

ALPS News

ASSOCIATION OF LYCEUM PAST STUDENTS | GHAQDA EX-STUDENTI LICEO

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FROM THE ALPS PRESIDENT'S DESK

This is what you should expect from life

Dear Members and Friends of ALPS,
 When we reach a certain age, we start thinking about what we should really be expecting from life. And, the immediate answer perhaps tells us. "Nothing." Don't expect anything from life. Life is that time where you are free to roam, and to let your senses gather everything that is happening around you. We are born feeling and sensing things, even if we cannot remember them later on. Let us not worry for what hasn't happened yet, and therefore we won't be let down for having expectations. Living in the moment is the best thing you can do; not expecting to know what the future holds is part of what living is. If you dwell on the foreshadowing of what your life will become, you are not living, you are rather, existing. You are worrying about the flood that the bright and sunny sky has yet not given to you, and possibly won't for months, or never at all..

That is why we say life is not something to expect something from. Sometimes the most powerful and wonderful things come from spontaneous expressions such as colours, smells, experiences, sounds, textures, and feelings too. Life is a beautiful mystery packed with emotions, and there is no fun in it if you spend it wondering what's next.

It has always been the intention of The Association of Lyceum Past Students, to bring together and as often as possible, many past students of Liceo, to help them live a full life that is filled with many beautiful things that come into our life day by day. Let us dwell on this for today. Yesterday becomes history and the future is still a great mystery.

Therefore, we must live in the present and make everything nice and appealing without thinking too much of what is to become of us. Our first priority of course should be the best upkeep of our health. Next comes our happiness and what can make us more pleasant and more sociable with family and friends and the following information may be of assistance to help our life be more enjoyable. Healthy living is a key to a happy life. It is important to maintain a healthy lifestyle and one should focus on how to improve the well-being. If you ignore your health, you will face many difficulties. In our busy everyday life, we tend to ignore the importance of staying healthy. Here are some common steps you should consider for leading a healthy and happy living. I have never been in the medical profession but from research, I find the following information can possibly be of great assistance to the readers of this newsletter.

Walking is a good option. Walking is very good for both mind and body. You should consider spending some time outside to get some fresh air. It is a good step towards maintaining good health. Take short walks several times in a day and consider using stairs instead of the elevator. Walking outdoors can help with tension and stress. It also improves breathing and blood flow in the body.

Getting good sleep is important too. A good amount of quality sleep is important for the effective functioning of the brain and the nervous system. One should have at least 7 to 8 hours of sleep. It is also very important to get good quality sleep. Doctors and medical experts say that the brain can function well only if you get good sleep.

Eat healthy food. Avoid unhealthy junk food as it will make you fat. Eat a wide variety of fruit and vegetables. Try to eat less oily food. Choose food items that are rich in vitamin C to promote healthy immune system. Processed carbohydrates should be avoided. Drink plenty of water. Adults should drink two liters of water daily.

Think positively. A mind with positive thoughts can enhance the mood and improve the quality of life. Try relaxation techniques to soothe the mind. Consider listening to music and practice yoga to release stress. The different poses of yoga lead to reduction of stress as well as help in building of body core strength and improve the condition of health. Sound thinking depends on the sound mind as well.

Deep breathing and relaxation can reduce stress. Try practicing deep breathing and relaxation methods as it can help in coping with stress.. Deep breathing can help you relax and you will be energized. Make sure you breathe in clean air

Have the company of friends. You should always be surrounded by friends and family who love you. This is a great way to stay happy and it can uplift your spirit. Positive thoughts arise only in the minds of happy people. Consider staying in touch with your friends and family all the time. Whenever you are stressed, your close friends and family will take care of you and help in reducing stress. ALPS is always there to help in this particular subject.

Never smoke. Smoking can cause a lot of harm to your body. Smoking causes shrinkage of blood vessels. It pollutes the air you breathe and can



cause respiratory diseases and cancer. You should find alternatives to smoking like biting carrots and celery instead of smoking .

Improve your health through exercise. Indulge in aerobic exercise regularly. Perform brisk walking or you can choose to do an exercise you enjoy like swimming or dancing. Do an exercise of your choice at least five times a week and for thirty minutes every day. Experts say that exercise is important to maintain good health. Exercise can boost the immunity level. Research has shown that regular exercise can reduce stress and depression. In this day and age we are blessed with outdoor gyms that can be found in many localities around Malta and Gozo. So please do avail yourselves of such health facilities that can be used for free.

And, with these small ideas for living in the present and looking after our health, I extend my very best regards to you all dear Lyceum past colleagues and friends of the association. Keep on smiling and be happy.

