

Lor e t t e 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

Learn from the mistakes of others. You can't live long enough to make them all yourself.

Please Join the
Baha'is of Tache
in celebrating
Naw-Ruz 162

An evening of fun, food and friends.

Mon. March 21

Notre Dame de Lorette
Parish Hall

Doors open at 5:30 pm
Celebration begins at 6
followed by supper,
entertainment and dance.

Tickets: \$ 5 per person, \$20
max per family

Please call 878-3810 for
tickets or more info.

**Sponsored by the Baha'is of
South East Manitoba**

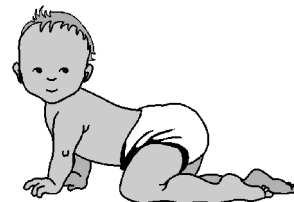
**Seine River Minor Ball
Baseball/Softball
Registration**

**Tuesday March 15
7:00- 9:00 pm**

**Lorette Curling Club
and**

**Saturday March 19
10:00 am - 1:00 pm**

**Handle me with care
Never Shake a Baby
Ne secouez
Jamais un bébé.**



If a baby is shaken with force in a moment of anger, it can lead to a lifetime of effects:

- ✓ Shaking can damage a child's brain
- ✓ Shaking can cause permanent disabilities, like blindness or paralysis.
- ✓ Shaking can even cause death.

Children less than one year old are particularly at risk. Older children can also be seriously injured if they are shaken violently.

No child at any age should be shaken.

Being a parent or caregiver is not easy. A baby's constant crying can be stressful and can be a dangerous trigger for you. But there are many resources and professionals who can help you in difficult times. Talk to your doctor or the public health nurse.

Some tips:

- ✓ If your baby tends to cry often make arrangements for child care relief and get some rest.
- ✓ Form a back-up plan for calling in reliable help when your baby's crying seems impossible to deal with.
- ✓ Talk to a friend, family member, counsellor or health professional about your situation
- ✓ Know your caregiver. Never leave your child with someone you don't trust.

SO YOU THINK YOU KNOW EVERYTHING?

- ⊙ A dime has 118 ridges around the edge.
- ⊙ A cat has 32 muscles in each ear.
- ⊙ A crocodile cannot stick out its tongue.
- ⊙ A dragonfly has a life span of 24 hours.
- ⊙ A goldfish has a memory span of three seconds.
- ⊙ A "jiffy" is an actual unit of time for 1/100th of a second.
- ⊙ A shark is the only fish that can blink with both eyes.
- ⊙ A snail can sleep for three years.
- ⊙ Almonds are a member of the peach family.
- ⊙ An ostrich's eye is bigger than its brain.

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