



# Your Community

The official newsletter of the R.M. of East St. Paul  
Happy Canada Day

July 2022

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## Happy Canada Day, eh!



The weather cooperated and for the first time since 2019 the Henderson Legion hosted Canada Day and East St. Paul the Canada Day Super Run. Both were great events thanks to the organizers and all those who came out and attended. Happy Canada Day everyone!



# ESP's Lipchen ready for Canadian Ironman test

It seems summer is finally here, and other than the annoyingly frequent thunderstorm warnings that dampen the spirit, we're able to get outside and get active.

Dave Lipchen didn't have the luxury of waiting for the warm weather.

The 45-year-old East St. Paul resident, owner of Windburn Multisport Academy and the man behind the East St. Paul Canada Day Super Run, has been training outside since February in preparation for Ironman Canada this August.

Ironman Canada takes place in Penticton, B.C., a city that has hosted the event before and is considered a premiere host community. The 3.8 km swim that kicks the event off is a loop around Okanagan Lake. Competitors get out of the water and hop on their bikes for a 180 km ride before finishing it off with a 42 km full marathon that takes runners through vineyards and orchards and through scenic Kettle Valley Trail.

For the super fit Lipchen the outdoor runs weren't a big deal.

"I'm usually putting about four or five hours of outdoor training on the weekends just to get the body used to moving," Lipchen said during an interview in February.

"It is getting a little hard with minus 30 again for another full weekend."

He toughed it out and his reward was a trip to Hawaii April 2-11 with 16 other athletes from Canada and the U.S. for a training camp.

Hawaii was hard work, but enjoyable at the same time.

"We ended up putting in a little over 500 kms of biking in Maui and that's either going up or down, there's not much flat going on in Maui," Lipchen laughed.

"It's pretty intense there. We ran 65 kms and ended up swimming a bunch in the ocean, which was fun. It was a big week of high-volume training and a ton of vertical climbing on the bike to get really strong."

One of those bike trips went off track when Lipchen missed a turn climbing the volcano Haleakala. At the top, you can see above the clouds and it's 10,023 vertical feet, or about 3.5 kms straight up. It's 115 kms of biking to get to the top.

He'd fallen behind the group with a shoe issue and when he sorted that out and began climbing again, he missed a turn. By the time he realized his mistake, he'd gone way off track.

"I kept climbing on this one road and eventually it started getting really, really steep, and the road was starting to get really bad too, really rough. I don't know what's going on, but I don't remember the road being quite this hard, but I just kept going," he said.

He ran into someone walking who told him his mistake. His only option was to retreat down the mountain and connect with the right road again.



Lipchen, top right, and above right with the Windburn logo on his back, training in Hawaii in April. Bottom, the view from above the clouds.

"At that point I was at 3,600 feet of elevation. And the turn-off that I missed was at 1,800 feet. So, I've now climbed close to 2,000 feet more than I needed to on the wrong road. And the only way to get there is I had to go back down. So that was another five kilometers or so of going back down. And then I had to turn around and then start climbing the other road to get to the top of the volcano," he laughed.

A strong cyclist, Lipchen caught the group and he made

the summit, adding an additional 2,000 feet of climbing to his workout that day.

When he got back home, he arrived not to spring weather more conducive to training, but a weather bomb that quickly brought him back to his Manitoba reality.

"Every weekend for the next three, four weeks, was bad and then that big winter storm hit. I went from plus 25 to winter again," he laughed.

Next up was a training trip to B.C at the end of May, where he



wanted to test his fitness level at the Victoria half marathon. He attempted to settle into regular training at home before heading west, but a nasty cold he caught turned out to be walking pneumonia.

Antibiotics cleared it up and when he raced in B.C., he'd been off them for five days, and says he ended up having a decent race. Out of 1,800-2,000 competitors, Lipchen finished 102, with a time just over five hours.

He was busy with his work life during all the training, including organizing the return of the ESP Canada Day Super Run, which emerged from the Covid 19 shutdown quite triumphantly.

A smaller group of runners, which he expected, noting he thinks it'll take three years to build back up to pre-Covid levels.

"I knew it was going to be smaller than it has been in the past, but it's about getting people confident about coming to larger events again," he said.

Training and working were hectic, Lipchen said, but ultimately most who compete in Ironman and other similar events balance a work life with their training life.

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## East St. Paul receives funding for outdoor rink improvements

The RM of East St. Paul's outdoor rinks will be upgraded and an equipment garage built with help from a provincial grant totalling \$110,250.

Jeff Wharton, MLA for Red River North, announced the funding at the ESP Soccer and Baseball Complex last Friday. The funding is through the Building Sustainable Communities Grant Program.

"Community projects such as this would not be possible without the strong leadership of the municipalities and non-profit organizations, leveraged funding from other public, private and philanthropic sources and the dedication of local volunteers," Wharton said.

The boards at the two rinks will be replaced and \$63,000 will be allocated for the upgrades. The remainder, \$47,250, will be used for the sport equipment garage for the soccer and baseball complex.

