



THE MALTESE PRESENCE IN NORTH AMERICA



E-NEWSLETTER

Issue 38

MAY 2022



The “Last Supper Table,” St. Paul the Apostle Parish Hall, Toronto

See page 4

**The Maltese Presence
in North America
Issue No. 38 MAY 2022**

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EDITORIAL COMMENT

As it turned out, this issue is almost totally devoted to the events surrounding Holy Week and the Maltese tradition of figolli at Easter.

I was so moved by Lisa Buttigieg LiGreci's Holy Week article that I selected it for this issue's "centrefold." (See pages 17-21.) And if this weren't enough, I was further touched by the photo of the crown of thorns made from palms. The symbolism of the yellow of the palms and the blue of the ribbon immediately reminded me of

the Ukraine and the terrible suffering to which its people are currently subjected. (See page 18)

Also, on the theme of Holy Week, there is the article on the Holy Week exhibition which was set up in St. Paul the Apostle's Parish Hall (pages 1, 4) and the Good Friday procession held in Toronto on April 6, 2015 (pages 9-10).

As to the Maltese tradition of figolli at Easter, this issue contains three such articles. There is the figolli demonstration at the Maltese American Community Club of Dearborn, by Margaret Muscat Purdy (pages 11-12) and the figolli-making and decoration event held on the other side of the Detroit River at the Malta United Society of Windsor, as recorded by Miriam Labadie Ditty (pages 22-24).

Both of the above articles also show that the Maltese tradition of making and decorating figolli is being handed down to succeeding generations of those of Maltese descent in these border communities of Metro Detroit and Windsor. Margaret Muscat Purdy's account of making figolli and colouring Easter eggs in her father's house with other family members (pages 13-14), also shows the blending of Maltese and North American Easter traditions, as well as the uniting of four generations of the family for this annual event.

Once again, this issue contains two excellent Maltese recipes contributed by Mary Rose Aquilina (*stuffat tal-klamari mimlija*, pages 25-26) and Lisa Buttigieg LiGreci (*koxxa tal-haruf fil-forn*, pages 27-29).

Again, I must apologize to a number of individuals whose articles, or about whom I have intended to write, for not being able to have them ready for this issue. It's a case of being involved in too many projects, the newsletter being but one. Rest assured, I

haven't forgotten you and have transferred the raw data into the mock-up for the June issue.

All issues and the latest "Table of Contents" are posted on the web page of the Maltese-American Social Club of San Francisco at <http://maltese-americanscsf.org/home.aspx>, thanks to the kindness and efforts of Evelyn and Dennis Simmons of California Click on to "News & Resources."

If you have ideas to share or wish to be put on the free, bcc electronic mailing lists, etc., I may be reached at dbrock40@worldline.ca.

CONTENTS

2. Editorial Comment
3. Pastor's Thoughts...
4. Holy Week Exhibition
5. A Potpourri of Events
7. Accreditation Ceremony of the Newly-Appointed Maltese Ambassador to Ireland
8. Fenkata Night at the Melita Soccer Club
9. Good Friday Procession in Toronto, April 6, 2015
10. Readers' Comments Relating to the April Issue
11. Our Figolli Demonstration Held at the Dearborn Club
13. Our Annual Figolli Day/Easter Egg Coloring
15. Activities within the Maltese Communities
16. Saturday Evening Easter Prayer Service
16. Winner of a 2022 CUROP Summer Research Internship
17. Holy Week: My Journey of Spiritual Renewal
22. Figolli Making and Decorating at Our Club
25. *Stuffat Tal-Klamari Mimlija* (Stuffed Calamari Stew)
27. *Koxxa Tal-Haruf Fil-Forn* (Roast Leg of Lamb)
29. Exhibit of Joseph Muscat's Works
30. Maltese Organizations in North America
32. Kids Easter Sunday Bonanza, Maltese Center, NYC

**GLEANINGS
FROM THE SUNDAY BULLETIN**

PASTOR'S THOUGHTS...



Fr. Mario Micallef, MSSP, is pastor of St. Paul the Apostle, Toronto, the only Maltese national parish in North America. These "Pastor's thoughts..." are extracts from his commentaries on the Sunday readings which are published in the Parish's Sunday Bulletin for February.

Who Is the Father for Me?

....Perhaps sometimes I am a bit like one of the two sons, while in other times I might act more like the other. (Lk. 15:11-32) What matters is, who is the Father for me? What kind of relationship do I have with the Father?

My answer will very likely determine how I live my life as a Christian.

New Life Is Always Possible

In the life of that woman [caught in adultery (Jn 8:3-11)] there is the life of each and every one of us. We are aware of our sinfulness. Sometimes we feel guilt crushing us, its finger pointed to us like that of each of those who were accusing the woman in the gospel. And yet, Jesus tells us that all is not lost. With Him, there is always hope.

...Without denying the reality of death, the Resurrection tells us that new life is always possible.

Christ is Risen! He Is Alive!

It is not easy to believe in the Resurrection, that good is stronger than evil. Perhaps, unfortunately, we are too accustomed to bad things happening around us. Whether it's in the news or in our family, it seems that bad things constantly happen everywhere. The message of Easter does not deny this. His [Christ's] death was real, and the power of evil was really at work. But what

Easter tells us is that the story does not end there. "Why do you seek Him amongst the dead? He is not

here. He is risen!" Indeed, there is life after death; there is hope after disillusion.

