

Want to avoid a beer belly? 30 minutes of walking burns off the 151 calories in a bottle of beer

### Garage & Craft Sale



Lorette Collegiate

Saturday May 1,  
10:00 – 4:00

Collegiate gymnasium  
A fundraiser for a band trip to Alberta

Admission is free, refreshments will be available and babysitting will be offered (for a donation).

See you there

### Planning your garden?

Herbs and vegetables mingle well with flowers in the landscape.



A favourite combination is geraniums with curly parsley.

Ornamental oreganos and kale fancy

Spray your plastic containers with non-stick cooking spray before pouring in tomato based sauces and

## Parents

- ✓ Celebrate the successes. Reinforce desirable behaviour. Praise positive behaviour and “catch children being good”. Ignore unimportant and irrelevant behaviour. Avoid nagging and making threats without consequences.
- ✓ **Teach respect** – for themselves, for others and for property. Remember, children learn by example.
- ✓ Prioritize rules. Give top priority to safety, then to correcting behaviour that harms people and property, and then to behaviour such as whining, temper tantrums, and interrupting. Concentrate on only two or three rules at first. **Be consistent!**
- ✓ Allow for the child’s temperament and individuality. A strong willed child needs to be raised differently from the so-called compliant child.
- ✓ A truly positive environment for children includes consistent discipline. Discipline is really a teaching tool. It is about teaching children what to do and how to live in the world.
- ✓ Backup those in authority. Schoolyard bullying and the blatant disrespect in many classrooms is a symptom of the degenerating standards of discipline and of parents second-guessing teachers.
- ✓ Active people are healthier, happier and more intelligent. Plan things to do with your family. Hang out with your kids. Walk, cycle, watch movies, play tennis, paint a room, go to the beach, or browse in the mall.
- ✓ Nothing to do? The universal excuse. Encourage kids to create their own activities, think for themselves and act responsibly.

## Lorette Community Complex

Jim Hardy is happy to announce that the CCLCC has a new Board of Directors with a complete slate of officers. Congratulations to Lynne Knelson, the new president.

A big thank you to Jim Hardy and the past Board for all the work that has been accomplished over the past two years

## A Big Thank You

to the member of the LUD Committee and the LUD staff, Ray and Gilles, for their dedication during the heavy rain and flooding. They spent hours out in that drenching rain clearing drains to carry away the water. They had the foresight to turn off the village water supply pumps overnight to reduce the amount of water going into the sanitary sewer system in order to prevent flooding of basements. Please watch for the next issue of Communiqué for information about management of sump pumps.

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