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INFORM

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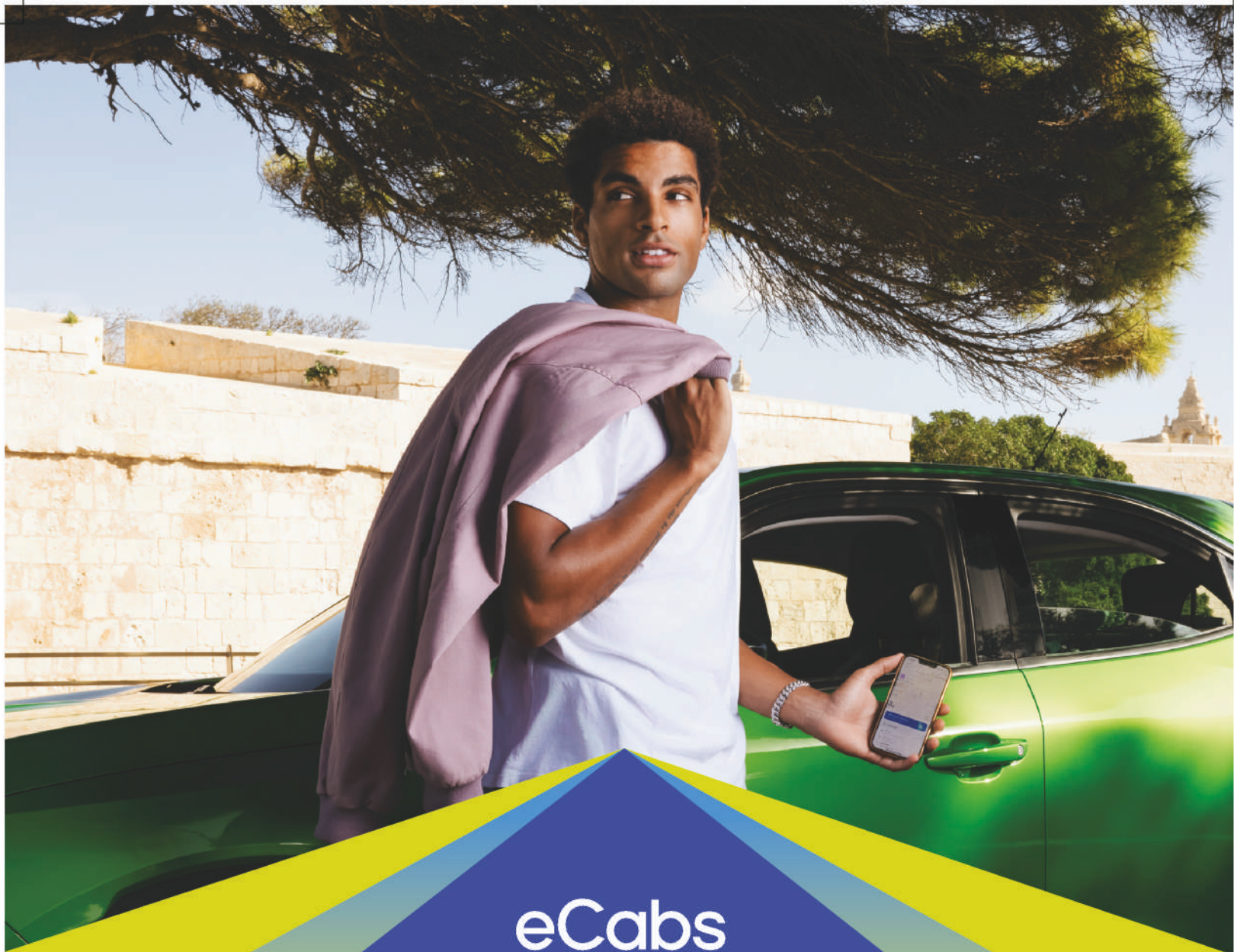
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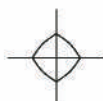
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Editorial

Neville Mercieca

Studies have consistently shown that a supportive and comfortable workspace has a direct impact on employee well-being. This includes physical health, mental health, and overall job satisfaction. Consider the reduced stress and improved mood that comes from a clutter-free and well-lit workspace.

The workplace environment is more than just a backdrop for our daily tasks. It's a dynamic force that influences our lives and our work. A conducive working environment is an investment that yields returns in the form of happier, more engaged, and more productive employees.