Very sincerely
George dei Conti Stagno Navarra
President - ALPS



The ALPS Annual Day Tour to Gozo

It certainly was an amazing day outing in Gozo. The ALPS have yet again kept the yearly appointment with the sister Island of Gozo. A bus load of members and their friends were accompanied for a full day, by the association President and some other council members. The tour was very ably guided by Chevalier Joe M. Attard who was truly pleased to give best explanations to the gathering at every spot that has been visited during the day. What had started out as a bit of a cloudy morning, soon turned to a bright sunny day that clearly indicated the summer season is just about to emerge from its bud within a week's time. Worth mentioning was the boarding on what might be termed as the 'old/new' Gozo Ferry that has entered into service as if to give the ALPS group their first ride to Gozo. Regrettably, this carrier cannot in any way be described as passenger friendly because of the many stairs that had to be climbed and the nauseous smell of fresh paint that in some places might not have even dried to avoid people getting stains on their clothing. But on reaching our destination, the fun immediately started by boarding our pre-booked Gozo coach and proceeded for our first stop at Victoria. On arrival



we entered the Muzew tal-Hagar found on the side of Basilika ta'San Gorg at Rabat where we could immediately notice the place has been very carefully planned by experts who have created a most interesting method to bring out the historical aspect. It is said, that the project was entrusted into the hands of a British firm who, with their expertise in this field have created an appealing display of artifacts and church ornaments and vestments in such an attractive manner, that it makes it a pleasure to be visiting and admiring such a wonderful place. Our next stop was a visit to the Basilika itself where Chev Joe M. Attard explained in great detail the richness of this temple and the Gozitan people's pride of always maintaining in best form this unique temple of worship that gets visited by many locals and foreigners on

daily basis. This mainly, is because it happens to be in the core of the city of Victoria/Gozo. The coach then took the whole group for lunch at a sweet little restaurant at Marsalforn where a large variety of starters and main course plates had been prepared for a hungry bunch. As soon as the mid-day lunch was over, the ALPS group were driven to a quaint valley called Tal-Lunzjata. In spite of the narrow and steep passageway, the participants walked in a tranquil atmosphere to reach a small and old chapel dating back to quite a few centuries. In his usual manner Joe Attard again gave a detailed explanation of this chapel and its interior decorations, many of which were all manufactured without charge, by his father of who was in love with this place of worship.

A short distance away from Wied

il-Lunzjata, the group found itself inside the Kercem parish church. Holy mass was celebrated by the Archpriest who, in his gentle manner delivered a very nice sermon all connected with the feast of the Holy Trinity that was being celebrated during the same week-end. Group photos were then taken on the church parvis and the front row members were very careful to display the ALPS colorful banner. The very last place to visit was a short stop at Vini & Capricci situated in Xewkija. There, we found the Company Director who greeted the ALPS group and escorted us to a nicely prepared table full of nibbles and glasses of wine all compliments of the company. Needless to say, a walk about inside the nicely stocked shopping complex soon brought the cash register bell to life, by counting and registering sales that were seen to be made by the participants before they were driven to catch the Ferry boat for a return journey to Malta. The Association of Lyceum Past Students is very happy to have again organized this year such a pleasant occasion for members and friends to meet and spend a full day in each other's company whilst visiting the sister Island of Gozo.



The ALPS Barbeque Evening at the Radisson Golden Sands

Under a starry night, right on the water's edge at Ghajn Tuffieha Bay, and to a quasi full moon lit sky, the ALPS barbeque was another big success. A sizeable number of members and friends have turned up for this occasion bringing to a close the ALPS activities for the first half of the year 2019.

A light breeze was like a godsend after the severe heat of that previous week. Guests could be seen to enjoy themselves 'al-fresco' tasting wonderful food and wine that had been served throughout the evening by the waiting staff.

Raffles have been drawn and many were leaving with nice gifts that had been won. This year we have been blessed with some special travel vouchers that were donated to ALPS by the firm SMSMondial of Valletta. The presence of so many members and friends of ALPS at an occasion like this is a satisfaction to the committee who work so hard to organize for you such pleasant and enjoyable events. May all future events that are still in the pipeline, be also successful with the participation of many of you members and friends of the ALPS.

Updating of the ALPS website

by Joseph D. Buttigieg

ALPS WEBSITE ANALYTICS:
JAN 1 - JUL 31, 2019

VISITS: AVERAGE VISIT DURATION BY COUNTRY

Country	Sessions
Malta	563
USA	102
Australia	69
UK	39
Canada	18
Italy	9
Germany	7
India	6
Ukraine	5
Netherlands	4

In the past 7 months, we had a total of 822 visits from 10 different countries, quite a good audience and a free exposure. These numbers translate to a total of 2631 page-views. They are broken down into 293 sessions with 974 page-views by mobile phones, and 571 sessions with 1657 page-views by tablet or laptop.

COMPARATIVE ANALYSIS OF CHANGE OF VIEWERSHIP BY COUNTRY

This table shows an overall increase (Gain) in the number of sessions spent by visitors in the countries visited; but where certain countries show a (Loss),

it translates to a reduction in the time spent viewing our website. The percentage gain is the result of new visits, whilst the loss could be the result of shorter times spent reviewing the site:

Country	Period	Period	%
	Jan-Jul 19	Jan-Jul 18	
Malta	563	517	8.90
USA	102	80	27.50
Australia	69	40	72.50
UK	39	37	5.41
Canada	18	15	20.00
Italy	9	13	-30.77
Germany	7	12	-41.67
India	6	3	100.00
Ukraine	5	0	100.00
Holland	4	0	100.00

We encourage our Maltese readers to increase the duration time of their visit to the site as this would mean that they are spending more time reading the contents of the website which contains very interesting and informative information about the activities of ALPS. A large collection of photos illustrate the various activities held over the past years.

