



MACASA

OFFICE

Cheltenham Community Centre
62 Stroud Street North
Cheltenham SA 5014

POSTAL ADDRESS

PO Box 6004
Alberton SA 5014

PHONE

(08) 8241 0266

MOBILE

0412 014 313

FAX

(08) 8241 0299

WEBSITE

www.macasa.org.au

EMAIL

reception@malteseagedcare.org.au

*"Funded by the
Australian Government
Department of Health.*

*Visit the Department of Health
website (www.health.gov.au)
for more information"*

This activity pack has been developed to give you a better understanding of MACASA, Malta and the Maltese community. The Maltese Community of Adelaide are the people who created this fantastic organization and gave us the opportunity to provide you with the services and care you receive from MACASA.

It has been a privilege to be able to provide you with the services that you receive from MACASA today. You may receive meals delivered to your home, domestic assistance to help you with the tasks that have become too difficult to complete yourself, transport to our functions or your medical appointments or you may join us for our social support functions and bus trips. MACASA is funded by the Commonwealth Government Department of Health to provide Commonwealth Home Support Programme (CHSP) services to older people and also by the South Australian Government's Department of Human Services to provide Home Care services to younger people living with a disability. These services allow you to remain in your home living independently leading the lifestyle of your choice.

Maltese Aged Care Association (SA) Inc (MACASA) was founded in 1994 by the Maltese Community.

In 1994, a group of Maltese volunteers recognised the need for some form of residential care for our Maltese elderly. A committee met on a regular basis and incorporated our Association under our present name.

In 1998, funding was made available to provide a culturally-appropriate meals service. In collaboration with the Maltese Guild of SA, we opened our first kitchen in Beverley at the Maltese Cultural Centre in the Western area. We are proud that MACASA, in South Australia, is the only Maltese Association providing a Maltese Meals Service in Australia.

Over time, the demand for Maltese meals grew. In 2003, due to further expansion of the Meals Service, it was necessary to look for a bigger kitchen. After moving to the RSL facility in West Croydon, we eventually relocated our Office and Kitchen to Cheltenham Community Centre 62 Stroud Street North Cheltenham SA 5014.

MACASA is made up of a dedicated group of staff and volunteers who deliver the meals and other services to you and all of our clients.

Hot meals are delivered fresh daily from Monday to Friday in many of the western suburbs of Adelaide. A Frozen Meals Program is available for clients outside of the hot meal delivery area. Our current menu is available on our website with information on all of our services or you can call the office for more information.

I hope you enjoy this activity pack and learn a little more about MACASA and the Maltese Community.

Warm Regards,

Madeline Williams
Services Manager

Brief History of the Maltese Islands

Mention Malta and many Australian's get a sort of puzzled expression on their faces. They might say - "I've heard of Malta or I have met a Maltese but I don't exactly know where or what it is." If you ask them to have a guess, they might place Malta in Africa or maybe in the Middle East.

It is such a small place, just an archipelago of islands about halfway between the coasts of Sicily and North Africa. Set in the clear blue of the Mediterranean Sea the Maltese islands are the most southerly European country.

The archipelago consists of five islands, Malta, Gozo and Comino together with two other uninhabited islands Cominotto and Filfla. The total area is 316 Km² (Malta 246km², Gozo 67km² and Comino 2.7km²). 84% Of the country's population reside in Malta, where most urbanisation took place towards the North-Eastern side of the island, with Valletta and its Harbour areas at the centre of the most densely populated parts.

Malta's history includes the Stone and Bronze-Age people, Romans, Phoenicians, Arabs and Carthaginians, Castilians and British (from who Malta became independent in 1964). Napoleon Bonaparte did unutterable damage in an only six-day occupation; and Malta stood firm against Hitler despite massive bombing during World War II, earning the nation the George Cross from King George VI depicted on its flag.

The main island of Malta is the largest and most developed island. Its sister island of Gozo is idyllic and peaceful and mostly rural, offering breathtaking views and great opportunities for outdoor activities, such as hiking, biking and rock climbing.

