



Your Community

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

October 2024

For more information, call: 204-668-8112

Online: www.eaststpaul.com

Email: administration@eaststpaul.com

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

Wishing Randy Bullard a happy retirement

Randy Bullard was celebrated Sept. 20 at his retirement party after 42 years working for the RM of East St. Paul.

The RM's Facilities Supervisor said it was time to retire, and he's looking forward to days spent driving and chipping on nice grass, instead of worrying about cutting it.

"They always say you know when it's time to retire. I've been trying to retire for about a year and a half, two years, and I finally decided. All my buddies are retired, they're going on golfing trips and I can't go, because I'm working," Bullard said.

"So I figured I better pull the pin while I have the chance, I'm still in good shape, good health."

He has fond memories of the early days working in the RM.

"I've been through a lot there, that's for sure," Bullard said.

"Things have changed quite a bit from when I started. There wasn't too much going on then, there was only me and Greg Proch, the manager at the time. There was just me and Greg, we did all of the parks, and we were the dog catchers, building inspectors, sewer inspectors, you had to wear many hats."

He recalls they only had one lawn mower and they used sickle bars instead of weed eaters.

With a limited staff, there were times when it was simply all hands-on deck.

"I remember when the long weekend came and we did garbage, all the employees had to do garbage. There was about four guys at the shop, and we'd

take a one-ton truck and just drive around hand bombing garbage into the back of the one ton and off to the dump to drop it off," he laughed.

Storm days were the same. They'd go and help out the Operations department with street sanding, which was done a little different back then.

"Years ago, we used to have a barrel at Pritchard Farm Road and Henderson and certain other streets, and we'd go fill them up with sand and if it was really slippery we'd have to go out there and put the shovel in the barrel, the 45-gallon drum, and throw it across the street instead of having sanding trucks. Those were long days," he laughed.

"But it was fun. Everyone got along good, everyone chipped in and helped, and it was pretty good."

He says he'll miss the guys but he's ready to join his buddies on the golf course. He says he took up golf about 15 years ago and loves it, though he's struggled to find time to get in a round.

A membership with his son Jett has gone mostly unused this year, but he's hoping to get out more next year.

His goal? To shoot his age.

"I might need a few more years," he laughed.

"I might have to wait until I'm 82, about 12 more years."

He and his wife Dale are currently dog-sitting Jett's new puppy and he's enjoying his time at home.

Congratulations Randy!



Randy and his son Jett, an East St. Paul firefighter, at his retirement party Sept. 20.

ESP Community Update: Enhancing Public Safety with Provincial Community Safety Officer Program

I am pleased to provide an important update on the improvements we've made to public safety and bylaw enforcement in East St. Paul. Your Council has taken significant steps to enhance community safety by transitioning from a private company to the Provincial Community Safety Officer (CSO) Program, which is already showing great benefits for our residents.

Previous Bylaw Enforcement

For several years, we contracted a private company that provided one full-time bylaw officer for the entire year. Additionally, from April 1 to October 31, the scope of their services included two officers working weekends and one officer dedicated two days a week to monitoring the

No Truck Route. While this private service provided valuable enforcement, its scope was limited to local bylaw enforcement and did not extend to provincial regulations, such as the Highway Traffic Act (HTA).

Additionally, during the years of this contract, legal fees were not separated from the overall costs, making it difficult to account for the full expenses associated with enforcement.

- 2022: The total cost for bylaw enforcement services was \$243,492.00, with \$14,673.34 in fines collected, resulting in a final cost of \$228,818.66.

- 2023: Enforcement services cost \$248,865.70, with \$24,781.78 in fines, reducing the final expense to \$224,083.92.

A New Approach: The Provincial Community Safety Officer (CSO) Program

Recognizing the need for a more comprehensive enforcement strategy, we transitioned to the Provincial CSO Program, which provides two full-time Community Safety Officers (CSOs) and a Protective Services Coordinator, who started in August 2024.

This team is not only capable of enforcing local bylaws but is also empowered to act under the Highway Traffic Act (HTA), providing a broader range of enforcement services that address both municipal and provincial safety concerns.

