



A.L.P.S. News

ASSOCIATION OF LYCEUM PAST STUDENTS | GHAQDA EX-STUDENTI LICEO

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January 2016

President's Message for the New Year 2016

Dear Members and Friends of ALPS,

I am writing to convey my best wishes and my sincere thanks to all of you as we wrap up an eventful 2015. We now shift momentum into the New Calendar year 2016/17. I believe, that the past twelve months have been marked by noteworthy achievements and sometimes even change. As we reflect on the past year, truly I feel confident that we have many reasons to be proud in our accomplishments and you should certainly look forward with enthusiasm to another year for ALPS.

Over the past year we saw many instances that have added the scope of existence for our association. Indeed, we have come to the stage where we have so many points of pride that there are too many to do them all justice in a simple New Year message. Our association, with all of you who are part of it, will continue to make us proud in the year 2016. We shall maintain our momentum

and actually work to shape our own future as one of the leading Old Boys Associations. ALPS, is simply great and I thank you all for being part of it. Thanks so much for helping with your continued support and presence, to have made the past year so memorable. Today, I would like to invite all members and friends of ALPS, to join me in anticipating what we can try to achieve together in the coming year 2016.

The Council of Administration officers will certainly do their best to promote the development of The Association of Lyceum Past Students, but of course your continued best support will be very important for ALPS.

For the coming twelve months it would be best to achieve close communication between you and ALPS by maintaining the following means:

1. Regular e-mails for everyone's information (keep sending to us your e-mail addresses for such scope).

2. 6-Monthly letters from ALPS president via the WEB-SITE. (www.ALPSMALTA.com)

3. Home visits by the ALPS President and other Council Officers to members and friends who may have become house bound.

4. Initiating closer cooperation amongst members and friends,, by exchange of e-mail correspondence of news & information.

5. Recruitment campaign to attract new and younger Lyceum Past Students to join ALPS and become members for ALPS continuity.

May I please ask you to be consistent with the membership fee payments, in contact with Hon. Treasurer. This will certainly help our association to be financially robust and will support the continued existence of your Newsletter and other printed materials/products.

It would be a mistake not to mention the important role of the ALPS website, which



continues to aid our means of communicating with you all. It would help the extension of our association to anybody out there, who may be browsing and searching for his LICEO colleagues of old.

With these thoughts, I would like to wish everyone good health, will and strength for the year ahead.

**George dei Conti
Stagno Navarra
President A.L.P.S.**

Holy Mass with Christmas Carols was Celebrated in December 2015

On Tuesday the 8th December 2015 (Kuncizzjoni) Holy Mass was celebrated by Fr. Joe Barbara.

The Pwales Chapel was looking nice with a large congregation spilling onto the parvis. Christmas carols were sung. When holy mass was ended, all who have attended could socialize.

Tea, coffee and biscuits were served whilst exchanging the Festive season Greetings. A Golden Ciborium is the latest gift to ALPS from an anonymous benefactress. This item was blessed and used for the first time during the Feast of Immaculate Conception when those present received Holy Communion. Once again we thank the unnamed person who donated such a generous gift to our association thus adding a golden page to the chapel history.



The Pwales Chapel Almanac of Events has been prepared for the Year 2016

Thanks to the continued cooperation of our Spiritual Director Fr. William Bartolo, we now present to you the dates and the time for the celebration of Holy Mass at the Pwales Chapel of Sant Anna. This is a means of meeting with each other every month. Tea/coffee and biscuits will be served when Holy mass is ended. Of course, the nicest event of the year shall be the celebration of **FESTA SANT'ANNA on the 9th July 2016.**

We encourage you all to come along and have a taste of the clean air and tranquility that surround the Pwales Chapel. Bring your family members and friends with you too.

16th January	16.30hrs
20th February	16.30hrs
19th March	17.30hrs
23rd April	17.30hrs
14th May (Festa San Gorg Preca)	17.30hrs
18th June	17.30hrs
9th July (Festa Sant Anna)	19.00hrs
August	Nil
September	Nil
15th October	17.30hrs
19th November (Holy Mass for the Dead Members of ALPS)	16.30hrs
8th December (Kuncizzjoni)	11.00hrs



The A.L.P.S. Annual General Meeting on the 26th February 2016

By kind permission of M/s. Dorian Portanier Mifsud who is the new acting Headmistress of the Lyceum for this scholastic year, the Association of Lyceum Past Students will be holding its ANNUAL GENERAL MEETING inside the Lyceum boardroom Hamrun at 18.00 hrs on the 26th day of February 2016. ALPS President's term in office comes to a three year end. This year therefore, elections shall be held for a President who will be elected for a term of three years and Hon. Treasurer for a term of two years and also for eight Council members for a term of one year.

