

A.L.P.S.



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A.L.P.S. News

ASSOCIATION OF LYCEUM PAST STUDENTS | GHAQDA EX-STUDENTI | LICEO

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 Voluntary Organisation Act (Article 14) NGO - VO No: 0500

A.L.P.S. Newsletter Volume 18 | No 3

November 2018

FROM THE ALPS PRESIDENT'S DESK

A life filled with happiness, fulfillment and change, is a Life Well Lived...

Dear Members and Friends of ALPS, the Association of Lyceum Past Students, (ALPS) always encourages change for the better, change that can see all its members and friends, adapt to a modern generation that we are blessed with. An opportunity, that we have survived to our present ages and living through all modern day changes. And happy we must be and lucky to have survived and are living to experience all that is happening around us today. Scientists have found, that when you are happy, you are five times more focused in your tasks, which in turn allows you to function more efficiently and eventually become even more successful. Not to forget, that when we are happy, we are more likely to rub off our optimism on others around us as we build much stronger and greater relationships. Now I wish to write something about change and why we should embrace it... We are often resistant to change, and we don't realize that change itself is constant. Even if we resist or avoid it, it does enter our life just the same. When we can initiate

the change ourselves, it can be pretty easy to adapt to it, since it is wanted. Like many other humans, we may have unknowingly been embracing change from a young age. During our life we can be living in many different countries or even changed different houses and apartments. In our younger life, we probably have changed schools say from primary to secondary and even tertiary educational studies. In later years we have changed different careers. Some people may have felt the changes connected with moving from country to country impacting their personality. Perhaps, this is what can make us become more flexible and open-minded whilst understanding cultural differences and appreciating diversity. Each of these career shifts, could have brought with it, knowledge or new experiences. As a result, apart from the professional experience, we learned how to resolve conflicts with sometimes difficult colleagues and we have adapted to our new situations. Career related changes brought with them more self-confidence. All those

changes were leading us to the realization of what we wanted to do with our lives. The biggest changes in life could have happened when we got married or ventured into and embraced a new career in our working life. Have they made us truly happy and satisfied! When looking back, we should realize that all the good things in our life were the result of changes that occurred from our past.

May be, people usually avoid changes and prefer to stay in their comfort zones, but we must be true believers, that once we get the courage and take the first step to change, our life will become much better. Now that many of us reading this, have grown and have retired from a busy working career, we can sit back and think how lucky we are to have accepted and embraced changes in our life. Most of it was for our own benefit of course. And even now, that we are advancing in age, we can still be open to more changes in our life.

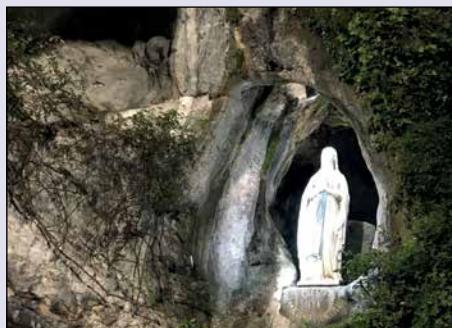
Had it not been for such courage and determination, the ALPS would never have come near to celebrate its 25th Anniversary in the coming year.



We have certainly changed in many ways.....all to your benefit dear members and friends..... We have adapted to all the changes that were necessary without hesitating too long in order to advance and keep a steady pace. Let us look at growth, improvement, strength, progress, opportunities for the future and last but not least... why not, new beginnings. If a person does the same things in exactly same time for years, he leads a completely dull, extremely predictable, and uninteresting life. That is how your life would be without change. Do remember, if change did not exist, there would be no butterflies!

Very sincerely

George dei Conti Stagno Navarra



ALPS Holiday Trip to Lourdes

A Very Memorable Experience

The morning of the 13th August 2018, has seen the ALPS group get together at the Malta airport to travel to Lourdes. One might describe this trip as a great experience, that has given to all the participants a very memorable and pleasant experience that we shall never forget for the rest of our life.

Every place that was visited was a surprise in itself. Starting from the grotto on the very first night when we arrived on the 13th August, one may describe this holiday as an ongoing happy event. It has integrated all the group to be together as one big happy family who decided to travel to Lourdes and to bring back as many as possible happy thoughts and memories.

The feast of the Assumption on the 15th August saw the ALPS group congregate with thousands of pilgrims from all around the World, who had all come to be nearer to the miracle of Lourdes. The day was bright and sunny and the serene atmosphere from beginning to end, really and truly made us all



think how great it is to be closer to this sacred place, where our Lady appeared to St Bernadette inside a simple grotto, that is still being venerated to this very day. Touching the rocks at this sacred shrine is enough to make you feel a special sensation that can only be described as an unforgettable experience and surely makes one think, that the divine mercy is much nearer than we can ever imagine. Coupled with a procession aux-flam-beau, a visit to the miraculous baths, entering the magnificent basilicas above and under the grounds at

Lourdes, makes one think, that miracles continue to happen to the present day. A highly experienced tour leader Ms Rita Camilleri was accompanying the ALPS group to Lourdes and helped participants during the trip.

