

Attivitajiet ghax-xahar ta' Settembru 2018

Il -Gimgha 7 ta' Settembru: Sunset Harbour Cruise.

Illum se mmorru bid-dghajsa ma' Jean-Paul u nduru dawra mal-portijiet sbieh taghna. Ikollna kummentarju interessanti hafna waqt it-tour li mhux ta' min jtilfu. Niltaqghu hdejn il-gabbana ta' Captain Morgan faccata ta' Marks and Spencer tas-Sliema fil-hamsa ta' wara nofsinhar minn fejn naqbd u l-boat ghall-Cruise. Wara l-cruise immorru f'xi restauant nitrejq u ftit u nqattghu ftit hin iehor flimkien. Prezz:€7 Bookings ma' Mark Farrugia fuq mobile: 79452005

Il-Gimgha 14 ta' Settembru: Dingli Cliffs fis 7.00pm.

Illum ,by general request, se nergghu immorru picnic fuq id- Dingli Cliffs .Gibu xi haga x'tiekl, x'tixorbu,siggijiet, imwejjed, torches u xi jersey ghall-frisk u spray filkas ikun hemm in-nemus.

Il-Gimgha 28 ta' Settembru: Cirkewwa 4.30 pm.

Illum se mmorru naghmlu BBQ go Comino Hotel. Immorru bil-boat tal-hotel u, wara ghawma sabiha fil-pool jew gol-bajja, Naghmlu BBQ fir-restaurant tal-hotel. Prezz €25.

(Ikel buffet, ghandkom flixkun ilma imma ma jinkludix drinks ohra).

Nigu lura ghal xi l-ghaxra u nofs bil-boat tal-hotel stess. Boat inkluzja fil-prezz. Kif diga' ghedtilkom, min jixtieq jorqod lejl fil-hotel jghidilna mal-booking imbaghad naraw l-availability. Il-prezz ghal min jixtieq jorqod fil-lukanda huwa ta' € 65 kull persuna f'kamra doppja li jinkludi il-boat bir-ritorn, il-BBQ ta' filghaxija u breakfast l-ghada filghodu. Il-kmamar jistghu jinzammu sa nofsinhar.

Min jixtieq li nikru vann jghidilna ukoll mal-booking u l-flus tal-vann jingabru mall-ewwel u ma jinghatawx lura. Dan ghaliex dan l-ahhar qeghdin dejjem naqilghu il-vann b'telf u qeghed nohorgu l-flus minn gewwa. Darba pacenzja imma kull darba li naghmlu l-vann ma jistax ikun li nohorgu l-flus minn tal-grupp minhabba nuqqas ta konkorenza ghal minibus.

GHALHEKK IL-VANN MA JSIRX JEKK MA JKOLLNIEK MINN TALINQAS 15-IL-PERSUNA U L-HLAS ISIR MAL-BOOKING. Bookings ma' Victor Galea fuq mobile: 9989 9072

Chairperson: Maria Borg 9927 1981 Secretary: Louise Suda 9949 8784

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Website: <https://www.minusone.eu>



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Gheziez Hbieb,

Baqa' l-ahhar xahar tas-Sajf, l-ahhar xahar li niltaqghu barra, u ghalhekk nipruvaw ingawduh mill-ahjar li nistghu. Dan is-Sajf grejna mhux hazin u organizzajna hafna attivitajiet fejn hafna minnha hadu pjacir. Il-grupp aktar ma' jghaddi z-zmien dejjem jikber u jevolvi. Nies godda jigu u ohrajn jitolqu jew ma jidhrux aktar. Ma jimpurtax! Dan ifisser li dawn l-individwi mxew f'hajjithom u forsi jhossu li m'ghandhomx bzoznu aktar il-grupp. Ahna s-sapport li kien hemm bzozn tajnih.

Izda haga li wiehed irid joqghod attent minnha hija li jekk persuna taqta' mill-grupp ghal xi zmien u ma thallasx il membership fee, jekk din il-persuna taqbez l-eta' ta' 61 u tkun trid terga' tidhol fil-grupp ma tkunx tista'. Hija haga importanti li kulhadd ikun fehemha din ghax imbaghad x'hin titolbuna biex terggghu tidhlu fil grupp ma nkunx nistghu naccettawkom. Nixtieq nerga' nfakkarkom li, jekk joghgobkom, meta lil xi nies tipruvaw thajruhom jidhlu fil-grupp araw li:

1. Huma romol.

2. Ma qabzux l-eta' ta' 61.

Hija haga mbarazzanti hafna ghalija li dawn in- nies ikollhom hafna tama li fl-ahhar sabu grupp fejn jistghu isibu wens imbaghad jien ikolli nghidilhom li ma nistax naccettahom.

