



# Your Community

The official newsletter of the R.M. of East St. Paul

November 2022

For more information, call: 204-668-8112

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Email: [info@eaststpaul.com](mailto:info@eaststpaul.com)

Office: 1 - 3021 Birds Hill Rd. 8:30 a.m. to 4:30 p.m.

**Remembrance Day Service Nov. 11 Eastview Church 11am**

**Please arrive by 10:30 for seating; gathering at the Henderson Legion located at 215 Maxwell King Drive afterwards**

## East St. Paul Council 2022-2026

A new face will join East St. Paul council and a familiar one will take a new seat following the Oct. 26 Municipal Election.

Former Ward 1 Coun. Carla Devlin was successful in her bid for the Mayor's seat.

Devlin defeated Lawrence Morris 2,083 to 1,374.

Brian Imhoff ran in Devlin's vacated ward and defeated two other candidates. The final tally was Imhoff 430 followed by Brian Wachko 414 and Randy Bullard 58.

In Ward 2 Incumbent Orest Horechko defeated Kevin Griffith 506-271.

Brian Duval hung on to his Ward 3 seat, defeating Mark Banek 458-294.

In Ward 4 Incumbent Charles Posthumus won with 382 votes to Alan Park's 378. Rina Costantino had 242 votes.

Shannon Hiebert won the Ward 5 - School Trustee vote with 2,052 to Greg Proch's 1,185 and Mike de Sousa's 217.

Congratulations to all candidates and to the members of East St. Paul council 2022-2026.



East St. Paul council 2022-2026, left to right, Charles Posthumus, Brian Duval, Mayor Carla Devlin, Orest Horechko and Brian Imhoff.

## New council sworn in Nov. 2

The RM of East St. Paul council for 2022-2026 was sworn in at a ceremony in council chambers on Nov. 2.

Mayor Carla Devlin and Couns. Brian Imhoff, Orest Horechko, Brian Duval and Charles Posthu-

mus took the Oath of Office in front of family, friends and supporters.

Mayor Devlin addressed the crowd before inviting all to enjoy some cake and fellowship.





# Brown shooting without limits

East St. Paul residents Dave and Rena Brown just returned from a weekend in Minnesota where they went to watch their 22-year-old son Josh play wheelchair basketball for the Southwest Minnesota State University (SMSU) Mustangs.

The Mustangs played two games against Wisconsin, losing the first by two and winning the second by 12.

Josh played well, his dad says, though he acknowledges his son is always looking for better results.

"I coached Josh in a lot of sports and the funny thing about it is he's just fearless. He played soccer with the other kids when he was little and he would run two steps and fall. We used to call his knees his elephant knees because he fell so often that the skin on his knees was kind of toughened up," he laughed.

"I remember this one game in a tournament in East St. Paul. Josh was a goalie, he must have been, I don't know, maybe seven, eight years old. And there's a guy coming in on a breakaway, which happened at seven, eight-year-old soccer. And Josh came running out of the net and just collided with the guy. Josh, he always had that drive. It's just the way it was."

Josh was born with Cerebral Palsy (CP) and while the condition manifests in many ways, including affecting all four limbs — in Josh's case it was his legs, and primarily his left leg. He was slow to walk and when his pediatrician downplayed Rena's concerns, she pushed to see a pediatric neurologist who diagnosed Josh with CP at around three or four-years-old.

Doctors here and another in Vancouver didn't think Josh was a good candidate for a neurosurgical procedure called a rhizotomy that is used in a small percentage of children with cerebral palsy to permanently reduce spasticity in their legs. A doctor in Minneapolis was in favour.

"The doctors in Minneapolis said that if he didn't get it now, he would be looking at several surgeries down the road just because of the wear and tear that would occur due to his condition," Dave said.

The surgery involves opening up the spinal canal to determine which nerves are causing the problem.

"They would examine the nerves, and the ones that were hypertonic, were always firing, they basically cut them and then they closed up the spinal canal and he was lying on his stomach on a gurney for about two weeks," Dave said.

"He couldn't move. So, if you could imagine a five or six or seven-year-old having to stay motionless for that period of time, that was quite an ordeal for Josh."

But the surgery worked, Josh can walk, and Dave said he sort of became the poster child for rhizotomy. He continued to go to



Josh, above playing with the U23 National Team, and at right, in the Shriners hospital around the age of six for surgery that improved his walking.

the Shriners hospital in Minneapolis until he was 18.

