



AUGUST 2022 BORDER POST

Be sure to check out the **Municipality of Brenda-Waskada's** Facebook page and Instagram page for information and upcoming events.

The Border Post is posted monthly on the website www.waskada.org

The deadline for the September 2022 Border Post is

Monday, August 29th, 2022.

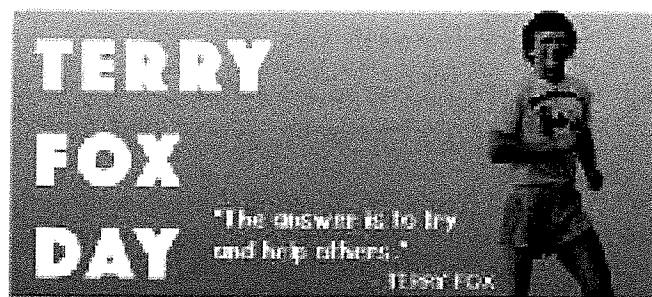
Municipal office email: office@brendawaskada.ca

The Municipal Office will be
Closed

Monday, August 1st

for the Civic Holiday of
Terry Fox Day.

Have a good long weekend.



Terry Fox Day

Terry Fox Day

Terry Fox Day is celebrated as a Civic Holiday in Manitoba, Canada on the first Monday in August annually. It honors Terry Fox, a Canadian athlete who after having one leg amputated due to cancer ran a cross-Canada run to raise money and awareness for cancer research. For many, he is a national hero who has had parks, roads, buildings, and statues named in his honor all across the country.

A Short Biography Of Terry Fox

Terry Fox was born on July 28, 1958, in Winnipeg, Manitoba. Throughout his youth, he showed perseverance as an athlete-playing rugby, soccer, and baseball as a child. On November 12, 1976, Terry was driving home when he crashed into the back of a pickup truck. Although the truck was profoundly damaged, Terry walked away from the accident with nothing more than a sore knee. The following month, he felt pain in his leg again but chose to ignore it until the end of basketball season. Over the next couple of months, the pain in his leg intensified until he felt like he had to go to the hospital in 1977. This is when he was diagnosed with osteosarcoma-a form of cancer that often begins near a person's knees. The doctors had told him that his leg had to be amputated, that he had to undergo chemotherapy, and that his chances of survival were only about 50%, even with recent medical advances.

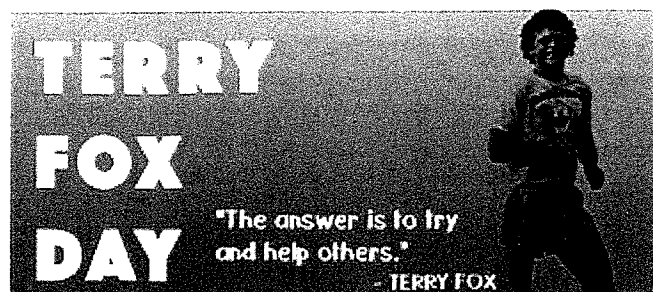
Three weeks after his leg was amputated, Terry began walking again with the aid of a prosthetic leg. Over the next few months, he improved dramatically and attributed his speedy recovery to medical advances. After learning about Dick Traum-the first amputee to participate in and complete the New York Marathon, Terry Fox decided to go on a 14-month training regimen to compete in a marathon himself.

On April 12, 1980, Terry Fox filled two large bottles with ocean water from the Atlantic Ocean and began the marathon. He intended to keep one of those bottles as a souvenir and empty the other bottle into the Pacific Ocean when he concluded his trek. Despite the physical problems he encountered on his run-including an inflamed knee, dizzy spells, and an inflamed knee, he continued his trek across Canada. Unfortunately, he had to end his run after 143 days and 3,339 miles (5,373 km) and the following day Fox held a press conference in which he announced that his cancer had returned and had spread to his lungs.