This is why the Resurrection of Jesus is so central to our faith. Jesus is not a mere historical figure of the past. He is Risen! He is Alive! And this surely gives us hope in moments of darkness, light when only darkness is all that we can see.

**One Can Meet the Risen, Living Jesus
Only When in Communion
with the Rest of the Community**

....On Easter Sunday Jesus comes to visit his disciples, who had been locked up in the upper room, filled with fear, while Thomas was not with them. So, Jesus returns a week later, when Thomas is also present.... [Jn. 20:19-29]

Indeed, Jesus does return for the sake of Thomas. This reminds us of how important each and every one of us is for Jesus. Do you remember that one lost sheep of the parable? [Lk 15:4-7] But then again, one could argue that Jesus could have gone to meet Thomas wherever he happened to be on the Sunday evening. But no, Thomas had to experience the risen Christ when he was with his community. It is there, while the disciples are gathered again the following week that Jesus came to meet Thomas. It is as if Jesus wanted to remind Thomas—and, indeed, each one of us—that one can meet the risen, living Jesus only when one is in communion with the rest of the community, even if it is an imperfect, broken community like the one of those first disciples. How often do I hear people say they feel it's enough to pray to God at home, without the need of being together with the believing community! Somehow, that does not work.

"put your finger here...give me your hand, put it in my side," Jesus tells Thomas. The wounds in the body are real, do not run away from them or try to deny them. This is the Jesus I believe in. This is the Church, as body of Christ, I believe in. And yet, within this context of woundedness, among the tension created inside the community and amidst all the fear the disciples were experiencing during those days, Jesus' first words were "Peace be with you". The gift of peace is not a denial or cancellation of the woundedness we all experience. It is the result of being in the presence of Jesus who had gone through it all, and came out victorious.

May you all exercise this gift of Christ's peace as you go through the ups and downs of your own spiritual journeys and everyday lives.

HOLY WEEK EXHIBITION

Fr. Mario Micallef, MSSP

An exhibition was organized in our Parish Hall for Holy Week.

This included the “Last Supper Table,” a tradition in many Maltese parishes.



Some school children, together with their teachers, visited the exhibition.



A POTPOURRI OF EVENTS

Dan Brock

Dr. Raymond Xerri, Consul General of the Republic of Malta to Canada, presented a plaque to Joanne Camilleri, the Toronto-based performer, producer, instructor and choreographer in Middle Eastern arts and performance arts in various dance realms. This was at the dinner at the Malta Band Club on Friday, March 18th.



Joanne Camilleri with Dr. Raymond Xerri

A fund-raising dinner was held in St. Paul the Apostle Parish Hall, on Saturday, March 19th, in honour of Fr. Mark Grima, Superior General of the Missionary Society of St. Paul (MSSP). He paid a canonical visit to the Maltese community in the Greater Toronto Area while on his way to Peru.

A sum of \$8,132 was raised at the dinner and given to Fr. Mark for the Society’s mission in Peru.

Fr. Mark left for Peru on March 28th.



Fr. Mario Micallef Is About to Introduce Fr. Mark Grima



Fr. Mark Grima



**Dr. Raymond Xerri and
Fr. Giovanni Tabone, MSSP**



On the Feast of St. Joseph, March 19th, an arrangement for Holy Week was set up at The Malta Bake Shop on Dundas Street, Toronto.



Fr. Mark Grima, MSSP

Fr. Grima celebrated the Mass at 10:30 a.m. at St. Paul the Apostle Church on Sunday, March 20th and delivered the homily.



On Tuesday, March 22nd, Dr. Xerri paid a farwell visit to The Malta Bake Shop.



Photos courtesy of Dr. Raymond Xerri

Dr. Xerri left Toronto on Thursday, March 24th, to be back in Malta in time for the general election held on March 26th.



Photo by James Attard

ACCREDITATION CEREMONY OF THE NEWLY-APPOINTED MALTESE AMBASSADOR TO IRELAND

Dan Brock

Prior to his appointment as Ambassador to Ireland, H.E. Giovanni Battista Buttigieg was Consul General for New York, Connecticut and New Jersey. During this time, he “promoted [this newsletter] widely, with the diaspora, as well as Maltese authorities.”

I, therefore, would like to take this opportunity to congratulate Ambassador Buttigieg on his new appointment.

On Thursday, March 31st, the accreditation ceremony with H.E. Michael D. Higgins, President of Ireland, took place.



**H.E. Michael D. Higgins and the New
Ambassador of the Republic of Malta to Ireland**
Photos courtesy of Ambassador Buttigieg

**FENKATA NIGHT
AT THE MELITA SOCCER CLUB**

Mary Ann Piscopo

Saturday April 2nd, we had a fenkata night. It was the first visit to our club by our new Consul General Den Demicoli. Fr. Mario Micallef was also our guest.

The chefs were Tony Saliba and Philip Spiteri.



Fried Rabbit and French Fries

**Mary Ann Piscopo
and Consul General Denise "Den" Demicoli**



Den Demicoli and Fr. Mario Micallef, MSSP





**GOOD FRIDAY PROCESSION IN TORONTO,
APRIL 6, 2015**

Malta Band Club Facebook Page



After dinner, *ghana* (Maltese folk music) entertainment was provided by guitarists Charlie Tanti, Charlie Micallef and Rocco Schembri and singers Philip Spiteri and Frank Apap.





READER'S COMMENTS RELATING TO THE APRIL ISSUE

Fabulous newsletter. Also, so looking forward to purchasing the book written by Mar Fenech – she is an amazing author – have read her 2 previous books. Really enjoyed them and reading about places I have visited in Malta.

