Mr. V. Camilleri**  
**7 Freeman Road**  
**Altona North**  
**Vic. 3025**  
**Phone: 9314 3177**

ASSOCIATION COMMITTEE MEMBERS

George Saliba	President	9391 6081
Vince Calleja	Vice-President	8390 2920
Vince Camilleri	Secretary	9314 3177
Joe Cole	Treasurer	8742 1142
Lydia Cole	P.R.O.	8742 1142
Olga Ellul	Social Secretary	9744 6096
Gwen Busuttil	Assistant Secretary	9333 3693
Lena Saliba	Assistant Treasure	9391 6081
Miriam Cunningham	Committee Member	9338 0851
Maurice Spiteri	Committee Member	9469 2067
Carmen Spiteri	Committee Member	9469 2067
Joe Ellul	Committee Member	9744 6096
Carmen Casa	Committee Member	9346 8196
Andrew Gatt	Committee Member	0416 777 807

SENIORS COMMITTEE MEMBERS

George Saliba	Coordinator	9391 6081
Andrew Gatt	Secretary	0416 777 807
Gwen Busuttil	Cashier	9333 3693
Carmen Casa	Function Organiser	9436 8196
Victor Casa	Committee Member	9436 8196
Mary Cefai	Committee Member	9391 8832
Lena Saliba	Committee Member	9391 6081
Miriam Cunningham	Committee member	9338 0851
Carmen Spiteri	Committee Member	9469 2067
Maurice Spiteri	Committee Member	9469 2067
Miriam Camilleri	Committee Member	????
Rennie Busuttil	Committee Member	9333 3693
Arthur Galea	Committee Member	0439 830 454

GHANDHI'S WIT

When Gandhiji was studying law at the University College of London, there was a professor, whose last name was Peters, who felt animosity for Gandhiji, and because Gandhi never lowered his head towards him, their "arguments" were very common.

One day, Mr. Peters was having lunch at the dining room of the University and Gandhiji came along with his tray and sat next to the professor. The professor, in his arrogance, said, "Mr Gandhi: you do not understand... a pig and a bird do not sit together to eat ", to which Gandhiji replies, "You do not worry professor, I'll fly away ", and he went and sat at another table.

Mr. Peters, green of rage, decides to take revenge on the next test, but Gandhiji responds brilliantly to all questions. Then, Mr. Peters asked him the following question, "Mr Gandhi, if you are walking down the street and find a package, and within it there is a bag of wisdom and another bag with a lot of money; which one will you take?"

Without hesitating, Gandhiji responded, "the one with the money, of course". Mr. Peters, smiling, said, "I, in your place, would have taken the wisdom. "Each one takes what one doesn't have", responded Gandhiji indifferently.

Mr. Peters, already hysteric, writes on the exam sheet the word "idiot" and gives it to Gandhiji. Gandhiji takes the exam sheet and sits down. A few minutes later, Gandhiji goes to the professor and says, "Mr. Peters, you signed the sheet, but you did not give me the grade."