Comino is the smallest island of the three main islands and is inhabited by only a few people. The island is the location for one of Malta's most beautiful bays: the Blue Lagoon. Comino is a small island situated between the north shore of Malta and Gozo and is only accessible by boat and is popular with tourist for diving as it boasts many dive sites including the Santa Maria caves and the wreck of the P31.

The capital city of Malta is Valletta, which is one of the smallest and youngest capital cities in Europe. Built in 1566 by the Knights of Malta, Valletta was built as a fortress. Surrounded by tall bastions and full of Baroque buildings and history, it's one of Malta's top tourist attractions.

The Maltese are a proud people, with a unique culture which has been shaped by foreign cultures during several ages of occupancy. Many falsely believe Maltese culture as merely being a melting pot of cultures introduced by foreign empires, however, foreign influences moulded a collection of pre-existing, age-old traditions, customs and values passed on through successive generations of Maltese and Gozitans. The country has two official languages, with a large number of the population speaking both Maltese and English.



Brief History of the Maltese Islands

The majority of the Maltese are Roman Catholic, but many other religious denominations are also represented on the islands with small but well established and active communities.

Calypso's Cave overlooks the glorious red sands of Gozo's finest beach, Ramla l-Hamra and is alleged to be the cave referred to by Homer in The Odyssey. The story goes that Gozo is Homer's Island of Ogygia and the cave is the one where the beautiful nymph Calypso keeps Odysseus as a "prisoner of love" for seven years.

The only exploitable mineral resource the Maltese Islands are endowed with is Limestone, and it quite literally defines the country's landscape. Limestone has been quarried and used for construction since time immemorial. From the oldest free-standing temples in the world to the dry stone rubble walls outlining fields, majestic fortifications, grand churches, opulent palazzos and modest townhouses, their history is virtually etched in limestone.

Most Maltese masonry buildings are constructed out of the softer Globigerina limestone, giving the country its characteristic golden hue.

Maltese cuisine is the result of a long relationship between the Islanders and the many civilisations who occupied the Maltese Islands over the centuries. This marriage of tastes has given Malta an eclectic mix of Mediterranean cooking. Although the restaurant scene is a mix of speciality restaurants, there are many eateries that offer or specialise in local fare, serving their own versions of specialities.



Traditional Maltese food is rustic and based on the seasons. Look out for Lampuki Pie (fish pie), Rabbit Stew, Bragioli (beef olives), Kapunata, (Maltese version of ratatouille), and widow's soup, which includes a small round of Gbejniet (sheep or goat's cheese). On most food shop counters, you'll see Bigilla, a thick pate of broad beans with garlic. The snacks that must be tried are 'hobz biz-zejt' (round of bread dipped in olive oil, rubbed with ripe tomatoes and filled with a mix of tuna, onion, garlic, tomatoes and capers) and pastizzi (flaky pastry parcel filled with ricotta or mushy peas).



