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Members of the **U3E**

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Keep Calm *and enjoy* Summer



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GHEZIEŻ MEMBRI

Bħal kull sena ergajna wasalna f'għeluq sena oħra akkademika. Meta tkunu qed taqraw din in-newsletter tkunu qed tgawdu il-vaganzi tas-sajf.

Il-programm ta' din is-sena kien verament mħawwar b'suġġetti ta' interess għal firxa kbira tal-membri tagħna kif tixhed l-attendenza tassew numeruża li dejjem kien hemm.

Dan il-programm kien frott tal-ħidma kbira tal-Professor Joseph Troisi. Kif tafu dan il-programm hekk vast kien imferrex fuq erba' centri li għandha l-Universita' tat-Tielet Eta. Hawnhekk nixtieq insellem lil Professor Joseph Troisi li issa rtira mil post ta' direttur tal-Universita' tat-Tielet Eta' għal hidma tiegħu tul is-snin li dam f'dan ir-rwol.

Postu hadu Dr Marvin Formosa li miegħu ga ltaqjt bosta drabi fejn flimkien mas-Sur Joseph Said, il-koordinatur tal Universita, kif ukoll mal-kumplement ta' kumitat imwaqqaf minn Dr Formosa, fassalna il-programm għas-sena li ġejja.

Ninsab ċert li s-sena akkademika li ġejja ser tkun suċċess iehor. Naturalment, l-għazla tas-suġġetti li wieħed jagħzel li jattendi hija suġġettiva u tvarja minn persuna għall-oħra.

Il-kumitat attwali mmexxi minni hadem mill-aħjar li setgħa biex ikun ta' servizz għall-membri tal-U3e. Fejn jidhlu l-ħarġiet kellna mawriet għal postijiet ta' interess li nizlu tajjeb mal-membri. Kien hemm forsi min baqa' ddizappuntat li ma setax jattendi minnħabba n-numru limitat li stajna naċċettaw għal ħarġiet f'postijiet bi gwida. Għalhekk kellna nippjanaw mawra oħra fl-istess post biex naqdu kemm stajna numru ikbar ta' membri. Dan ġara wkoll fil-mawra ta jum fi Sqallija tas-sena l-oħra kif ukoll għall-ġita ta' ħamest ijiem, ukoll fi Sqallija, li saret dan ix-xahar. F'din ta' l-aħħar konna limitati għan-numru li jista jesa' kowċ.

Nixtieq naġhlaq billi nawguralkhom vaganzi ta' mistrieħ u tgawdija u nispera, jekk Alla jrid, li terġgħu tkunu magħna għas-sena akkademika li jmiss.

Summer Safety tips for the Elderly

Prepare yourself for the sweltering summer months

Summertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips that the elderly can use to make sure they have a fun, safe summer.

Stay Hydrated

Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They also can become less aware of their thirst and have difficulty adjusting to temperature changes. Remember to drink water often.

Talk to Your Doctor

Check with your doctor to make sure any medications you are on won't be affected by higher temperatures -- especially if you don't have air conditioning in your home. Some medications are less effective if stored at temperatures higher than room temperature (approximately 78 degrees Fahrenheit), and the last thing anyone wants is for a preventable medical condition to become aggravated due to high temperatures.

Keep Your Cool

Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions. "Seniors are much more vulnerable to the harmful effects of heat, as their bodies do not adjust as well to sudden changes in temperature," shares [Dr. Lubna Javed](#) of HealthCare Partners Medical

Group. «Some chronic medical conditions and prescription medications can impair the body's ability to react efficiently to rising temperature.»

Stay in Touch

High temperatures can be life-threatening, so communication plays an important role in ensuring the safety of the elderly. One should let friends and family know if you'll be spending an extended period of time outdoors, even if you're only gardening.

Meet Your Neighbors

Get in touch with those who live in your neighbourhood and learn a bit about them and their schedules. If you are elderly and living alone, see if a younger neighbour -- perhaps even one of their kids -- can come by and check on you occasionally to make sure everything is all right. The extra company and friendship that can result is a bonus!

Know Who to Call

Prepare a list of emergency phone numbers and place them in an easy to access area. This way, the right people can be called to help quickly preventing any further issues or preventing medical problems from getting worse.

Wear the Right Stuff

Everyone, including seniors, should dress for the weather. When it's warm out, some people find natural fabrics (such as cotton) to be cooler than synthetic fibres. Stock your summer wardrobe with light-colored and loose-fitting clothes to help feel cooler and more comfortable.



Protect Your Eyes

Vision loss can be common among the elderly, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.