Over the course of his run, Terry Fox had raised approximately \$1.7 million for cancer research and raised the public's awareness of cancer and its consequences. Other events were held that raised even more money for cancer research. In September of 1980, Terry would be named to the Order of the Dogwood-one of the province's highest awards. Although Fox continued with his treatments, his cancer continued to spread and he was admitted to the Royal Columbian Hospital in June of 1981 with pneumonia. On June 28, 1981, he fell into a coma and died-just a month before his twenty-third birthday. In 2015, Manitoba changed Civic Holiday to Terry Fox Day-a day that's observed on the first Monday in August every year.

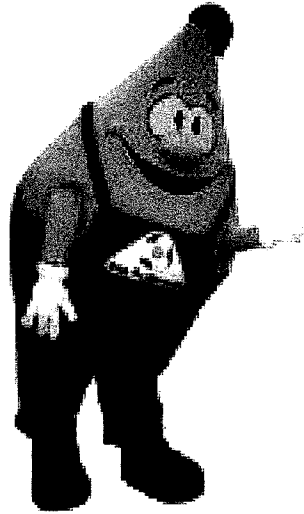
Observing Terry Fox Day

Terry Fox Day can be observed by donating money to cancer research, remembering the life and achievements of Terry Fox, and spreading the word about the holiday. People can also use the hashtag #TerryFoxDay on their social media accounts.



Terry Fox Day

Waskada Eco Centre



Located at the Waskada Disposal Site

Summer Hours:

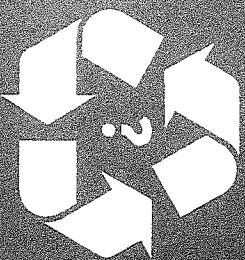
Open Tuesday and Wednesday

2:00 PM - 7:00 PM

Saturday 10:00 AM - 3:00 PM

Bring in used oil, filters, jugs, used antifreeze
and containers.

Any donations recorded will have a chance to
receive Waskada Eco Centre Merchandise.



PLASTIC RECYCLING MADE EASY!

Did you know that the number in the middle of the Mobius Loop is telling you what type of plastic it's made of, not that it's accepted in your recycling program?

Use this handy plastic recycling decoder when deciding what goes where with your plastics.

MMSM
Multi-Material
Stewardship Manitoba
INDUSTRY-LED RECYCLING
Solving Recycling

RECYCLABLE

PET #1

- ✓ Mouthwash bottles
- ✓ Peanut butter jars
- ✓ Salad dressing bottles
- ✓ Vegetable oil containers
- ✓ Water / soda bottles



Recycled into: Bottles and food containers, carpet, fiber, furniture, polar fleece, and tote bags.

PVC #3

- ✓ Children's toys
- ✓ Plastic pipes
- ✓ Lawn chairs
- ✓ Siding



Recycled into: Decks, pipes, mufflers, flooring, cables, speed bumps, and mats.

HDPE #2 (CLEAR AND COLOURED)

- ✓ Detergent and household cleaning bottles
- ✓ Milk jugs
- ✓ Shampoo bottles
- ✓ Cosmetic containers



Recycled into: Benches, floor tile, laundry detergent bottles, lumber, oil bottles, recycling containers, picnic tables, and shampoo bottles.

PP #5

- ✓ Bottle caps
- ✓ Ketchup bottles
- ✓ Margarine tubs
- ✓ Syrup and medicine bottles
- ✓ Yogurt containers



Recycled into: Battery cables, bicycle racks, brooms, brushes, ice scrapers, landscape borders, rakes, and trays.

RECYCLABLE THROUGH SOME RECYCLING DEPOTS

LDPE #4

- ✓ Frozen food bags
- ✓ Plastic film and flexible plastics
- ✓ Plastic bags
- ✓ Shrink wrap
- ✓ Toothpaste tubes



Recycled into: Plastic bags, trash can liners and cans, and shipping envelopes.

Check for return to retailer programs or with your local recycling depot to see what they will accept.