Marian Atkinson, Australia

Thank you for the wealth of information you give us every month.

Giovanni Buttigieg,
Ambassador of the Republic of Malta to Ireland

OUR FIGOLLI DEMONSTRATION HELD AT THE DEARBORN CLUB

Margaret Muscat Purdy*

A figolli demonstration was held at the Maltese American Community Club of Dearborn on the afternoon of Sunday, April 10th.

Thank you, Josephine Axiak and Angela Borg for your wonderful presentation.

A great big shout out to Mary Micallef, Doris Durkin and Rita Vella Cruz for selling our merchandise and running the show.



Josephine Axiak and Angela Borg



Mary Micallef and Doris Durkin



**"The Boss Ladies of Da Club"
Delores Durkin, Mary Micallef,
Angela Borg, Margaret Muscat Purdy,
Rita Vella Cruz and Josephine Axiak**



Rita Vella Cruz

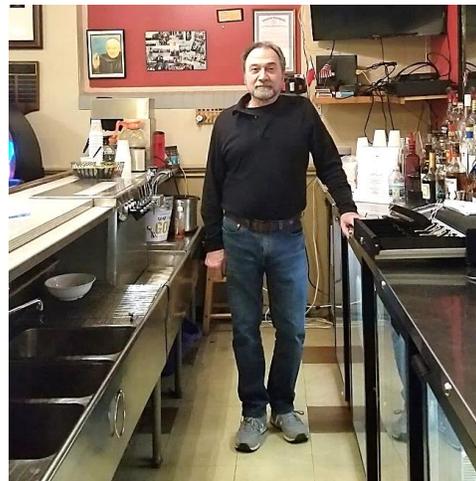
I hope everyone enjoyed the figolli made by Angela Borg, Josephine Axiak, Rita Vella Cruz and Margaret Ray.



Josephine Axiak



Last but not least, thank you Paul Axiak for doing a wonderful job handling our beverages.



Paul Axiak Who Tended the Bar

Thank you everyone for coming out to support our club and keeping our Maltese traditions going!



** Margaret is a trustee and head of the entertainment committee at the Club.*

**OUR ANNUAL
FIGOLLI DAY/EASTER EGG COLORING***

Margaret Muscat Purdy

Editor's Note: This is such a delightful pictorial article in that it takes Maltese traditions, learned from mothers and grandmothers, such as making figolli, and passes them on to daughters and grandchildren along with North American traditions, such as colouring and decorating Easter eggs.

This annual event in our family took place on Holy Saturday, April 16th, at my dad's, Tom Muscat's, home in Dearborn Heights, Michigan, where he has lived for 50 years. My mother passed away on this day three years ago. So many memories and traditions in this family home! We sure miss you, Mom.



My Sister, Carmen Koch



**My Father, Tom Muscat, at Home
with His Great-Grandchildren**



My Grandson, Zavier



Zavier and Me
The Apron I'm Wearing Was My Mother's



**ACTIVITIES WITHIN
THE MALTESE COMMUNITIES**

Dan Brock

MICHIGAN

Maltese American Community Club of Dearborn

A **figolli making demonstration** was held at the Club on Sunday, April 10th. See pages 11-12.

A **fundraiser** for the **Michigan Parkinson Foundation** was held at the Club on Friday, April 22nd. Pizza, a fish fry, ravioli and pastizzi were available. There were raffle baskets, a 50/50 raffle, bake sale, bottle drive and a full bar.

The **Sinatra Night Dinner Dance** took place on Saturday, April 30th. An Italian dinner was served. Sinatra impersonator Mike Kaiser provided the entertainment.

The **Memorial Day Parade** will be held on Monday, May 30th.

The **Annual Car Show** will take place on Saturday, June 11th.

NEW YORK CITY

Maltese Center: Astoria

A **special scene of the Stations of the Cross** was set up by club members. It was on view at the Center through Easter and open to all.

A **Saturday Evening Easter prayer service** with Fr. Anthony Saliba was held on April 9th. See page 16.

A **Kids Easter Bonanza** was held on the afternoon of Sunday, April 10th. See page 32.

A **Majjalata BBQ Night** is to be held on Saturday, May 21st, at 7:00 p.m.

ONTARIO

**Greater Toronto Area
Malta Band Club**

The meal on Friday, April 1st was *spagetti bil-frott tal-bañar* (spaghetti with seafood).

On Friday, April 8th, the dinner consisted of *kavalli bil-patata l-forn* (mackerel with baked potatoes).

Figolli orders were picked up on April 8th and 10th.

The Friday night dinner on April 29th was ravioli.

A fenkata dinner, with spaghetti or fries was held on Saturday, April 30th.

Super bingo will be played on Sunday, May 1st.

Future events:

May 7th – Spaghetti Nite

May 14th – Casino

May 24th – Anniversary Dinner & Dance

May 29th – Car Show

June 4th – BBQ

June 11th – Casino

June 12th – Car Show

June 18th – St. George Fenkata

**LEHEN MALTI
(Maltese Voice)**

**OMNI 1 - Ontario
Saturdays 8:30 a.m.
Tuesdays 11:30 a.m.
Thursdays 8:30 a.m.**

**OMNI BC
Saturdays 2:00 p.m.**

**OMNI Alberta
Saturdays 2:00 p.m.**

St. Paul the Apostle Parish

An exhibition was organized in the Parish Hall for Holy Week. (See pages 1, 4.)

