



# MALTESE COMMUNITY COUNCIL OF VICTORIA

## NEWSLETTER

### ISSUE NO. 1.



#### MCCV PRESIDENT MARLENE EBEJER



Best wishes coming to you from us at that Maltese Community Council of Victoria. It has been a very troublesome year. We started 2020 with severe bushfires across our state that devastated many. Soon after the bushfires Covid 19 arrived on our shores. With stage 2, 3 and then 4 lockdowns many of our community members have been struggling to deal with the daily isolation and worry about when this will end. Our staff and Executive committee have continued to work hard, despite our doors being closed. We have been offering social support to not only our elderly community but to anyone who requires it. Daily communication has occurred by phone, Zoom and Facetime, care and activity packages have been delivered to our vulnerable. The Executive committee have continued to meet and work on a strategic plan to take us into the future. We have started some much-needed renovations at the centre in Parkville, so when we reopen it will look fresh and welcoming. We are planning many community activities as soon as we can start opening up again. One of our first activities is to organise a day trip to the Maltese Museum located in the La Trobe Valley.

Stay well, stay safe and happy.

Il-Kunsill Malti tal-Victoria isellmilkhom u jixtiqilkhom Sahha.

Ilkoll tafu li din is-sena kienet u għada ferm impenjattiva kemm minhabba il-Bushfires u issa minhabba il-Pandemija li hakmet id-Dinja kollha .

Minhabba fir-restrizzjonijiet stretti fl-Istat tal-Victoria, hafna mill-membri tal-komunita tagħna għaddejmin min zmien ta incertezza u dwejjjaq minhabba l-izolament u l-aktar għax ma jafux kemm ser indumu f'din is-sitwazzjoni.

Il-Kumitat Ezekuttiv tal-Centre Malti flimkien ma l-impjegati , xorta bqajna nahdmu għal-beneficċju tagħkhom avolja ic-Centru kien magħluq.

Komplejna noffru assistenza soċjali kemm lil anzjani kif wkoll lil dawk kollha li talbuha. Dan għamilnieh ta kuljum kemm permezz tat-telefon, zoom, u facetime. Offrejna għajnunna u attivitajiet u appogg soċjali lil dawk li huma l-aktar vulnerabbli fil-komunita tagħna.

Il-Kumitat Ezekuttiv kompli jiltaqa u jahdem fuq Pjan Strategiku għal futur tal-Centru, u fl-istess hin inbeda x-xogħol tant mehtieg ta tisbieh fil-binja , biex ikun lest għal meta nergghu nifthu mill-gdid.

Hu mahsub li wahda mill-ewwel attivitajiet li ser norganizzaw tkun li nghamlu zjara lil Muzew Malti fil-Latrobe Valley.

Inhegghukom biex tiehdu hsieb saħħitkhom l-aktar billi tosservaw l-istruzzjonijiet li jingħataw mill-awtoritajiet u jekk ikollkhom bzonn ta għajnunna u appogg aħna dejjem lesti u fejn ma inkunux nistgħu noffru għajnunna nirreferukhom minn fejn din tista tinkiseb.

#### NOTICES

- **FREE BINGO VIA ZOOM EVERY SATURAY**
- **MCCV AGM TBA**
- **MOOMBA PARTICIPATION REQUESTS**

#### CONTACT US

**PHONE:** (03) 9387 8922

**EMAIL:** [admin@mccv.org.au](mailto:admin@mccv.org.au)

**WEBSITE:** <https://mccv.org.au/>



<https://www.facebook.com/mccvic>

**Missionary Society of St Paul** (03) 9387 7433

The Maltese Community Council of Victoria has been given the opportunity to submit an Expression of Interest to participate in the Moomba Parade on 8 March 2021.

We would like to extend an invitation to the community to participate in this memorable event.

Please contact our office via telephone or email if you wish to take part in the 2021 Moomba Parade.



(03) 9387 8922  
[admin@mccv.org.au](mailto:admin@mccv.org.au)

**FREE**  
**BINGO**  
**BY ZOOM**  
**PRIZES TO BE WON!**  
EVERY SATURDAY  
STARTING AT 2PM  
Register at [admin@mccv.org.au](mailto:admin@mccv.org.au)  
before 5pm Friday

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# MALTESE LANGUAGE CLASSES

**Registration for our 2021 Language Classes will soon be available.**

We will be advertising and updating registration for 2021 classes in the near future via our website [mccv.org.au](https://mccv.org.au)

Registration for Maltese Language Classes is required in order to participate. The Maltese Language classes are sponsored by the MCCV at the Maltese Community Centre. Students pay a nominal enrolment fee and families who enrol will be eligible for a discount.

**Classes are provided at three levels:** Beginner, Intermediate and Advanced.

Due to COVID-19 restrictions classes will only be held online during this semester via ZOOM.

