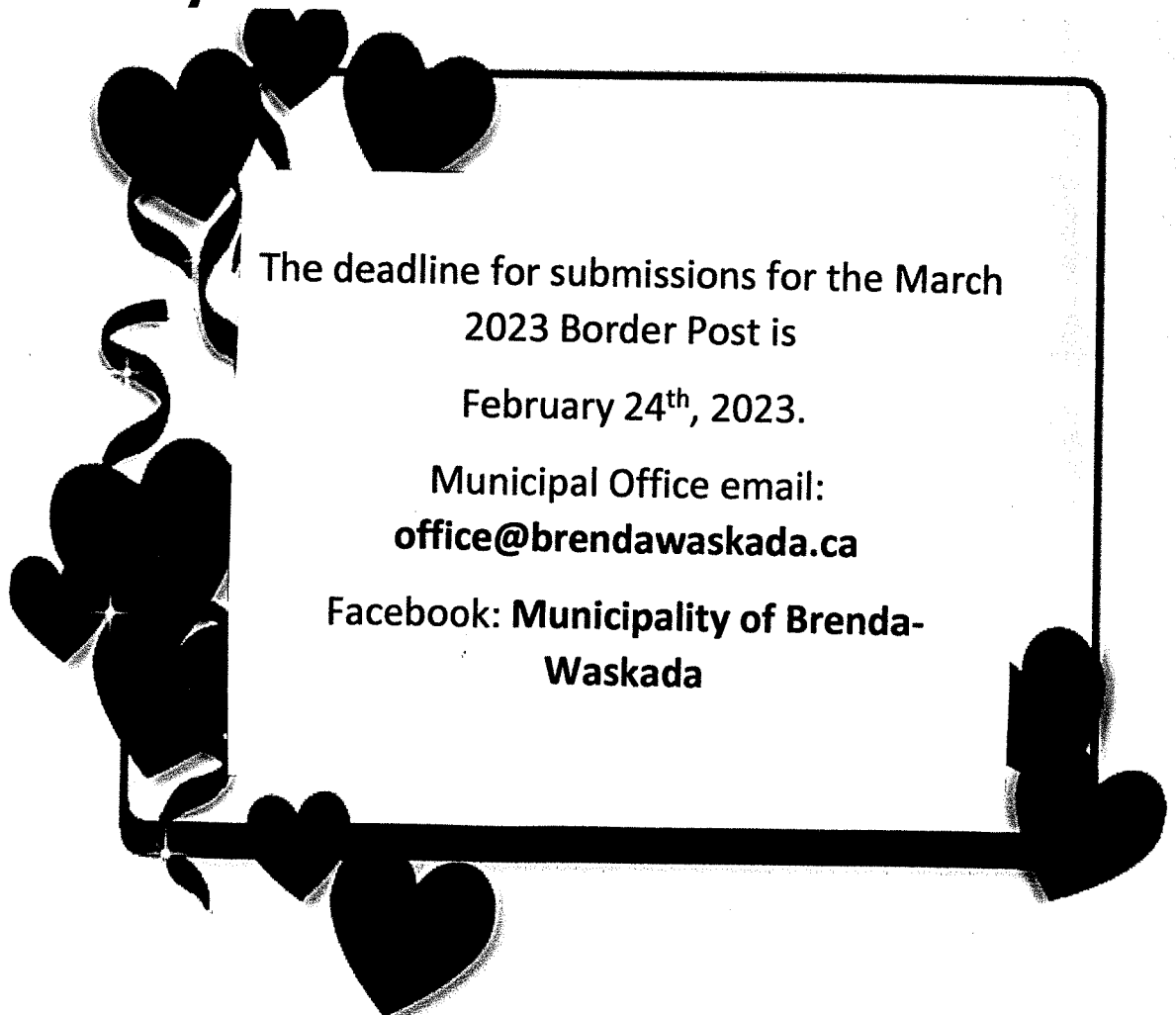


February 2023 Border Post



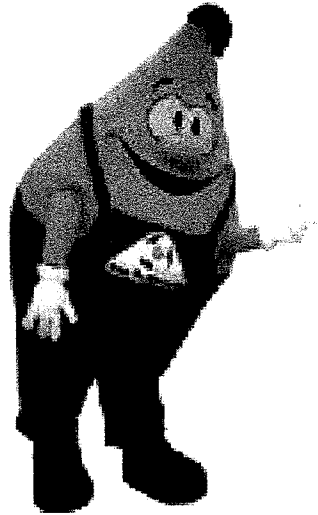


The Municipal Office
will be Closed

Monday, February 20th
for Louis Riel Day.

