

Concerned about choosing daycare? Check www.gov.mb.ca/childcare. They have a booklet called A Parents Guide to Quality Child



Cycle Rwanda

On May 1, Seine River Church is hosting a cyclathon at Birds Hill Park in support of a mission project in Kigali, Rwanda. It will involve cycling 40 km on and off trails as a 'fun' way of increasing awareness and support for the needs of the people in Africa. Our goal is to raise \$10,000 so we are hoping for mass participation. If you're interested in cycling or sponsoring, contact Ed Hildebrand at 355 4881, or edhildeb@mts.net

Hurry and get your tickets to the **Seine Singer Dessert Concert** Sunday, Apr. 25 7:00 p.m. \$20.00 Advance sales only available from choir members or call Maryanne at 878-3901, Irene at 878-3537, or Arlene at 878-2016. Fundraiser for community a grand piano. **This event was sold out** last year so don't delay

Walk for Hope

Since the genocide of Rwanda in 1994, 1 out of 5 high school children have been orphaned. The number is higher when younger children are involved. The eldest child is forced to abandon his youth to care for his younger siblings whose parents have been slaughtered. They have become a statistic...two of the one million victims killed in 100 days.



Hope for Rwanda's Children Fund is a registered charity in Canada that raises money to provide opportunities to the orphans: school, food and clothes.

College Lorette Collegiate will be hosting Walk for Hope: Children of Rwanda on Sunday, May 2nd 2004. You may choose between a 2 km or an 8 km walk, both will begin and end at the school. Anyone can participate!!! All we ask is that you donate a minimum of 10\$. You must register before April 17th. For registration forms, please contact Natalie Trudeau, teacher at CLC, at 878-2887 for further information.

Nutrition Quiz Answers:

Q. Which of these foods has the highest amount of calcium:
 a) 1 cup (250 ml) of milk b) 1 cup cooked broccoli
 c) 1 cup cooked kidney beans
A. Each of these foods contains calcium, but 1 cup of milk offers over 300 milligrams of calcium.



Q. Eggs belong in which food group
 a) milk products b) grain products c) meat & alternatives
A. One to two eggs are a serving from the Meat and Alternatives food group.

Q. According to Canada's Food Guide to Healthy Eating, how many servings of Vegetables and Fruit should adults eat every day? a) 2-4 b) 3-5 c) 5-10



A. Adults should eat between 5-10 servings of Vegetables and Fruit daily. Choose dark green and orange vegetables and orange fruit more often.

Q. One of the best sources of beta-carotene is:
 a) Apples b) Bananas c) Cantaloupe
A. Dark green, red and orange vegetables and orange fruit pack in the most amount of beta-carotene

Q. How much folate (or folic acid) supplementation is recommended for women who could become pregnant?
 a) 0.100 b) 0.200 c) 0.400
A. Women who could become pregnant are advised to take a daily multivitamin and mineral supplement that contains 0.400 mg of folate per day. Adequate intake of folate before pregnancy is found to reduce the risk of neural tube defects, a serious birth defect.

Q. Antioxidants can play a role in reducing your risk of heart disease. **A.** Dark green and orange vegetables and orange fruit are your best sources of these antioxidants.

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