



HAPPY  
NEW YEAR

---

***JANUARY***  
***2023***  
***BORDER***  
***POST***

---

The deadline for submissions for the  
February 2023 Border Post is

January 27<sup>th</sup>, 2023.

Municipal Office email:  
**office@brendawaskada.ca**

Facebook: **Municipality of Brenda-  
Waskada**

Instagram page for Municipal information.  
Follow **#whatshappeningbw** for upcoming  
events.



PLEASE NOTE THAT THE  
MUNICIPAL OFFICE WILL BE  
**CLOSED**

**MONDAY, JANUARY 2<sup>nd</sup>**  
**IN LIEU OF NEW YEARS DAY**



***HAPPY NEW YEAR***



FROM ALL THE STAFF AND COUNCIL OF  
THE MUNICIPALITY OF BRENDA-WASKADA

# Waskada Eco Centre



Located at the Waskada Disposal Site

## **Winter Hours:**

Tuesday and Wednesday 1:00 PM - 6:00 PM

Saturday 11:00 AM - 4:00 PM

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

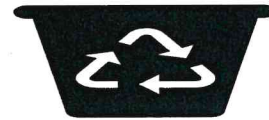
Record your donations with Reuben and be entered  
to receive Waskada Eco Centre Merchandise.

**The next scheduled day is  
Thursday, January 19<sup>th</sup>, 2023, from  
12:00-2:00**

**Located at the Waskada Depot Recycling Depot @  
104 First Street**

**Items that can be recycled include:**

- **PAINT CANS**
- **AEROLSOLS**



- **LITHIUM BATTERIES**
- **SMALL PROPANE TANKS**
- **FLUORESCENT BULBS**

**E-Waste Roundup – Acceptable Materials:**

- TV's, Computer monitors (CRT & flat-panel display),
- Desktop computers, (CPU/Hard Drive, mice, keyboard & cables)
- Laptops, Desktop printers
- DVD Players/VCRs, Stereos, Phones, Scanners/Copiers, Fax Machines
- Rechargeable Batteries, Microwaves



1

DID YOU KNOW?

2

## Shake

Remove as much debris, snow or ice as possible. *Excessively dirty twine may be rejected, or subject to a landfill tipping fee or additional charges at drop off.*

**Medora, Manitoba Landfill Site is our  
Municipal Collection Site for Twine and Grain Bags**

## Manitoba

**Follow these 3 steps to ensure  
that your used grain bags can  
be accepted and recycled:\***

1. Shake – Remove debris; grain bags need to be as clean as possible with care to remove as much organic material (spoilage, dirt, etc.) before or during rolling. *Excessively dirty or loose/unrolled bags may be rejected, or subject to a landfill tipping fee or additional charges at drop\*off.*
2. Roll – Prepare grain bags by rolling and tying with twine. Contact your local collection site for information on rolling grain bags.
3. Return – Please contact a collection site before dropping off material.



## Bag

*Plastic twine only. Bags of twine mixed with netting, sisal twine, or other materials will be rejected.*

Place twine in a clear collection bag and close the bag with twine or a zip tie.

You can pick up free twine collection bags\*, with perforated holes that include post-consumer recycled content, from the following locations; please call ahead to confirm availability:

- AB – Pilot twine collection sites and select County/MD offices
- MB – RM office or twine collection site
- SK – Pilot twine collection sites

