

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

"It's not the number of hours that you put in that

The Comité culturel of Ste-Anne is offering Painting classes that will be taught in French by local artist, Jos Perreault. Classes are scheduled to begin on March 29th and will run through April 26th. Classes will be held at the Comité culturel every Wednesday night from 7 pm to 8:30pm. Cost for these 5 classes are

March is Nutrition Month

The Ile-des-Chenes Old Time Dance Club will be having a dance on March 17th at the Ile-des-Chenes Recreation Centre (414 Main St.) from 8 pm to 11:30 pm, \$9 per person, lunch included. Come and enjoy some music by "Town 'n Country". For more information please call Lucien or Judy at 878-3352.

"If you want to take revenge on somebody, you better dig two graves." Chinese proverb

The best way to tell a woman's age is in a very low

- ✓ Enjoy eating well, being active and feeling good about yourself. That's vitality.
- ✓ A single meal or day of eating rich foods will not make or break an otherwise healthy eating pattern. What you eat on a regular daily basis is what matters most. Enjoy your occasional indulgences but follow a healthy meal plan most of the time.
- ✓ Eating breakfast every day can help improve concentration, reduce hunger and maintain a healthy weight. Look for fast and easy choices such as whole grain breads and muffins, cereal with milk, fruit and fruit juice, yogurt and yogurt shakes, cheese, and eggs, or be creative with last night's leftovers.
- ✓ Remember to eat a VARIETY of foods because no single food is perfect. To get all the nutrients you need, enjoy as many different foods as possible from each of the four food groups in Canada's Food Guide to Healthy Eating.

Taken from the Dietitians of Canada website www.dietitians.ca

Kids, get off the couch!



The dropping temperatures outside often provide an excuse for adults and kids alike to stay inside and hibernate. While sitting in front of the television with a bag of munchies might seem like a good idea at the time, these behaviours can

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establish poor lifestyle habits that are hard to break. Obese kids tend to be obese adults. Left unchecked, these behaviours are associated with cardiovascular disease, type 2 diabetes,

weak bones and poor mental health. Parents can help by acting as positive role models for their children. Stay active! Suggest a physical activity the whole family can do together, such as skating. Eat well! Choose fruit, vegetables and water instead of fatty, sugary snacks, soft drinks and juice.

The Weekend to End Breast Cancer

June 9 - 11, 2006 This is a huge fundraising event that supports breast cancer research, treatment, and services through the CancerCare Manitoba Foundation. Two ladies from Lorette, Tammy Manaire and Laura Trudeau will be participating in a 60 km walk over the course of the weekend with thousands of other women and men. They must raise \$2,000 each in order to participate in this worthy event and are looking for community support. If you would like to make a donation to this cause, please contact Tammy 878-2068 or Laura 878-4637 for a donation form or you may donate on-line via their personal web pages at www.endcancer.ca. Tax receipts will be issued for donations in the amount of \$10.00 or more. Heads up! They will be training intensely through the streets of Lorette so give them a friendly honk!