The Union is aware that, although several major investments have been done and are still being done, some estates still require attention. As we are passed the times where an AC unit is fit in areas used by 'customers' rather than by Police Officers, we will continue to work to have all workplaces, modernized and adequate to our needs.



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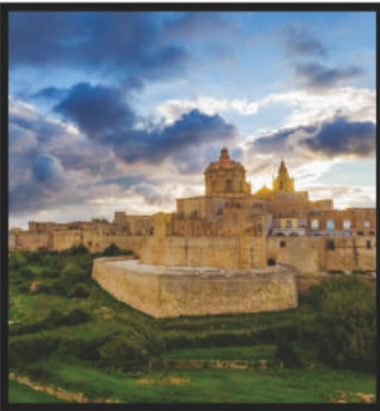




Welcome



The Executive Board together with all the members of the Union, Welcomes you to Malta.



Members of the Board will be available throughout the meeting at the hotel lobby to assist you in any queries you might have.

Sliema is located on the east coast of the Island..The waterfront features a long promenade and the 18th century polygonal Fort Tigné in the south. To the north, St. Julian's Tower is a 17th century watch tower and battery. It is ideal for a walk all day long.



Brochures on Malta in several languages can be found by scanning this QR Code.



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Preparing physically for one of the hardest jobs in the world!

Darren Bezzina

www.dbfitnesschallenge.com

Police officers confront difficult and unpredictable situations on a daily basis while carrying out the vital duty of preserving law and order. They need an efficient and thorough training programme to make sure they are ready for what their job entails. This blog will explore the significance of comprehensive physical training for law enforcement, highlighting the need to improve their performance through the integration of different aspects of fitness.

Fit for the Job: Being a police officer requires a wide range of physical characteristics, including speed, agility, aerobic endurance, and flexibility. Officers can carry out their jobs more effectively with the help of functional fitness training, which emphasises motions that are similar to those officers' encounter in the field. Functional fitness is essential for physical performance, and exercises like bodyweight squats, agility drills, and kettlebell swings can assist.

Cardiovascular Endurance: Being able to maintain physical exertion for a long time is a vital skill for police officers. Officers can improve their stamina through cardiovascular exercise, which includes jogging, cycling, and HIIT workouts. Their capacity to pursue criminals and remain calm under pressure are both bolstered by better cardiovascular health.

Tactical Strength and Conditioning: When dealing with a resisting suspect or operating heavy machinery, police officers frequently face situations that require them to use force in specific ways. To ensure that police officers are physically ready for the specific demands of their job, tactical strength and conditioning programmes modify workouts to replicate these situations. Some examples of such exercises may include different self-defence drills such as those used in martial arts.

Mental Preparation: Preparation of the mind and body go hand in hand in mental resilience training. Maintaining composure and concentration is essential for officers in high-stress situations. When it comes to developing mental resilience, it can be helpful to incorporate mindfulness practices, and scenario-based simulations. An officer's ability to make quick decisions under duress depends on his or her mental fortitude.

Building Strong Teams: Being a police officer often requires you to work with others, so practicing your ability to communicate and coordinate is essential. Physical and mental team building activities help officers bond with one another. Some examples of such trust-building and collaboration exercises are obstacle courses, group workouts, and problem-solving scenarios.

To keep police officers physically fit throughout their careers, a thorough training programme should focus on injury prevention. Injuries can be lessened by incorporating mobility exercises, warm-ups correctly, and recovery protocols. It is essential to educate officers on correct body mechanics in order to ensure their physical well-being in the long run.

The varied mental and physical demands of the police profession necessitate an all-encompassing strategy for improving police training. The mental and physical toughness required of police officers can be better met through a comprehensive training programme that addresses functional fitness, cardiovascular endurance, tactical strength, resilience, teamwork, and injury prevention. Tailoring programmes to meet the specific needs of police officers is essential for physical trainers working with law enforcement. This will foster their overall well-being and effectiveness on the job.



The Rare Disease Network: Bridging Gaps in Healthcare

Dr. Keith Sacco

Hello, I'm Dr. Keith Sacco, an immunologist who specializes in treating conditions related to the immune system. My focus includes addressing recurrent infections (known as immunodeficiency), autoimmune disorders (when the body's immune system attacks itself), and allergies (exaggerated immune responses to external substances). Today, I'd like to introduce you to the Rare Disease Network, a vital initiative aimed at addressing complex health issues that affect a small number of individuals.