The initial start-up cost for the CSO Program was \$109,740.23,

which covered the expenses associated with launching the program, including the necessary equipment and vehicles for the officers.

2024 Cost to Date

As of August 2024, the total cost of the CSO program is \$149,049.69, with \$44,736.15 collected in fines, resulting in a net cost to the RM of \$104,313.54. This total includes legal fees, which had not been itemized separately during the previous years.

2025 Budget Projections

Looking ahead, the 2025 budget for the CSO Program is \$277,950.00, with projected fines of \$67,100.00, which

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would result in a final cost of \$210,850.00. This budget also includes legal fees, vehicle, and equipment costs, ensuring a complete and transparent understanding of all expenses associated with the program.

See the Cost Comparison Chart at right and note:

*2024 cost includes expenditures up to August 2024.

**2025 costs are projected estimates based on current trends.

Hybrid Vehicles for Long-Term Savings and Environmental Benefits

One of the important decisions we made when launching the CSO program was to invest in hybrid vehicles, which were used 2020 law enforcement vehicles in excellent condition. These vehicles offer significant long-term savings in terms of both cost efficiency and environmental impact.

- **Fuel Efficiency:** Hybrid vehicles combine a gasoline engine with an electric motor, significantly reducing fuel consumption. This allows our CSOs to patrol more extensively and efficiently without the high fuel costs associated with traditional vehicles, providing notable savings over time.

- **Environmental Impact:** Hybrid vehicles emit fewer pollutants, helping reduce the community's carbon footprint and contributing to a cleaner, greener environment.

- **Long-Term Savings:** Hybrid vehicles offer lower operating costs due to reduced fuel use and less frequent maintenance. This decision aligns with our focus on sustainable practices and will lead to long-term financial benefits for the RM.

RM of East St. Paul Planning Bylaws: Enforced by Red River Planning

It's important to note that planning and land use bylaws for the RM of East St. Paul have always been enforced by Red River Planning, an agency that handles land use planning and bylaws for several rural municipalities. Red River Planning also has a bylaw officer on staff to ensure the

YEAR	SERVICE PROVIDER	TOTAL COST (before fines)	FINES COLLECTED	FINAL COST (after fines)	LEGAL FEES/VEHICLE & EQUIPMENT INCLUDED
2022	Private Company	\$243,492 ⁰⁰	\$14,673 ³⁴	\$228,818 ⁶⁶	No
2023	Private Company	\$248,865 ⁷⁰	\$24,781 ⁷⁸	\$224,083 ⁹²	No
2024*	CSO Program	\$149,049.69	\$44,736.15	\$104,313 ⁵⁴	Yes
2025**	CSO Program	\$277,950 ⁰⁰	\$67,100 ⁰⁰	\$210,850 ⁰⁰	Yes

enforcement of bylaws related to planning and land use in our community.

Traffic Safety and Proper Conduct

Did you know that honking at an officer during a traffic stop can lead to a separate stop? While honking may sometimes be used out of frustration, officers are trained to consider all potential safety risks. Honking can be a signal from someone in distress, and officers will often initiate a traffic stop to ensure that the honk was not a call for help.

Additionally, you may notice that officers position their vehicles in the lane during a traffic stop. This is done to protect both the officer and the person being pulled over. By positioning the vehicle this way, the officer creates a safe working space to minimize the risk of being struck by passing traffic. This practice, while it may momentarily inconvenience other drivers, is a critical safety measure designed to prevent serious accidents.

Benefits for the Community

Since the launch of the CSO Program, we have received positive feedback from residents through calls and letters. The increased presence and enforcement capabilities have been warmly welcomed, and we're seeing the benefits throughout the community. Your voices are invaluable in helping us understand the positive impact, and we encourage you to continue informing us of your experiences.

A Commitment to Transparency and Accuracy
In a world where misinforma-

tion can easily spread, it's more important than ever to ensure that our community receives accurate and reliable information. We are committed to providing clear, transparent updates on programs like the CSO initiative so that residents can have confidence in the decisions made by their local government. Please continue to reach out with your questions and concerns—we are here to provide the facts and address any confusion.

