

MARCH 2023 BORDER POST



The deadline for submissions for the 2023 April Border Post is
March 28th, 2023.

Municipal Office email: office@brendawaskada.ca

Facebook: **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 Waskada Skate Club Presents

“STARS ON ICE”



Friday March 10 @ 6:30 PM

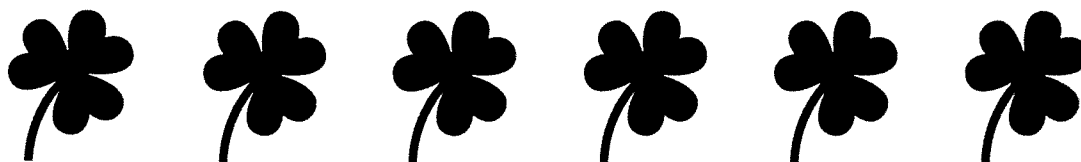
Silver Collection

50/50

The canteen will be open

OUR 2023 SKATERS

*** Audrey Nestibo * Rachel Griffith * Alice Bolay * Tessa Spence ***
*** Gianna Thom * Mya Campbell * Lydia Griffith * Charlie Lawrence ***
*** Kate Griffith * Marli Thom * Kenna Boers * Nischa Thom ***
*** Finn Saltel * Brooks More * Jack Thom * Shane Emmerson ***
*** Ezra Griffith * Sawyer VanSteelandt * Arthur Bolay * Sophia Raes ***
*** Sadie Guenther * Eve Griffith * Ainslee McGregor * Emily Griffith ***
*** Townsly Paterson-McMillan * Rahab Griffith * Jules Gonitzke ***
*** Cheyenne VanSteelandt * Nicola Whetter * Jane Gonitzke ***
*** Norah Whetter * Audrey Raes ***



Waskada Community Foods

Watch for SHAMROCK SPECIALS throughout the STORE

March 1-15th

MARCH 15TH SUPPER IS IRISH STEW

THE BOARD AND STAFF WISH TO THANK YOU FOR YOUR CONTINUING SUPPORT

PLEASE NOTE: WASKADA COMMUNITY FOODS WILL BE CLOSED FRIDAY APRIL 7TH FOR
GOOD FRIDAY



WASKADA LEGION

MEAT DRAW

FRIDAY MARCH 3RD

CHILI SUPPER AT 6:00 PM

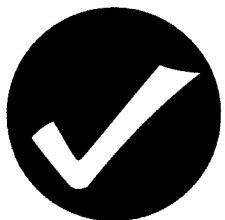
At Waskada Legion

Community Volunteer Income Tax Program (CVITP)

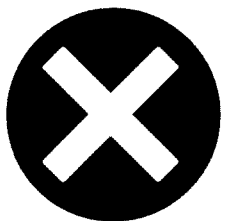
Need a hand with your taxes?
See if you qualify for this **FREE** program

Can I get my income tax done through this FREE program?

Yes... if you are one of the following listed below:



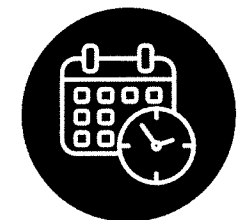
- ▶ One person with income under \$35,000
- ▶ Two persons with income under \$45,000
- ▶ Three persons with income under \$47,500
plus add \$2,500 for each additional dependent



When should this program NOT be used?

When there is income from:

A business | farming | rental property | capital gains
or if someone is bankrupt or deceased.



When and where can I drop off my information?

DELORAINE Prairie Skills Centre

220 South Railway Ave, Deloraine, MB | Mon to Fri: 10am to 3pm

Drop Off: March 7 to October 30



What do I bring?

T3, T4, T4a, T5, T5007 forms

Receipts for: daycare expenses, charitable donations, rent,
tuition, medical expenses (not paid by insurance company.)

If you can not reach/access the site(s) please contact 204-578-4800
or email BTurner2@pmh-mb.ca to discuss other options.

This program is approved by Canada Revenue Agency (CRA), Coordinated by Prairie Mountain Health
and ran by CRA trained community volunteers.



Senior's Outreach Services of Bren-Win Inc.