We appreciate your support as this is what encourages us to keep our website interesting. Please write to Joseph D. Buttigieg on josephdbtg@gmail.com if you have any suggestions.

My Alma Mater 'il-LICEO ta' Malta'

ALPS is tremendously proud of what ex- Alumni have been accomplishing since leaving the Lyceum and how they have grown in all these years. As you all continue on your path, fulfilling your potential and acting as ambassadors of the Old Liceo, we wish you all the very best. Today, Lyceum ex- Alumni, cover the entire globe, making their contributions and creating a difference everywhere they go.

I am honoured to write about my Lyceum days after the tremendous success of a 25th Anniversary Celebration held in March of this year. I could feel much happiness because I saw myself in the midst of that gathering where Lyceum past students like me attended for a grand occasion.. Surrounded with delight, I was more thankful and pleased to our dear Alma Mater. No amount of money could compensate the intelligence, the cleverness, the knowledge and the unconditional love that our Lyceum has impulsively poured out upon all of us. The opportunities and the experiences that we have had during our stay in our Liceo ta' Malta shaped us into

good and respected citizens of our country. Our old school has shared great time and efforts to make us totally developed individuals. Great praise of course, must be attributed to our dedicated teachers. We say this with much gratefulness and immense appreciation. Without you, our dear teachers, we will never be what we are now.

To our dear parents, who generously supported us through the years. Through thick and thin, our parents were always there for assistance, love, devotion and commitment without condition. No one could ever replace the never-ending love of our ever patient parents who have made great sacrifices and may even have deprived themselves of some luxuries, to ensure that we received the best education from the Liceo.. To our friends, classmates and schoolmates, whom we could lean on in times of joys and tears, successes and failures, the friendship and camaraderie, the challenges, the trials and hard works, we took together. These are all treasures we should cherish for the rest of our lives. To the Almighty, for giving us

wonderful lives to live and for giving us many beautiful chances in this world that we are so lucky to be living in.

Personally, I was reluctant to leave the Lyceum the day when our fifth form studies were ended and started the GCE exams. It was as if some force from within the school that I was leaving, was saying to me, "now its your turn to deliver what you have learned. You will have to deliver to your society and country. The next time that you will meet with your Liceo schoolmates, I want to see you as a great mentor not just turning your life into what you want, but to share with society what learnings I have bestowed on you"

But leaving our Alma Mater, does not always mean goodbye. The formation of an Old Boys Association, helps us instead, to bringing into our lives the wisdom, the knowledge and the morals which were inculcated and implanted by our dear teachers too. The values and knowledge will serve as our key for a bright future and pushing ourselves towards the standards of excellence. May be, we are now retired, but our contribution

towards society shall continue to the very end of our days. The Association of Lyceum Past Students that has formed its roots in the year 1994 by the then founder President Dr. Guido Saliba, shall continue to bring back memories of old with great nostalgia whenever our Lyceum days are remembered.

As we are now facing this new episode of our lives, with strong values and academic excellence, we will be able to succeed in all our endeavors. The assurance and vigor that our Alma Mater has showered to us, can surely bring us to the reality of our hope and ambitions in life.

May this solemn event of celebrating a **25th Anniversary** from foundation date of ALPS, be not just an ordinary association activity, rather may it be symbolic and momentous enough to be treasured in our hearts. I extend to all my Lyceum colleagues a word of thanks for staying in touch with the alumni like us and I keep encouraging you all to recommend ALPS for a wider and ever increasing membership... **Viva L-LICEO/Viva s-Serduq.**

ALPS Rewards the Best Students on Liceo Prize Giving Day

by Council Member
Tony Buttigieg

For a number of years now it has been customary for the Association of Lyceum Past Students, ALPS, to not only be represented at the Lyceum Prize Giving Celebration but also to encourage and reward those students who had worked hard throughout the academic year and those who achieved excellent results in various subjects.

This year was no exception and I had the privilege in representing ALPS for such a memorable occasion. As I was led to my seat I couldn't help noticing how well organized everything was, with the school hall looking at its best complete with its professionally set stage. Before the presentation began, the evening literally kicked off with a dancing performance by an attractive troupe of dancers made up of the girl students themselves. To everybody's delight some of these dances were also highlighted by acrobatic moves performed by one of these young ladies. The best was still to come when the students staged a comedy based on friendship and romance called "Hbieb ta Veru". It was excellently performed and was well appreciated by the numerous parents and guests there present. However, I couldn't help giggling to myself in thinking whether students



of my era could have ever dreamt whether such a performance would have been allowed by Cirillu or il-Faro not to mention the dreaded il-Bagiga. To say there is so much talent in the younger generation who attend the Lyceum today is an understatement!

