

# Lor et t e Communiqué

Published twice a month by volunteers

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

**Peoplés minds are changed more often by observation than by argument.**

**The worldwide prevalence of diabetes is expected to increase by 37 percent between 2000 and 2030. This is not just a disease of the elderly but is a disease of our lifestyle. We should all be concerned.**

**We are fortunate that a Diabetes Clinic, with a nurse and dietician, is coming to Lorette April 28th, in the R.M. of Taché office. For your appointment please call Sharon at **204- 346- 6255**.**

**Suds, Spud and Steak at the Dawson Trail Inn in support of the École Lorette Immersion (ELI) Parent Council Friday, April 8, Featuring a Silent Auction and Live Entertainment by Plain Salt**

**Tickets may be purchased at ELI or at the door for \$12**

## Magic Prevention!



Do you want to reduce your risk for diseases such as high blood pressure, heart attack, osteoporosis, diabetes, colon cancer and breast cancer? Want to reduce the pain of arthritis? Do you want to improve your quality of life and general well-being while improving the quality and duration of your sleep? Do you want to boost your immune system and help reduce anxiety and risk of depression?

If the answer is *yes*, it is time to get moving. Being physically fit can work this magic!

Health Canada suggests that we should build up to 60 minutes a day of moderate activity. Your health will start to improve after your first brisk walk! You are never too old to start.

The nice weather is here. There are no excuses! Get started today

- adapted from *Health Matters* published by Prescription Plus

## Gardening starts now!

- Gardening is a good exercise that will build strength and endurance. It's time to get into shape for the bending and stretching your muscles will undergo when you start raking, digging and planting. Start limbering up now.
- Pruning of your trees and shrubs should be done before the end of April. Don't prune spring flowering shrubs until after they finish blooming.
- Always sterilize pruning tools with alcohol, or methyl hydrate or diluted bleach after each cut is made in a diseased tree or shrub, otherwise the tool will spread the disease.
- Does your Schubert chokecherry have what looks like thickened burnt rope wrapped around a branch? This is 'Black Knot' disease and it can kill your tree. Pruning with sterilized pruning tools is the only way to control this disease.
- Do you have brown dried needles on your spruce, pine cedar juniper and fir? If the needles have turned colour they are dead, however there is a good chance that the twigs, which support the needles and the winter buds, are still quite healthy. Wait to let the buds open during spring. They may produce new needle and twig growth.
- Spring is the best time to fertilize trees and shrubs.



This document was created with Win2PDF available at <http://www.daneprairie.com>.  
The unregistered version of Win2PDF is for evaluation or non-commercial use only.