NOT RECYCLABLE

PS #6

- ✗ Disposable plates
- ✗ Foam packaging
- ✗ Foam take out containers
- ✗ Foam egg cartons
- ✗ Plastic cutlery



PS #6 plastics are difficult to recycle with a limited end market.

There are a few exceptions including some yogurt cups and open plastic cups. It's important to check with your community to see if these are accepted in your program.

OTHER #7

A wide variety of plastic resins that don't fit into the previous categories are lumped into this one.

Sometimes these materials can be recycled in your blue bin, while others need to be taken to a depot.

- ✓ Water jugs
- ✓ Certain food containers
- ✓ Safety glasses
- ✓ Laundry baskets
- ✓ Broken blue bins



Recycled into: Car parts, plastic lumber, and custom-made products.

EXCEPTIONS TO THE RULES

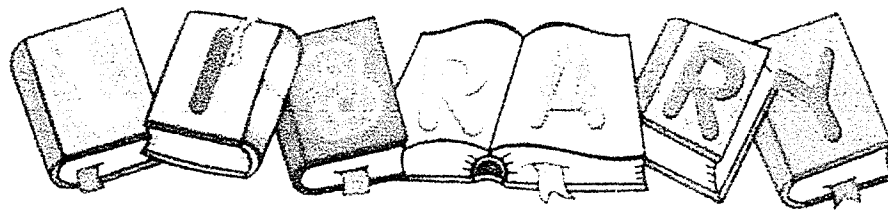
Most plastic packaging is accepted for recycling except for plastic film, black plastics, or anything with a foam texture. The general rule is that if an item is packaging (not a product) and contains one type of plastic, it can be recycled. Always confirm with your community or check the Recyclepedia to be sure.





Thank you!

The Waskada School Class of 2022 wished to thank our community for their generous support of their graduation fundraising efforts over the past year. To recognize this generosity, the class donated \$750 of their leftover funds toward the cost of benches along the new walking path in the park.



Waskada Branch

Bren Del Win Centennial Library

NEW

summer hours

Beginning July 5, 2022

Tuesday and Thursday

From

1:00pm to 6:00pm

Southwest Horizon School Division 2022 - 2023 School Year

Legend

NI = Non Instructional Day

193 days less 10 non instructional days = 183 days
90 teaching days term 1 and 93 teaching days term 2

September 2022 (15+3)				
M	T	W	T	F
5	6	7	8	9
NI	Day 1	Day 2	Day 3	Day 4
12	13	14	15	16
Day 4	Day 1	Day 2	Day 3	Day 4
19	20	21	22	23
NI	NI	Day 1	Day 2	Day 3
26	27	28	29	30
Day 4	Day 1	Day 2	Day 3	

October 2022 (19+1)				
M	T	W	T	F
3	4	5	6	7
Day 4	Day 1	Day 2	Day 3	Day 4
10	11	12	13	14
NI	Day 1	Day 2	Day 3	Day 4
17	18	19	20	21
Day 1	Day 2	Day 3	Day 4	NI
24	25	26	27	28
Day 1	Day 2	Day 3	Day 4	Day 1
31				
Day 2				

November 2022 (19+2)				
M	T	W	T	F
	1	2	3	4
	Day 3	Day 4	Day 1	Day 2
7	8	9	10	11
Day 3	Day 4	Day 1	Day 2	Day 3
14	15	16	17	18
NI	Day 3	Day 4	Day 1	Day 2
21	22	23	24	25
Day 3	Day 4	Day 1	Day 2	NI
28	29	30		
Day 3	Day 4	Day 1		

December 2022 (15)				
M	T	W	T	F
5	6	7	8	9
Day 4	Day 1	Day 2	Day 3	Day 4
12	13	14	15	16
Day 1	Day 2	Day 3	Day 4	Day 1
19	20	21	22	23
Day 2	Day 3	Day 4		
26	27	28	29	30