Have a good long weekend

Waskada Eco Centre



Located at the Waskada Disposal Site

Winter Hours:

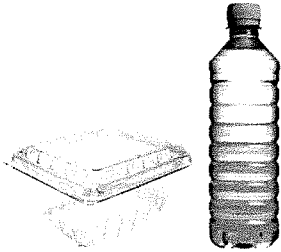
Tuesday and Wednesday 1:00 PM - 6:00 PM

Saturday 11:00 AM - 4:00 PM

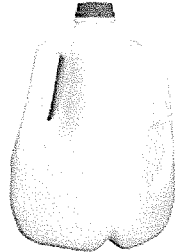
Bring in your used oil, filters, jugs, used antifreeze
and containers.

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

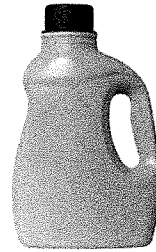
ACCEPTED MATERIALS



#1 PET Plastic Food and Beverage Containers



#2 HDPE Plastic Containers



#2 HDPE Coloured Plastics



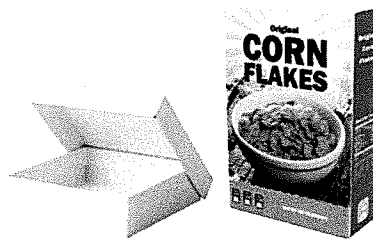
#3, #4, #5, and #7 Plastic Containers



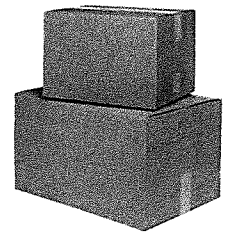
Aluminum Food and Beverage Containers



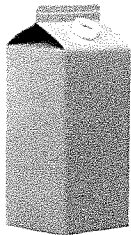
Aseptic Packaging



Boxboard



Cardboard



Gable Top Containers



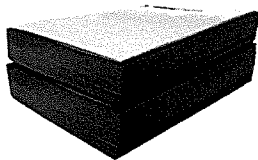
Glass Food and Beverage Containers



Magazines and Catalogues



Newspapers and Flyers



Paper Directories



Steel Food and Beverage Containers


MMSM
Multi-Material
Stewardship Manitoba
 INDUSTRY FUNDING RECYCLING

Waskada resident receives Queen Elizabeth II Platinum Jubilee Medal

Mr. Norman Reid of Waskada received the distinction of being honored with the Queen Elizabeth II Platinum Jubilee medal. The award ceremony was held in Brandon on January 17th, 2023. Norm Reid was one of ten recipients from the Turtle Mountain area chosen for this prestigious award. The award continues to honor people who have performed contributory services to their community, province, and the country. This medal was presented to one thousand Manitoba citizens this year. This year marks the last year due to the passing of Her Majesty Queen Elizabeth II.

Norm Reid was nominated through the Municipal office for his long-standing services to the Waskada Museum. Norm started as a volunteer for the Waskada Museum back in 1998 and has moved up to the role as curator for the Waskada Museum and its artifacts. This position spends countless volunteer hours preserving, researching, cataloguing, applying for grants, hiring, and mentoring a summer student, and displaying the various artifacts and items. He, along with the Museum Board work to maintain the integrity of the six buildings that house the various collections. Norm works with the summer student to provide daily guided tours in the summer months of the various Museum buildings. He is always available to answer any questions or concerns about genealogical or other local historical matters.



January 20, 2023

**MANITOBA GOVERNMENT ANNOUNCES
PUBLIC ENGAGEMENT FOR BUDGET 2023**

Public Invited to Help Shape Provincial Priorities for Upcoming Spring Budget: Friesen

The Manitoba government is inviting Manitobans to join telephone town hall engagement sessions and attend in-person public meetings to help inform Budget 2023, Finance Minister Cameron Friesen announced today.

"As the upcoming budget is prepared, our government remains committed to making life more affordable to Manitobans, while focusing on the creation of local jobs and providing health-care accessible to all," said Friesen. "We're listening to Manitoban families and want to hear from them. To permit as many individuals to contribute as possible, we're inviting all Manitobans to participate in telephone town halls or in-person engagement sessions."

In-person sessions will be held in late January and early February. Community meeting dates include:

- Winnipeg – Jan. 30 at 6 p.m. (Winnipeg Convention Centre, Pan Am Room, 375 York Ave.);
- Steinbach – Jan. 31 at 6 p.m. (Days Inn Steinbach, 75 PTH 12 North);
- Brandon – Feb. 6 at 6 p.m. (Victoria Inn, 3550 Victoria Ave.); and
- Thompson – Feb. 9 at 6 p.m. (Best Western Thompson Hotel & Suites, 205 Mystery Lake Rd.)

