



# familja

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MINISTERU GĦALL-FAMILJA  
DRITTIJET TAT-TFAL U SOLIDARJETÀ SOĊJALI



## Rivista 'Familja'

hi proġett tal-Uffiċċju tal-Komunikazzjoni fi hdan il-Ministeru għall-Familja, Drittijiet tat-Tfal u Solidarjetà Soċjali.

'Familja' tohroġ online kif ukoll stampata, maħsuba u indirizzata għall-pubbliku bħala l-vuċi uffiċjali ta' dan il-Ministeru. Din ir-rivista titqassam mingħajr hlas.

Jekk jogħġbok tikkontribwixxi b'xi kitba, twassal proposti jew xi suggerimenti, inkella għaddejt minn xi esperjenza li tixtieq taqşam magħna, nistiednuk tiktbilna fuq l-imejl: [familja.media@gov.mt](mailto:familja.media@gov.mt)

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**Agħti d-demm  
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GRAZZI**

# Editorjal

## Tonio Bonello

Editor Media MFCS  
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### Insensittività, kundizzjoni agħar mill-Covid-19

**K**elma kerha, iżda xi hadd irid jittkellem! Żmien is-serjetà, id-dixxiplina u r-rispett bħal sar għandhom moda għax m'għadhomx applikati. Min hu ġenitur ta' wlied żgħar illum, partikolarment tfajliet u ġuvintur forsi jaf eżatt x'qed ngħid. Minflok qed tispikka l-insensittività u l-arroganza kumplimentati b'sens ta' egoizmu sfrenat.

Kif wasalna s'hawn? Frott l-esperjenza nistqarr wiehed mill-kawzi ta' dan hu ċ-ċellulari. Apparat żgħir, sofistikat, fih kollox u li mingħajru ma ngħix. Dan iżda għal xi whud bħad-droga. Qed isir vizzju għal hafna nies, l-aktar dawk fil-generazzjonijiet tat-tfal u ż-żgħażaġh.

Il-bniedem neża' għal kollox mill-komunikazzjoni diretta bejn tnejn min-nies. Minflok daħal fid-dinja virtwali fejn jista' jikkomunika ma' persuna, jew persuni, kemm fl-istess lokalità li fiha jgħix, però wkoll minn madwar id-dinja kollha. Kollox isir spontanament fi ftit sekondi.

Mhux biss. Il-komunikazzjoni tista' ssir f'diversità ta' modi; testwali, verbali u saħansitra viżiva. Dawn avvanzi kbar li l-bniedem kiseb bl-intelligenza tiegħu u bil-mezzi teknoloġiċi u l-applikazzjonijiet kumplimentari li żviluppaw maż-żmien.

Iżda l-bniedem nesa proprju lil dawk l-aktar għeżiež hdejh, fl-istess dar, saħansitra fl-istess kamra quddiemu, u litteralment sar jinhasad tazzarda tghidlu kelma sempliciment għax jinsab aljenat, iffukat kompletament fuq id-dinja l-oħra li fiha qed jgħix.

Fatt ta' dan kollu hu monument li nħadem reċentament u li jinsab proprju fuq ix-xellug tal-pjazza tal-knisja parrokkjali f'Għajnsielem, Għawdex jirrappreżenta bank u fuqu, fuq ix-xellug tiegħu żewġ anzjani qed jithaddtu bejniethom. Fuq il-lemin, tfajla wehidha biċ-ċellulari f'idha tikkomunika mal-bqija tad-dinja, iżda mhux ma' dawk fuq l-istess bank magħha!

Attwalment qed inħarsu lejn il-Covid-19 (corona virus) u dak li ġab miegħu fid-dinja bħala sitwazzjoni surreali, ma titwemminx. Bhal donnu qatt ma rriflettejna kif is-sens u l-valur tal-komunikazzjoni ta' bejniethom inqaleb ta' taht fuq. U dan il-fattur bħal ittiehed norma, qisu qatt ma kien xejn, parti mill-proċess tal-progress. Progress! X'progress?

Li int ġenitur titkellem ma' wliedek illum sar qisu privileġġ, grazzja. Kif tliessen l-ewwel kelma, aktarx ma jisimghukx, jew, jagħmlu ta' bir-ruhhom li ma semghukx. Meta terġa' ssejnhom, aktarx se jistaqsuk xi trid, tant li tali mgiba tirrifletti bħal li kieku dhalt fid-dinja tagħhom fejn ma tistax tidhol int. Li tellifhom jew qtajthom (anke għal ftit) minn dak kollu li qed jaraw, jisimghu u/jew qed jikkomunikaw dwaru.

Nisthajjel li sirna bħal ATM. Tmur quddiemha meta għandek bżonnha. Ittik il-flus jekk ittiha l-card u n-numru li jidentifika minn int. Kif tagħtek is-servizz warrab biex jiġi haddiehor warajk.



It-teknologija tirrifletti progress għax saħhet u ffacilitat hajjitna u dak li naghmlu u li nistghu nigu bżonn. Minkejja dan, morna l-baħar fejn jidhol rispett reċiproku li darba kellna bejnietna. Kemm f'kuntest bejn mara u raġel mizzewġa. Kemm f'kuntest bejn ġenituri u wlied. Kemm f'kuntest bejn il-familja tagħna u dik estiza.

Sa ftit snin ilu, il-familja nukleari u dik kumplimentari kienu l-għożża tal-bniedem fi hdan soċjetà darba magħrufa li hi ospitabbli, taf thenn u taf thobb. B'dispaċir ikolli ngħid li dan uliedna llum ma jafuhx. Mhux każ li niġġeneralizza, iżda fil-parti l-kbira din hi r-realtà li kulhadd qed jibża' jttkellem dwarha.

Semmejt iċ-ċellulari bħala l-ewwel fattur. Hemm iżda oħrajn. Fost dawn, l-istess ġenituri, l-iskejjel u l-knisja. Indipendentament x'jistghu jgħidu ċerti ommijiet u missirijiet biex ifarfri minn fuqhom, l-ewwel edukazzjoni tibda mid-dar.

L-edukazzjoni mhix esklussivament dik akkademika, imma tkopri wkoll dawk l-elementi li jiffurmaw bniedem shih: id-dixxiplina, ir-rispett, l-onestà. Kif ulied jistghu jikbru b'dawn il-kwalitajiet meta l-omm u l-missier (jew, issa l-partners) lanqas biss huma d-dar? Meta l-istess kustodji tagħhom qed iqattgħu aktar hin fuq iċ-ċellulari, aktar mit-tfal tagħhom stess?