January 2023 (19)				
M	T	W	T	F
2	3	4	5	6
NI	Day 1	Day 2	Day 3	Day 4
9	10	11	12	13
Day 3	Day 4	Day 1	Day 2	Day 3
16	17	18	19	20
Day 4	Day 1	Day 2	Day 3	Day 4
23	24	25	26	27
Day 1	Day 2	Day 3	Day 4	Day 1
30	31			
Day 2	Day 3			

February 2023 (19)				
M	T	W	T	F
		1	2	3
		Day 4	Day 1	Day 2
6	7	8	9	10
Term 2	Day 4	Day 1	Day 2	Day 3
13	14	15	16	17
Day 4	Day 1	Day 2	Day 3	Day 4
20	21	22	23	24
NI	Day 1	Day 2	Day 3	Day 4
27	28			
Day 1	Day 2			

March 2023 (16+2)				
M	T	W	T	F
		1	2	3
		Day 3	Day 4	Day 1
6	7	8	9	10
Day 2	Day 3	Day 4	Day 1	NI
13	14	15	16	17
Day 2	Day 3	Day 4	Day 1	Day 2
20	21	22	23	24
Day 3	Day 4	Day 1	Day 2	NI
27	28	29	30	31

April 2023 (18+1)				
M	T	W	T	F
3	4	5	6	7
Day 3	Day 4	Day 1	Day 2	Day 3
10	11	12	13	14
NI	Day 3	Day 4	Day 1	Day 2
17	18	19	20	21
Day 3	Day 4	Day 1	Day 2	Day 3
24	25	26	27	28
Day 4	Day 1	Day 2	Day 3	Day 4

May 2023 (22)				
M	T	W	T	F
1	2	3	4	5
Day 1	Day 2	Day 3	Day 4	Day 1
8	9	10	11	12
Day 2	Day 3	Day 4	Day 1	Day 2
15	16	17	18	19
Day 3	Day 4	Day 1	Day 2	Day 3
22	23	24	25	26
NI	Day 4	Day 1	Day 2	Day 3
29	30	31		
Day 4	Day 1	Day 2		

June 2023 (21+1)				
M	T	W	T	F
5	6	7	8	9
Day 1	Day 2	Day 3	Day 4	Day 1
12	13	14	15	16
Day 2	Day 3	Day 4	Day 1	Day 2
19	20	21	22	23
Day 3	Day 4	Day 1	Day 2	Day 3
26	27	28	29	30
Day 4	Day 1	Day 2	Day 3	NI

September 7, 2022 - First Day of School
September 30, 2022 - National Day for Truth and Reconciliation
October 10, 2022 - Thanksgiving
November 11, 2022 - Remembrance Day
December 22, 2022 - January 4 - Christmas Break
February 6, 2023 - First day of Term 2
February 20, 2023 - Louis Riel Day
March 27, 2023 - March 31, 2023 - Spring Break
April 7, 2023 - Good Friday
May 22, 2023 - Victoria Day

Waskada Museum

Explore and discover these items!

- 1872 Manitoba Free Press 1st edition
- "S" pattern quilt, circa 1811
- 1902, 1910 Brenda Municipality voters lists
- Electric stove, c.1920s; Hoosier cabinet
- 1912 Manitoba license plate, porcelain-covered
- Hand-made violin, brought from Ontario in 1884
- Horse-drawn firewagon (restored) c.1900; 2 firetrucks
 - Ox cart, Ox collars
- 1861 Enfield rifle from WWI
- Article and photo of a former Menota School teacher who is still living today, 110 years old
- 1934 hole-in-one certificate (Waskada Golf Club)
- John Deere bicycle
- Brass 60 yr commemorative plaque (Canada 1867-1927)
- 1903 sidesaddle
- 1885 Bible, containing 39 books of the Old Testament, 27 books of the New Testament and 14 books of the Apocrypha
 - Canadian army uniform WWII, (complete)

GARDEN TOURS

Do you have a yard, garden, planter or just a special little corner of the
yard
you would like to showcase?