London

Sunday afternoon gatherings of the **Maltese Canadian community** of the London area have resumed at **Springbank Park** as of April 24th.

The first **monthly luncheon** since last November of the **Maltese Canadian community and friends** was held at 12:30 p.m., at The Pickle Barrel, in the Victoria Place Mall, 387 Wellington Road, on Thursday, April 28th.

Windsor

Malta United Society of Windsor, Ontario

Those who placed **figolli orders** were able to pick them up at the Club between 3:00 and 5:00 p.m. on Wednesday, April 13th and between 11:00 a.m. and 4:00 p.m. on Good Friday, April 15th. See pages 22-24 for background.

Also, on **Good Friday** the Club had **fish and chips** and the **ricotta pie meal** for 70 people.

MALTESE CENTER, NYC



Saturday Evening Easter Prayer Service, April 9th, with Fr. Anthony Saliba



WINNER OF A 2022 CUROP SUMMER RESEARCH INTERNSHIP

Dan Brock

Fourth-year Greek and Roman Studies student Niġel Klemenčič-Puglisevich of Carleton University has won a 2022 Carleton University Research Opportunity Program (CUROP) Summer Research Internship. His project is entitled “(De)Colonizing Heritage: Colonial and Imperial Roots Shaping Cultural Heritage in Malta.” From late May to late July, he will be doing research in Italy and in Malta, under the supervision of Dr. Susan Whitney of Carleton’s Department of History.

In 2020, Niġel won a \$2,000 scholarship, through *Leġen Malti*, for the 2020-21 scholastic year.

His article, “The Puglisevich Family in Canada,” appeared in the February 2021 issue of this newsletter.

Niġel will be studying for his MA in Public History (Museum Studies) at the University of Western Ontario and is moving to London this month.

While in London, he plans to “become involved in the Maltese community” and primarily to put into use his “background in archival digitization.” Niġel

hopes to begin an initiative to help Maltese Canadians (especially seniors) to digitize their old family photos, slides, negatives, and home movies of Malta and their early days in Canada, on a volunteer basis.”

**2022 CUROP Summer Research Internship Recipient:
Niġel Klemenčič-Puglisevich**



**HOLY WEEK:
MY JOURNEY OF SPIRITUAL RENEWAL**

Lisa Buttigieg LiGreci

These last few years have been challenging for me both on a personal and spiritual level as I'm sure it has been for many of you. Because of COVID restrictions, I have not attended Mass since the quarantine, with the few exceptions of attending with family members that I visited out of town. Being at high risk from COVID complications, I don't go out unless it is absolutely necessary and try to stay away from crowds and large gatherings.

Now that things are getting back to normal, and most COVID mandates being lifted, I thought to myself, there was no better time to renew my spirit. It couldn't have come at a more perfect time. It was a time for self reflection, penance and celebraton. It has been two years since I attended Holy Week services and I was anxious to partake in all the season's rituals and all it had to offer.

Palm Sunday is the first day of Holy Week. I really enjoyed the Mass commemorating Christ's triumphal entry into Jerusalem. After Mass, I grabbed myself a nice bunch of palms and went home to weave them into crosses. This year, I really wanted to do something special because it had been so long since I celebrated Palm Sunday. I went online and looked up videos on YouTube on how to weave the palms into different decorations.

I made my traditional simple crosses, but also more detailed ones with a crisscross design, palm roses, a crown of thorns, and one of my favorites, an Italian triple cross with the Sacred Heart hanging from it. My first attempt at making the Italian cross resulted in a happy accident. The palms I used were way too thick and I wound up with a cross that was fat and even on all sides. I fashioned some embellishments for the cross and made it into a Maltese Cross. I must admit, I'm very proud of my creation.



Crisscross Crosses



Traditional Crosses



Palm Roses



Crown of Thorns



Maltese Cross



Italian Triple Cross with the Sacred Heart
Hanging from It

The Paschal Triduum is a single liturgical celebration that spans three days. It begins on the Thursday before Easter and ends the evening of Easter Sunday. "Isn't that four days?" you might ask yourself. The Church counts these days liturgically, so the "day" begins the evening before. Thursday evening to Friday evening (Day 1), Friday evening to Saturday evening (Day 2), Saturday evening to Sunday evening (Day 3).

Except for Easter, Holy Thursday, also known as Maundy Thursday, is possibly one of the most important days of celebration in the Catholic Church. It not only celebrates the institution of the Eucharist as the true body and blood of Jesus Christ during The Last Supper, but also, the institution of the sacrament of the priesthood. The Washing of the Feet, which is the definition of "maundy", is a secondary commemoration which is purely symbolic of love and being ready to serve

I really wanted to attend the foot washing ceremony at my church. After work, I took a nice long bath to make sure my feet were nice and clean, but I made the mistake of lying down for a minute, and fell asleep. Unfortunately, I missed the service.

I always get so emotional during the Stations of the Cross on Good Friday. I cried through a lot of it. Before the service, I snapped a few pictures in the church. Seeing the shrouded crucifix and statues

really set the tone.

Good Friday commemorates the crucifixion of Jesus and his death at Calvary. It is traditionally a day of fasting and penance. So, why do we call it Good Friday when Christ's crucifixion was so

terrible? Good Friday is "good" because as terrible as that day was, it had to happen for us to receive the joy of Easter. Good Friday is a crucial day of the year because it celebrates what we believe to be the most momentous weekend in the history of the world.



