



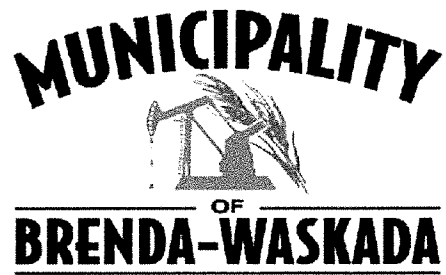
February
2024 Border
Post

THE DEADLINE FOR THE MARCH 2024
BORDER POST IS FEBRUARY 26, 2024.

Follow
#whatshappeningbw
for upcoming events

WWW.WASKADA.ORG





The Municipal Office
will be Closed

Monday, February 19th
for Louis Riel Day.

Have a good long weekend

WASKADA ECO CENTRE

Located at the Waskada Disposal Site

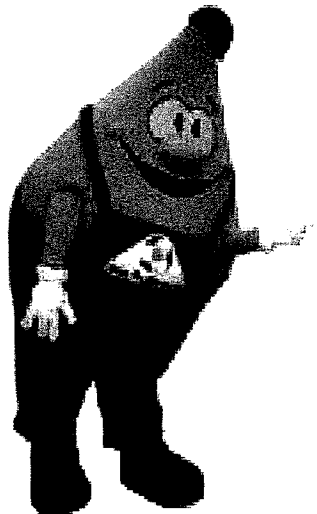
Winter Hours:

Open Tuesday and Wednesday

1:00 PM - 6:00 PM

Sat. 11:00 AM - 4:00 PM

Bring in used oil, filters, jugs,



used antifreeze,

and containers.

Thank you to Manitobans for
MAKING EVERY DROP COUNT



January 31, 2024 – For Immediate Release
Municipality of Brenda-Waskada (MB) Announces
New Chief Administrative Officer



Ms. Shelley Boulet

With the assistance of HMC Management Inc. (HMC), Head of Council David Vanmackelbergh and the Council of the Municipality of Brenda-Waskada are pleased to announce the retention of Ms. Shelley Boulet as their new Chief Administrative Officer (CAO), effective February 20, 2024.

Council undertook an in-depth and structured recruitment process under the guidance of HMC that generated qualified candidates.

Ms. Boulet, who was most recently employed as the Finance Manager for the Municipality of Glenboro South Cypress, brings a strong financial and human resource background to her new employer.

Ms. Boulet also brings other varying private and public sector work-related experiences into her new workplace and is looking forward to applying these experiences and skill sets to her new role as Chief Administrative Officer.

Ms. Boulet is a Certified Manitoba Municipal Administrator (CMMA) and received her designation in 2021 with distinction. Ms. Boulet also holds a Human Resource Labour Relations Certificate (honors) from Athabasca University as well as being certified as a Payroll Compliance Practitioner (PCP) via the Canadian Payroll Association.

Head of Council David Vanmackelbergh and the Council are excited to move forward with Ms. Boulet as their new CAO and ask residents and staff to join them in welcoming Ms. Boulet to the Municipality of Brenda-Waskada.

Ms. Boulet is replacing Ms. Diane Woodworth, who is retiring after serving the Municipality Chief Administrative Officer for over 13 years with her last day of work being February 29, 2024.

-End-

WASKADA COMMUNITY FOOD STORE

FEBRUARY NEWS

STORE CLOSED MONDAY FEBRUARY 19TH.....LOUIS RIEL STAT HOLIDAY

CUSTOMER SURVEY....

Last week, a newsletter and customer survey were put in everyone's mailbox. There are extra copies available at the store.

On behalf of the Board and the store staff, thank you for all who shop and support the store.

