



A.L.P.S. News

ASSOCIATION OF LYCEUM PAST STUDENTS | GHAQDA EX-STUDENTI LICEO

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From the ALPS President's Desk

In August of last year 2016, I was leading a group from ALPS Malta, to a Grand Reunion held in Toronto Canada. It was certainly fun to reminisce with old friends and to be reminded of youthful carefree days. But what's the purpose of such events? In order to go to Canada for four days, we had to make many preparations for the group. We were aware that some of our Lyceum schoolmates who had emigrated to that country many years ago, were also making a great effort to be present at our luncheon. And I kept asking myself, what drove us to the celebration? What were we celebrating?

Reunions enable many people to gather together with diverse purposes who would ordinarily never find mutual interests. Simply because they were once in school together doesn't mean they currently have any common ground. Yet the opportunity to review the past and momentarily even relive it, is enough to draw the group back together. So, despite the difficulty of getting there, we gathered to see who would come, who would look the same and who would be unrecognizable. With flight tickets in hand we made our first lap to Paris and then boarded our connecting flight to Toronto, arriving on the same day that we left our home land.

Our school "IL-LICEO TA' MALTA" was the oldest school that we could remember with a history dating back to 1592. No wonder many other educational institutions in our country become envious when reading about the very rich and old background that the Lyceum carries with it. We had an opportunity to try to decipher the discussion going on as soon as we arrived at the venue hall where our evening get together was taking place. From months before, we had communicated with our dear friend Milo Vassallo who continues to look after

the interests of our association in faraway Canada. Entering the well decorated hall specially chosen for this occasion, we were met by a large group of LICEO past students who all wanted to speak about old times and about childhood adventures that had taken place whilst we shared school benches in our younger days. It was a noisy, fun-filled part of an amusing day. This part made us even more aware of our early education and its never fading connection. At that time, we weren't conscious of our school's early remarkable camaraderie commitment. Now of course, it became more obvious and noteworthy.

Thus, a reunion can bring out unexpected patterns and themes from one's past. For some, they're obvious. For others, they're not worth mentioning. But sometimes the group experience highlights an element so clearly that even if it was acknowledged previously by individuals, the new group experience of knowing, brings a heightened sense of identification. No matter the number of years that may have passed since we left our much-loved Lyceum in Malta, we could still be happy in each other's company.

But what can we understand of our varied purposes for a reunion? ALPS (The Association of Lyceum Past Students) of course, wanted to be the means of bringing together a good number of Lyceum past students from different parts of the globe and to be together again. That's the purpose of alumni organizations. But what did we, the ex-alumni, want? Did we want to see old friends? I doubt that was the only reason, since we had not looked these people up before. Yet seeing old friends was fun and rewarding. More exciting was reviewing our youthful pranks and fun-filled days. We had good times at school, free from the heavy responsibilities we all had to face when we took up our working careers. It's a good ritual to remind you of that carefree feeling. So, reunions are a good thing in and of themselves simply on that level.

Additionally, many people of a certain age long for their youth and in this form of remembrance can engage that lost youth. Certainly, there was a lot of that going on whilst we were together in Toronto. We spent the evening recalling some of our precious memories. It was a group exercise – ritual-like – that seemed appropriate. It brought many smiles to our faces, as different reminiscences created a bag full of delight. What better way to celebrate getting older than to spend time with people who only knew you as being young. The vision shared is one of youth without any excuses or apologies. Naughty episodes were so vividly remembered too but of course in the company of our spouses, we could not really go into deeper detail and just had to touch and go on such 'reserved' issues.

It's true that some came to remake their image. They looked better or were smarter. Some had achieved more and were riding their success now that they have reached retirement age. But most were just happy to be there – happy to be alive. Given time, it was clear everyone had a story to tell. No one had escaped with a charmed life. Yet for that moment of re-connecting, we were taking back our minds to our old classrooms tormenting the teachers and principals – young and vibrant and eager, ready to face the world. In that context, we could now face each other as grownups.

Going back in time is useful if just for a moment, just for a celebration. The ritual of a reunion is helpful to remind us where we came from and what direction our lives have taken. It is constructive to meet old friends again and rehash those old stories. They set up a framework for understanding the present as we engage our stories and our identities and proceed to develop the map of expansion that builds upon the best of those old stories.

