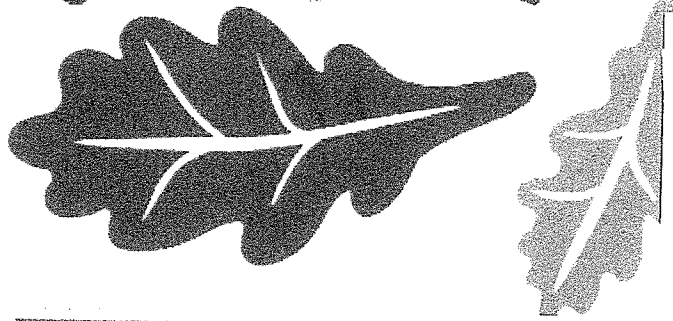


SEPTEMBER



2025
Border Post

BACK TO SCHOOL CHECKLIST

- ☒ Backpack
- ☒ Lunch bag
- ☒ Water bottle
- ☒ Uniforms
- ☒ Notebooks and Binders
- ☒ Paper
- ☒ Pens and Pencils
- ☒ Crayons, Pencil Crayons and Markers
- ☒ Highlighters
- ☒ Erasers and White Out
- ☒ Ruler
- ☒ Sharpener
- ☒ Glue
- ☒ Scissors
- ☒ Calculator and Protractor

The deadline for the October 2025
Border Post is September 25, 2025



The Municipal Office will be
Closed

Monday, September 1st, 2024
for Labour Day

Have a good long weekend!

WASKADA ECO CENTRE

Located at the Waskada Disposal Site

Summer Hours:
Open Tuesday and Wednesday
2:00 PM - 7:00 PM
&
Sat. 10:00 AM - 3:00 PM

Bring in used oil, filters, jugs,



used antifreeze,

and containers.

Thank you to Manitobans for
MAKING EVERY DROP COUNT

Tenders of Sheds

There is a surplus of sheds in the community of Waskada. The various sizes include:

- i) 24' X 20'
- ii) 32' X 16'
- iii) 36' X 22'
- iv) 18' X 13'

Municipal Sheds

Tender Reference Number: Resolution: 220/2025

Issue Date: August 20, 2025

Closing Date and Time: September 12, 2025, at 4:30 PM

Municipality of Brenda-Waskada

Address: 33 Railway Avenue

The Municipality of Brenda-Waskada invites sealed tenders for the purchase of multiple municipal sheds of various sizes.

Council Conditions:

Accepted tenders of shed purchasers are to remove the shed from the premise within 60 days of accepted bid.

Submission of Tenders: Completed tender documents must be submitted in sealed envelopes clearly marked "Tender for Shed" and delivered to the following address by the closing date and time:

The Municipality of Brenda-Waskada Municipal office of 33 Railway Avenue, Waskada, MB

Bid Opening: Tenders will be open until 4:30 PM on September 12, 2025, at which time the bids will be closed.

Contact Information: For further information or clarifications, please contact:

Municipality of Brenda-Waskada

204-673-2401 or by email at office@brendawaskada.ca

Note:

- Council reserves the right to accept or reject any or all tenders.
- Late submissions will not be considered.

We thank everyone who considers an interest in the sheds. The bid who is accepted will be notified immediately.



33 Railway Avenue, Box 40 Waskada, MB R0M 2E0
Phone: 204 673-2401 Fax: 204 673-2663
Email: office@brendawaskada.ca



WASKADA TOWN WIDE YARD SALE

SATURDAY SEPTEMBER 13, 2025

9:30 TO 3:00

Please register at office@brendawaskada.ca

Or call 204-673-2401

To have your address listed.

“One person’s junk is another’s treasure!”

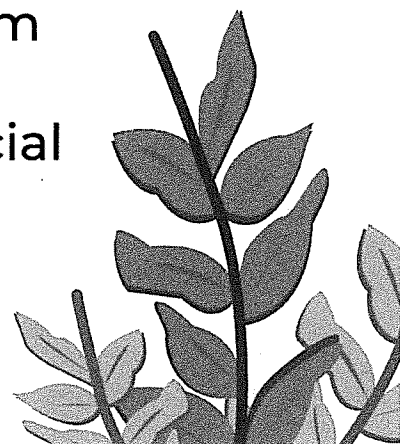
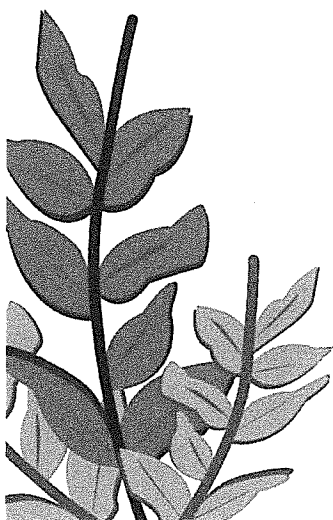


OCTOBER 4, 2025
WASKADA ARENA
VENDORS | FACE PAINTING | LUNCH

There are still room for more
vendors!