Regional telephone town halls will be held:

- Winnipeg – Feb. 7 at 6 p.m.;
- Rural – Feb. 8 at 5 p.m.; and
- North – Feb. 8 at 6:30 p.m.

The minister noted participants are asked to pre-register and reserve a spot for an in-person meeting or sign up to receive a phone call for the telephone town hall at <https://engagemb.ca/budget-2023>.

The Manitoba government also invites Manitobans to participate in an online survey that will launch soon at <https://engagemb.ca>. Manitobans can also email comments and ideas to Budget2023feedback@gov.mb.ca or mail written submissions to:

Minister of Finance c/o budget engagement

103 - 450 Broadway

Winnipeg, Manitoba R3C 0V8

"Budget 2023 will focus on what Manitobans want most including affordability measures, quality health care, education, economic growth, and infrastructure investments," said Friesen. "We invite all Manitobans to help prioritize investments in the upcoming budget."

The province will release its full public engagement schedule along with the online survey at <https://engagemb.ca/budget-2023>.

Press Release | Community Services Recovery Fund application process opens to support pandemic recovery

COMMUNITY FOUNDATIONS OF CANADA • JANUARY 6, 2023

Ottawa (Ontario), January 6, 2023 – Today, the Minister of Families, Children and Social Development, Karina Gould, together with the Canadian Red Cross, Community Foundations of Canada, and United Way Centraide Canada, announced that the application process for the Community Services Recovery Fund is now open. The application process is managed by these National Funders in order to reach a broad and diverse range of community service organizations, such as charities, non-profits and Indigenous governing bodies.

The Community Services Recovery Fund is a historic one-time investment of \$400 million that will help community service organizations to adapt, to modernize and to be better equipped to improve the efficacy, accessibility and sustainability of the community services that they provide, so they can continue to support communities across Canada through the pandemic recovery and beyond.

Community service organizations are at the forefront of addressing communities' needs, especially during the COVID-19 pandemic. Since the early phases of the pandemic, they have struggled with increased demand for their services, reduced revenues, declines in charitable giving due to the rising cost of living, and a greater need to make use of digital tools. Many of them are struggling to recover and adapt their services to the changing needs of communities across Canada.

Applications for funding can be submitted to the National Funders from now until February 21, 2023. Organizations are encouraged to complete the interactive quiz to determine where and how to apply. Additional information and resources, including an applicant guide, can be found on the Community Services Recovery Fund website. The National Funders are also holding a webinar on January 12, 2023, to help organizations understand the application process.

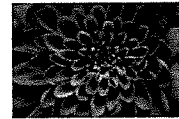
Attention All Gardeners

Looking to see if there is any
interest in starting a
Communities in Bloom Chapter
In Waskada

If this is something that
Interests you,
Please contact

Ronda at 204-573-8764

Or stop by the Municipal office for a
chat!



WASKADA COMMUNITY FOOD STORE

FEBRUARY 2023

Thank you to our community for shopping at and supporting our store.

In addition to groceries (non perishable as well as frozen/cooler foods) including milk/dairy & eggs, bread, meats and fresh produce, the store also has hot lunch menu items for lunch hours, Wednesday night meal, and Friday night roast meats (roast beef) and in store made and baked pizzas.

WCFS is an affiliate of Family Foods. There are weekly sales items from the current Family Foods flyer but not all items in the flyer are available at our store. Sales run Thursday to Wednesday; some sales items are monthly specials.

STORE WILL BE CLOSED Monday February 20, 2023 for Louis Riel Day

NOTICE: reminder to our customers that have propane tanks filled at WCFS, outdated propane tanks cannot be filled. Please check your tanks to see if your tank is current or not. Employees cannot fill outdated tanks.



AGM/Public Budget Consultation February 8, 2023 at 7:00 p.m.

The Trustees of Southwest Horizon School Division invite you to attend our Annual General Meeting to ask for stakeholder input and suggestions as we present our preliminary 2023/24 Operating Budget. All feedback received at this meeting will be considered by the Board of Trustees prior to approving the final Budget in March 2023.

**To be held in Hartney School Band Room at 7:00 p.m.
on Wednesday, February 8, 2023**

We hope that you can join us.

Please **RSVP** your attendance to Carrie Curley, Division Secretary at 204-483-6249
or carriecurley@shmb.ca



RESTON VS MELITA

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

WASKADA CURLING CLUB NEWS!

Waskada Curling Club hosted the Mad about Plaid Ladies Spiel, 8 teams joined us for a weekend of curling followed by the banquet and night dancing. What fun was had!