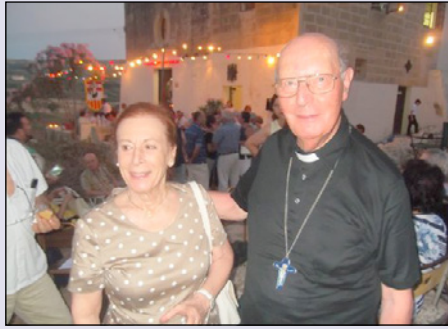
And perhaps we can re-engage some old friends. Hence our anxiety to already be working for another reunion this year 2017.



The event shall take us back to the very roots of the Old Liceo building at Valletta. Our Alma Mater that has seen many of us start or finish their secondary education at such a prestigious institution. It stands strong to this very day. It may have changed its purpose and use, but deep down we all recall the best years of our youth where we spent a good number of years sharing classes and building our friendship with a bond that shall never be taken from us. Primarily this years' reunion, will be welcoming those past students celebrating a 50th anniversary from starting or finishing their Liceo years. It should be a special occasion to meet again and reminisce from the good years of the mid-sixties especially. This message is a form of appeal to all those reading it and I honestly ask you to tell as many as possible of your Lyceum schoolmates to come and join us this year for a grand celebration reunion. Do not let such an opportunity slip by. Next year may be too late because we are now all adding on in years. So, let us engage in a concerted effort and get together for another grand reunion similar to the one held last year in Canada.

Here's wishing to each and every one of you the best of health and happiness.

George dei Conti Stagno Navarra
ALPS President



Festa Night at Pwales Chapel on 24th June 2017

The 24th June 2017, saw a sizeable crowd of ALPS members with family and friends, gathered at the Pwales Chapel to celebrate Festa Sant Anna 2017. This year it had a greater dimension because, the main celebrant was His Eminence Cardinal Prospero Grech who, after months of promising to ALPS, accepted to come along and celebrate Holy Mass at the Chapel of St. Anne. From a week before, many of the council members had prepared the chapel and parvis, as well as the surrounding passageway leading to the chapel, with festoons and colored lighting for the occasion. The Liceo Scouts also extended a hand with the clearing of the shrubs and other unwanted materials that had grown around the chapel. The area looked magnificent for this event and it turned out to be a great success. History has again been written with golden letters in the annals of our association. We are ever so happy to have had this opportunity of bringing to this quaint little chapel such a great Prince of the Church who, whilst attending to some other liturgical duties during his short stay in Malta, had acceded to also add in his itinerary, a visit to

the chapel that is looked after by ALPS. It has been a great honor for us to receive His Eminence who when spoken to a day after the event, had this comment to make: *'You do not have to thank me. It is I who wish to thank you for giving me the nicest evening of my life, mixing with the Pwales hamlet neighbors, farmers and their families, who all came along to participate and to greet me for the festa Sant Anna'*. It is worth mentioning that for this special event, we had Fr. Michael Attard the Archpriest of St. Paul's Bay who came along and concelebrated Holy Mass with the Cardinal. Fr. Michael was himself celebrating his 22nd anniversary from being ordained a priest and this event really made him so very happy. Also in attendance was Fr. Joe Barbara who also concelebrated and assisted the Cardinal. Due to another commitment at his parish in Qawra St Paul's Bay, the ALPS spiritual director Fr. William Bartolo was missing from the ceremony. However, being so very close to the Old Boys association, Fr. William made a great effort by rushing to come and meet with His Eminence whilst the light refreshments were being served

after Holy Mass. Such memorable episodes in the history of ALPS, do make us proud to be at the forefront for presenting the best celebrations, inviting esteemed personalities and bringing our members and friends of the association so very close to dignitaries they may never have dreamed in their life, of ever being able to speak with them too. ALPS stands for solidarity and friendship without any limits and we intend to continue to explore every possibility and continue to bring to you special events that may be to your pleasure and satisfaction.