**An organized tour on August 4 meeting at 5:00 PM
At The Village Inn Park in Waskada,
From there we will tour the registered locations!**

To REGISTER your location, please contact

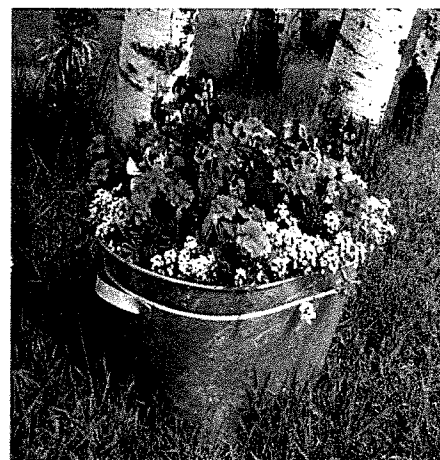
Ronda at the Municipal Office

204-673-2401

Or email office@brendawaskada.ca



This Photo by Unknown Author is



#whatshappeningbw



KIDS EVENT

August 16 at Waskada Arena

1:00 to 4:00 pm

Make paper flying objects such as
airplanes and bats.

We will also be flying kites so feel
free to bring your own and let's see
how many we can get in the sky!

Please call Ronda at the Municipal office at
204-673-2401

or email office@brendawaskada.ca

To Register

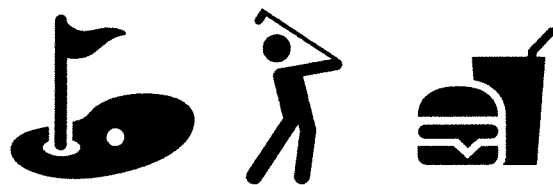
#whatshappeningbw
Waskada Golf Course
Let's get GOLFING!!

Wednesdays

-7:30 PM-

July 6, 2022

All are welcome!



\$35.00 single

\$60.00 family



Waskada United Church

Join us as we meet together with our communities of Cornerstone Pastoral Charge in August. Please join us at 7:30pm at the following locations as we develop our deep spirituality , engage in bold discipleship and dare justice.

August 3rd – Pierson

August 10th - Waskada

August 17th – Lyleton

August 24th – Pierson

August 31st – Waskada

Coffee 'N More – We will take a break from formal meeting until Fall.

Contact information for Heather Sandilands is 204-634-2276 or 204-264-0933 for text and voice (depending on cell service) @Heather Sandilands for Messenger.
Cstonepcx@gmail.com

Summertime Tips

Summer means time outside with family and friends! Stay safe and have fun with these quick tips:

Drink more!

Our bodies need more fluids to stay hydrated when it is hot out or when we are doing physical activity. Young children and older adults are more prone to dehydration. To know you are drinking enough, *check your:*

- Thirst; if you have a dry mouth or are thirsty you might need to drink more fluids
- Urine; if it is dark and has a strong odor this could be sign of dehydration.
- Mood; if you are feeling tired, dizzy or have a headache it might be dehydration

Keep water handy in your home and pack lots while out and about. All fluids count including water, milk, tea, coffee, juice, etc.

Facts on Fluids - How to Stay Hydrated - Unlock Food

Wear sunscreen!

And a hat and sunglasses! Sunlight is strong enough to cause harm to eyes, premature aging and skin cancer. Here's how to Stay Sun Safe:

- Check the UV index; when the UV index is 3 or higher be extra careful, reduce your time in the sun between 11 a.m. and 3 p. m. when the sun's rays are at their strongest
- Seek Shade; sit under a tree, canopy or an umbrella.
- Cover up; clothes protect us better than sunscreen and Wear a wide-brimmed hat
- look for sunglasses with a UV 400 or 100% UV protection.
- Apply broad spectrum sunscreen that is SPF 30 or higher. Apply a generous amount to any skin not covered by clothes. If you are going to be in the water make sure your sunscreen is also water-resistant. Use sunscreen with all the above tips not instead of them.