In the world of medicine, there are conditions that are considered rare because they affect only a small percentage of the population. These conditions can be extremely challenging for patients, families, and healthcare providers like me. This is where the Rare Disease Network steps in to provide crucial support and resources.

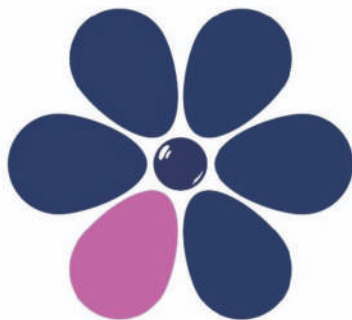
Think of the Rare Disease Network as a collaborative task force, consisting of doctors, researchers, and scientists who pool their expertise to assist people with rare diseases. Just as superheroes combine their strengths to overcome challenges, this network brings together the best minds in healthcare to improve the lives of those facing rare diseases.

The Rare Disease Network serves as a puzzle-solving team. They work tirelessly to uncover the missing pieces of information that can lead to a better understanding of these rare conditions. By sharing knowledge and findings, they empower doctors like me to make more informed decisions about diagnosis and treatment. One of the most valuable aspects of the Rare Disease Network is its ability to connect people. Living with a rare disease can be incredibly isolating because few can relate to the challenges it presents. However, through this network, individuals with rare diseases can find a supportive community where they are understood and supported.

Rare Disease Day, celebrated annually, highlights the remarkable work done by the Rare Disease Network. It raises awareness about rare diseases and underscores the importance of addressing these unique health challenges. This day serves as a reminder that while these conditions may be uncommon, the individuals who live with them deserve access to quality care and support.

To sum it up, the Rare Disease Network operates as a collective force of experts dedicated to helping those with rare diseases. They unravel mysteries, foster connections, and ensure that everyone affected by these conditions receives the care and attention they deserve. It's a testament to our commitment to inclusivity and compassion in healthcare.

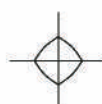
As we observe Rare Disease Day, let's remember that while rare diseases themselves may be infrequent, our empathy and support for those affected should be anything but rare. Together, we can make a significant difference in the lives of these individuals and their families.



National Alliance
for Rare Diseases Support
MALTA

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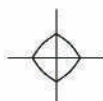
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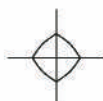


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Alcoholics Anonymous [AA]

Who we are?

We in A.A. are men and women who have discovered, and admitted, that we cannot control alcohol. We have learned that we must live without it if we are to avoid disaster for ourselves and those close to us. With local groups in thousands of communities, we are part of an informal international fellowship, which now has members in more than 180 countries. We have but one primary purpose: to stay sober ourselves and to help others who may turn to us for help in achieving sobriety.

We are not reformers, and we are not allied with any group, cause, or religious denomination. We have no wish to dry up the world. We do not recruit new members, but we do welcome them. We do not impose our experience with problem drinking on others, but we do share it when we are asked to do so. Within our membership may be found men and women of all ages and many different social, economic, and cultural backgrounds. Some of us drank for many years before coming to the realization we could not handle alcohol. Others were fortunate enough to appreciate, early in life or in their drinking careers, that alcohol had become unmanageable.

Alcoholism — an illness?

Today we are willing to accept the idea that, as far as we are concerned, alcoholism is an illness, a progressive illness which can never be “cured,” but which, like some other illnesses, can be arrested. We agree that there is nothing shameful about having an illness, provided we face the problem honestly and try to do something about it. We are perfectly willing to admit that we are allergic to alcohol and that it is simply common sense to stay away from the source of our allergy. We understand now that once a person has crossed the invisible borderline from heavy drinking to compulsive alcoholic drinking, that person will always remain an alcoholic. So far as we know, there can never be any turning back to “normal” social drinking. “Once an alcoholic, always an alcoholic” is a simple fact we must live with.

We have also learned that there are few alternatives for alcoholics. If they continue to drink, their problem will become progressively worse; they seem assuredly on the path to skid row, to hospitals, to jails or other institutions, or to early graves. The only alternative is to stop drinking completely, to abstain from even the smallest quantity of alcohol in any form. If they are willing to follow this course, and to take advantage of the help available to them, a whole new life can open up for alcoholics.