Before the evening came to an end there followed what the evening was really all about, that of the awards presentation. It was really amazing to see so many students excelling in various subjects and it was an honour and a privilege for me on behalf of ALPS to reward three students. In the past, books were chosen for such occasion. One of the three prizes was for Altruism, another for being the best overall performer in school and finally a student was awarded The Guido Saliba prize.

Well done Lyceum boys and girls!

The ALPS 25th Anniversary Chanticleer Magazine 1994-2019

Dear members and friends of ALPS, we are this year living through a 25th anniversary from the foundation date of The Association of Lyceum Past Students (ALPS) in 1994. It is a memorable occasion for all of us members and friends of Għaqda Ex-Studenti Liceo. We should be proud and treasure this occasion because many of us may not be around for

the fiftieth anniversary celebration in 2044. Today, we are writing and encouraging you all to participate for the making of a special edition of CHANTICLEER magazine that has to be bustling with episodes from the past 25 years of ALPS. No doubt, you all have something to write about

and we therefore welcome your contribution with write-ups that must reach us for editing by not later than the end of October. Plenty of work goes into editing, proof reading and compiling some adverts that can alleviate the costs towards the production of such magazine. We certainly owe it to the association and indeed we owe it to each one of us forming part of this very active association of Lyceum Past Students. Let each one of you, make this anniversary issue of a commemorative magazine, express the feelings and the hidden talent that must

be brought out and demonstrated.

This is going to be a unique occasion for all members and friends of ALPS (all young at heart) who shall remember and write about childhood episodes from the Lyceum days as well as any special occasion that you will recall from the past 25 years of ALPS. We have done our best to keep the association going. Now, we shall expect you to tell us what this old boys association has meant to you and how you wish to see it expand even further into a future. We wish that young blood may take over the reign of ALPS to be leading it perhaps into nicer years ahead with even greater optimism.

Advertising costs: For those of you who may have business acquaintances or who may themselves be involved in some form of business activity and can sponsor an advert in the mentioned CHANTICLEER magazine, we thank you in anticipation for placing your advert. Artwork and details of the product to be advertised will need to be forwarded to us at earliest. Advertising rates shall be as follows for those who can help us to lessen the cost of our special edition.

We have confidence that our readers will be happy to assist in this special cause and we show our appreciation to you all.

Rates		Full Page B/W Inside Pages	€190
Full Page Colour Outside Back Cover	€420	Half Page Colour Inside Pages	€140
Full Page Colour Inside Back Cover	€350	Half Page B/W Inside Pages	€120
Full Page Colour Inside Front Cover	€380	Quarter Page Colour Inside Pages	€80
Full Page Colour Inside Pages	€230	Quarter Page B/W Inside Pages	€60

A Rare Find - To bring Nostalgia to Our Readers:

by ALPS member

Dr Anthony Vassallo B.Pharm

It is not very often that we come across photos dating back to 70 years or even more. One such picture has been loaned to ALPS by Dr. Anthony Vassallo B.Pharm, MD, FFPH, DPH, DIH a member of our association. He took the trouble to search in his albums and came up with a nice Class IV-F photo, dating back to 1948-49. The photo was taken in the yard of the former Hamrun Lyceum. Mr. Cyril T Parker Headmaster of Lyceum is seen sitting in the centre while Mr George V. Parker (then master of English) is seen standing on the left of the photo. Anthony Vassallo Portanier (as he was then known at the Lyceum) is seen kneeling very closely to the right of the Headmaster.

Our friend apologises for any lapses in memory but he believes that he remembers some of the names (but not all). These include (if according to him his memory after all these years serves him right) Edgar Wadge, Edwin Gaglione, Joe Micallef Brimmer, Albert Mallia Pace, Vincent Zammit Satariano, Charles V. Naudi, Joe Scicluna Testaferatta, Cecil Busuttill, Anthony Bonnett, Charles Azzopardi, Roy Muscat, Bernard Von



Brockdorff, Falzon and Pirotta.

The rest of the names are not remembered but, if anybody reading this article does have the names

of the others that have not been mentioned, or if some student has been wrongly listed, please feel free to write and give to ALPS further

information for including in a future issue of News Letter. Dream on dear Liceo colleagues and live those years one more time.



ANOTHER ACQUISITION OF AN OLD CLASS PHOTO FROM CLASS V b Liceo 1914 that has been brought to our attention by Commendatore Salvator Mousu S.M.O.M.,

And if the first picture of 70 years ago takes you by surprise, we can

just imagine the feeling when you now see yet another exceptionally rare photo dating back to the year 1914. Students of class V b from Liceo Malta 1914, leaves a great memento of that special gathering, when accompanied by what we can assume to be the class masters of that time, the boys are looking rather smart and attentive.