The determination Josh had as a child has never waned and after high school, he moved to Toronto to attend the Canadian National Wheelchair Basketball Academy.

He's a member of the Canadian Men's U23 team that competed in Thailand in September. His goal is to make the Senior Men's National Team, but in the meantime, he's willing to initiate a backup plan at school in the familiar state of Minnesota.

"I'm excited. I'm here doing an exercise science major and I'll be here hopefully for four years, maybe five. We'll see how it goes. I'm loving it so far for the most part. I'm not a very big school person, but I need to start to grow up and understand that that's part of life," Josh laughed.

The backup plan isn't stopping him from chasing his dreams, which besides making the senior men's team, include winning gold at the Paralympics and playing pro ball in Europe.

"I'd like to play until I'm at least 40, play pro as long as I can," he said.

"I love the sport. I've dedicated my life for the last five years and everything about it I love. There's been moments that I have been frustrated, but that's the moments I love the most... the moments to fight through adversity and make myself a better person."

Wheelchair basketball is a tough game. You're shooting from a seated position, which makes a difficult task even more so. But Josh says the wheelchair game requires more strategy and he likens it to a chess match, whereas stand-up basketball is more like checkers.

And if anyone ever sees a game live, they're always blown away by how physical it is.

"It's an aggressive sport and when people first watch it, they get so intrigued. I remember Canada Games 2015, wheelchair basketball was one of the most popular sports to watch because everybody was like, 'Oh my gosh, it's crazy how aggressive these people are,'" he said.

"It's like hockey (in a way). You don't body check, but you get hit and you hit the ground hard, and you're in a metal chair, you



know, it's very easy to hurt yourself. So yeah. It's cool how fun and aggressive it gets."

Josh says he's the only Manitoban right now trying to earn a spot on the senior national team and when he comes back home, he likes to talk to younger kids about achieving their goals and dealing with adversity.

"I've had the opportunity to mentor a lot of younger kids and I really do enjoy it. I mean, I don't love public speaking or I don't love talking about myself, but I find that when I'm talking to younger kids, I'm able to open up with them a little more, especially when it's about wheelchair basketball," he said.

He likes to share wisdom passed onto him by coaches, and his biggest influence — his dad — that determination and a solid work ethic will take you far.

"I learned that from my dad," Josh said.

"He tried to play football in the CFL, he didn't make it unfortunately...he was too small. But he worked super hard...he worked his butt off just to be the best...he kind of taught me that. If you really want to make these teams, you gotta do the extra stuff that other guys won't do.

"If you work hard and you put in the work, not just the work that the coach wants you to do, but the extra work, all the different things, working out, eating well, all this stuff, you know, sky's the limit."



# Local girls part of national championship team

The 1V1 Futbol Dreams Soccer Academy girls capped off a spectacular year by winning the U-15 Toyota National Championship held Oct. 10-15 in Prince Edward Island.

Three East St. Paul girls — Brooke Bailey, Izabella Mann and Hanna Wozniak — are in the team's starting lineup.

The team is the first from Manitoba to win the national championship.

The team has been together for two years and has never lost a game.

The won the championship game in Charlottetown on Thanksgiving Day, downing the host team, PEI FC U-15, 2-0.

They had a 5-0 record at the championships.

The team qualified for nationals after winning the 2022 Youth Manitoba Soccer Association Cup earlier this year.

### AK Academy Boys take bronze

The U-15 boys team, from AK Academy in East St. Paul, took bronze at nationals as well.



1V1 Futbol Dreams U-15 girls, top, and U-15 boys AK Academy, above. East St. Paul members of 1V1, clockwise from far left: Brooke Bailey, Hanna Wozniak and Izabella Mann. Congratulations to both teams.

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MOVED  
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**RM OF EAST ST. PAUL**

**SAVE THE DATE**

*HOLIDAY at the PLAZA*

SANTA VISIT, LIVE ENTERTAINMENT & MORE

PLEASE JOIN US FOR OUR  
ANNUAL TREE LIGHTING CEREMONY

**SATURDAY DECEMBER 10TH, 2022**  
5PM-7PM  
CENTENNIAL PLAZA  
3021 BIRDS HILL RD, EAST ST. PAUL



## Volunteer rally huge success, but there's room for more



Kristy Watling's East St. Paul team has qualified to compete in Scotties 2023 at the East St. Paul Arena.

