

Attivitajiet ghax-xahar t' April

Il-Gimgha 7 ta' April 7.30pm fil-kappella ta' l-ajruport. Illum se mmorru nisimghu quddiesa ghall-okkazjoni tad-Duluri. Iqaddes Fr. Saviour Chircop. Il-quddiesa tibda fit-8pm. Wara mmorru niehdu xi haga flimkien.

Il-Hamis 13 ta' April Illum se mmorru ghall-Visti ta' Hamis ix-Xirka gewwa l-Belt. Niltaqghu mas-sur John Trapani hdejn il Wembley Stores, Triq ir-Repubblika fit-7.45pm biex fit-8.00 ezatt nibdew il-visti. Importanti li min ikun gej tard jibghat SMS lis-sur Trapani (9944 3481) imbaghad icemplikom lura biex jghidilkom fejn qeghdin. Iccemplux wara t-8.00pm waqt il-hin tal-visti.

Il-Gimgha 21 ta' April Education Division - Floriana fit 8.00pm. Illum in-nutara Rossella Soler se taghmlilna tahdita nteressanti dwar testmenti, termini legali u affarijiet ohra li jistghu jinteressaw lilna r-romol. Ikun hemm hin ghall-mistoqsijiet.

Il-Hadd 23 ta' April Illum se mmorru nqattghu gurnata Ghawdex. Programm: 8.30am niltaqghu it-terminal tac-Cirkezza biex nirkbu l-vapur tad-9.00am.

Fid 9.30am il-coach twassalna r-Rabat u min irid jista jzur ic-Cittadella jew idur il-monti jew jiehu xi kafe'.

Fil 11.00am: Quddiesa fil-Bazilika ta' San Gorg.

F' nofsinhar nitilqu ghal Marsalforn biex immorru ghall-ikel ghand il-Fanal.

Fit 3.00pm immorru sad-Dwejra biex naraw fejn kienet it-tieqa li sparixxiet!

Fl-4.30pm immorru ghall-kafe' fil-kazin ta' Ghajnsielem.

Fis 6.00pm naqbd u l-vapur lura ghall-Malta. Prezz 15.00 euro li jinkludi l-ikla u coach maghna l-gurnata kollha. Bookings ma' Mark Farrugia (7945 2005). Jekk ikun hemm rikjesta ta' transport mill Furjana ghac-Cirkezza (mill inqas 20 persuna) il-prezz ikun bhal tas-soltu 5.00 euro bir-return kull persuna. Menu (Il-Fanal – Marsalforn):

Bruschetta

Starters: Veg soup jew pasta Bolognese jew ravjul jew lasagne.

Main course: Chicken jew beef jew cerna

Dezerta

Drinks: Inbid jew soft drink u kafe' fl-ahhar.

Mal-booking tuna l-ghazla taghkom ta' l-ikel.

Il-Gimgha 28 ta' April: 8.00pm Illum se niccelebraw il-birthday celebrations ta' April gewwa l-Angelo's Pub – Bugibba ghax kullhadd ha gost id-darba l-ohra. Prezz: 15 ewro.

Bookings ma' Mark Farrugia (7945 2005).

Menu (Angelo's Pub – Bugibba)

Bruschetta

Starters: Soup of the day jew Spaghetti Bolognese jew Prawn cocktail

Main course: Half roast chicken jew Ribeye steak jew baked cerna

Dezerta: Birthday cake

Drinks: Tazza nbid jew soft drink u kafe'

Mall-booking tuna l-ghazla taghkom ta' l-ikel.



Volum 20

Harga 4

April 2017

Għeżiež ħbieb,

Qabel nibda, nixtieq niringrazzja lill-membri kollha tal-fiducja li wrew fil-kumitat billi regghu tellghu lil kull min xtaq jibqa' jaghti s-servizz tieghu / taghha. Niringrazzjakom ukoll talli gejtu bi hgarkom biex tivvutaw ghall-elezzjoni tal-kumitat.