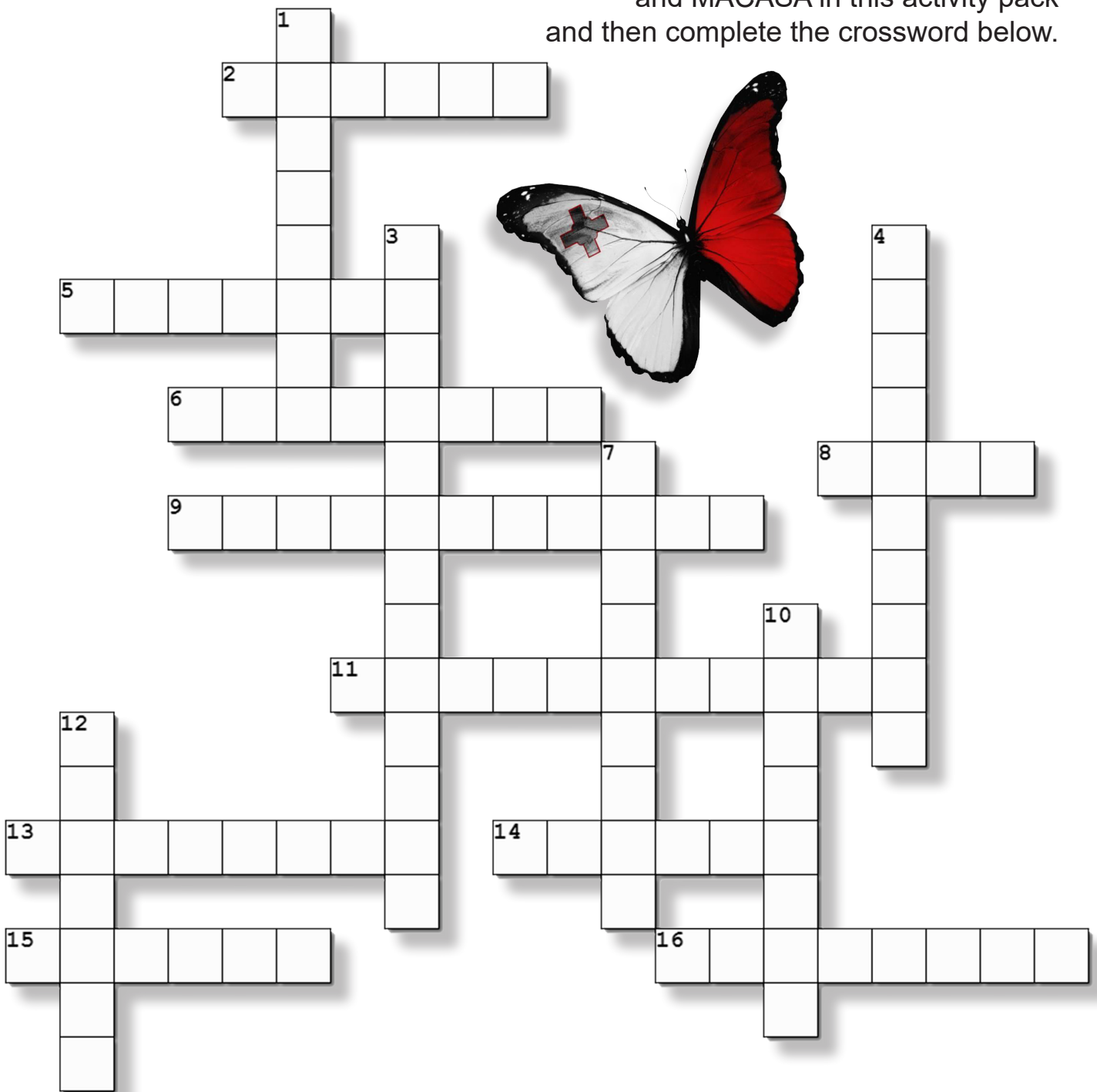
Pastizzi are usually diamond-shaped or round-shaped and made with a pastry very much like the Greek phyllo pastry (although there is also a puff pastry version). The pastry is folded in different ways according to the filling. They are typically baked on metal trays in electric or gas ovens in a pastizzeria, usually a small or family concern. They are also sold in bars, cafes and by street vendors.

Kinnie is a Maltese bittersweet carbonated soft drink brewed from bitter oranges and extracts of wormwood. It was first introduced in 1952 by the brewery Simonds Farsons Cisk, and continued to be produced by Farsons in Attard, Malta. Kinnie is brown in colour, and is drunk straight or mixed with alcohol.



CROSSWORD

Find answers to the clues by reading about Malta and MACASA in this activity pack and then complete the crossword below.