Finger food and light refreshments were served to all those present and the evening lasted till a late hour before the lights went out and the ALPS council members started dismantling the festoons and wrapping the decorations for yet another festa at this same chapel for next year. We cannot miss a word of thanks to ex-council member Joe Fenech who, in spite of his age, continues to prepare a large quantity of delicious panini with a special ingredient that pleases everybody. Thanks Joe, for your continued support to ALPS. And, to add to the list of helpers, another word of thanks goes to

a great friend and past council member Tony Aquilina. Tony and his wife Lucienne also prepared many tasty sandwiches for the occasion. In his usual manner, Tony is always ready with his tool box to jump to the occasion for lending a helping hand to our association whenever a necessity arises. We thank all others who have assisted in making this event so very successful not forgetting the families of farmers who always provide fresh melons from their fields to be cut and distributed amongst those attending. Last but not least, a word of thanks goes to Paul Vella family from the Pwales Hamlet, for loaning to us a nicely padded armchair that could be used by His Eminence during Holy Mass. Their gesture has been greatly appreciated and continues to strengthen the bond that already exists between our association and all the Pwales Neighbors. The Hymn singing was provided by the Voices of Faith Choir directed by Ms. Veronique DeGabriele Ferrante. The chapel, the parvis and the road leading into the chapel, were decorated with lights. Cardinal Prospero mingled freely with crowd and many a picture was taken with His Eminence.

More Paintings in Pwales Chapel: The Family Of Mary



Nazzareno Azzopardi

Besides the Saint Joseph of Copertino painting described in A.L.P.S News issue of March 2017 the Chapel at Pwales contains another interesting picture of Holy Mary's family painted by a priest Don Giuseppe di Stefano.

This one meter by eighty cm oil painting depicts the child Mary at the feet of her mother Anne learning to read from a small book while the aged Joachim looks on. The picture is of considerable artistic merit but needs perhaps, some special attention by a qualified artist who can offer to restore for us this painting. Any

offer from you out there to help with this restoration, will be greatly appreciated.

And whilst mentioning the paintings inside the chapel of St. Anne, we have of late come to know that there may be a missing picture. Following the advice of one of the neighbors of the Chapel Miss Pawla Dimech, I started searching far and wide to find a missing picture that old Pawla recalls, hung as the altar piece inside the Chapel but which was removed to make way for a statue of Christ crucified. She remembered, that when she was a young child there used to be a picture of the young St Anne as an altar piece!

But where could this painting be I wondered? It was not to be found in the Parish Church of Saint Paul's Bay nor at the Hgejjeg church. The parish priest of the village had no clue where one could find this missing picture. Surely it was not present in the

Parish museum!

I can mention that one day I ventured into the sacristy of the Saint Paul's Bay church and there beheld a meter and half by one meter, a picture in oils depicting the hooded Saint Joachim and Saint Anne presenting the child Mary to the Temple priest. Mary is climbing up the Temple stairs while in the foreground another woman and child look on. I think this picture is of considerable artistic merit and seems to be a Francesco Zahra oeuvre'. At a future date perhaps, ALPS may put a formal request to the St. Paul's Bay Parish Community, specifically asking that the mentioned painting be returned to its original place. There, it may adorn the Kappella once again to its splendor as it was in the early years during the past century. I urge the A.L.P.S President to do his best and get this picture back to where it belongs- 'the altar piece of the Saint Anne chapel'.

More News from Pwales about Statues outside the Chapel

Amongst the shrubs facing the Chapel, one finds two concrete statues the handiwork of Gianni Bonnici depicting the crowned Holy Mary presenting the Rosary beads and another one of Saint Francis of Assisi with his arms raised to Heaven in thanksgiving. A closer look of these statues is hampered by brambles and rough terrain. Both statues are interesting as they represent the earliest work of a famous artist who had sculptured 'the Independence statue in Floriana'.

Calendar of Activities at St. Anna Chapel Pwales during 2017

Date	Time	
OCT 21	1700	Feast of St. Ursula
NOV 11	1630	Remembrance Day
DEC 13	1100	Christmas Mass with Carol singing

The ALPS Annual Presentation of Sports Trophies



Peter Tortell

Keeping up its tradition, ALPS has again this year made a Presentation of Trophies to Winners and Runners Up of the Students Football Tournaments for Fifth and Fourth classes. With much pleasure, ALPS keeps sponsoring the LICEO Youths and maintains a very close connection with the Lyceum Headmistress. On behalf of The Association of Lyceum Past Students, assistant secretary Peter Tortell presented trophies to winners.