"The RM of East St Paul appreciates the support from the Province of Manitoba with the Building Sustainable Communities Grants in 2022. In completing these upgrades, the RM of East St Paul can continue to maintain our Parks and Recreation Facilities for residents and user groups," said Kurtis Johnson, ESP Assistant Operations Manager.



Left to right, front, Coun. Charles Posthumus, Assistant Operations Manager Kurtis Johnson, MLA Jeff Wharton, Coun. Carla Devlin. Back row, Mayor Shelley Hart, Couns. Brian Duval and Orest Horechko.

## Lions Club Show & Shine is back

Keep July 24th open for the Lions Club of East St. Paul's 21st annual Show & Shine car show at the ESP Arena complex at 266 Hoddinott Rd.

The event will feature a beautiful array of vintage vehicles and bikes, beer gardens, food as well as children's activities.

New this year the Lions welcome the addition of a vendors row.

Bring the family for a great afternoon of fun, food and a visit to the past and future world of bikes and automobiles.

For more information go to eaststpaulionsclub.ca

### Material Girls showing alongside Show & Shine

The Material Girls will be holding a quilt show on July 24th in conjunction with the Lions Club Show & Shine car show.

The Material Girls are a dedicated group of quilters who meet weekly at the ESP 55 plus Activity Centre. They work on their own quilts while enjoying each other's company, and once a month they work on quilts to be donated to charitable causes.

Come out to the Show & Shine to see their terrific work!



The 21st edition of the Show & Shine takes place this year on July 24th at the arena.

## ESP's Lipchen ready for Canadian Ironman test

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For him, the two sort of meld together.

"Most of the time that's a very awesome scenario, but obviously the disadvantage of that is it's hard to get away from it," he laughed.

"If I'm not coaching or planning an event or training my athletes, then I'm the one that's actually doing the training myself. I'm lucky though, it's something I've been doing for so long, I started coaching around 20, 22 years old. There's a bunch of coaches in Canada, but not too many that do it quite the way I do it."

The road to Ironman Canada keeps getting shorter and Lipchen said he's as prepared as he can be for the monumental challenge Ironman presents.

He's looking to come in under 10 hours – we'll be cheering him on.



# Councillor Corner

Ward 2 - Orest Horechko

I hope everyone is having a great summer. The weather is cooperating some of the time, so please get outside and enjoy East St. Paul's parks and trails and recreational spaces.

As this is the July newsletter, I want to say I hope everyone had an enjoyable Canada Day. I attended the Legion's Canada Day event and it was a great day.

Before that I took part in the East St. Paul Super Run. The photo at right shows myself and fellow runner Wendy Galagan, CEO of McDonald House. There were fewer runners than previous years, but it was a great run for families and I know it will continue to grow every year going forward. Congratulations to all who took part and to the organizers. A job well done.

I would like to update residents of Ward 2 on the hydro outages that had been occurring numerous times daily. They were short outages, but they were frequent and were annoying as well as concerning.

Manitoba Hydro has informed council that during their investigation of the situation they found an underground cable that was slowly degrading and was a leading cause of the outages.



The affected section of cable has been located and repaired and Manitoba Hydro says the problem should be solved.

I want to thank residents for their patience during this time.

East St. Paul council had the privilege to be present when the new Chief and Council at Brokenhead Ojibway First Nation were sworn in. Present were myself, Deputy Mayor Brian Duval and Coun. Charles Posthumus.

Enjoy the summer!

# Thanks to 'Nothin' but Nets'



The RM of East St Paul would like to thank Basketball Manitoba and Carla Russell for the two new basketball nets located at Hugh McDonald Park. Basketball Manitoba announced earlier this year the return of an initiative to give away up to 250 FREE basketball nets to be installed on public courts across Manitoba. The "Nothin' But Nets" campaign aims to get every outdoor public basketball court outfitted with a new mesh this summer.

# Last day of pickleball July 28

There's still time to get in on the pickleball fun! In July, pickleball at the ESP Arena takes place Tuesdays and Thursdays from 10am to noon and Wednesday from 9:30am to 12:30pm.

The final pickleball day is Thursday, July 28.



# Flower donation keeps ESP beautiful

The RM received a generous donation of flowers to plant from resident Penny Kaminski. She grew the flowers in her greenhouse and when she realized she couldn't use them all, she sold some and then called the RM.

"This year we had more than we needed," she said.

They sold a few and then contacted the RM's Assistant Operations Manager Kurtis Johnson to see if he could find a home for them.

"I called Kurtis and asked if the RM would want them, and he said yes, so that's where they ended up."

Penny's flowers have been planted in the planters on Birds Hill Road and at the Administration office. They were great fillers!

Thanks to Penny for helping keep East St. Paul beautiful and having pride in her community.



# Congratulation to the Day of the Garden photo contest winners!



First place Day of the Garden winner, left, is Myroslava Coninec and the second place winner, above, is Elke Busilla. June 18th was the annual national Day of the Garden. ESP residents were asked to submit photos of their gardens to the RM and the winners would be shared on our social media and in the newsletter. Congratulations to everyone who took part, you are all winners!



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