Email mallintherink@gmail.com
for more information!

Watch the Mall in Rink 2025 social
media page for updates!





Crocus Country EDC PRESENTS The 2025 CROCUS AWARDS

BUSINESS AWARDS DINNER
OCTOBER 4TH, 2025
MELITA LEGION HALL

Tickets: \$50 each

5:00 Cocktails
6:00 Supper
7:00 Awards
8:00 Comedian

Table Options:
8 seats – \$350
10 seats – \$450
12 seats – \$550

AWARD CATEGORIES:

1. Business of the year
2. Community Champion (volunteer)
3. People's Choice
4. Women in Business / Leadership
5. Legacy Business
6. Lifetime Achievement
7. Non-Profit / Service Group
8. Farmer
9. Customer Service Excellence
10. Rising Star (new business)

NOMINATION INFO:

Know a deserving business, organization, or individual? Submit your nominations for the Crocus Country Business Awards!

Nomination forms are available at www.crocuscountry.ca or can be picked up at the Town of Melita office, Municipality of Two Borders office in Pierson or Melita, or the Municipality of Brenda-Waskada office.

Crocus Country Board of Directors:

Ronda Palmer	Curtis Brown
Alana Van Steelandt	Eric Forster
Declan Alphonso	Cindy Horrigan
Mark Custance	Camiel Serruys

Nomination Deadline:
Friday, September 12
at 4:30 PM

(Late submissions will not be accepted)

SPECIAL TRIBUTE:

Volunteer Firefighters:
Melita, Pierson & Waskada



Scan QR code for
nomination forms and
other information



Crocus Country
ECONOMIC DEVELOPMENT CORPORATION

WASKADA COMMUNITY FOOD STORE

Mark your calendars for the WCF AGM

Tuesday October 21, 2025

7:00PM in the Municipal Office located at

33 Railway Ave in Waskada

WCF is looking for another member to join the
BOARD!

The board meets on the third Tuesday of each
month.

If this interests you, please feel free to contact

Either Jennifer Wickham at
jennifer_wickham@hotmail.com

Or Ronda Palmer at
ronda_palmer@icloud.com

In October of 2024, the Waskada Wee Ones Daycare continued a tradition of hosting a steak fry fundraiser evening at the Waskada Rec. Centre. Following the steak supper, Peter Downey graciously volunteered his time auctioning off all 32 NHL teams as well as all 6 PWHL teams. For the NHL auction, successful winning bids ranged from **\$250** (Chicago Blackhawks + St. Louis Blues) all the way up to **\$1,500** (Winnipeg Jets). When all of the 32 teams had been auctioned off, the total brought in from the bidding amounted to another all-time record of **\$18,625** which eclipsed the previous year by exactly **\$400**. Half of that **\$18,625** went directly to the daycare which amounts to **\$9,313**. The other half went towards 5 separate payouts which were the following: Last Place (15%), 27th Place (15%), Top Canadian Team, Presidents Trophy winner (15%) for top team in the regular season, and of course the Stanley Cup Winner (40%). Top Canadian team (**\$1,397**) was decided fairly early as the Winnipeg Jets, owned by the Over The Hill Club, won by 8 points over the Toronto Maple Leafs. The Winnipeg Jets and the Over The Hill Club also took home the Presidents Trophy (**\$1,397**). Last place (**\$1,397**) was captured for a second consecutive season by the San Jose Sharks who were purchased for **\$400**. Bill Dickinson won this payout for a 2nd consecutive season, bringing on Tim Hutchins as a co-owner this time around. San Jose had the least amount of points by a 9 point margin over Chicago, which was also owned by the Hutchins/Dickinson owner duo. 27th place payout came down to the last game of the regular season and involved 3 teams which all tied with 76 points. However, Seattle Kraken (Golden Knight Excavating) won the tie-breaker having 2 more regulation time wins than the Boston Bruins & Philadelphia Flyers. The playoffs were exciting as they always are. The Edmonton Oilers (Spence, Radcliffe, and Hannah) and Florida Panthers (Jeff Thom) met for a second consecutive season in the Stanley Cup Finals. After a hard fought 6 game series, the Florida Panthers repeated as Stanley Cup Champions. This top payout of **\$3,725** was awarded to Jeff Thom. Congrats to all of the payout winners!