Yes it leaves a unique impression for all those who are now watching these faces over 105 years later. The nicest thing about the Lyceum, is the spirit of companionship that never fades away and lives on even after we are gone. All those in the picture would have departed this world by now but the photo managed to survive so many

vicissitudes. Perhaps, someone of you reading this paragraph might discover one or more of the faces that could even be related to him and we may get to know of some renowned personality!. We certainly expect to receive some feedback on this 1914 photo...that could enable us to expand even further on this rather interesting subject...

25th Anniversary Gala Dinner is announced

We are thrilled to announce details of our 25th Anniversary Gala Dinner which will take place at the luxurious Radisson Golden Sands Resort Ghajn Tuffieha inside the Grand Ballroom, on the 7th December 2019 -Time shall be 19.30 hrs for 20.00 hrs.

DRESS CODE: Gentlemen dinner jacket & black tie / or dark suit. / Ladies formal gown- or cocktail dress

The Association of Lyceum Past Students, is excited to announce to you dear members and friends, the closing of our 25th Anniversary with a commemorative Gala Dinner. It is going to be the main attraction during the week-end stay at this prestigious resort where, many of you have already had the opportunity to enjoy this beautiful venue that has again been chosen with you in mind, knowing how much you love this venue.

We are indeed proud of the success of the first 25 years of ALPS and therefore we wish to see many of you attending for the closing ceremony with a Gala Dinner to mark this great milestone in the history of Ghaqda Ex-Studenti Liceo. Let



25th Anniversary

us be together to start imagining the next twenty-five years of our association. Each and every one of us must make a special wish and pray for those taking over the reins of ALPS after we are gone. They will continue to nurture and expand this much loved and respected Lyceum old boys association.

For this Gala Dinner we shall have all courses served at table. **You only have to indicate on the booking form, your choice of main course from Fish/**

Turkey or Pork. We must inform the caterers by not later than the 4th December, of your eating preference/s. This will enable the dinner guests to be more relaxed and to enter into the special Christmas Season atmosphere. Adults attending for gala dinner, will be given a commemorative memento of this celebration

Book early to avoid disappointment, as we are expecting a much greater number of ALPS members and friends who shall attend for this

very unique occasion. We want to be there with you, sharing that joy and happiness of this wonderful event. Kindly fill in the necessary details and choices in the attached booking form and send with payment.

On Sunday the 8th December 2019, we shall all gather around the altar to celebrate the feast of The Immaculate Conception, with thanksgiving for all that we have been blessed with over the past 25 years. Mass will be at 11.00hrs. at the Radisson Golden Sands. Hopefully, our Spiritual Director will be with us for the closing of our 25th anniversary celebrations. Pencil your diaries and make it a point to attend for the ALPS week-end stay with a difference, that is between the 6th to 8th December 2019. Your participation gives us much satisfaction and pleasure. Our Secretary General Alex Borg will start taking bookings and make your room reservations with the Radisson Resort as soon as you send the booking form and payment.

Kindly address everything to: Mr. Alex Borg / Alson no: 82, Naxxar Road San Gwann SGN 9032



Payment of ALPS renewal and/or outstanding subscriptions

Being a member of ALPS, makes you part of a dynamic association. Your membership subscription enables us to continue to be at the forefront of all other existing associations in Malta & Gozo. We want to continue to provide to you support and information of all ongoing activities organized by The Association of Lyceum Past Students (ALPS). Your annual membership subscription fell due for renewal at the beginning of 2019. Every year, we contact you members and friends of ALPS, and ask you via our newsletter or by letter reminder, to submit your payment. Hereunder you will find the

membership renewal fees that can be :

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

If you already paid, "We thank you" for the continued support

IF YOU HAVE A CHANGE OF E-MAIL ADDRESS:

Slowly slowly, we seem to be getting a little closer to completing the ALPS data base information sheet with all the much needed E-MAIL ADDRESSES of our members and friends.

Past Council Member Oscar Galea, continues to make a number of follow up phone calls every week, in order to get in touch and obtain from our readers the correct e-mail addresses that may have

changed over the past year/s. This of course is not always notified to ALPS and therefore, whatever is sent out to you as announcement of important / special events, cannot be reaching your mail box. Again, we kindly ask you to co-operate by sending a one line confirmation to Oscar Galea on: **oscgalea457@gmail.com**

Help us to be more efficient and you will be helping yourselves to stay in touch with ALPS. If you have difficulty to connect, please call on telephone number 2189 6293 / or mobile: 7989 6293.

LAUGHTER THE BEST MEDICINE:

A young man was walking through a supermarket to pick up a few things when he noticed an old lady following him around. Thinking nothing of it, he ignored her and continued on.

Finally he went to the checkout line, but she got in front of him. "Pardon me," she said, "I'm sorry if my staring at you has made you feel uncomfortable. It's just that you look just like my son, who just died recently." "I'm very sorry," replied the young man, "is there anything

I can do for you?" "Yes," she said, "As I'm leaving, can you say 'Good bye, Mother'? It would make me feel so much better." "Sure," answered the young man.

