



APRIL 2023 BORDER POST

The deadline for
submissions for the
May 2023 Border Post is
April 25, 2023.

Municipal office email:
office@brendawaskada.ca

Facebook: Municipality of
Brenda-Waskada



The Municipal Office is Closed

Good Friday
April 7th
and
Easter Monday
April 10th



Happy Easter

**THE WASKADA RECYCLING CENTRE HAS BEEN CERTIFIED AS A
HAZARDOUS WASTE DEPOT.**

**The next scheduled day is
Thursday, April 20th, 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/VCR's, Stereos, Phones, Scanners/Copiers, Fax Machines,
- Rechargeable Batteries, Microwaves

Municipal Summer Dump Hours starting April 15th, 2023

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

**Thank you to the Waskada
Athletic Club and the Waskada
Rink Board for the funds that
contributed for the batting
cage set up. The Municipal
office would like to offer many
thanks to:**

**-Davis Hooper with help with
the set up.**

**-Jason and Jennifer Wickham
and Kay McMillan for the
donated ball equipment.**

WASKADA COMMUNITY FOOD STORE

Starting April 17, we are running a store promotion.....
If you spend \$50 or more, you will be able to enter your name in for a draw on a
ENER-G+ Free Standing Infrared Heater/with remote.
We will make the draw May 31st.

There will be no propane available on Saturdays.
(our Saturday staff isn't always over 18yrs, which is the required age)

Thank you to our staff for keeping our store running smoothly while we are in search of
a new store manager. We really appreciate you all!!

We will continue to do our best to keep you posted on lunch and supper specials.

Thank you to Wanye Gorda for volunteering his 3 years on our WCFS Board. He was so
great to work with and had lots of knowledge and experience to share.

If you are thinking of donating to the WCFS, you can request a tax receipt through the
Municipal Office.

Summer Employment Opportunity

at

Waskada Museum

Position: Museum Receptionist and General Assistant

July 03 - August 31, 2023

(32.5 hrs/week Mon-Fri)

Requirements

- age between 15-30 years (grant requisite)
- computer word processing skills
- strong interpersonal skills

**Please apply in writing with brief resume
by Wednesday, April 12, 2023 to:**

**Municipality of Brenda-Waskada
Box 40 Waskada, MB R0M 2E0**

or

office@brendawaskada.ca

**For further information contact
Norm Reid (204-673-2557)**

What Does the Lions Club do for You??

Maintenance of the Community Hall

Hydro for 2022	\$3,731
New North Step	\$3,300
New South Door	\$3,000
Heat pump replacement (2021)	\$13,000

When you need help, Who Do You Call?

Waskada Lions Club

Medical Assistance (2022) 3 families

When a request for local donations, Who Do You Call?

Waskada Lions Club

Waskada Soccer, Westman Youth Choir, Daycare, School Scholarships,

Journey For Sight, Southwest Regional Foundation.....

When You need Equipment , Who Do You Call?

Waskada Lions Club

Equipment for Rec Center Kitchen, Daycare, Curling Club ice scraper,

Playground Upgrades, Zamboni.....

When you need long term commitment?

Waskada Lions Club

Recreational Center \$100,000

NOW

the Waskada Lions Club Needs YOU

Come join our team and help your local communities.



WASKADA LIONS SWEEPSTAKE WINNERS 2022-2023



APR \$40 ORVILLE RENDICK
\$40 BRIAN KAYES

OCT \$40 CURTIS McMILLAN
\$40 DIANE WOODWORTH

MAY \$40 ROD BERTHOLET
\$40 DON Mc GREGOR
\$200 GLADYS HOWDEN

NOV \$40 JOEY SPENCE
\$40 BRODY RUBERY
\$200 DON JOELY

JUNE \$40 JARED SPENCE
\$40 SHARLENE Mc GREGOR

DEC \$40 LINDSAY GINTER
\$40 DAVIDEL TWEEED

JULY \$40 SHAWN McKINNON
\$40 ARLO McMILLAN
\$250 CLAIRE HOWDEN

JAN \$40 DON JOELY
\$40 MARK & CHERYL DICKOEF
\$250 KRISTA TWEEED (BRANDON)

