

Lorette Communiqué

Published monthly by volunteers

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



Your mind is a garden,
Your thoughts are the seeds,
The harvest can be either


Be a Winner!
Optimist Club of Lorette
2nd Annual



Bike Safety Clinic

Kids 12 and under

**Sat. May 29,
10-3 p.m.**

Lorette Community Complex 

Free hot dogs & drinks for active participants

RCMP

Charity Golf Tournament

May 31st @ 10:00 a.m.

Best ball format with shotgun start
Rat River Golf Course

Fee: \$50

(includes steak supper)

To register call Lauren or Denis

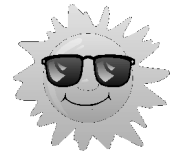


Youth Drop In Center

Are your young people restless and bored? Are they looking for a place to hangout? Youths ages 12 to 19 are very welcome at the Youth Drop in Center in Landmark. Tell the kids to go over and check it out. The LUD of Lorette is helping to support it so it is available for everyone. The Center is open every Tuesday, Thursday and Friday from 7 – 10 p.m. Parents are welcome to pop in to see what is happening.

Summer is coming!

Check your shadow



Pharmacie Seine

If your shadow is shorter than your height, you risk getting a sunburn. When the sun is directly overhead (noon to 3 pm), that's when it's strongest and most likely to cause a sunburn – and it's still strong for three hours before and after this point. So protect yourself between the hours of 10 am and 5 pm with sunscreen (SPF 15 or higher), protective clothing or by staying indoors.

Magic Prevention!

Do you want to reduce your risk for diseases such as high blood pressure, heart attack, osteoporosis, diabetes, colon cancer and breast cancer? Want to reduce the pain of arthritis? Do you want to improve your quality of life and general well-being while improving the quality and duration of your sleep? Do you want to boost your immune system and help reduce anxiety and risk of depression?

If the answer is yes, it is time to get moving. Being physically fit can work this magic!



Health Canada suggest that we should build up to 60 minutes a day of moderate activity. Your health will start to improve after your first brisk walk! You are never too old to start.

- adapted from *Health Matters*

"The opportunity of a lifetime must be seized in the lifetime of the opportunity."

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