

# Your Community

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

September 2022

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## Fido's license now lasts a lifetime

The RM of East St. Paul has made a significant change to the licensing requirements for dog owners under its dog by-law.

All dogs over the age of six months are required to be licensed, but the license is now good for the lifetime of the dog.

Previously licenses had to be renewed yearly.

For the RM to issue a license, the owner must provide proof the dog has been vaccinated for rabies no more than three years before the date of the application for the license and must be either microchipped or tattooed.

The cost of a lifetime license is \$35 per dog. A maximum of three dogs are permitted per household; for additional dogs you must apply for an excess dog permit. If you lose your dog's license tag, a replacement is available for a fee of \$5.

The new lifetime license tags will be available at the RM office in the coming months (they are on order). Information will be posted on our website and sent out by email for those registered to receive our notifications.

You can sign up on our website @ [eaststpaul.com](http://eaststpaul.com)



## Local artists' work on display



The RM of East St. Paul Municipal Office is again featuring paintings by local artists. This month's works by Jackie Bockstael and Maureen Wurch are adorning the walls.



## Countdown to Take Action on Radon

### - 100 Test Kit Challenge Initiative

In the August newsletter, residents were informed that the RM of East St. Paul will participate in the Take Action on Radon – 100 Test Kit Challenge this fall. The initiative is spearheaded by Take Action on Radon which is a national program funded by Health Canada to bring together stakeholders and raise awareness on radon across Canada. The countdown continues.

100 free radon test kits will be made available to residents of East St. Paul on a first come first served basis. You will be able to register for a free test kit once the program is launched in October.

The test kits will be provided free of charge to anyone who wishes to participate.

Residents are reminded the initiative will not be starting until

mid-October.

There will be detailed information regarding this initiative in the October newsletter. Stay tuned for the particulars.

In the meantime, if you have questions regarding the Take Action on Radon – 100 Test Kit Challenge, please email [administration@eaststpaul.com](mailto:administration@eaststpaul.com).

## Tampering with election signs serious offence, RCMP say

You will soon see many election signs all over East St. Paul and nearby communities as candidates get to campaigning.

Sgt. Kent McEachern of the RCMP says it's important you leave those signs alone.

"Yes, it is election season and there is a heavy fine for tampering or destroying election signs under the Criminal Code," says Sgt. McEachern. "It's an indictable offence that could get you up to five years in jail."

He knows that sounds harsh, but there is a reason for it.

"It may seem minor. Everyone has their own political views and opinions and they may think it's funny or humorous to remove a sign or damage it, but it is taken very seriously by the courts," says Sgt. McEachern. "They want to ensure that everyone has equal opportunity to put forward their position."

McEachern adds they wanted to get the word out early.

"It's very serious, to the point that it has its own section of the Criminal Code to deal with it," says Sgt. McEachern. "We want to warn people to be very careful not to touch or damage these signs in any way, or it could have some dire consequences."





# Fire Department News

## Propane BBQs

It has recently come to light that some residents in the municipality are using their propane bbqs inside of their garages or other structures. This is not only a very dangerous practice but it also prohibited by the Manitoba Fire Code.

Propane gas is heavier than air and accumulates at floor level. If propane is used in an attached garage etc., there is a chance the gas could migrate into the actual residence. Once inside, the propane may come into contact with an ignition source such as a furnace pilot light. As a result,

an explosion could occur which could cause serious property damage, severe injury or even death to occupants. The propane could also be ignited and cause an explosion in the garage should it come into contact with an ignition source.

The fire department is reminding residents that propane bbqs should only be used in an outdoor setting.

## Fire Prevention Week

This year marks the 100th anniversary of Fire Prevention Week. Fire Prevention Week is an annual initiative sponsored by the National Fire Protection



Association or NFPA. During Fire Prevention Week, children, adults, and teachers learn how to stay safe in case of a fire. Firefighters provide lifesaving public education in an effort to drastically decrease casualties caused by fires.

This year, Fire Prevention Week takes place from October 9th to 15th. The theme for this year is: "Fire won't wait. Plan your escape".

There will be more information provided in the October newsletter as well as other municipal social media platforms during Fire Prevention Week.

# Reduce the risk - lock your vehicle

Red River North RCMP have seen an increase in break and enters and vehicle thefts. I know you have heard this reminder before, but it is important to always lock your car whenever it is left unattended. Studies have shown that the vast majority of vehicles that are burglarized or stolen have been left unlocked. Don't be the next victim. Here are several simple steps that everyone should follow.

- Always lock your vehicle,

even when it's parked in your driveway or garage.

