

Attivitajiet ghax-xahar ta' Jannar 2018

I-Gimgha 5 ta' Jannar 8.00p.m Education Boardroom,Floriana.

Illum se nifthu s-sena flimkien u ghalhekk se nqattghu daqsxejn hin nitkellmu bejnietna, naqsmu l-idejat,insiru nafu aktar lil xulxin, niehdu xi kafe u xi bicca kejk u naraw kif nistghu nimxu ahjar u ntejbu s-servizzi taghna. Laqgha bhal din hija ta' beneficciu ghal kulhadd u mhux hela ta' zmien. Titilfuhiex!

Is-Sibt 6 ta' Jannar - Istitut Kattoliku, Floriana

Illum min ibbukja u hallas ghandna attivita fejn se tmorra taraw il-pantomima... FROWZINN.

Il-Gimgha 12 ta'Jannar 8.00p.m. Education Boardroom,Floriana.

Illum is-sinjura Maria Caruana se ddewwaqna l-ikel bnin li taf taghmel....u se turina kif naghmluh! Is-sinjura Caruana mhux l-ewwel darba li gentiment dewqitna xi ikel tajjed li taf taghmel hi bhala koka brava izda llum se tmur pass oltre...se tghallimna kif nippreparaw xi haga fil-kcina! Lezzjoni mhux ta' min jitlifha!

Il-Gimgha 19 ta'Jannar 8.00p.m. Education Boardroom,Floriana.

Il-Belt Valletta...belt li ghandna nkunu tassew kburin biha! Illum is-sur Joseph Farrugia se jkellimna dwar *L-IMPORTANZA TAL-BELT VALLETTA TUL IZ-ZMENIJET*..Certa li se tkun tahdita interessanti!

Il-Gimgha 26 ta' Jannar 8.00p.m. Illum se niccelebraw il-Birthday celebrations ta' dawk li jghalqu sninhom f'Jannar. Fuq talba generali ghal darb'ohra se nergghu immorru, ANGELO'S PUB AND DINER,BUGIBBA fejn tistghu tieklu, tixorbu, tizfnu u tiddevertu bi prezz ragonevoli.

Menu:

Bruschetta

Starter: Veg soup **jew** Spaghetti bolognese **jew** Prawn cocktail.

Main course: Half roast chicken **jew** Baked Cerna **jew** Ribeye .

Drinks: Tazza nbid **jew** soft drink

Dizerta: Birthday cake.

Prezz:15€

Booking ma' Mark Farrugia mobile number **7945 2005**. Jekk joghgobkom mal-booking ghidulna xi tridu taghzlu mill-menu. Thallux ghal-ahhar biex tibbukjaw. Ma naccettawx aktar ordnijiet wara l-24 ta' Jannar 2018. Grazzi tal kooperazzjoni.

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Harga 1

Jannar 2018

Gheziez Hbieb!

U hekk bdejna sena gdida! Nisperaw li din is-sena ggibilna risq u barka! U nisperaw li nkomplu nghinu dejjem aktar lil xulxin. Din is-sena nixtieq naghmel attivita differenti mis-soltu. Sintendi jekk il-membri jikkoperaw. Inhoss li l-membri godda mhux qed ikollna hin ghalihom sakemm jintegraw fil-grupp. Ghalhekk se naghmlu diskussjoni kif nistghu iktar nilhqhom. U jien se nibda naghmel xi laqghat maghhom jekk ikunu jixtiequ.

Kif tafu din is-sena se niffokaw aktar fuq il-belt Valletta. U ghalhekk stedinna lis-sur Joseph Farrugia biex dan ix-xahar jaghmlilna tahdita fuq "L-importanza tal-Belt matul iz-Zmenijiet". Is-sur Farrugia qatt ma jonqos li jkun interessanti! Kif tafu f'Jannar nibdew nigbru il-membership fee li baqghet u ilha ghal zmien twil l-istess ta' hmistax il-ewro. Jekk joghgobkom iddumux tkarkru biex thallsuha halli sal-ahhar ta' Jannar nippruvaw nehilsuha. Dawk li ghadhom kif dahlu fil-grupp u hallsuha lejn l-ahhar tal-2017 naturalment mhux se jergghu ihallsu.