Please take some time to fill out the survey and return it to the store (box at the front of the store) or email to viva_sharon@hotmail.com

2023/2024 FEE SCHEDULE

Family \$225

(Independent persons 18 years & older in a family may be required to pay adult fee)

Adult (18 & over) \$150

Juvenile (13-17 years) \$125

Children (12 Years & under) \$90

Kindergarten & under Free

**A \$5.00 Discount will be offered for each Skating Fee Paid before Nov. 1, 2019,
Then starting December 1st all unpaid fees will increase in price by 25%.**

Casual (Daily - Child to Adult) \$5.00

Rental – Skating (local/ratepayers) \$50.00/hr

Rental -Skating (non-ratepayers) \$100.00/hr

Rental- Curling \$50.00/hr

Summer Rental Rate \$500.00/day

Additional Day \$250.00/day

Damage Deposit \$500.00

****Pay fees to the Rink Caretaker or to the Municipal Office**

2024 Meat Draws

Feb 9	Meat Sponsor Working Group	Baker Hughes PAC
Mar 1	Meat Sponsor Working Group	Allison & Rob Brown Legion Ladies
Mar 15	Meat Sponsor Working Group	Curling Club
Apr 5	Meat Sponsor Working Group	LGL Truck & Trailer Ltd At least 2 people from each group

**Contact Tanis @ 264-0975 if your organization would like to
Sponsor the meat for the March 15 Meat Draw. Thanks**

**Progressive Bingo To Follow each
meat draw!!!**



Waskada United Church

Welcome to Sunday Services at 1:00pm.

Please Join us for **Coffee 'N More** on Tuesdays in the Church kitchen at 9:30am. Join in person or on Zoom 844-5176-8589. Hope to see you there!

February 23rd (4:30 – 7:00pm) and/or February 24th (9:30- 12:30am)
Join us to try **Pysanky** a beautiful style of Ukranian egg painting. Please try to register by Monday, February 19th. Walk-ins are also welcome. Cost is \$10.00/person (\$20.00 max for a family).

Waskada United Church Annual General Meeting- Thursday, March 14th at 7:00pm at the Church. Potluck is at 6:00pm. We welcome everyone who supports the United Church to attend the meeting.

Next Church Board Meeting is Monday, March 4th at 9:00am on Zoom.

Please continue to check our Facebook page for upcoming activities, workshops and presentations.

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, Cstonepc@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, Gary Williams and Bob Radcliffe

Deloraine & Area Food Cupboard

Donations of **non-perishable** food items and **personal hygiene products** are greatly appreciated. It is a free service to those in need.

- Please no damaged packaging or expired products
- Examples of food items: juice, cereal, pasta, canned vegetables, peanut butter, jam, canned soup, coffee, packages of pudding & jello, hamburger helper
- Examples of hygiene products: laundry detergent, toilet paper, tooth paste, shampoo & conditioner, soap

Over the past three years, the Deloraine Food Cupboard Rep contacts our Waskada Rep with specific items they require and we purchase the items from our local Waskada Community Food Store. It is a win/win for everyone helping others and supporting local.

If you would like to make a donation, please mail cheque to:

Waskada United Church

Box 35

Waskada, MB R0M 2E0

Or e-transfer to waskadaunitedchurchtres@gmail.com

Please indicate that it is a donation for the food bank on cheque or e-transfer.

If you have any questions, please contact Sharlene McGregor, Waskada United Church Food Cupboard Rep (call/text: 204-522-6545)



DELORAINIE BORDER FESTIVAL

CELEBRATE THE ARTS

Competitive and Non - Competitive Entries

Music (Piano, Other Instruments, Vocal)

Speech & Theatre Arts, Visual Arts, Dance

DATES

Visual Arts: April 4th - 5th

Instrumentals: April 8th - 9th

Vocal/Choral: April 10th - 11th

Dance: April 15th

Piano: April 16th - 18th

Speech and Theatre Arts: April 22nd - 24th

Awards Concert: Sunday, April 28th

NEW SYLLABUS ONLINE FREE AT

www.deloraineborderfestival.net

-Printed copy at the Bren Del Win Library (Deloraine)

-Printed copy available *for purchase* at www.amaf.mb.ca

ENTRY DEADLINE: Tuesday, February 13th

Entry Forms (now Google Forms), local Addendums and additional information www.deloraineborderfestival.net Go to "Disciplines".

