

Your Community

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

September 2024

For more information, call: 204-668-8112

Online: www.eaststpaul.com

Email: info@eaststpaul.com

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

Message from the Mayor, September 2024

As we conclude the 2024 Road Program, I want to express my deepest gratitude to all of you for your patience and cooperation throughout this busy construction season. Your support has been invaluable as our crews worked diligently to improve our community's infrastructure. We're excited to see how these road upgrades will enhance our daily commutes and overall connectivity within East St. Paul.

Unfortunately, I must share that the opening of our much-anticipated splash pad has been delayed until Spring 2025. Due to over six weeks of rain-related construction delays, we've had to push back the completion date. However, landscaping will begin this month, bringing us one step closer to finishing the project.

On a brighter note, I encourage everyone to join the **13th Annual Parkinson Canada SuperWalk on Saturday, September 7, 2024**, at Bird's Hill United Church, 2105 Burton Avenue. Registration opens at 10 am, followed by a warm-up at 10:30 am,

with the walk commencing at 10:45 am. This wonderful event is organized by **Louise Chernetz**, a long-time resident of East St. Paul, whose commitment to this cause has been truly remarkable. It's a fantastic opportunity to support a worthy cause while enjoying a day outdoors.

Additionally, I would like to address the recent **Provincial news release** regarding the option for RMs to opt out of the **Winnipeg Metropolitan Region (WMR)**. The East St. Paul Council believes strongly in the importance of **regional collaboration** and working closely with our neighbouring municipalities on shared planning and infrastructure initiatives. At this time, the Province has not passed any legislation regarding opting out. Should a bill be presented, rest assured that Council will carefully review it and make a decision that is in the best interests of our community.

As for the **East St. Paul Secondary Plan**, I appreciate your interest in this important policy document. This plan specifi-



cally focuses on the area to the **east of 59 Highway**. **Secondary Plans** serve as strategic frameworks that guide future land use and development, ensuring that growth aligns with the community's vision and goals. It is important to note that these plans do not approve specific developments; rather, they set guidelines to ensure responsible and coordinated growth.

Without a Secondary Plan, there is a **risk of adopting an ad hoc approach to development**, where decisions could be made without a cohesive strategy. This could result in uncoordinated growth, negatively impacting traffic, the environment, and the overall character of our community. By contrast, a well-structured plan allows us to manage development thoughtfully, protect green spaces, and ensure that new projects integrate well with our existing neighbourhoods.

I am also excited to announce that the RM of East St. Paul has welcomed **Marcus Hutton**, a retired 20-year veteran of the City of Winnipeg Police Service, as the new head of our **Community Safety Officer (CSO) Program**. The Provincial CSO Program has already proven to be a tremendous benefit to our community, enhancing safety and security through proactive engagement. With Marcus's extensive experience, we're confident that our

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Property Tax due date is Friday, Sept.27.

Property Tax statements were mailed in July. If you have not received your statement, please call our office at (204) 668-8112.

Payment can be made the following ways to the RM of East St. Paul:

Electronically via:

- Online Banking (please ensure you have made your payment 3-5 days ahead of the due date to avoid bank delays & late fees)
- E-transfer to: administration@eaststpaul.com (please include your home address in your e-transfer notes)

In person (3021 Birds Hill Rd) via:

- Cheque
- Debit (remember to call your bank ahead of time to increase your debit card limit)
- Cash

Our office hours are: Monday to Friday, from 8:30am – 4:30pm.

After hours Night Deposit Box (3021 Birds Hill Rd):

- We have a night deposit box located outside of our entrance doors. Please ensure that your cheque is placed in a sealed envelope. Do not leave cash.

Mail:

- Cheques may be mailed to: RM of East St. Paul Unit 1-3021 Birds Hill Rd East St. Paul, MB R2E 1A7

Note: Our office will be closed Sept.30 for Truth & Reconciliation Day.

A year of cycling and supporting

It's been a little more than a year since Sarah Gravelle-Mackenzie and Rose McDonald launched 'Cycling With Sarah', a group for senior women.

"It started really simply as a cycling group and it has become so much more to so many women," Gravelle-Mackenzie said.

"We've grown so much in one year. The community here in East St. Paul has been incredibly supportive and embraced us. It's all about senior women's physical, mental and social well-being and they all just seem to recognize the value in what we're doing. And we in turn have really developed a part of who we are in giving back to our community."