This year, there were two presentations. The first one at the Lyceum on 16th May 2017 when trophies were presented to the Fourth Form winners - Class 10.1 and Runners Up Class 10.2A. The second event with a farewell party, was held Thursday 8th June 2017, at Castello dei Baroni, Wardija. The winners from Fifth form - Class 11.03 and the Runners Up from - Class 11.01B, received their trophies. Ms Dorianne Portanier Mifsud, the Liceo Headmistress was in attendance at both events.

Another council member Joe Micallef, (ALPS Youth Co-Ordinator) was also present. In a short address, Joe congratulated the Winners and Runners Up, whilst promoting ALPS. He could not miss also mentioning, the Lyceum Scout activities. Some photos from the two events are attached.

Last Appeal For Your E-Mail Addresses

It has been a year that we have been asking our members and friends to provide an e-mail address so that urgent messages may be transmitted. The same applies with the Newsletter that can also be received electronically. This is the last time that we are making this appeal. Anyone who may wish to avail himself of this facility, please send to us a line and confirm the E-MAIL ADDRESS. Please help us to be more efficient towards you members. Write out a one liner message and send it to Oscar Galea on oaggalea@malta.net. A reply will come to you confirming that such message with e-mail has been correctly captured. This will ensure that all future announcements will be



received on your computer as soon as they are channeled out by our association. We thank you in advance for your cooperation in this matter that can only be

beneficial to all of you reading this message. For those of you who have already complied and sent their e-mail address, we say 'Thank You' for your cooperation.

ALPS Web Page



Joseph D Buttigieg

Do remember to look us up at www.alpsmalta.com. We welcome your feedback and suggestions on how or whether you wish to see changes in the format. If so, please write to us at: alpsmalta@gmail.com.

Please help us to build a library of photos both of Old Lyceum Events as well as Students. We are pleased to mention that this gallery is growing with new additions as soon as you make them available to us. Ideally this gallery would include group photos with the names of those in the photo and the date of the event. Scan your photos and send them as an email attachment to: josephdbtg@gmail.com. Helping us in building the section named: COLLEAGUES OF OLD would ensure that we have a permanent record of historic events of our school. Thank you for your co-operation.

Renewal of Annual Subscription in ALPS

Dear Friends, we are already in the ninth month of the year and some have not as yet paid their annual subscription for this year 2017. This we believe may be an oversight and you will of course be sending in your renewal payment soon. Payments may as usual be directed to:

Hon. Treasurer David R. Abela who receives such renewals.

Cheque to ALPS, can be addressed to Hon. Treasurer David R. Abela, Juniper, Gianni Vella Street, Tal-Qattus, Birkirkara BKR

4263. Tel: 2148 7693 / mob: 9902 0845 / E-mail: david.r.abela@gmail.com

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.

ALPS Secretary General and Hon. Treasurer have been sending out

letters to chase the outstanding membership renewals. We are pleased to confirm that the response so far has been most favorable. We think and hope that such positive attitude will continue to reap into the ALPS coffers even more payments to bring up to date all outstanding balances. The same applies to The Friends of The ALPS renewal of their subscription. Our association truly appreciates your continued support. Thank you all who have obliged and sent in a payment.

We continue Visiting ALPS Members and Friends

As part of ALPS program of Home Visits, Council Members Nazarene Azzopardi and Peter Tortell visited Dr. J. Spiteri Gonzi and Augustus A. Tortell, who are now residing at the Hilltop Gardens in Naxxar. Ms. Imelda Borg Bartolo, who is registered as a Friend of ALPS, was also present on this occasion. All three, are enjoying their stay at this new home and were extremely pleased to

meet the ALPS delegation of two council members entrusted with this social visit.

It was a really entertaining afternoon especially with Joe Spiteri Gonzi relating a number of episodes from his days at the Lyceum especially during the War years. Augustus Tortell also had stories to tell, about his experiences during the war years. He mentioned that under the air raids, he attended

the LICEO at various localities 'where classes were being held.' Imelda is the widow of a dear departed friend Joe Borg Bartolo. She heard about ALPS from other widows who frequent our activities and became interested and also joined as a friend of the ALPS.