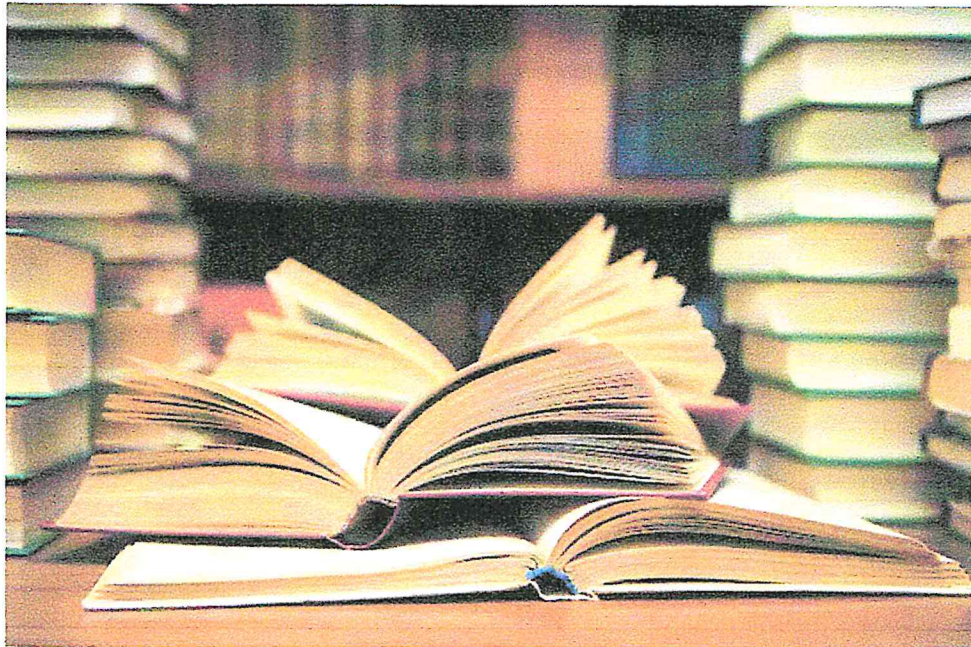
*\*Producers who choose to use their own clear collection bags are asked to poke holes in the bottom to ensure proper drainage.*

**cleanfarms** **10**  
YEARS

Bren-Del-Win Library  
Waskada Branch

Will be  
Closed

Christmas Holidays  
Wednesday, December 21, 2022  
To  
Wednesday, January<sup>4</sup>, 2023





# AGE FRIENDLY Manitoba

Mission: To facilitate healthy aging by providing leadership and encouraging collaboration in creating age-friendly places (communities) that optimize the ability of all older Manitobans to do the things they feel are important.

Volume 22- DEC 2022

explore  
learn act  
celebrate

Communities  
Committed to  
Healthy Active Aging

## Staying Active in the Winter!

Don't let frigid temperature deter you from getting out of the house and enjoying the fresh air! Incorporating regular physical activity is essential for older adults to take care of their health.

Physical activity can improve mood and sleep, lower risk of disease, and help to decrease pain. Activities can be as simple as a walk! What kind of safe fitness activities are available in your community?

In **Swan River** they use the golf course paths for cross country ski trails which are groomed by the Swan River Trail Association. They also have some groomed trails around their museum site.

**Binscarth** also uses golf course paths for walking trails which are maintained by the municipality. They are set out in a "figure 8" so people can have more choice on the distance they walk.

What fantastic ways to make use of existing areas! We love hearing about and sharing these great ideas! Have a story you'd like to tell? Please consider sharing it with us!

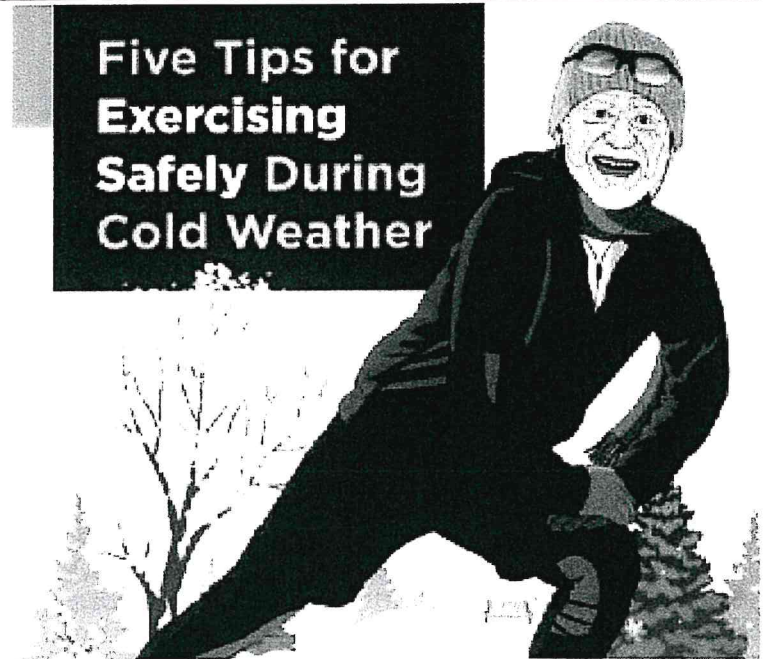
### Special Reminders!

**Avoid falls.** Sidewalks can be slick in the winter, so try to avoid walking outside when it is icy. When you need to walk over ice, take small, short steps to prevent slips.