It was decided that we would expand the existing NHL auction evening with another league - the PWHL (Professional Women's Hockey League). That decision allowed us to raise an additional **\$1,325** in funds for the daycare. The PWHL was setup as 3 payouts which were the following: 1st place in regular season, last place in regular season, and Championship winner. 1st in the regular season payout (**30% - \$398**) went to the Montreal Victoire who were owned by Dave Stewart & Tom Bennie. The last place payout (**20% - \$265**) went to the New York Sirens who were owned by Katie Thom. Lastly, the league champion payout of **\$663 (50%)** was awarded to the Minnesota Frost who were owned by the Over The Hill Club. Minnesota Frost, like the Florida Panthers, repeat as league champions. Congrats to all of the payout winners!

Plans are underway for the Waskada Wee Ones daycare to host another steak fry and auction sometime in October. Stay tuned for future updates.

Southwest Horizon School Division 2025 - 2026 School Year

Legend			
	Admin Day	PD	
	Holiday		
	February 2, Term 2 Starts		
	196 days less 10 non instructional days = 186 days		
	91 teaching days term 1 and 95 teaching days term 2		

November 2025 (17+2)				
M	T	W	T	F
3	4	5	6	7
Day 4	Day 1	Day 2	Day 3	Day 4
10	11	12	13	14
Admin		Day 1	Day 2	Day 3
17	18	19	20	21
Day 4	Day 1	Day 2	Day 3	PD School
24	25	26	27	28
Day 4	Day 1	Day 2	Day 3	Day 4

February 2026 (18+1)				
M	T	W	T	F
2	3	4	5	6
Div PD	Day 4	Day 1	Day 2	Day 3
9	10	11	12	13
Day 4	Day 1	Day 2	Day 3	Day 4
16	17	18	19	20
	Day 1	Day 2	Day 3	Day 4
23	24	25	26	27
Day 1	Day 2	Day 3	Day 4	Day 1

May 2026 (20)				
M	T	W	T	F
				1
4	5	6	7	8
Day 3	Day 4	Day 1	Day 2	Day 3
11	12	13	14	15
Day 4	Day 1	Day 2	Day 3	Day 4
18	19	20	21	22
	Day 1	Day 2	Day 3	Day 4
25	26	27	28	29
Day 1	Day 2	Day 3	Day 4	Day 1

September 2025 (18+2)				
M	T	W	T	F
1	2	3	4	5
	Admin	Day 1	Day 2	Day 3
8	9	10	11	12
Day 4	Day 1	Day 2	Day 3	Day 4
15	16	17	18	19
Day 1	Day 2	Day 3	Day 4	Day 1
22	23	24	25	26
Day 2	Day 3	Day 4	Day 1	Day 2
29	30			
Div PD				

December 2025 (15)				
M	T	W	T	F
1	2	3	4	5
Day 1	Day 2	Day 3	Day 4	Day 1
8	9	10	11	12
Day 2	Day 3	Day 4	Day 1	Day 2
15	16	17	18	19
Day 3	Day 4	Day 1	Day 2	Day 3
22	23	24	25	26
29	30	31		

March 2026 (18+2)				
M	T	W	T	F
2	3	4	5	6
Day 2	Day 3	Day 4	Day 1	Day 2
9	10	11	12	13
Admin	Day 3	Day 4	Day 1	Day 2
16	17	18	19	20
Day 3	Day 4	Day 1	Day 2	Day 3
23	24	25	26	27
			PD 9-12	
Day 4	Day 1	Day 2	Day 3	Admin K-8
30	31			

June 2026 (21+1)				
M	T	W	T	F
1	2	3	4	5
Day 2	Day 3	Day 4	Day 1	Day 2
8	9	10	11	12
Day 3	Day 4	Day 1	Day 2	Day 3
15	16	17	18	19
Day 4	Day 1	Day 2	Day 3	Day 4
22	23	24	25	26
Day 1	Day 2	Day 3	Day 4	Day 1
29	30			
Day 2	Admin			