Hereunder please find the AGM- AGENDA

1. Short opening prayer and the reading and approval of minutes
2. The reading / presentation and approval of administrative report/s 2015
3. Presentation and approval of audited financial accounts as at the 31st. December 2015



4. A short speech will be delivered by outgoing president of A.L.P.S. - G. Stagno Navarra.
5. Elections will be held to fill the post of president of A.L.P.S. for the next three years and for Hon. Treasurer

of A.L.P.S. for the period of two years as well as election of Eight members to sit on council of administration of A.L.P.S. for a period of one year.

6. Appointment of professional firm who will audit the

accounts of A.L.P.S. for the current year 2016.

7. Incoming president ends the AGM with a short welcoming speech to newly elected council members.

Nomination forms are attached with this newsletter. It is important for all of you, to please participate in electing the persons who you would best prefer to be directing ALPS. This association now enters the 22nd year from its foundation date. We believe, that it is your duty to continue giving your best support, so that ALPS can explore new avenues in order to expand its activities in the coming twelve months, thus increasing the membership to higher numbers. Let us see many of you attending for this important Annual General Meeting on the mentioned date. Kindly take this notice as an official circular to all members of The Association of Lyceum Past Students. The FRIENDS of 'GHAQDA ex-STUDENTI LICEO' may also attend this AGM but will not be eligible to vote.

Manresa Gozo Week-End Retreat between the 15th and the 17th of April 2016

With only some more weeks away, the rooms available at Manresa house for the ALPS yearly retreat have been allocated. Nevertheless, we can still take more bookings for any other interested persons who would like to attend for this retreat. However, the accommodation will have to be at a separate venue namely Kunvent Santu Wistin (with breakfast Saturday & Sunday). It is a few minutes away (by car) from Manresa where all the lectures will be held for all the participants, including two dinners Friday and Saturday plus two lunches Saturday and Sunday.

Reservations with full payment at €34.00 per person per day will be received up to the end



of March 2016. This will enable us to notify Manresa House

and Santu Wistin Oratory and prepare the accommodation list

of persons with room allocations at each address.

We are Planning a Cultural Tour for the 7th Day of May 2016

We know for a fact, that our members and friends have come to like our cultural tours because we always have a good attendance. In this current year, we are again planning similar walks with a spot of mid-day lunch. The first such occasion is planned for the **month of May on Saturday the 7th**. This time we shall be organizing a tour of historical interest. We give a brief of the walking tour as follows:

The Hagar Qim and Mnajdra Temple complexes that are declared by **UNESCO world heritage sites**, were built around 5000 years ago. HAGAR QIM is located on the crest of a ridge while MNAJDRA is about 500 meters downhill to the west. Part of the charm of these Megalithic buildings lies in the fact, that no modern development [except for visitors' center] is visible from the sites.

Although these were built during the Copper Age, metal had not yet been introduced on this island at the time. Shelters



have now been built over both sites, to protect them from the elements and help preserve them for future generations to come. A qualified guide will be made available to you on that day. She will be explaining in detail about the vast history that

such places are adorned with.

At a later stage, we shall be issuing further details on this activity. From now, we recommend that you enter such date in your diaries. We shall be organizing a light mid-day lunch

after this walking tour and more details can be transmitted to you in our next newsletter. Meanwhile, we are dealing with competent authorities in charge of both sites, to obtain for you free entrance to such historical places.



ALPS Group will travel to Canada & USA August & September 2016

Much planning and negotiating with tour operators have resulted in an itinerary that is listed hereunder and which it is hoped, may be to your liking. The trip will be including an ALPS grand reunion in Toronto with other LYCEUM past students residing in Canada. We anticipate making this trip, towards the last week of August/beginning of September.

This is the program that is being prepared for the ALPS great Canada/USA trip. Some final changes could perhaps be necessitated according to availability of airline flights

during our holiday period that is towards the end of August / beginning of September 2016. All those who have recorded their interest with Alex Borg for this trip, will soon be receiving prices and itinerary from the Tour Operators.

Of course, all others reading this News Letter and who can become interested, please notify as soon as possible Secretary General Alex Borg (Tel: 9988 8579) and your names / details may be added to the mailing list when full information can be posted to each and everyone who will join.