It would be greatly appreciated, if anyone who knows about any such ALPS members who are not

attending any more to social or cultural events organized by the association, to establish contact soonest by telephone or e-mail with robbieferrante@hotmail.com Mobile 79603622 / Home Tel No 21444570. We thank you in anticipation for every assistance you may give, which helps ALPS to maintain its contact with its members at all times and who continue to be in our thoughts and prayers.

IN MEMORIAM

Let us remember and pray for:

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

Mr. Raphael Edwin Vassallo, Jun 4, 2017, Member #269

Mr. Anthony Cacciattolo, Jun 19, 2017, Member #306

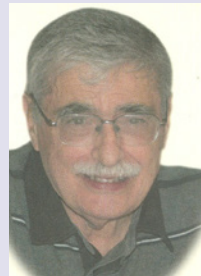
Ms Marie Ripard, Jun 15, 2017, aged 84, Sister of Peter Tortell, Council Member



Maj. Vanni Ganado, Jun 4, 2017 aged 78, Member # 587



Ms Suzanne Vassallo, Jul 4, 2017, (Daughter of ALPS member Tony Bonello,)



Mr. Francis Bonello on the first anniversary from his passing to eternal life.



Dr. Cecil Paris M.D., Aug 8, 2017, aged 83, Member #469



Mrs. May Bonello (sister of ALPS member Alex Attard- lives in Washington)

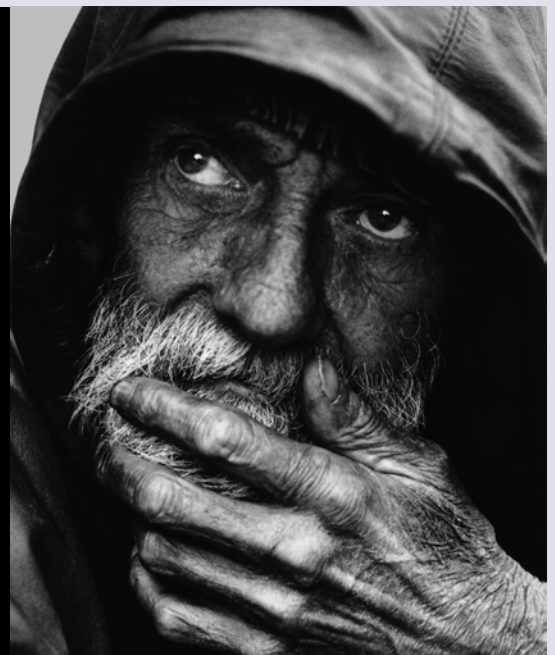
ALPS members and or their family members who passed on since the foundation of ALPS in 1994
The members of families from the Pwales Hamlet, who died in the recent past years.

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. We promise to keep them always in our thoughts and prayers.

A Thought for this Month...

*Gratitude can turn a negative into a positive.
Find a way to be thankful
for your troubles,
and they can become
your blessings*



Forthcoming ALPS Events

At the time of receiving and reading this ALPS News, the ALPS group will be sailing away on the seas between the 28th September to the 9th October 2017.

Building). A shuttle mini bus service will be operated by ALPS from near the Phoenicia hotel at Floriana near to the parking areas. The MINI BUSES will be marked ALPS Reunion This is starting at 18.00 up to 19.00hrs.

there may be participants who will make their own transport arrangement and meet us at the entrance. Early booking is therefore highly recommended to avoid disappointment. The price includes transport and

Golden Sands Resort:

ALPS will again organize the CHRISTMAS WEEKEND at the resort of your best choice. Special dinner shall be on Saturday the 2nd December 2017. For this year's event we shall have as VIP guests, His Grace Archbishop Emeritus Mons. Pawl Cremona together with his Secretary Mons. Anton Gouder, who will honor us with their presence for dinner. Time will be as usual 20.00 hrs. for 20.30 hrs. Plenty of rooms are made available to ALPS for this yearly get together and we are confident that you may wish to come along with your family and friends and start the festive season with a relaxed week-end at one of the best resorts in Malta. Booking forms as well as the menu for the occasion are also added to this Newsletter. Please send in your payment with booking form, so that we can ask the resort to reserve for you a nice room that may ensure a weekend to remember. There shall be Holy Mass in the hotel on Sunday morning the 3rd December 2017 at 11.00 hrs.