They started with 18 members and today have 66 full-time members, a south chapter, and 55 women on a waiting list. They do group cycles three times a week and when the weather turns cold, they turn to hiking and snowshoeing.

Their latest give back was to Nova House, a shelter for women and children in crisis. The group's event planner, Michelle Kulchyski reached out to Nova House to see what they needed.

"Last summer we donated to Willow Place in Winnipeg, a domestic violence program, but this year we wanted to keep it in the community," Gravelle-Mackenzie said.

Nova House provided them with a list and members donated and they also put out a call on social media for the community to donate. The RM of East St. Paul offered up the arena as a drop off location.

"We wanted to keep it close



Gravelle-Mackenzie and the Cycling With Sarah gals in the East St. Paul Day parade and below outside the RM office in Centennial Plaza.

to home," she said, noting many members are from East St. Paul, St. Clements and Selkirk.

"We always say women supporting women. That's sort of become our motto, being kind and women supporting women. And recognizing we're fortunate, at this stage of our lives, we've got our trials and tribulations but not compared to the young families that are needing Nova House services."

At the end of July, they took their substantial collection of donated items to Nova House.

Next up is Socktober where they collect, you guessed it,

socks to give to the Main Street Project. They donate to Manitoba Shoebox twice a year and support Wrap for the Cure in support of cystic fibrosis research.

And when they're not doing all that, they ride their bikes. The south chapter was born simply out of necessity.

"There was such a demand," Gravelle-Mackenzie said.

"There were so many women from the south end asking us to start a group. Women were coming from the south to ride with us and so we had one of our riders volunteer to be a ride leader and they started up a chapter."

The final ride of the summer will be Sept. 19 and then they start hiking.

"A good majority of the hiking we do is in this area," McDonald said.

"We partnered with Selkirk and the Happy Trails ladies and went out there once a month."

They snowshoed with the Selkirk gals as well.

Partnership is important to the group. Gravelle-Mackenzie says they work closely with Melissa Larter, the RM's Recreation Services Coordinator and hiking registration will be done through the RM website.

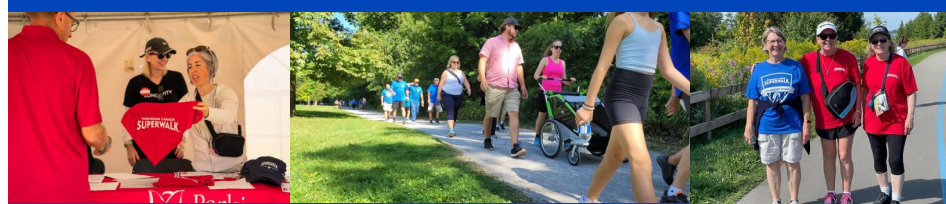
"Melissa has been fantastic with her support all along for Cycling With Sarah. It's become quite the partnership."

They've partnered with Birds Hill Senior Park Interpreter Lindsey Mitten and gone on interpretive hikes and snowshoes.

"They were quite educational," Gravelle-Mackenzie said.

For more information on Cycling With Sarah, or for details on an information session they'll be holding at the ESP Arena on Sept. 25, email cyclingwithsarah@gmail.com, and check them out on Instagram and Facebook.

PARKINSON CANADA
SUPERWALK™
 FROM SMALL STEPS
 COMES GREAT PROGRESS



Let's walk together!

TEAM NAME: LC Angels

WALK DATE: Saturday, Sept. 7

WALK TIME: 10-11:30 am

WALK LOCATION: Birds Hill United Church

2105 Burton Avenue

CONTACT: louisechernetz@me.com or 204-299-7792



SIGN UP FOR e-blasts at eaststpaul.com

East St. Paul Fire Department news



Fire Prevention Week October 6 – 12, 2024

The theme for this year's Fire Prevention Week has been announced. The theme this year is "Smoke Alarms – Make Them Work for You!". Your fire department will be communicating with residents throughout the week via social media platforms. In addition, keep an eye out for information which will be posted in the October newsletter.

Fire department members responding to calls

The East St. Paul Fire Department comprises of 40 firefighters and is considered a paid-on call fire department. Members are notified of incidents via a phone app and respond to the fire hall usually from their residences in private vehicles. Each firefighters' private vehicle is equipped with a flashing red dash light.

