



EDITORJAL

Hello Hbieb

Kif intom? Nispera li tinsabu tajbin u mhux qed thossu wisq il-bard. Ix-xahar ta' Frar, kif tafu, ma kellniex Newsletter peress li ma kellniex attivitajiet. Issa bdejna xahar iehor u ghalhekk qed ninfurmawkom bl- attivita li ghandna.

Ghall-darb'ohra behsiebna norganizzaw weekend break gewwa l-Arka f'Ghawdex. Din id-darba ser naghmluh ftit qabel is-soltu, ezattament ghall-ahhar ta' Gunju. Bhas-soltu l-postijiet ser ikunu fuq First come first served basis. Ghalhekk inheggukom tfittxu PA tal-ghazla taghkom.

Kif forsi tafu, s-sena l-ohra l-LAND Group intaghzet bhala wiehed mill-beneficjarji ta' L-Istrina u bi pjacir inhabbrulkom li l-Land Group behsiebu jorganizza izjed minn mawra wahda gewwa Ghawdex, minhabba li bbazajna l-progett taghna fuq dan il-kuncett. Intukhom izjed dettalji aktar tard.

Nixtieq infakkarkom li meta ma tkunux ser tattendu xi attivita li tkunu diga bbukjajtu, ghandkom tavzaw lit-TDP fuq 21466606, mill-inqas gurnata qabel l-attivita. Dan sabiex nevitaw kull inkonvenjent u nnaqsu wkoll il-hela ta' flus li jintefqu fil-vannijiet.

Nirringrazzjakhom tal-interess taghkom fl-attivitajiet taghna. Min ikollu xi suggerimenti jew ilmenti jista jghaddihom lill-membri tal-Kumitat.

Inselli ghalikom

Il-Kumitat

YADA TRIBUTE CONCERT TA' MICHAEL JACKSON

Bhas-snin ta' qabel il-kumitat tal-Land qed jipprova jakkwista 12 il-biljett ghall Tribute Concert organizzat mill-YADA, b'unur ta' Michael Jackson. Il-prezz tal-biljetti huwa €6 il-membri u €6 il-helpers. Min jixtieq jigi, jibbukja mill-ewwel ghax il-biljetti huma fuq First Come First Served Basis. Il-post ha jkun l-MFCC gewwa Ta'Qali .

Data: Is-Sibt 26 ta' Marzu 2011

Hin: 7:30 pm sal 12:00 am(jkunu hemm fil-hin)

Prezz: €6.00 ghal-biljett u €5 ghat-trasport (kull persuna)



Dawk li jixtiequ jigu, ghandhom jibatghu SMS jew icemplu **BISS** lill contact persons: Sarah Cassar fuq 79385991 jew lil Jeanesse Abela fuq 79828787 (sms biss). Booking STRETTAMENT sal-Hadd 20 ta' Marzu 2011



Awguri u Xewqat Sbieh lil:

**Doreen Farrugia
Malcolm Camillieri
Maria Mamo**

BIRTHDAY

Birthdays are merely symbolic of how another year has gone by and how little we've grown. No matter how desperate we are that someday a better self will emerge, with each flicker of the candles on the cake, we know it's not to be, that for the rest of our sad, wretched pathetic lives, this is who we are to the bitter end. Inevitably, irrevocably; happy birthday? No such thing."

Jerry Sienfeld

Disability by no name

Beauty only tender hearts can see
Through the mask of disability
Just a glance and a kind gesture
Can brighten their days
Even if later, they won't remember

I'll remember though
And it warms my soul mate
Shielding it from the coldest of cold
Still a gentlemen, after thirty years
Of sitting in a wheelchair

Helping me put on my bright green coat
Hugging me and telling me to drive safe

Love has no boundaries
Even though some believe differently
They've never seen what I've seen
If you have, you know what I mean

Just because someone is disabled
Doesn't mean they are immune
To the touch of love
And the feeling of life it brings

Love me, even if I forget.

FUNNY SIDE!!!!

The children were lined up in the dining room of a catholic school for lunch. At the head of the table was a large pile of apples. A nun made a note and posted it on the apple tray...Take only one" God is watching"....Further along the line at the other end of the table, was a large pile of chocolate chip cookies. A child had written a note " Take all you want....."God is watching the apples."

Did You Know?

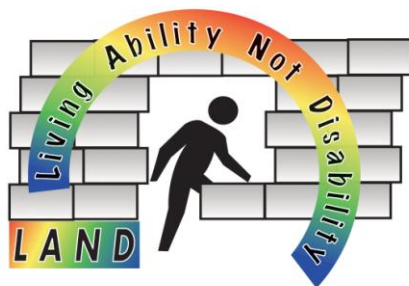
Water- is a vital life 70%of the human body is water.

Many foods contain water and some , such as fruits and vegetable are composed mainly of water. In addition to the water that is taken in food and as liquids some water produced by the body. Bottled mineral waters (both still and carbonated) are often advertised as being healthy. There is no evidence that they are better for health than tap water, and they are much more expensive. However health authorities recommended drinking bottled water when staying in developing countries where tap water may be contaminated with disease-giving bacteria.

Water should be drunk every day, especially in hot weather when much is lost through sweating. Water is constantly lost in this way through the skin and also from the lungs, kidneys, and bowels. A minimum of two to three liters per day is recommended.

Extra Water is Require

- 1 .During illness where a raised temperature results in increased sweating.
2. If vomiting or diarrhea has occurred, both of which can cause rapid dehydration especially in babies
- 3 .In lactation when extra water is required for milk production.
4. After intense physical activity such as sports, especially at a high altitude.



Formola tal-Membership - LAND GRUPP 2011

Nixtiequ nfakkrukom li l-ħlas tal-Membership Fee għas-sena 2011 huwa miftuħ. Il-prezz hu ta' €10. Min jixtieq jibqa' jattendi l-attivitajiet u jirċievi ċ-ċirkulari huwa mitlub iħallas il-membership fee. Il-Membership fee għal Voluntiera mhix obligatorja għalkemm xorta għandna bżonn id-dettalji. Minkejja dan, il-voluntiera xorta jistgħu jagħtu donazzjoni lill-grupp.

Il-ħlas għandu jsir billi jintbagħat ċekk ta' €10 lil LAND Group fl-indirizz li jidher hawn taħt.

Isem u Kunjom: _____

Data tat-twelid: ____/____/____

Indirizz: _____

Indirizz ta' l-Email: _____

Numru tat-Telefon: _____ Numru tal-Mobile: _____

Kif tixtieq tirċievi c-Ċirkulari: Posta E-mail (immarka kaxxa waħda biss)

Membru b' dizabilita Membru mhux b' dizabilita

Ma' din il-formola, jeħtieġ tibgħat il-membership fee ta' €10 f'isem LAND — Living Ability not Disability f'dan l-indirizz:

LAND Group, c/o Blk 9, Door B, Flat 10, Triq il-Ġilju, San Ġwann SGN 1231

Visit our website at www.landmalta.org