Across

2. Smallest of Malta's main inhabited islands
5. Official language of Malta
6. A traditional savoury pastry from Malta
8. How many islands make up Malta
9. Maltese currency before the Euro
11. A place in Homer's poem The Odyssey
13. Harvest Festival celebrated in June
14. Carbonated soft drink brewed from bitter oranges
15. Popular water sport
16. Main religion of Malta

Down

1. Valetta was built as this in 1566
3. Which sea is off the coast of Malta
4. Malta's National Dish
7. Maltese mineral resource
10. Capital city of Malta
12. Under this rule until 1964

WORD SEARCH

MACASA

S	E	E	V	O	L	U	N	T	E	E	R	S	E
E	T	R	O	P	P	U	S	L	A	I	C	O	S
P	A	V	U	U	G	C	P	E	C	J	O	Y	E
I	A	A	I	M	E	E	A	O	N	M	C	O	C
C	L	T	A	A	N	L	M	R	J	I	C	E	N
E	Y	L	G	S	I	M	O	T	I	R	O	C	A
R	T	R	I	N	U	E	O	V	G	N	E	R	T
A	I	O	E	N	I	S	N	O	E	C	G	L	S
E	N	R	I	V	T	E	E	M	E	A	L	S	I
I	E	T	R	O	I	T	G	T	S	P	N	N	S
T	Y	S	S	I	L	L	A	A	E	E	S	L	S
E	M	A	E	I	U	A	E	G	S	A	N	U	A
E	I	S	N	S	S	M	M	D	P	S	S	G	E
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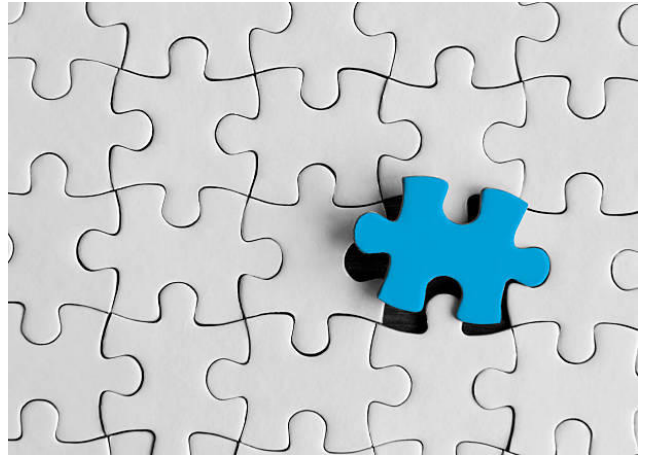
DEDICATION
DESSERT
PENSION
JOY
DIGNITY
AGEING
SENIORS

ASSISTANCE
VOLUNTEERS
MALTESE
LOVE
MOVIES
MALTA

WELL BEING
CARING
TRANSPORT
CLEANING
MEALS
RECIPES

JIGSAW

Included in this activity pack in the enclosed envelope, is a jigsaw puzzle of one of the below beautiful scenic pictures of Malta. An A4 copy of your puzzle is included in the envelope with your jigsaw puzzle pieces. Each piece has all straight edges so it may make it a little harder to find the outside edge pieces. We hope you enjoy completing the puzzle and look forward to hearing how long it took you to make it



Traditional Fishing boats called Luzzu in the harbour of Marsaxlokk, Malta, illuminated by the sunset light
Luzzu is pronounced like lutsu in Maltese.

The 'Bandiera ta' Malta', the official flag of Malta.



L-Imnarja

The Feast of Mnarja, or L-Imnarja (pronounced lim-nar-ya) is one of the most important dates on the Maltese cultural calendar.

Officially, it is a national festival dedicated to the feast of Saints Peter and Paul. In fact its roots can be traced back to the pagan Roman feast of Luminaria (literally, “the illumination”), when the early summer night of June 29 was illuminated by torches and bonfires. A national feast since the rule of the Knights, Mnarja is a traditional Maltese festival of food, religion and music. The festivities still commence today with the reading of the “bandu”, an official governmental announcement, which has been read on this day in Malta since the 16th century. Originally, Mnarja was celebrated outside St. Paul’s Grotto, in the north of Malta;

however, by 1613 the focus of the festivities had shifted to the Cathedral of St. Paul, in Mdina, and featured torchlight processions, the firing of 100 petards, horse races,