The matinee movie titles for the month of March are:

March 7 - Black or White

March 21 - Roman Holiday

March 28 - Mrs. Doubtfire

-Movies are held every other Tuesday at the Deloraine Theater at 1:30. There is a \$5.00 fee to cover the costs.

-March 30 - Coffee Day at Crafted and More in Deloraine

The Senior's Outreach Service Board of Bren-Win Inc. would like to introduce our new Coordinator, Bethany Paul. Bethany and her family are new to the area. Bethany starts her new position Monday, February 27th in Deloraine. She will be in the Waskada Office (Sunrise Credit Union) on Thursday, March 9th .

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 24 - FEB 2023



LETTER FROM MINISTER SCOTT JOHNSTON

Dear friends,

For several months the Manitoba government has been connecting with 10,000 seniors, family members, and people who work with seniors to gain their perspectives towards the development of a seniors strategy that we will deliver to Manitobans this winter.

There are 229,050 Manitobans aged 65 or older living in the province, representing 17.1 per cent of the total population. Of that group, 29,255 are aged 85 or older. The proportion of women outnumbers the population as age increases.

Manitoba has a rapidly aging population and in the coming years, there will be a much greater need and demand for specialized services and supports for older Manitobans, in the community, within healthcare facilities, and in long-term care.

Sadly, research tells us that approximately one quarter (24.4 per cent) of Manitobans over 65 often feel isolated from others. Indigenous seniors are considered at high risk of experiencing social isolation due to factors such as racism, marginalized language, culture, poverty and historic negative experiences.

Our government is looking to create a seniors strategy where older Manitobans are valued and empowered to live healthy and productive lives in their homes and communities as long as it is safely possible.

As the Minister of Seniors and Long-Term Care I have engaged in extensive dialogue with Manitobans to inform the development of the Seniors Strategy. The

following is some of the input we have heard from Manitobans through the consultation process:

- As Manitobans age, we may experience increasingly complex care and support needs related to dementia, mental health and other chronic conditions.
- Manitobans want to live independent, vibrant, and fulfilling lives in their own homes and communities, for as long as possible. Each individual and family's needs are specific; some want to stay in their home, others with family, and for some it's about staying connected to a larger community.
- Life is getting more expensive for seniors who are dealing with issues of inflation, fixed incomes and affordability of services and supports.
- There are gaps in the continuum of services and supports for Manitobans as we age, especially in rural, northern and Indigenous communities.
- Despite the commitment and best efforts of seniors serving organizations, services and supports are challenging to access and navigate and can operate in silos.
- While many seniors talk about how they are valued, ageism and ableism exist and should be reduced.

The Seniors Strategy is a highly, anticipated, sophisticated and living document that plans to address the difficulties that effect all seniors in Manitoba.

Thank you for your interest in the seniors strategy, I am looking forward to announcing the strategy in the near future.

After all, we are all aging, and every Manitoban deserves to age with dignity, with wellbeing, and with purpose.

Scott Johnston,
Minister of Seniors and Long-Term Care

Jan. 18, 2023



AGING IN PLACE - CAN THIS BE DONE IN YOUR COMMUNITY?

Communities in MB are feeling the pinch. Financial insecurity is at an all time high. Times are changing and individuals and groups within communities must support each other to make it through these tough times.

In 2008, World Health Organization told the globe to get ready for the demographic shift. In 2015, the Province of MB saw for the first time that there are more adults over the age of 65 years than 18 year olds – think about the impact on the workforce.

Along with the demographic swing the family unit has changed from 20 years ago – our children tend to live in other communities - sometimes far away. Who supports aging parents if and when needed? The community!

Social participation & social connection are determinants of one's own health. Active living centres provide social opportunities. Senior Resource Coordinators provide individual support to the older adult to remain in community. For our aging population increased support to both is absolutely essential.

With increased supports at the community level, it will keep the older adult out of the health care system longer. We all want to keep well and make our own decisions for as long as possible.

The Regional Health Authorities support the older adult through funding to some senior centres/ community centres and to senior resource

coordinators (community connectors). Many communities are offering meal programs. These programs must be supported. In some communities, the older adult has to drive some distance to get food. What happens when one can no longer drive? There are handivans that are being used however, often older adults cannot afford the cost of the van to take them for medical appointments, buy food, banking.....