**Know your limits!** Avoid strenuous labor in the cold. For example, shoveling your driveway. Take breaks when needed or ask for assistance if you need to clear your driveway of snow.

**Vary your physical activity.** Keep your activity interesting by changing how you are physically active.

## Five Tips for Exercising Safely During Cold Weather



Don't let falling temperatures stop your outdoor exercise plans. You can walk, ski, ice skate, shovel snow, and more.

Take a few extra steps to stay safe:

1. **Warm up and cool down**, such as stretching or walking in place, to prepare and restore your muscles before and after a workout.
2. **Pick the right clothes.** Dress in several layers of loose clothing to trap warm air between them. Wear a waterproof coat or jacket if it's snowy or rainy, and don't forget a hat, scarf, and gloves.
3. **Be extra careful around snow and icy sidewalks** so you won't slip and fall. Wear sturdy shoes to give you proper footing.
4. **Learn about the signs of hypothermia**, a drop in body temperature that can cause serious health problems.
5. **Check the forecast.** If it's too windy, cold, or wet outside, consider an indoor workout instead using an online video or your own routine.





# WINTER DRIVING



When winter arrives, we can have a difficult time changing our driving habits to suit the conditions of snow and sleet. Inappropriate speed, reduced visibility, following too closely, sudden acceleration or braking, and poor vehicle maintenance are all reasons why Manitobans report more crashes in winter months.

**Speed and slippery roads** - In winter, traction is reduced affecting your ability to get out of snow, make a turn or stop. As a general rule, stopping distance is doubled on wet pavement, tripled on packed snow, and up to 10 times longer on an icy road. Ice on roads at -1C is twice as slippery as ice at -18C.

**Slow down** - Slowing down will maintain traction and decrease your total stopping distance. Posted speed limits are the maximum recommended speed for ideal conditions only.

**Leave earlier** - Avoid the temptation to drive too fast for conditions by giving yourself extra travel time.

**Drive smoothly.** - Ease up on the accelerator to avoid slipping in the wrong direction, or spinning your tires and getting stuck. Brake gently to prevent loss of traction. When turning, steer the wheel just enough to follow the path you intend. Don't brake and turn the wheel simultaneously – this can cause you to lose traction.

**Brake sooner** - Brake sooner than you normally would to allow more space to stop. Risk of injury is high at intersections where ice tends to build up, and where there may be pedestrians or other vehicles sliding into your path.



**Many great trails can be found all across our province!**

Check out the links below to discover where they are! Happy Trails!

<https://www.trailsmanitoba.ca/>

<http://prairiepathfinders.mb.ca/>

<https://www.winnipegtrails.ca/trails-maps/>

<https://greenactioncentre.ca/jackfrostchallenge/>



**Leave distance between vehicles** - Leave plenty of following distance between you and the vehicle in front. The recommended safe distance in ideal conditions is four seconds; on highways allow for six seconds. In poor conditions, leave more time. Learn how to determine a safe following distance.

**Know how to recover from a skid** - If your wheels start to slide, look and steer in the direction you want to go. Take your foot off the accelerator and off the brake. Gently steer and counter-steer until your vehicle lines up with where you want to go. As you begin to regain control, gently apply the brakes (for rear wheel skid) or the accelerator (for front wheel skid).

**Don't use cruise control** - Cruise control isn't intended for winter driving. If your vehicle loses traction, cruise control will cause the wheels to rapidly spin and accelerate at the worst possible time.

**Emergency supplies** - Keep a cold-weather survival kit in your vehicle. Include a candle and matches, water, non-perishable food, a first aid kit flares or reflectors, booster cables and a shovel, an ice scraper, warm clothes, boots and blankets.

**If you are stranded** - If stranded, immediately contact 911 for assistance, turn on the vehicle's four-way flashers, and remain in your vehicle until help arrives. Ensure that your tail-pipe is not covered or blocked with snow to reduce risk of carbon monoxide poisoning.



*Wishing you*

*Good Tidings of*

*Comfort & Joy!*

*Looking forward to continued  
connections in 2023!*



## CONTACT OUR CONSULTANTS

Don Fletcher

Jim Hamilton

Louise Hutton

Mary Mitchell

Connie Newman

Brenda Tonn

Through MASC - Connie Newman at (204) 792-5838 or [info@manitobaseniorcommunities.ca](mailto:info@manitobaseniorcommunities.ca) and [hello@agefriendlymanitoba.com](mailto:hello@agefriendlymanitoba.com) or visit our website: [www.agefriendlymanitoba.com](http://www.agefriendlymanitoba.com)



Like this newsletter? Please share it with others in your community.