Our Spiritual Director Mons. Laurence Gatt, has also done his very best to ensure that the full program of events connected with the shrine, was completed to the full. With his pleasant sense of humor and his meaningful homilies, we have achieved what we were aiming

for during the five day pilgrimage to Lourdes.

SMS-Monial have chosen for the ALPS group, the " Angelic hotel " closely situated and within very easy walking distance from the grounds that have taken us to the shrine where all the activity was taking place. The rooms were quite spacious and the food that was served was much liked. The staff who were serving have prepared on a couple of occasions, delicious packed lunches that we took for our chosen excursions to Toulouse and Lac du Lourdes.

All in all, it is to be described as a great and unforgettable experience. When the ALPS Group take a summer holiday together, they are known to have a pleasant time. That is why the number of participants always fill the vacant allocations, that are made available when The Association of Lyceum Past Students organizes such events. May it always be like this so that we can bring more and more LICEO past students together in future years.



A Reminder for Payment of ALPS Subscription

We report that the year 2018 will be over in two months time. There are still some ALPS members and friends of the association, who need to effect a payment and renew their membership. Therefore, we kindly ask you to write a cheque and forward soonest in order to regularize your position.

One-year subscription remains @ €12.00 per annum.

Life Membership Fee

remains @ €70.00 once only remittance for life

The Friends of the ALPS pay @ €10 only per annum.

Payments can be addressed to:
**Mr. David Abela.,
The Hon. Treasurer, ALPS
Juniper, Gianni Vella Street
Tal-Qattus B'Kara BKR 4263
Tel: 2148 7693
Mob: 9902 0845**

We thank you for the continued support with a payment of your pending renewal.

ALPS Webpage

Our dear friend and council member Joseph D Buttigieg is presently unavailable. In this edition, the editor himself adds the following note to keep our readers informed.

"As you may have observed over the recent weeks, the ALPS web-site has been updated with all the latest information. The Photo Gallery in particular, is now showing the various activities that have taken place during the past year. It is our aim to continue to keep you fully informed with news of planned activities by

Please advise us about change of E-Mail Addresses

We have noted in the recent past months, that many of you have changed or may soon be changing their e-mail address. This mainly came about because service provider "GO" have of late been informing their subscribers to switch to another provider...It is considered as ' force majeure ' but still needs to be addressed. The ALPS data base must at all times be kept up to date, so that all announcements can reach

the Association of Lyceum Past Students. (ALPS). This I must say, is all thanks to the meticulous way that Council Member J D Buttigieg likes to do his work. For sure, it really creates that nostalgia whilst browsing through the web-site to keep yourselves fully informed. It is most encouraging for us, to note that the number of hits is always on the increase and may it continue to be so. After all, we do maintain the ALPS web page for the benefit of all our members and friends residing in Malta and abroad."

Therefore, the Lyceum motto " NIL MEDIOCITER " is most adept for our association.

you in good time. Therefore, we appeal for your cooperation and kindly ask you to inform us IF YOU HAVE CHANGED your e-mail address.

Do send a one line message to council member Oscar Galea on: oscgalea457@gmail.com / In case that you may find difficulty, his telephone number is 2189 6293 / mobile: 7989 6293. Your full cooperation will be greatly appreciated.



Calendar of Activities at St. Anna Chapel Pwales

November 17th 1630hrs
Remembrance Day
December 13th 1100hrs
Christmas Mass with carols

PLEASE ENTER THESE DATES IN YOUR DIARY

The ALPS Annual Holiday 23-30th Sept is in the Pipeline

We are fully aware, that our members and friends do look forward to an annual holiday in the company of ALPS council members. Such a holiday of course, is open to all of our association members with family and friends. After a great deal of planning and negotiating with the tour company, a very attractive Malta to Malta Mediterranean cruise on Mein Schiff Hertz, has been decided upon at a most attractive and affordable price for all those who will decide to join us next year. Departure shall be from 23rd September 2019. We shall be having ports of call like Ajaccio/Corsica, Porto Torres Sardinia, Vivitavecchia / Rome and Naples. This holiday cruise will be on "ULTRA ALL INCLUSIVE" including shore excursions, selected drinks, gratuities



included in the price. And for those of you who will make their early bookings, a €50.00 discount per person has been thrown in the price of cabins that are allocated exclusively for ALPS members and friends. We certainly recommend that you do avail yourselves of the

advantageous offer on cabins by making an early booking to come joining the ALPS group for a superb holiday. Together we can have some quality time and great fun too.

Full details of this cruise are listed on back page of this newsletter.