Enjoy the sun safely | Canadian Cancer Society

Be water smart!

Water is a great way to beat the heat but it can also be very dangerous.

- Actively supervise children around water, even if they can swim.
- Ensure there are barriers around backyard pools and empty toddler pools after each use.
- Always enter the water feet-first, avoid diving into home pools and lakes and rivers.
- Be Careful in open water, swimmers or waders can be swept away in an instant.
- Always wear a Canadian-approved flotation device or lifejacket while boating.

Summer Water Safety - Canadian Red Cross

Don't forget about food safety!

Summer days are great for picnics and gathering outside with friends and family. Stay safe from food poisoning with these tips.

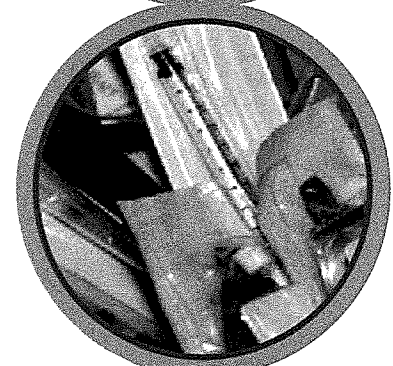
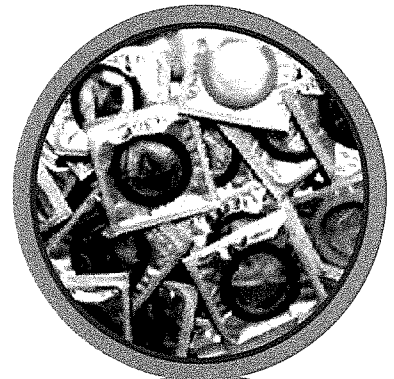
- Wash your hands often before and after cooking or eating.
- Pack a cooler filled with ice, ice blocks and/or ice packs for everything that needs to stay cool.
- Keep the cooler out of direct sunlight.
- Use a different cooler for drinks that will be opened and shut more often keeping the food cooler colder.
- Throw out any perishable food that has been left out for over 1 hour on hot days.



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- Naloxone Kits
- Safer smoking supplies



MELITA

Monday & Wednesday | 10am to 4pm
Melita Public Health Office - 147 Summitt Street
Call 204-522-4312 for more information.

DELORAINE

Tuesday & Thursday | 10am to 4pm
Deloraine Public Health Office - 109 Kellet Street
Call 204-747-1820 for more information.

Walk ins Welcome

Please call for additional availability

West Nile Virus Symptoms

Public Health - Factsheet

What is West Nile Virus?

West Nile Virus (WNV) is a virus you can get from the bite of an infected mosquito. In Manitoba, the main carrier of the virus is the *Culex tarsalis* mosquito.

Who is at risk and when is risk the greatest?

In southern Manitoba, anyone can be exposed to West Nile Virus from June to September. The highest risk period occurs when the infected mosquito populations are greatest, typically from mid-July through the end of August.

Symptoms

Only one out of five people who are infected with WNV will develop symptoms, and the extent and severity of symptoms vary widely from person to person. The symptoms of WNV infection begin approximately three to 14 days after being bitten by an infected mosquito.

WNV Non-neurological Syndrome

Most people who develop symptoms will experience varying degrees of an illness known as WNV non-neurological syndrome. The symptoms of West Nile Virus non-neurological syndrome can include some or all of the following:

- fever
- headache
- muscle weakness
- muscle or joint aches
- fatigue
- mild rash
- sensitivity to light

Recovery from symptoms of WNV non-neurological syndrome may occur in about a week following onset of symptoms, but there can also be lasting health effects, including muscle weakness, memory problems and fatigue, which can last for months.

