

Attivitajiet għax-xahar ta' Marzu

Il-Ġimgħa 7 ta' Marzu: Project House Floriana 8.30 p.m. Illum għandna serata fejn neħduha naqra bil-kalma, nitkellmu bejnietna u nieħdu xi kafe'.

Il-Ġimgħa 14 ta' Marzu: Project House Floriana 8.30 p.m. Illum se jkollna talk. L-ispeaker jithabbar iktar tard għax għada ma ġietx kkonfermata.

Il-Ġimgħa 21 ta' Marzu: Project House Floriana 8.30 p.m. Illum se nagħmlu l-AGM jiġifieri Annual General Meeting fejn jinqara r-rapport fuq l-attivitajiet tal-grupp, ir-rapport finanzjarju u ssir il-votazzjoni għall-kumitat il-ġdid. Nerga' nappella lil min jixtieq johrog għall-kumitat biex javviċina lili jew lil xi hadd tal-kumitat u jesprimi x-xewqa tiegħu.

Il-Ġimgħa 28 ta' Marzu: 8.30 p.m. Project House Floriana. Illum se nagħmlu l-Birthday Celebrations ta' dawg li għalqu sninhom f'Marzu. Dan se jsir ġewwa Project House. Din probabbli tkun l-aħħar darba li nagħmlu l-Birthday Celebrations ġewwa qabel is-Sajf.

Prezz: Adulti - €7, Tfal - €4.

Chairperson: Maria Borg Mob. 9927 1981

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Volum 17, Farga 3

Marzu 2014

Gheżież ħbieb,

Ergajna wasalna fix-xahar ta' Marzu – ix-xahar tal-elezzjonijiet. Anzi din is-sena hawn ħafna inqas elezzjonijiet mis-sena l-oħra. L-Annual General Meeting tal-grupp se ssir fil-21 ta' Marzu u dak inhar nivvutaw għall-kumitat il-ġdid. Xi membri esprimew ix-xewqa li ma jibqgħux fil-kumitat u għalhekk għandna bżonn xi membri li jikkontestaw l-elezzjoni. Nittama li jkollna kooperazzjoni u konkorenza din id-darba wkoll. Biex il-grupp ikompli irid ikollna kumitat li jaħdem minn wara l-kwinti u nies li lesti jagħtu mill-ħin tagħhom. Min hu nteressat jekk jogħġbu, javviċina lil xi hadd mill-kumitat biex inkunu nistgħu ninnominawh u nippreparaw il-ballot papers.

Dan ix-xahar kellna attivitajiet li ntogħġbu ħafna fosthom it-talk tas-Social Services li kien ilha tintalab minn ħafna membri u t-talk ta' Fr. Debattista żgur li se tkun interessanti wkoll. Il-Birthday Celebrations ġo Project House qed jintgħoġbu ukoll għax kulhadd kiel u xorob u bis-saħħa ta' Frans Darmanin żfinna wkoll! J'Alla jibqa' jiġi jallegrana bil-mużika tiegħu! Ejja sur Frans ibda agħmlilna themed nights u għallimna niżfnu!!

Fl-ewwel ta' Mejju x'aktarx li norganizzaw ġurnata Sqallija bil-katamaran. Min hu nteressat jagħtina ismu ħalli nibdew naħsbu biex norganizzaw. Din id-darba se mmorru Taormina, Giardini Naxos u Mt. Etna. Dettalji aktar tard. Se nippruvaw ukoll nagħmlu rtir ġo Porziuncola House imma għad m'għandniex ir-risposti li għandna bżonn. Ninfurmawkom aktar tard. Kif tafu fl-aħħar EGM għaddiet il-proposta dwar il-guests. Nixtieq nagħmilha ċara li r-regolamenti fuq il-guests li ivvutajna għalihom iridu jiġu osservati. Mill-bqija il-kumitat qiegħed hemm għalxejn u jista' jxolji għax inkunu qgħadna naħdmu u niltaqgħu għalxejn. Dawg ir-regolamenti ma sarux b'kapriċċ iżda bbażati fuq esperjenza tal-passat biex ma' jirrepetux ruħhom ċertu affarijiet.

Ma jistax kulhadd jaqbad u jigi bhala guest minghajr ma jkun affiljat ma' xi hadd. U l-host irid ikun xi hadd li se jattendi sikwit mhux igib lil xi hadd fil-grupp u jisparixxi u jhalli l-guest warajh. Barra minn hekk il-host irid jiftakar li hu responsabli ghall-guest. Ghalhekk jekk joghgobkom ma nergghux inhawdu d-dinja izda nosservaw ir-regolamenti.

Nispera li kulhadd fehem dawn il-kundizzjonijiet u ma jkollniex problemi.

Welcome to the new Guests!

Dejjem taghkom,

MARIA



Fight Stress With Healthy Habits

Healthy habits can protect you from the harmful effects of stress. Here are positive healthy habits you may want to develop.

1. Talk with family and friends.

A daily dose of friendship is great medicine. Call or write your friends and family to share your feelings, hopes and joys.

2. Engage in daily physical activity.

Regular physical activity relieves mental and physical tension. Physically active adults have lower risk of depression and loss of mental functioning. Physical activity can be a great source of pleasure, too. Try walking, swimming, biking or dancing every day.

3. Accept the things you cannot change.

Don't say, "I'm too old." You can still learn new things, work toward a goal, love and help others.

4. Remember to laugh.

Laughter makes you feel good. Don't be afraid to laugh out loud at a joke, a funny movie or a comic strip, even when you're alone.

5. Give up the bad habits.

Too much alcohol, cigarettes or caffeine can increase stress. If you smoke, decide to quit now.

6. Slow down.

Try to "pace" instead of "race." Plan ahead and allow enough time to get the most important things done.

7. Get enough sleep.

Try to get six to eight hours of sleep each night. If you can't sleep, take steps to help reduce stress and depression. Physical activity also may improve the quality of sleep.

8. Get organized.

Use "to do" lists to help you focus on your most important tasks. Approach big tasks one step at a time. For example, start by organizing just one part of your life — your car, desk, kitchen, closet, cupboard or drawer.

9. Practice giving back.

Volunteer your time or return a favor to a friend. Helping others helps you.

10. Try not to worry.

The world won't end if your grass isn't mowed or your kitchen isn't cleaned. You may need to do these things, but today might not be the right time.