There were times in our drinking careers when we were convinced that all we had to do to control our drinking was to quit after the second drink, the fifth, or some other number. Only gradually did we come to appreciate that it was not the fifth or the tenth or the twentieth drink that got us drunk; it was the first! The first drink was the one that did the damage. The first drink was the one that started us on our merry-go-rounds. The first drink was the one that set up a chain reaction of alcoholic thinking that led to our uncontrolled drinking.

A.A. has a way of expressing this: *“For an alcoholic, one drink is too many and a thousand are not enough.”* Another thing that many of us learned during our drinking days was that enforced sobriety was generally not a very pleasant experience. Some of us were able to stay sober, occasionally, for periods of days, weeks, and even years. But we did not enjoy our sobriety. We felt like martyrs. We became irritable, difficult to live and work with. We persisted in looking forward to the time when we might be able to drink again. Now that we are in A.A., we have a new outlook on sobriety.

We enjoy a sense of release, a feeling of freedom from even the desire to drink. Since we cannot expect to drink normally at any time in the future, we concentrate on living a full life without alcohol today. There is

continued on page 12



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not a thing we can do about yesterday. And tomorrow never comes. Today is the only day we must worry about. And we know from experience that even the “worst” drunks can go twenty-four hours 10 without a drink. They may need to postpone that next drink to the next hour, even the next minute — but they learn that it can be put off for a period. When we first heard about A.A., it seemed miraculous that anyone who had really been an uncontrolled drinker could ever achieve and maintain the kind of sobriety that older A.A. members talked about.

Some of us were inclined to think that ours was a special kind of drinking, that our experiences had been “different,” that A.A. might work for others, but that it could do nothing for us. Others among us, who had not yet been hurt seriously by their drinking, reasoned that A.A. might be fine for the skid row drunks, but that they could probably handle the problem by themselves. Our experience in A.A. has taught us two important things. First, all alcoholics face the same basic problems, whether they are panhandling for the price of a short beer or holding down an executive position in a big corporation. Second, we now appreciate that the A.A. recovery program works for almost any alcoholic who honestly wants it to work, no matter what the individual’s background or drinking pattern may have been.

Staying sober. How, then, do we manage to stay sober in such an informal, loosely knit fellowship?

The answer is that, once having achieved sobriety, we try to preserve it by observing and following the successful experience of those who have preceded us in A.A. Their experience provides certain “tools” and guides which we are free to accept or reject, as we may choose. Because our sobriety is the most important thing in our lives today, we think it wise to follow the patterns suggested by those who have already demonstrated that the A.A. recovery program really works.

Further Information.

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 Website: www.aamalta.org
 Telephone: 21239264, 99892888, 27335786, 99811050
 WhatsApp: 99811050

[Document POL-DRG sets out policy & procedure in respect of testing for abuse of drugs & alcohol misuse]



Join our
UNION STEWARDS TEAM

The role of the Union Steward is to be a link and conduit of information between the Union members and the Union Executive Board and ion Steward is eligible to 5 days paid leave per year to attend meetings organized by the Union.

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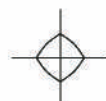

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The importance of Psychotherapy

Sharon Zammit

Welcome to this little space I would love to share with you. I will be discussing topics that I believe are useful in your line of work. As some of you know, I too, was a police officer for over 25 years. Then I went on to become a Psychotherapist. It took me a while to adjust from being someone who must make quick decisions about people, to someone who accepts people as they come, without judgement. I had to sit through many therapy sessions, supervision hours and years of training to get to where I am today.

This brings me to the topic I would like to address in this article – going to Therapy. Whilst the world is moving towards promoting therapy as part of one’s lifestyle, there is still resistance to look at this practice as a vitamin, rather than as a pill. What do I mean by this? Pills are meant to cure a disease. Vitamins, supplement our body with that extra layer of wellbeing to feel healthier in general. Many book their first session to therapy as an emergency measure.

People become clients when anxiety gets to unmanageable levels, when the marriage or relationship feel beyond repair or when depression has rendered them dysfunctional and not able to go through their day normally or when stress leads to mistakes being made at home or in the place of work. Of course, people in this predicament are encouraged to reach out for help – and there is a lot of help available. But it is recommended that one starts speaking to someone when they still feel they have some control over their body and mind so that they would feel more of an active participant in the process of their own healing.

