



Id-dirigenti tas-Socjetà Filatelika t'Għawdex flimkien mal-partecipanti kollha li ħadu sehem

Tqassim ta' Premjijiet

Is-Socjetà Filatelika t'Għawdex (Gozo Philatelic Society) qassmet il-premijiet u ċ-certifikati lill-partecipanti kollha li ħadu sehem fil-11-il Esibizzjoni annwali.

Ir-ritratt (lemin) juri lil Zachery Borg, ta' sitt snin li joqgħod ż-Żurriq, li akkwista l-ewwel post fost id-19 tifel u tifla li esibew. Joseph Vella u Erika Dingli ġew fit-tieni u fit-tielet post rispettivament. Tidher ukoll Lara Grech, minn ta' Kerċem.

Fir-ritratt l-ieħor jidher Jesmond Borg jirċievi l-BOV Challenge Cup għall-aqwa esibit mill-President Anton Said. Il-ġurati poġġewh l-ewwel u t-tielet fis-sezzjoni tal-Istorja Postali u t-tieni fil-Filatelija Tradizzjonali. Rebbieha oħra ta' vouchers tas-Sliema Stamp Shop kienu Anthony Grech (l-ewwel fis-sezzjonijiet tal-Filatelija Soċjali u



Tradizzjonali), Corinne Borg, Emmanuel Vella, Mary Grace Xerri u Anthony Said Cremona.

Iċ-ċerimonja saret fi tmiem il-Laqqha Generali Annwali li mat-

ulha ġew eletti l-membri ġodda tal-kumitat. Intuża bħas-soltu ċ-Centru tal-Victoria Scout Group, fejn anki jsiru laqgħat għall-membri kull l-ewwel Hadd tax-xahar filgħodu.



Ġnien it-Tliet Għoljiet f'Marsalforn

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Ix-xogħol fuq Ġnien it-Tliet Għoljiet f'Marsalforn jinsab fi stadju avanzat. Il-ġnien qed jinbena fuq art li qabel kienet abbandunata. Ser jithawlu għadd ta' sigar filwaqt li jiżdied l-ispażju rikreattiv għall-familji. Xogħlijiet li saru s'issa fuq dan is-sit kienu jinkludu bini ta' ħitan u passaġġi li ser jiffurmaw il-baži ta' dan il-ġnien, flimkien ma' ġibjun għall-ilma tax-xita għall-użu fl-istess ġnien. Barra it-taħwil ta' sigar għad jonqos ukoll l-istallazzjonijiet ta' sistema ta' dawl, sistema ta' rrigazzjoni u drenagg kif ukoll l-għa-

mara tal-ġonna u strutturi tal-logħob adattati għat-tfal. Ix-xogħol fuq dan il-ġnien qed ikun koordinat mill-Ministeru għal Għawdex, filwaqt li l-kumpanija Magro Brothers Foods Ltd. ser tkun qed tipprovi s-sigari li ser jithawlu hekk kif ix-xogħol strutturali jkun lest. Dan bħala inizjattiva li tfakkar eghluq il-75 anniversarju mit-twaqqif tal-ewwel prodott taħt il-marka Three Hills.

Dan il-proġett huwa l-ewwel minn erba' proġetti ta' taħwil ta' sigar madwar Għawdex li ġew imfassla bħala parti mill-pjan

ta' azzjoni marbuta mal-viżjoni eko-Għawdex. Il-pjan ta' afforestazzjoni huwa maħsub li joffri spazji b'aktar sigar, li minbarra li jkomplu jsebbħu d-dehra generali tal-gżira ta' Għawdex, ser ikunu qed joffru wkoll aktar postijiet ta' rikreazzjoni għall-familji. Minbarra dawn il-proġetti, fix-xhur li għaddew, l-ELC, permezz ta' kuntratt iffinanzjat mill-Ministeru għal Għawdex ħawlet numru kbir ta' sigar u pjanti oħrajn madwar il-gżira.

**MINN
GĦAWDEX**



ma'
**Charles
Spiteri**



Jesmond Borg minn Nadur (xellug) bil-'BOV Challenge Cup'

Wirja dwar Dun Alwiġ ta' Savina

Fil-Banca Giuratale li tinsab fi Pjazza Indipendenza fir-Rabat Għawdex għadha kif għalqet wirja li żaruha numru kbir ta' nies, li tfakkar lill-Mons. Luigi Vella, li kien aktar magħruf bħala Dun Alwiġ ta' Savina.

Il-wirja kienet tinkludi ritratti mill-ħajja tiegħu fosthom dawk mal-familja; abiti sagri; medalji; manuskritti f'forma ta' perjodiku li huwa stess kien joħroġ kull xahar kif ukoll kitbiet oħra, flimkien ma' pjanta tal-Knisja ta' Savina.