Things are really starting to heat up for the Scotties ESP2023 Planning Committee! All Committees are currently putting their teams together and if you've volunteered you will be receiving a phone call or an email soon.

We have had a tremendous response to our volunteer request. Our volunteer rally had over 100 people in attendance. There may be some areas, however, that require more volunteer support. For more information about volunteer opportunities and to register, please email 2023ScottieVol@gmail.com.

Event passes and Day passes are now available for online purchase. They will make great Xmas gifts! Visit eaststpaulcurlingclub.net (our website) to place your order.

### Sponsorship

We are seeking community support to assist in making this a top-notch Championship event for all the athletes. We have already signed on several very supportive sponsors and are actively seeking more. Diamond Sponsors signed on include Torque Brewing, Pratts Wholesale and Access Credit Union. Our Gold Sponsors include Corby Spirit & Wine, Olafson & Jones, CPA, and Royal LePage. Our Silver sponsors include ESP Eyecare, the Goldeyes, and Esdale Printing. Please consider the benefits of joining us in hosting this exciting event. For more information, please email Deb Palson (palsondebbie@gmail.com) or Kim Link (kimlink22@outlook.com).

Kim Link and myself have a great team working with us. We fully expect Scotties ESP2023 to be one of the best ever!

Submitted by Deb Palson

## 'Coffee on Burt' anyone?

The Bird's Hill United Church is hosting 'Coffee on Burt' in the church hall Wednesday afternoons from 1-3pm.

Open to all ages, family and friends are invited to meet your neighbours and enjoy coffee/tea and snacks.

You can chat with others and if you choose join in on a game of cards, cribbage or any game you like.

If knitting and crocheting are your passions, bring your latest project with you.

There is an abundance of puzzles and extra fingers and eyes are always welcome to help complete the picture.

The aim of this mid-week break is simple – to relax and have an enjoyable time.

Hope to see you there! The church is located at 2105 Burton Ave., in Birds Hill.

## Meet ESP's new Rec Coordinator, Melissa Larter

Last month the RM of East St. Paul welcomed a new Recreation Coordinator, Melissa Larter.

Melissa comes to the RM with a bachelor's degree in Recreation Management and Community Development from the University of Manitoba. Most recently, she was the Program Coordinator for Older Adults & Volunteers at Dakota Community Center. Prior to that, she was part of the Canada Summer Games team that recruited and trained volunteers.

Melissa's portfolio will include the RM's recreation programs, the children's day camp, the Farmers Market, as well as other recreation and social activities within the municipality.

Melissa's office will be at the Arena, 266 Hoddinott Road.



Recreation Coordinator Melissa Larter



### Fall Fitness

**THERE IS STILL TIME TO JOIN US IN OUR FALL FITNESS ACTIVITIES!**

**Yogalates - Mondays 11:00 a.m. - 12:00 p.m.**

Nov 7 - Dec 12 - \$66.00 | Drop In \$15.00

This practice provides core strength and flexibility of Pilates, along with balance and relaxation of yoga.

**Barre Fitness - Tuesdays 5:45p.m. - 6:45 p.m.**

Ends Dec 13 - Drop In \$11

With a combination of yoga, Pilates, and ballet exercises, expect a rigorous full-body workout!

**Vinyasa Flow - Tuesdays 7:00p.m. - 8:00p.m.**

Ends Dec 13 - Drop in \$11

This vinyasa flow-style yoga class focuses on linking breath with movement, while getting the heart rate up.

**Martial Arts - Thursdays 6:00p.m. - 7:00 p.m.**

Ends Dec 22 - \$242.00 \*price will be prorated

Adults and children welcome. Tukung martial arts is a hapkido, taekwondo, kick boxing and gymnastic blend of self-defense. This is a family-friendly class has a heavy focus on physical fitness and will leave you feeling empowered. All levels and ages welcome.

\*\* Instructor requires participants purchase a Gi (uniform) - \$100.00 plus tax and pay for testing for level advancement. \*\*

### REGISTER NOW!

E: recreation@eaststpaul.com  
T: 204-391-1367



**Large item pick-up  
Nov. 7-18  
On your regularly  
scheduled pick-up day**

Have a story idea? Email [donna.maxwell@eaststpaul.com](mailto:donna.maxwell@eaststpaul.com)