Food Bank Appeal

It has lately been discussed at ALPS council level, the wish to extend a helping hand to the VALLETTA Food Bank which risks closure as supplies dry out. The majority of those seeking support from such food bank, are Maltese families who may be facing financial difficulties. The food bank is situated in Old Bakery Street Valletta and is run by Rev. Kim Hurst of the St Andrews Scots Church. It provides supplies for a few weeks to some families temporarily facing a crisis. There may be instances where some elderly persons do not have family support any more. Food packs are financed through donations of money and food. With the cold weather approaching soon and especially the elderly trying to cope with keeping themselves warm by gas or electricity heating, it clearly increases the difficulties for such persons who are having difficulties to manage their costs.

ALPS, has always been a pioneer to assist as best as it can, to promote and help in such needy situations where help is sought. There may be many businesses and organizations who, are already



helping in such good cause, but every day more and more help is required. Therefore with much courage we turn to you dear members and friends of the Association of Lyceum Past Students, to help us make a large collection of NON-PERISHABLE food items that can be collected from your address whenever you wish to call us on 2138 6812 / 2258

7420 (working hours) or via Secretary General of ALPS – Alex Borg on 9988 8579.. If you prefer to send an e-mail please do so on: alpsmalta@gmail.com Alternatively, if you wish to deliver any food items that are being collected for the Food Bank, you may do so by phoning our Council member Anthony Buttigieg no: 82 Moroni Street Gzira . Do please phone before

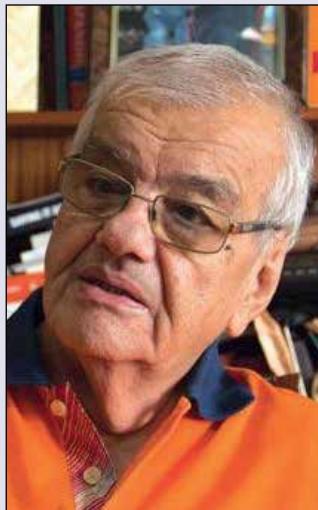
going on tel: 2133 7242 . Deliveries may start to be made from 19th November onwards, so that a stock of food can be accumulated in good time for a bulk delivery to the food bank prior to the Christmas festivities. We are confident that you are going to favourably heed this request and for this we thank you in anticipation for such charitable support.

Reporting About Lyceum Past Student Advocate Joseph Micallef Stafrace M.O.M., BA., LL.D.,

Meeting Joe was an experience in itself: so clear headed are his arguments: the fruit of so many years exposure to life as lived in Malta and Gozo during the last eighty five years.

Recalling his Lyceum days, nicknames of past masters roll off his tongue as easily as if they are still around :Sponsun, Baqra, Bajdolu, PerSe, Pullu, MinusOne, Begiga Il Faro and the rest.

Hailing from Valletta Joe proceeded from the Lyceum to the Royal University of Malta and recalls that during his seven year course there was a record number of students in different faculties who pursued a political future such as Eddie Fenech Adami, Guido De Marco, Jose Herrera, Patrick Holland, Albert Borg Oliver de Puget, Albert Manche, Mario Felice, Karm and



Ugo Mifsud Bonnici, Joe Brincat, Vincent Moran, Herman Farrugia, Alfred Bonnici and Lawrence Gatt.

Starting from his student

years Joe wrote in the Labour party paper *Is Sebh* about the current social problem of the nineteen fifties namely the post war upheavals of the British empire: redundancies in all three Service establishments. In 1951 he was chosen by the Students Representative Council to attend an International Student Conference in Tunis.

After being appointed editor of this journal Joe managed to triple its output but in 1951 was arraigned in the Criminal Court because in his editor's writeup he failed to show respect to the Governor of Malta. He was condemned and served time, but that same year Governor Sir. Robert Laycock signed the warrant enabling him to practice law.

He was elected a Member of

Parliament as from the 1962 election and was eventually appointed Minister of Trade, Industry, Agriculture and Tourism. However in 1971 he resigned the Ministry while remaining a Member of Parliament.

He considers the University appointment of Lecturer on Press law, the first one to occupy the post, as a great achievement as it opened the way for freedom of expression in all its shades.

In 1996 he was nominated Member of the **Order of Merit**.

He has collected his numerous editorial articles published in Labour weeklies in two books: *Fehimti* in 1972 and this year *Mil Hazna ta' Fehimtni-an* autobiography plus.

written by: Dr Nazzareno Azzopardi MD MA FFARCS LP

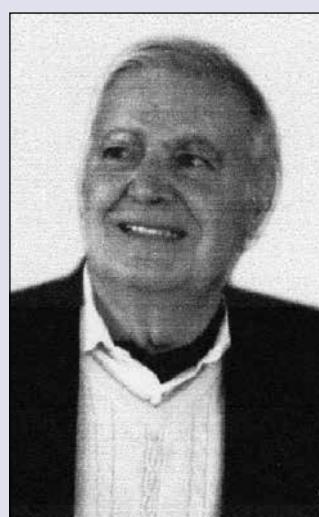
Wing Commander Joe Vella

Joe Vella was born in 1933 and attended the Lyceum both in Hamrun and Valletta. He was a good sportsman and in addition to football he excelled in athletics where his best events were sprints and hurdles.

