

## Attivitajiet ghax-xahar ta' Marzu

**Il -Gimgha l-ewwel ta' Marzu:** Project House, Floriana: 8.00pm. Illum Joseph Farrugia ser jaghtina talk fuq: IL-KARNIVAL F'MALTA.

**Il-Gimgha 8 ta' Marzu:** Project House, Floriana: 8.00pm. Illum se naghmlu QUIZ: STAQSINI GHOXRIN. Ippreparat minn Marija Borg.

**Il-Gimgha 15 ta' Marzu:** Project House, Floriana: 8.00pm. Illum se jkollna zewg talks fuq suggetti differenti minn zewg membri tal-grupp. Tony Borg se jkellimna fuq: IL-MADDALENA. Mary Vella se tkellimna fuq: SERVIZZI LI JAGHTU L-APPOGG.

**Il-Gimgha 22 ta' Marzu:** Project House, Floriana: 8.00pm. Illum wasal l-AGM (Annual General Meeting). Jinqraw ir-rapporti tas-sena 2018 rigward attivitajiet, finanzi etc. Issir ukoll l-elezzjoni għall-kumitat il-gdid. IMPORTANTI LI TIGU BIEX TIVVOTAW GHALL-MEMBRI LI TIXTIEQU LI JIGU ELETTI.

**Il-Hadd 24 ta' Marzu:** Mt.St.Joseph, Mosta: 9.30 am. Illum se naghmlu rtir ma' Fr. Saviour Chircop. Il -programm tal-gurnata huwa kif gej:

9.30am: Niltaqghu Mt.St.Joseph.

10.00am: Coffee Break.

10.30am: Riflessjoni ma' Fr.Saviour.

11.00am: Qrar.

11.30am: Quddiesa.

12.30pm: Lunch.

2.00pm: Mixja għal min ikun jixtieq.

3.00pm: Tmiem.

Prezz: €22. Booking ma' Marija Borg mobile number: 99271981

**Il-Gimgha 29 ta' Marzu:** Il-Gillieru Restaurant, San Pawl il-Bahar: 8.00pm. Illum se niccelebraw il-Birthday Celebrations ta' Marzu gewwa l-Gillieru Restaurant, post fejn qatt ma morna u nisperaw li tiehdu gost.

### Menu:

Antipasto::Selection of freshly prepared salads and antipasto.

Starters: Fresh Sweet Pea Soup with bacon bits OR Spaghetti Beef Ragu OR Chicken Wings Buffalo (with hot sauce).

Main Course: Grilled Local Stonebass served with Caponata Siciliana OR BBQ Ribs Combo( Pork Ribs and Pork Belly) OR Grilled Chicken Breast with Creamy Mushroom Sauce.

All Main dishes are accompanied with Baked Potatoes, Chips and Warm Vegetables.

Dessert (Birthday Cake)

Prezz:€20 **Importanti:** Drinks u Kafe' mhux inkluzi

Booking ma' Maria Caruana mobile number: 99890727

**Chairperson: Maria Borg 99271981 Secretary: Louise Suda 99498784**

**Email: [info@minusone.eu](mailto:info@minusone.eu) or [secretary@minusone.eu](mailto:secretary@minusone.eu)**

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



Volum 22

Harga 3

Marzu 2019

Gheziez Hbieb,

Nilqaghkom għal Newsletter ohra. Nispera li tinsabu tajbin. Qabel xejn nixtieq nirringrazzja lil dawk il membri li accettaw l-istedina biex jiehdu sehem fi programmi fuq it-TV, cioe`, Mary Vella, John Trapani, Sandra Bartolo u Victor Galea. Prosit tassew! Kulhadd tkellem tajjeb hafna. Opportunitajiet bħal dawn mhux ta' min jitlifhom għal zewg ragunijiet:

1. L-ewwel xogħol huma promotion għall-grupp.
2. It-tieni jservu biex aktar nies isiru jafu bina u jkunu jafu fejn għandhom ifittxu għall-għajnuna u b'hekk nilhqu aktar nies.

M'hijiex facli li tmur titkellem fi programm live fuq it-TV fejn taf li dak li se tgħid se jinstema' minn hafna nies u ma tistax tirtirah! Trid il-kuragg! Għalhekk nirringrazzjakom f'isem il-membri kollha!

Nixtieq niehu din l-okkazjoni biex naghmel zewg osservazzjonijiet importanti. Ahna fil-grupp qegħdin biex nghanu lil xulxin u nergghu ninbnew. Dan m'huwiex biss id-dover tac-chairperson u tal-kumitat izda ta' kull wiehed u wahda minnha. Jiena nosserva li hafna nies jghanu lil xulxin u juru nteress meta xi hadd ma jkunx jiflah jew b'xi problema u jagħtu support. Dawn huma affarijiet tajbin hafna u ta' min ifahharhom. Pero' ninnota wkoll li kultant ikun hemm ukoll certu paroli zejjed jew gossiping. Dan huwa hazin. Noqogħdu attenti li ma naghmlux hsara u nweggħu lil xulxin. Ilkoll weggajna bizzjed!! Ma ngerrux nies li jiehdu gost jigu fil-grupp u forsi l-uniku rifugju tagħhom milli jkomplu jigu.