October 2025 (21+1)				
M	T	W	T	F
		1	2	3
		Day 3	Day 4	Day 1
6	7	8	9	10
Day 2	Day 3	Day 4	Day 1	Day 2
13	14	15	16	17
	Day 3	Day 4	Day 1	Day 2
20	21	22	23	24
Day 3	Day 4	Day 1	Day 2	SAGE
27	28	29	30	31
Day 3	Day 4	Day 1	Day 2	Day 3

January 2026 (20)				
M	T	W	T	F
			1	2
5	6	7	8	9
Day 4	Day 1	Day 2	Day 3	Day 4
12	13	14	15	16
Day 1	Day 2	Day 3	Day 4	Day 1
19	20	21	22	23
Day 2	Day 3	Day 4	Day 1	Day 2
26	27	28	29	30
Day 3	Day 4	Day 1	Day 2	Day 3

April 2026 (18+1)				
M	T	W	T	F
		1	2	3
6	7	8	9	10
Day 4	Day 1	Day 2	Day 3	Day 4
13	14	15	16	17
				PD K-8
Day 1	Day 2	Day 3	Day 4	Admin 9-12
20	21	22	23	24
Day 1	Day 2	Day 3	Day 4	Day 1
27	28	29	30	
Day 2	Day 3	Day 4	Day 1	

September 1, 2025 - Labour Day
September 3, 2025 - First Day of School
September 30, 2025 - National Day for Truth and Reconciliation
October 13, 2025 - Thanksgiving
November 11, 2025 - Remembrance Day
December 22, 2024-January 2, 2026 - Christmas Break
February 2, 2026 - First day of Term 2
February 16, 2026 - Louis Riel Day
March 30, 2026 - April 3, 2026 - Spring Break
April 3, 2026 - Good Friday
May 18, 2026 - Victoria Day



Amazing recipes that'll bring you a chance to add spirit to whatever occasion you need a creative culinary lead towards

Marinated Carrot Salad

- 5 cups carrot slices
- 1 green pepper
- 1 onion

- 1 cup granulated white sugar
- 3/4 cup vegetable oil
- 1 cup tomato soup
- 1 tbsp worcestershire sauce
- 1 tbsp prepared mustard
- salt and pepper until satisfying flavor

+ in sauce pan of lightly salted boiling water, cook carrots for 10 minutes or soft on the outside, crunchy on the inside
+ cut peppers into strips, removing seeds. Cut onion in half and slice.

+ In glass bowl, whisk together sugar, vinegar, vegetable oil, soup, worcestershire sauce and mustard.

Season to taste with salt and pepper

+ Add vegetables; toss to coat with dressing

Serves: 6

+ Marinate in refrigerator, stirring occasionally, for at least 8 hours, 3 day shelf life

Pizza Burgers

1 lb lean ground beef

1/4 cup bread crumbs

1/3 cup chopped onion

1/4 cup grated parmesan cheese

1/4 cup ketchup

1/2 tsp dried oregano

salt and pepper

6 slices of mozza cheese, or personal preference

juliened slices of sun-dried tomatoes

1 can of sliced mushrooms, drained and sauteed

1 green pepper, juliened

1/3 cup diced pepperoni

Your choice of burger buns, brioche buns recommended for flavor and size

+ In medium bowl, combine ground beef, bread crumbs, onion, parmesan cheese, ketchup and oregano.

+ Season with a clubhouse blend of your choosing; mix well

+ Shape into 6 slightly oval-shaped patties

+Cook on greased grill for 10 minutes on each side until well done

+Dress your burger to your desired order

+Pizza Burger listed order;

Mozzarella on top of patty

then tomato, mushrooms,

green peppers,

Add pepperoni at the bottom

+Serve with buttered and toasted buns

Lime Daiquiri Pie

1 envelope unflavored gelatin
1/4 cup water
3 eggs, separated
1 cup granulated white sugar
1/4 tsp salt
1/2 cup lime juice
1 tsp grated lime peel
4 drops green food coloring
1 baked 9 inch pie shell
whipped cream

- + In small dish, sprinkle gelatin over water to soften
- + In saucepan, beat egg yolks, 2/3 cup sugar and salt until frothy stir in lime juice.
- + Cook, stirring, over medium heat until mixture just comes to a boil. Stir in gelatin until it dissolves
- + Remove from heat.
- + Stir in lime peel and food coloring
- + Cool to room temperature. Chill for about 1 hour or until mixture begins to thicken.
- + Beat egg whites to soft peaks; gradually beat in remaining sugar until stiff. Fold in gelatin mixture.
- + Chill until mixture mounds.
- + Pile into cooled pie shell.
- + Chill until firm. Garnish with whipped cream.