The MCCV Education Committee overseeing the classes is composed of qualified LOTE tutors, class coordinators as well as an independent adviser.



Courses are intended to provide participants with a basic knowledge of reading, writing and speaking Maltese. Each course runs for one semester.

Lessons coincide with Victorian school terms. A token fee of \$120 per semester for 16 lessons covers some expenses. The tutor will advise students of additional resources that are appropriate. The classes run for one hour extended by 30 minutes for student queries. Students receive guided self-learning activities equivalent to 1 hour. The total Unit context hours are 2.5 hours per week.

# MALTA INDEPENDENCE DAY



## MALTA INDEPENDENCE DAY



To all our Maltese/Australian community, On September 21 we celebrated Malta's Independence Day.

We would have hoped to be physically together celebrating, but this year due to the current COVID-19 situation we were unable to do so.

The MCCV has placed a celebration message from our President Marlene Ebejer, Fr. Lonnie Borg (Missionary Society of St Pauls) together with two performances from Maltese Bands MMG and Maltese Own Band.

Please view on our website by visiting <https://mccv.org.au/>

# MCCV SOCIAL SUPPORT GROUP

The MCCV Commonwealth Home Support Program (CHSP) Social Support group delivers a culturally sensitive and consumer-centred services across its sites in Parkville and Sunshine. Five Social Support groups operate each week providing freshly prepared meals, socialisation opportunities, transport and range of activities. Activities are designed to address a consumers physical, social, cognitive, spiritual and emotional needs and improve their overall quality of life.

Some activities include:

- Gentle Exercise
- Maltese Mass
- Pamper Sessions
- Music & Pet Therapy
- Zumba Gold
- Arts and Crafts
- Regular outings



Social Support groups significantly contribute to reducing social isolation of Maltese people over the age of 65 by providing them with the opportunity to connect with their community in a safe, welcoming and inclusive environment.

For more information about joining the MCCV Social Support Group please contact My Aged Care on 1800 200 422 or by accessing the website at <http://www.myagedcare.gov.au/> and mentioning the Maltese Community Centre Social Support Group. For more information about this program, call the Maltese Community Council of Victoria 9387 8922



# MALTESE STYLE COOKING

## Cannoli shells

To make the cannoli shells you will need the following:

- 2 cups of all-purpose flour
- 1 tbsp of dark brown sugar
- 1/4 tsp of salt
- 3 tbsp of softened butter
- 2 egg yolks
- 1/4 tsp of nutmeg
- 1 tsp cinnamon
- 3 tablespoons Marsala wine

1. Mix everything but the Marsala in a bowl, until it is crumbly, the butter and egg yolks should be thoroughly mixed.
2. Add in the wine, until you are able to mix it with your hands.
3. Form into a ball and let sit uncovered for 30 minutes.

Roll out pastry cut circles

Wrap pastry around cannoli forms

Deep fry till golden brown 170c



## Sweet Ricotta filling for Cannoli

- 500 grams Ricotta
- 150 grams icing sugar sifted
- 50 grams red and green cherries chopped
- 50 grams hazelnuts roasted and chopped
- ¼ cup thickened cream
- Pinch cinnamon

### Method:

- Place ricotta and icing sugar in a bowl and mix together
- Add thickened cream and cinnamon to ricotta mixture and mix till smooth
- Then fold in cherries ,hazelnuts and chocolate until incorporated

Use filling as desired

# PUZZLE TIME

## Sib il-Kliem

K N V F A M I L J A  
U B E P L F V H X N  
R P B E B B U X U V  
U Ġ U P S T F T P P  
N A J R U P L A N I  
A B B I S Ġ X N J T  
L H A N F U S A X T  
Ġ E L A T I T U I U  
L U M I J A M I X R  
P V S T V A P U R I

ajruplan    pitturi    peprina    ħanfusa  
bebbuxu    lumija    kuruna    vapuri  
familja    gelati

# MEDICAL INFORMATION

## EMERITUS PROFESSOR MAURICE CAUCHI



### HU HSIEB SAHTEK!

Għaddejnin minn din il-burraxka ta-virus, imma nisperaw li kollox jgħaddi f'dawn ix-xhur li ġejjin.

Ilhom jgħidulna x'għandna nagħmlu biex ma niddakkru b'dan il-virus li qered l-eluf madwar id-dinja.

L-importanti issa mhux li nistaqsu minn fejn ġie dan il-virus imma li nagħmlu li nistgħu biex jinqered għall-kollox biex ma jmurx jerga jigi wara ftit żmien.