Id-dixxiplina fl-iskejjel. Iva, għad hawn skejjel fejn il-kap tal-iskola u l-għalliema għadhom jagħmlu dak kollu li jistgħu biex jeħduha kontra kull kurrent u lit-tfal fdati lilhom ituhom formazzjoni shiha fl-aħjar stat possibbli. Iżda l-iskejjel kollha qed jagħmlu dan?

L-impenn tal-knisja. Din ukoll maż-zmien marret minn estrem għall-iehor. Dixxiplina stretta, regimentali llum hi storja passata. Però hemm hafna fatturi fejn il-knisja tista' taħdem biex tkompli tikkumplimenta dak li qed suppost jibda d-dar, qed suppost ikompli l-iskola, biex ikompli wara l-hin tal-iskola. Insemmi biss l-idea popolari taċ-ċentri taż-żgħażaġh li darba kellna madwar Malta u Għawdex. Dawn x'sar minnhom?



Insemmi s-Soċjetà tad-Duttrina, il-Mużew li għal eluf ta' tfal Maltin u Għawdxin, dawn il-fergħat kienu għalihom bħal it-tieni dar tagħhom. Għaliex il-Knisja Maltija mhix tghin jew biżżejjed, kemm f'kuntest finanzjarju, però l-aktar f'kuntest ta' promozzjoni, biex thajjar aktar tfal jerggħu jirrikorru f'dawn il-postijiet, u biex possibbilment aktar adulti jithajru jagħtu servizzi tagħhom f'kuntest ta' tagħlim soċjali/religjuż?

Fuq kull naħa tal-mizien illum għandna pizijiet ta' kull daqs u għamla. Hu fir-responsabbiltà tagħna, ta' kull wiehed u waħda minna lejn fejn dan se jxaqleb, jew kif, hekk jista' jkun iżomm bilanċ. Bħalissa l-mizien qed juri piz estrem fuq genb wiehed, u meta dan idum hekk f'dik l-istess pożizzjoni, aktarx li jkun wasal biex jinkiser!

Ta' min nikkunsidraw mill-ġdid hajjitna, kif qed ngħixu, kif qed inrabbu l-uliedna, kif ilkoll flimkien bħala soċjetà nistghu verament naslu lejn progress veru, li jerga' jiddentifikana bħala bnedmin, li ninhtiegu nikkomunikaw magħna nfusna u ma ta' madwarna kif il-bniedem dejjem għex tul l-eżistenza tiegħu fid-dinja.



## Nissoktaw fit-triq tal-progress

### Mark Musù

Segretarju Permanenti  
Ministeru għall-Familja, Drittijiet tat-Tfal u  
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**G**ħadda s-sajf u dhalna fl-ahħar kwart tas-sena. Perjodu impenjattiv għall-Ministeru tagħna għax mat-tnedija tal-Baġit tas-sena l-ġdida, uffiċjali mid-Dipartiment tas-Sigurta Soċjali, mid-Divizjoni għall-Appoġġ Finanzjarju u Osservanza flimkien ma' dawk tal-MITA imiddu idejhom biex ivaraw il-proċess li jwassal biex il-pakkett ta' mizuri soċjali mħabbra jidhlu fis-seħħ bla dewmien fl-ewwel gimghat tas-sena l-ġdida. L-istess jagħmlu l-uffiċjali l-oħra li jahdmu f'oqsma oħra tal-Ministeru u li huma wkoll imiddu idejhom biex iwettqu tant hidma b'risq faxex diversi tas-soċjetà.

It-tfassil ta' dawn il-mizuri beda kmieni din is-sena b'laqgħat u kuntatti mad-diversi taqsimiet u entitajiet li jaqgħu taħt il-Ministeru. Tajna ħarsa lura lejn dak li nkiseb s'sissa u rajna xi jrid isir biex inkomplu nonoraw il-proposti fil-programm tal-Gvern għal din il-legiżlatura kif ukoll biex nissoktaw insaħħu u ntejbu l-qafas tal-benefiċċji.

Din, iżda, kienet u għadha sena partikulari għax għall-għarrieda nisslet realtajiet soċjali godda b'effett tal-pandemija tal-Covid-19. Ma naqasx għalhekk li dawn ir-realtajiet ikunu wkoll fil-qofol tal-analizi li għamilna fit-tfassil tal-proposti tagħna.

Dan barra li hekk kif il-pandemija misset xtutna u bdiet tolqot persuni vulnerabbli u l-familji, qbadna l-barri minn qrunu u sawwarna u mplimentajna b'urgenza erba' benefiċċji speċjali. Kwazi 9,000 persuna, l-aktar ġenituri li htiegu jibqgħu d-dar biex jieħdu ħsieb uliedhom, irċevew għajnuma bejn April u Lulju li b'kollox laħqet, jekk tgħodd il-ħlas tal-bolla, madwar 17-il miljun ewro. Din in-nefqa kienet b'zieda mas-somma globali allokata għal benefiċċji soċjali din is-sena.

Komplejna billi fil-programm ta' riġenerazzjoni ekonomika mħabbar mill-Gvern f'Ġunju, ħadna ħsieb ngħinu familji bi dħul mill-impjieg relattivament baxx jew medju biex ilaħħqu aktar mal-effetti tal-pandemija u mal-ħajja b'mod generali. Dan sar permezz ta' tibdil fl-iskemi tal-In-Work Benefit li kien jinkludi titjib fir-rati li jithallsu l-familji benefiċjarji għal kull wild taħt it-23 sena u twessigh tat-thresholds biex aktar familji jikkwalifikaw. Barra minn hekk għall-ewwel darba daħħalna suppliment annwali ta' €250 li jithallas lil kull familja intitolata għall-In Work Benefit. Fil-każ ta' dawk il-ġenituri li kienu qed jirċievu l-benefiċċju u tilfu l-impjieg minħabba l-imxija tajnihom l-oportunità li jibqgħu jirċievu l-In Work Benefit sakemm ma nbidlulhomx iċ-ċirkostanzi. F'każ li sabu impjieg, ir-rata giet aġġustata skont id-dħul il-ġdid.

Ma waqafniex s'hemm għaliex fil-proposti li fassalna ridna li nkomplu ngħinu lil dawk milquta minn dawn iċ-ċirkostanzi u fl-istess hin inkomplu fl-impenn tagħna li nwieżnu dawk il-faxex tas-soċjetà li l-aktar għandhom bżonn u nbieghdu aktar persuni mir-riskju tal-faqar.