West Nile Virus Neurological Syndrome

Less frequently (in less than one per cent of WNV cases), the virus can cause more severe illness known as West Nile Virus neurological syndrome, which may result in hospitalization. Older adults or people with weakened immune systems (e.g., those living with HIV or cancer, or transplant patients receiving immunosuppressive drugs) are at greater risk of severe illness. **However, severe illness has occurred in all age groups.** The fatality rate for WNV neurological syndrome cases is about 10 per cent.

The symptoms of WNV neurological syndrome can include, in addition to those symptoms listed under West Nile non-neurological syndrome, some or all of the following:

- severe headache
- high fever
- stiff neck
- meningitis (inflammation of the lining of the brain)
- encephalitis (inflammation of the brain)
- paralysis
- coma

Treatment

There is no vaccine, cure or specific treatment for West Nile Virus. In more severe cases of WNV neurological syndrome, medical treatment consists of supportive care only, and may include:

- hospitalization
- intravenous (IV) fluids
- airway management
- respiratory support
- prevention of secondary infections, including pneumonia and urinary tract infections
- good nursing care

Because recovery from symptoms of WNV neurological syndrome may take up to a year or more, recovered individuals may require physical or occupational therapy or other support services.

West Nile Virus Symptoms

Most people will make a full recovery from West Nile Virus without any treatment. However, those with more severe illness may experience chronic or long-term conditions that may include:

- fatigue
- headache
- muscle pain or weakness
- gait or movement disorders
- light headedness
- confusion
- loss of concentration
- depression

Some people have not been able to return to work as quickly as expected. One study reported that 41 per cent to 55 per cent of individuals who were infected with WNV had not recovered physically, functionally or cognitively years after initial onset of illness.

If you or someone you know develops any of these severe WNV symptoms such as a severe headache, high fever, mental confusion, muscle weakness, coma or paralysis, see your health care provider immediately.

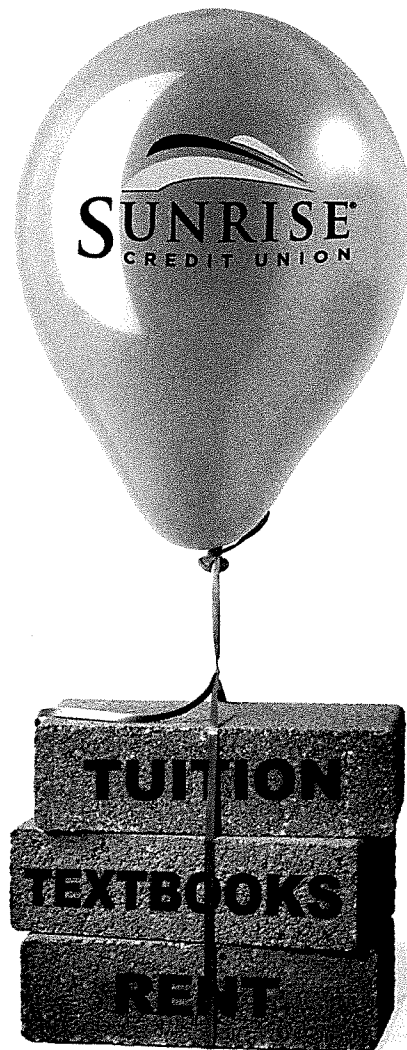
For more information about West Nile Virus, contact your health care provider or call Health Links-Info Santé at **204-788-8200** (Winnipeg) or toll free at **1-888-315-9257**.

Prevention is the first line of defense against West Nile Virus.

Find out more at www.gov.mb.ca/health/wnv/

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*On approved credit, some conditions apply.



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andrew.williams@edwardjones.com
www.edwardjones.ca

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Member Service Representative

Phone: 204 673.2774 Fax: 204 673.2213
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Pres. Linda Hainsworth, hainsworth086@gmail.com

204-673-2638

Sec. Dawn Minne, rdminne@mymts.net

204-673-2432

Meet: 3rd Thursday of the month @ 8:00 AM

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Scott Williams, B.Sc, CAIB
Insurance Broker
scottwilliams@griffithagencies.ca



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39 Railway Ave
Waskada, Manitoba
R0M 2E0

Office: (204) 673-2522
Fax: (204) 673-2535
Cell: (204) 264-1570



Casey Ziegler
President

O: (306) 297-4041
TF: 1-877-981-9142
C: (403) 548-0471
F: (306) 297-4042

Box 1771
Shaunavon, SK
S0N 2L0

casey.ziegler@welltraxx.com

welltraxx.com

It Pays to Advertise!