Congratulations to Krista Gervin team who took on Cheryl Ann Shaw in the A-Side Finals, it was a great game and some amazing shots were made by both teams! Kay McMillan's rink faced the Dawn Minne team in the B-side Finals sneaking out a win. And our 2023 "Crying cloth Girls" were the Katie Meggison Team! Thank you to Paul for having our ice ready to go, the kitchen crew and volunteers, our club members for donating food, and to our sponsors: Stovan Oil Field Maintenance, Shurgo, Sunrise Credit Union, Tenille Hair Design, Janice – Tupperware, Boundary Coop, Griffith Agencies, Tundra Oil and Gas LTD, Waskada Community Foods, Prairie Crafter Chalk Couture, Marcie – Sipology, Ang – Tiber River and Laurienna – Epicure!

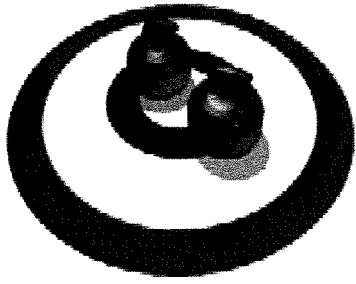
Thank you to our curling Ladies for a successful weekend! See you next year!!



A-side Winners: Krista Gervin, Jenny Mosset, Kara Gervin and Beth Brown

MONDAY EVENINGS 7:00PM IS BROOMS IN CURLING
EVERYONE WELCOME, SINGLES, PAIRS, TEAM WILL BE MADE THAT NIGHT!

MIXED BONSPIEL FEB 24, 25 & 26
STEAK FRY SATURDAY EVENING
CALL DALLAS TO ENTER AND PRE ORDER!



MIXED BONSPIEL

February 24-26, 2023.

\$120.00 entry per team

Dallas Rowe – 204-522-0911

Entry Deadline February 17!

Celebrating Curling Day in Canada February 25

Steak Fry February 25th

Steak, Potato, coleslaw,
Bun, baked beans and dessert.

\$25.00

Pre-Order with Dallas

EVERYONE WELCOME

We look forward to seeing you on the ice!



Waskada Mixed Bonspiel

February 24-26, 2023

Entry Fee \$120.00

Enter with Dallas by Feb 17 @
204-522-0911

**Steak Supper
Saturday
February 25th**

**Steak, potato
coleslaw, bun,
beans
dessert \$25.00**

Pre order with Dallas - Everyone Welcome





Valentine's AT STRAND THEATRE

**JOIN US AT STRAND THEATRE
FOR A MOVIE, WINE & CHEESE
SUNDAY, FEBRUARY 12 • 3PM**

\$15 / person

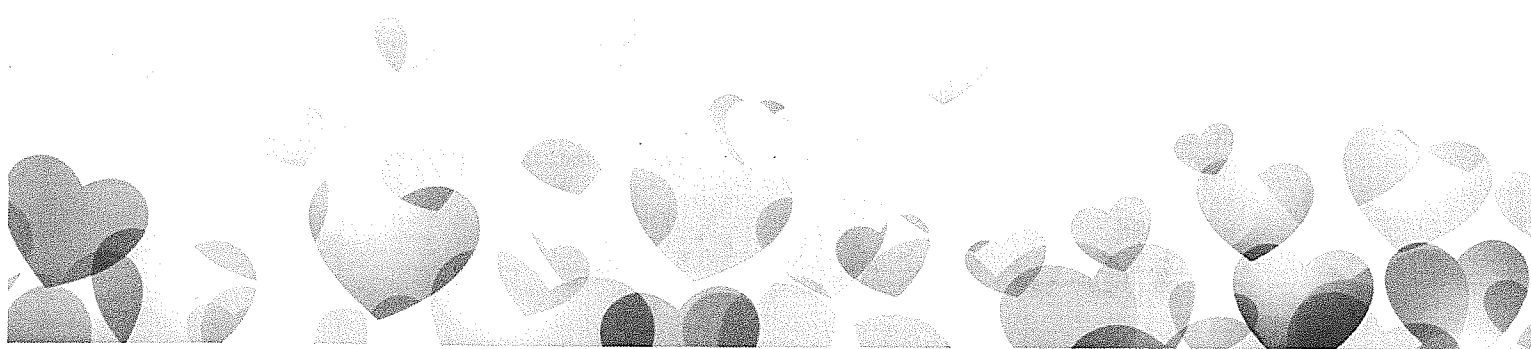
Price includes movie, cheese & a glass of wine

SHOWING "MY BEST FRIEND'S WEDDING"

