



APRIL EDITION

☎ 204-668-8112 | 🌐 www.eaststpaul.com | ✉ info@eaststpaul.com
📍 1 - 3021 Birds Hill Road | 🕒 8:30 am to 4:30 pm

RM OF EAST ST. PAUL

Meet East St. Paul's new COPP Coordinator

Shauna Attardo is the new East St. Paul Citizens on Patrol Program Coordinator and she's excited to help out in the community and grow the program.

"For me personally, I feel volunteering is very important, I've always tried to volunteer in the community, right from very early on when we first moved here almost 24 years ago," Attardo said.

"I was looking for a new opportunity and I saw something about COPP in the newsletter, and I thought, 'ok, that's what I want to do'"

The East St. Paul COPP is part of the Manitoba Citizens on Patrol Program, a community based crime deterrent initiative that sees community members patrol the community either in cars, on foot or bike, watching for suspicious activity and reporting it to law enforcement.

Attardo and her husband Rino have three kids, and she volunteered a lot with soccer when they were younger and after a bit of a break, decided it was time to get involved in the community again.

She contacted Murray Luschinski, West St. Paul's COPP Coordinator who was helping with the East St. Paul program, and was impressed with his enthusiasm.

"He is so passionate about the program, you spend a few minutes talking to him and you're all in," she said.

East St. Paul COPP currently has 18 members and Attardo has plans to increase that number.

"My goal for this year would be 30. I would love to have that number of volunteers commit to the program by the end of the year," she said.

The group met recently and there's a few residents who've already decided they'll patrol together. Attardo says that's what's so nice about the program - it's not a big time commitment and you can patrol whenever you want.

Everyone should care and have concerns about community safety.

"It's very flexible, that's something that appealed to me. You partner up, and that's the preference for safety reasons, and just twice a month for two hours, anytime of day, any area in East St. Paul," she said.

"It's whatever suits you, if you have a friend

that's part of COPP, you put your vest on, take a notepad and while you're walking be observant about the area and look around, take some notes."

She's filling up the COPP calendar and plans to have a presence at community events, including East St. Paul Day in June. She's also reaching out to other groups to do presentations about the program.

Volunteers must be 18 years of age or older and they receive training before going on patrol. A criminal record check is required, and the cost is waived.

With a goal of increasing membership to 30, she's looking for a wide range of volunteers.

"I would really like to create a diverse group of volunteers. I think everybody has a way of looking at the world, everyone sees things so differently and we all find what is important to us depending on what is going on in our life or what stage of life we are in. For example, I would love to get some younger people, they will see things differently than say a senior citizen or someone who has small children would" she said.

"We need volunteers from all groups of people and I believe everyone should care and have concerns about community safety"

If you're looking to volunteer and help keep East St. Paul safe, contact Attardo at copp.eaststpaul@gmail.com



Coun. Orest Horechko, COPP councillor representative, with new Coordinator Shauna Attardo.

Large item pick-up runs April 13-24

Spring road restrictions

Waste Connections of Canada will be offering the residents of East St. Paul, the ability to leave their large household items at the curb side for pick-up during your regular scheduled garbage day service.

The large item pick-up service will commence the week of Monday, April 13 and will end on Friday, April 24.

Large Items that may be left for pick-up can include but are not limited to:

- mattresses
- sofas
- furniture
- stoves
- dishwashers
- washers
- dryers
- humidifiers
- toilets
- barbecues (without propane tanks)
- empty hot water tanks
- empty water softeners
- carpet
- treadmills
- tires without rims up to 60 pounds

Please do not leave items such as:

- glass or mirrors
- televisions
- computers & monitors
- dvd players
- vcr's

- stereos
- microwaves
- refrigerators
- freezers
- bar fridges
- propane tanks
- dehumidifiers
- water coolers
- batteries
- renovation materials
- landscaping materials
- any items containing hazardous materials

There is a 60 lb limit for all items and a 5 ft length max.

If you have any questions, please call the Operations Department at (204) 668-8336 or operations@eaststpaul.com.



The RM implements Spring Road Restrictions every year to limit the allowable weight a heavy truck can carry on Municipal roadways. Generally, restrictions are in effect from early March until late May. This is all weather dependant and the RM follows the Provincial recommendations for start and end dates.