S.O.S. OF BREN WIN INC.

# UPCOMING MOVIES

1:30 PM

Deloraine-Winchester Theatre

November 29

A STORY AS FRESH AS THE  
GIRLS IN THEIR MINIS...  
AND AS COOL AS THEIR  
TEACHER... HE HAD TO BE!



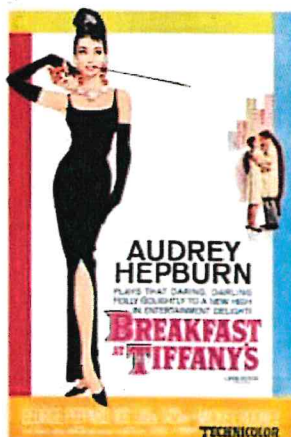
December 6



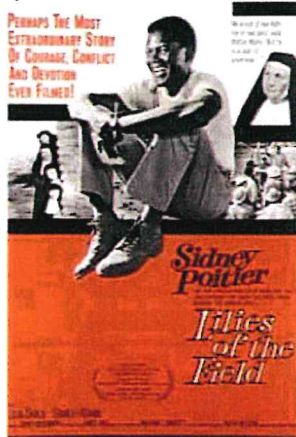
December 20



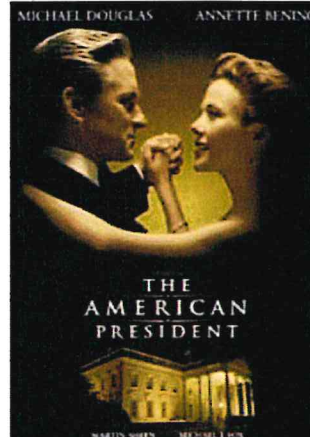
January 3



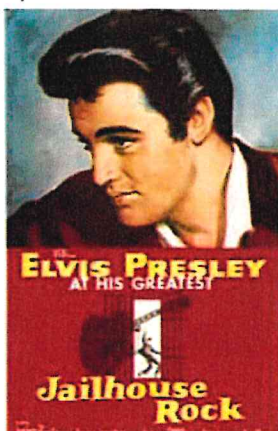
January 17



January 31



February 7



February 21



March 7





Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	31
	Holiday Break					
		1pm - Private Function	Youth Curling Bonspiel 1:30pm - Skate Club			

Waskada Brenda, Waskada and Area R c Centre, waskadacurling@gmail.com,

, Southwest Horizon Calendar

Jan 2023 (Central Time - Winnipeg)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
11am - Private 2pm - Public Skating	Holiday Break			Day 1	Day 2	
	1:30pm - Skate Club 9pm - Old timers	7pm - Public Skating	1:30pm - Skate Club 5pm - Curling	7pm - Public Skating 9pm - Old timers	3:30pm - Skate Club	

### Holiday Figure Skating Schedule

December 21, will be the last night of regular skating

Dec 23 – 1:30 - 4:30

Dec 26 – no skating

Dec 28 – 1:30 - 4:30

Jan 2 – 1:30 - 4:30

Jan 4 - 1:30 - 4:30

Jan 6 - back to regular hours



# WASKADA HOCKEY

---

RESTON **VS** MELITA

---

FEBRUARY 4TH AT 11:00 AM  
COME CHEER ON LOCAL PLAYERS  
JASE SPENCE AND KARTER MCMILLAN

---



# **mad about**

# **PLAID**

**WASAKDA CURLING CLUB INVITES YOU TO JOIN US!!**

***WASKADA LADIES BONSPIEL – MAD ABOUT THE PLAID***

***January 21 & 22, 2023***

***Please enter your team with Kay McMillan prior to January 16<sup>th</sup>***

***204-747-4027***



# **Waskada United Church**

## **January 8<sup>th</sup> - Service Time Changes to 11:00am**

Join us in-person or by phone (1-204-272-7920) or by computer at [www.zoom.us](http://www.zoom.us). Choose join a meeting. For phone or computer use Meeting ID: 885-5618-5809 and Passcode: 949684

Join us for **Coffee 'N More** on Tuesdays at 9:30am in the Church Kitchen or via Zoom.us . Choose what works best for you. Join a meeting or by telephone at 1-204-272-7920 – enter meeting ID 844 5176 8589.