Mons. Vella kien Arcidjaknu tal-Katidral ta' Għawdex u l-ewwel Rettur tal-Knisja tal-Adorazzjoni Perpetwa fil-knisja magħrufa bħala Ta' Savina. Minkejja li ilu mejjet fuq tmenin sena, Dun Alwiġ għadu u jibqa' ħaj fl-opri li ħalla warajh, fost l-oħrajn l-Adorazzjoni tas-Santissimu Sagrament kif ukoll il-kitba abbondanti tiegħu. Huwa kiteb ukoll diversi rumanzi storiċi fosthom, Bernard Dupuo, Nikol Għabdul, Bint il-Ħakem u Isolda – Imħabba ta' Bint.



Uħud minn dawk li marru jaraw il-wirja.
Jidhru Lorrie Saliba, Emanuel Grima u Raymond Vella

Sejha għal Nominazzjonijiet għal Quiet Achievers Night of Recognition 2011

Maltese Welfare (NSW) Incorporated ifakkru li min irid jinnomina persuni għal **Quiet Achievers - Night of Recognition 2011** għandhom jakkwistaw formola mingħand is-Segretarja, billi tiktbu email lis-secretary@maltesewelfare.com.au, jew iċċemplu (02) 9631 9295.

Tistgħu tiksbu applikazzjoni wkoll mill-uffiċċju ta' *The Maltese Herald* f'Merrylands Tel 9637 9992.

**In-nominazzjonijiet jagħlqu
l-Ġimgħa l-4 ta' Marzu 2011**

The Quiet Achievers Night of Recognition se ssir **nhar l-Erbgħa, 23 ta' Marzu 2011** **fl-Annunciation Hall, St Dominic Hostel, Blacktown NSW.**

A tribute to Gozo's oldest active bandsman

By Charles Spiteri – Gozo Correspondent

The demise of 86 year-old Francis Bonello from Xagħra pulled down the shutters on a music era.

Popularly known as *Frenċ is-Sansun*, Francis was a veteran and dilettante of everything that is Xagħra made. He was credited to be the oldest active bandsman in Gozo at the turn of the century when, with great reluctance, he had to lay down the trombone because of old age.

Francis had been active at the Xagħra Victory Band since its establishment in 1939. He had previously played the trombone with the Don Bosco orchestra at Xagħra under the direction of Ganni Vella. Following the merger of the orchestra and the Xagħra Boy Scouts band, a number of their respective members joined forces and the present day Victory band was formed. From then

on Francis continued to play the trombone whenever the Victory Band was invited to play. However, membership with the defunct Don Bosco orchestra also saw him playing during the solemn internal concelebrations on feast day, until his prime. One may rightly say that, Francis was the last to outlive his colleagues in actively playing in both groups.

Francis, a full time farmer by occupation, and his wife Ganna, succeeded in bringing up a family of nine children. Together they brought up their children in deep Christian faith as well as nurtured in them a love for doing good and for caring for others in need. Testament to this is reflected in the active involvement of their sons, Saviour and Raymond, in the many tiers of organisation of the Xagħra parish as well as in philanthropic entities. Francis always in-

sisted that his children participate in village activities and contributed their own personal energy.

Possessing a typical good-natured character, Francis loved to crack inoffensive jokes that made the listener reel with laughter. He would join in every activity organised by the Xagħra band and was always to be found at the tail end of the band, blowing his trombone.

In 1989, together with Michael Refalo, Francis was paid homage for having given unswerving and dedicated service to the Xagħra band for 50 years.

Consequently, it was only natural that on Friday 21st, January last, his coffin was carried shoulder-high from the Xagħra band club to the parish church. The band-cap Francis wore rested on his coffin, and walking behind the bearers came a child carry his trombone. As part of the cortege, the Victory Band played funerary pieces, and was followed by family members, and a large number of friends and colleagues who came to pay their last respects. All tes-



Francis Bonello

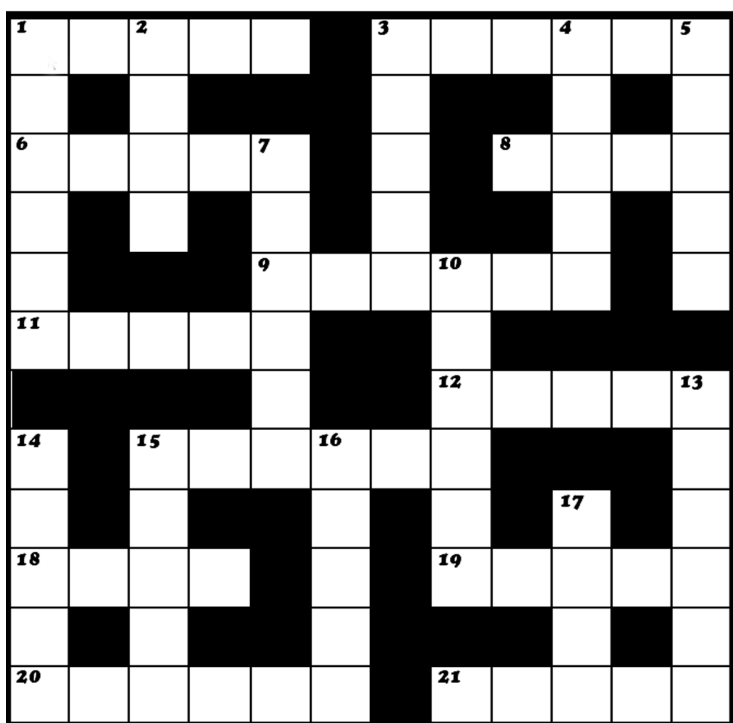
timony to Francis' friendly nature and wonderful sense of humor, which made him a fine example of one dedicated to his family and to his friends, as Mgr. Carmelo Re-

falo, parish priest of Xagħra, so eloquently pointed out during the concelebrated funerary mass.