Butter pecan balls

1 cup butter
2 tsp vanilla
1 3/4 cups all purpose flour
1/3 cup icing or confectioners' sugar
1/4 tsp salt
2 cups finely chopped pecans
3 tbsp cold water

- + In mixer bowl, cream butter until fluffy
- + Add vanilla and beat well.
- + In bowl, combine flour, sugar and salt.
- + Add half to creamed mixture; beat to combine.
- + Stir in remaining flour mixture and beat until blended.
- + Fold in pecans
- + Refrigerate dough for 20 minutes or until firm.
- + Form into 1 inch balls. Place, 1 1/2 inches apart, on lightly buttered baking sheets.
- + Bake in 300*f oven for 30 minutes or until golden

Source; 1994 Pamema Marketing, Ltd / Series One // Family Favorites
Dream Cuisine

Waskada United Church

September 2025

For those unfamiliar with the Waskada United Church, we are a part of a 3-point Pastoral Charge known as Cornerstone. It is comprised of Waskada, Lyleton and Pierson communities. At this time our services are lay led utilizing many resources including "Together We Worship" an online service allowing us to worship, learn, and grow with services featuring guest ministers.

Everyone is welcome to attend our Waskada Sunday services at 9:30 AM

September 7, 14, 21 & 28

A Cornerstone joint service will be held October 5 in Pierson at 10:30 AM as we celebrate communion. Please consider this your invitation.

Waskada services return October 12 at 9:30 AM

All are welcome to attend any Sunday service:


Waskada 9:30 AM

Pierson 10:30 AM

Lyleton: 10:30 AM

Check our Facebook Page!


It is our hope that you leave our services carrying the United Church of Canada's values of love, belonging, openness, compassion, deep spiritual connection and diversity within the family of God in your heart.



THANK YOU TO EVERYONE THAT DONATED
BAKING FOR OUR DESSERT TABLE AT BULLS ON
THE BORDER. WE HAD MANY COMPLIMENTS ON
THE DELICIOUS HOMEMADE BAKING!

THANK YOU TO THE COMMUNITY FOR
SUPPORTING US!

*Watch for details – Snack & share simple tips & tricks
with photos on your iPhone workshop in September*



KUDOS TO THOSE INVOLVED IN THE ART SHOW
HELD AT THE CHURCH IN JUNE

THE LOCAL TALENT DISPLAYED WAS MAGNIFICENT

WE LOOK FORWARD TO EXPANDING OUR ART SHOW
NEXT YEAR!



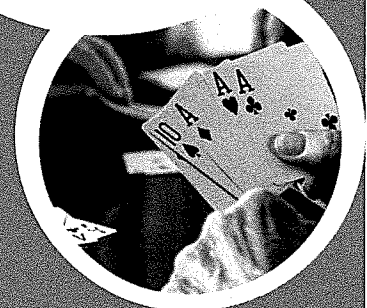
DELORAINÉ ADULT DAY PROGRAM

Delwynda Court – Delorainé

ADP SPEND THE DAY WITH US!

Accepting Home Care clients.

Thursdays – 9 am – 3 pm



"A friendly place for seniors to spend the day socializing and enjoying activities.

ADP welcomes Home Care clients and offers caregivers a break."

WHY CHOOSE ADP

- ✓ Affordable daily prices
- ✓ Respite for family and caregivers
- ✓ Personalized approach
- ✓ Meals and snacks
- ✓ Supervised therapeutic activities (bingo, bible study, exercises and more)

More information contact your local Home Care Case Coordinator:



1-855-474-3338



1-204-629-3352



homecareintake@pmh-mb.ca



Health Promotion Lending Programs



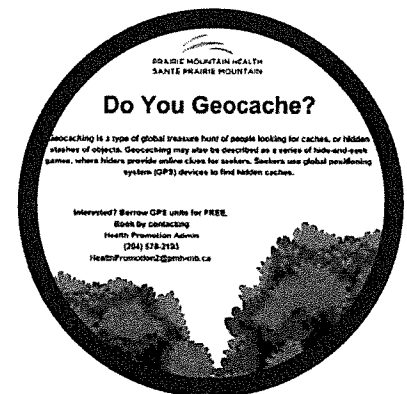
Nature Discovery Backpacks

Unleash your inner explorer and embark on a captivating journey where the wonders of the great outdoors meet the thrill of hands-on-science and immersive nature-based learning. Each backpack contains Manitoba field guides, water quality testing kits, binoculars, collection jars and a take-home workbook.