Canada & USA Programme

- Day 01 Toronto's Airport**
Hotel & Familiarization Walking Tour
- Day 02 Toronto**
Excursion to Niagara Falls/Milo's Garden Party
- Day 03 Toronto**
Grand Reunion with Canadian ALPS Members
- Day 04 Toronto**
Thousand Islands' Region / Ottawa's Region
- Day 05 Ottawa**
Guidance Tour National Capital & Canadian Museum
- Day 06 Ottawa & Quebec**
- Day 07 Quebec**
Guided City Tour & Brass Art Museum/Visit Cider Making
- Day 08 Quebec/Tadoussac/Quebec**
(Maybe Whale Watching Cruise)
- Day 09 Quebec/Montreal**
Trois Rivieres and Visit to the City
- Day 10 Montreal**
Guided Tour of Montreal-Exclusivity of Jonview
- Day 11 Montreal's Region/Boston**
(Afternoon at Leisure - Departure to Boston)
- Day 12 Boston/New York - Boston City Tour by a Local Guide**
- Day 13 New York**
City Tour by Local Guide (Manhattan/Wall Street/ Harlem, Central Park Etc)
- Day 14 New York**
Empire State Building and other Places of Interest
- Day 15 New York & Airport**
Free Time for Shopping and Leisure
- Day 16 Return Flight to Europe**
Arrival In Europe

Payment of Your Yearly Subscription in ALPS

It has already been mentioned to you in the ALPS President's message above, that you should continue to effect payment of the annual subscription and sustain your association for the coming twelve months.

As usual, you may submit your payment (with any outstanding arrears too), to Hon. Treasurer David Abela, with postal address; 'Juniper' Triq Ganni Vella Tal-Qattus B' Kara BKR 4263 Tel: 9902 0845 / 2148 7693. (cheques are to be made payable to: A.L.P.S). We thank you for your continued cooperation.



Please Remember to Send in Your Updated E-Mail Addresses

This helps us to circulate to you all on ALPS data base, every piece of new information that, from time to time we need to transmit in a short time instead of the News Letter. Address a one line message to ALPS with such information to: Oscar Galea on: oaggalea@maltanet.net (PLEASE DO IT WHILST READING THIS PARAGRAPH)



Laughter is the best Medicine

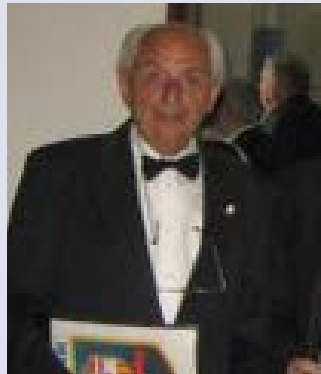
Aging Joke

One day, while strolling down the boardwalk, John bumped into an old friend of his, Rob, from high school. "You look great John, how do you stay looking so young? Why you must be 60 already but you don't look a day over 40!" Rob exclaimed "I feel like I'm 40 too!" replied John. "That's incredible" exclaimed Rob, "Does it run in the family? How old was your dad when he passed?" "Did I say he was dead?" asked John. "He's 81 and is more active then ever. He just joined the neighborhood basketball team!" responded John. "Whoa! Well how old was your Grandfather when he died?" "Did I say he died" asked John. Rob was amazed. "He just had his 105th birthday and plays golf and goes swimming each day! He's actually getting married this week!" "Getting married?!" Rob asked. If he's 105, why on earth does he want to get married?! John looked at Rob and replied, "Did I say he wanted to?"



Saluting Two of The ALPS Choir Members Who Have Passed on to Eternal Life

We hold fond and treasured memories of two dearly departed friends, who had for a good number of years formed part of a now defunct ALPS Choir. They always showed great enthusiasm in all that the choir had presented and we feel they are owed a merited THANK YOU from all members and friends of ALPS. They are ROMEO BONNICI and ALFRED ALOISIO who, come rain or shine had always attended for



Romeo Bonnici

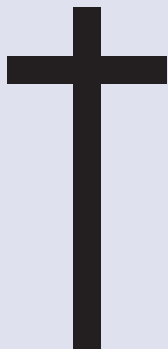


Alfred Aloisio

rehearsals and prepared for every occasion when the ALPS choir was giving a performance. They made us proud with their singing presentations. Their distinguished voices shall continue to echo in our ears for many years.

