

Lorette Communiqué

Published bi-weekly by volunteers

Please e-mail up-coming events to news1@mts.net or news2@mts.net or phone 878-2353 or 878-3547

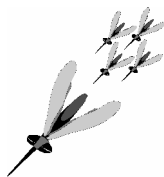
Help one another;
there's no time like the
present and no present
like the time.
- James Durst

The volunteers who operate the Food Bank wish to thank all the kind folks who have dropped non-perishable food items into the collection box located just inside the rear door to R.M. building.

There is still time to grow a row of fresh veggies for the folks who benefit from the Food Bank. When they are ripe, just drop them into the collection box at the RM. It is picked up daily.

If you know of anyone who could benefit from the Food Bank please call Iris at 878- 3552. Absolute confidentiality is maintained.

ERROR, ERROR, ERROR
Katimivak needs to rent a house for August 2004 – this year not next year as published in the last issue of Communiqué.
Phone Jamie at 878-4320



Mosquito Season! Protect Yourself!

Mosquitoes need water to breed and if their eggs are left in even a small amount of stagnant water for a week or more they can develop into adult mosquitoes.

- ✓ Eliminate any water left in flowerpots, gardening cans, or wheelbarrows
- ✓ Adjust tarps over grills, firewood piles, boats and other objects to avoid the collection of water.
- ✓ Drill holes in the bottom of water-collecting items left outdoors, such as tire-swings, to drain any water.
- ✓ Cover any garbage, recycling or composting containers, to prevent water collecting.
- ✓ Replace water in birdbaths and outdoor pet dishes once every week.
- ✓ Ensure that openings in rain barrels are covered with mosquito screening or tightly sealed around the downspout. If a rain barrel is not screened, add ½ cup of household bleach to it once a week to get rid of any mosquito eggs, or empty the rain barrel if the water is more than a week old.
- ✓ Keep eaves troughs and gutters clear of debris to prevent standing water.
- ✓ Trim vegetation around your property. Weeds, tall grass and shrubbery provide an outdoor home for adult mosquitoes.
- ✓ Repair any leaks from outdoor water pipes, joints or hoses. Replace washers on outdoor taps that drip.



Also remember the importance of personal protection to reduce your exposure to mosquitoes through the use of repellents and wear protective clothing that is loose fitting, long sleeved and light coloured (the three L's)

From the Manitoba Government website: www.gov.mb.ca

Bone Density Testing

- Osteoporosis kills more women each year than breast, cervical and uterine cancers combined.
- 1 in 4 women and 1 in 8 men over the age of fifty have osteoporosis.

Are you at risk? It can be prevented! It can be treated!

Pharmacie Seine will be offering a bone density testing



June 3, 2004

Volume 2.11

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clinic in the early fall. Get your
name in now to assure an
appointment. Call 878-4122

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