- Always take your keys or fob with you.
- Never leave or hide a smart key, valet key, or spare key anywhere in or on your vehicle, no matter where you park it.
- Never leave your car running while unattended or unlocked.
- If possible, park your vehicle in a locked garage.
- Park in well-lit areas.

- Keep the exterior of homes and driveways well illuminated.

- Close all your vehicle's windows completely when parked.

- Consider installing a GPS system, a visible anti-theft device or an audible alarm.

- Never leave valuable personal property in your vehicle.

- Also, secure the transmitter for your garage door opener to prevent access to your home.

Pay careful attention when you leave your vehicle and when you return to it. Watch for people lurking or stalking nearby. You do not want to be their next victim. Absentmindedly talking on your cell phone instead of being alert makes you a soft target for crime.

**Sgt. Kent McEachern**  
Red River North  
RCMP Detachment

## ESP receives trails funding

The RM of East St. Paul received \$36,000 from the Manitoba Government and Trails Manitoba for enhancements to the Marconi Trail.

The grant was part of a \$970,000 investment into recreational trail projects across the province announced last month.

Municipal Relations Minister Eileen Clarke and Environment, Climate and Parks Minister Jeff Wharton made the announcement.

"Our government is excited to continue building, enhancing and expanding Manitoba's trail network in partnership with volunteer and community organizations like Trails Manitoba," said Clarke. "We are committed to creating affordable outdoor recreational opportunities to benefit the health and well-being of all Manitobans."

"Manitobans love to get outside and enjoy the great outdoors, and our government is proud to share these investments in new and enhanced trails in our province," said Wharton. "We are excited to help provide new ways for Manitobans to connect with nature and explore our province."

The 2022 Trails Manitoba Grant Program is funded by the Manitoba government through an endowment fund with The Winnipeg Foundation. This includes the Manitoba Trails Improvement Endowment Fund, the Manitoba Trails Improvement Fund – Rural, and the Manitoba Trails Strategic Fund.

## Pritchard Farm pedestrian bridge replacement begins this month

Work on replacement of the Pritchard Farm pedestrian bridge is expected to begin later this month.

The bridge was constructed as part of Phase 3, Stage 1 of the Pritchard Farms Properties development in 2000. Issues of decay were identified as part of maintenance that was undertaken on the bridge deck.

The project was awarded to Armcon Ltd. Completion is expected in mid-October, and is weather dependent.



East St. Paul Counc. Charles Posthumus, third from left, and Orest Horechko, third from right, took part in the Southern Chiefs Golf Tournament last month.



## Summer lined with silver for East St. Paul's Anja Krueger

Anja Krueger had quite a memorable summer.

The East St. Paul resident competed in her first Canada Summer Games and came away with a Silver medal in the Triathlon Sprint.

Not only did she medal, she earned Manitoba's first medal of the Games, held Aug. 6-21 in Niagara, Ont. It was a wonderfully proud moment for the long-time swimmer who added triathlons to her repertoire.

"It was absolutely amazing to win the first medal for Manitoba," Krueger said.

"I was so incredibly proud to kick off the medal count for Manitoba, and to hopefully inspire all of my fellow Manitobans competing at the games."

Team Manitoba finished the Games with 37 medals in total — 10 gold, 10 silver and 17 bronze.

Krueger said she started as a swimmer, and still considers that to be her primary sport. She began doing triathlon years ago to add some variety.

"I am first and foremost a competitive swimmer so when I was younger it was something I did to fit in some more variety in sport so I wasn't just swimming all the time at a young age and it was also truly something I enjoyed," she said.

She experienced success early on, winning a Manitoba Games silver medal at the age of 12 in triathlon. She stepped away from the sport afterwards to concentrate on her swimming again.

It wasn't until Covid hit that she returned to the triathlon. With pools closed, she accepted an offer from triathlon coach Gary Pallet to come out and train, which she did with the Manitoba Triathlon Club up until she left for school at the University of British Columbia.

She resumed training last spring when she came home from school, making her silver at Niagara an even bigger accomplishment.

"I had not competed in triathlon since I was 12 until June this year," Krueger said.

"I was also happy to have earned the first medal in a niche sport like triathlon, hopefully the success will draw some more attention to the sport and encourage younger athletes to try it out as I truly believe it's an awesome lifelong sport that has an incredible community behind it."



Krueger, above left on the podium at the Canada Games, won silver in the Triathlon Sprint. Below, road rash didn't deter her during the race, where she finished just 16 seconds behind the gold medal winner.

Krueger's strength in the three sports that make up a triathlon would be swimming and she's been pleased with her run times as well. She said the bike isn't her strong point, but in Niagara her performances in the other two legs propelled her to the podium.