AUG \$40 LEAH WILLIAMS
\$40 KRISTA TWEEED (BRANDON)

FEB \$40 HELEN LATIMER
\$40 ROLAND HAINSWORTH

SEPT \$40 JEN & ADELE LEE
\$40 JOAN Mc DONALD
\$200 KEN & HEATHER VOTH

MAR \$40 BENNETT RADCLIFFE
\$40 DIANE WOODWORTH
\$200 KRISTINE HANNAH

Waskada Wee Ones ELC Newsletter

April 2023



Important Numbers

Daycare: 1-204-483-6243

School: 1-866-422-5117

The Centre is looking for casual substitute staffing please send resume to waskadaweekones@gmail.com

Reminder to parents:

***Please Bring:**

Extra clothes

Shorts

Hats

Rain/mud suits

Sunscreen/bug spray

A water bottle to stay at the Centre

*Payments for fees can be done by e-transfer, cash or cheque

Important Dates:

Centre will be closed April 7th

With Spring on the horizon, we are looking for bedding plants and vegetables for our new planter box garden. If you have any extras please drop off at the Centre.

Fundraising News

Thanks to everyone who supported our Mom's Pantry fundraiser

New Schedules are being accepted for July-December. If you have not handed in your child's schedule, please do so by April 3, 2023

**Week of the
ECE April 23-
29**

Thanks to our staff

Mary Stovin

Laurienna May

Mariagela Gustafson

Wendy May

Celle Thom

Crystal Currie

THANK YOU

To our staff for their dedication, commitment and training to continue to support families with their expertise in child development.

To our board for their guidance and commitment to making the Centre viable in our community

To the parents for their continuous support of our fundraisers and Centre



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

Service time change on April 16th to 1:00pm.

Cornerstone Pastoral Charge Holy Week

Palm Sunday Services- April 2, 2023

9:15am Pierson United Church

11:00am Waskada United Church

1:00pm Lyleton United Church

Good Friday-April 7,2023

10:00 am by Zoom.

Follow the Zoom link above. The same link as for Sunday Services.

Easter Sunday Services April 9, 2023

9:15am Pierson United Church

11:00am Waskada United Church

1:00pm Lyleton United Church

April 4th – Come on over to the Waskada Rink for a delicious **Buffet Lunch**

11:00am to 1:00pm. \$12.00/person

April 11th – Talk, Ask, Listen Workshop – Do More Ag in partnership with FCC and the Community Fund is pleased to host this free mental health workshop to our rural communities in the Waskada United Church. Register at the Brenda-Waskada Municipal Office 204-673-2401

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

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

Buffet Lunch

Tuesday, April 4
11:00 am – 1:00 pm
Waskada Rink
\$12.00/person

Come enjoy:

Hashbrown Casserole

Bacon

Sausages

Pancakes

Homemade Muffins

Fruit

Homemade Cinnamon Buns

Farm Fresh Eggs

Cheese

Coffee, Tea, Orange & Apple Juice

50/50

Some Gluten-Free Options Available

Meal provided by Waskada United Church



Seniors' Outreach Services Information

Deloraine: Mon-Wed, Fri from 8:30am-4pm

Waskada: Thurs from 9am-3:30pm

Mountainview Centre – SOS Office

Credit Union Building – SOS Office

Phone: 204-747-3283

Website: www.sosbrenwin.com

Facebook: www.facebook.com/sosbrenwin

Interact with us: www.facebook.com/groups/sosbrenwin

Our Services:

The goal of SOS of Bren Win Inc. is to assist older adults and people with disabilities to live as safely and independently in their own homes for as long as feasible. We do this by providing the following services:

We provide Lifeline information, installation, and support.

We can help you access much needed government and community resources. Some of these resources include: grocery delivery, meals on wheels, transportation services, yard care, home care, house cleaning, mobile hair and esthetic services, providing E.R.I.Kits (emergency response information kits), and more...

We facilitate connection and health by planning regular social events and activities. Some of the activities include: regular shopping trips, fitness classes, health fairs, lunch and learns, craft nights, walking clubs, and more...