After he left the Lyceum, at a time when most of his friends were seeking cadetships at Sandhurst, Joe sought to be different. He applied and was selected for officers' training at the Royal Air Force College in Cranwell, UK, and soon after commissioning got a posting in Malta where he renewed his friendship with his former schoolmates and Sliema neighbours.

During a second Malta posting, Joe met Judy Calleja Gera, my wife's sister, whom he married in 1962. Joe and Judy while living mostly in Britain had service postings in Germany and the Far East which they much enjoyed.

At the end of his service when he retired in the rank of Wing Commander, Joe worked for some time in civilian employment in the UK. He bought a house in Sliema which he, Judy and their three children made good use of, and after his wife's passing away in 2003, Joe left Britain to live permanently in Malta where he was once again as popular a member of his old group as he had been in bygone years.



Amongst his many qualities, he

was a great cook and his Maltese suppers are still talked about by those who were privileged to attend them.

Joe was a keen member of ALPS and invariably organized groups to attend the various functions of our Association. It was only when his health deteriorated in recent years that he sadly relinquished this practice.

Joe died on 28th June this year and was given a touching send-off at Stella Maris Parish Church in the presence of his children, relatives and friends.

Written by: Brigadier CLAUDE GAFFIERO.

Remembering a Headmaster

One of the respected headmasters of the Lyceum was the lawyer Dr Giovanni Curmi LL.D., who was appointed assistant headmaster at the old Lyceum in Hamrun in 1949 and headmaster in the new one in 1957.

He never practised law but pursued foreign University studies in Italian literature.

In 1933 started teaching Latin and Italian at the Lyceum and after the war years was

appointed lecturer in Italian at Royal University of Malta.

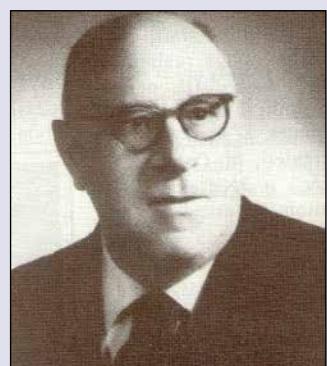
His Italian language literary output was quite extensive and was so much appreciated abroad that in 1962 the Italian government awarded him a silver medal and in 1968 the Premio Nazzionale di Poesia Spiga d'Oro.

Although not a Lyceum student himself he was lovingly remembered by many students under the sobriquet of Il Faro

because of his baldness. A kind person himself he loved his students and encouraged them to pursue further studies after the end of the Lyceum course.

For the purpose of this study I interviewed his daughter Ileana who recounted how happy he was to inaugurate the new Lyceum in 1958.

Written by Dr. Nazzareno Azzopardi MD MA FFARCS LP



The ALPS Yuletide Weekend at Radisson Golden Sands Resort

7th - 9th December 2018

With this issue of Newsletter, you will find a booking form that may enable you to start reserving rooms for the week-end break inclusive of special Christmas dinner at the Radisson Golden Sands Resort. This annual event has really become most popular amongst our members, friends and their families too. Already, there has been a great interest shown by many of you

asking about the dates when bookings can be made. Today, we are pleased to confirm that special rates have again been negotiated with the chosen resort and this should be to your entire satisfaction. On the opposite page you will find the respective booking rates that are applicable. Incorporated in this week-end tariff, is the ALPS Christmas Dinner. This

year we have an attractive dinner menu that should please everyone. In case of any special dietary requirement, do please indicate this when completing the booking form. Place your bookings as early as possible by sending the completed booking form and payment to: Secretary General Alex Borg - Alson no: 82, Naxxar Road San Gwann SGN 9032 / tel: 9988 8579 or 2138

6812 / e-mail: alpsmalta@gmail.com. The function will start with welcome drink from 19.30 hrs and dinner seating is expected to be around 20.00 hrs. There shall be Christmas raffles during that evening.

Let us together make this a happy occasion, that can happily lead us into the Festive mood for the celebration of Christmas and New Year.

Making the Old School - New Body...

From various magazines and write-ups the Editor of ALPS news, presents some valuable information that can be taken as "words of advice" for our members and friends. It is suggested that you read these notes and make it a point to follow some if not all of this information. The opening message by the ALPS president in this edition, mentions '**change and what it can do'**. Perhaps, following some of these valuable notes written hereunder, can help you to see the change in your habits, lifestyle, and many other things that can be beneficial to your health in general. Remember, there is always room for change in our life and unless we start we can never achieve anything. It is always advisable that you consult with your physician if you intend starting some new exercises or changing eating habits. Do follow the doctor's advice and combine it with your own determination and the will, to see the change in you. Wishing to you all, the best of health and happiness as always.

Step 1: Forget Low-Fat Diets

Low fat everything has been the craze now for decades and look around. What has that wonderful bit of advice done for the bodies you see? We're fatter, sicker, and more addicted to sugar and carbs than any other time in history. And, we could unknowingly, be passing these habits to our own children and grandchildren.