Older adults must be encouraged to plan for Aging in Place. Homes may need adjustments to allow for them to remain in their own community. Does your community have a business that does home modifications? A business opportunity, perhaps?...

Within our province there are supports out there for older adults –Senior Resource Coordinators & Senior Centres. Are members in your community aware of them? Do you promote 211 by web and by phone. It is a start.

Home care has the potential to keep us in our community for a long time – out of the institutional system (hospitals, longterm care which are very costly). Family managed care and its many options must be advertised and promoted – there are businesses out there that must be a part of this connecting.

As we age, our abilities to stay independent are challenged. Older adults want to stay in their own community, in their own home. Is your community planning for the aging population?

Connie Newman,
Executive Director (MASC)



CONTACT OUR CONSULTANTS

Don Fletcher
Mary Mitchell

Jim Hamilton
Connie Newman

Louise Hutton
Brenda Tonn

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



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



Waskada United Church

Please join us for **Sunday Services** at **11:00am** in-person.

We also welcome you to join us live 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

March 19th 11:00am Service - Holy Communion will be shared.

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.

Pysanky-Making Workshop (Ukranian Easter Egg)

Saturday, March 18th 9:30am to Noon or Wednesday, March 29th 1:00 to 4:30pm. Learn the symbols and the skills. No experience required. Limited space so pre-registration required. \$10.00 per person or \$15.00 per family. Pierson will also host on Saturday March 25th and Wednesday April 5th after school. Call Heather 204-634-2276 or text 204-264-0933 to register.

Reflections on Jesus' last week Thursdays in Melita.

March 2nd – Elim Chapel

March 9th – Anglican Church

March 16th – Melita United church

March 23rd – Elim Chapel

March 30th – Anglican Church

Community Good Friday Service April 7th at 3:00pm at Melita United 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 and Bob Radcliffe

**TALK
ASK
LISTEN**

We are pleased to offer this free mental health workshop and literacy program to our farming community

11

Waskada United Church
April 11 10-3

APRIL

To attend in person Register by March 24
at Brenda-Waskada Municipal Office
204-673-2401
Gluten Free Lunch option available

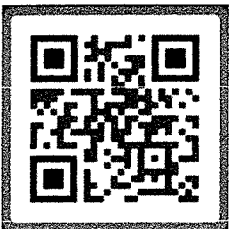
OR

online workshop
eventbrite waskada
obtain a Mobile
eTicket

Please thank our area sponsors

Municipality of Brenda Waskada, Griffith Agencies, Waskada United Church,
Lee Service Centre, Fellowship Community Church, Waskada Community
Foods

to become a sponsor please identify yourself in a text to Janis at
204-522-2585



There is Help

Do More Ag in partnership with FCC and
The Community Fund is proud to provide this
interactive workshop



No.
1

Never send your personal, credit card or online account details through an email, or give them out over the phone.

No.
2

Don't overshare on social media. Consider what a post reveals and make sure you aren't accidentally broadcasting sensitive information.

No.
3

Beware of unusual or irregular email requests. Never click on links or open attachments in unsolicited emails.

No.
4

Scammers want you to make a decision in a hurry. If something doesn't seem right, pause and investigate. Give your brain a chance to catch up.

No.
5

Be extra cautious about calls, emails or mail offering instant prizes or awards. They may be an attempt to obtain your personal details.



*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

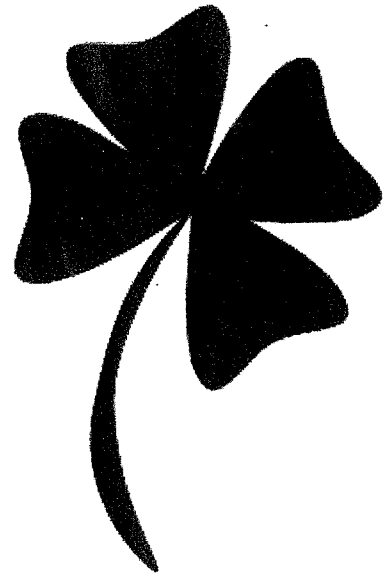
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28 Railway Avenue East
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waskada@sunrisecu.mb.ca
sunrisecu.mb.ca

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General Manager

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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



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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