Il-proposti għaddew mill-għarbiel tal-Ministru Michael Falzon li fejn meħtieġ ta d-direzzjoni importanti





tieghu anke abbaži ta' suggerimenti li jkunu waslulu f'kuntatti u laqgħat mal-pubbliku u għaqdjet volontarji. Il-pakkett finali mbagħad gie diskuss mal-Uffiċċju tal-Prim Ministru u mal-Ministeru tal-Finanzi fl-ambitu ta' dak li l-pajjiż ser jkun jiflah jonfoq fis-sena l-ġdida. Il-frott finali ta' din il-ħidma nkunu nafuh dakinhar li l-Ministru tal-Finanzi jagħmel id-diskors tal-Baġit 2021.

Ikunu x'ikunu l-miżuri nintrabtu li nnettquhom bl-istess herqa u mpenn li wrejna f'dawn l-aħħar snin, inkluz din is-sena. Fil-fatt ninsabu qrib li nnettqu l-miżuri soċjali kollha tal-Baġit għal din is-sena. Tnejn mill-erba' miżuri li fadal jitwettqu kważi lestejna l-proċess biex isiru l-pagamenti lill-eksmembri tal-korpi u tal-Gas Board, lill-ekshaddiema tax-xatt u lill-pulizija bhala parti mill-iskemi ta' għotjiet biex jagħmlu tajjeb għall-ingustizzji tal-imghoddi. Fiducjuż li z-żewġ miżuri l-oħra li jolqtu l-qasam tal-persuni b'dizabilità u li huma f'idejn l-Aġenzija Sapport jidhlu wkoll fis-seħħ fil-gimghat li ġejjin.

Naturalment l-iskop ewlieni tagħna mhux tant l-għadd ta' miżuri per se, iżda b'dak li nnettqu nagħmlu differenza fil-kwalità tal-ħajja ta' dawk li l-aktar fil-bżonn. Diġà sar progress qawwi kif gie rikonoxxut fl-aħħar edizzjoni tar-rapport dwar żvilupp sostenibbli mahruġ mill-Kummissjoni Ewropea u l-Eurostat. Dan wera li Malta kisbet riżultati tajbin f'diversi setturi soċjali. Fl-indikatur dwar perċentaġġ tal-popolazzjoni li tbat minn ċahda materjali severa ntwera li bis-saħħa ta' titjib fil-qasam soċjali u li aktar nies sabu impjeg, Malta għamlet progress kbir bi tnaqqis ta' aktar minn terz bejn l-2013 u l-2018 u nizlet għall-aktar livelli baxxi fl-Unjoni Ewropea.

Fl-isfond ta' ċertifikat bħal dan nagħmel kuragġ li bis-sostenn ta' kull impjegat fi hdan il-Ministeru u mnebbha mill-impenn soċjali tal-amministrazzjoni fis-sena l-ġdida, nissoktaw fit-triq tal-progress, minkejja d-diffikultajiet li holqot il-pandemija.

# Iltqajna ma' Stefan Borg

Communications Coordinator fi hdan il-Ministeru għall-Familja, Drittijiet tat-Tfal u Solidarjetà Soċjali

**Peter Miceli Saydon**  
Prinċipal



Ritratt: DOI - Jeremy Wonnacott

**S**tefan huwa l-Communications Coordinator fi hdan il-Ministeru għall-Familja, Drittijiet tat-Tfal u Solidarjetà Soċjali.

Stefan Borg għandu 31 sena. Stefan huwa mill-Iklin. Studja fl-Università u għandu Masters mill-Università ta' Leicester. L-istudji li segwa jinkludu l-Psikoloġija u r-Relazzjonijiet Umani.

Stefan iqis ruħu bħala bniedem li jhobb il-hajja, umli u kalm.

Bħala l-Media Coordinator, jieħu hsieb li jippromovi x-xogħol tal-Ministeru fuq il-media kollha. Il-prominenza tkun fuq televizjoni, social media u gazzetti.

Stefan huwa bin Joseph u Helen u għandu wkoll oħtu, Danika. Stefan huwa għarus. Stefan għandu tifla li għandha għaxar snin.

Is-sajd huwa l-passatemp favorit ta' Stefan. Fil-fatt iħobb iqatta' tmiem il-gimgha ma' shabu jistad u jgħum.

Meta mistoqsi x'jagħmel li kieku kellu jirbaħ miljun Ewro, Stefan iwieġeb li l-flus ma tantx jagħmlu bih.

Ovvjament, l-ikla favorita tiegħu hija sea food.

Stefan iħobb ukoll isiefer u fost il-pajjizi li żar insibu l-Kroazja, il-Montenegro, Praga, Budapest, Vjenna, Dubaj, l-Italja, Spanja u t-Tuneżija.

L-isbaħ jum f'ħajtu kien meta twieldet it-tifla tiegħu.

Joseph Muscat, l-eks Prim Ministru ta' Malta, huwa l-aktar personalità li jammira.

Il-holma tiegħu hija li jibqa' b'saħħtu u jgawdi dak li dejjem hadem għalih.

*Nirringrazzjaw lil STEFAN u nawgurawlu kull suċċess*



## Apprezzament Wirt Artna

**I**l-problema tax-xandir u l-gurnalizmu, barra u Malta dejjem kienet li aktarx jixxandar dak li sejjer hażin. Dak li hu tajjeb qajla jsir magħruf. Tali attitudni ma tirriflettix f'gurnalizmu serju, iżda f'wiehed sensazzjonali.

Minnha nfisha l-kelma aħbar tffisser bxara, xi haġa sabiħa li se tithabbar. Id-dinja dawret din il-verżjoni ta' taħt fuq. Harsa lejn l-aħbarijiet li naraw u nisimġhu prova biżżejjed. Jinħtieġ nifhmu aħna u nwasslu l-messaġġ lil uliedna li fid-dinja hawn it-tajjeb daqs kemm hawn hażin. Il-hażin jidher b'saħħtu sempliċiment għax jingħata aktar prominenza.

Bħalissa ninsabu fl-aqwa tat-tieni mewġa tal-pandemija Covid-19 u ninsab konvint li, li kieku kelli nistaqsi lil xi hadd dwar it-tema vjaġġar, żgur se jkellimni dwar il-miżuri tal-Covid li kawża tagħhom qed ikun affettwat it-turiżmu.

Se nitkellem dwar l-ivvjaġġar fuq nota pożittiva li forsi ftit jafu, anke jekk aħbar pjuttost reċenti. Disa' attrazzjonijiet ta' wirt nazzjonali Malti ftit tal-gimġhat ilu ngħataw it-2020 Travellers' Choice Award. Din hija inizjattiva tal-aġenzija turistika Trip Advisor li ta' kull sena tagħti dawn l-unuri minn fost tant pajjiżi u binjiet storiċi minn madwar id-dinja.