Inquire to the Municipal office to submit your advertisement.
Phone: 204-673-2401 or email: office@brendawaskada.ca

MMJS

LAW OFFICES

McCulloch Mooney Johnston Selby LLP

YOUR LOCAL LAWYERS

Harley J. Shepherd Barrister and Solicitor email: harley@mmjslaw.com

Carman tel: 204 745-2546
fax: 204 745-3963
14 Main Street S. Box 1670
Carman, MB R0G 0J0

Deloraine tel: 204 747-2082
fax: 204 747-2180
130 Broadway Street N. Box 489
Deloraine, MB R0M 0M0

Business Card \$5.00/publication or
\$50.00/year

½ page Ad \$15.00

¼ Page Ad \$10.00

Full Page Ad \$20.00

Municipal Summer Dump Hours starting April 16, 2022

Goodlands

Wednesday 3:00 PM - 7:00 PM

Saturday 9:00 AM - 1:00 PM

Waskada

Tuesday 2:00 PM to 7:00 PM

Wednesday – 2:00 PM to 7:00 PM

Saturday – 10:00 AM to 3:00 PM

Medora

Monday 2:00 PM – 7:00 PM

Wednesday 2:00 PM - 7:00 PM

Saturday 10:00 AM - 4:00 PM



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cell: (204) 264-0326 call or text

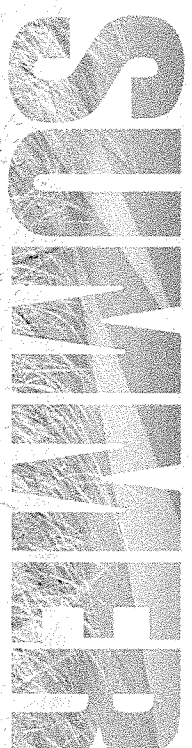
website: donnastewart3586.norwex.biz

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
Boissevain	Deloraine	Boissevain	Deloraine (No Dr in Boissevain)	CLOSED	Deloraine	Deloraine
14	15	16	17	18	19	20
Deloraine	Deloraine	Deloraine	Deloraine	Deloraine	Deloraine (No Dr in Boissevain)	Deloraine
21	22	23	24	25	26	27
Deloraine	Deloraine (No Dr in Boissevain)	Deloraine (No Dr in Boissevain)	Boissevain	Boissevain	Boissevain	Boissevain
28	29	30	31			
Boissevain	Boissevain	Boissevain	Boissevain			

This schedule is subject to change
If you need to phone the Hospital, prior to presenting, please call:
 BOISSEVAIN HOSPITAL 204-534-2451 DELORAINÉ HOSPITAL 204-747-2243

August 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Municipal Office Closed for Terry Fox Day Lake Stanley Swimming Lessons 1-5	1	2	3	4 Garden Tours @ 5:00 PM	5	6
7	8	9 Garbage and Recycle Day	10	11	12	13
14 Council Meeting @4:30	15 Paper Airplanes @ Waskada Arena 1:00-4:00	16 Garbage and Recycle Day	17 Hazardous Waste Day 12:00-2:00	18	19	20
21	22	23 Garbage and Recycle Day	24	25	26	27
28	29	30 Garbage and Recycle Day	31	1	2	3
4	5	Notes Summer Library Hours Tuesday and Thursday 1:00-6:00 at Waskada School Waskada Museum Hours Monday-Friday 9:30-4:00, Saturday and Sunday 1:00-4:00 \$6/adult and \$4/student, preschool/free				