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TF: 1-877-981-9142
C: (403) 543-0471
F: (306) 297-4042

Box 1771
Shannon, 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

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Donna Stewart

cell: (204) 264-0326 call or text

website: donnastewart3586.norwex.biz



PRAIRIE MOUNTAIN HEALTH
SANTÉ PRAIRIE MOUNTAIN

EMERGENCY DEPARTMENT
SERVICES
MARCH 2023

MELITA & AREA RESIDENTS

Melita Health Centre

Emergency Department Services will be

OPEN

8:00am to 8:00pm daily
only on the following dates;

Wed. March 1st at 8:00am until Sat. March 4th at 8:00pm

Thurs. March 9th at 8:00am until Fri. March 10th at 8:00pm

Wed. March 22nd at 8:00am until Sun. March 26th at 8:00pm

During the suspension of services, individuals requiring emergency department services are encouraged to call the Melita Health Centre at 204-522-3403 to determine the nearest open emergency department.

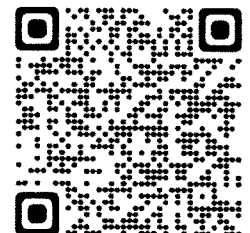
For any EMERGENCY situations - call 911.

The Prairie Mountain Health EMS (ambulance) service will continue to provide emergency response for the community of Melita and surrounding areas. All residents making 911 calls are transported to the nearest open emergency department.

**Individuals requiring health advice are encouraged to call
Health Links/Info Santé at 1-888-315-9257.**

Health Links / Info Santé provides 24 hour, 7 days a week, telephone information service by Registered Nurses with the knowledge to provide answers over the phone and guide you to the care you need.

Please visit the PMH website at www.prairiemountainhealth.ca (Emergency Department Services) to view the most current Suspension of Service notices or SCAN THIS QR CODE →.



March 2023

Deloraine/Boissevain On Call Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Deloraine	2 Boissevain	3 Deloraine Dr. Nordstrom	4 Deloraine Dr. Nordstrom
5 Deloraine Dr. Nordstrom	6 Deloraine	7 Boissevain	8 Deloraine	9 Boissevain	10 Boissevain	11 Boissevain
12 Boissevain	13 Deloraine	14 Boissevain	15 Deloraine	16 Boissevain	17 Deloraine	18 Deloraine
19 Deloraine	20 Deloraine	21 Boissevain	22 Deloraine	23 Boissevain	24 Boissevain	25 Boissevain
26 Boissevain	27 Deloraine	28 Boissevain	29 Deloraine	30 Boissevain	31 Deloraine	

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

2023

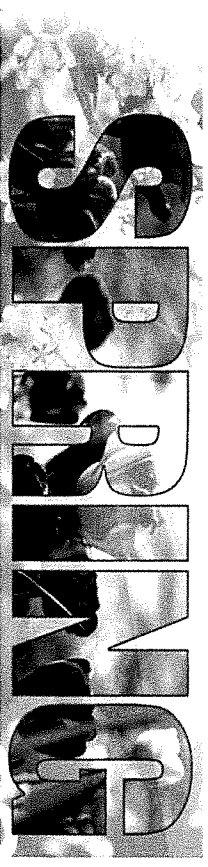
8 AM – 8 PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
				DIZON	DIZON	
12	13	14	15	16	17	18
19	20	21	22	23	24	25
			DIZON	DIZON	DIZON	
					NO X-RAY 8AM-4:15PM	
26	27	28	29	30	31	
DIZON						