Questions or difficulty submitting entries contact coordinators listed for each discipline or contact us at deloraineborderfestival@hotmail.com

Join us as a participant! Come view the sessions and concert!



SAVE THE DATE

CRIB WITH THE KIDS

Feb 1, 15 & 29

Coffee and snacks provided

Come play crib with the Grade 9 students

MAKE IT! MONDAYS

Feb 5, 19

Craft: Play with Clay, Bookmarks

Location: The Centennial Apartments

Sponsored by SOS - FREE

WE'RE GOING SHOPPING!

Feb 21

Cost \$25/Person

Location: Brandon

(Shoppers Mall, Walmart)

Lunch: TBD (not included)

LUCKY LAPS - SANHILLS

Feb 27

\$30 per person

includes transportation and lunch

Weather permitting
More details to come

FEB 8

CRA/Service Canada

Know Your Benefits

(See Poster for Details)

Sponsored by SOS - FREE

DEEDUB

WALKING CLUB

OPEN 10AM-12PM

FEB 5,21,26,28



Seniors'
Outreach
Services

Of Bren Win Inc

CHECK ONLINE FOR UPDATES
OR FOR NEW LAST MINUTE EVENTS!
CALL 204-747-3283 TO RSVP.



Seniors'
Outreach
Services
Of Bren Win Inc

UNDERSTAND YOUR BENEFITS AND TAX CREDITS

Join us for an informative presentation from the Canada Revenue Agency and Service Canada to help navigate updates to benefits and credits available to (specifically to seniors) in Manitoba. There will be a question and answer period to make sure you leave with the information you need to ensure you get the best out of tax season!

- Disability Tax Credit - you may qualify!
- OAS, GIS and when to apply
- Home Accessibility Tax Credit
- and more!



**THURSDAY
08 FEBRUARY, 2024**



1:00PM-3:00PM



MOUNTVIEW CENTRE

**COFFEE, TEA AND
SNACKS PROVIDED**

Please call to RSVP before Feb 6th.



204-747-3283



SEAN MAYTAS
CANADA REVENUE AGENCY



JEAN GAULTIER
SERVICE CANADA


**HANDY VAN RIDES FROM WASKADA OR IN
TOWN ARE SPONSORED - CALL TO BOOK A RIDE!**

Service
Canada




Canada Revenue
Agency

Mental health supports and services

While physical activity can be an essential mental health tool, you should always reach out for additional support and services if needed. [Wellness Together Canada](#)  provides free, 24/7 access to virtual mental health and substance use support for people in Canada and Canadians abroad. Resources include educational content, self-guided courses, peer-to-peer support, one-to-one sessions with professional counsellors and crisis support.

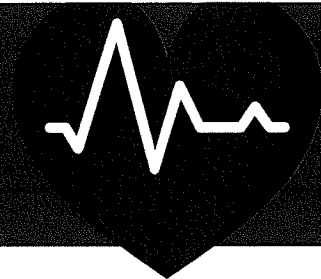
WELLNESS TOGETHER
Canada

TEXT: WELLNESS (adults) or FRONTLINE to 741741

Visit: [WellnessTogether.ca](#) 

Healthy Blood Pressure for Healthy Hearts

Small Steps To Take Control



Every time your heart beats, it pumps blood through vessels, called arteries, to the rest of your body. Your blood pressure is how hard your blood pushes against the walls of the arteries. If your blood flows at higher than normal pressures, you may have high blood pressure, also known as hypertension.

High blood pressure is a major risk factor for heart disease, which is the leading cause of death in the United States. Millions of Americans have high blood pressure, but many people who have it don't know it. That's why it is important to have your blood pressure checked at least once a year.

High blood pressure is a "silent killer."

It doesn't usually cause symptoms, but it can damage your body over time.

- If your blood pressure stays higher than 130/80 mm Hg for a period of time, it can cause serious health problems such as:
 - Heart disease
 - Stroke
 - Kidney disease
 - Dementia
- The only way to know whether you have high blood pressure is to have your blood pressure measured—a process that is simple and painless.
- If you find out you have high blood pressure, a health care professional can tell you how to prevent serious complications, including disability and premature death.