Upcoming SOS Events:

(Please visit to our website or facebook page for more information and updates)

Aquafit and Shopping in Killarney – April 3rd, 10th, 17th, 24th

Shopping in Melita (for Brenda-Waskada residents) – April 20th

Shopping in Brandon – April 18th

The Sound of Music – Live Performance – April 29th

Mothers' Day Supper and Live Music at The Rendezvous – May 14th

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 25- MAR 2023

explore
learn act
celebrate

Communities
Committed to
Healthy Active Aging



Did you know that your **social life** is a **determinate of health?**

The impact that loneliness and social isolation can have on the physical, mental and social health of isolated older people is well documented. Your close relationships and how well you are socially integrated are strong predictors of longevity!

The medical system can only do so much to support and treat those that are suffering the medical effects due to the lack of social participation. Enhanced community connections can play a huge part in the prevention of these associated illnesses AND be integral in promoting healthy and fulfilling lives to all community members throughout their entire lifespan.

Check out these Resources:

[Social Participation & It's Benefits](#)

[Targeting Isolation](#)

[Let No One Be Alone](#)



In celebrating this week of awareness, MASC is inviting all organizations, community/service groups and businesses to participate in this years challenge.....

Ways you can participate...

- Create a community directory ensuring that it is shared with isolated older adults
- Host an event that is targeted to reach those living alone
- Host a community educational event on the value of social participation
- Develop a service or create a new platform that helps to bring community together
- Be innovative!

We'd love to hear work being done in your community to strengthen connections & reach the isolated!

Share with us how you participated in this challenge for a chance to win \$100.00. [Email for details!](#)

Since 2012, The Let No One Be Alone week of awareness has always been promoted the first full week in May. It's about connecting with people, especially those that are alone. Not only during the awareness week, this time is meant to serve as reminder to all, the importance of real connections and to nurture them all year long.

NOW is ALWAYS a good time to make a difference!

Chronic Disease Education Program

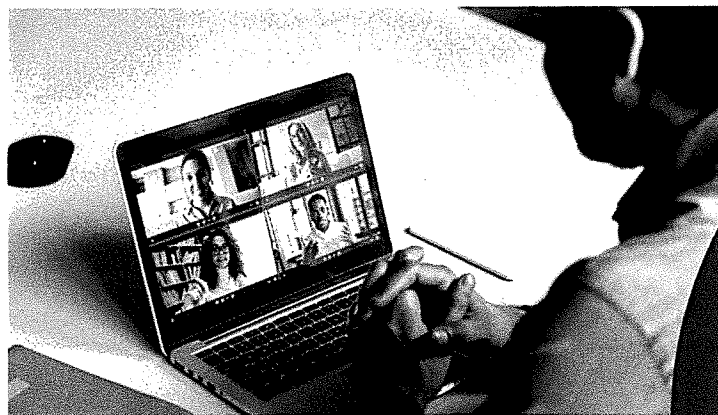
VIRTUAL CLASSES

Diabetes Class Series

Class #1 - Diabetes Essentials: Learn what diabetes is, how it affects the body, and how to manage diabetes (including medications). This class provides the foundation for the next 2 classes and is recommended to be taken first.

Class #2 - Eating for Diabetes: Learn how to eat healthier to prevent or manage diabetes. Discover the truth about sugars and carbohydrates, reading food labels, and planning balanced meals.

Class #3 - Physical Activity Essentials: Learn how physical activity can help to manage diabetes and improve your overall well-being.



DATES & TIMES

Diabetes Class Series

- April 5, 12, 19 | 9:30am -11:30am
- May 10, 17, 24 | 9:30am-11:30am
- June 7, 14, 21 | 1pm -3pm

Prediabetes Class

- May 9 | 1:30pm -4:30pm

Cholesterol/Heart Health

- April 14 | 1:30pm -3:30pm
- May 5 | 1:30pm -3:30pm
- June 9 | 1:30pm -3:30pm

Blood Pressure Management

- April 27 | 10am -11:30am
- June 16 | 9:30am -11am

Prediabetes Class

This session will help participants understand what prediabetes is and to help identify lifestyle changes to improve your health and decrease the risk of progression to type 2 diabetes.