FOR TICKETS, CONTACT ANY PVAC MEMBER,

CHICKEN CHEF OR SUPER THRIFTY

Popcorn and other concession items will be available for purchase



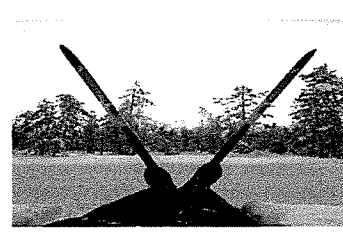
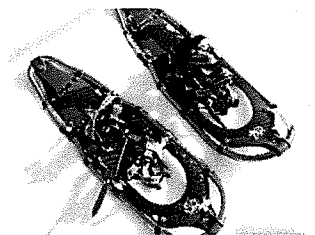
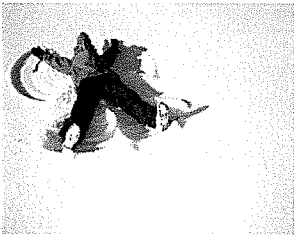
#whatshappeningbw

Come and Enjoy an Afternoon at

Waskada Park

Monday February 20, 2023

Louis Riel Day



Bring your

Snow Shoes and Cross Country Skis for the trails

Kids can "Paint the Snow"

There will be a big Bonfire!

Try your hand at cooking Bannock-yum!

Hotdogs (you cook) and Hot Chocolate

will be provided free of charge!

Everyone welcome, dress warm and let's enjoy the afternoon at

Waskada Park!

Location for this fun event will be the east side of the Pavillion,
please park in the Co-op lot.

If it is very cold, this event will be cancelled -stay tuned to the Municipality of
Brenda Waskada FaceBook Page closer to Feb 20!



Waskada United Church

Please join us for **Sunday Services** at **11:00am** in-person or by phone (1-204-272-7920) or by computer at www.zoom.us. Choose join a meeting. For phone or computer use Meeting ID: 885-5618-5809 and Passcode: 949684

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.

Waskada United Church Annual Meeting – Thursday, March 2nd at 7:00pm at the Church.

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

Board Chairperson – Sharlene McGregor

Treasurer – Janis Williams

Secretary – Leslie McKinney

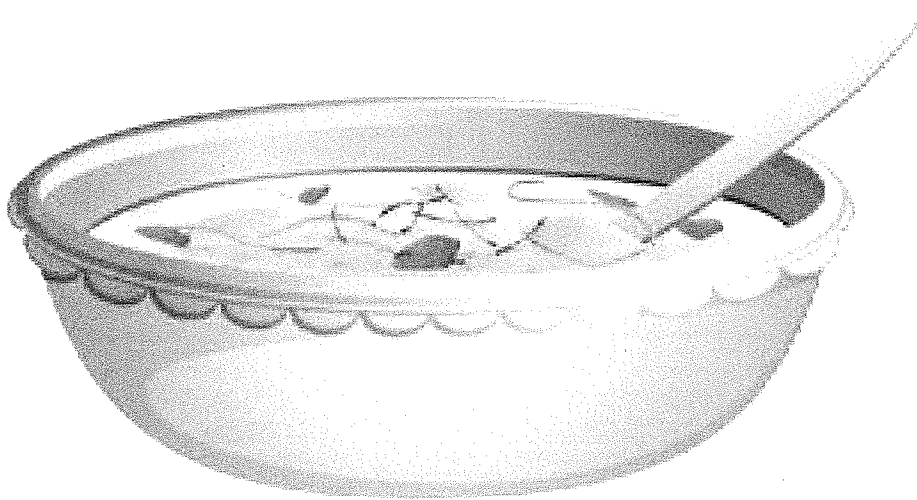
Board Members – Coral Meggison, Linda McGregor, Karen McGregor, Margie Hannah, Gary Williams

Trustees – Don Temple, Bob Radcliffe, Jim Smart

**February 22
11 -1 PM
Waskada Lions Hall**

\$12.00

**Homemade soup, stew, chilli, bun,
dessert and tea or coffee**



SOUP LUNCH

CAN YOU HELP?