L-unuri ta' Trip Advisor jingħataw bħala sens ta' apprezzament u rikonoxximent taż-żamma u t-titjib fis-servizzi ta' dawn il-binjiet ta' wirt nazzjonali Malti u l-kejl li fuq jinħadem liema attrazzjoni għandha tirċievi l-unur ma jsirx minn xi kumitat, iżda mill-istess reazzjonijiet li jhallu l-vjaġġaturi stess minn dak li jkunu sabu u raw meta marru jżuru tali attrazzjonijiet.

L-attrazzjonijiet Maltin ta' Heritage Malta li din is-sena rċevew l-unuri huma t-tempji meglitiċi ta' Haġar Qim u tal-Ġgantija, l-Ipoġew ta' Hal Saflieni, il-katakombi ta' San Pawl, Forti Sant' Anġlu, Forti Sant' Iermu inkluż il-Mużew Nazzjonali tal-Gwerra, il-Mużew Nazzjonali tal-Arkeoloġija, l-Armerija tal-Palazz, kif ukoll il-Mithna Ta' Kola.

Irid jingħad li apparti l-apprezzament li qed jintwera lejn wirt artna permezz ta' din l-inizjattiva, però wkoll b'dan il-mod qed jintlaħqu ċerti bżonnijiet li vjaġġaturi futuri jkunu jinħtieġu biex jippanaw tajjeb is-safra tagħhom u liema attrazzjonijiet tassew għandhom valur li jkun għaqli li jżuru u liema le.

Inizjattivi tali ta' min jibda jintroduċihom f'pajjiżna stess ukoll fejn permezz ta' kompetizzjonijiet ta' hbiberija bejn raħal u ieħor (però bla ebda sens ta' ġlied jew piki), pajjiżna fil-kuntest sħiħ tiegħu jista' jtejjeb il-ħajja, mhux biss ta' dawk li ta' kull sena jiġu jżuruna, iżda wkoll tagħna stess Maltin u Għawdxin.

Se nagħlaq eżatt kif bdejt. Kemm għandna bżonn li f'ħajjitna nibdew naraw in-nofs tazza l-mimli u mhux dak battal. U dan jgħodd għalina, però fuq kollox għal dawk li jaħdmu jew huma responsabbli minn xi qasam ta' komunikazzjoni f'pajjiżna. Għax, x'gost fiha l-ħajja li dejjem ingergru u nitkazaw b'dak li għandna u l-madwar li qed ngħixu fih?

Il-ħajja sabiħa meta nieqfu għal kollox inħarsu minn din il-perspettiva u nibdew napprezzaw tant teżori kbar li pajjiżna hu mogħni bihom. Ħajjitna qasira wisq biex naħsbu mod ieħor!



**Tonio Bonello**  
Ġurnalista u Opinjonista



# World Obesity Day **March 4**

## Workplace Health Initiative Competition

**Archibald Attard**  
**Peter Miceli Saydon**

Events and Communications Unit  
MFCS Operations Directorate

**A**fter a long delay due to unprecedented times, the Health Promotion and Disease Prevention Directorate communicated with us to congratulate all the participating companies in the Workplace Health Initiative Competition organised by the Health Promotion and Disease Prevention Directorate during the week starting 2nd March 2020 on the occasion of World Obesity Day.

The Directorate was thrilled to receive an overwhelmingly positive response, making it very difficult to choose winners. Participating companies have clearly put a lot of effort towards creating a healthier work environment during this week, sincerely hoping that these initiatives are implemented all year round to promote healthier behaviour in the workplace.

Ms Pauline Vassallo, Director of the Health Promotion and Disease Prevention Directorate, personally congratulated all the participating companies and employees taking part in this competition. The Directorate

has also started uploading the photos sent on social media channels namely on the Health Promotion and Disease Prevention Directorate Facebook page and Instagram.

The criteria used to judge inspirational efforts included:

**Innovation:** Innovative actions were allocated more points than run-of-the-mill initiatives. For example, companies came up with innovative ideas including: walk to work; healthy recipe book written by staff themselves; water intake calendar, sealing vending machines, selling unhealthy foods and beverages until a new contract specifying healthier alternatives is in place; and so forth.

**Sustainability:** Initiatives were also judged on how sustainable they are likely to be in the long term.

**Ecological:** Companies which did not use single-use plastic items such as cups, cutlery or plates were awarded more points in this domain. The use



of reusable (or paper) drinking glasses and plates was preferred.

**Participation:** The number of employees participating in initiatives during the week, as a percentage of all employees.

**Variety:** The number of activities carried out during the week.

The award giving ceremony is suspended until further notice. If, due to the Covid-19 situation, it is determined that it is unsafe to hold a formal ceremony and decide that the event cannot take place, the ceremony will be cancelled and awards will be delivered directly to workplaces.

**The winners are:**

Large Business category  
(*more than 250 employees*)

- 1st: BOV
- 2nd: Lufthansa
- 3rd: APS

Medium Business category  
(*between 50 and 250 employees*)

- 1st: Medicines Authority
- 2nd: San Anton School
- 3rd: Ernst and Young Ltd

Small Business category  
(*less than 50 employees*)

- 1st: Żejtun Local Council
- 2nd: Y Ltd
- 3rd: Technoline

**V**arious MFCS entities participated with different events in this initiative. We hope you enjoyed participating whilst creating more awareness. We encourage organisers to continue organising such activities and come up with innovative ideas and staff members to participate more.

# Office Safety

## PART 1



### Peter Miceli Saydon

Principal

**I**t's fairly obvious that safety and health hazards can exist on worksites filled with heavy machinery and equipment, where employees often are required to engage in strenuous manual labour.

A job where most of the work tasks are completed while sitting in a chair in a climate-controlled office building would seem less fraught with danger. However, a surprising number of hazards can be present in an office setting.

Many office injuries could have been prevented had workers or supervisors recognized the risks and implemented simple workplace modifications to help mitigate them.

Here are steps you can take to reduce the risk of injury among your office staff.

### FALLS

**Slips, trips and falls, the most common type of office injury. Several hazards contribute to these injuries, although most can be significantly reduced, often by raising awareness among employees.**

#### Stay clutter-free

Boxes, files and various items piled in walkways can create a tripping hazard. Be certain that all materials are safely stored in their proper location to prevent buildup of clutter in walkways. Further, in addition to posing an electrical hazard, stretching cords across walkways or under rugs creates a tripping hazard, so ensure all cords are properly secured and covered.