Fats are not to be feared – they're to be embraced. They do not make you fat; rather, they help your body regenerate your power hormones. Testosterone, the

'strength' hormone, for example, is the direct result of cholesterol and dietary fat intake. That's right: "Cholesterol" isn't a dirty word! Your body needs dietary fat and cholesterol in order to produce ANY AND ALL vital hormones.

People on low fat diets look drawn, gaunt, and weak. They are often sick, sometimes to the point of literally breaking down. And, they can never just enjoy eating out. Every meal and every gram must be accounted for. Do you really think this will make you younger? Of course not... it will worry you to death if it doesn't kill you first!

Step 2: Stop Running in Circles

Gym classes can be fun, if you like sitting in one place and torturing yourself. But have you noticed how little people change their bodies in these classes? Sure, it's good "cardio", but cardiovascular conditioning can be gained with far less time and effort.

Treadmills, and any form of endurance training (especially running) does very little to help the age reversal process. Many times, these long-duration exercise bouts accelerate the aging process by increasing free radicals. These free radicals are scavengers that prey on your body's essential nutrients and tissues.

There's a smart way to exercise... and what's wonderful is that it takes you about ¼ the time of traditional workouts. .

Step 3: Stop Blaming Everything On How Old You Are

Some guys are not fat because they are old-they're fat because

they eat, think, and move like a fat, old, dying person! Listen: Your body doesn't own a clock. Studies have shown that men and women in their 90s were able to gain muscle tone in just a matter of weeks of simple weight training. Both men and women are known to have transformed their physiques at literally all ages-25 to 95!

If you're around those naysayers who are constantly talking about growing old, all their aches and pains, and how life is just down hill after 40-LEAVE! Surround yourself with positive thinkers who absolutely crave a challenge. A challenge is what keeps you YOUNG, and the best challenge there is happens to be taking control of your own health and body.

Step 4: Avoid Chronic Dehydration

Water isn't just "good for you" - water burns fat. Water suppresses hunger. Water renews your skin. Just drinking 12 ounces of pure water every day can take a few years off your face in a matter of weeks. You'll also drop fat, have more energy, and save your kidneys and liver from chronic overwork.

When your kidneys are taxed from too little water, your liver has to take over. Now, get this: Your liver is your number one fat-burning organ. Do you REALLY want it processing liquids and toxins rather than BURNING FAT? No way, right? Well, grab a glass of water, and watch the mirror. Within a few weeks, the change to your face and body will be noticeable.

Step 5: Work Out LESS (Yes, Less)

If you don't work out at all, you're going to lose muscle tissue every year. That means you'll get fatter and flabbier each and every year with less shape and more sag. Is this what you desire? No way, right? Well, the answer is old school resistance training. Here's the secret: hardly anyone is doing it right!

There are in this world, many thousand of pro fitness athletes who train over the years. The ones who looked the best - and that means looked the youngest, most toned, and had the least amount of unwanted fat - were the ones who left the gym while others were still warming up!

Some really enthusiastic persons, have developed a men and women's workout system that they call F4X Training System. This is a revolutionary way of combining four specific exercises done in literally a matter of minutes. That's ALL YOU NEED... And don't let anyone tell you otherwise!

That's right: They do not do endless cardio sessions (the F4X Training System is a great cardiovascular workout) and they do not spend an hour a day in the gym. They have a life, thank you. They have family and kids, and value being both fit and real people at the same time. The F4X Training System was their personal breakthrough to achieving ideal bodies, staying in tip-top shape with minimal time, and having a life outside a gym.



ALPS Yuletide Dinner

Saturday 8th December 2018 - Radisson Golden Sands

*Welcome Drink at 19:30hrs
Dinner Seating at 20:00hrs*

Plated Antipasti

Pulled oxtail terrine with root vegetables served with caramelized dried fruit



Garganelli tossed in tomato sauce, aubergine and ricotta salata



Cream of pumpkin soup garnished with pumpkin seeds

Carvery

Roast Rib-Eye on the bone with thyme jus

From the Hot Counter

Grilled swordfish served with caper berry salsa

Roast leg of lamb with mint gravy

Vegetable and bean stew

Basmati steamed rice

Panache of vegetables

Roasted potatoes

Natural salads: rucola, lettuce, tomatoes, cucumber

Festive Treats

Traditional roast turkey with Festive Trimmings

On a sweeter note...