Naħseb li s'issa kulhadd jaf x'għandu jagħmel, imma tiskanta kemm hawn minn mhux qed jagħti każ tal-pariri l qed jagħtuna. Għadek issib min jiltaqa' mal-ħbieb, u ma iżzomx id-distanza ta' żewġ metri bejn wieħed u ieħor. Hemm minn ma jaħsilx l-idejn sew u dan il-virus jgħaddi minn għand wieħed għal għall-ieħor.

Naraw ukoll li ċerti nies jaħsbu li l-virus ma jaħdimx fuqhom, waqt li nafu li dan il-virus huwa wieħed mill aktar kontagjuż, jittieħed malajr u jaqbeż minn fuq wieħed għall-ħaddieħor.

Naħseb li kuħadd issa jaf li jekk tħoss xi sintomi ta' mard allura jeħtieġ tinghalaq j ħalli ma tgħaddix lil ħddieħor. Jekk issib li għandek temperatura għolja (jigifieri issib li għandek id-deni) jew xi sintomi oħra, bħal solgħa ,jew anki sintomi oħra , bħal uġieħ ta' ras, uġieħ ta' żaqq jew sintomi ta' influwenza,. Allura jeħtieġ li tagħmel test ħalli tkun ċert tkun tara jekk għandekx jekk għandek il-virus

Kellem lit-tabib tiegħek u dejjem oqgħodd ġewwa ħalli ma tinfettax lil ħaddieħor. Meta ikun hemm bżonn li toħroġ mid-dar biex tmur il-ħanut per eżempju jew għall ftit eżercizzju, allura jeħtieġ li tilbes il-maskra , ħalli ma tgħaddix l-infezzjoni lil ħaddieħor.

Huwa wkoll fatt li għad li dan il-virus jaħkem fuq kullhadd, dawk li huma mdaħħlin fiż-żmien għandhom aktar ċans li jżvilluppaw komplikazzjonijiet serji. Naraw li l-maġġuranza ta' dawk li jmutu huma nies ta ' età avanzata.

Però l-komplikazzjonijiet jistgħu jaffettwaw lil kulhadd. Hawn min jisviloppa uġieħ ta' ras qawwi, jew anki komplikazzjonijiet fil-vini. Allura jeħtieġ niproteġu lil-anzjani., għax dawn aktar vulnerabbli.

Importanti li nieħdu hsieb ta' saħħitna,partikularment li nagħmlu eżercizzju, anki jekk biss nagħmlu mixja ta' kuljum madwar id-dar. Hemm possibiltà wkoll li peress li ma nisgħux niltaqħu ma' membri tal-familja jew ma ħbieb, hemm ċans li wieħed jiżviluppa depressjoni, u għalhekk ukoll jeħtieġ niprovaw inkunu attivi, nitkellmu mal-ħbieb bit-telefon, jew bil-kompjuter, ħalli nżommu ruħna f'saħħitna, sewwa fiżikament u sewwa mentalment.

We are going through this burst of virus, but hopefully everything will pass in the coming months.

They have been telling us what to do to not get caught up in this virus that has destroyed thousands around the world.

The important thing now is not to ask where this virus came from, but to do what we can to eradicate it completely so that it does not come back after a while.

I think so far everyone knows what to do, but it's amazing how many are not paying attention to the advice they are giving us. There are those who do not adhere to social distancing or wash their hands properly, and this is how the virus is transmitted.

We also see that some people think that the virus does not work on them, while we know that this virus is one of the most contagious, it is taken quickly and jumps from one to the other.

I think everyone now knows that if you have a high temperature (i.e. you find that you have a fever) or any other symptoms, such as a sore throat, or even other symptoms, such as a headache, abdominal pain or flu, symptoms then you need to get tested and self-isolate so that it does not pass on to others..

Talk to your doctor and always stay indoors so you don't infect others. When you need to get out of the house to go to the shop or for a little exercise, then you need to wear a mask, so as not to pass the infection to others.

It is also a fact that although this virus affects everyone, those who are older are more likely to develop serious complications. We see that the majority of those who die are elderly people.

It's important to take care of our health, particularly exercising, even if it's just a daily walk around the house.

There is also a possibility that since we may not be able to meet family members or friends, there is a chance of developing depression, so we also need to try to be active, talk to friends by phone, or computer and to look after our physical and mental health.

# COVID-19

## GHADEK TIĠI TTESTJAT JEKK GHADEK DAWN IS-SINTOMI



Deni



Innieher  
iqattar



Grizmejk  
jugghuk



Soghla



Tkaxkix ta' bard  
jew gharaj



Qtugh ta' nifs



Telf tas-sens  
tax-kamm u  
t-toġhma

NOQOĠMDU  
SEPARATI | BIEK  
NIBQOĠMU | FLIMKIEN



Blex issir taf fejn tiġi ttestjat, żur is-sit  
[coronavirus.vic.gov.au/maltese](https://coronavirus.vic.gov.au/maltese)

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne



## TLIET MODI BIEK TIBQA' SIKUR WAQT LI TKUN BARRA



Jekk għandek  
is-sintomi,  
ibqa' d-dar.