Some things put us at greater risk for high blood pressure.



Age: Blood pressure tends to get higher as we get older. But it can affect many of us when we're younger too.



Genes: High blood pressure often runs in families.



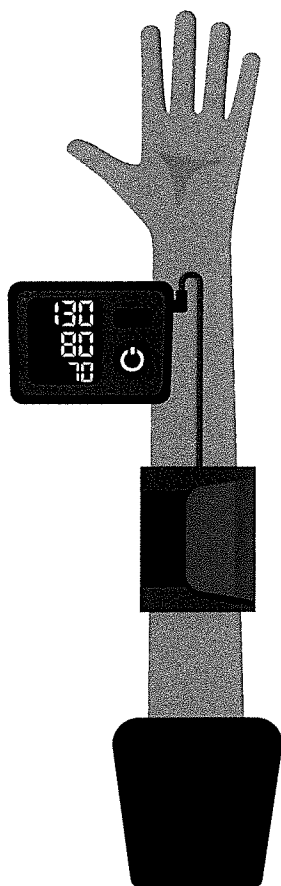
Sex: Before age 60, more men than women have high blood pressure. After age 60, more women than men have it.



Race or ethnicity: While anyone can have high blood pressure, African Americans tend to get it at a younger age. Among Hispanic adults, people of Cuban, Puerto Rican, and Dominican backgrounds are at higher risk.



Lifestyle habits: Eating too much salt, drinking too much alcohol, being obese, smoking, and not getting enough exercise can raise our blood pressure.



What steps can you take to lower your blood pressure?

Set targets

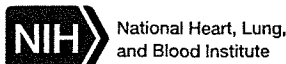
Work with your doctor to set blood pressure numbers that are healthy for you. Use our worksheet at nhlbi.nih.gov/hypertension to track your progress.

Take control

Make lifestyle changes such as eating healthy, staying active, and watching your weight. If you smoke, quitting can help prevent heart disease and other complications of high blood pressure.

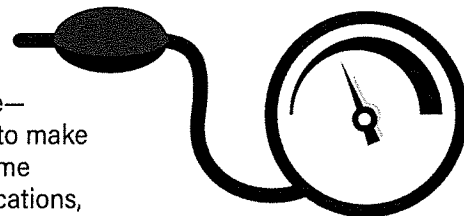
Work together

Studies show that if you engage in heart healthy activities with people at home, at work, in your community, or online, you have a better chance of staying motivated.



Taking the first step toward a healthy blood pressure.

Making lifestyle changes now can help keep your blood pressure in a healthy range—whether you have high blood pressure or you're trying to prevent it. You don't have to make big changes all at once. Small steps can get you where you want to go. Here are some ideas to start. If you have elevated blood pressure and your doctor prescribes medications, make sure to take them as directed.



Why should I change?



Eat Healthy Foods

A diet **low in sodium and saturated fat**—like the DASH eating plan—can lower your blood pressure as effectively as medicines.



Move More

Get at least 2½ hours of physical activity a week to help lower and control blood pressure. That's just 30 minutes a day, 5 days a week.



Aim for a Healthy Weight

Losing just 3 to 5 percent of your weight can improve your blood pressure. If you weigh 200 lbs., that's a weight loss of 6 to 10 lbs.



Manage Stress

Stress can contribute to high blood pressure and other heart risks. If it goes on for a long time, it can make your body store more fat.



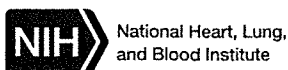
Stop Smoking

The **chemicals in tobacco smoke** can harm your heart and blood vessels. Quitting is hard. But many people have done it, and you can, too.

How can I change?