Cholesterol Management

This session will help participants understand what cholesterol is, the target levels for cholesterol and help identify lifestyle changes to improve heart health.

Essentials of Blood Pressure Management

This class will help you gain a better understanding of what blood pressure is, why high blood pressure is a concern, how to manage high blood pressure with the use of medication and lifestyle changes

Join us virtually on
Microsoft Teams (video
conferencing over the internet)

Equipment Needed: a computer, tablet or
smart phone that can connect to the internet.



PRAIRIE
MOUNTAIN



To register call: 1-877-509-7852



Landowner Workshop April 11, 2023 at the Pipestone Hall 10am to 3pm. **Please register by calling 204 877 3020 by April 6.**
Lunch will be provided. No cost to Attend.

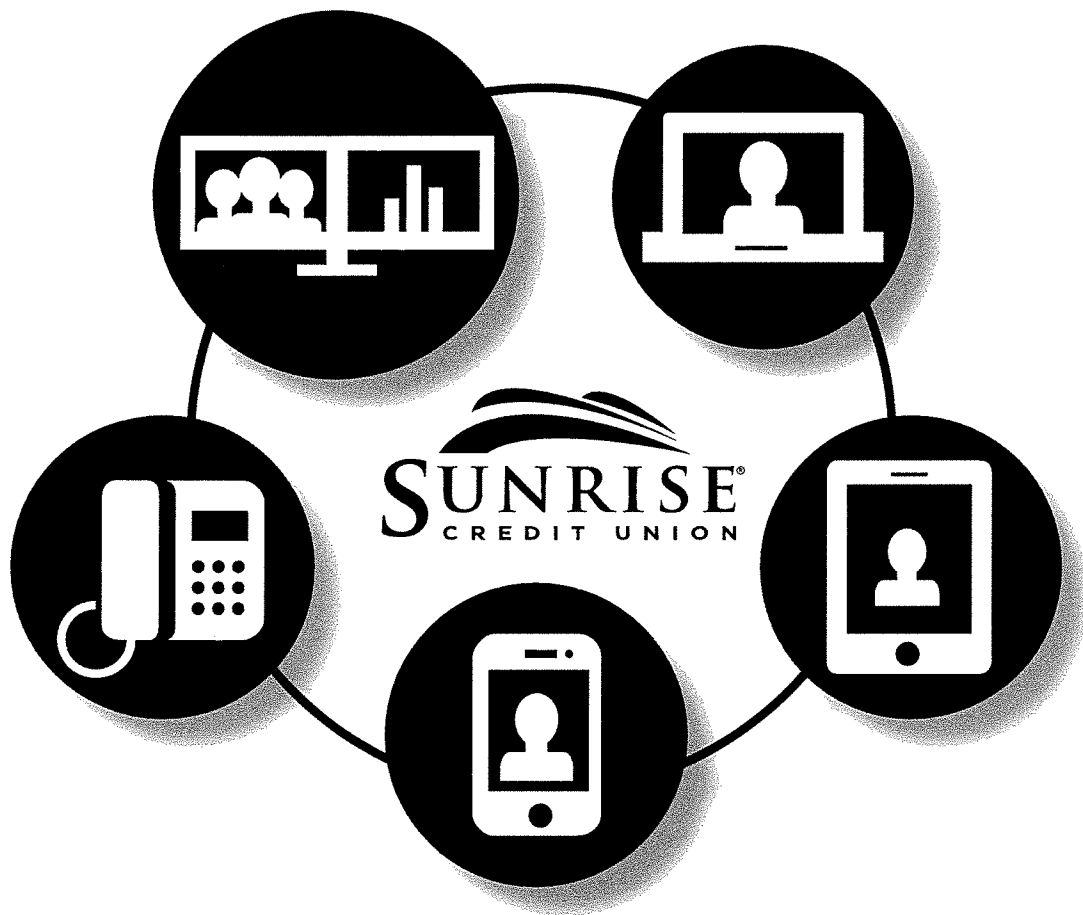
Presentations by:

1. Marissa Berard - Manitoba Important Bird Area Coordinator
Red-headed Woodpecker and Eastern Whip-poor-will
Conservation Champions program.
2. Jean Le Heiget – Product Manager Timac Agro
The Nitrogen Cycle and Nitrogen Stabilizers
3. Shaun Anderson – Fencing Expert and Cameron Hodgins
Grazing Mentor.
AMP Grazing Benefits, Electric fencing principles, Grazing
principles, Temporary fencing tips and tools and electric
fencing Do's and Don'ts
4. SRWD staff upcoming watershed district programming for
2023-24.



