

## Attivitajiet ghax-xahar ta' Marzu 2018

**Il-Gimgha 2 ta' Marzu:** Education Boardroom , Floriana.8.00pm  
Illum is-sur James Muscat ser jaghmlilna tahdita interessanti dwar: Healthy Eating and a Balanced Diet. Titilfuhiex!

**Il-Gimgha 9 ta' Marzu:** Education Boardroom, Floriana. 8.00p.m  
Illum se naghmlu f'it loghob flimkien. Marija se taghmlilna l-kwizz "Staqsin Ghoxrin." Nisa kontra rgjel din id-darba! The winner takes all! Wara niehdu kafe' u xi bicca kejk tajba.

**Il-Gimgha 16 ta' Marzu :** Education Boardroom , Floriana. 8.00p.m  
Illum se naghmlu il-famuz AGM jew Annual General Meeting. Waqt dan il-meeting jinqraw il-minuti tal-AGM tas-sena 2017, rapport tal-attivitajiet ta' din is-sena u ir-rapport finanzjarju. Jekk ikun hemm bizzejjed konkorenza ssir l-elezzjoni ghall-kumitat il-gdid.

**Il-Hadd 18 ta' Marzu: 8.30a.m.** Illum se norganizzaw harga ghal Ghawdex. Niltaqghu it-Terminal tac-Cirkezza fit-8.30 a.m biex naqbd u l-vapur ghal Ghawdex. Ikollna l-coach jistenniena l-Imgarr bhas-soltu. Minn hemm immorru sar-Rabat fejn niehdu xi kafe u nisimghu l-quddies fil-Bazilika ta' San Gorg. Wara mmorru nieklu gor-Restaurant ta' Marsalforn "The Lantern."

### **Menu:**

Starters: Vegetable soup jew Pasta Bolonese jew Ravjul.

Main course: Beef or Chicken or Fish (Cerna).

Dizerta, tazza nmbid u soft drink.

Prezz: €15 li jinkludi it-trasport gewwa Ghawdex.( ma jinkludix il-prezz tal - vapur)

Wara l-ikel immorru sa Sanap Cliffs u d-Dwejra.

5.30p.m: Immorru lura l-Imgarr biex naqbd u l-vapur tas-sitta.

**Il-Gimgha 23 ta' Marzu:** 7.45p.m.Kappella tal-Airport.

Illum il-Festa tad-Duluri se mmorru l-quddies tradizzjonali ghall-Grupp gol-Kappella tal-Airport. Iqaddes Fr.Saviour Chircop. Ningabru quddiem il-Kappella fit-7.45 u l-quddies tibda fit-tmienja. Jekk joghgobkom tigux tard!

**L-GHID IT-TAJJEB LIL KULHADD MIMLI PACI U FERH!**

**Chairperson: Maria Borg Mob 9927 1981**

**Secretary: Louise Suda Mob 9949 8784**

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Gheziez hbieb,  
Regghet waslet Laqgha Generali Annwali ohra (AGM). Kif igerbeb iz-zmien! Jien ili fil-grupp fuq ghaxar snin! Nahseb hadd ma saddad daqsi hemm gew! Pero' issa wasal iz-zmien li jekk vera ghandkom il-grupp ghal qalbkom tqumu naqra fuq taghkom u turu aktar interess. Ahna ghamilna appell biex johorgu nies ghall-kumitat, imma hadd ma avvicinana. Jiena jiddispjacini nara hafna membri li gew, hadu li setghu mill-grupp u abbandunawh.

Kulhadd jaf ighid jien ghandi x'naghmel! Min m'ghandux?! Jien kemm ili chairperson, ghaxar snin shah, kelli familja ta' erbat itfal x'niehu hsieb, bix-xoghol kollu li ggib familja, full-time job b'hafna responsabbilta' u ma qtajtx qalbi ghax emmint f'dak li kont qeghda naghmel. Jiena nemmen li jekk il-grupp jisfaxxa tkun hasra ghax hafna nies sabu wens u ghajnuna u min gej warajna....ma jsib xejn. Jekk kulhadd jibqa' egoist u jaqa' u jqum mill-futur tal-grupp kollox se jispicca. Fil-grupp jehtieg ikun hemm kontinwita' u stabblita'. Mhux sewwa li nigu, insibu s-sapport, u mohhna biss biex insibu partner/hbieb u niddevertu u mbaghad nitilqu 'l hemm u ma noffru l-ebda ghajnuna lill-grupp. Jehtieg li fil-kumitat jibdeu jidhlu nies zghar ghax importanti ghall-futur tal-grupp.

Jiena din is-sena kont se nitlaq ghax hassejt li wasal iz-zmien li ncedi posti lil haddiehor izda kien hemm cirkostanzi li hsibt li ahjar nibqa' sena ohra. Pero' jrid jasal dak iz-zmien li xi hadd jiehu posti u rridu nkunu ppreparati. Nisperaw li ghal din is-sena kollox imur tajjeb waqt l-AGM bhalma morna fi snin ohra.