What should one expect from therapy? In therapy, the practitioner offers a safe space for one to talk, vent, explore, be vulnerable, breakdown and eventually to feel better. A therapeutic relationship is built over time, just like any other relationship. There must be chemistry and mutual respect. However, in a therapeutic relationship, the therapist is also bound by ethics and a confidentiality agreement between client and therapist. This agreement can only be bypassed if the client starts showing signs of harm to self or others. In that case, it is the therapist’s duty to involve family members or professionals who can assist in stopping the assumed harm or danger from happening. Some of you might have already been a part of such a situation as police officers when you get called by the area health center to assist doctors in restraining or hospitalizing a patient. That, of course, is the extreme scenario.

On a less dramatic level, we sometimes contact a psychiatrist because the client would require some medication to be stable enough to sit for therapy. An example of this would be when one is so depressed that they come to therapy with a plan to end their life. In that case, the therapist needs to get more professional help to contain and stabilize the person in front of them. As human beings, our brains are hard wired to survive, so when one is talking about suicide, it is a clear indicator that something is not working the way it should. But that is a topic for another day.

In therapy, we talk about whatever is weighing heavy on one’s mind. We look at the coping mechanisms and explore healthier ways of getting through life. We also look at patterns in one’s upbringing, and what needs to change to heal from past trauma. We will look at the meaning of Trauma and its deep-rooted effects in another article. In therapy we can get creative and use images, metaphors, dreams, art, and movement as tools to help us get to the core of one’s issue and start the healing process. We can also just talk, and still get there :-)

In conclusion, if you feel the need to reach out, for yourselves or for your loved ones, please do. Click on the QR code below, and I would be happy to guide you. Also, let me know if there were topics you would like to read about in this space, and I would be happy to look into it.



Il-Ġimgħa Mqaddsa; tradizzjonijiet, drawwiet u twemmin

Samuel Veneziani

Il-Ġimgħa Mqaddsa hu żmien liturgiku ta' importanza għall-Knisja Kattolika Rumana li fiha l-insara jiftakru fit-tbatija u l-mewt ta' Sidna Ġesu` Kristu. Marbuta ma' dan iż-żmien qaddis, f'Malta għandna diversi tradizzjonijiet li għadhom b'saħħithom sal-lum il-ġurnata minkejja li t-twemmin qed jonqos. Fost dawn insibu l-purċissjonijiet tal-Ġimgħa l-Kbira u l-funzjonijiet li n-nies għadha tattendi għalihom bi ħgaraha.

Il-funzjonijiet jibdeu ġimgħa qabel il-Ġimgħa l-Kbira. Dakinhar isir dawk li Oliver Friggieri jirreferi għalih bħala l-akbar *Mass meeting*, fejn in-nies jinsew dak li jagħmilhom differenti u kemm bit-twemmin u kemm bi tradizzjoni jingħaqdu f'pellegrinagg wieħed wara x-xbiha devota tad-Duluri. Kienu propju l-patrijiet Frangiskani Minuri flimkien mal-Konfraternita ta' San Ġużep li waqqfu l-ewwel purċissjoni tad-Duluri fil-knisja magħrufa bħala Ta' Ġiezu. Din x'aktarx kienet tnisslet minn purċissjoni li kienet issir fi żmien il-Kavallieri. Jingħad li l-Ordni ta' San Ġwann kellu relikwi tal-Passjoni; waħda kienet biċċa mis-salib u l-oħra xewka mill-kuruna tax-xewk ta' Ġesu'. Dawn ir-relikwi fi żmien tal-Ġimgħa Mqaddsa, kienu jesponuhom għall-qima tal-pubbliku. Maż-żminijiet il-konfraternitajiet f'diversi parroċċi kemm tal-kurċifiss kif ukoll tad-Duluri bdew jieħdu sehem f'dawn il-liturgiji u ħolqu diversi pelegrinaggi. Marbuta mal-festa tad-Duluri kien hemm drawwa magħrufa bħala 'Is-sawma tas-Seba' Bukkuni'. Din kienet billi n-nies fqar li ma kellhomx ħafna x'jieklu kienu jmorru jitalbu xi biċċa ħobż filwaqt li jgħidu : *F'ġieħ id-Duluri, Loqma ħobż jaħasra aġħtuni, f'din is-sawma ħobż u ilma, għandi bżonn Seba' Bukkuni.*