Haga ohra li nixtieq nigbed l-attenzjoni fuqha hija fuq il-koppji li ma jibqgħux flimkien. Meta relazzjoni tispicca m'hemmx għalfejn nispejja lil hadd għaliex spiccat, m'għandi l-ebda obbligu niggustifika ruhi ma hadd. Ma qbilniex u daqshekk. M'hemmx għalfejn inperrec l-affarijiet ta' bejnietna. Specjalment affarijiet intimi. Kif qal Fr.Saviour fit-tahdita fuq relazzjonijiet inti tkun qed tipprova u ssir taf lill-persuna li tohrog magħha u mhux bilfors ir-relazzjoni tibqa'. Meta tispicca...hbieb konna u mija nibqgħu. Sahha u Bongu. Noqogħdu fil-kwiet u nħallu l-persuna l-ohra fil-kwiet. Naf li tkun imwegga'. Imma liema relazzjoni b'xi mod jew iehor ma tweggax?? Ma nxandrux lil xulxin għax mhux sewwa. U noqogħdu attenti kif nuzaw il-facebook please.

(PTO)

(Cont. from page 1)

Bhal dejjem nippruvaw naghtu merhba lil xi membri li jigu godda u nippruvaw ninkludu u nitkellmu ma kulhadd mhux ma' min ghandna grazzja biss. Il-grupp m'ghandux ikun Social Group fejn niltaqa' mal-klikka u ma jimpurtanix minn haddiehor. Li jkolli hbieb hija xi haga tajba imma nuru awareness ta' kulhadd u bzonnijiet ta' nies ohra, jekk joghgobkom. Mhux sewwa li naghmlu qaqocca bejnietna u naghmlu exclusive groups ghax certu mumentu huwa dan li qed jigri u naghmlu aktar hsara milli gid. Nixtieq infakkar lil membri li ghadhom ma hallsux il-membership fee li ghandkom cans biss sa l-ahhar ta' Frar. Dawk li ma jhallsux sa din id-data jigu maqtugha mil-lista tal-membri u ma jircevox aktar emails u newsletter. Ahna rridu naghmlu update tal-membership qabel l-AGM fejn issir l-elezzjoni tal-kumitat il-gdid. Inheggigkom tigu ghall-AGM ghax huwa mportanti biex inkomplu nsahhu l-grupp u noffru ghajnuna.

Nixtieq infakkar ukoll li fl-24 ta' Marzu ghandna l-irtir gewwa Mt. St. Joseph. Booking huwa miftuh ma' Marija Borg. Ghandna wkoll ikla l-Gillieru Restaurant fl-ahhar Gimgha tax-xahar ta' Marzu. Booking isir aktar tard ma' Maria Caruana. Filwaqt li niringrazzja lilkom il-membri u lill -kumitat tal-kooperazzjoni taghkom nibqa' Dejjem Taghkom, Marija.

## The 10 Best Snacks for Weight Loss

This list of healthy snacks can help you lose weight. Learn what to look for in a snack and how to make evening snacks fit into a healthy diet. Eating a snack between meals helps curb your hunger so that you don't inhale your dinner when you finally sit down to eat a meal. Snacking can also help you get in all the nutrients you need. On the flip side, grazing all day—particularly on foods with little nutritional value—may result in eating too much. It's a great idea to shop for snacks at the grocery store and pack them for work so you are prepared when hunger strikes. Many of these are also great on-the-go snack options.

**1. Almonds:** Nuts are a great healthy snack. And even though they're high in fat, you don't need to avoid them if you're trying to lose weight. One study found that people who chewed almonds thoroughly (up to 40 chews) felt full

longer than those who chewed the same amount of nuts fewer times. Plus, almonds deliver filling fiber, protein and healthy fats.

**2. Grapefruit:** One study found that when people simply ate grapefruit with each meal, they lost up to 3 1/2 pounds over three months. Grapefruit may help manage appetite by lowering insulin levels, say researchers.

**3. Chickpeas:** 1/2 cup of chickpeas has about 100 calories, 5 grams of protein and 5 grams of fiber.

**4. Grapes:** Even though grapes are high in sugar they are a great way to naturally satisfy your sweet tooth. 1 cup of grapes has about 100 calories.

**5. Chocolate:** If you like a glass of wine with dinner, make room for it. Prefer dessert? Skip the drink and go for a small chocolate treat instead. Remember, if you have both—that's OK too.

**6. Popcorn** is high in fiber and even delivers a little protein. A 1-ounce serving (about 3 cups) of air-popped popcorn has 4 grams of fiber, almost 4 grams of protein and clocks in at 110 calories.

**7. Yogurt:** Choose plain yogurt and add your own fruit for natural sweetness and fiber. Flavoured yogurt often delivers lots of added sugar and extra calories. Whole milk and low-fat plain yogurt are healthy choices too. Newer research on dairy has debunked the myth that fat free is healthiest.

**8. Hummus:** Skip the vending machine and satisfy the afternoon "munchies" with a healthy snack you packed at home. You'll save money and get a bigger bang for your nutritional buck. Try cut up veggies and some hummus. One serving of hummus is 2 tablespoons.

**9. Oatmeal** is a complex carb, meaning it helps fill you up without spiking your blood sugar. Plus, it's a good source of fiber and eating more fiber helps people lose weight and keep it off.

**10. Dried Fruit** is a portable, healthy snack. Eating fruit helps with weight-loss because it's packed with filling fiber (and important vitamins and minerals). Look for fruit with no sugar or sweeteners added and pair dried fruit with nuts for a snack with a balance of healthy carbs and protein. Dried fruit is also a great option to keep at your desk at work.