A Call for Respect

We have also noticed some disrespectful commentary directed towards our Community Safety Officers on social media platforms like Facebook. This behaviour is concerning and does not reflect the values of our community. Our CSOs work diligently to keep East St. Paul safe and deserve the respect and support of all residents. Disparaging remarks can undermine their efforts and create a negative environment that is counterproductive to community safety. Let us foster a spirit of collaboration and respect, recognizing the important role these officers play in our lives.

A Special Thank You

Council would like to extend a heartfelt thank you to our CAO, Suzanne Ward, for her leadership and dedication in bringing the Community Safety Officer (CSO) Program to life. Suzanne's efforts have made East St. Paul the first municipality within the Capital Region to implement this comprehensive safety initiative, creating a template for other municipalities to follow. Her work not only ensures that our community benefits from

improved safety and enforcement, but it also provides a valuable model that will assist other regions in enhancing their own public safety measures.

The success of this program is a testament to the careful planning, collaboration, and innovation Suzanne has demonstrated throughout the process. Start-up initiatives like this are not only a benefit to our own residents but can also inspire neighbouring municipalities to adopt similar programs, improving safety and enforcement across a wider area.

We are incredibly proud of Suzanne's accomplishments and grateful for her ongoing contributions to the safety and well-being of East St. Paul.

A Safer, Stronger East St. Paul

The shift to the CSO Program marks a significant improvement in the way East St. Paul handles both bylaw enforcement and broader safety issues under provincial regulations. We have enhanced safety across the board, from traffic enforcement to local bylaws, and done so in a cost-effective manner that benefits the entire community.

We look forward to continuing to build on this success and ensuring that East St. Paul remains a safe and welcoming place for all. Please keep sharing your feedback—it helps us better serve you.

Thank you for your continued support. As always, don't hesitate to reach out with any questions or concerns.

Sincerely,
Mayor Carla Devlin

Corn Roast at the Legion



The Henderson Legion Branch 215 hosted a fundraising corn roast Sept. 8. Money raised at the event will go towards the cost of a new roof for the Legion. East St. Paul Couns. Brian Imhoff and Brian Duval, along with Deputy Mayor Orest Horechko were on hand to flip burgers and dogs on the beautiful Sunday afternoon.

Parkinson SuperWalk in ESP



Chernetz and Jones, front left, with this year's walkers.

East St. Paul's Louise Chernetz, along with her friend Grasita Jones, led a group of more than 40 enthusiastic walkers around Birds Hill for the annual Parkinson SuperWalk. Both Chernetz and Jones have Parkinson Disease.

Mayor Carla Devlin participated in the walk again and said she applauds everyone who came out to support such a worthwhile event. Chernetz and Jones thank everyone for their support.

Fire Prevention Week - Oct. 6-12

The theme for this year's fire prevention week is:

Smoke alarms – Make Them WORK For You!

Smoke alarms in your home are a valuable tool when it comes to keeping you and your family safe. There have been many advancements in the field of smoke alarms with many different types that are currently available.

Smoke alarms can be:

- Battery operated
- Wireless
- Hard wired with no battery backup
- Hard wired with a battery backup
- In combination with a CO detector
- Multi sensed

Regardless of the type you choose, the most important factor is that you do have a working smoke alarm in your home.

Smoke alarms work either on

an ionization principle or photo electric. Ionization alarms are more responsive to flaming fires. Photo electric alarms are more responsive to smouldering fires and less susceptible to false alarms. Photo electric smoke alarms work well around kitchen and bathroom areas.

There are three guiding principles to ensure the safe use and operation of smoke alarms; install, test and replace.

Install

Smoke alarms should be installed in every bedroom, outside all sleeping areas and on each level of the home including the basement. Not everyone sleeping in the home is necessarily in a bedroom.

In larger homes, you may need to install additional smoke alarms.

Test

Smoke alarms should be tested on a monthly basis by

pushing the test button.