All municipal roads are classified as Class B roadways with a maximum weight rating of 20,000kgs. There are many East St. Paul roads that are designated as no truck routes, including Wenzel. The complete listing of roadways is available in the annual Spring Road Restriction Notice the RM issues.

During spring thaw, no truck routes are posted at 65 per cent of normal axle loads to limit the weight commercial trucks can carry on roadways and avoid serious damage to the surface and base layers of the road. The exception is Hoddinott Road, which is restricted to 90 per cent of normal axle loads.

Infrastructure repairs, such as damaged roads, are paid for through tax dollars. Restricting overweight trucks helps save East St. Paul roads and taxpayer dollars. Roadways are especially susceptible to damage during the spring thaw as the road base cannot support the surface as well. Wet, soft ground conditions also make the ground less stable.

Highways and roads that fall under Provincial jurisdiction have higher weight restrictions because they are built to higher standards to accommodate heavier loads. All weight regulations on Provincial roadways are enforced by the Department of Transportation or other Provincial Peace Officers.

The RM's Community Safety Officers enforce weight restrictions on municipal roads.

PET OF THE MONTH

APRIL

WE'RE ARTEMIS & PERSEPHONE!

Just as siblings in any family, these 2 little souls get along, yet have such different personalities!

Artemis' nickname is Artie and she is a Chihuahua mix. She is 14 now and has a chillin' attitude. She's a lazy doggie and knows her priority: food. That's when she twirls and swirls in the kitchen, when it's time for her meal or even if there is any food around!

Persephone, or Puff, is Our 11 year old, puff-ball. She's also a maniac. She is ON THE GO! When we are lying on the couch, we know she will start at our feet and hop all over us, to sit on our heads, and vice versa. With all that energy it's surprising she doesn't have a big appetite, but she's the opposite of Artie!

Because our dogs are small in size, both weighing 8 lbs, we don't have to take them out as much in the winter for exercise. But as soon as the warm weather arrives, it's crazy-time as we get their harnesses and leashes off the hooks, and their joy is un-countainable.



- All pets welcome – dogs, cats, birds, reptiles, and more!
- Send entries to: administration@eaststpaul.com
- One pet is randomly selected each month to shine!

Show Off Your Star!

Do you have a pet that deserves the spotlight? Share their photo and a short bio (name, age, favourite things, fun facts, or a funny story) to be featured in East St. Paul's monthly newsletter!

LET'S CELEBRATE THE AMAZING PETS THAT BRING JOY TO OUR COMMUNITY!

RM OF EAST ST. PAUL

ESP SUMMER CAMP

GET OUTSIDE, BE CREATIVE, AND HAVE FUN!

Registration open April 13 at 9am

More information available at www.eaststpaul.com

Check out what the 55+ has to offer you

Seniors: If you are interested in activities geared towards you, please check out the activities offered at the East St. Paul 55 Plus Activity Club.

Our Social Seekers group provides activities and events to encourage the betterment of East St. Paul seniors. We recently enjoyed a super fun Irish themed event in honour of St Patrick's day with food, refreshments and entertainment, and we offer other seasonal themed parties, sock hops, bingo and trivia events, plus bus trips to events like Folklorama. We had a Christmas lights bus tour which sold out!

Our Centre is busy all week with activities like quilting, cards, pool, floor shuffleboard, line dancing, creative minds, book club, Mah Jongg, zumba and yoga, all provided at budget friendly cost to our members.

We have a few members of our card group who would like to play bridge but need at least one more player to do so. If you are interested in bridge please email us.

We also have a table shuffleboard at the Centre so if there are any seniors who would like to get this activity going on a more regular basis, please reach out to us.

The next session of our Zumba classes will be starting in April. Contact szoombers@gmail.com. Even if registrations have closed you can get your name in for next session.

Body Benders yoga spring/summer session will also be starting soon with registrations closing April 15. Contact bodybendersyoga@gmail.com without delay as this group does not allow registrations after the deadline.

We are a vibrant seniors activity group with a vibrant social aspect to our events and always welcome new members.

Please e-mail the activity groups direct for activity specific information, or esp55plus@gmail.com for general information.