Note the Maltese Cross in the Lower Left of This Stain Glass Window, St. John Neumann Church, Canton, Michigan.



The Shrouded Crucifix and Statues Really Set the Tone

Holy Saturday, a day of silence and reflection, commemorates the time Jesus lay in the tomb. In our parish, we have a tradition of bringing a basket of the food you are preparing for Easter to church to be blessed. This tradition dates back earlier than the 15th century and originates from Eastern Europe. But mostly, it originated from Poland. Each food item symbolizes different things.



Baskets to be Blessed Line the Aisle



Fr. Paulo Diaz Blesses the Baskets

In my basket I have meat, symbolizing great joy and abundance in celebration of Christ's resurrection. The meat in my basket is lamb. The lamb also reminds Christians that the Risen Christ is the "Pascal *Lamb* of God." Bread represents the staff of life given by God. Butter is one of the dairy products included to celebrate the end of Lent and the richness of our salvation. The butter is often shaped into a lamb, which is symbolic of the Paschal Lamb. Uncolored hard-cooked eggs indicate hope, new life and Christ rising from his tomb. Cheese is a symbol of the Risen Christ. And salt is to add zest to life and

preserve us from corruption.



My Basket

Finally, there is Easter Sunday. He is risen! Jesus Christ has triumphed over death. His resurrection means the eternal life that is granted to all who believe in Him. The altar looked beautiful with all the Easter lilies.



**The Altar on Easter Sunday,
St. John Neumann Church**

A new Paschal candle is blessed and placed on the altar. It is the symbol of the Risen Christ and is kept in a prominent place on the altar all throughout the Paschal Season. It is also placed on the altar on special occasions, such as funerals, to give prominence to the resurrection in Christ over death. During the celebration of the sacrament of baptism, it is placed as close as possible to the baptismal font,

representing the new life in the Risen Christ.



The New Pascal Candle

I went to early Mass so I could get home and start cooking. After Mass I prepared an Easter feast for both lunch and dinner. We celebrated the day with friends and family.



Easter Lunch



**Assorted Italian Cold Cuts,
Pickled Items and Nuts**



Easter Dinner

Being able to go back to church, especially at this holiest time of the year, was just what my soul needed. My spirituality has been rejuvenated and I have a fresh new outlook on what is to come this year. I hope all of you had a blessed Easter with your family. May God bless each and every one of you.

**FIGOLLI MAKING AND DECORATING
AT OUR CLUB**

Miriam Labadie Ditty

The ladies of the Malta United Society of Windsor, Ontario recently got together and offered to handmake and hand-decorate figolli for our fellow members of the Maltese Canadian community and their families.

As a result, we ended up having 129-135 orders with five different shapes from which to choose.





It took us five days to prepare the dough, cut, fill, bake, decorate, package, then deliver the wonderful creations we made.



Rose Pace, Maria Caruana, Margaret Bonnici, Josephine Kelly and Debbie Calleja



Rose Pace, Carmen Linewood and Miriam Labadie Ditty Working the Figolli Dough



Debbie Calleja and Sylvia Muscat





**Cheryl Durand Zampa and Maria Caruana
Rolling and Cutting the Figolli Dough**



Emanuel Linwood, Our Baker



**Debbie Calleja, Sylvia Muscat,
Emily Ditty and Rose Pace
Teaching the Younger How It's Done**

I personally want to thank, Carmen Linwood, Emanuel Linwood, Rose Pace, Debbie Calleja, Sylvia Muscat, Rena Cassar, Cheryl Ann Duran Zampa, Maria Caruana, Maria Grixti, Mike Pace, Christina Duran, Emily Ditty, Veronica DiLillo Cardoso. We cannot forget our president, Peter Pace, who was on board with our ladies, and advertised and sent out notices. The success of our Easter week was based on everyone's help.

Our Maltese Community came through and made this a complete success. Keeping our Maltese heritage and our Maltese traditions are our priority and together we will do it. As for this Easter, our traditional FIGOLLI were known throughout. We had orders from people of other nationalities and communities. Thank you kindly.

STUFFAT TAL-KLAMARI MIMLIJA (STUFFED CALAMARI STEW)

Mary Rose Aquilina

Popularly known in the Mediterranean as calamari, the actual English name for the species is squid.

Squid is related to both the octopus and cuttlefish. Biologists estimate that there are as many as 500 species of squid.

Here are some lesser-known facts about squid.

- Squid are carnivores; they eat fish, crustaceans and smaller squid.
- They have eight arms and only the tentacles have suckers.
- Squid have three hearts.
- They swim faster than any other invertebrate.
- Squid mainly eat fish and crustaceans like shrimps, etc They tend to feed on each other, especially when caught in nets
- Squid have a sharp beak on their mouths that they use to break open shells.
- Compared to their size, they have the largest eyes of any animal.
- Squid eyes have in-built contact lenses, which they use to protect their eyes and to focus on their prey.

You will find squid in both shallow sea waters and also in the depths of the oceans, feeding on all kinds of prey. Many squid are small, slim animals, but the giant squid and the colossal squid can both grow to more than 12m (40 ft) in length, making them the world's largest invertebrates.

Squid, also known as calamari, are very popular in both Mediterranean and Asian cuisines. Squid bodies and tentacles are sold fresh and cleaned of its insides and its thin, purplish skin. Frozen squid is sold whole or cut up for cooking.