- If you hear a beep, beep, beep etc. sound, it means your alarm is working.

- Everyone in the home should know what the alarm sounds like when activated and how to respond.

Replace

- Smoke alarms should be replaced if they are 10 years old or older (from the date of manufacture).

- Smoke alarms should also be replaced if they do not respond to the test.

Ideally, smoke alarms should also be interconnected. This means that when one alarm is triggered, they all activate alerting everyone throughout the home.

Smoke alarms need to be kept clean and dust free in order to be able to do what they were designed for. Follow the manufacturers directions on keeping a

smoke alarm clean. It might be as simple as using a vacuum to clean the alarm.

Make sure that smoke alarms meet the needs of all family members, including those with sensory or physical disabilities. Smoke alarms are available with flashing strobe lights to help alert those that need enhanced notification.

As fire prevention week progresses, your fire department will be providing additional information through the social media platforms.

If you have any questions, email the fire department at fire.department@eaststpaul.com or call and leave a message with the administration staff at 204-668-8112 and someone will get back to you.

**Thank you
Your East St. Paul
Fire Department**

Vacation Home Patrol Program offers security while you're away

East St. Paul's Community Safety Services now offers a Vacation Home Patrol Program.

Under the program, residents of the municipality can apply to have the RM's Community Safety Officers (CSO) conduct exterior patrols of their residential property while they are away on vacation for a period of six days to one month. The service is free of charge and open only to residents of the municipality.

The service is offered by many police services across the country, and it adds an additional layer of security so that residents can enjoy their time away from home.

All residents need to do is submit an application – available online at eaststpaul.com – a minimum of seven days prior to their vacation departure date.

During routine patrols, the CSOs will go to your residence and do an exterior check to ensure the residence and detached structures are secure.

Residents are reminded that

the Vacation Home Patrol Program does not replace any requirements of your home insurance, it is simply to ensure that if your home is broken into while you are away, it will be secured by the CSOs and RCMP.

When you fill out the application you will be required to provide the following information:

- Travel dates
- Name, address, and phone number
- Whether there will be any cars outside the residence while they are away (include make, model, and license number)
- Whether there will be exterior lights on and if so, what times
- Who has permission to enter the residence while they are away (i.e., pet feeders, water plants, etc.)
- An emergency contact name and number and any other information you feel is important

To apply for the Vacation Home Patrol Program or for more information, go to eaststpaul.com/p/

community-safety.

Once an application is submitted, the Protective Services Coordinator will review to ensure it meets the criteria and will contact the applicant.

Also, visit the East St. Paul Community Safety Services Facebook page. The page is dedicated to keeping the East St. Paul community up to date on all things related to safety within our municipality. Here, you'll find important announcements, safety tips, updates on local law enforcement activities, community event information, and much more. Our goal is to keep you informed and engaged, ensuring that East St. Paul remains a safe and welcoming place for everyone. Stay connected and stay safe!

<https://www.facebook.com/profile.php?id=61564328072287>

Crime Prevention Tips

Ensure your home appears occupied by using timers to activate lights and radios at varying times.

Avoid publicizing your travel plans, but inform trusted neighbors so they can keep an eye out.

Provide a spare key and emergency contact number to neighbours for added security.

Arrange for daily pickup of mail and newspapers or halt deliveries while you're away.

Lower the volume of your telephone ringer to avoid drawing attention to unanswered calls.

Keep blinds adjusted as usual to maintain a lived-in appearance.

Secure all entry points, including garages, sheds, and gates; consider disconnecting garage door openers.

Request neighbours to park in your driveway occasionally and place out garbage cans on collection days.



COPP wants you!

ESP Couns. Charles Posthumus and Orest Horechko joined members of the RM's Citizens On Patrol Program (COPP) on Sept. 14 at a member recruitment drive at the Highland Park Professional Centre. Members of the East St. Paul Fire Department were on hand as well.



Halloween Park and Walk is back!

Volunteers needed!
e-mail

Carla.Devlin@eaststpaul.com

SIGN UP FOR e-blasts at eaststpaul.com

Councillor Corner

Brian Imhoff - Ward 1

My last couple of articles were about things like government process, tax dollars and municipal infrastructure. This time, I am going in a more social direction and want to talk about kindness.