Glazed cherry cream, warm sticky toffee pudding, pistachio ice-cream



Fresh Brewed Coffee & Mince Pies

Beverages Included

2 glasses of Local Wine & Half bottle of Water

**The ALPS - Christmas Weekend Accommodation Rates:
7th to 9th December 2018**

2 Nights for 2 Persons Including: Dinner On Friday 7th Dec, Breakfast & Christmas Dinner on 8th Dec and Breakfast on 9th Dec **€250.00**

2 Nights for 1 Person Including: Dinner On Friday 7th Dec, Breakfast & Christmas Dinner on 8th Dec and Breakfast on 9th Dec **€185.00**

1 Night Stay for 2 Persons including Christmas Dinner on Sat 8th & B'fast on 9th Dec **€155.00**

1 Night Stay for 1 Person including Christmas Dinner on Sat 8th & B'fast on 9th Dec **€112.50**

1 Night Stay for 2 Persons including Dinner on Fri 7th & B'fast on 8th Dec **€155.00**

1 Night Stay for 1 Person including Dinner on Fri 7th & B'fast on 8th Dec **€112.50**

Additional rate for 3rd person joining for 2 nights HB including Saturday Christmas Dinner 8th Dec **€115**

Additional rate for 3rd person joining for 1 night HB including Saturday Christmas Dinner 8th Dec **€72**

Children 0 -12 sharing with Parents supplement **FREE**

Children 12-17 sharing with Parents supplement (per day) **€35**

Christmas Dinner only on 8th Dec - Adults (not staying in house) **€36**

Christmas Dinner only on 8th Children (not staying in house) **€18**

Sunday Buffet Lunch on 9th December **€33**

ALPS prepares for 25th Founding Anniversary

The Association of Lyceum Past Students is preparing for a 'Grand Celebration' next year in connection with its Silver Anniversary, 25 years from its foundation date. The Council of Administration have worked hard to plan for members and friends, a very interesting schedule of activities that will mark the association's 25th year of existence which has seen it grow to what it is today.

"Turning 25 is a very special milestone" and so, we are going for some very interesting program for the ALPS to celebrate this event.. The association has come a very long way – thanks to the sacrifice and hard work of a lot of people over the years. Honoring these persons for what they did will be a big part of the celebrations.

WE WANT OUR PAST REVISITED

Next years' Celebrations shall carry the theme "ALPS at 25 : Celebrating the Past & Forging the Future."

Under a vast program prepared by the 25th Anniversary Celebration Committee, the following activities have carefully been put together and spread throughout the coming year 2019.

- The week-end of 8th/10th February 2019 we shall have the Valentine week-end at Golden Sands resort
- On the Saturday 23rd February 2019 we are planning a cultural tour (details of places to visit will follow)
- The Annual General Meeting of ALPS is scheduled to take place at Liceo Building on the 22nd February 2019
- On Foundation day the 19th March 2019, ALPS organizes Solemn High Mass at St John's Co Cathedral **
- The week-end of recollection is planned to take place 10th/11th/12th May 2019 at Manresa House in Gozo
- The month of June 2019, takes the ALPS members and friends on a full day trip to the sister island of Gozo
- On the 6th July 19, we shall be celebrating Festa Sant Anna with holy mass at the Pwales chapel St Paul's Bay
- The annual summer BARBECUE is set for the 13th



25th Anniversary

July 2019 on the terraces of Golden Sands resort

- Summer cruise for ALPS members & friends takes place between 23rd to 30th September on the "MeinSchiff Hertz"
- Mid November 2019, ALPS holds remembrance mass at Pwales chapel for members and friends who departed this world.
- Weekend 7th to 9th Dec 2019 brings to a close the ALPS – 25th Anniversary Celebrations with Gala Dinner
- On the 13th December 2019 we shall have the annual Christmas mass at Pwales chapel with carols sung for the occasion.

**We are still at the organizing stage making arrangements for Solemn high mass at the Co-Cathedral hopefully to be concelebrated by His Eminence Cardinal Profero Grech himself a Past Liceo Students, together with a number of Bishops and other priests who were all Lyceum Past Students and who had chosen priesthood. A number of bishops serving in many parts of the world may be expected to come and join the Cardinal for such a unique celebration. It is expected also, that the Lyceum Scouts will be taking part and execute their salutes at the entrance to the cathedral for all dignitaries at the event. Also included on that day is a reception within the Capital City Valletta at a short walking distance from the Cathedral.

It is the aim of the Association

of Lyceum Past Students, to remind as many as possible Lyceum past students whether they are members or not in the association, how very nice it can be for past students still alive, to be having such an opportunity of meeting again with their classmates. Some can be still recognizable whilst others are expected to have undergone the changes of life that sooner or later we all have to face. It is not our intention to have any fireworks at such a function but we certainly look forward to some different fun by singing a few Liceo anecdotes that used to make us laugh so much in our young age.

Come the month of December 2019 the anniversary celebrations will draw to a close with Gala Dinner that shall be held at a 5 star Resort Ghajn Tuffieha. This will be combined with full week-end stay so that all participants can be relaxed with their families and friends whilst participating in such a wonderful occasion that can see the Lyceum Past Students congregate and 'celebrate this once in a lifetime of ALPS' a 25th Anniversary.

We have also planned for nice commemorative mementos to be distributed to all who shall attend for the event on that special night.