Dan ix-xahar se nergghu naghmlu Comino by Night. Imma din id-darba se mmorru Comino Hotel u nghumu jew fil-pool tal-hotel jew fil-bajja sabiha ta' San Niklaw, li ma tkunx iffullata bin-nies bhal Blue Lagoon. Kull min gie maghna l-ahhar darba jaf x'pastazata gabuha l-famuza Blue Lagoon ghalhekk iddecidejna li mmorru post isbah ghall-kwiet u hafna aktar nadif. Wara ghawma sabiha ghandna BBQ fir-restaurant tal-hotel. Kien hemm min xtaq li jorqod lejl Kemmuna u jaghmel one-night break. Jiena staqsejt lill-manager izda qalli li huma proprju ma joffrux one-night izda three nights, pero' qalli li jekk ikollu xi kmamar vojta ghal one night ighidilna gimgha qabel. Ghalhekk mal-booking ta' Kemmuna ghidulna jekk tixtixqu torqu hemm.

Pero' ha naghmilha cara: **JEKK MA JKOLLUX AKKOMODAZZJONI GHAL KULL MIN JIXTIEQ** il-one night tithassar ghax jien ma nistax naghmel preferenzi bejn il-membri. Ghalhekk naraw x'domanda jkun hemm, kemm joffriela postijiet u nimxu minn hemm. Dejjem ibbukjaw kmieni.

Nispera li l-bqija tas-Sajf jispicca b'wicc il- gid.

Dejjem taghkom,
Maríja

Sleep tips: 6 steps to better sleep

By Mayo Clinic Staff

You're not doomed to toss and turn every night. Consider simple tips for better sleep, from setting a sleep schedule to including physical activity in your daily routine. Think about all the factors that can interfere with a good night's sleep — from work stress and family responsibilities to unexpected challenges, such as illnesses. It's no wonder that quality sleep is sometimes elusive.

While you might not be able to control the factors that interfere with your sleep, you can adopt habits that encourage better sleep. Start with these simple tips:

1. Stick to a sleep schedule

Set aside no more than eight hours for sleep. The recommended amount of sleep for a healthy adult is at least seven hours. Most people don't need more than eight hours in bed to achieve this goal.

Go to bed and get up at the same time every day. Try to limit the difference in your sleep schedule on weeknights and weekends to no more than one hour. Being consistent reinforces your body's sleep-wake cycle.

If you don't fall asleep within about 20 minutes, leave your bedroom and do something relaxing. Read or listen to soothing music. Go back to bed when you're tired. Repeat as needed.

2. Pay attention to what you eat and drink

Don't go to bed hungry or stuffed. In particular, avoid heavy or large meals within a couple of hours of bedtime. Your discomfort might keep you up.

Nicotine, caffeine and alcohol deserve caution, too. The stimulating effects of nicotine and caffeine take hours to wear off and can wreak havoc on quality sleep. And even though alcohol might make you feel sleepy, it can disrupt sleep later in the night.

3. Create a restful environment

Create a room that's ideal for sleeping. Often, this means cool, dark and quiet. Exposure to light might make it more challenging to fall asleep. Avoid prolonged use of light-emitting screens just before bedtime. Consider using room-darkening shades, earplugs, a fan or other devices to create an environment that suits your needs.

Doing calming activities before bedtime, such as taking a bath or using relaxation techniques, might promote better sleep.

4. Limit daytime naps

Long daytime naps can interfere with nighttime sleep. If you choose to nap, limit yourself to up to 30 minutes and avoid doing so late in the day.

If you work nights, however, you might need to nap late in the day before work to help make up your sleep debt.

5. Include physical activity in your daily routine

Regular physical activity can promote better sleep. Avoid being active too close to bedtime, however.

Spending time outside every day might be helpful, too.

6. Manage worries

Try to resolve your worries or concerns before bedtime. Jot down what's on your mind and then set it aside for tomorrow.

Stress management might help. Start with the basics, such as getting organized, setting priorities and delegating tasks. Meditation also can ease anxiety.

7. Know when to contact your doctor

Nearly everyone has an occasional sleepless night — but if you often have trouble sleeping, contact your doctor. Identifying and treating any underlying causes can help you get the better sleep you deserve.