Aħsel idejk  
ta' spiss.



Meta tkun barra  
oqgħod 1.5 metru  
li bogħod minn  
persuni oħra.

NOQOĠMDU  
SEPARATI | BIEK  
NIBQOĠMU | FLIMKIEN



Blex issir taf fejn tiġi ttestjat, żur is-sit  
[coronavirus.vic.gov.au/maltese](https://coronavirus.vic.gov.au/maltese)

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne



# STAYING CONNECTED

14:39

Antonia Camilleri

Miree Rizzo

Mary Ireland

Igrille

Frank

Rosamary Attard

Andrew Gatt

Cheryl

Carol Parkinson

Mariene Ebejer

iPad (2)

Uta Zammit

iPad

Sarah Galea

MCCV are continuing to operate its business during this difficult time. Executive members, staff and Affiliated Associations have stayed connected using many digital platforms.

# BUSINESS DIRECTORY



<https://www.facebook.com/theoriginalmaltesepastizzico>



<https://deliveroo.com.au/menu/melbourne/sunshine-north/the-original-maltese-pastizzi-shop>



**Address:** 19 SYNNOT Street,  
WERRIBEE Vic. 3030

**Address:** 712/365 Little Collins  
Street, Melbourne Vic, 3000

**Phone:** 03 9741 1722

**Website:** [ebejerlawyers.com.au](http://ebejerlawyers.com.au)



Due to the current restrictions, we are open for  
TAKEAWAY pick up only.

Georgies on Vista is open for takeaway on  
Thursday, Friday and Saturday night from 5:30pm -  
7:30pm.

Phone orders can be made from 5:00pm,  
alternatively, you can email your order prior to  
5:00pm on the day it is required.

Please ensure you include your name and phone  
number when emailing your order.

P: 03 7021 0555

E: [info@georgiesonvista.com.au](mailto:info@georgiesonvista.com.au)

Full menu and specials can be found on our website

<http://www.georgiesonvista.com.au/>

or Facebook page:

[https://www.facebook.com/search/top?q=georgies  
%20on%20vist](https://www.facebook.com/search/top?q=georgies%20on%20vista)

## Consulate of Malta in Melbourne



Suite 613, 6th Floor, 343, Little Collins Street  
Melbourne - Victoria 3000 - Australia

**Telephone Number:**

(+61) (3) 9670 8427

**Fax Number:**

(+61) (3) 9670 9451

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

**Website:** <https://www.consulate-info.com/consulate/5898/Malta-in-Melbourne>

**Consul:** Mr. Mario Farrugia Borg - Consul General

**Office Hours:**

Monday-Friday: 09.00-13.00 & 14.00-16.00



# MALTESE RADIO PROGRAMS

## RADIO SBS RADIO MELBOURNE –

**Joe Axiaq**

Executive Producer



SBS Radio

PO Box 294,

South Melbourne, Vic 3205

T: (03) 9949 2121

F: (03) 9949 2385

W:

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

The Maltese programs on SBS radio are broadcast as follows:

**Friday 12 noon – SBS 2/FM  
analogue (also on digital radio  
and digital TV)**

Maltese radio programs are also available over the internet as follows:

Internet Live and On-Demand –

<http://www.sbs.com.au/maltese> (live and catch up listening)

Podcasts of program segments –

<http://www.sbs.com.au/podcasts/yourlanguage/maltese>

## 3ZZZ ETHNIC COMMUNITY RADIO – 92.3 FM



**Paul Vella**

Convenor Maltese  
Programs.

144 George Street

North Fitzroy, Vic 3068

T: (03) 9415 1923

F: (03) 9415 1818 or 9417 1670

W: <http://www.3zzz.com.au>

**Mondays and Fridays -  
5.00 pm – 6.00 pm  
Saturday 10.00am – 11.00 am**

## RADIO 3 RIM 97.9 FM

**Miriam Vella**

Broadcaster



RIM 97.9

Centenary Ave

Melton Vic 3337

T: (03) 9747 0450

F: (03) 9747 0450

W: <http://www.979fm.com.au/>

**Tuesdays 6.00 pm  
– 8.00 pm**

Local community Radio

Stations for Western

area of Shire of Melton

that can be heard in Metropolitan  
Melbourne.



## RADIO NORTH WEST FM - 98.9

**Emmanuel Brincat**

Producer / Presenter.

NORTH WEST FM 98.9

PO Box 403

Glenroy, Vic 3046

T: (03) 9304 1244

F: (03) 9304 1468

W: <https://www.northwestfm.org/>

**Monday 7.00 pm – 8.00 pm  
Friday 6.00 pm – 7.00 pm**