Funding provided by the
Province of Manitoba

Annual General Meeting



ONLINE

Tuesday, April 25, 2023
via Zoom Video Conferencing
Meeting will begin at 5:15 PM

Members will need to pre-register by calling **204.726.3636** or email **agm@sunrisecu.mb.ca**. Please pre-register prior to 4:00PM Mon, April 17, 2023.

You could be sitting on a **GOLD MINE!**

presenting an **EXCLUSIVE** Market-Linked GIC for a **LIMITED TIME**

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potentially higher return than regular GICs.

Ask Sunrise for more information.



sunrisecu.mb.ca

Available exclusively at Sunrise Credit Union in Manitoba until May 19, 2023. Investment basket includes companies: Agnico Eagle Mines Ltd, BASF SE, Canadian National Railway Company, Canadian Pacific Railway Limited, Caterpillar Inc., Corteva, Inc., Deere & Company, Dow Inc., Hitachi Limited, Komatsu Limited, Kubota Corporation, Nutrien Limited, Rio Tinto Limited, Tech Resources Limited, The Mosaic Company.



*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

Colin Bambridge Hauling

Colin Bambridge
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Coulter MB
R0M 0G0

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

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Super B's

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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

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Spring*



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ENVIRONMENTAL

AT YOUR DISPOSAL. Trash. Recycle. Compost.

TIM OLIVER
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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Clayton**

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WASKADA, MB**

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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

WELLTRAXX



Casey Ziegler
President

O: 204-264-4041
TF: 1-877-911-2143
C: 403-643-0471
F: 204-264-4040

801-1771
St. John, MB
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

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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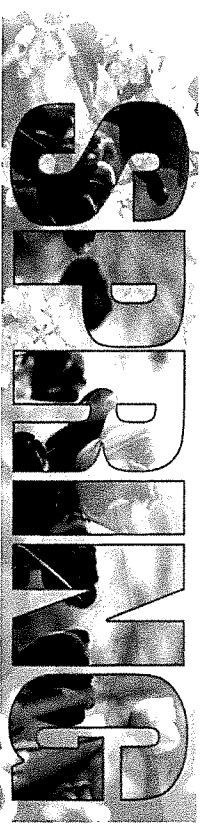
Independant Norwex Consultant:

Donna Stewart

cell: (204) 264-0326 call or text

website: donnastewart3586.norwex.biz

April 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Spring Break	27 Spring Break	28 Spring Break	29 Spring Break	30 Spring Break	31 Spring Break	1 Spring Break
2 Spring Break	3 School Returns	4 Buffet Lunch 11:00-1:00 @ Waskada Rink	5 Garbage and Recycling Day The Art of Pysanky Makng 3:30-6:00	6 Waskada Meat Draw @ 6:30	7 Office Closed	8
9 Office Closed	10	11 Council Meeting @ 4:30 Do Ag More 10:00-3:00	12 Garbage and Recycling Day	13	14	15 Change of Garbage Dump Hours
16	17	18	19 Garbage and Recycling Day	20 Hazardous Waste Day 12:00-2:00	21 Waskada Meat Draw @ 6:30	22
23	24 May Border Post Deadline	25	26 Garbage and Recycling Day	27	28	29
30	1	Notes				
As of April 15th, the Garbage Dump Hours will change over to summer hours. Municipal Summer Dump Hours starting April 15th, 2023 Goodlands Dump Wednesday 3:00 PM - 7:00 PM, Saturday 9:00 AM - 1:00 PM Waskada Dump 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 Dump Monday 2:00 PM - 7:00 PM, Wednesday 2:00 PM - 7:00 PM, Saturday 10:00 AM - 4:00 PM						

April 2023

Deloraine/Boissevain On Call Schedule

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