#### Step on up

Standing on chairs – particularly rolling office chairs – is a significant fall hazard. Workers who need to reach something at an elevated height should use a stepladder. Stepladders must be fully opened and placed on level, firm ground. Workers should never climb higher than the step indicated as the highest safe standing level.

#### Maintain a clear line of vision

Workers can collide when making turns in the hallways and around blind corners or cubicle walls. Installing convex mirrors at intersections help reduce collisions. If workers can see who is coming around the corner, collisions are less likely to occur.

#### Get a grip

Carpeting and other skid-resistant surfaces can serve to reduce falls. Marble or tile can become very slippery – particularly when wet. Placing carpets down can be especially helpful at entranceways, where workers are likely to be coming in with shoes wet from rain.

#### Shut the drawer

File cabinets with too many fully extended drawers could tip over if they are not secured. Additionally, open drawers on desks and file cabinets pose a tripping hazard, so be sure to always completely close drawers when not in use.

### **Safe stacking**

Proper storage of heavy items can help reduce the number of office injuries. Large stacks of materials and heavy equipment can cause major injuries if they are knocked over. Storing heavy objects close to the floor is recommended. The load capacity of shelves or storage units should never be exceeded.

## **ERGONOMIC INJURIES**

**Perhaps the most prevalent injuries in an office setting are related to ergonomics. Because office workers spend the bulk of their day seated at a desk and working on a computer, they are prone to strains and other injuries related to posture and repetitive movement. Ergonomics hazards can be difficult to detect. Most office conditions that can be described as hazardous from an ergonomics perspective would appear quite innocuous to the everyday observer.**

### **Provide adjustable equipment**

One size does not fit all in an office workstation. Adjustability is the key. Chairs, work surfaces, monitor stands, etc., should all be adjustable in order to accommodate the widest range of employees. Although employers may be reluctant to pay for expensive ergonomic equipment, experts insist the equipment is a wise investment. The cost of the health claims that stem from not having these devices is much higher.

### **Train workers on how to use equipment**

Providing adjustable furniture and equipment is only the first step in creating an ergonomically sound workstation. A big issue is employee inability to properly adjust their own office chairs. Many times, employers can invest in an excellent adjustable chair, but employees still experience a bad workstation fit. The problem often is twofold: Workers do not know how to adjust their equipment, and they do not know the most ergonomically beneficial way to set up their workstation. Train workers on both the ideal setup and

how to operate adjustable equipment accordingly.

### **Keep your feet on the floor**

Unless an employee's feet are on the floor, a chair will not be able to reduce pain and discomfort. Options such as adjustable keyboard trays or rolling tables adjusted to the proper height are recommended to eliminate this problem. Although footrests are a second-best option, their small surface may impede some of the worker's movement.

### **Provide document holders**

Frequently typing from hard copy can lead to neck strain if a worker is forced to repeatedly look down to the desk and back to the computer screen. Providing document holders to reduce this strain is recommended. These document holders are reasonably priced, and eliminate excessive cervical motion and help to prevent muscle imbalances. Document holders also are good for the eyes. Keeping reference materials close to the monitor reduces the need for your eyes to change focus as you look from the document to the monitor.

### **Correct mouse placement**

Workstations where the computer keyboard is on a tray, but the mouse remains on the desk spell disaster for the neck and shoulder. The mouse should always be placed beside the keyboard.



In 2019 I had the pleasure to be registered as a Sales Agent for the international award-winning Mexican company Grupo Xcaret, which includes the All-Fun Inclusive® Hotel Xcaret México and Experiencias Xcaret Parks and Tours.

Grupo Xcaret is a 100% Mexican-owned Company. It is a leader in nature and adventure parks, where respect for nature is interwoven with a love for México.

### **HOTEL XCARET MÉXICO**

*The best of México included!*

Hotel Xcaret México is more than just a resort, it's a destination!

Between the Riviera Maya forest and the turquoise expanse of the Caribbean, you'll find Hotel Xcaret México, an exceptional destination rich in history, nature and entertainment. The impressive ecosystem full of colours and textures sets a perfect communion between man and nature, where the jungle, caves and rivers are the principal ingredients of luxe and eclectic scenery.

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**Marvic Cordina**  
DTTC

Boutique Travel Specialist



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Xcaret is a nature park in Playa del Carmen where you will live Mexico in natural and cultural attractions. Swim in underground rivers that come from the heart of the earth, look closely at the inhabitants of the Aviary, the Coral Reef Aquarium, and the Butterfly Pavilion, eat delicious Mexican and international dishes, discover Mayan ruins and traditions, and be thrilled by the incomparable Xcaret México Espectacular.

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*Heaven Is A Lot Closer!*

Regarded as one of the world's greatest Natural Wonders, Xel-Há provides one of the best experiences in the heart of the Riviera Maya. Practice snorkelling and see hundreds of colorful fish, discover a great diversity of marine species that inhabit its cove and cenotes, enjoy water activities like swimming with dolphins, tubing and zip-lining, and relax in a hammock while you enjoy the all-inclusive bars and restaurants.

#### **Xplor**

*Challenge Your Adventurous Heart!*

At Xplor you'll fly through the sky on zip-lines, drive amphibious vehicles in the Mayan jungle, paddle with your hands aboard rafts, walk in ancient caverns and caves deep inside the Earth, and swim in an underground river.

#### **Xplor Fuego**

*The Unlimited Nighttime Adventure!*

At Xplor Fuego, the night comes to life so you can enjoy the same experiences as in the day, but ignited by the fire that will guide your way through all the adventures of the Park. Be ready to live a night of adventure exploring from the heights, through the jungle and inside the planet.

## **Xenses**

### *Live The Unimaginable!*

Come to Xenses and discover a fun way to use your senses. Set free your sensations at an incredible half day park that takes you through two circuits of unique activities in more than 50 fantastic scenarios. Hearing, sight, smell, touch, taste and many others senses you are about to discover will show you that nothing is what it seems!

## **Xenotes**

### *Enigmatic Waters Tour!*

Enjoy all the types of cenotes that exist through fun activities like assisted rappelling, zip-lining, kayaking, tubing and swimming. Experience natural environments perfectly adapted to get you in complete harmony with these enigmatic places. The Xenotes Tour includes a certified guide, a photographer, plus food and beverages.