As the old woman was leaving, he called out, "Goodbye, Mother!" As he stepped up to the checkout counter, he saw that his total was \$127.50. "How can that be?" He asked, "I only purchased a few things!" "Your mother said that you would pay for her," said the clerk.



25th Anniversary

ALPS 25th Anniversary Gala Dinner

Saturday 7th December 2019 - Radisson Golden Sands

Welcome drink on arrival

Welcome Drink at 19:30hrs

Dinner Seating at 20:00hrs

**The ALPS Gala Christmas
Weekend**

**Accommodation Rates:
6th to 8th December 2019**

Menu

Marinated salmon, caper berry and citrus salad



Root vegetable and pancetta risotto, Parmesan shavings



Cauliflower and chestnut soup



Main Course

(to choose from)

Grilled sea bass, lemon and ginger dressing



Traditional roast turkey with festive trimmings, Giblet gravy



Pan fried pork filled with apple and grain mustard sauce

All served with vegetable and potatoes

On a sweeter note...

Cranberry & walnut tart with panforte ice-cream

Coffee & mince pies

Beverages Included

2 glasses of Local Wine & Half bottle of Water

2 Nights for 2 Persons Including: Dinner On Friday 6th Dec, Breakfast & Christmas Gala Dinner on 7th Dec and Breakfast on 8th Dec **€265.00**

2 Nights for 1 Person Including: Dinner On Friday 6th Dec, Breakfast & Christmas Gala Dinner on 7th Dec and Breakfast on 8th Dec **€195.00**

1 Night Stay for 2 Persons including Christmas Gala Dinner on Sat 7th & B'fast on 8th Dec **€165.00**

1 Night Stay for 1 Person including Christmas Gala Dinner on Sat 7th & B'fast on 8th Dec **€120.00**

1 Night Stay for 2 Persons including Dinner on Fri 6th & B'fast on 7th Dec **€165.00**

1 Night Stay for 1 Person including Dinner on Fri 7th & B'fast on 8th Dec **€120.00**

Additional rate for 3rd person joining for 2 nights HB including Sat Christmas Gala Dinner 7th Dec **€125.00**

Additional rate for 3rd person joining for 1 night HB including Sat Christmas Gala Dinner 7th Dec **€80.00**

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

Children 12-15 sharing with Parents supplement (per day) **€40.00**

Christmas Gala Dinner only on 7th Dec - Adults (not staying in house) **€40.00**

Christmas Dinner only on 7th Children (not staying in house) **€20.00**

Sunday Buffet Lunch on 8th December **€35.00**

Announcing a mid-November ALPS Cultural Tour in Valletta

Bookings are open and you may complete the attached form

The planned Cultural tour on the 9th November 2019, will start from the Museum of Archeology situated at Republic Street Valletta. Meeting at 08.50 and we shall all enter the museum at 09.00 hrs sharp. The first part of the Valletta tour is expected to last around 90 minutes. This will be followed by a short walk to Merchants Street where we are expected to be split into smaller groups and be guided around the MUZA premises, receiving all the necessary information about the artefacts that can be admired under one roof. Heritage Malta has made it possible for Senior Citizens to enter for FREE at the historical sites provided of course that the necessary Senior Citizen passport can be produced by

each participant. Some weeks ago, we have sent an e-mail advising all the ALPS members and friends to approach their local council offices and apply for such passport. Please be informed that anybody without such Senior Citizen Passport will have to pay an entrance fee that is not covered in the all-inclusive price that we are showing on the booking form attached with this edition of News Letter. To apply for such passport all you need to carry with you to the local council office in your area, is an I.D. card of the person applying and also of wife/partner. The official confirmation passport/s will then be posted to the address as shown on I.D. Card/s. We urge you therefore to ensure that whoever is coming to this cultural tour of Heritage Malta

sites, to apply early and obtain the Senior Citizen Passport..

PROGRAM of the cultural tour:
Date of visit: Saturday , Nov 9, 2019

Museum of Archaeology:

- Start of tour 09:00
- End of tour 10:30
- Visitors; Can be divided into 2 group

MUZA:

- Coffee break; 10:45 –11.00
- Start of tour 11:00
- End of tour 12:30
- Light lunch at same MUZA address

MEMBERS PRICE

for the whole package €16.p.p.
(price is subject to all participants producing their Senior Citizen Passport)

Tea/Coffee break at MUZA:

- Tea, Coffee and a selection of biscuits.

Lunch break Option- choice:

- EITHER: spaghetti, octopus, garlic, white wine, basil, salt
- OR: chicken burger, tomato chutney, smoked cheddar, French fries

Essential we know menu choices from members by not later than, **Nov 4th, 2019** to enable us to send confirmation for catering at (MUZA, Museum of Archaeology)

If for any unknown reason, the Valletta Cultural tour could necessitate last minute alteration because of unforeseen circumstances at any one of the chosen venues, we shall inform the group accordingly on site.