Physical Literacy Kits

Looking for fun ways to keep your kids active at home, while working on fundamental movement skills? Our physical literacy kits include easy-to-use games and activities designed to help children develop essential movement skills while having fun together. Each kit includes bean bags, books, bucket stilts, hoops and more!



Geocaching Kits

Ready for an outdoor adventure? Our kits include everything you need to explore, search for hidden treasures, and enjoy the thrill of the hunt! Perfect for families looking to get active and explore their community in a fun and engaging way. Each kit includes global positioning system (GPS) units and instructions.

All kits are FREE to borrow

For more information or to book a kit contact:



1-877-509-7852



healthpromotion2@pmh-mb.ca



prairiemountainhealth.ca



THERAPY SERVICES OUTREACH DAY!

Have you ever wondered what it would be like to be a **Rehabilitation Professional** such as:

- **OCCUPATIONAL THERAPIST**
- **PHYSIOTHERAPIST**
- **AUDIOLOGIST**
- **SPEECH-LANGUAGE PATHOLOGIST**

This day is your chance to discover more about these health care professionals and the vital role they play in helping others every day.

THIS EVENT WILL ALLOW YOU TO:

- ✓ Meet with Clinicians to talk about their professions and careers.
- ✓ Try out clinical skills at different hands on stations.
- ✓ Explore some basic clinical problem solving.
- ✓ Learn what steps you can take to become a Clinician.
- ✓ Start your journey to becoming a Rehabilitation Professional.

Undergraduate or high school students trying to decide which career path to take...this day is for you!

SATURDAY OCTOBER 18 | 10 AM TO 4 PM *Lunch provided!*

Brandon Regional Health Centre - Assiniboine Centre - Main floor

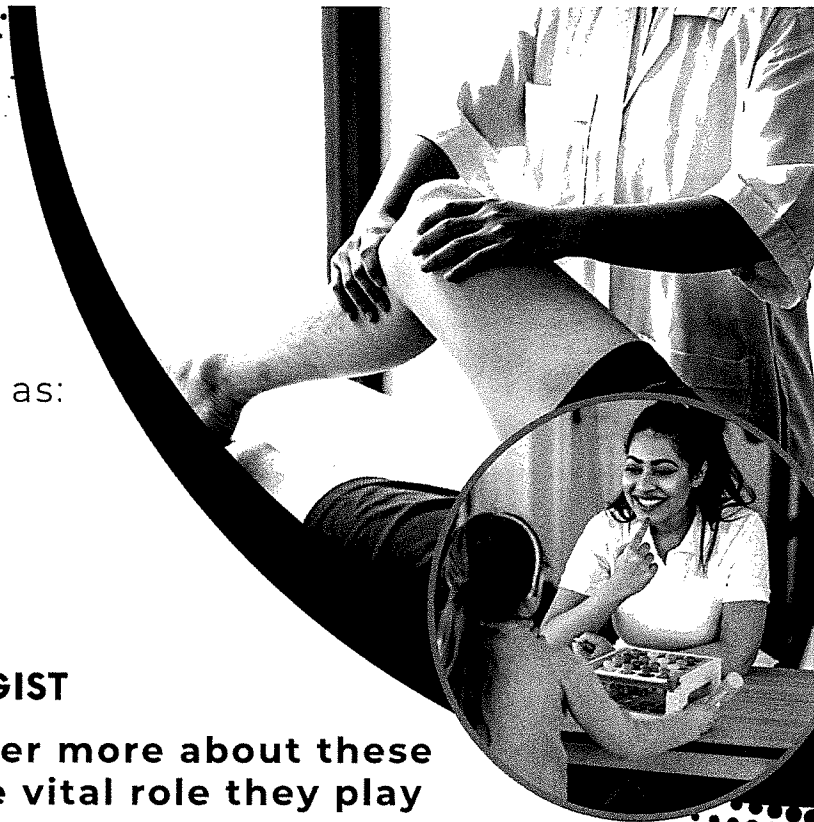
30

SPOTS AVAILABLE. Advanced registration required.