Nixtieq nigbed l-attenzjoni ta' dawh li forsi ma jafux ghax m'ilhomx fil-grupp. Ahna barra l-Istatut ghandna l-Kodici tal-Etika, jigifieri certu regoli li fuqhom jimxi l-grupp ghall-gid ta' kulhadd. Wahda minn dawn ir-regoli hija li meta jkun hemm attivita' tal-grupp nhar ta' Gimgha hadd ma jista jgbor grupp ta' membri minn gol-grupp stess u jorganizza xi haga ohra. Dan ghaliex ikun hemm konflitt ta' interessi. Barra minn hekk hija pastazata li l-kumitat joqghod jithabat u jorganizza u ahna naqbd u norganizzaw xi haga ghal rasna. Filkas jekk hemm xi individwi li jippreferu jmorru ghal rashom jaghmlu grupp ghalihom u hadd mhu se jzommhom. Nispera li dawn l-affarijiet mhux qed isiru ghax skond ir-regoli min jaghmel dan jista' jitkecca mill-grupp. Nirrepeti,dan japplika ghall-attivitajiet tal-Gimgha biss. U jekk dik il-Gimgha ,ghal xi raguni jew ohra, ma jkunx hemm attivita' kulhadd jista jmur fejn irid.

Nixtieq niehu din l-opportunita' biex niringrazzja lill-membri kollha tal-kumitat prezenti u futuri ghax-xoghol siewi li jaghmlu dejjem mill-qalb u tal-koperazzjoni li dejjem urew. Niringrazzja wkoll lilkom il-membri tal-koperazzjoni taghkom.

Dejjem taghkom,  
*María*

## 10 REASONS WHY YOU SHOULD READ MORE BOOKS

### 1. TO DEVELOP YOUR VERBAL ABILITIES

Although it doesn't always make you a better communicator, those who read tend to have a more varied range of words to express how they feel and to get their point across. This increases exponentially with the more volumes you consume, giving you a higher level of vocabulary to use in everyday life.

### 2. IMPROVES YOUR FOCUS AND CONCENTRATION

Unlike blog posts and news articles, sitting down with a book takes long periods of focus and concentration, which at first is hard to do. Being fully engaged in a book involves closing off the outside world and immersing yourself into the text, which over time will strengthen your attention span.

### 3. READERS ENJOY THE ARTS AND IMPROVE THE WORLD

A study done by the NEA explains that people who read for pleasure are many times more likely than those who do not to visit museums and attend concerts, and almost three times as likely to perform volunteer and charity work. Readers are active participants in the world around them, and that engagement is critical to individual and social well-being.

### 4. IT IMPROVES YOUR IMAGINATION

You are only limited by what you can imagine, and the worlds described in books, as well as other peoples views and opinions, will help you expand your understanding of what is possible. By reading a written description of an event or a place, your mind is responsible for creating that image in your head, instead of having the image placed in front of you when you watch television.

### 5. READING MAKES YOU SMARTER

Books offer an outstanding wealth of learning and at a much cheaper price than taking a course. Reading gives you a chance to consume huge amount of research in a relatively short amount of time.

### 6. IT MAKES YOU INTERESTING AND ATTRACTIVE

This goes hand in hand with reading to become smarter. Having a library of information that you have picked up from non-fiction reading will come in handy in any academic or scholarly conversation. You will be able to hold your own and add to the conversation instead of having to make your excuses and leave. You will be able to engage a wider variety of people in conversation and in turn improve your knowledge and conversation skills.

### 7. IT REDUCES STRESS

A study by consultancy firm Mindlab International at the University of Sussex showed that reading reduces stress. Subjects only needed to read, silently, for six minutes to slow down the heart rate and ease tension in the muscles. In fact it got subjects to stress levels lower than before they started.

### 8. IT IMPROVES YOUR MEMORY

When you read, you have more time to think. Reading gives you a unique pause button for comprehension and insight. By and large, with oral language "when you watch a film or listen to a tape, you don't press pause." The benefits of this increased activity keeps your memory sharp and your learning capacity nimble.

### 9. TO DISCOVER AND CREATE YOURSELF

We should read to increase our wit and imagination, our sense of intimacy—in short, our entire consciousness—and also to heal our pain. Until you become yourself, what benefit can you be to others? With the endless amount of perspectives and lives we can read about, books can give us an opportunity to have experiences that we haven't had the opportunity to, and still allow us to learn the life skills they entail. Books are a fast rack to creating yourself.

### 10. FOR ENTERTAINMENT

All the benefits of reading mentioned so far are a bonus result of the most important benefit of reading; Its entertainment value. If it were not for the entertainment value, reading would be a chore but it needn't be. Reading is not only fun, but it has all the added benefits that we have discussed so far. Much more enthralling than watching a movie or a TV show (although they have their many benefits as well), a good book can keep us amused while developing our life skills.