Kellna votazzjoni organizzata u smooth hafna. Niringrazzja wkoll lill kull min ghen biex jghodd il-voti u lis-segretarja, is-sinjura Marie Louise Suda li tant kellha xoghol biex tipprepara r-rapport, minuti, ballot papers ecc... Niringrazzja wkoll lis-sur Joseph Bonello, it-tezozier, li pprepara r-rapport finanzjarju u lis-sur John Trapani li ssorvelja l-awditjar. Wara l-elezzjoni il-kunsill il-gdid gie ffurmat hekk:

Maria Borg – Chairperson

Victor Galea – Vice Chairperson.

Marie Louise Suda – Segretarja

Sandra Mallia – Social Secretary.

Joseph Bonello – Tezozier

John Trapani – P.R.O

Mark Farrugia – I.T. Officer

Jiena nawgura li bhal m'ghamilna dejjem, nahdmu tajjeb flimkien. Nixtieq nerga' niringrazzja lis-sinjura Catherine Deguara u lis-sur Ray Micallef li hadmu hafna u bil-qalb fi hdan il-kumitat izda ghal ragunijiet personali ma' setghux ikompli jservu. Grazzi mill-qalb u nawguralhom affarijiet sbieh. Dan ix-xahar tahbat il-festa kbira tal-Ghid, ghalhekk il-programm ivarja naqra mhux hazin. Izda bhas-soltu ghandna hafna attivitajiet interessanti ghalikom. Ahsbu kmieni ghal-bookings.

Nawguralkom Ghid imqaddes mill-isbah mimli ferh u paci tal-Mulej.

Dejjem taghkom,

Marija

10 Ways to Take Charge of Your Heart Health



1. Schedule a Yearly Check up Your heart is in your hands. Each year on your birthday, schedule a check up to have your blood pressure, cholesterol and glucose levels checked, and ask your doctor to help you reach or maintain a healthy weight. Be sure to follow your healthcare professional's recommendations, including taking prescribed medications as directed.

2. Get Physical Step, march or jog in place for at least 15 minutes a day while watching your favourite TV shows. Increase your activity by five minutes each week until you're getting a minimum of 30 minutes most days of the week. If exercise and diet do not get you to your goal, ask your doctor about adding medication.

3. Drink More Water Take a water bottle with you wherever you go. It'll keep you hydrated and the bottle's weight will strengthen your arms.



4. Eat Healthy Keep packages of unhealthy food hidden. Put raw veggies and fruits in front in the refrigerator and healthy snacks in the front of the pantry, so that's what you see first. If you grab healthy foods for a minimum of 21 times, healthy choices will become a habit.



5. Control Cholesterol Eating foods high in saturated fat, trans fat or cholesterol can lead to high blood cholesterol. To help keep your cholesterol levels down, eat foods low in saturated fat and trans fat, such as lean chicken or turkey (roasted or baked, with skin removed), fruits and veggies, low-fat or fat-free dairy products and whole grains.

6. Cut Down on Salt To help lower high blood pressure, watch your salt intake. It may be disguised in food labels as sodium alginate, sodium sulfite, sodium caseinate, disodium phosphate, sodium benzoate, sodium hydroxide, monosodium glutamate (MSG), or sodium citrate.

7. Quit Smoking Try this four-step way to kick your habit:

- ✓ On Day 1, cut the number of cigarettes you smoke by half
- ✓ On Day 3, cut the number of cigarettes you smoke in half again
- ✓ And on Day 5, cut your smoking in half again
- ✓ On your Quit Day... quit!

8. Maintain a Healthy Weight Excess weight increases your risk of heart disease, stroke and diabetes. To achieve steady, painless weight loss, take it easy. Each day, if you eat 200-300 calories less than you would normally consume, and exercise at least 30 minutes on most or all days of the week, you'll get closer to your goal and be able to achieve weight loss that's steady and painless.

9. Stay Positive If you get off your exercise schedule, have a cigarette, or eat a fattening meal, immediately get back on track toward re-establishing a healthy lifestyle.

10. Give Yourself Credit To maintain momentum with exercising, losing weight, or quitting smoking, keep track of your achievements and reward yourself by doing something you enjoy.



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