The Alps All-Inclusive Malta To Malta Cruise, includes visits to East and West Mediterranean ports. On our return, we shall be telling you of the adventures and the episodes that are worth mentioning and, showing that the ALPS group can have a wonderful time travelling together. Maybe next year, you can be interested to join us too, for the planned vacation that we still have to decide upon and plan for you. Meanwhile, we augur that you continue to enjoy your summer vacation. Our activities will start again in October 2017.

See our calendar of events and the Pwales almanac for more details. Kindly note the forthcoming events:

Saturday 4th November 2017: ALPS Annual Reunion 2017

This year the venue will be the original premises of the LICEO at Valletta with entrance from St. Paul's Street only. It is anticipated that for this reunion, we shall have Mons. Lawrence Gatt concelebrating Holy Mass at 19.00 hrs. and possibly with other celebrants who may be joining him too. Booking form for this event is attached with this Newsletter. You are kindly requested to complete, sign and return soonest with your payment. Light refreshments will be served after Holy Mass at the recently refurbished Old Liceo Ground Floor Foyer (University

After the reception, the same service will operate back to the same place. The mini bus shuttle service stops in front of the Old University entrance from St Paul's Street and all participants are kindly requested to enter from that door ONLY.

Friday 24th November 2017: ESPLORA - Science Interactive Centre & Restoration Centre Bighi

For this Day Tour, we are also including another booking form that you are kindly requested to complete, sign and return with your payment. We are assured that this can be a most interesting tour and therefore hoping that a good attendance will fill the bus that shall take us to this venue. Places shall be limited to the number of seats on the coach only unless of course,

a light snack. The coach from San Gwann church leaves at 08:45hrs sharp, to arrive in good time for our day tour. Prices as detailed in the booking form.

Friday 1st December to 3rd December 2017: ALPS Yuletide Week-End: Radisson





ALPS Yuletide Dinner

Saturday 2nd December 2017

Radisson Golden Sands

Welcome Drink

Plated Antipasti

Pork cheeks, ham hock and asparagus terrine with fruit chutney



Cheese tortellini with thyme, zucchini and sun-dried tomato cream served with roasted flaked almonds



Roasted pumpkin and ginger soup

Carvery

Roast beef rib on the bone with thyme jus

From the Hot Counter

Pork loin with pears and white wine cream jus
Grilled tuna steaks with a tomato and black olive salsa
Root vegetable 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...

Crunchy chocolate and raspberry layered cake
warm lemon pocket, fior di latte ice-cream



Fresh Brewed Coffee & Mince Pies

Beverages Included

2 glasses of Local Wine & Half bottle of Water

The ALPS - Christmas Weekend Accommodation Rates:

1st to 3rd December 2017
(all quoted prices in €)

2 Nights for 2 Persons Including: Dinner On Friday 1st Dec, Breakfast & Christmas Dinner on 2nd Dec and Breakfast on 3rd Dec **€240**

2 Nights for 1 Person Including: Dinner On Friday 1st Dec, Breakfast & Christmas Dinner on 2nd Dec and Breakfast on 3rd Dec **€180**

1 Night Stay for 2 People including Christmas Dinner on Sat 2nd & B'fast on 3rd Dec **€150**

1 Night Stay for 1 Person including Christmas Dinner on Sat 2nd & B'fast on 3rd Dec **€110**

1 Night Stay for 2 People including Dinner on Fri 1st & B'fast on 2nd Dec **€150**

1 Night Stay for 1 Person including Dinner on Fri 1st & B'fast on 2nd Dec **€110**

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

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

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

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

Christmas Dinner only on 2nd Dec - Adults (not staying in house) **€36**

Christmas Dinner only on 2nd Dec - Children (not staying in house) **€18**

Sunday midday Buffet Lunch on 3rd December **€33**

The Lyceum Scout Group - Part II



Joseph Micallef

The Jungle Site

A new era for the Lyceum Scout Group was started in 1955 having a new quarters which was situated on the Floriana Bastions know as St Michael's Counter Guard. The Gardiola facing the Excelsior Hotel was a good landmark for the Scouts' Quarters. The group was very happy occupying that area in fact they had two dogs Shanky and Reefy to watch 24/7 over the place. Mr F. Carbonaro was the G. S. L. (Group Scout Leader) while Mr Mario H. Calleja was the V. S. L. (Venture Scout Leader).