According to the provincial Highway Traffic Act, a vehicle not ordinarily used for emergency purposes being driven by a volunteer, part time responder or

on-call emergency responder that is used to respond to a fire, medical or other emergency is considered to be an emergency vehicle.

Please pull over if you notice a private vehicle with a flashing red dash light. It will be a fire department member responding to a call.

Calls for service

Your fire department has been busy. As of Aug. 21st, we have responded to 268 calls which is ahead of last year's record set-

ting number. The bulk of the calls have been medical related.

Need information?

If you have any questions or require any information regarding the fire department or fire related matters, leave a phone message at 204-668-0064 or email fire.department@eaststpaul.com and someone will get back to you.

Thank you
Your East St. Paul Fire Department

Message from the Mayor

Continued from front page

CSO Program will continue to thrive. East St. Paul is proud to be at the forefront of this initiative, and we are honoured that other RMs are looking to model their own programs based on our success.

For updates on community safety throughout the year, please visit and follow the **East St. Paul Community Safety Services - CSO Facebook page**. It's a valuable resource for safety news and information about our CSO initiatives.

Looking ahead, we are excited to announce the return of our **Park and Walk for Halloween event!** This beloved program offers a safe and fun trick-or-treating experience for our youth, and we are seeking volunteers not only to assist but also to bring fresh **ideas** to help **enhance the program**. Whether it's setting up decorations, assisting with traffic, handing out treats, or brainstorming creative ways to make

the event even more memorable, your involvement will be greatly appreciated. If you're interested in volunteering or contributing ideas, please send me an email at Carla.devlin@eaststpaul.com—we would love to have your help in making this Halloween a fun and safe experience for our community.

Lastly, following the huge success of the **East St. Paul Day Parade**, I'm thrilled to share that Council is planning something extra special for this year's **Tree Lighting Ceremony on December 14, 2024**. While we can't reveal all the details just yet, I encourage everyone to mark their calendars—it's going to be an event you won't want to miss! Stay tuned for more surprises as the date approaches.

Thank you for your continued support, and I look forward to seeing many of you at our upcoming events!

Mayor Carla Devlin



Sarah Gravelle-Mackenzie took this awesome shot of an eagle atop a bale during an early morning bike ride along the Duff Roblin Trail.

Reminder to be courteous on trails

The RM has an abundance of trails, pathways and sidewalks that provide an excellent opportunity for getting outdoors and getting active.

We are once again providing these excellent tips, courtesy of Trails Manitoba Executive Director Tim Coffin, that if followed, will make the trails safe and enjoyable for everyone.

We encourage everyone to be courteous on the trails, and remember, they are for everyone.

1. Wheels yield to heels – the fastest moving people on the trail usually are on wheels. These folks need to be cautious when they approach walkers and runners especially from behind.

2. Always pass people on the left – just as you do driving.

3. If you aspire to win the Tour de France – don't train on a heavily used fitness trail. You will be frustrated by frequent slowdowns and travelling fast will increase the risk of collisions. To satisfy your need for speed, train on the roads.

4. All cyclists should use a bell or horn to warn others they are planning to pass. This "heads up" is appreciated by everyone you pass and reduces the risk of accidents. Remember that dinging your bell is not a "command" to get out of the way – you still need to be prepared for people who do not respond to your warning. If you don't have a bell or horn, use a verbal warning such as "coming by on your left".

5. Maintain situational awareness – look around regularly and listen for people coming up behind you. Staying vigilant while you use a shared trail is difficult to do if you are wearing ear buds, texting your

friends or reading a book.

6. When you walk your dog on the trail, it should be on a leash. Even the best trained dogs can be unpredictable especially if they see a squirrel.

7. Children are motivated by fun and sometimes will rapidly change direction to see something interesting such as a frog. When learning to ride their bikes, children are particularly unpredictable because of their poor balance and bike control. Parents and everyone who shares the trail needs to recognize this and be appropriately alert to prevent collisions.

8. Be understanding – you may be sharing the trail with people who have hearing, visual, mobility or intellectual disabilities.

9. If you are exercising as a group, avoid travelling side by side such that you impede the flow of others who are also enjoying the trail.