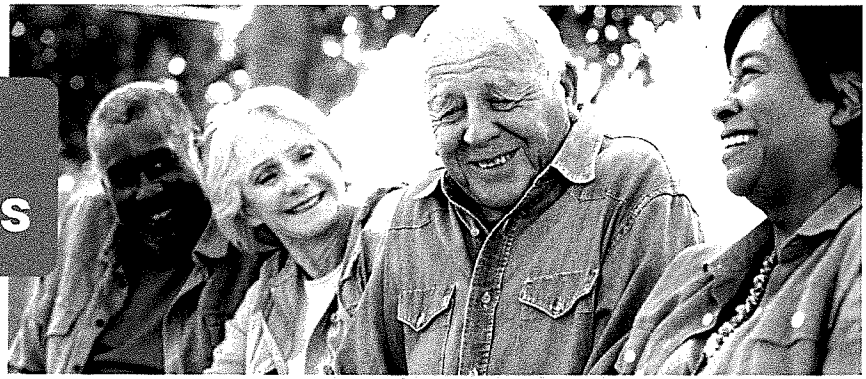
✉ EMAIL: therapyservices@pmh-mb.ca to indicate your interest or for any inquiries. A confirmation email will be provided to you with all the details.



HOSTED BY:



Health Promotion Community Programs



Get Better Together



Get Better Together (GBT) is a free 6-week workshop designed to help people develop a plan to deal with the daily challenges of living with an ongoing health concern or disability. This program is ideal for people dealing with any health condition such as arthritis, asthma, chronic obstructive pulmonary disease, diabetes, cancer, hepatitis, heart disease, high blood pressure, anxiety, depression, chronic back pain, stroke, or fibromyalgia. Registration is required.

Memory and Aging

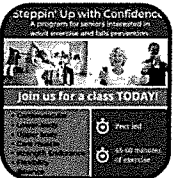


Memory and Aging is a free 3-week meeting that will help you understand what memory is and how it changes with age; uncover which factors can impact your memory; explore lifestyle changes that can help improve your memory; practice memory strategies; improve your ability to recall everyday things; and build confidence in your memory. Classes are offered both virtually and in-person. Registration is required.

Empowered Eating



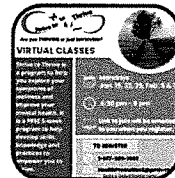
Empowered Eating is a free 4-week program that focuses on improving your relationship with food by helping you embrace self-compassion; challenge food and diet rules; and nourish and take care of your body using a weight-neutral approach. Classes are offered both virtually and in-person. Registration is required.



Steppin' Up With Confidence

A peer-led older adult exercise and falls prevention program. Reaching across many PMH communities, this program typically runs once per week for 45-60 minutes and is free or minimal cost. All levels welcome, all exercises can be done sitting or standing. Bring your water bottle and comfortable footwear!

Strive to Thrive



Strive to Thrive is a free 5-week program where participants explore their symptoms of wellness and improve their mental health. Healthy and effective ways of coping with stress and gaining resilience to life challenges can be hard to maintain sometimes, so we can all use a little help. Through the program, participants will develop skills, knowledge, and practices to empower them to thrive! Registration is required.

Commit to Quit



Commit to Quit is a free 5-session program offered live online. This series is for anyone who would like to reduce or quit their tobacco or nicotine use. Learn about identifying your triggers, setting realistic goals, how to start reducing, effective behavioral strategies, and available quit medications.

Total Brain Health



Total Brain Health is a free 4-6 week program based on practices proven to sharpen cognitive skills, prevent age-related memory loss, and lower dementia risk. Total Brain Health is a social program that combines hands-on activities with brain-boosting knowledge and the power of interacting in groups. Classes are offered both virtually and in-person. Registration is required.