## **Xoximilco**

### *Mexican Floating Fiesta!*

Let the floating fiesta begin! Live the joy of the Mexican culture, customs and traditions through music, dance, games and food in an excursion on board colourful Mexican Gondolas across unique scenery from Mexico accompanied by family, friends and an animated host.

## **Xavage**

### *Unleash The Wild Within!*

Challenge all your limits at Xavage, the only park in Cancun and Riviera Maya with the boldest activities



through the air, in land and on water. Unleash the wild within and face the power of water, go through roads full of obstacles and conquer the heights. Live this adrenaline-filled challenge and follow your instincts.

## **Xichen**

### *Embrace The Mayan History!*

Surrounded by jungle and mystery, the most famous archaeological sites in the Mayan world are waiting for you to reveal their secrets. Discover why you can hear the call of a quetzal bird at the Pyramid of Kukulcán in Chichén Itzá, climb the highest pyramid of Yucatan at Cobá, or admire the frescoes in the walled city of Tulum.

**To receive exclusive information and promotions about the All-Fun Inclusive® Hotel Xcaret México contact me today!**



**traville**

As a Boutique Travel Specialist, I specialize in personalized itineraries and private small groups to destinations across Asia, Latin America, Southern Africa and Eastern Africa. For more details, you can contact me at:

**marvic.cordina@traville.net**

Marvic Cordina DTTC  
Boutique Travel Specialist

# Saving the forgotten kingdom in Malta

## PART 2

*Continued from June's Issue*

### Marica Lewis

Member  
Malta Mycological Association

**H**ow many species of fungi are there in Malta? Studies on fungi in Malta started at the beginning of the 19th century between 1827 and 1831 when Zerapha (Zerafa) published his work the *Flora Melitensis Thesaurus* and four species of macro fungi were recorded namely: *Agaricus campestris*, *Agaricus ephemerus*, *Boletus ignarius* and *Phallus impudicus*.

Between 1855 and 1890 three books came to life but *Flora Melitensis Nova* (Sommier and Caruana Gatto; 1915) may be considered the most extensive one that concentrated on Maltese fungi. Both Sommier and Caruana Gatto are considered the pioneer scientists in the documentation of Maltese fungi where 50 specimens were recorded. The human population on the island, at the time of *Flora Melitensis Nova* publication, was 228,534 and no vehicles.

Today's population is ranged between 436,000 to 475,000 and with a large number of vehicles. On a daily basis the local environment is undergoing

phenomenal stress with green areas disappearing at a rapid rate due to excessive domestic construction.

The islands of Malta and Gozo are predominantly made up of garigue, steppe and maquis, woodland is now scarce and we are now at a very high risk of losing what species we have left on the island. Therefore, apart from *Suillus collinitus*, *Volvopluteus gloiocephalus*, *Daldinia concentrica*, *Auricularia auricula-judae*, which are very common on the island all other species need to be considered endangered.

Major works were carried out in the 60s, 70s and 80s by Michael Briffa and Edwin Lanfranco, who scoured the island and have kept extensive records on their finds. To-date their finds total about 330 species.

Michael Briffa one of the island's most honoured naturalists was awarded the Buonamico Award in March 2018 for his environmental work. He has been instrumental in recording and preserving specimens in his fungarium and to date would have the largest collection of fungal species of the island.

First European record of *Coriolopsis aspera* (Jungh) Teng (Polyporaceae) from Malta was published by Briffa (2002a) after being examined at Oslo University. It has been contemplated that it can either be an introduced species or a rare native one. In 2015 Loizides et al. introduced a new species to the science from Malta and Cyprus as *Geoglossum dunense* Loizides, M. Carbone & P. Alvarado.

A new record of Morel (*Morchella galilaea*) was collected and described by Mifsud in 2016 and for the first time for the island of Gozo. So far, recent official published works on mycology have mainly been done by Briffa and Lanfranco (1986), Briffa (2001 and 2002a,b), Lanfranco (1954 - 2013), Mifsud (2011-2012), Sammut (2011-2012-, 2015, 2016) and Sammut and Melzer (2012, 2013).

Work needs to be done to ensure accurate records are kept on finds and





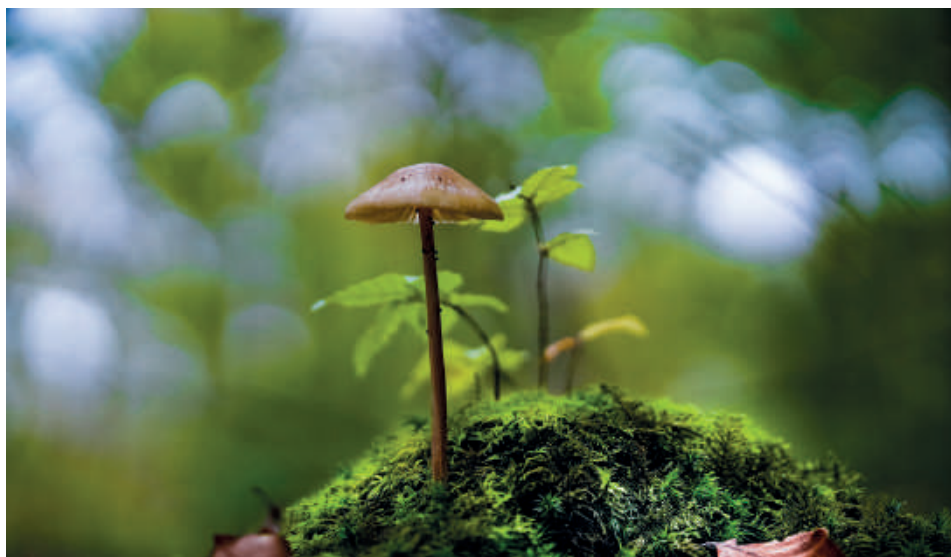
collections on the island, therefore the intention is to collect data and have a centralised database where everyone will be able to have access to information, setting a local fungi scene. It is imperative that scientific records are kept along with information and data geared to encourage amateur interest in the field.

To-date a Mycology Faculty or even department does not exist at the University of Malta. There is only a Mycology lab but this mainly deals with pathogens. Intermittent studies and papers have been written on macro fungi, continuous promotion of the importance of these organisms needs to be developed to harness interest on the subject.

In the fifth national report of the Republic of Malta produced by Malta Environment and Planning Authority in 2014 a conservation status of fungi was discussed (<https://www.cbd.int/doc/world/mt/mt-nr-05-en.pdf>). While the macrofungal mycobiota of the Maltese Islands may amount to some 400 taxa, 18 species of macrofungi are listed in the Red Data Book for the Maltese Islands (Lanfranco 1989). A list of such species is provided below, with the scientific names updated on the basis of Lanfranco (2001) as cited in fifth national report of Republic of Malta.