Squid meat has a firm, chewy texture and mild, somewhat sweet flavor. They should be refrigerated, airtight, for no more than a day or two. Squid can be pan-fried, baked, boiled, stir-fried or coated with batter and deep-fried. The cooking time should always be short, since the texture of squid becomes rubbery when overcooked.

Cook squid briefly (for a few seconds) or braise it long enough for it to toughen and then become

tender again. A popular method for quick cooking is to cut the bodies into rounds, coat in breading and deep-fry. Stir-frying and sautéing also work well. The bodies may also be left whole, stuffed and braised in the oven.

Serving for 4 - 6 People

Ingredients for the Stuffing:

- 4 -6 cleaned squid



- 3 large tins tuna in-water, strained



- 100g mixed olives, finely cut and destoned
- Some fresh parsley, finely cut



- 1 peeled and cut tomato

- 2 cups dry bread crumbs (You can even use cooked rice)



- 2-3 beaten eggs
- 3 hard boiled eggs, chopped

Ingredients for the Sauce:

- 8 potatoes, peeled and diced
- 100g frozen peas
- 3-4 cloves garlic, peeled and finely chopped
- 2 large onions, peeled and diced
- Some fresh basil or mint leaves finely cut
- 1 tbsp tomato paste
- 2 tbsp oil
- 1 cup wine (white or red ... your preference)
- Salt and pepper to your taste



Method:

- In a bowl, mix tuna, olives, parsley, tomato, bread crumbs (or cooked rice) and chopped hardboiled eggs.
- Add the beaten eggs and mix well.
- Fill the squid and close at the end with a toothpick.

Tip: Prepare a plastic pastry decorating bag to hold the filling. Wrap a wet cloth around it and lay the calamari horizontally on the counter or working board as you fill it.



- In a pan, drizzle some of the oil. Add the calamari and fry on all sides as best you can till lightly browned.
- Remove the partially cooked calamari to a plate. Do not wash off frying pan residue!



- Add a bit of the wine to scrape all the browned bits at the bottom of the pan,
- Add olive oil to the pan, as needed, and partially cook up the cubed potatoes, garlic, onions (10 minutes or so) and then add the tomato paste.
- Add the frozen peas, basil/mint and the remaining wine. Cook for another 20-30 minutes, till the potatoes are tender. If there isn't enough sauce to serve over spaghetti, you can add more wine and simmer for a few more minutes.

Tip: The calamari can be cooled a little and sliced to serve either over the spaghetti with the sauce or if cooled completely they can be served whole/sliced with a mixed salad or as an appetizer.

**KOXXA TAL-HARUF FIL-FORN
(ROAST LEG OF LAMB)**

Lisa Buttigieg LiGreci

To serve lamb or not to serve lamb. That is the question. Being from the United States and growing up a Maltese American, I was curious to know what a traditional Easter dinner would be in Malta. My grandparents immigrated to the U.S. in the 1920s. My parents, like many first-generation Maltese Americans, were either born in Malta and brought over as a baby or small child, (like my father), or were born here shortly after their parents arrived, (like my mother). I am a second generation Maltese American.

Growing up, my mother cooked lots of Maltese food. As a matter of fact, she self-published a Maltese cookbook. That is how I learned to appreciate the traditions of Maltese cuisine. I've found, however, that her generation easily adapted to North American culture and, for a lack of a better term, "Americanized" themselves, which shows up in their meal preparations. I also believe that many Mediterranean ingredients needed to make traditional Maltese dishes were not readily available in American grocery stores at that time, so they conformed to American style cookery. As a result, my mom cooked a lot of meat and potatoes type of dishes. That is what I grew up on.

My mom always served a ham for Easter. I remember my father complaining about the mutton his mother would prepare, and how much he hated it. Mutton is an older sheep that is greasier and tastes very gamey. I'm pretty sure that is why my mother never made lamb. I had never even tasted lamb until I was an adult and had my first Easter dinner with my in-laws. My husband is Sicilian and his mother made a leg of lamb every year for Easter. Let me tell you, that was a big awakening for me and now I make a leg of lamb every year as well.

In doing research for this article, I wanted to find out what a traditional Easter dinner looked like in Malta and what they actually served as a main dish. I posted on many Maltese Facebook groups and my question was this: what is the traditional main dish for Easter in Malta? I assumed it would be lamb because the Maltese have been eating lamb since Neolithic times, circa 5,000 BC. The answer took me by surprise, because there wasn't a definitive answer! For as many people that said they served lamb, there were even more who said they served

rabbit, chicken, baked macaroni, seafood, and a host of other main dishes. I came to the conclusion that there really was no traditional dish in Malta like the Easter ham is in the U.S. My family has enjoyed a leg of lamb for Easter over the last 44 years. This year, I took the opportunity to take photos while I prepared my Easter dinner so I could share my recipe with you for this month's issue. Besides, I wasn't about to show you how to cook and eat the "Easter Bunny" for dinner.

When I prepare leg of lamb, I prefer bone-in or semi-boneless, for the flavor. Think of how we make stock from bones, the bones hold so much of the flavor. When you roast a piece of meat with the bone still in, you are getting all that flavor in the meat itself. For this recipe, I'm using a semi-boneless leg of lamb. It has all the benefits of a bone in leg of lamb, but is not as big and awkward to handle as a whole leg of lamb, and it's easier to carve.

