

**Now is the 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.**

Plant Your Trees Carefully
Before selecting trees for your yard look up, look way up. Will the trees you plant today become tangled in a power line in the future? When branches stretch into power lines, dangerous situations are created. To prevent these hazards consider low-growing shrubs such as lilac, elder cotoneaster and flowering crab. They'll add colour and fragrance and attract attention to your yard – away from the overhead power line. Tall trees such as poplar, willow, maple, ash and evergreen should be planted 10 to 30 feet away from any overhead lines.

**The optimist said, "This is the tomorrow you worried about yesterday."
The pessimist added, "And now you know why!"**

**Check out
www.loretteonline.ca**

Now that I'm 'older' (but refuse to grow up), here's what I've discovered:

1. I started out with nothing, and I still have most of it.
2. My wild oats have turned into prunes and All Bran.
3. I finally got my head together; now my body is falling apart.
4. Funny, I don't remember being absent minded...
5. All reports are in; life is now officially unfair.
6. If all is not lost, where is it?
7. It is easier to get older than it is to get wiser.
8. Some days you're the dog; some days you're the hydrant.
9. I wish the buck stopped here; I sure could use a few...
10. Kids in the back seat cause accidents.
11. Accidents in the back seat cause kids.
12. It's hard to make a comeback when you haven't been anywhere.
13. The only time the world beats a path to your door is when you're in the bathroom.
14. If God wanted me to touch my toes, he would have put them on my knees.
15. When I'm finally holding all the cards, why does everyone decide to play chess?
16. It's not hard to meet expenses... they're everywhere.
17. The only difference between a rut and a grave is the depth.
18. These days, I spend a lot of time thinking about the hereafter... I go somewhere to get something and then wonder what I'm here after.

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.

One mosquito to another: "I'm pooped. I must have gotten some tired blood tonight."

A sign on a tow truck said, "We don't want an arm and a leg, just your tows."

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