These species are: *Daldinia concentrica*, *Helvella crispa*, *Sarcosphaera eximia*, *Agrocybe aegerita*, *Amanita ovoidea*, *Amanita verna*, *Boletus luridus*, *Boletus pulverulentum*, *Hygrocybe ovina*, *Lactarius vinosus*, *Montagnites arenaria*, *Phellinus robustus f. punicea*, *Phellinus robustus f. amygdali*, *Pleurotus nebrodensis f. minor*, *Polyporus brumalis*, *Russula lepida*, *Tricholomopsis platyphylla*, *Colus hirusinus f. minor* and *Tulostoma volvulatum*.

In addition, a list of 131 microfungal taxa is included in the same Red List. Such taxa need reassessment as soon as possible. There are still gaps in knowledge in the mycobiota of the Maltese Islands and indeed a sizeable proportion remains unidentified or partially identified and, hence, still unpublished.



As noted by Lanfranco (2013) in the country report to the ECFF, major recent contributions on the subject are Briffa & Lanfranco (1986), Lanfranco (1989), Briffa (2001, 2002a, b) and Sammut & Melzer (2012).

Species with a restricted distribution in Europe include: *Sarcosphaera coronaria*, *Boletopsis grisea*, *Montagnea candollei*, *Battarrea phalloides* (Falzon, 2004) and *Psathyrella bivelata*. Other species of restricted European distribution are: *Coriolopsis aspera* (Briffa 2002a) and *Inonotus euphoria*, originally recorded as *Inonotus indicus* (= *Aurificaria indica*) by Pieri and Rivoire (1996) from material supplied by Briffa. However these two species may possibly have been introduced. Most species recorded are considered to be rare, though in several cases this may be due to under recording.

As far as lichens are concerned, 12 taxa are listed, these being essentially taxa which have been described from the Maltese Islands and which are presumably endemic (Sommier and Caruana Gatto 1915). These species are: *Biatora fusconigrescens*, *Caloplaca marmorata* var. *cephaloidea*, *Caloplaca melitensis*, *Caloplaca pyracea* var. *lactea* forma *macrocarpa*, *Collema meliteum* var. *conglomeratum*, *Graphina sophistica* var. *melitense*, *Lecaniella alocyza* var. *flavidula*, *Lecanora sublentigera*,

*Lecidea pertusariicola*, *Scolicosporium doriae* var. *decussatum*, *Thalloedema mammillare* var. *pulchella* and *Thalloedema paradoxum*.

An updated checklist of lichens in the Maltese Islands developed by Jennifer Fiorentino (2015), who is a Senior Lecturer in Biology at the University Junior College. *Sarcosphaera coronaria* and *Boletopsis griseus* are legally protected and are covered by the Flora, Fauna and Natural Habitats Protection Regulations (2006) (Legal Notice 311 of 2006, as amended). Two other species: one fungus and one lichen, *Pleurotus eryngii* var. *ferulae* and *Rocella phycopsis* respectively are included in Schedule VIII of the aforesaid Regulations; this Schedule lists species whose taking may be subject to management measures.

All endemic and possibly endemic species of fungi are legally protected through Regulation 26 of Legal Notice 311 of 2006, as amended. This is of relevance particularly with respect to the many 'possibly endemic' microfungi (which however deserve further taxonomic assessment).

Lichens are locally equally unexploited, with only two species having been exploited. These are namely *Ramalina durieui* and *Rocella phycopsis*, which were traditionally used in decorating nativity cribs; their utilisation for such activities has nowadays mostly fallen in disuse. The macrofungi recorded in Malta are under extensive revision and updating right now by Lewis and Abdel-Azeem (Unpublished work) against data of index Fungorum (<http://www.indexfungorum.org/Names/Names.asp>). Their treatment will include Maltese macrofungi which have

been distributed among 8 classes, 17 orders, 59 families, 158 genera and 313 species.

Maltese macrofungi are divided into two taxonomic groups: (i) Ascomycota: 4 classes, 4 orders, 11 families, 25 genera, 37 species, and (ii) Basidiomycota: 4 classes, 13 orders, 48 families, 133 genera, 276 species identified. Out of these taxa, Lewis and Abdel-Azeem found 17 taxa need more revision concerning their nomenclature as they have been recorded by wrong names. Taxa with uncertain position (*Incertae sedis*) were distributed among classes, orders and families. Checklists are important tools in taxonomy, systematics and conservation (Söderström et al. 2007, 2008; Moustafa and Abdel-Azeem 2011; Abdel-Azeem and Salem 2013; Nafady et al.

In spite of that, several important areas lack recent checklists, including Malta. This proposed work of Lewis and Abdel-Azeem will close the gaps in knowledge on the fungi diversity of Malta by providing a comprehensive checklist of Maltese fungi provided with a dichotomous key of all recorded taxa.

As the population on the islands of Malta and Gozo continues to grow, the need for development increases, the continuous assault on the environment is having a detrimental effect on the near future of macrofungal diversity which along with other environmental areas is seriously threatened.

Although some effort has been made in writing papers on the subject by literally a handful of people, albeit intermittently, having the subject as part of the educational curriculum, is imperative, along with campaigning, increasing awareness with current politicians and persevering on a local level and as an international team. From the Malta point of view, a lot of work needs to be done and it is hoped that in collaboration with the Arab Society for Fungal Conservation and other international societies, we would be in a position to achieve this, through networking, sharing information and promoting awareness.



# L-Istitut tas-Servizzi fil-Komunità

## Ann Marie Cassar

Direttur tal-Istitut tas-Servizzi fil-Komunità fi ħdan il-Kulleġġ Malti għall-Arti, Ix-Xjenza u t-Teknoloġija (MCAST)



**L**-Istitut tas-Servizzi fil-Komunità fi ħdan l-MCAST joffri korsijiet li jolqtu setturi tas-soċjetà li huma vulnerabbli, fosthom tfal, anzjani u persuni b'dizabilità u li għaldaqstant jirrikjedu attenzjoni aktar preċiża. Il-korsijiet li noffru huma fis-settur tas-saħħa u kura soċjali, sbuħija, parrukkiera, sports, snin bikrija u edukazzjoni inklussiva kif ukoll kors għal min jixtieq jaħdem fil-forzi ta' dixxiplina.