- ☐ Add **one fruit or vegetable** to every meal.
- ☐ If you get fast food, ask for a **salad instead of fries**.
- ☐ Give **Meatless Monday** a try.
- ☐ Commit to **one salt-free day a week**. Use herbs for flavor instead.
- ☐ Invite a colleague for **regular walks or an exercise class**.
- ☐ Give the elevator a day off and **take the stairs**.
- ☐ Take a break to **play outside** with your kids.
- ☐ **March in place** during commercial breaks while watching television with your family.
- ☐ Join a **weight loss program** with a buddy.
- ☐ **Sign "social support" agreements** with three family members or friends.
- ☐ Practice **mindful meditation** for 10 minutes a day.
- ☐ Share a **funny video, joke, or inspirational quote** with a friend.
- ☐ **Talk with your doctor** if you have trouble managing stress on your own.
- ☐ Visit **Smokefree.gov** or **BeTobaccoFree.hhs.gov** to connect with others trying to quit.
- ☐ Sign up for a **support group** at work or your local clinic.
- ☐ Join a **sewing, knitting, or woodworking group** to keep your hands busy when you get urges.

Take control of your blood pressure today! Learn more at www.nhlbi.nih.gov/hypertension



www.nhlbi.nih.gov

Got Canola?

Wondering when to sell?

Market Outlook

Includes canola, wheat,
soybeans, oats, corn, and cattle.

Senior Market Analyst David Drozd provides
market insight and strategies to help you
sell your grain for more!

Event Details

Location: Waskada Community Hall

Date: February 8th, 2024

Time: 1:30 - 2:00 pm - Coffee

2:00 - 3:00 pm - Presentation

Questions?

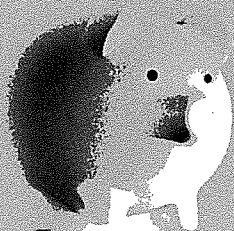
Call or text George Meggison @ 431-334-2141

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Cooker MB
R0M 0G0

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

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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

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• Windshield
• Repairs

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Owner & Operator

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Phone: 204-673-2774

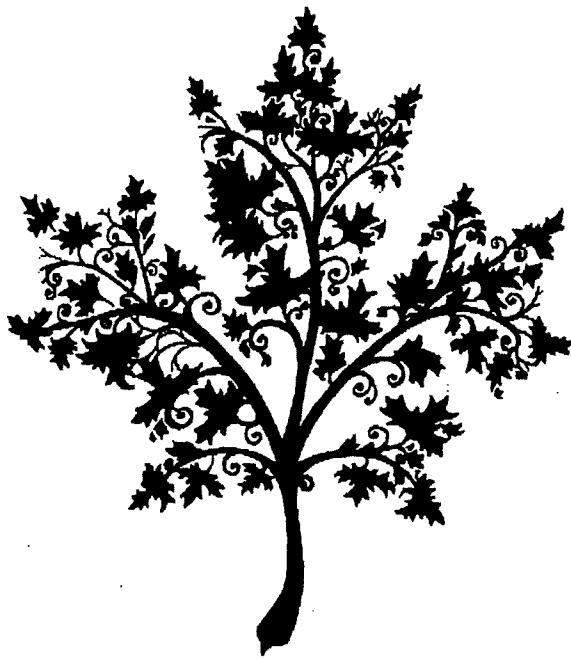
Tenille's Hair Design

For all your hair care needs



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(204) 522-6233



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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. Roland Hainsworth, hainsworthr086@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**

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OILFIELD
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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) 673-2335
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 2J0

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

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.



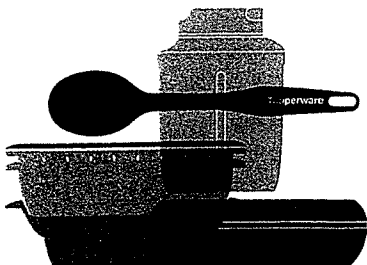
Independent Norwex Consultant:
Donna Stewart

cell: (204) 264-0326 call or text
website: donnastewart3586.norwex.biz

Tupperware

Janice Dobroski

Box 179
Waskada, Mb.
R0M 2E0
204-673-2449
jgpeanut@mts.net
<https://my.tupperware.ca/>
JANDOBROSKI



THREE LITTLE BEARS

Ian and Diana de Zeeuw

209 Spence Street, P.O. Box 197
Waskada, MB R0M 2E0

*Bumper stickers (Christian, regular, silly)
Homemade candles, calendars, postcards*