Our condolences go to the respective families who survive the two ALPS choir members. "May they now rest in peace AMEN."

In Memoriam



And whilst saluting the above mentioned ex-choir members, we always ask you to keep in your prayers:

Our greatly respected and much loved Founder President of ALPS - Dr. Guido Saliba B.A., LL.D.,

Major Louis Radmilli
(ALPS member)

Mrs. Carmen Dalli
(wife of ALPS member John Dalli)

All members of ALPS and / or any of their relatives who have passed away over the past twenty one years.

The family members who passed away from the Pwales Chapel neighborhood.

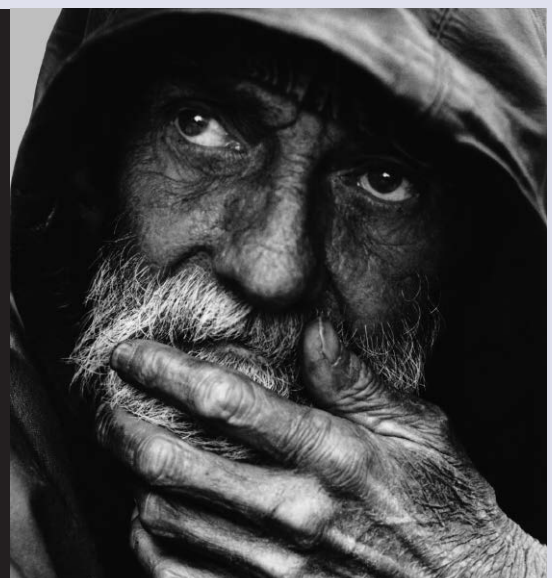
Let Us Pray For the Sick and the Aged Members of Alps

Last but not least, let us remember and keep in our prayers any ALPS members who may be sick or bed ridden

or who, may have somebody in their family who is undergoing medical treatment. We pray the Lord that they may receive a healing without further suffering. The association council members would be pleased to make home visits and to keep in touch with anyone who is no longer able to attend for ALPS activities. For a visit, kindly inform secretary general Alex Borg on, tel: 9988 8579 / 2137 6387 / e-mail: alpsmalta@gmail.com.

A Thought for this Month...

*GOOD things come to those who BELIEVE
BETTER things come to those who are PATIENT
and, the BEST things come to those who
DON'T GIVE UP*



The Forthcoming Valentine's Celebration Dinner on the 6th February 2016

It has now become customary for ALPS, to organize for you members and friends the annual VALENTINE'S dinner. This would be an occasion, when mainly married couples and friends, may get together and celebrate this yearly feast. Valentine's day offers to you many ways to express emotions. Many people around the world, celebrate Valentine's day by showing appreciation

for that special person they love. Some people give greeting cards, chocolates, jewelry, flowers on this special day. With Valentine's day just round the corner, ALPS will be organizing that unique week-end 5th to 7th February 2016 in the luxurious Radisson Golden Sands Resort at Ghajn Tuffieha. This will no doubt give you a chance to entertain your loved ones to a great dinner, in

a specially decorated ballroom where you may also add some 'after dinner dancing' to romantic tunes played for the occasion. You will be able to recall younger years that had sparked your relationship. This year, we want to see many of you to come and join the ALPS crowd for the Valentine's dinner (maybe also with an overnight stay for one or two nights). A booking form is herewith

attached and we kindly request that you complete and return with payment, to enable us to make your dinner & accommodation reservation/s. Very attractive and affordable prices have yet again been negotiated to your benefit, at the same hotel where we can spend a wonderful week-end. *(Dinner menu is also included herewith on opposite page with applicable rates).*

Secrets to Living a Vibrantly Happy, Healthy Life

Each year we all celebrate our birthday and, whilst we count how many years we have been living, we aspire to live even longer. The secret formula lies in the way that we are at present living. Perhaps, we should start giving more importance to our way of living and count our lucky stars that we have arrived at the ripe age we are today. ALPS has never done it before and perhaps, we should dedicate a section of our newsletter, to dish out to you all members and friends, some useful information that may help to see you happier and healthier too. Today, we want to present to you the undermentioned tips that can add some sparkle in your life. These have been prepared by: Dr. Susan Biali who is a medical doctor, health and happiness expert, life and health coach, professional speaker, flamenco dancer, and the author of *Live a Life You Love: 7 Steps to a Healthier, Happier, More Passionate You*, dedicated to helping people worldwide get healthy, find happiness and enjoy more meaningful lives that they love.