Spring Flood Report - Update 2

The East St. Paul Emergency Preparedness Team had its initial meeting and continues to monitor on a daily basis any new information from the Hydrologic Forecast Centre as well as EMO Manitoba. All decisions are based solely on information provided in real time by these organizations from the Province of Manitoba. Flood forecasting, reporting and updating is done through the province's Hydrologic Forecast Centre.

The RM of East St. Paul bases flood response on the Red River level at James Avenue. The latest information provided by the Hydrologic Forecast Centre on March 26th, 2026 indicated the following for open water levels (James Avenue):

- o Favourable weather: 10.1 feet
- o Normal weather: 14.3 feet
- o Unfavourable weather: 17.8 feet

Based on the worst-case scenario with unfavourable weather, 17.8 feet James Avenue does not require any mitigation efforts in our municipality at the current time. In addition, ice thickness on the Red River is considered below normal however ice jams can cause river levels to rise in certain areas.

What you need to know

- Residents are advised to stay away from the Red River, creeks, retention ponds and ditches. The water levels have started to rise substantially resulting in dangerous conditions.
- The Red River Floodway will not be put into operation.
- The RM has a supply of sandbags ready to be used. At the current time, there is no plan to provide sandbags to residents however they will become available if required.
- The Operations Department is continuing to open ditches and using steamers to open frozen culverts.
- Residents are encouraged to check their insurance policies regarding overland flooding coverage.
- Residents are also asked to make sure their sump pumps and backwater valves are working properly. Do not discharge your sump into the sewer system.

The Hydrologic Forecast Centre can be accessed through the Province of

Manitoba, Transport and Infrastructure Department.

Any residents with questions or needing further information are asked to contact the Administration Office through administration@eaststpaul.com or phone 204-668-8112 and someone will get back to you.

**Thank you
East St. Paul Emergency
Preparedness Team**



SAVE THE DATES!

ESP DAY 2026

SATURDAY, JUNE 20TH & SUNDAY, JUNE 21ST

Join us for more festivities at the Farmer's Market on Sunday, June 21st!

More information coming soon!

Sponsorship available!
Contact Caitlyn at recreation@eaststpaul.com

Operations Department

2801 Gateway Road
East St. Paul, MB R2E 0J6

RM OF EAST ST. PAUL

January

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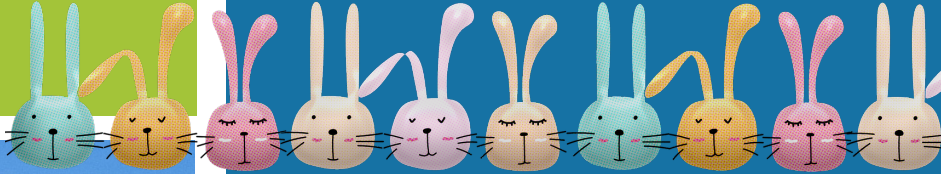
AND YOUR ZONE, VISIT www.EastStPaul.com

Yard Waste PICK-UP

April 27 to October 30

FOR MORE INFORMATION, PLEASE VISIT www.eaststpaul.com

Councillor Corner Ward 2 - Orest Horechko



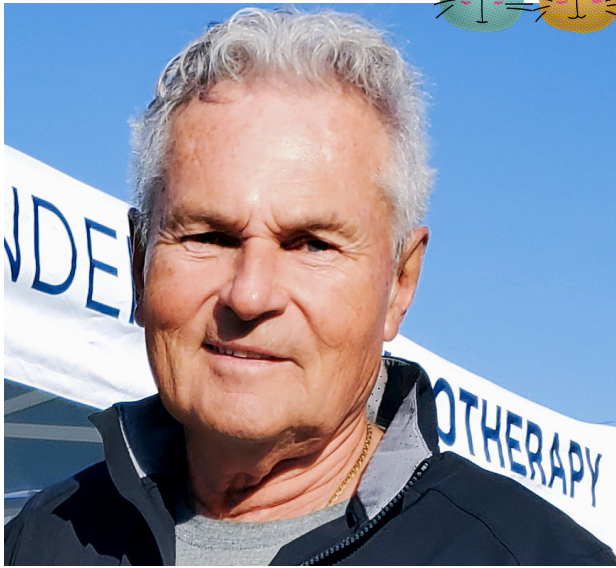
We live in a great community; residents need to take pride in our community. Our RM staff work hard to keep everything in our RM at a high standard. Every project we do or maintenance performed in our RM now costs us significantly more to maintain or to upgrade. Now with the moratorium on development – due to a wastewater treatment plant that is at capacity and on its last legs and no longer meets provincial requirements – smart, well planned future development is key for us.