Many people like to marinate their meat before roasting it, but you don't have to with lamb. A leg of lamb is a very tender cut of meat. In fact, marinating the lamb can actually make it tough. A marinade is meant to break down tough fibers in meat. Lamb is naturally tender so marinating it can destroy the texture of the meat, making it tougher. And why add an extra step when you don't have to?

Speaking of extra steps, many recipes will have you browning the lamb first, or covering it with foil for the first part of the roast, or flipping the leg over halfway through. I'm all about the ease of cooking and clean up. I think this is a bit fussy, so I don't do it. The meat will brown just fine by roasting it uncovered for the entire cook time. It's less of a mess to clean up and, like I said, why add extra steps when you don't have to?

There are two ways I like to season a leg of lamb while preparing it for roasting. I will show you both techniques. Whichever you choose, the lamb will turn out juicy, delicious and fall-off-the-bone tender.

Igawdu l-ikel tiegħek!

INGREDIENTS:

- 4-5 lb. semi-boneless leg of lamb
- 2 large carrots, cut in 1-inch pieces
- 2 stalks celery, cut in 1-inch pieces
- 2 onions, cut into 1-inch pieces
- 2 cups beef stock
- 1 cup water
- ¼ cup olive oil

- 5 large garlic cloves, either sliced lengthwise or minced
- 2 rosemary sprigs, either pulled apart into small sprigs or minced
- 2 tsp. salt, + more for seasoning
- 1 tsp. pepper + more for seasoning



NOTE: The vegetables in this recipe are for flavoring the pan juices. If you would like to serve roasted vegetables as a side dish, such as whole carrots, potatoes or quartered onions, (leave the root on so they hold together), add those to the roasting pan as well.

DIRECTIONS:

1. Pre-heat your oven to 325°
2. Prep your ingredients. Measure, peel, chop or mince all your ingredients.
3. Place the carrots, onions, celery and one of the garlic cloves, (sliced), in the bottom of a roasting pan. If you are going to serve roasted vegetables as a side dish, add them now.



4. Add the beef broth and water.
5. Season with salt and pepper to taste.

6. The first way to season the lamb is to rub the entire leg of lamb with the olive oil, salt and pepper.



7. Using a paring knife, make small incisions on all sides of the lamb.
8. Slice the remaining four garlic cloves lengthwise and insert the pieces into the incisions.
9. Pull the rosemary into small sprigs and insert into the incisions.
10. The second way to season the lamb is to finely mince the four remaining garlic cloves. Pull the rosemary leaves from the stem and finely mince them. Combine the garlic and rosemary with the olive oil, salt and pepper.



11. Rub the mixture on all sides of the lamb.
12. Place the lamb on a rack, fat side up. If you don't have a rack, the vegetables on the bottom of the roasting pan will serve well as a rack.



13. Roast the lamb uncovered. Depending on how well done you like your lamb, roast the meat to reach the following temperatures and roasting times.



- **Rare:** The meat should reach a temp. of 125°F (about 15 minutes per pound).

- **Medium-Rare:** The meat should reach a temp. of 130°F to 135°F (about 20 minutes per pound).
- **Medium:** The meat should reach a temp. of 135°F to 140°F (about 25 minutes per pound).
- **Well-Done:** The meat should reach a temp. of 155°F to 165°F (about 30 minutes per pound).

14. Let the lamb rest at least 10 minutes before carving.
15. Make a gravy with the pan drippings. (optional).
16. Serve with horseradish or a mint jelly. (optional).



EXHIBIT OF JOSEPH MUSCAT'S WORKS

Dan Brock

Joseph Muscat was featured in the October 2020

issue of this newsletter. Another solo exhibition of Muscat's works, combining representational images with abstract markings and entitled "Graphic Chats", is currently being held at the Temiskaming Art Gallery in Haileybury, Ontario.

JOSEPH MUSCAT
GRAPHIC CHATS
April 9 - May 22 / 9 avril - 22 mai 2022

TEMISKAMING ART GALLERY
GALERIE D'ART DU TEMISKAMING
325 Farr Dr., Haileybury ON

Opening Reception / Vernissage
April 9: 5 - 7 pm / 9 avril: 17h - 19h
Gallery Hours: Monday to Friday, 10am - 4 pm
Heures d'ouverture: Lundi - vendredi, 10h à 16h

www.josephmuscat.ca
www.temiskamingartgallery.ca

Virtual Unreality 2021, Mix Media, 20 x 30 in.

MALTESE ORGANIZATIONS IN NORTH AMERICA

Festa San Gejtanu Association

c/o 5745 Coopers Avenue, Mississauga, ON
L4Z 1R9
647-232-8845

Festa San Gorg Association of Toronto

c/o 36 Sequoia Road, Vaughan, ON L4H 1W6
905-216-8432/416-277-2291

Gozo Club Toronto

c/o 1205 Royal York Road, Toronto, ON M9A 4B5
416-231-9710
gozoclub@gmail.com

Inanna on Stage

www.joannedancer.com
c/o 356 Pacific Avenue, Toronto, ON M6P 2R1
416-707-2355
desertdancer007@yahoo.ca

Knights of Columbus - Canada – Council # 12782

c/o St Patrick's Church, 921 Flagship Drive,
Mississauga, ON, N4Y 2J6
905-270-2301 (Church)
stpatricksmi@archtoronto.org
Grand Knight Amadeo Cuschieri

Legion of Mary – “Our Lady of the Migrant”

c/o St. Paul The Apostle Parish
3224 Dundas St. W., Toronto M6P 2A3
Tel: 416-767-7054
www.saint-paul-Maltese.com
stpaulmssp@gmail.com
President: Mary Vella

Lehen Malti

<https://www.omnitv.ca/shows/lehen-malti>
c/o 2387 Chilsworth Avenue., Mississauga, ON
L5B 2R4
Contact Person: Joe Sherri
416-571-3944
email lehenmalti@hotmail.com

Malta Band Club

5745 Coopers Ave., Mississauga, ON L4Z 1K9
905-890-8507
www.maltabandclub.com
maltabandclub@bellnet.ca

Malta United Society of Windsor, Ontario

2520 Seminole St., Windsor, ON N8Y1X4
519-974-6719
maltaunitedsociety.windsor@gmail.com
Opening hours: Saturday 6:30 p.m.-12:00 a.m.