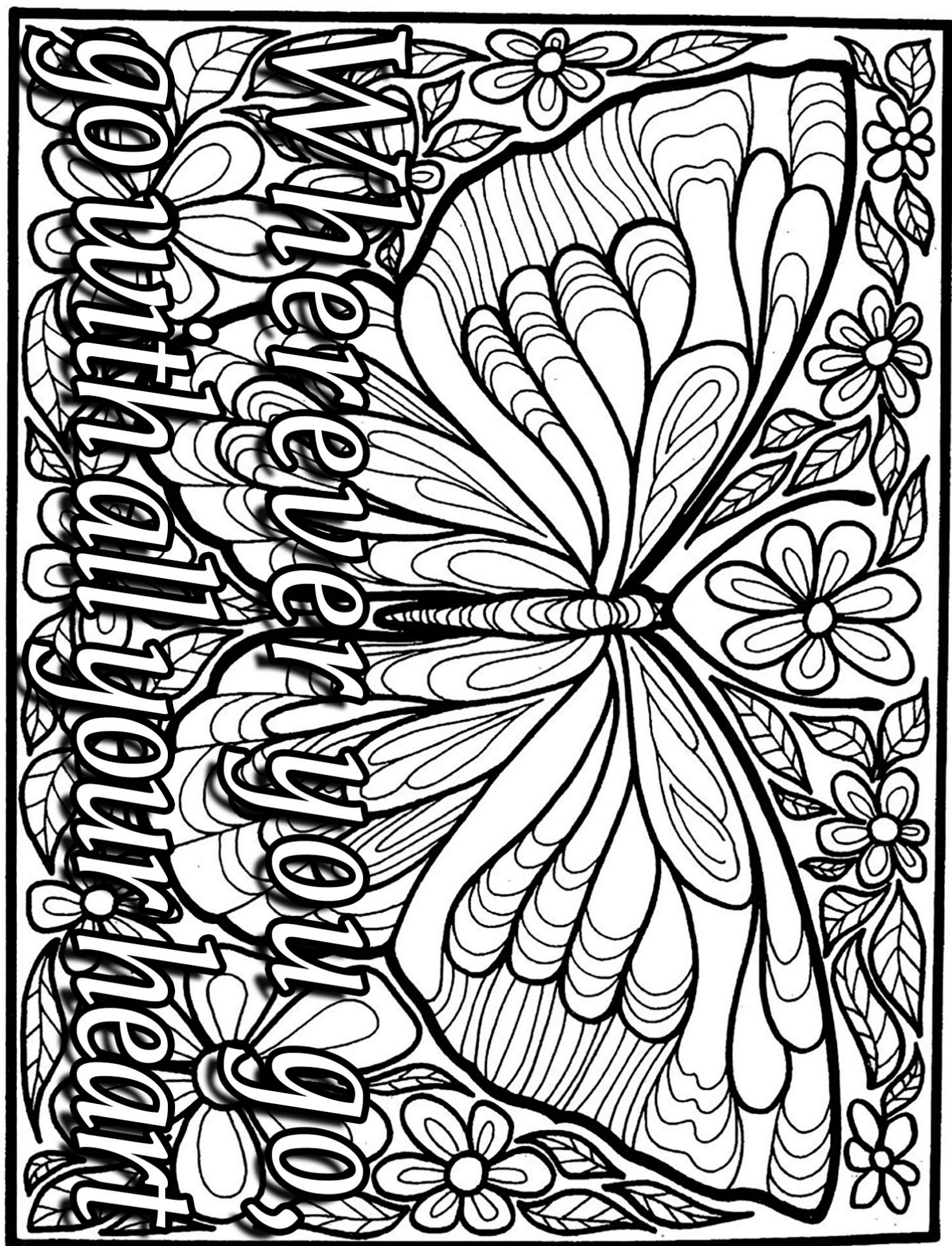


and races for men, boys and slaves. Modern Mnarja festivals take place in and around the woodlands of Buskett, just outside the town of Rabat.

It is said that under the Knights, this was the one day in the year when the Maltese were allowed to hunt and eat wild rabbit, which was otherwise reserved for the hunting pleasures of the Knights. The close connection between Mnarja and rabbit stew (Maltese: “fenkata”) remains strong today. In 1854 British governor William Reid launched an agricultural show at Buskett which is still being held today.

The farmers’ exhibition is still a seminal part of the Mnarja festivities today.





