

Lorette communiqué

Published by volunteers on the 1st and 3rd week of each month

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

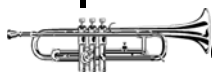
Manners are the happy way of doing things.

Remembrance Day Celebrations

Nov. 11th

Spirit Park

Mark your calendar



More info next issue

Dinner Theater

À L'OMBRE DES CHÊNES

le samedi 12 novembre

Saturday, November 12th, 2005

École Gabrielle-Roy, Île-des-Chênes

310 chemin Lamoureux Road

Cocktails 17h30 / 5h30 (bar payant / cash bar)

Souper 18h00 / Dinner 6:00 p.m.

(Phyllis's Catering)

25,00\$ personne / person

Faites vites! Billets en vente jusqu'au

4 novembre seulement!

Hurry, advanced tickets available only

until November 4th!

Help for PMS

Recent studies have shown that a high calcium intake can help ease symptoms like pain, water retention, mood changes and food cravings associated with PMS (Pre-Menstrual Syndrome).

Talk is cheap unless you hire a lawyer.

Fire Prevention Week

Tips to remember:

- Never smoke in bed while reading, it is too easy to fall asleep. Newspapers and print material are highly flammable
- Keep space heater well ventilated and at least three feet away from flammable material.
- Extension cords are for temporary use only.
- Never run electrical cords under a carpet or rug.
- Do not use dishtowels as potholders. They will ignite easily if they come in contact with a hot burner.
- When you are cooking, remember to wear tight-fitting or sleeveless clothing. Burn injuries happen when clothing comes in contact with hot burners or catches on pot handles which causes spills that scald.



- A working smoke alarm could be the difference between life or death in a fire, but only if they are properly installed and maintained.
- Plan your escape and practice it.

In Case of Fire:

- Get out and stay out
- Get down and stay low. Smoke and heat build up from the ceiling down, so crawl low near the floor as you go to the nearest exit, maintaining contact with the wall.
- Test the door. If the door or knob is hot do not open it. If it is cool, open slowly and be ready to close it if smoke and heat rush in.
- Stop, drop and roll. If your clothing catches on fire, stop where you are. Drop to the ground. Cover your face and roll back and forth to put out the flames.



First-aid for burns:

- Run cool water over the burn area for 5 to 10 minutes. This will prevent further skin damage

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It is one of the most beautiful compensations of life that no woman can sincerely try to help another without helping herself.