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](mailto:Cstonepcx@gmail.com)

Board Chairperson – Sharlene McGregor

Treasurer – Janis Williams

Secretary – Leslie McKinney

Board Members – Coral Meggison, Linda McGregor, Karen McGregor, Margie Hannah, Gary Williams

Trustees – Don Temple, Bob Radcliffe, Jim Smart



# **COVID & FLU Vaccine CLINIC**

**APPOINTMENT & WALK IN AVAILABLE**

## **DELORAINÉ**

**Wed. Jan. 4 | 1 pm to 5pm**

**Winchester Community Complex  
119 Lake St.**

**1st Dose Eligibility: Age 6 months & up**

**2nd Dose Eligibility:**

**Age 6 months & up - 8 weeks after 1st dose**

**Bivalent COVID Booster Eligibility:**

**Age 5 & up**

**Recommended to wait 6 months from last dose or COVID infection. However individuals at increased risk can get the bivalent 3 months after last dose or COVID infection.**

**Book ONLINE @[protectmb.ca](https://protectmb.ca)**

**OR Call to book an appointment: 1-844-626-8222**

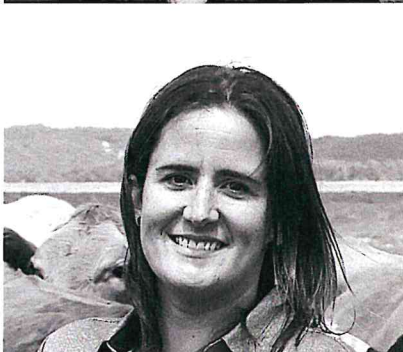
**Consent forms required at: [protectmb.ca](https://protectmb.ca)**





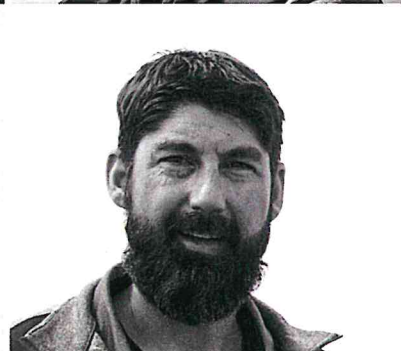


Serving **YOU**,  
your **FAMILY**,  
and your  
**COMMUNITY**



  
**SUNRISE**  
CREDIT UNION

     
[sunrisecu.mb.ca](http://sunrisecu.mb.ca)







*have your business  
seen in the*

---

# BORDER POST

---

Serving Waskada, Goodlands, Lyleton & Coulter

---

Reach over 200 mailboxes monthly

---

Color advertisement available digitally on the Municipality website

---

\$50 per year

---

Promote your business

For more information contact Scott Williams at [scottwilliams@griffithagencies.ca](mailto:scottwilliams@griffithagencies.ca)

## Colin Bambridge Hauling

Colin Bambridge  
Box 5  
Coulter MB  
R0M 0G0

Phone: 204-649-2259  
Cell: 204-522-6289  
Fax: 204-649-2469

Custom Hauling With  
Super B's

For All Your Grain And  
Fertilizer Needs

# SUNRISE

### Member Service Representative

Phone: 204 673.2774 Fax: 204 673.2213  
28 Railway Avenue East  
P.O. Box 145, Waskada, Manitoba R0M 2E0

waskada@sunrise.mb.ca  
sunrise.mb.ca

## Lewis Mobile Glass Inc.

*We Come to You!*

- Repair and Replacement
- Automotive
- Equipment
- Ag

Tyson Lewis  
Owner/Glass Technician

C: 204-522-0918 F: 431-874-0112

@lewismobileglass

## Tenille's Hair Design

*For all your hair care needs*

Tenille Minne  
Hair Stylist  
107 Park Street  
Waskada, MB

(204) 673-2619  
(204) 522-6203



# merry




# MWM

## ENVIRONMENTAL

AT YOUR DISPOSAL. Trash. Recycle. Compost.

**TIM OLIVER**  
General Manager

OFFICE: 204.483.3986 | CELL: 204.522.6506  
EMAIL: tolover@mwmenviro.ca | www.mwmenviro.ca

Serving Southern Manitoba with locations in Souris & Morden. 