L-MCAST, fil-pjan strategiku li nieda fl-2019, jenfasizza l-bżonn li naħdmu id fid mal-industrija; dan sabiex il-korsijiet tagħna jippreparaw l-istudent bl-ghodda meħtieġa biex ikun jista' jaħdem fi rwol partikolari fid-dinja tax-xogħol bl-inqas sforz iżda tal-oghla kwalità. Huwa għalhekk illi l-letturi tagħna huma midhla tas-setturi li jgħallmu; hija preċiżament din l-esperjanza fi ħdan l-industrija li tagħti garanzija ta' tagħmir speċifiku lill-istudenti tal-MCAST.

Jorbot ħafna ma' dan, ix-xogħol li jsir biex noffru opportunitajiet varji lill-istudenti tagħna ta' xogħol permezz ta' placement waqt il-programm ta' studju, kif ukoll ir-riċerka li ssir fis-settur partikolari bi ftehim mal-industrija. Żewġ eżempji ċari ta' dan huma l-ftehim li sar mal-Awtorità ta' Standards ta' Harsien Soċjali kif ukoll mal-Kummissjoni għall-Vjolenza Abbażi ta' Generu u Vjolenza Domestika. L-istudenti tal-MCAST jesperjenzaw gimghat ta' hidma fis-settur tas-saħħa u kura soċjali waqt

il-kors tat-tielet livell li jwassal biex l-istudenti li jkunu temmew il-kors b'suċċess, ikunu jistgħu jaħdmu mal-anzjani, mat-tfal u mal-persuni b'dizabilità.

Għaldaqstant il-letturi tal-Istitut tas-Servizzi fil-Komunità jaħdmu mal-Awtorità ta' Standards ta' Harsien Soċjali biex jaċċertaw illi l-istudenti jimxu mal-prassi mhaddna mill-istess Awtorità. Esperjenza unika għall-istudenti żgur kienet meta organizzajna workshop għal-letturi u studenti, mmexxi mis-Sur Matthew Vella, CEO tal-Awtorità u tim tiegħu fejn l-istudenti iddiskutew l-esperjenzi li ltaqgħu magħhom matul il-work placements organizzati mill-MCAST.

L-MCAST qed jaħdem id fid mal-Kummissjoni għall-Vjolenza Abbażi ta' Generu u Vjolenza Domestika biex jiġi mfassal kors li joffri taħriġ lil nies li jiltaqgħu ma' każijiet ta' vjolenza domestika. Ix-xogħol qatigh li jsir mill-MCAST mas-setturi varji jwassal biex l-istudenti li jtemmu l-kors b'suċċess jidhlu fid-dinja tax-xogħol armati bl-informazzjoni u għodda skont l-irwol rikjest minnhom.

L-eroj, f'għajnejna huwa bniedem li jassisti lil persuni li l-iktar għandhom bżonn għajnuna; kuljum, b'persistenza, għarfien u riċerka fix-xogħol partikolari, u dedikazzjoni. Dawn huma l-valuri li aħna naħdmu biex innisslu fl-istudenti kollha tagħna.

## Peter's Kitchen

### Ġelat tan-Nanna Grandma's Ice-cream

**Esther Borg**

Assistant Principal



#### **Ingredients:**

2 tins large full fat evaporated milk  
100 grams castor sugar  
1 teaspoon powdered cinnamon  
8 coloured, finely chopped, glazed cherries  
100 grams chopped roasted almonds  
1 tablespoon vanilla essence

#### **Method:**

Bring to boil, the milk and sugar in a pan.

Remove from heat, and leave to cool. Add the cinnamon, vanilla essence, and stir.

Put in a container, and freeze for 4 hours.

Bring out of the freezer, and beat with a mixer for 10 minutes on full, until the mixture doubles.

Add the cherries, and almonds, pour in a container, sprinkle some chopped almonds on top and freeze overnight.

**Ma ninsewx naħslu jdejna,  
speċjalment  
meta nkunu ser nieklu.**

# Word Search (Cheeses)

Peter Miceli Saydon

Principal

K	E	F	A	L	O	T	Y	R	I	T	A	R	A	Z
S	T	A	L	E	G	G	I	O	C	U	T	S	R	W
O	E	R	O	M	G	I	W	M	A	A	T	N	O	I
Z	L	I	H	A	T	C	A	A	B	D	O	E	I	T
T	A	B	E	R	T	A	M	N	O	A	C	B	P	S
A	G	R	G	O	B	C	O	O	C	N	I	U	M	E
B	U	I	T	A	Q	I	S	A	B	I	R	R	A	R
O	I	E	S	S	I	O	M	E	D	N	E	V	A	S
R	O	A	O	M	T	C	A	S	I	A	G	O	S	C
Y	L	F	L	U	P	A	R	M	E	S	A	N	D	A
T	E	E	O	R	A	V	Q	U	A	R	K	T	A	M
O	E	T	I	D	J	A	L	A	P	E	N	O	M	O
N	D	A	N	A	B	L	U	A	C	A	X	A	O	R
Y	A	T	H	A	L	L	O	U	M	I	U	R	S	Z
X	M	I	N	A	G	O	R	G	O	N	Z	O	L	A

ABERTAM,  
 ASIAGO, BATZOS,  
 BRIE, CABOC,  
 CACIOCAVALLO,  
 DANABLU,  
 EDAM, FETA,  
 GORGONZOLA,  
 HALLOUMI,  
 ISABIRRA,  
 JALAPENO,  
 KEFALOTYRI,  
 LAGUIOLE,  
 MAASDAM,  
 NIOLO, OAXACA,  
 PARMESAN,  
 PIORA, QUARK,  
 RICOTTA,  
 ROMANO,  
 RUBENS,  
 SCAMORZA,  
 TALEGGIO,  
 TUADA, URDA,  
 VENDEMOIS,  
 WIGMORE,  
 XYNOTYRO,  
 ZWITSER.



Feeling down about my thinning hair, I told a friend, “Soon I’ll never need to go back to the beauty salon. Whenever I vacuum, all I pick up is my hair.” She responded, “Well, then you won’t need to vacuum either.”

What is the best thing about Switzerland?  
 I don’t know but the flag is a big plus.

You don’t need a parachute to go sky-diving.  
 You need a parachute to go sky-diving twice.

A Roman legionnaire walks into a bar, holds up two fingers and says, “Five beers, please.”

Some mistakes are too much fun to only make once.

## Sudoku

The goal of Sudoku is to fill a 9x9 grid with numbers so that each row, column and 3x3 section contain all of the digits between 1 and 9.

		7						1
					4			2
			1				7	
	2			9	6			
	5					6	3	
		9		5		4	2	
9		8			1			
				4	9			
6					7		5	4