Il-Ħadd ta' wara niċċelebraw Ħadd il-Palm. Dakinhar il-Knisja tiċċelebra d-dħul ta' Ġesu' ġewwa Ġerusalem. F'dan il-jum f'bosta lokalitajiet ssir purċissjoni żgħira. Issir ukoll rappreżentazzjoni fejn nies bil-palm f'idejhom idur flimkien ma' personaġġ li jirrapreżenta lil Ġesu' fuq ħmara jduru diversi toroq u tispicċa fuq iz-zuntier. Wara, fil-knisja ssir funzjoni fejn iċ-ċelebrant ibierek il-friegħi taż-żebbuġ u jitqassam lil kull persuna preżenti. F'din il-funzjoni wkoll jinqara l-Passju li hu r-rakkont iddettaljat tal-aħħar sigħat ta' Ġesu'.

Funzjoni li maż-żmien intesiet imma li dan l-aħħar mis-sena 2015 reġgħet tqajmet fiż-Żejtun hi dik li ssir fir-raba' jum tal-ġimgħa mqaddsa. Din hi l-funzjoni tal-Erbgħa tat-Tniebri. Fl-imgħoddi f'din il-ġurnata kienu jiġu mgħottija t-twieqi kollha tal-knisja bil-purtieri u drapp tal-għažel biex jinħoloq id-dlam. Biex żgur ikun hemm dlam ċappa kieu anka jintfew il-globi tal-vari u kull sors ieħor ta' dawl. F'nofs l-altar jintrama kandilabru triijangulari. Dan jisejjah Barsabass jew Barabba. Għandu ħmistax-il xemgħa. Wara l-qari ta' kull Salm ma tingħadx il-Glorja imma minflok, persuna titla' titfi xemgħa waħda kull darba. Wara l-antifona tal-Benedictus tibqa' xemgħa waħda biss tixgħel. Kif taqa' dalma sħiħa, il-qassisin u n-nies preżenti iħabbtu mal-injam tal-kor jew bis-siġġu mal-art għal ftit sekondi biex ifakkru t-terremot li sar meta miet Kristu.

Il-ħames jum tal-ġimgħa mqaddsa hu magħruf aħjar bħala Ħamis ix-Xirka. F'dan il-jum ukoll issir ċerimonja solenni fejn jiġi mfakkar it-twaqqif tal-Ewkaristija. Fil-knejjes kollha f'din iċ-ċerimonja jsir il-ħasil tar-riglejn ta' tna-x il appostlu. Filgħodu jkun hemm quddiesa waħda li ssir fil-Kon-katidral ta' San Ġwann u li fiha jsir it-tberik taż-żjut li jintużaw miċ-ċelebranti f'diversi sacramenti bħall-Griżma tal-morda u l-Griżma tal-Isqof. Nhar Ħamis ix-Xirka filgħaxija jintrabtu l-qniepen u tibda tinstema' ċ-ċuqlajta wara li ssir t-tranzulazzjoni tas-Sagrament. Issir purċissjoni qasira, is-Sagrament jitiqegħed fis-Sepulkru u jibdeu is-Seba' Visti. Ħafna nies imorru minn knisja għall-oħra biex jagħmlu dawn il-visti waqt li oħrajn jagħmlu s-seba visti ġewwa knisja waħda, f'diversi rħula l-iktar dawk bit-tradizzjoni tal-Ġimgħa l-Kbira, in-nies apparti l-visti tkun tista' żzur diversi wirjiet li huma relatati ma' din il ġrajja qaddisa fosthom wirjiet ta' vari, tas-smid kif ukoll xi pageants.

Il-qofol jintlaħaq nhar il-Ġimgħa l-Kbira, il-jum li fih Sidna Ġesu miet għas-salvazzjoni tagħna. Din il-ġurnata ma ssirx quddies ħlief velja ta' talb quddiem is-Sepulkru sal-ħin tat-tlieta ta' waranofsinhar. Matul il-ġurnata l-knejjes ikunu miftuħa sabiex in-nies tkun tista' tidħol tara dawn it-tempji sagri armati bid-damask iswed għall-okkażjoni u l-vari, fejn tinħoloq atmosfera ta' dieqa fil-qlub tal-insara. Ta' min isemmi li diversi rħula bħaż- Żejtun, Ħal Luqa u Ħal Qormi jkunu fl-aqwa tagħhom f'dawn il-ġranet qaddisa u japprezzaw il-vari mill-





isbaħ. Dan iwassal għall-ħin tat-tlieta ta' waranofsinhar xħin issir l-Adorazzjoni tas-Salib. Il-ħin tant mistenni mid-dilettanti hu dawk tal-ħamsa xħin jibdeu ħerġin il-purcissjonijiet bil-vari, banded u personagġi bibbliċi.