## Waskada Lions Club

### Home of the Annual Rabbit Feed

Pres. Linda Hainsworth, hainsworth086@gmail.com  
204-673-2638

Sec. Dawn Minne, rdminne@mymts.net  
204-673-2432

Meet: 3<sup>rd</sup> Thursday of the month @ 8:00 AM



**Lawrence  
Clayton**

**STO / VAN  
OILFIELD  
MAINTENANCE LTD.  
WASKADA, MB**

**Ph: (204)522-6542  
Ph: (204)522-5436**



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



Griffith Agencies

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 2M0

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](mailto:office@brendawaskada.ca)

# MMJS

LAW OFFICES

McCulloch Mooney Johnston Selby LLP

YOUR LOCAL LAWYERS

Harley J. Shepherd Barrister and Solicitor email: [harley@mmjslaw.com](mailto: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



### THE NORWEX MISSION

IMPROVING QUALITY OF LIFE BY RADICALLY  
REDUCING CHEMICALS IN OUR HOMES.

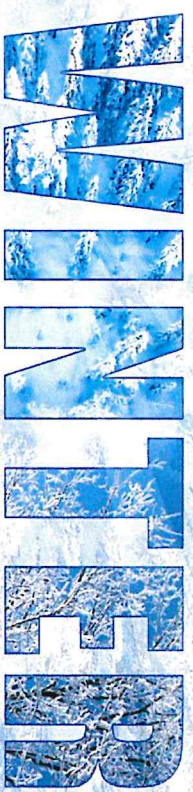
Independent Norwex Consultant:

Donna Stewart

cell: (204) 264-0326 call or text

website: [donnastewart3586.norwex.biz](http://donnastewart3586.norwex.biz)

# January 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Office Closed	2	3	4 Garbage and Recycling Day	5	6	7
8 U11 Hockey Game	9	10 Soup Lunch in Goodlands	11 Garbage and Recycling Day	12	13	14
15 U15 Hockey Tournament	16 Council Meeting @ 4:30	17	18 Garbage and Recycling Day	19 Hazardous Waste Day 12:00-2:00	20	21 Ladies Curling Bonspiel
22 Ladies Curling Bonspiel	23	24	25 Garbage and Recycling Day By-Election for Ward 4	26	27	28
29	30	31	1 Garbage and Recycling Day	2	3	4
5	6	Notes Waskada Dump Hours: Tuesday and Wednesday 1:00 - 6:00, Saturday 11:00 - 4:00 Medora Dump Hours: Wednesday 11:00 - 4:00, Saturday 11:00 - 4:00 Goodlands Dump Hours: Wednesday 3:00 - 6:00, Saturday 9:00 - 1:00				





**IMPORTANT NOTICE!**

**IF YOU REQUIRE  
EMERGENCY DEPARTMENT  
SERVICES**

**PLEASE SCAN QR CODE  
for nearest OPEN  
PMH Emergency Department  
or**



**VISIT: [prairiemountainhealth.ca](https://prairiemountainhealth.ca)  
and click on  
Emergency Department Schedule on front page**



**FOR MEDICAL EMERGENCIES  
CALL 911**

*For other **non-urgent** concerns  
CALL Health Links at **1-888-315-9257***



# January 2022

## Deloraine/Boissevain On Call Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> No ER Coverage	<b>2</b> No ER Coverage (Clinic Closed)	<b>3</b> Boissevain	<b>4</b> Deloraine	<b>5</b> Boissevain	<b>6</b> Deloraine	<b>7</b> Deloraine
<b>8</b> Deloraine	<b>9</b> Deloraine	<b>10</b> Boissevain	<b>11</b> Deloraine	<b>12</b> Boissevain	<b>13</b> Boissevain	<b>14</b> Boissevain
<b>15</b> Boissevain	<b>16</b> Deloraine	<b>17</b> Boissevain	<b>18</b> Deloraine	<b>19</b> Boissevain	<b>20</b> Deloraine	<b>21</b> Deloraine
<b>22</b> Deloraine	<b>23</b> Deloraine	<b>24</b> Boissevain	<b>25</b> Deloraine	<b>26</b> Boissevain	<b>27</b> Boissevain	<b>28</b> Boissevain
<b>29</b> Boissevain	<b>30</b> Deloraine	<b>31</b> Boissevain	Deloraine & Boissevain Health Centre's Emergency Department will not be available from December 24 <sup>th</sup> 16:00 through to January 3 <sup>rd</sup> 08:00			

This schedule is subject to change

If you need to phone the Hospital, prior to presenting, please call:

BOISSEVAIN HOSPITAL 204-534-2451    DELORAINE HOSPITAL 204-747-2243