The Cruise for ALPS Members and Friends on Mein Schiff Herz

On Ultra All-Inclusive Basis from the 23rd to the 30th September 2019

It has already been announced to you in an earlier edition, that the allocated cabins reserved for ALPS, have been fully subscribed. Probably, by the time that you will be reading this News Letter, the group will be sailing on board the TUI cruises vessel Mein Schiff Herz. The itinerary will consist of a Malta to Malta trip with ports of call in Ajaccio Corsica/France, Porto Torres Sardinia/Italy, Civitavecchia Rome and Naples / Italy and return to Malta. Over the past years, The Association of Lyceum Past Students has organized many other cruise holidays. They can all be termed as having been successful. We have reason to also believe and expect that the next cruise will also prove to be enjoyable for all those who will participate. At a later stage we shall be reporting to you readers, with some photos on the outcome of this years' cruise holiday in the Mediterranean.



IN MEMORIAM



We always remember and pray for:

Dr Guido Saliba LL.D., (who died on 7th December 2004)

Mr. H.H. Stevens (ALPS membership no: 572)

Rev. Fr. Joe Farrugia (brother of ALPS member John Farrugia)

Mrs. MaryRose Barry (mother of Mr. Ernest Barry - a great friend of ALPS)

All Past Members and Friends of ALPS who have passed to Eternal Life.

MAY, THEY ALL REST IN PEACE, AMEN



Must continue to remember and pray, for the sick and aged members and friends of ALPS, who are restricted from driving or travelling outside their home., or in a retirement home or, may be finding difficulty to attend for the ALPS functions.

As always, we promise to keep them in our thoughts and prayers. We also mention that we wish to maintain a direct contact with each one. Anyone who wishes to receive a delegation for two council members to pay him a visit, we shall expect a call from you on 9988 8579 / or e-mail: alpsmalta@gmail.com. Every communication will be acknowledged and a suitable time and date can be arranged. It would be our pleasure to come visiting you at a specific address that you give to us.



ALPS President pays a visit to our dear friend Joseph Fenech

I always believed and I am convinced, that spending time visiting loved ones, has huge benefits for their health, primarily keeping them emotionally happy and physically young. It has always been the wish of The Association of Lyceum Past Students of maintaining frequent/friendly communication and visiting our senior members who may now have become restricted from attending to ALPS activities during the year. Primarily, we wish to ensure they are well cared for and keeping healthy. We just have to remind them that ALPS, continues to remember and love them.

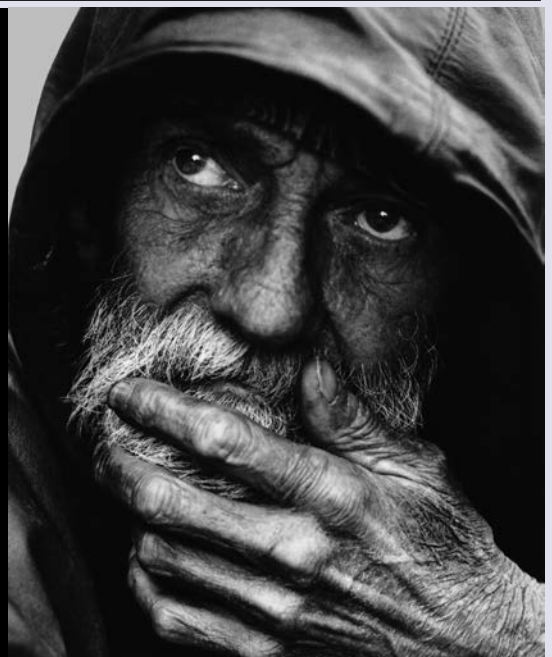
One such occasion happened on the 30th August when visiting our dear friend and ALPS member Joe Fenech at Hill-Top Village Naxxar. It has been a really fulfilling experience of returning home after such meeting, with great memories of

the short discussion and a few jokes that have been shared. Joe was really happy to receive such an unannounced visit and he was ever so thankful that ALPS, continues to remember him. Indeed we do, for we can never forget the large contribution he gave over the past years when he was at his best healthwise. Memories of the ALPS Choir that he had created from scratch his running it to a high standard and the experiences shared with concerts and shows that Joe Fenech always prepared for the choir. Those were some of the best treasures of The Association of Lyceum Past Students.

Here's wishing to our dear friend Joe Fenech, continued best health and happiness in his retirement at Hill-Top village. The short visit ended with Joe Fenech and the ALPS President recording it with a cheerful selfie.....

A Thought for this Month...

One of the happiest moments in life is when you find the courage to let go of what you cannot change...



Whitelight Pictures

Dear members and friends of ALPS, we are again inviting you to come and watch a film at the White Light Pictures in B'Kara. There are two great films for viewing and details are given hereunder. WHITE LIGHT PICTURES / ADDRESS: 1, Emmanuel Schembri Street, Birkirkara

First film on 12th October at 19.00Hrs (7.00 Pm)
Rocketman - based on a true fantasy (closing date for booking 8th October)

"Rocketman," about the life and music of Elton John, is a formulaic, paint-by-numbers biopic. It actually begins at a moment of crucial emotion and flux in the singer's life, then backtracks to show us how he ended up there.