**LOOKING FOR YOUR FAVOURITE SOUP, CHILLI OR STEW TO
SHARE!! PLEASE CONTACT SHARLENE 204-673-2344 IF YOU CAN
DONATE A POT OR A DESSERT.**

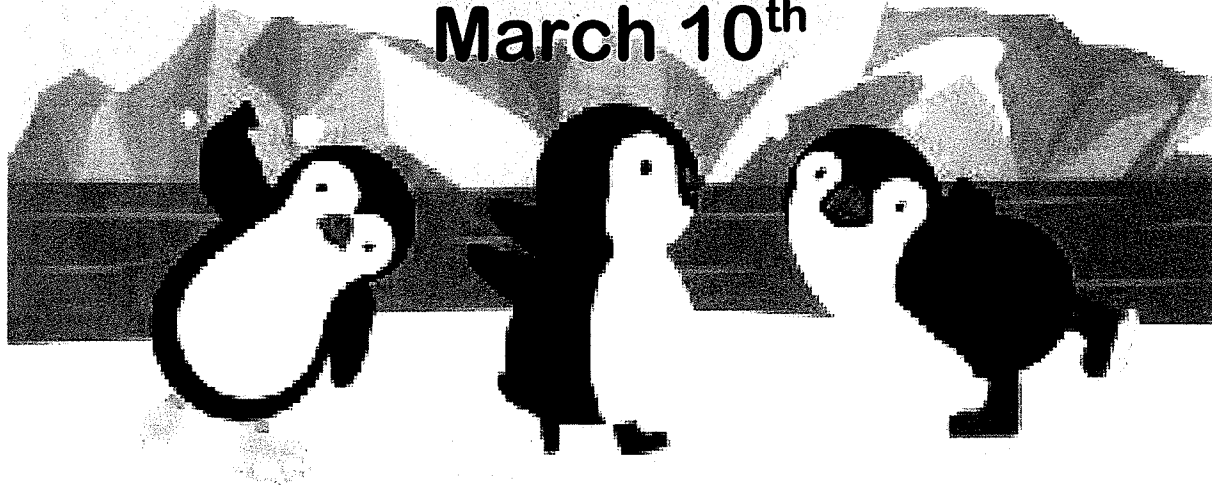
GLUTEN FREE OPTION

Hosted by the Waskada United Church

SAVE THE DATE

Waskada Ice Review

March 10th



Goodlands 4-H Variety Club

The Goodlands 4H Variety Club reorganized on December 11, 2022. They held a meeting and voted for club positions. Jack Thom was elected Attendance Keeper. Kaden McGregor was elected photographer. Marli Thom was elected News Reporter. Sarah Meggison was elected Treasurer. Ainslee McGregor was elected President. There was a discussion about club activities and the Thom family volunteered to plan the next activity for January 3. The meeting was adjourned and followed by a Christmas game organized by Sarah with Christmas treats.

On January 3, 2023 24 people including members, their families, and friends went tobogganing near Goodlands. It was a beautiful day and the snow was deep. The sleds with high sides worked better than the ones without sides. If you went in the front you got lots of snow in your face! Everyone was thankful to have a snowmobile and quad pull them back up the hill sometimes! We had a potluck at Coral and Steve Meggison's with lots of yummy food. When everyone was finished eating the members had their meeting. Bristol Andries was elected secretary. Dylan Radcliffe was elected Vice President. Malcolm Morningstar was elected Co-Photographer. Members decided that club communications will be held on January 24, 2023 at 7 pm at the Goodlands Hall. The McGregor family volunteered to plan the next club activity involving skating at the Goodlands rink on February 4, 2023.

Submitted by Marli Thom

The S.O.S. movies are held every other Tuesday at the Deloraine Theater at 1:30. There is a \$5.00 fee to cover the costs.

S.O.S. coffee group meets at Crafters and More in Deloraine on February 23rd.

S.O.S. OF BREN WIN INC.

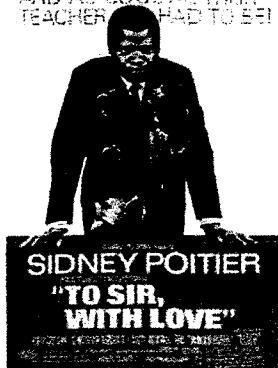
UPCOMING MOVIES

1:30 PM

Deloraine-Winchester Theatre

November 29

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



December 6



December 20



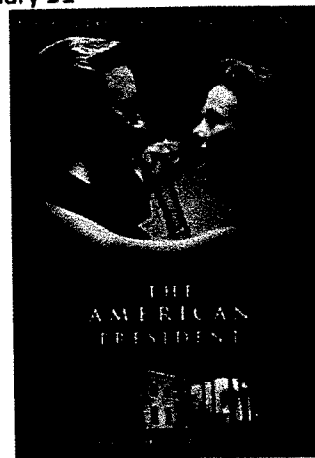
January 3



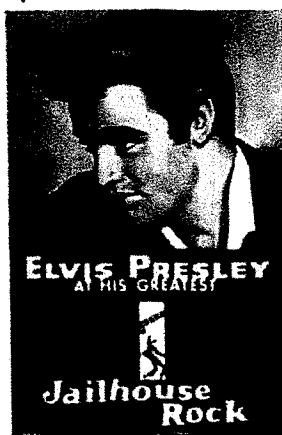
January 17



January 31



February 7



February 21



March 7





Women can be at greater risk for heart disease.