The Lyceum Scout Group is said to have been disbanded in 1982 while Mr Martin Arrigo was the G. S. L.

Source: Major R. Abela, Mr A. Carbonaro, Mr M. Calleja, and the Lyceum Group Log Book.

Next issue Lyceum Scout Group Part III



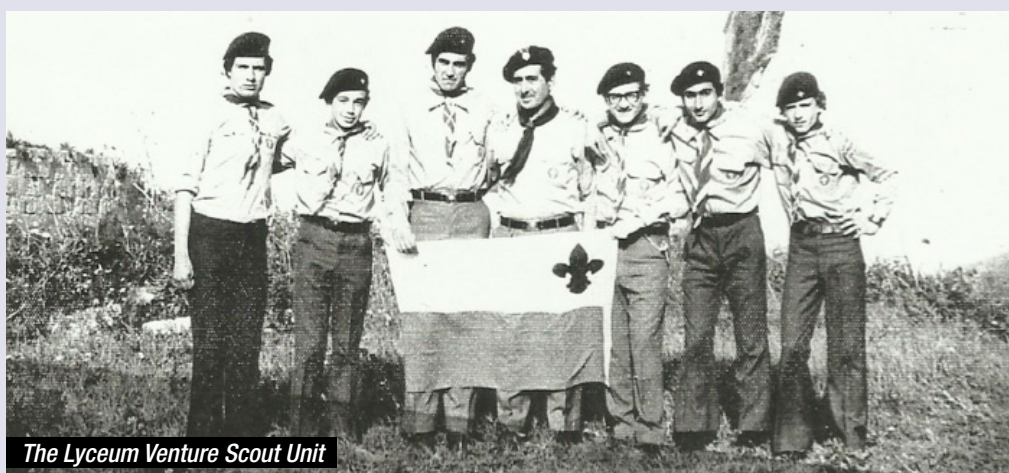
Presentation of colours



The Lyceum Scout Group



Scouts investiture Ceremony at the Gungla (1972)



The Lyceum Venture Scout Unit

Of general interest to all who may be reading this column

Heatwave: how to cope in hot weather

Most of us welcome hot weather, but when it's too hot for too long there are health risks. If a heatwave hits the hot season, make sure the hot weather doesn't harm you or anyone you know. Malta's summer may sometimes last even longer after the 21st of September. We should therefore ensure, that we are well prepared to cope in the event of an emergency.

Why is a heatwave a problem?

The main risks posed by a heatwave are:

- dehydration (not having enough water)
- overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- heat exhaustion and heatstroke

Who is most at risk?

A heatwave can affect anyone, but the most vulnerable people are:

- older people, especially those over 75
- babies and young children
- people with a serious chronic condition, especially heart or breathing problems
- people with mobility problems – for example, people with Parkinson's disease or who have had a stroke
- people with serious mental health problems
- people on certain medications, including those that affect sweating and temperature control
- people who misuse alcohol or drugs
- people who are physically active – for example, laborer's or those doing sports.

The Met Office raises an alert if there is a high chance that an average temperature of 30C by day and 15C overnight will occur over the next two to three days. These temperatures can have a significant effect on people's health if they last for at least two days and the night in between. Although you don't need to take any immediate action, follow these steps in preparation:

Stay tuned to the weather forecast on the radio, TV or social media, or the Met Office.

If you're planning to travel, check the weather forecast at your destination.



Tips for coping in hot weather

- Shut windows and pull down the shades when it is hotter outside. You can open the windows for ventilation when it is cooler.
- Avoid the heat: stay out of the sun and don't go out between 11am and 3pm (the hottest part of the day) if you're vulnerable to the effects of heat.
- Keep rooms cool by using shades or reflective material outside the windows. If this isn't possible, use light-colored curtains and keep them closed

(metallic blinds and dark curtains can make the room hotter).

- Have cool baths or showers, and splash yourself with cool water.
- Drink cold drinks regularly, such as water and diluted fruit juice. Avoid excess alcohol, caffeine (tea, coffee and cola) or drinks high in sugar.
- Listen to alerts on the radio, TV and social media about keeping cool.
- Plan ahead to make sure you have enough supplies, such as food, water and any medications

you need.