These days, we are constantly bombarded by bad news stories from all over. There are so many examples of poor treatment of others ranging from physical violence to online bullying. In politics, we have parties, both left and right, moving progressively away from the center of the spectrum and promoting division in our society.

As kids, most of us were taught to be kind to each other and we try to pass that on to our children. What happened along the way? That question leads to a few others. Are we modelling the behaviour that we want to see from our children? Have we become too self-absorbed? Perhaps we need to promote acts of kindness better? How do we do that?

A lot of people will boil things down to one simple question: What's in it for me? Well, it turns out that being kind can offer many benefits, both for the person expressing kindness and for those receiving it. Sounds like a win-win to me. These benefits extend across emotional, social, and even physical aspects of well-being. With the help of the "Google Machine", I put together a list of some benefits of being kind or, better yet, what's in it for you.

Improved Mental Health

- Increased happiness - Acts of kindness release what are often called "feel-good" chemicals in your brain, which can boost mood and lead to a sense of satisfaction.
- Reduced anxiety and depression - There are a couple of studies out there that say helping others can shift focus away from personal worries and foster a sense of purpose. This, in turn, can help to alleviate symptoms of anxiety and depression.
- Lower stress levels - Kindness can trigger the release of a hormone which can reduce blood pressure and promote a sense of calm.

Better Physical Health

- Heart health - Lower blood pressure is good for the heart
- Increased lifespan - There are some studies that suggest people who regularly engage in kindness and volunteer work tend to live longer, likely due to lower stress levels and increased social connections.
- Boosted immune system - There is a belief out there that positive emotions generated by kindness can strengthen the immune system and promote overall physical well-being.

Enhanced Relationships

- Building stronger connections - Kind-



ness tends to foster trust, empathy, and a sense of belonging, which strengthens relationships with friends, family, neighbours, and colleagues.

- Reciprocity and social bonds - Acts of kindness often lead to a ripple effect, where those who receive kindness are more likely to "pay it forward" and be kind to others. This helps to create a more supportive and connected community.
- Improved communication - Most often, when people are kind, they tend to listen better, show empathy, and respond more effectively in social interactions. This improves the quality of their relationships.
- Increased Self-Esteem

- Performing kind acts can boost self-esteem and self-worth by reinforcing a positive self-image. Helping others and making a difference can provide a sense of accomplishment and purpose.
- Greater Resilience
- People who practice kindness regularly often build emotional resilience. Helping others can promote a more positive outlook on life. This helps to better handle challenges, stress, and adversity.

- Positive Impact on Society
- Acts of kindness contribute to a more harmonious and compassionate society. Kindness can inspire others to act generously, reduce conflict, and promote cooperation and understanding among individuals and groups.

Please don't get me wrong. There is still kindness out there, we just need more of it. My intent is just to highlight the benefits of being kind to each other. If we all do a little more, things can only get better. Oh, I almost forgot the best part, it costs you nothing!

As always, I wish you and your families happiness and health. My contact information is:

brian.imhoff@eaststpaul.com
204-771-7569

East St Paul Community Club Announces

Annual General Meeting + Elections

Sunday, October 20th
6:30pm
East St Paul Arena (upstairs hall)

Positions open for nomination (2-year term):
President, Treasurer, Baseball Director,
Hockey Director, Soccer Director

All nominations must be submitted by Midnight October 12th 2024. Nominations from the floor at the meeting will only take place if a position does not have any nominated candidates before Midnight October 12th, 2024.

Nomination Box Open Now
at espcc.ca/form/6244

A full list of nominated candidates will be available on espcc.ca on Oct 13th, 2024.

NOTICE of Special General Meeting

Wednesday, Oct 9
8:00pm

East St Paul Arena
(Upstairs Hall)
266 Hoddinott Road, East St Paul

Purpose of Special Meeting
- New Constitution

SIGN UP FOR e-blasts at eaststpaul.com