May God grant Francis eternal peace.

TISLIBA

THE MALTESE HERALD



“GH” u “IE” jistgħu jkunu f'kaxxa waħda

MIMDUDIN:-

- Ogġett tal-injam b'erba' naħat; għatu u qiegħ. (5)
- Daqq il-fifra; betbet. (6)
- Helwa bejn namrati; morra ta' Ġuda. (5)
- Brix; tqaxxir; qligħ; qrid. (4)
- Bomba qawwija mhux ta' żmien il-gwerra. (6)
- Bini għoli biex iżomm l-għassa. (5)
- Korla; furja; kedda; saħna. (5)
- Mollusk issibu fil-baħar jew skrivanija. (6)
- Ikla ta' nofs inhar. (4)
- Fih is-sonża; tal-grass; idellek. (5)
- L-akbar mammifra tal-baħar. (6)
- Haġra prezzjuża jew toqba tad-dranagġ. (5)

WEQFIN:-

- Porvli f'ras sulfarina. (6)
- Tisjir fuq gradilja taħraq. (4)
- Haġra prezzjuża lewn kaħlani u trasparenti. (5)

- Metalli mibrumin li jċedu meta jingħafsu. (5)
- Kampanjol; bidwi; mhux Belti. (5)
- Skanta bil-ġmiel; għoxa; tgħaxxaq. (6)
- Għamel ħafna storbju b'ħoss qawwi. (6)
- Irrizenja t-tron; warrab; ċeda. (6)
- Għamel talba; xtaq; ried; sejjaħ. (5)
- Għasfur jgħanni forsi hdejn is-Sweż. (5)
- Flas għal xi offiża kontra l-liġi. (5)
- Mhux għoli fil-prezz. (4)



SOLUZZJONI TAL-ĠIMGHA
L-OHRA

One person a day dies of cancer in Malta: Good percentage of cases preventable

by Annaliza Borg

As the table (below) indicates, between 2007 and 2009, a total of 365 people died in Malta on average of one person per day, making cancer the second leading cause of death in Malta.

As reported, the government will be launching a National Cancer Plan in line with recent and future developments in the treatment of cancer. The policy will focus on the need for better prevention and the upgrading of services that are currently being offered to combat the disease. A strategy will eventually be developed on the policy, aimed at encouraging people to opt for healthier lifestyles and for the implementation of better treatment practices.

Data compiled by the Health Information and Research Department shows that around 40% of all cancers can be prevented. Foremost among these risk factors are cigarette smoking and unhealthy diets. It is estimated that 25% of all cancer deaths and 15% of all deaths in the European Union are a result of smoking.

In Malta, 372 deaths were related to smoking in 2008. Immediately after stopping smoking, the risk starts to drop rapidly.

In general, cancer rates within a population increase with increasing age (longevity) of the population. This is happening across most of Europe, and the trend is set to continue because of ageing populations.

The causes of most cancers are unknown yet some higher risks have been identified.

Late age at first pregnancy, early menarche (first period), late menopause and a low number of pregnancies are factors associated with a higher risk of breast cancer. These trends and changing lifestyles may explain part of the increased incidence in breast cancer over the past few years. However,



early diagnosis and effective treatment have a very significant effect on mortality due to breast cancer. There is consistent evidence that a healthy diet rich in fruit and vegetables has a protective effect against many cancers. Being overweight and obesity are associated with a greater proportion of cancer in females, especially because of the link with cancer of the uterus and breast.

Physical activity has also been shown to be beneficial against cancers of the breast and colon. Preventative effects increase with rising duration and intensity of physical activity. These results are independent of the effect on body weight.

Increased alcohol intake is associated with increased risk of cancers of the mouth, throat, liver, colon, rectum and breast.

Exposure to the sun is meanwhile the main environmental cause of skin cancer. Several infectious agents have

been identified as causing cancer after several years of chronic infection. In fact, vaccines against certain diseases have been developed and are available locally.

These include cervical cancer with Human Papilloma Virus (HPV), Epstein Barr Virus (EBV) with Hodgkin Lymphoma, and stomach cancer linked with infection with *Helicobacter pylori*.

40% of all cancers can be prevented through:

- Eating a varied and healthy Mediterranean diet,
- Maintaining a healthy weight
- Regular physical activity
- Limiting alcohol intake

There is also consistent evidence of beneficial measures by:

- Stopping tobacco use and avoiding exposure to passive smoke
- Avoiding sun exposure and using sun screens
- Protecting yourself against cancer-causing infections