L-ikla ta' kull xahar ghall-birthday celebrations saret attivita popolari hafna. Fil-fatt l-ahhar birthday celebration li kellna konna tlieta u sittin ruh. Numru tajjed hafna. Niehu gost nghid li issa drajna l-fatt li ma nhawdux fl-ordni tal-ikel li nkunu ghamilna permezz tal-biljetti u li kulhadd fehem il-punt tieghi dwar li ma nzommux postijiet. Jista jkun li ma taqblux ghal kollox imma l-fatti urew li hekk jehtieg li jsir.

Issa nixtieq nitlob l-ahhar haga dwar l-ikel.Jekk joghgobkom thallux il-booking ghall-ahhar. L-ahhar booking li se jigi accettat huwa l-Erbgha f'nofsinhar ...jigifieri jumejn qabel. Wara l-Erbgha ma jigux accettati aktar bookings. U jekk joghgobkom iddeciedu sew dwar x'se tieklu mhux toqoghd u tbiddlu ghax dak huwa kollu xoghol zejzed u telefonati zejda ghall-organisers. Grazzi.

Fl-ahharnett nawgura li jkollna sena ohra ta' hidma ghall-gid tal-ohrajn. Nixtieq niringrazzja lill-membri kollha tal-kumitat ghall-kooperazzjoni u x-xoghol siewi taghhom. Minghajrhom ma naghmel xejn. U niringrazzja wkoll lil kull min b'xi mod jew iehor ighin lill-grupp. Grazzi ta' kollox.

Nawgura lil kulhadd Is-sena t-Tajba!

Dejjem taghkom,
Marija.

How to Make (and Keep) a New Year's Resolution

Are you making a resolution for 2018? Warning: More than half of all resolutions fail, but this year, they don't have to be yours. Here's how to identify the right resolution to improve your life, create a plan on how to reach it, and become part of the small group of people that successfully achieve their goal.

Pick the Right Resolution

You'll give yourself your best shot at success if you set a goal that's doable — and meaningful too.

According to the time management firm Franklin Covey, one a third of resolutions don't make it past the end of January.

A lot of these resolutions fail because they're not the right resolutions. And a resolution may be wrong for one of three main reasons:

It's a resolution created based on what someone else (or society) is telling you to change.

It's too vague. You don't have a realistic plan for achieving your resolution.

Your goals should be smart — and SMART. That's an acronym coined in the journal Management Review in 1981 for specific, measurable, achievable, relevant and time-bound. It may work for management, but it can also work in setting your resolutions, too.

Specific. *Your resolution should be absolutely clear. "Making a concrete goal is really important rather than just vaguely saying 'I want to lose weight.' You want to have a goal: How much weight do you want to lose and at what time interval?" said Katherine L. Milkman, an associate professor of operations information and decisions at the Wharton School of the University of Pennsylvania. "Five pounds in the next two months — that's going to be more effective."*

Measurable. *This may seem obvious if your goal is a fitness or weight loss related one, but it's also important if you're trying to cut back on something, too. If, for example, you want to stop biting your nails, take pictures of your nails over time so you can track your progress in how those nails grow back out, said Jeffrey Gardere, a psychologist*

and professor at Touro College of Osteopathic Medicine. Logging progress into a journal or making notes on your phone or in an app designed to help you track behaviors can reinforce the progress, no matter what your resolution may be.

Achievable. *This doesn't mean that you can't have big stretch goals. But trying to take too big a step too fast can leave you frustrated, or affect other areas of your life to the point that your resolution takes over your life — and both you and your friends and family flail. So, for example, resolving to save enough money to retire in five years when you're 30 years old is probably not realistic, but saving an extra \$100 a month may be. (And if that's easy, you can slide that number up to an extra \$200, \$300 or \$400 a month).*

Relevant. *Is this a goal that really matters to you, and are you making it for the right reasons? "If you do it out of the sense of self-hate or remorse or a strong passion in that moment, it doesn't usually last long," said Dr. Michael Bennett, a psychiatrist and co-author of two self-help books. "But if you build up a process where you're thinking harder about what's good for you, you're changing the structure of your life, you're bringing people into your life who will reinforce that resolution, then I think you have a fighting chance."*

Time-bound. *Like "achievable," the timeline toward reaching your goal should be realistic, too. That means giving yourself enough time to do it with lots of smaller intermediate goals set up along the way. "Focus on these small wins so you can make gradual progress," Charles Duhigg, author of "The Power of Habit" and a former New York Times writer, said. "If you're building a habit, you're planning for the next decade, not the next couple of months."*