Know the Risks of Hyperthermia

During the summer, be particularly cautious about abnormally high body temperatures -- a condition known as hyperthermia. Heat stroke is an advanced form of hyperthermia that can be life-threatening. Make sure to know the warning signs and get medical attention immediately if you or anyone you know is experiencing these symptoms: Body temperature greater than 104 degrees
A change in behaviour, such as acting confused, agitated or grouchy

- Dry, flushed skin
- Nausea and vomiting
- Headache
- Heavy breathing or a rapid pulse
- Not sweating, even if it's hot out
- Fainting

Elderly individuals have a harder time knowing when they are dehydrated and their bodies have

more difficulty regulating their temperatures. As a result, they are more prone to heat stroke. If you (or an elderly loved one) start to feel any of these symptoms, ask for medical help and then get out of the heat, lie down and place ice packs on your body.

Rub on Sunscreen and Wear Hats

Everyone, young and old, should wear sunscreen when outdoors. The elderly especially need the extra sun protection to help keep them healthy. Hats are also a great idea, especially for those with light coloured hair and those with only distant memories of a full head of hair.

Exercise Smart

If you enjoy outdoor activities such as walking or gardening, make sure to wear the proper clothing and protective gear. It is also important to keep track of time. Do not stay out for long periods and make sure to drink even more water than usual when exercising. Also consider getting outdoor exercise earlier in the morning or later in the evening when the sun is not at its peak.

Maria Diacono.

Courtesy of Ms. Gillian Kruse, freelance writer.

U3E members on the Northern Sicily Tour held between the 19th and the 23rd of June

A group of 51 members, including spouses and/or friends enjoyed a wonderful 5-day tour to Northern Sicily. The programme, organised by ROCS Travel took us to three wonderful cities, namely Palermo, Monreale and Cefalu. The group was based in Palermo, the capital city of Sicily, and accommodation was in a four star hotel in a very central location, just a few minutes walk from Piazza Giuseppe Verdi and the famous Teatro Massimo.

The agency representative, Mr Charles Borg, led us on walking tours upon reaching each of these three cities. On the coach journeys to these places Mr Borg gave a brief but informative talk on the places we were going to visit.

I am sure our members will remember with awe the magnificence of the Cathedral of Palermo with its mosaics which cover the whole inside of the cathedral.

On a smaller scale but no less opulent was the Capella Palatina in the Palazzo Reale, or as mostly known, the Palazzo dei Normanni. The city of Palermo offers much more than just its churches. It is a city which has its origin over

2000 years ago but owes its magnificence to King Roger II who made the city his royal residence.

Besides our visit to Monreale, another town with a magnificent Norman Duomo and its imposing "Cristo Pantocratore", we also visited Cefalu a historic town at the foot of a high rocky headland and with its Renaissance cathedral also built by Roger II

In between these two day tours we had a break from cities and were taken to the National Park of the Madonie mountains with stops at Gibilmanna famous for its Sanctuary and baroque chapel of the Virgin Mary which stands alone on one of the hills. The drive there and back was along hairpin bends which our driver, Roberto, tackled perfectly to the satisfaction of the group. On our way to the airport, and out of the programme, the tour leader took us to visit the Sanctuary of Santa Rosalia, the patron saint of Palermo. The sanctuary is built around a cave and is the mecca of many pilgrimages by the "palermitanos".

All in all it was a wonderful trip with fine weather and acceptable heat.



THE ROMANS IN MALTA

Around the year 218 BC there was the arrival of the Romans, also known as the Roman Republic period. It was a civilization highly developed for its time, and greatly expanded its military prowess.



Roman Mosaic from Rabat

The islands prospered under Roman rule, and many Roman antiquities still exist, testifying to the close link between the Maltese inhabitants and the people of Rome

Eventually the Roman Empire split into Eastern and Western divisions and Malta fell under the control of the Greek speaking Byzantine Empire, which ruled from Constantinople.



The imperial city of Rome was the largest urban centre of its time. It expanded to become one of the largest empires in the ancient world. The Romans are still remembered today, including names such as Julius Caesar and Augustus.

Ancient Roman society contributed greatly to: government, law, politics, and other professions found in an advanced society.

ART, MUSIC AND LITERATURE

Roman painting styles adorn the walls and ceilings of country villas, though Roman literature includes mentions of paintings on wood, ivory, and other materials. Advancements were also made in relief sculptures, usually depicting Roman victories.