Phone (204) 673-2602

Email fundy3931@hotmail.com

Visit <https://threelittlebearscatalog.com>

MMJS

LAW OFFICES

McCulloch Mooney Johnston Selby LLP

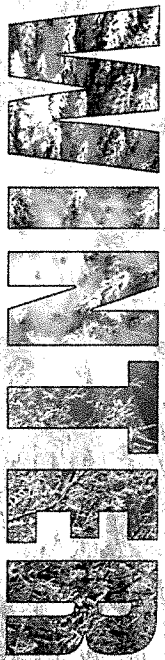
YOUR LOCAL LAWYERS

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

February 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Public Skating 2-4	29	30	31 Garbage and Recycling Day	1 Crib with Kids @ Mountainview Centre in Deloraine	2	3 Hatt Family Benefit
4 Public Skating 2-4	5 Make it Monday - Centennial Apartments - Deloraine	6	7 Garbage and Recycling Day	8 Market Canola @ Waskada Community Hall 1:30-3:00 CRA/Service Canada 1:00-3:00 Mountainview Centre - Deloraine	9 6:00 Meat Draw - Waskada Rink	10 Public Skating 2-4
11 Public Skating 2-4	12 Council Meeting @ 4:30	13 Deloraine Border Festival Deadline	14 Garbage and Recycling Day	15 Hazardous Waste Day 12-2 Crib with Kids in Deloraine	16	17 Public Skating 2-4
18 Public Skating 2-4	19 <u>Office Closed</u> Make it Monday - Centennial Apartments	20	21 Garbage and Recycling Day SOS Shopping Trip	22	23 <u>Mixed Bonspiel</u>	24 <u>Mixed Bonspiel</u> <u>Public Skating 2-4</u>
25 <u>Mixed Bonspiel</u> <u>Flaque Skating</u> <u>Test Day</u>	26 Deadline for March Border Post	27 SOS Casino Day - Sandhills	28 Garbage and Recycling Day	29 Crib with Kids @ Mountainview Centre in Deloraine	1	2 Public Skating 2-4
3 Public Skating 2-4	4	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 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Killarney 24hrs Deloraine 24hrs	4 Killarney 24hrs Deloraine 24hrs Boissevain 8-4	5 Killarney Closed Boissevain 24hrs Deloraine 8-4	6 Killarney Closed Deloraine 24hrs Boissevain 8-4	7 Killarney 24hrs Boissevain 24hrs Deloraine 8-4	8 Killarney 17:00-08:00 Boissevain 24hrs Deloraine 24hrs	9 Killarney 24hrs Deloraine 24hrs
11 Killarney 24hrs Deloraine 24hrs Boissevain 8-4	12 Killarney 24hrs Deloraine 24hrs Boissevain 8-4	13 Killarney Closed Boissevain 24hrs Deloraine 8-4	14 Killarney Closed Deloraine 24hrs Boissevain 8-4	15 Killarney 24hrs Boissevain 24hrs Deloraine 8-4	16 Killarney 16:00-08:00 Deloraine 24hrs Boissevain 24hrs	17 Killarney 24hrs Boissevain 24hrs
18 Killarney 24hrs Boissevain 24hrs	19 STAT Killarney 24hrs Boissevain 24hrs	20 Killarney 24hrs Boissevain 24hrs Deloraine 8-4	21 Killarney Closed Deloraine 24hrs Boissevain 8-4	22 Killarney 24hrs Boissevain 24hrs Deloraine 8-4	23 Killarney 24hrs Boissevain 24hrs Deloraine 8-4	24 Killarney 24hrs Boissevain 24hrs
25 Killarney 24hrs Boissevain 24hrs	26 Killarney 24hrs Deloraine 24hrs Boissevain 8-4	27 Killarney Closed Boissevain 24hrs Deloraine 8-4	28 Killarney Closed Deloraine 24hrs Boissevain 8-4	29 Killarney 24hrs Boissevain 24hrs Deloraine 8-4		

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 204-747-1848 KILLARNEY HOSPITAL 204-523-4661