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>26</div> <div>Mixed Bonspiel</div> <div>2pm - Public Skating</div>	<div>27</div> <div>3:30pm - Skate Club</div> <div>7pm - Curling</div> <div>7pm - Sticks and</div> <div>9pm - Old timers</div>	<div>28</div> <div>7pm - Public Skating</div>	<div>1</div> <div>3:30pm - Sticks n Pucks</div> <div>5pm - Skate Club</div> <div>6pm - Curling</div>	<div>2</div> <div>6:30pm - Hockey Practice</div> <div>9pm - Old timers</div>	<div>3</div> <div>2:30pm - Skate Club</div>	<div>4</div> <div>7pm - Public Skating</div>
<div>5</div> <div>2pm - Public Skating</div>	<div>6</div> <div>3:30pm - Skate Club</div> <div>7pm - Curling</div> <div>7pm - Sticks and</div> <div>9pm - Old timers</div>	<div>7</div> <div>5:30pm - Prairie</div> <div>7pm - Public Skating</div>	<div>8</div> <div>3:30pm - Sticks n Pucks</div> <div>5pm - Skate Club</div> <div>6pm - Curling</div>	<div>9</div> <div>7pm - Public Skating</div> <div>9pm - Old timers</div>	<div>10</div> <div>2:30pm - Skate Club</div> <div>6:30pm - Ice Review</div>	<div>11</div> <div>2 Person Bonspiel</div> <div>11am - Prairie</div> <div>1:30pm - Prairie</div> <div>2:30pm - Public Skating</div>
<div>12</div> <div>2 Person Bonspiel</div> <div>2pm - Public Skating</div> <div>6:30pm - Director Cup</div>	<div>13</div> <div>3:30pm - Skate Club</div> <div>7pm - Curling</div> <div>7:30pm - Director Cup</div> <div>9pm - Old timers</div>	<div>14</div> <div>5:30pm - Prairie</div> <div>7pm - Public Skating</div>	<div>15</div> <div>3:30pm - Sticks n Pucks</div> <div>5pm - Skate Club</div> <div>6pm - Curling</div>	<div>16</div> <div>7pm - Public Skating</div> <div>9pm - Old timers</div>	<div>17</div> <div>2:30pm - Skate Club</div>	<div>18</div> <div>2pm - Public Skating</div>
<div>19</div> <div>Prairie Predators</div> <div>2pm - Public Skating</div>	<div>20</div> <div>3:30pm - Skate Club</div> <div>7pm - Curling</div> <div>7pm - Sticks and</div> <div>9pm - Old timers</div>	<div>21</div> <div>5:30pm - Prairie</div> <div>7pm - Public Skating</div>	<div>22</div> <div>3:30pm - Sticks n Pucks</div> <div>5pm - Skate Club</div> <div>6pm - Curling</div>	<div>23</div> <div>7pm - Public Skating</div> <div>9pm - Old timers</div>	<div>24</div> <div>2:30pm - Skate Club</div>	<div>25</div> <div>2pm - Public Skating</div>
<div>26</div> <div>2pm - Public Skating</div>	<div>27</div> <div>3:30pm - Skate Club</div> <div>7pm - Curling</div> <div>7pm - Sticks and</div> <div>9pm - Old timers</div>	<div>28</div> <div>7pm - Public Skating</div>	<div>29</div> <div>3:30pm - Sticks n Pucks</div> <div>5pm - Skate Club</div> <div>6pm - Curling</div>	<div>30</div> <div>7pm - Public Skating</div> <div>9pm - Old timers</div>	<div>31</div> <div>2:30pm - Skate Club</div>	<div>1</div> <div>2pm - Public Skating</div>

****DUE TO UNFORESEEN CIRCUMSTANCES NANA'S KITCHEN WILL NOT BE OPEN**

March 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Public Skating 2-4	27	28 Goodlands Lunch	1 Garbage and Recycling Day	2	3	4 Public Skating 2-4
5 Public Skating 2-4	6	7 <u>SOS Movie @ 1:30</u> Hockey Practice 5:30-7:00	8 Garbage and Recycling Day	9	10 Ice Review @ 6:30	11 2 person Curling <u>Bonspiel</u> Public Skating 2-4
12 Daylight Saving <u>Time</u> Public Skating 2-4	13 Council Meeting <u>@ 4:30</u> Director Cup Practice 7:30-9:00	14 Hockey Practice 5:30-7:00	15 Garbage and Recycling Day	16 Hazardous Waste Day 12-2	17	18 Public Skating 2-4
19 Public Skating 2-4	20	21 <u>SOS Movie @ 1:30</u> Hockey Practice 5:30-7:00	22 Garbage and Recycling Day	23	24 Spring Break Begins	25 Public Skating 2-4
26 Public Skating 2-4	27	28 SOS Movie @ 1:30	29 Garbage and Recycling Day	30 Coffee Day at Crafted and More	31	1 Public Skating 2-4
2 Public Skating 2-4	3	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				