It is a tried-and-true jukebox musical fantasia, seemingly prepackaged for the Broadway stage, packed with toe-tapping sing-alongs you've known and loved for decades. Songs spring from significant moments in



John's life, or so we're led to believe. And of course, there are plenty of montages: the obligatory depiction of John's hits rising up the charts and racking up gold records; the concerts, headlines and adoring fans; the shopping sprees to spend his insane riches; the trying-on of various ornate hats, glasses and spangled get-ups; and all the other things that go along with the rock 'n' roll.

Second film on 16th November @ 18.30 Hrs (6.30pm)
The Greatest Showman -



the impossible comes true (closing date for booking 12th Nov)

Inspired by the imagination of P. T. Barnum, The Greatest Showman is an original musical that celebrates the birth of show business & tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.

Orphaned, penniless but ambitious and with a mind crammed with imagination and fresh ideas, the American Phineas Taylor Barnum will always be remembered as the

man with the gift to effortlessly blur the line between reality and fiction. Thirsty for innovation and hungry for success, the son of a tailor will manage to open a wax museum but will soon shift focus to the unique and peculiar, introducing extraordinary, never-seen-before live acts on the circus stage. Some will call Barnum's wide collection of oddities, a freak show; however, when the obsessed showman gambles everything on the opera singer Jenny Lind to appeal to a high-brow audience, he will somehow lose sight of the most important aspect of his life: his family. Will Barnum risk it all to be accepted?

PRICE @ €10.50 PER PERSON AND INCLUDING A WELCOME DRINK BEFORE THE FILM

Seating is limited to 24 and therefore early booking with payment is highly recommended
BOOKINGS THROUGH - ALEX BORG - Alson no: 82 Naxxar Rd., San Gwann SGN 9032 / TEL: 2138 6812 / 9988 8579



The ALPS award of Football Trophies to Winners & Runners Up

This year Alps is celebrating its 25th anniversary and has decided, in consultation with Mr Andrew Darmanin (P.E. dept.) to sponsor all football leagues that took place at school, for years 9, 10, and 11 organised by Mr Robert Farrugia (P.E. teacher). It is to be noted, that year 9 denotes Form III, year 10 is Form IV and year 11 is Form V (for old time's sake).

The celebration has taken place in the school hall presided by Ass. Heads Ms. Alexia Camilleri Nappa and Ms. Caroline Rose Camilleri in the absence of the school head Ms. Dorianne Portanier Mifsud.

Year 9.06 were the Winners

and 9.02 classified as the Runners-up. They received their trophies from Ms. Alexia Camilleri Nappa while Ms Caroline Rose presented the trophies of Runners-up 10.6. Mr J Micallef (Alps Council Member) presented the trophies to the winners of class 10.5. Friends and colleagues of the winning classes, have appreciated the efforts of all the teams and have expressed a wish to win the ALPS Shield next year in 2020. They wish to have their class's name inscribed on it which eventually will record their class's name as Champions of Football League 2020.

Festa Sant Anna at Pwales 6th July 2019

A lot of work, plenty of thinking and planning, BUT the end result was satisfying. A word of thanks to all council members who have contributed to the enormous success, at the FESTA SANT ANNA - Pwales Chapel 2019. There were many helping hands before, during and after the event. This gives ALPS, much satisfaction at watching teamwork at its best. When working together as a group, we achieve and obtain wonderful results. This could be evidenced at the Festa Sant Anna in Pwales on 6th July, when a sizeable congregation consisting of ALPS members, friends and Pwales residents, have turned up for Holy Mass that was celebrated by His Grace Archbishop Emeritus, Mons Paul Cremona. In spite of the fact that he looked rather tired, Bishop Cremona still delivered a very meaningful homily. The photos that are attached to the inside cover of this newsletter, can tell of the enormous

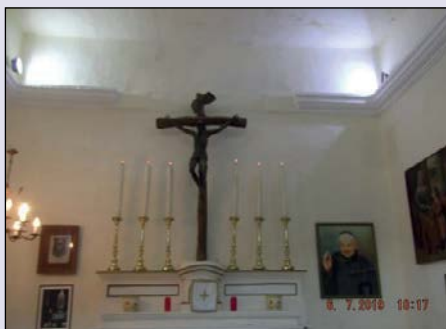
success achieved.

Thanks to all council members (and even some past-council members), we managed to create that friendly atmosphere amongst the happy congregation who had words of thanks for ALPS, in organizing the yearly Festa Sant Anna at the chapel. Must not forget the Pwales Farmers for their kind generosity by preparing fresh fruits specially chilled and prepared for the occasion. And last but not least, we say thanks to Mark the Scouts leader for all the help he has given during this event and to Alex Bonello for ferrying by shuttle transport, our members and friends who would have encountered difficulty to climb the steep hill leading to the chapel.

Another chapter written in the History Book of Kappella Pwales.

Please note the Pwales chapel activities for the coming months

19th October 2019 at 16.30hrs
23rd November 2019 16.30hrs
13th December 2019 11.00hrs



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