No referral needed. For more information or to register contact: **Health Promotion**



1-877-509-7852



healthpromotion2@pmh-mb.ca



prairiemountainhealth.ca



Original Effective Date: 2025-Jun-25
Revised Effective Date:
PMH4128

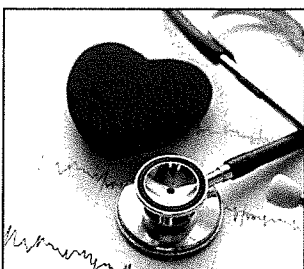
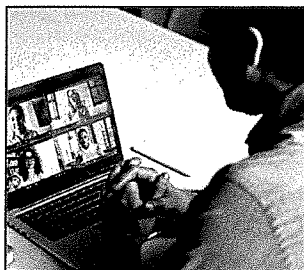
Chronic Disease Education Program

VIRTUAL CLASSES

Diabetes Classes

Diabetes Essentials: Learn what diabetes is, how it affects the body, and how to manage diabetes with nutrition, activity and medications. This class is also suitable if you have prediabetes.

Healthy Eating for Diabetes: This class will further your knowledge of carbohydrate foods and sugar, planning balanced meals and reading nutrition labels to help prevent or manage diabetes.



Nutrition Facts	
Serving Size 1/4 pizza (151g)	
Servings Per Container 4	
Amount Per Serving	
	% Daily Value*
Calories 360	Calories from Fat 140
Total Fat 15g	23%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 860mg	36%
Total Carbohydrate 41g	14%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 14g	18%



Keeping Your Kidneys Healthy

Learn what the kidneys do, how other health conditions might affect the kidneys, how to be tested for kidney disease and how to prevent kidney disease. This class is suitable for individuals living with diabetes, high blood pressure, kidney disease or family history of kidney disease.

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 and how to manage high blood pressure with the use of medication and lifestyle changes.

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.

Label Reading

Learn how to read a nutrition label with a Registered Dietitian.

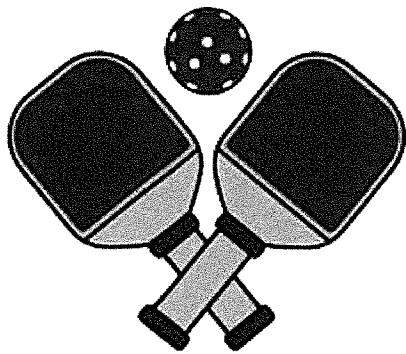
Nutrition after a Heart Event or Stroke

Learn how food factors into recovery and prevention of another event.

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

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

No referral needed. For more information or to register call: 1-877-509-7852



DROP-IN PICKLEBALL

Calling all pickleball players! Drop-in pickleball will be offered weekly, free of charge, at the Melita curling rink up until the ice going in. Pickleball has gained popularity as a fun and inclusive sport activity that is easy to learn and open to all levels of ability. If you have never played and are unsure of the rules, we would be happy to help you get started. SRD has paddles available to borrow.

You can send an email to
programs.southwestrec@gmail.com to receive
drop-in pickleball updates.

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*Entry is conditional upon approval of Sunrise Credit Union Agriculture Financing. Some conditions apply. Please contact Sunrise Credit Union for full details.





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

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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



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Cell: (204) 264-1570



Casey Ziegler
President

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TF: 1-877-981-9142
C: (403) 548-0471
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website: donnastewart3586.norwex.biz



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



MMJS

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McCulloch Mooney Johnston Selby LLP

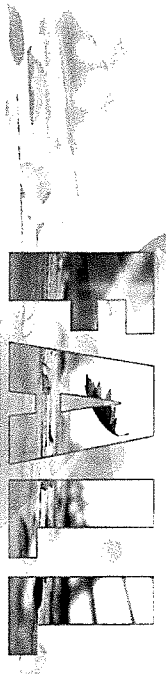
YOUR LOCAL LAWYERS

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

September 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Labour Day Municipal Office Closed and Medora Dump closed	2	3 Garbage and Recycling Day First Day of School	4	5	6
7	8	9	10 Garbage and Recycling Day	11	12	13 Waskada Town Wide Yard Sale 9:30 AM - 3:00 PM
14	15	16	17 Garbage and Recycle Day	18	19	20
21	22	23 Council Meeting at 4:30 PM	24 Garbage and Recycle Day	25 Deadline for October Border Post	26 Blood Pressure Clinic in Deloraine	27
28	29	30	1 Garbage and Recycle Day	2	3	4
5	6	Notes				

September 2025

This schedule is subject to change
 to confirm ED services are available, prior to presenting please call:
DELORAINÉ HOSPITAL – 204-747-1848
BOISSEVAIN HOSPITAL 204-534-2451
KILLARNEY HOSPITAL 204-523-4661
 For any EMERGENT situations call 911

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