• If you move toward something, it will move toward you

Get started by doing whatever you can, however small, and then do the next thing. Watch for it: Providence will show up and will come to your assistance.

• Manage your stress and you'll fix almost everything

Stress is the cause of a staggering number of health problems and worsens any medical condition. Stress causes us to age faster, throws our hormones out of whack,

and makes us feel anxious, fearful and irritable. Learn to recognize the signs of stress in your own body and mind, and counteract them actively (yoga, breathing breaks, mini-meditations throughout the day, exercise, play, prayer, positive self-talk, etc.).

Sleep is ground zero

If you don't get enough sleep, everything else will suffer. Sleep deprivation (which most of us suffer from) puts you in a pre-diabetic state, messes with your metabolism, makes you dramatically more likely to be overweight, increases your appetite, decreases your productivity, hampers your immune system, and makes you tired, moody, anxious and likely to be depressed. If you're struggling with any of the things on this list and you're not getting enough sleep (less than 8 hours a night), aim for improved sleep first before trying any other life strategies.

• If you respect your own boundaries, people will respect you

Practice building self-awareness, discover what you are willing to do and what you don't want to do. Start putting this into practice by saying no when something doesn't resonate or align with who you really are. People might get mad at first, but eventually most will come to respect you. And you won't secretly (or not so secretly) resent them anymore. Oh the peace.

• Be yourself, unapologetically

This expands on the people-pleasing piece. So many of us grew up focusing on what other people or society thought we should do.

So many people are in careers, places or situations that depress them or make them feel hopeless. Yes, sometimes you just have to work to put food on the table, but many people are in a position where they could transition into something much more suitable to who they are. Start checking in with yourself about who you really are, despite your circumstances and outside influences. What do you really love? What do you long to do? How would you love to live? In whatever way you can, start shifting your life towards living more authentically - and watch what happens

• Be childlike

Who said you had to grow up and be so serious? Cultivate the very best of the child within you. Practice childlike awe for majestic things, childlike silliness, childlike faith, childlike hope, childlike play and creativity. When it comes to certain things, children do them way better than we do. Recapture it - it's still inside you no matter how old you are today.

• Don't wait

Don't put off life, don't wait until things are perfect. Figure out how you can start now, start small. Just start. You'll be so glad you did.

• Give your heart priority over your head

Yes, it's important to have a realistic plan, and a back-up plan, but start the plan in your heart first. Ask yourself what you'd love to experience if anything were possible. Then use your head to figure out how you might get there. Don't let your head rule the show, it loves to make silly pronouncements

like "you're too old", "that will never work", "who do you think you are" and "what will people think". Your heart's much kinder and more optimistic.

• Have faith

Your spiritual practice and faith are the core of a personal and professional life. You may have experienced that there is something greater helping you out in life. There are endless studies that show the benefits of faith and spiritual practice on physical health, mental health and happiness. Everything just goes better.

• When your body says stop, listen to it

Learning to listen to your body is a major ingredient for lasting success in life. Drink water when you're thirsty. Eat good food when you're hungry and stop when your body says it's full. Sleep when your body wants to. Stop pushing when you feel tired. Take a vacation when every cell in your body and mind is screaming for it. Take a break when your shoulders creep up around your ears or your neck starts aching. Take really good care of your body, and listen to it. In turn, it will take really good care of you.

The Association of Lyceum Past Students sincerely hopes that with a little determination, you may all adapt & adopt and make your life change for the better. Today, we have started with this new section and we hope that we may be able to continue to find other valuable tips, that can help to see you happier. Good luck and may you always have rosy and smiling and cheerful faces.

A.L.P.S.



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A.L.P.S

Valentine's Dinner

Saturday 6th February 2016

Radisson Golden Sands

Welcome Drink

Italian Antipasti

Smoked salmon and goat's cheese mille foglie, fresh basil pesto dressing

Plated Pasta

Garganella with smoke chicken and spinach veloute

From the Soup Kettle

Caramelized cauliflower soup with ricotta salata croutons

Carvery

Slow cooked rib of beef with star anise jus

From the Hot Counter

Poached salmon with braised fennel and creamed leeks
Chicken korma; cooked in a creamy coconut sauce and fresh cilantro
Pork medallions with caramelized apples and cider cream jus
Vegetable lasagna (V)
Accompaniments
Steamed rice (V)
Bouquetiere of vegetables
Roast potatoes
Natural salads: rucola, lettuce, tomatoes, cucumber

On a sweeter note ..