Il-purcissjoni tal-Ġimgħa l-Kbira daħlet ġewwa Malta mill-patrijiet Frangiskani Minuri kemm tal-Belt Valletta kif ukoll tar-Rabat Malta.

Aktarx li din l-użanza daħlet minn Sqalija. Jingħad li l-ewwel vara aktarx kienet propju l-Urna magħrufa aktar bħala Il-Monument. Saret ġewwa r-Rabat Malta u kienet ingiebet minn Sqalija erba' mitt sena ilu. Wara din il-vara kienet ingiebet statwa oħra maħduma fl-injam, din id-darba tal-flagelazzjoni magħrufa bħala Il-Marbut. Wara żdiedu vari oħra bħall-Ort, l-Ecce Homo, il-Veronica, ir-Redentur, il-Vara l-Kbira, u d-Duluri. Minn dawn iż-żewġ l-lokalitajiet ma damux ma tħajru ibliet oħra bħall- Kottonera, Ħal Qormi Ħaż Żebbuġ, in-Naxxar, il-Mosta, Ħal Luqa u ż-Żejtun.

Tajjeb li hekk kif aħna writna dawn it-tradizzjonijiet marbuta ma' dawn il-ġranet qaddisa, nibzġhu għalihom biex hekk aħna wkoll ngħożżuhom u ngħadduhom lil dawk ta' warajna.

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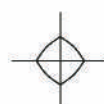
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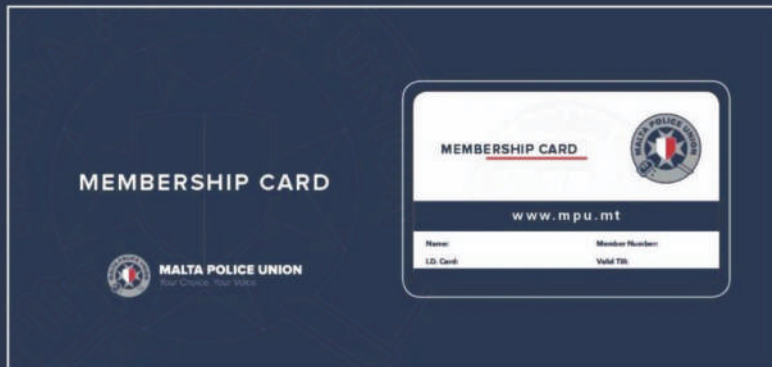
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The Art of Blade Care: A Guide to Kitchen Knife Maintenance

James Saliba Lorenzen

In the culinary world, a chef's most prized possession is undoubtedly their set of knives. From slicing and dicing to chopping and julienning, a well-maintained kitchen knife is the unsung hero behind every delicious meal. However, neglecting the care of these essential tools can lead to dull blades, increased risk of accidents, and a compromised cooking experience. In this guide, we explore the art of kitchen knife maintenance, ensuring your blades stay sharp and ready for any culinary challenge.

1. Regular Honing and Sharpening: The first rule of knife maintenance is regular honing and sharpening. Honing, using a honing rod or honing steel, straightens the edge of the blade between sharpening sessions. It doesn't actually remove material but ensures the blade remains straight for optimal cutting performance. Sharpening, on the other hand, involves removing a small amount of metal to create a new, sharp edge. A whetstone or a knife sharpener is commonly used for this purpose.

2. Hand Washing and Drying: Dishwashers may be convenient, but they are the arch-nemesis of your kitchen knives. Hand wash your knives with mild soap and warm water, avoiding abrasive scrubbers or harsh detergents that can damage the blade and handle. Always dry your knives immediately after washing to prevent corrosion. A dish rack or a magnetic strip can keep your knives elevated and allow proper air circulation for drying.