Meanwhile, besides all the above mentioned events, holy mass at Pwales continues to be celebrated every month (except August & September)

In our next newsletter, we shall present a detailed yearly

program, of all the chapel activities for a full year with dates/time of holy masses.

Other cultural tours that are a hit with our members and friends are also to be organized in the first, second and fourth quarters of next year. (the first one is scheduled for the 23rd February 19) Again, more details will be transmitted to our readers in a next edition of ALPS newsletter towards the end of this year so that you can pencil your diaries accordingly. We are very proud to see many of you participate on such cultural occasions.

FINALE

As already explained above, ALPS has really come a long way to be reaching the year 2019, when its 25th Anniversary from foundation date is about to be celebrated with great pomp. We shall definitely be recognizing the pioneer members who have remained loyal throughout the 25 years of existence of a dynamic association the likes of which, still needs to be created in the islands of Malta and Gozo. We must however emphasize that ALPS is nothing without its members and friends. Therefore, all the planned celebrations that are to be held in the coming year MUST have a great participation by way of attendance to most if not all of the mentioned events. You dear members and friends are the heart and soul of the Association of Lyceum Past Students and let it always remain so. We intend to have our Web-Site gallery full of photos taken at the 25th anniversary events. Those who are fit to attend, will for sure have the pleasure to meet with their Lyceum past classmates. For those of you who may be less fortunate because of some health related reason, we intend to come visiting you and let you also be part of the special fun that a 25th anniversary brings with it. And to those Lyceum past students who are living abroad and may be reading this message, we do encourage you to make that extra effort and make flight arrangements and combine a short holiday in Malta, whilst taking part at one or even more of the planned events for next year. Remember, that a 25th anniversary will never come again....and you are going to be part of it in 2019.

IN MEMORIAM

We always remember and pray for:

Our Founder President: **Dr Guido Saliba LL.D.**, who passed away on Dec 7, 2004

MR GEORGE BORG CARDONA (brother of ALPS member James)

PROF. ANGELO PSAILA

(Consultant Physician - Gieh ir-Repubblika)

MR JOHN PEEL (ALPS member)
MR CLEMENT GAUCI (friend of the ALPS)

WING COMMANDER JOE VELLA (ALPS member)

MRS ANNA DELIA (wife of ALPS member Charles Delia)

MAY, THEY ALL REST IN PEACE, AMEN

We also remember and pray for all the sick and aged members and friends of ALPS, who may be house bound or in a seniors retirement home or, who may have stopped driving and find difficulty in attending for ALPS functions. We promise to keep them always in our thoughts and prayers.



ALPS still wishes to continue visiting its members who are sick or indisposed

It would be greatly appreciated, if anyone who knows about any such ALPS members who are not attending any more for social or cultural events organized by the ALPS, to establish contact soonest with our Council Member Dr. Nazarene Azzopardi via his telephone no: 2143 6041

or mobile: 9944 4129 or by writing an e-mail to Secretary General Alex Borg alpsmalta@gmail.com . We do thank you for every assistance you may give, that helps ALPS to continue maintaining contact with all its members at all times.

A Thought for this Month...

Life is not about Tears,

It is about Smiles.

Life is not about Fears,

It is about Courage.

Life is not about Pain,

It is about Laughter.



The ALPS Reunion

- Held on 13th October 2018 At Liceo - Hamrun

It takes a lot of thinking and preparation for an annual reunion to be planned. Without fail, we have yet again this year managed to organize this event to the delight and satisfaction of not less than 160 participants.

The Lyceum main hall was looking pretty nice with a good attendance that has brought Liceo Past Students of all ages together, to attend for Holy Mass that has been concelebrated by His Grace Archbishop Mons. Pawl Cremona. Assisting the Archbishop for this con celebration, was his personal assistant as well as another

Lyceum Past Student Mons. Bugeja.

A very meaningful sermon delivered by His Grace, has kept all the congregation very attentive to all that he was saying and which truly applies to modern day life for each one of us. Hymns were sung during mass and this really enhanced the religious aspect of the reunion. After the last hymn was delivered, the ALPS president addressed all those who were seated and invited everyone to be prepared for bigger celebrations in the coming year, when The

Association of Lyceum Past Students will be celebrating its 25th anniversary from inception date in 1994.

When mass was ended, the participants were entertained to some soft background music whilst sipping a soft drink or a glass of wine and, tasting some finger food specially prepared for ALPS for this yearly occasion. Many a positive comment was heard from different persons who have attended for the reunion. One could observe the calm and serene atmosphere that has reigned throughout the

evening. And to continue to add to the merriment, one of the participants brought with him a nicely decorated large cake.