The following conditions lead to a greater risk of heart disease:

- Certain pregnancy complications
- Earlier menopause (before the age of 45)
- Cysts in ovaries and hormonal imbalance (polycystic ovarian syndrome)
- Inflammatory and autoimmune disorders (ex. rheumatoid arthritis, lupus)
- Cigarette smoking
- Diabetes

Heart disease is largely preventable.

What can you do to reduce your risk?

- Be active, keep moving
- Eat a variety of healthy foods
- Manage stress
- Live free from commercial tobacco and vaping
- Limit alcohol
- Get regular check ups (test for blood sugars, blood pressure and cholesterol)



TO TAKE CARE OF OTHERS,
YOU NEED TO FIRST TAKE
CARE OF YOURSELF.

START THE CONVERSATION.

To support and to learn more about women's heart health, symptoms, causes, risks and what you can do, visit WearRedCanada.ca or talk to your healthcare provider.



HEART DISEASE IN WOMEN

DID YOU KNOW?



WEARREDCANADA.CA | @CWHHALLIANCE

#HERHEARTMATTERS

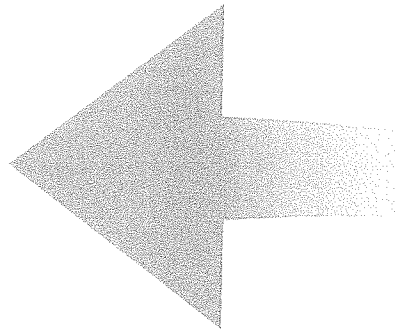


CANADIAN WOMEN'S
HEART HEALTH CENTRE

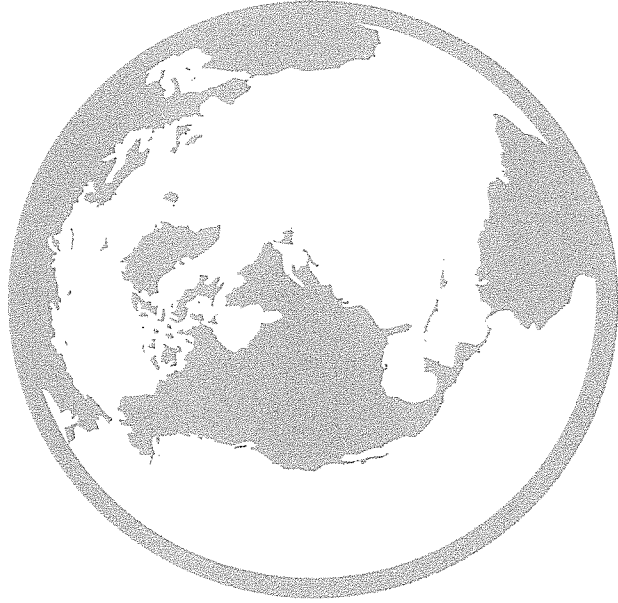
NATIONAL
ALLIANCE



HER HEART MATTERS
WEAR RED CANADA • FEB 13



**Heart disease
is on the rise.
It is the leading
cause of death for
women worldwide.**



This project is supported by the University of Ottawa
Heart Institute's Patient Alumni Association.

**Heart attack
symptoms are not
recognized in over
50% of women.**

Heart attack symptoms most often felt by women:

- Chest pain, pressure, tightness, or burning
- Pain in the jaw, neck, right arm, or back
- Extreme sweating
- Shortness of breath
- Stomach pain, nausea or indigestion

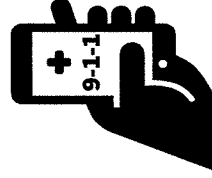
Other symptoms women may feel:

- Profound fatigue
- Sleep problems
- Dizziness or light-headedness
- Fast or irregular heartbeat

Women are more likely to present with 3 or more symptoms in addition to chest pain.



If you think you are having a heart attack, get help right away.
**If possible, call 911.
Do not drive yourself.**



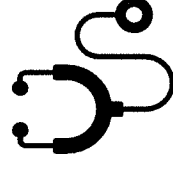
**Women and men can
have different types
of heart disease.**

Common types of heart disease:

- Cholesterol build-up in heart blood vessels (coronary artery disease)
- Leaky or stiff heart valves affecting blood flow (valvular heart disease)
- Irregular or rapid heartbeat (arrhythmia)

Women are more likely to have:

- Tear in large blood vessels of the heart (spontaneous coronary artery dissection, SCAD)
- Tightening of the large blood vessels of the heart, limiting blood flow (coronary vasospasm)
- Small vessel disease (microvascular dysfunction)
- Weakened heart due to a stressful event (Takotsubo cardiomyopathy)
- Weakened heart during or after pregnancy (peripartum cardiomyopathy)



Some healthcare providers may be **less aware of the differences** between women and men.