Strawberry mille foglie, warm lemon pocket, bacio ice cream crunch

Beverages Included

2 glasses of Local Wine
Half bottle of Water

Dress: Lounge
Welcome Drink: 20:00hrs
Dinner: 20:30 onwards

Price: Adults at €35.00 per person
Children at €17.00 (Under 12 years)

1 Night Stay for 2 People including Valentines Dinner on Sat 6th & B'fast on the 7th	€143.00
2 Night Stay for 2 People including Dinner on 5th , B'fast on 6th , Valentines Dinner on Sat 6th & B'fast on the 7th	€226.00
1 Night Stay for 1 Person including Valentines Dinner on Sat 6th & B'fast on the 7th	€105.00
2 Night Stay for 1 Person including Dinner on 5th , B'fast on 6th , Valentines Dinner on Sat 6th & B'fast on the 7th	€171.00
Additional rate for 3rd person joining for 2 nights HB including Friday Valentine's Dinner	€110.00
Additional rate for 3rd person joining for 1 night HB including Friday Valentine's Dinner	€69.00
Children 0 -12 sharing with Parents supplement	FREE
Children 12 + sharing with Parents supplement per person per day	€35.00
Valentines Dinner only on the 6th - Adults (not staying in house) per person	€35.00
Valentines Dinner only on the 6th - Children (not staying in house) per person	€17.00
Sunday Buffet per person	€33.00



The Tremendous Success of an ALPS Christmas Dinner on the 12th December 2015

Never before, has The Association of Lyceum Past Students attracted such a great number of participants for one single Christmas event. The last Yuletide dinner held in the ballroom of the Radisson Golden Sands saw nearly 400 participants.

A varied and sumptuous menu satisfied and pleased all who have attended. A large number of raffles were drawn. These included a large woolen decorative blanket that had been hand woven by ALPS council member Joseph Fenech, who donated such a

nice handcrafted piece to the association, to raise funds from the raffles held. The hotel itself has donated Week-End stay for two persons and also Sunday Lunch for two persons. The lucky winners of these prizes as well as the nicely decorated hampers (prepared

by Madeleine Stagno Navarra & Miriam Fenech) were seen leaving the venue hall with big smiles on their faces after having been touched by luck itself. (Photos of this Christmas dinner event are on the opposite page & ALPS web-site)



Miriam and Joe Fench celebrated their 50th Wedding Anniversary

Surrounded by their family and friends, Miriam and Joe Fenech have been blessed to celebrate their 50th Wedding Anniversary. A very sweet ceremony with Holy Mass was held at the church of Divine Mercy in St Pawl tat-Targa. Luck being on their side they even had the same celebrant who 50 years earlier on had officiated their Nuptial Mass. The evening proceeded with a reception amongst family and friends who have all augured to the happy couple many more years blessed with marriage happiness. On behalf of ALPS we also extend to them all the very best for the coming years.





24-29 March



starting from
€449
in Triple

Easter in Plovdiv

Visiting: Sofia, Borovets, Shipka & Kazanlak

21-27 March



starting from
€539
in Triple

Easter in Linz

Visiting: Passau, Mariazell, Melk, Cesky Krumlov, Budejovice, Vienna, Koenigsee, Salzburg, Salzkammergut (Sound Of Music), Mondsee, St. Wolfgang, & Steyr

24-31 March



starting from
€699
in Triple

Garda & Mini Cruise

Visiting: Garda, Bardolino, Parco Natura Viva & Zoo Safari Park, Verona & Gardaland (While Cruising): Marseille, Ajaccio & Cagliari

22-29 March



starting from
€519
in Triple

Easter in Andalucia

Visiting: Torremolinos, Sevilla, Marbella, Cordoba, Gibraltar, Ronda, Granada & Malaga

24-30 March



starting from
€569
in Triple

Lake Bled & Venice

Visiting: Julian Alps (Vrsic, Kranjska Gora & Tarvisio), Ljubljana, Klagenfurt, Worthersee, Postonja Cave, Skofja Loka, & Venice

20 - 23 April



starting from
€349
in Triple

Poland

Visiting: Krakow, Wieliczka Salt Mines, Auschwitz, Wadowice & Kalwaria

Price Includes: Flights, Airport transfers, Accommodation on B&B Basis, Airport Taxes & Charges and Tour Leader

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