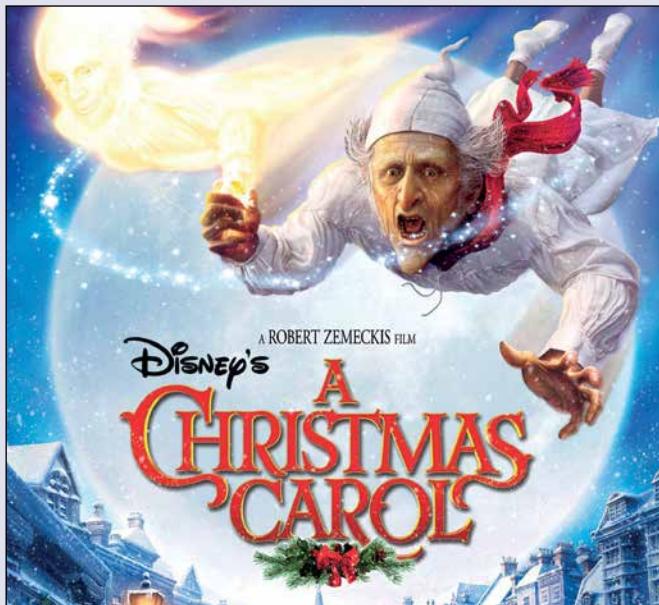
His Grace Archbishop Cremona cut this cake which was then portioned in small pieces for all to taste.

Another occasion that continues to make ALPS very proud to have managed to get together a sizeable number of Lyceum Past Students who have spent some quality time in each other's company whilst remembering the good old days at the Lyceum of many moons ago.

Last Film for 2018 at 'White Light Pictures'

We have chosen another film that is scheduled to be screened at WHITE LIGHT PICTURES B'Kara on Saturday **24th November 2018**. The film is very adequately titled "A CHRISTMAS CAROL" That should take us into the festive season with a happy thought about this nicest time of the year. If there can be enough demand arrangement can be made for another viewing one day before, namely Friday 23rd September. Every show is subject to having a full seating of 24 pre-booked.

The chosen film "A Christmas Carol". In brief, it is an animated retelling of Charles Dickens classic novel about a Victorian Era miser taken on a journey of self-redemption



courtesy of several mysterious Christmas apparitions. The film director is Robert Zemeckis / starring Jim Carrey, Gary Oldham and Colin Firth. Running time is approximately 156 minutes. It is suggested that the seating shall be not later than 18.00 hrs

Being so very close to Christmas, this will be a special social occasion to get together and celebrate with welcome drink before the show and with a selection of finger food items including wine, beer and soft drinks after the show.. (other types of preferred drinks at the bar shall be against cash payment) The venue is fully air-conditioned and also has fresh air circulation.

Laughter is the Best Medicine

Albert and Edna are flying to Australia for a two week vacation to celebrate their 50th anniversary. Suddenly, over

the public address system, the Captain announces, "Ladies and Gentlemen, I am afraid I have some very bad news. Our engines have ceased functioning and we will attempt an emergency landing. Luckily, I see an uncharted island below us and we should be able to land on the beach. However, the odds are we may never be rescued and we will have to live on the island for the rest of our lives". Thanks to the skill of the flight crew, the

plane lands safely on the island.

An hour later, Albert turns to his wife and asks, "Edna, did you pay our pledge check to Christian Church Building Fund yet?"

"No, sweetheart." she responds.

Albert, still shaken from the crash landing, then asks, "Edna, did you pay the IRS?"

"No I'm sorry. I forgot to send the check," she says.

"One last thing, Edna, did you remember to send a check for

the College Alumni Fund this month?" he asks.

"Forgive me, Albert," begged Edna. "I didn't send that one, either."

Albert then grabs her and gives her the biggest hug and kiss in 50 years.

Edna pulls away and asks him, "So, why did you kiss me with such passion?"

Albert answers, "Don't worry, my love, for sure they will find us."



Mein Schiff.

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CIVITAVECCHIA
& NAPLES



DATE	PORT	ARR	DEP	PRICE INCLUDES
Day 1	Valletta, Malta	-	22:00	• 7 nights accommodation in the cabin of your choice
Day 2	At Sea	-	-	• Meals in almost all restaurants
Day 3*	Ajaccio/Corsica, France	08:00	22:00	• Drinks according to the Premium Alles Inklusive Bar menu
Day 4*	Porto Torres/Sardinia, Italy	08:00	19:00	• 5 shore excursions in English by a local expert guide (except Civitavecchia/Rome)
Day 5	Civitavecchia/Rome, Italy	07:00	20:00	• Free entrance into the SPA & Sport area
Day 6	Naples, Italy	08:00	19:00	• All tips and service charges
Day 7	At Sea	-	-	• All port taxes
Day 8	Valletta, Malta	04:30	-	• English speaking Representative
				• Protection by the Insolvency Fund

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PER PERSON

INSIDE A
€1339
PER PERSON

OUTSIDE B
€1459
PER PERSON

BALCONY B
€1619
PER PERSON

BALCONY A
€1669
PER PERSON

EXCURSIONS (INCLUDED)

- Ajaccio - The Gorge of Prunelli, Porto Torres - Alghero, Porto Torres - Castelsardo, Civitavecchia - Rome, The Eternal City & Naples - Sorrento

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