- Identify the coolest room in the house so you know where to go to keep cool.
- Wear loose, cool clothing, and a hat and sunglasses if you go outdoors.
- Check up on friends, relatives and neighbors who may be less able to look after themselves.

If you're worried about yourself or a vulnerable neighbor, friend or relative, you can alert the local Health Department Directorate on tel: 2326 6000 or even at your local Council and they may take remedial action.

How do I know if someone needs help?

- breathlessness
- chest pain
- confusion
- intense thirst
- weakness
- dizziness
- cramps which get worse or don't go away

Get the person somewhere cool to rest. Give them plenty of fluids to drink.

Find out about the symptoms of heat exhaustion. Share this information with family and friends and do your best to keep yourself and your loved one's safe during the hot weather.

ALPS Summer BBQ 'Al Fresco' on 14th July 2017

Events come and go but memories from such functions will stay with us for long. It was a pleasant evening barbeque that The Association of Lyceum Past Students (ALPS) organized for its members and friends on the open terraces 'al fresco' near the pool of the Radisson Baypoint Resort Hotel -St. Julians.

In spite of the strong wind that persisted throughout the evening, it was evident, that all the guests had really enjoyed themselves. Some minor complaints were heard about the disastrous hair styles as a result of the wind but, this was compensated by the relief that everyone could show after a heat wave prior to the barbeque from a Malta summer. A good number of raffles were drawn and the members and friends of ALPS were all seen attentive listening to the draw of every winning ticket. Over twenty five gifts were won by those



who have tried their luck by purchasing many tickets. At the same time, they assisted ALPS to make a small profit. Such earnings will be channeled to recover some of the expenses that have of late been incurred with refurbishment of the Pwales Chapel that is being looked

after and maintained by our association. A number of photos have been captured during this event at various stages of the evening (a number of these photos are included with this issue).

We always look forward to seeing many of you again

at some future event that is being planned by the ALPS. This newsletter is packed with new items that may be to your liking. Although the summer season is now over, there are interesting events happening during November and December this year.

ALPS Full Day Guided Tour of Gozo 10th June 2017



Joseph Buttigieg

On June 10, 2017, a group of 56 members, their spouses and friends went on a day's trip to Gozo. The coach left on time from San Gwann and headed for the Gozo Ferry terminal at Cirkewwa. Then the group boarded the ferry to Mgarr, from where they boarded another coach to Victoria. Our tour guide Chev. Joe M. Attard then started the walking tour of the restoration project of the Cittadella, including entry into the Cathedral. Interesting to mention, that the dome inside this temple is not real but a trompe l'oeil painting,



thus producing the dome depicted with three-dimensional realism and misleading one to believe that it is built of stone with windows and paintings all around. Suffice it to say, that there is also a gecko painted on one of the windows to make this masterpiece look closer to reality. This was followed by visits to the chapel of Saint Barbara, Patron Saint of the Gunners, and to the chapel of Saint Joseph il-Qadim. These chapels are not normally open to the public but

by special permission granted to the ALPS group by the Rev. Archpriest of the Cathedral, we could visit these two chapels. It was indeed a great privilege for The Association of Lyceum Past Students (ALPS) to have been granted such a permission. We are grateful to the Cathedral Archpriest for being so kind. When the Cittadella tour was ended, the group then proceeded to lunch at the Lantern restaurant at Marsalforn.

After lunch, the ALPS group

went for Holy Mass celebrated by Fr. Dominic Sultana, at Ta' Pinu Sanctuary. When mass was ended, the group was given a brief history by one of the priests working on site. The restoration works, that were nearing completion, include four panels of mosaic representing the mysteries of the rosary. The group were then driven for a lightning visit to Ta' Mena in Marsalforn Road where one could purchase Gozitan products like Olive Oil, Honey and Krustini. Boarding the Gozo Ferry, the group returned to Malta on the 17.45 trip, finding the coach awaiting them to transfer everyone back to San Gwann where they had parked their cars in the morning. Many a positive feedback has already reached the ALPS President and other Council members from those who participated in the day tour to the sister island of Gozo.



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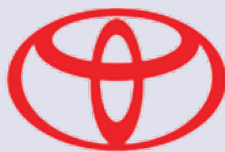
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