Any time we have to accept change there will be resistance – that’s human nature. But development in East St. Paul is critical for helping to pay for outdated water and wastewater infrastructure to support our growing population.

The RM must build a new wastewater treatment plant – there is no other option.

The big question is how do we pay for it? If we don’t grow, the cost lands squarely on the shoulders of current residents connected to sewer services. And that would be a pretty tough hit. But when new development comes in, those costs can be shared. In simple terms, growth can actually help keep things more affordable for everyone already here.

Development also caters to different housing needs including options for our seniors wishing to age in place. It’s a common issue, seniors who’ve called East St. Paul home for years want to downsize and stay in the municipality, close to family and friends. Without addition-



al development, those seniors don’t have the option to stay in the community they’ve called home for years, or even a lifetime.

At the other end of the spectrum, are younger residents who want to move to our community and raise their families. They need to have affordable options to be able to do so. New development provides opportunity for both age groups.

Properly planned development will offer these various residential options. We need to balance growth within a sustainable framework.

Orest Horechko
204-792-9500

RM OF EAST ST. PAUL @esprecreation

PICKLEBALL IS BACK

ONLINE REGISTRATION IS OPEN!

BEGINS APRIL 21
10-12 & 1-3
DROP IN OR MONTHLY FEE AVAILABLE

MORE INFORMATION : eaststpaul.com

Spring Programs

Running April 7th to June 25th

Pilates / Zumba / Nurf Nights / Flexy Fit / Flexy Flow / Myofacial Release (Gentle Yoga) / Yogalates / Martial Arts / Toddler Gym Drop In

Royal Canadian Legion #215

UPCOMING EVENTS

APRIL 2026

- 10** Wayne Morrow Karaoke Bingo - Canadiana 8 pm to 11 pm
- 18** The Redwood Bridge Band 7 pm to 11 pm - FREE Admission
- 20** Open Mic 7 pm
- 25** Horse Races 7 pm - SOLD OUT

Old Timer's Dances - 7 pm
April 2 - Vince Anderson & the Aces Band
April 9 - Ed's Group 4
April 16 - Steve Ambrose & Friends
April 23 - Highway #6
April 30 - Mosais

LEGION CLOSED: Friday, April 3 and Sunday, April 5

WEEKLY EVENTS

- Monday** 7 pm Corn Hole & Darts
- Tuesday** 7 pm Crib
- Wednesday** 6-8 pm Chase the Ace & 50/50
- Thursday** 7 pm Darts
- Friday** 6-8pm Meat Draw
- Saturday** 3-5 pm Meat Draw
- Sunday: April 13 and 27** 1:30 pm Ukelele



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West & East St Paul Recreation
48 Holland Rd, West Saint Paul, MB R4A 5A4
July 13th - July 17th

Title	Ages	Time	Early Bird Price
Half Day (AM)	5-14	9.00am - 12.00pm	\$180 \$240
Half Day (PM)	6-14	12.00pm - 4.00pm	\$160 \$190
Full Day	6-14	9.00am - 4.00pm	\$230 \$270
Tinylykes	2-5	8.00am - 8.45am	\$90 \$110
Late Pick Up	6-14	4.00pm - 4.30pm	\$35

REGISTER NOW Get in touch regarding this camp Adam Lambert — 343-542-4371 — alambert@challengersports.com

CHALLENGERSPORTS.COM

FREE DROP IN!

TODDLER GYM

A FUN SPACE FOR PARENTS AND LITTLE ONES TO CONNECT, PLAY, AND GROW! FOR CHILDREN UP TO 4 YEARS OLD.

Join us from:
April 7 - June 23rd
266 Hoddinott Road
Upstairs Banquet hall

PLAY TIME