10. Do not leave glass, paper, cans, plastic, or any other debris on or near a trail. If you drop something, please remove it immediately.

11. Trails are open to the public, but often the land on the side of the trail is private property. Please respect all property rights.

12. Be equipped with lights when using a trail at any time from dusk to dawn. Bicyclists should have a white light visible from five-hundred feet to the front and a red or amber light visible from five-hundred feet to the rear. Other trail users should have white lights visible from two-hundred fifty feet to the front, and a red or amber light visible from two-hundred fifty feet to the rear.

Celebrating 25 years of worship in East St. Paul

Abundant Life Lutheran Church held our first worship service in the Robert Andrews School gymnasium on Sept. 26th, 1999. The present-day church was constructed at 3486 Raleigh St. on property donated by Julius and Gerda Fahr, and we began worship services in our new location on August 13, 2006.

Over the years we have gone through many changes, but we have always been known as a welcoming and vibrant church community. An abundance of multi-generational musical talent brings joy during worship and after the service fellowship in the multi-purpose room is always enjoyed by all.

We strive to be an outreach congregation. We have hosted

Fall Suppers, we organize the Community Christmas Hamper Program for East St Paul and surrounding areas, we showcase local talent at our annual Coffee House with a portion of the proceeds donated to a chosen charity, we provide meals to LUM (Lutheran Urban Ministry), an inner-city program, and our most recent initiative is our annual Spring Tea.

In addition to being our home, our building is available for the rental of its kitchen, multi-purpose room and sanctuary. Many community members have used this opportunity to host baby showers, wedding showers, etc.

Events to celebrate this 25th Anniversary milestone include a Festive Worship Service on Sept. 22nd, 2024, a Celebration Dinner Banquet on Nov. 2nd, 2024, a 25th Anniversary Edition Coffee House on Feb. 7th, 2025 and finally a Church Picnic in the spring of 2025.

Come grow your faith and join us for the next 25!

All are welcome.
www.spiritoflifeministry.ca/all-home for more information

- Submitted by the ALL 25th Anniversary Committee

Royal Canadian Legion

Henderson Highway Branch 215
215 Maxwell King Drive, East St. Paul, MB R2E 0P4
Phone: 204-338-4867 - www.hendersonlegion.ca

OFFICIAL AWAY VIEWING PARTY

WINNIPEG BLUE BOMBERS
VS
EDMONTON ELKS

BLUE BOMBER ALUMNI
CHEER LEADERS

Saturday, September 21st, 2024
5:30 p.m.

Royal Canadian Legion

Henderson Highway Branch 215
215 Maxwell King Drive, East St. Paul, MB R2E 0P4
Phone: 204-338-4867 - www.hendersonlegion.ca

ANNUAL CORN ROAST

BBQ HOT DOGS, HAMBURGERS
AND OF COURSE CORN
50'S - 60'S MUSIC BINGO
PRIZES TO BE WON!!!



Sunday, September 8th, 2024
From 1:00 p.m. - 5:00 p.m.

Featuring Wayne Morrow

COOKING CLASS FOR KIDS

Come enroll your kids in one of our two Cooking Class for Kids and let them learn while having fun! Instructed by registered Dietician Janine LaForte



CHILD ONLY 11+

PARENT & KID 6+

JOIN NOW

www.eaststpaul.com

204-391-1367

EAST ST. PAUL

HALLOWEEN PARTY

SATURDAY
OCTOBER 26

DJ Dance Party, Costume Contest, Cash Candy Bar

266 Hoddinott Rd - Banquet Hall (2nd Floor)

Family Dance Party
(All Ages)
4:00pm - 6:00pm

AND

Pre-Teen Dance Party
(Ages 9-13)
7:00PM - 9:00PM

LED DANCE FLOOR & PHOTO BOOTH

Volunteers needed to chaperon the Pre-Teen Dance. Contact recreation@eaststpaul.com



Visit www.eaststpaul.com for more information

RM OF EAST ST. PAUL

2024 ESP DAY DRONE SHOW

The originally planned ESP Day drone show has been rescheduled to Friday September 13, 2024

9:30PM behind the East St. Paul Arena

Weather Dependent



Drone Show Sponsors

More details at www.eaststpaul.com

Free event

Location:
266 Hoddinott Rd