World Chocolate Day

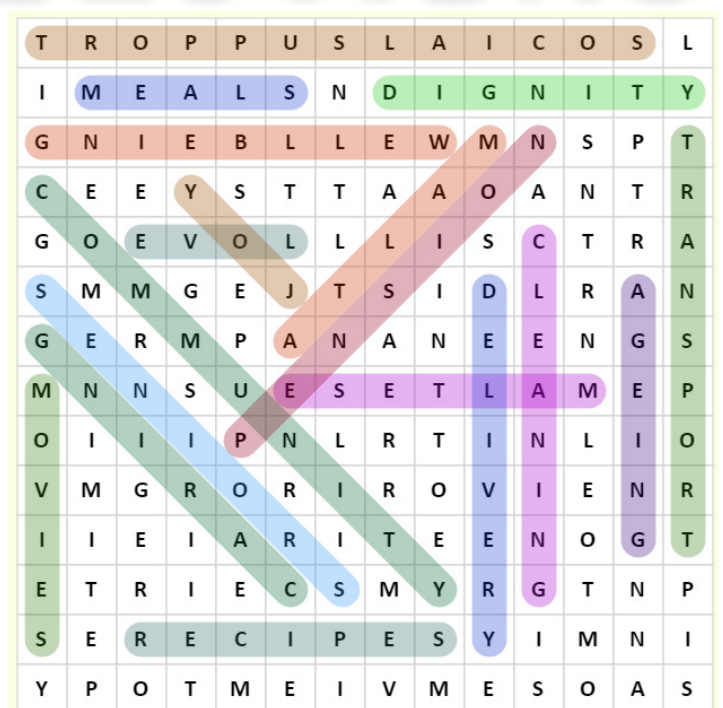
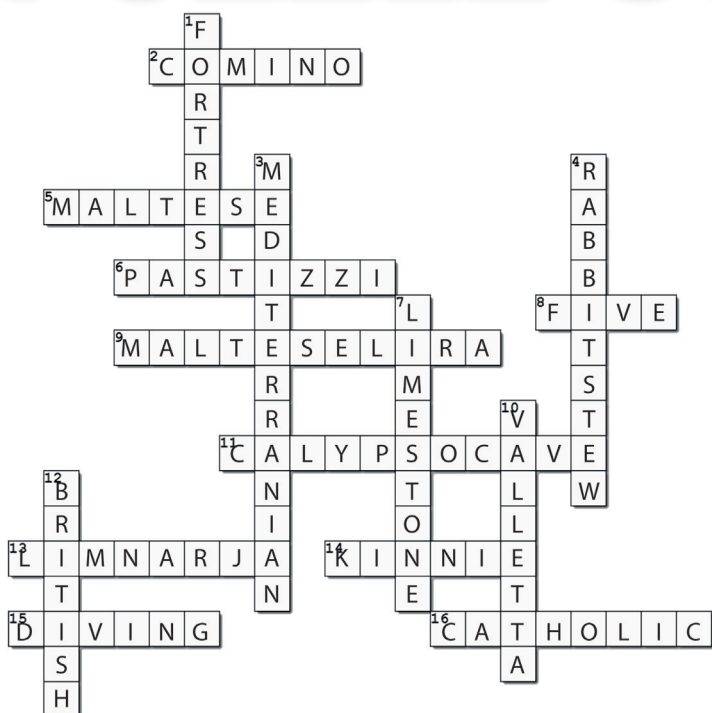
We have included a Milo satchet and a bar of Dairy Milk Chocolate with your activity pack for you to celebrate World Chocolate day and to spoil yourself, with a little treat on us. Make yourself a nice hot Milo, or drink it cold if you prefer, and work through your activity pack or just sit back and relax.

World Chocolate day is celebrated on 7 July each year and has been since 2009. Some references indicate that this day celebrates the introduction of chocolate to Europe in 1550. Now this is a tradition that I feel is worth continuing to observe.

What's your favourite? Chocolate bar, biscuits, cake or all of them?



PUZZLE SOLUTIONS



Colour Me