3. Storage Matters: How you store your knives plays a crucial role in maintaining their sharpness. A knife block, magnetic strip, or an in-drawer organizer are popular choices. When storing knives in a drawer, use blade guards or edge protectors to prevent blades from rubbing against each other and becoming dull. Avoid throwing knives into a utensil drawer where they can clang against other utensils and cause damage.

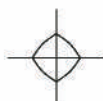
4. Respect the Cutting Surface: Choosing the right cutting surface is essential for both knife longevity and edge retention. Opt for wood or bamboo cutting boards as they are gentler on knife edges compared to hard materials like glass or granite. Regularly oiling wooden boards with mineral oil helps prevent them from becoming dry and prone to cracking.

5. Honourable Mention: Professional Sharpening: While regular honing and sharpening can be done at home, professional sharpening services are also available. A professional touch can revive even the dullest of blades, ensuring a razor-sharp edge and prolonged knife life.

By adopting these practices, you're not just maintaining your kitchen knives; you're preserving the artistry and precision that goes into every culinary creation. Invest time in caring for your knives, and they will reward you with a lifetime of exceptional performance in the heart of your kitchen.

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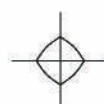
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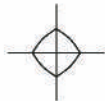


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Understanding anger:

How psychologists help with anger problems

Everyone gets mad at times. The target of your ire might be a stranger, a loved one or even yourself. Or you might find yourself furious over external events, such as a delayed flight or a political incident. While anger is a normal human emotion, misplaced or uncontrolled anger can quickly become problematic.

You can learn strategies to help control your anger. Sometimes, though, people need extra help to keep their rage at bay.

Psychologists can help people recognize and avoid the triggers that make them angry. They can also provide ways to help them manage the inevitable anger that sometimes flares without warning.

Uncontrolled anger

Uncontrolled anger looks different from person to person. Some people are quietly seething at the world most of the time. Some can't help but dwell on events that made them mad. Others have quick tempers and may even exhibit aggressive or violent behaviour.

Uncontrolled anger can be hard to define. Unlike depression (which can be thought of as a dysfunctional form of sadness) or anxiety (a dysfunctional form of worry), uncontrolled anger doesn't have a name or an official diagnosis.

Nevertheless, anger can be dysfunctional, and people who experience it often don't realize how big a problem it is. That's because in the short term, anger can be effective. Blowing up at your kids might seem like a good strategy if it results in them doing their chores. Losing your temper at work might feel productive if it gets your coworkers to do things your way.

Unfortunately, people often fail to see the long-term consequences of uncontrolled anger. Those can include health effects such as high blood pressure and increased risk of heart disease, as well as social disharmony among family members, friends, and coworkers.

You might need some help learning to control your anger if you recognize any of these signs:

- Your friends or family members have said they think you have an anger problem or have distanced themselves from you because of your behaviour.
- You have discord with coworkers.
- There are business establishments where you're no longer welcome.
- You feel angry a lot of the time.
- You're nursing a grudge or thinking about getting revenge.
- You have been or think about being aggressive or violent when angry.





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Words are hidden across, up, down, diagonally. There are backward words. Ignore spaces.





Spicy Thai Chicken Curry

Ingredients

- 1 tbsp. coconut oil
- 1 lb. chicken breast, cut into pieces
- 2 tbsp. Thai red curry paste
- 13 oz. (400ml) can coconut milk
- 3 tbsp. fish sauce
- 1.5 tbsp. coconut sugar
- 1 yellow bell pepper, sliced
- 1 red ball pepper, sliced
- 7 oz. (200g) green beans, cut in half
- 2 tbsp. lime juice
- salt and pepper

Prep Time

- makes: 4
- Prep: 15 mins
- Cook: 20 mins

Nutrition per Serving

- 411 kcal
- 24 Fats
- 19g Carbs
- 29g Protein

Procedure

Heat the coconut oil in a large deep saucepan over medium-high heat and cook the chicken for 2-3 minutes until browned.

Add in the curry paste and mix well until the chicken is coated in the paste.

Add in the coconut milk, fish sauce and sugar, mix well.

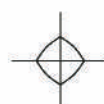
Add the vegetables to the pan and bring to the boil. Now, reduce the heat to low and simmer gently for 15 minutes, until the vegetables are tender.

Once ready, taste for seasoning and add a little more salt, pepper or fish sauce if required.

Add in the lime juice and serve with cooked rice.



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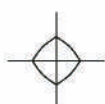


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