Malta Village Association (Est. 1995)

c/o 3256 Dundas Street West, Toronto M6P 2A3
Tel: 416-769-2174
Fax: 416-769-2174
maltabakeshopltd@gmail.com
att: Antonia Buttigieg

Maltese American Benevolent Society

1832 Michigan Ave. Detroit, MI 48216
313-961-8393
<http://detroitmaltese.com>
Opening hours:
Friday 5:00 p.m. – 9:00 p.m.
Sunday 12:00 p.m. -9:00 p.m.

Maltese American Community Club of Dearborn

5221 Oakman Blvd, Dearborn, MI 48126
313-846-7077
info@malteseamericanclub.org
Opening hours: Monday, Wednesday & Saturday
10:00 am. – 1:00 p.m.
Dinners served: Friday evenings 6:00 p.m. – 10:00
p.m.
Before and after 7:00 p.m. first
Friday Mass

Maltese-American Social Club of San Francisco

924 El Camino Real, South San Francisco, CA
94080
650-871-4611
contact-us@Maltese-AmericanSCSF.org
Opening hours: Tuesday 5:00 p.m. – 9:00 p.m.
(every 2nd Tuesday of the month only)
Thursday 5: p.m. – 10:00 p.m.
Friday 5:00 – 1:00 a.m.
Sunday 9:00 am.- 5:00 p.m.

Maltese Canadian Association of the City of Hamilton (MCACH)

c/o 381 Fairview Drive, Brantford ON N3R 2X7
mcach1964@gmail.com

Maltese Canadian Association (Gozo)

c/o Trillium, Sqaq Nru 1, Triq it-Tigrija, ix-Xagħra
Tel: 011 356 21560656

mcagozo@hotmail.com

Maltese Canadian Business & Networking Association (MCBNA), (Toronto)

c/o 2387 Chilsworthy Avenue, Mississauga, ON
L5B 2R4
416-980-1975

mcbna2018@gmail.com

Maltese-Canadian Cruisers

c/o 5745 Coopers Avenue, Mississauga, ON
L4Z 1R9
416-524-2573
att: Gianni Borg

Maltese-Canadian Cultural Association (Est. 2018)

c/o 2387 Chilsworth Avenue, Mississauga, ON
L5B 2R4
416-571-3944

joesherri@rogers.com

Maltese Canadian Federation, The (Toronto)

c/o 2387 Chilsworth Avenue, Mississauga, ON
L5B 2R4
416-571-3944

joesherri@rogers.com

Maltese-Canadian Museum Archives and Visitors Centre

St. Paul the Apostle Church Complex
3224 Dundas St. W., Toronto, ON M6P 2A3
416-767-7054

Maltese Canucks

c/o 3336 Dundas Street West, Toronto, ON,
M6P 2A4
416-909-7357/414-670-2662

carl@isqtransport.com/b_azzo18@yahoo.com

Maltese Center, NYC

27-20 Hoyt Ave. S. Astoria, NY 11102
718-728-9893

info@themaltesecenter.com

Opening hours:

Wednesday and Friday 5:00 p.m. – 11:00 p.m.
Saturday and Sunday 8:00 a.m. – 7:00 p.m.

Maltese Cross Foundation of California

[PO Box 698, San Carlos, CA 94070](#)

Maltese Culture Club of Durham

c/o 124 Ribblesdale Drive, Whitby, ON L1N 7C8
289-939-8377

mmpastizzi@gmail.com

Maltese Heritage Association San Francisco Bay Area

maltesheritageassociation@gmail.com

Maltese Heritage Program (Toronto)

c/o 59A Terry Drive, Toronto, ON, M6N 4Y8
Coordinator: Carmen Galea
416-766-5830

gormija@sympatico.ca

Maltese Historical Society (San Francisco)

c/o leprofess@aol.com

Melita Soccer Club Inc.

3336 Dundas St. W., Toronto, ON M6P 2A4
416-763-5317

msc@melitasoccerclub.com

St. Paul the Apostle Parish

3224 Dundas St. W. Toronto, ON M6P 2A3
416-767-7054

www.saint-paul-maltese.com

stpaulmssp@gmail.com

St. Paul the Apostle Parish Mission Group

c/o 281 Gilmour Ave., Toronto, ON M6P 3B6
416-708-8627

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St. Paul the Apostle Youth Group (Toronto)

3224 Dundas Street West, Toronto, ON M6P 2A3
647-524-1115

jason.borg@hotmail.ca/sborg@rogers.com

St. Paul's Maltese Choir

c/o St Paul the Apostle Parish
3224 Dundas St. W., Toronto M6P 2A3
416-767-7054

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President: Lino Debono

KIDS EASTER SUNDAY BONANZA, MALTESE CENTER, NYC