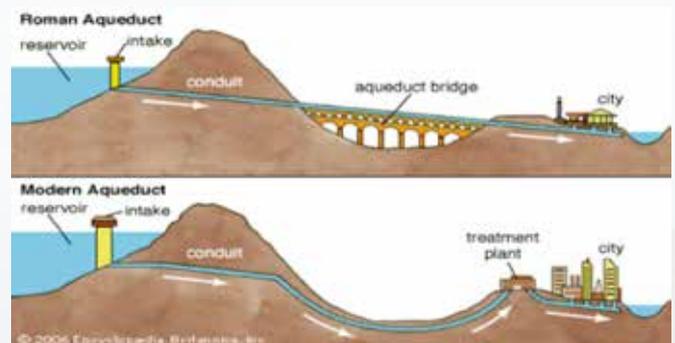
TECHNOLOGY AND ENGINEERING

Ancient Rome boasted impressive technological feats, using many advancements that were lost in the Middle Ages and not rivaled again until the 19th and 20th centuries.

The Romans were renowned for their architecture, which is grouped with Greek traditions into “Classical architecture”.

AQUEDUCTS.

The Romans constructed numerous aqueducts to supply water to cities and industrial sites and to aid in their agriculture. Most aqueducts were constructed below the surface, with only small portions above ground supported by arches.



The Romans also made major advancements in sanitation. Romans were particularly famous for their public baths, called *thermae*, which were used for both hygienic and social purposes.



Cloaca Maxima Roman Sewer

Many Roman houses came to have flush toilets and indoor plumbing, and a complex sewer system, was used to drain the local marshes and carry waste into the Tiber river

CLASS STRUCTURE

The class structure in Roman society is largely viewed as hierarchical. Marriage was often regarded more as a financial and political alliance than as a romantic association, especially in the upper classes



Households included the head (usually the father) of the household, his wife, children, and other relatives. In the upper classes, slaves and servants were also part of the household. The head of the household had great power over those living with him: He could force marriage (usually for money) and divorce

RELIGION

Romans believed that every person, place or thing had its own genius, or divine soul.

Beginning with Emperor Nero in the 1st century AD, Roman official policy towards Christianity was negative, and at some points, simply being a Christian could be punishable by death. Under Emperor Diocletian, the persecution of Christians reached its peak. However, it became an officially supported religion in the Roman state under Diocletian's successor, Constantine I, and quickly became dominant.



Martin Diacono.

Bibliography : Claire Deguara.

COUNTRIES AROUND THE WORLD

Jordan – the destination for spiritual enrichment

Jordan is an ideal destination for those seeking cultural knowledge and spiritual enrichment. Visitors can walk through the valleys, hills and plains that become part of human history by virtue of the simple deeds and profound messages of prophets who walked the land and crossed its rivers during their lives. Read on to discover some of the most renowned religious sites across Jordan.

Bethany Beyond the Jordan

The site of John the Baptist's settlement at **Bethany Beyond the Jordan**, where Jesus was baptized, has long been known from the Bible (John 1:28 and 10:40) and from the Byzantine and medieval texts.

Mount Nebo

Mount Nebo became a place of pilgrimage for early Christians from Jerusalem and a small church was built there in the 4th century to commemorate the end of Moses' life. Some of the stones from that church remain in their original place in the wall around the apse area.

Anjara

It is believed that Jesus Christ, his disciples, and the Virgin Mary, passed through Anjara once and rested in a cave there during a journey between the Sea of Galilee, the Decapolis cities, Bethany Beyond the Jordan and Jerusalem.

Mukawir

The 1st century AD Roman-Jewish historian, Josephus, identifies the awe-inspiring site of Mukawir (Machaerus) as the palace/fort of Herod, who was the Roman-appointed ruler over the region during the life of Jesus Christ.

Madaba

Madaba and its hinterlands were repeatedly mentioned in the Old Testament. Then it was known as Medeba and it featured in narratives related to Moses and the Exodus, David's war against the Moabites, Isaiah's oracle against Moab and King Mesha of Moab's rebellion against Israel.

The Dead Sea and Lot's Cave

The Dead Sea is one of the most dramatic places on earth, with its stunning natural environment equally matched by its powerful spiritual symbolism. The infamous Sodom and Gomorrah and other cities of the Dead Sea plain, or (Cities of the Valley) were the subjects of some of the most dramatic and enduring Old Testament stories, including that of Lot, whose wife was turned into a pillar of salt for disobeying God's will.

Umm Ar-Rasas (UNESCO World Heritage Site)

This rectangular walled city, about 30km southeast of Madaba is mentioned on both, the Old and New Testaments of the Bible. It was fortified by the Romans and local Christians were still embellishing it with Byzantine-style mosaics well over 100 years after the start of the Muslim Umayyad rule.

Petra

Petra seems to be mentioned in the Bible's Old Testament under several possible names, including Sela and Joktheel (2 Kings 14:7). During the Exodus, Moses and the Israelites passed through the Petra area in Edom. Local tradition says that the spring at Wadi Musa (Valley of Moses), just outside Petra, is the place where Moses struck the rock and brought forth water (Numbers 20:10-11).

Bibliography from Dagmar from WAYN.com