HELP WANTED

***Do You Like
talking, social media and pets?***

**We are hiring
Personal Care attendant**

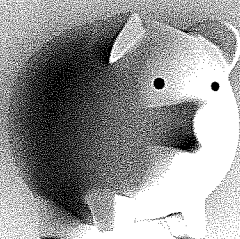
**Part-time/ Casual hours
days, evenings, weekends**

**Health care aide certificate an asset(not required)
Training provided**

**Call 204-673-2449, Waskada, Mb.
email jgpeanut@mts.net**

Give your Retirement Savings a

LIFT!



Ask Sunrise Credit Union today about the
BONUS INTEREST RATE on RRSPs.





*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

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Colin Barnbridge
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Coutter 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@sunrisecu.mb.ca
sunrisecu.mb.ca

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@lewismobileglass

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For all your hair care needs



Tenille Minne
Hair Stylist
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(204) 522-6203



MWM

ENVIRONMENTAL

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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: 3rd 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
S0M 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



THE NORWEX MISSION

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

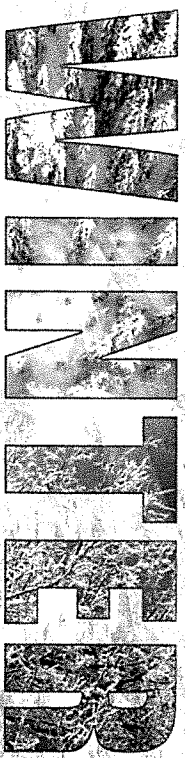
Independent Norwex Consultant:

Donna Stewart

cell: (204) 264-0326 call or text

website: donnastewart3586.norwex.biz

February 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Public Skating 2-4	30 Director's Cup 8:00-9:30	31 SOS Movie in Deloraine at 1:30	1 Garbage and <u>Recycling Day</u> Director's Cup 8:00-9:30	2	3	4 U11 Reston Rockets vs Melita @ 11:00 <u>Public Skating 2-4</u>
5 Public Skating 2-4	6 Expo at Kola	7 SOS Movie in Deloraine at 1:30	8 Garbage and Recycling Day	9	10 Meat Draw -Bingo	11 Public Skating 2-4
12 <u>Public Skating 2-4</u> PVAC Valentine Movie at the Strand Theater in Melita @ 3:00	13 Council Meeting @ 4:30	14 Goodlands Lunch	15 Garbage and Recycling Day	16 Hazardous Waste Day 12-2	17	18 Public Skating 2-4
19 Public Skating 2-4	20 <u>Office Closed</u> Louis Riel Day @ Waskada Park	21 SOS Movie in Deloraine at 1:30	22 Garbage and <u>Recycling Day</u> Lunch at Waskada Hall	23 SOS Coffee Day at Crafted and More in Deloraine	24 Mixed Bonspiel	25 <u>Mixed Bonspiel</u> Public Skating 2-4
26 <u>Mixed Bonspiel</u> Public Skating 2-4	27	28	1 Garbage and Recycling Day	2	3	4 <u>Public Skating 2-4</u> U13 Hockey Game 11:00 Reston vs Melita
5 Public Skating 2-4	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				

February 2023

Deloraine/Boissevain On Call Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Deloraine	2 Boissevain	3 Deloraine	4 Deloraine
5 Deloraine	6 Deloraine	7 Boissevain	8 Deloraine	9 Boissevain	10 Boissevain	11 Boissevain
12 Boissevain	13 Deloraine	14 Boissevain	15 Deloraine	16 Boissevain	17 Deloraine Dr. Nordstrom	18 Deloraine Dr. Nordstrom
19 Deloraine Dr. Nordstrom	20 Deloraine Dr. Nordstrom	21 Boissevain	22 Deloraine	23 Boissevain	24 Boissevain	25 Boissevain
26 Boissevain	27 Deloraine	28 Boissevain				

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

February

2023

CALL SCHEDULE

8 AM – 8 PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
				DIZON	DIZON	DIZON
				NO X-RAY 8 AM – 4:15 PM		
5	6	7	8	9	10	11
DIZON						
12	13	14	15	16	17	18
			DIZON	DIZON	DIZON	
				NO X-RAY 8 AM – 4:15 PM		
19	20	21	22	23	24	25
DIZON						
26	27	28				