"I was over the moon about the run splits in all of my races at the Games," she said.

"I am not a very experienced cyclist so I never started the run with the leaders but on each one of my races I made up significant amounts of time on the run. In the individual sprint event where I won silver I was 1:10 seconds down on the leader but finished 16 seconds behind in the end."

She, along with several others, took spills on the bike on a day that was rainy and windy. With some road rash on her hip, she continued and raced on toward the podium.

She laughed and said the conditions, and the crash, made the race "very exciting".

She said comparing times between events is difficult — each course is different, sometimes even in length, but certainly in composition. Weather factors into each race as well.

She's currently back at school at UBC where she's taking sciences with plans to major in biology. Swimming and triathlon are still very much part of her life. She's working with Pallet on both.



"The Games have definitely set some things in motion but regardless of what I decide to

pursue I would love to continue competing in triathlons, they are super fun!"

## Learn about forests during National Forest Week

National Forest Week is Sept. 18-24 and this year's theme is 'Canada's Forests: Solutions for a Changing Climate'.

National Forest Week began in 1920 as Forest Fire Prevention Week and was renamed in 1967. Originally meant to encourage greater public awareness of Canada's forests, it has evolved to encompass the many and varied human and environmental aspects of our country's forest resources — past, present and fu-

ture.

Suggestions for ways to participate in National Forest Week:

1. Take a walk in woods nearby and get to know your forest. This could be in a park like Assiniboine Park, a Provincial Forest, or an urban forest in your own community. This is a great way to learn about different tree species in your neighbourhood and community.

Stumped? Try the iNaturalist site: <https://www.inaturalist.org/guides/8023>

<https://www.inaturalist.org/guides/8023>

2. Everyone can participate in this activity. Take a few minutes to look around - how many things can you see in your home, office, or surroundings that are made out of wood? All those products were once a part of the forest!

3. Learn about the prevention of forest fires: <https://www.gov.mb.ca/wildfire/firesmart.html>

4. Plant a tree! Or care for

the trees already planted. Some may be neglected and need your help with watering, weeding or protective fencing.

To learn more about forests visit Canadian Institute of Forestry activities - <http://www.cif-ifc.org/national-forest-week/> Field Guide - <https://www.gov.mb.ca/sd/pubs/forest-lands/field-guide.pdf> or contact Manitoba's Tree Line at [treeline@gov.mb.ca](mailto:treeline@gov.mb.ca) or 204-945-7866.



# Councillor Corner

## Ward 4 - Charles Posthumus

This summer has seen residents involved in recreational activities and enjoying time to rest, relax and rejuvenate. The Farmers Market has been an enormous success and has seen record numbers attending every week. There has been high usage of our facilities and our trail systems. The new play structures installed at By the Park and Countryside Crossing have seen families enjoying them this summer. The East St. Paul Lions Club Car Show was a tremendous success seeing well over 400 cars enter.

In Ward 4 road maintenance has been ongoing with work completed on Wallace, Glenway, Elkhart Lane, Benham Way and Southlands ranging from crack seal repair to road replacement. Drainage in Ward 4 continues to be a priority. The water looping system for Countryside Crossing is now complete ensuring Countryside Crossing residents will always have access to water in case of a water main break. Work is underway at the soccer/baseball complex adding a new building for equipment storage. In Ward 4 we have installed solar safety cross walks on the school crossing on Foxgrove and on the Marconi Trail at Sperring Avenue and Pritchard Farm Road.

Council has recently approved extra lighting on Raleigh from Pritchard to Sperring Avenue. There will be better lighting on access to Wallace, Maple Lane, and Sperring. Work will commence in the coming months and will be completed by Manitoba Hydro. There have been upgrades and general maintenance projects completed throughout Ward 4 and across the Municipality throughout the summer months. Some of the work has been completed by over 20 summer students hired through provincial and federal grant programs. Our students have supported the municipality as recreation assistants, office support staff and public work staff, we thank them for all of their work this summer!

Residents of Ward 4 have been concerned over the high noise levels as a result of the new highway expansion. The RM has been collaborating with local residents to have the Provincial Government address the issues created by the noise levels. To date the province has conducted noise studies and has communicated with the RM that they are within acceptable levels. The RM has requested additional studies and meetings with Provincial Government officials as our residents and municipal staff have information suggesting noise levels are greater than the Provincial study indicates. The RM will continue to work with the province to address these concerns.

In addition, Ward 4 residents have requested to have the underpass at Sperring Avenue and Raleigh/Gateway opened to traffic. This is currently under review by the Province, the City of Winnipeg, and the RM of East St. Paul. The RM does not cur-

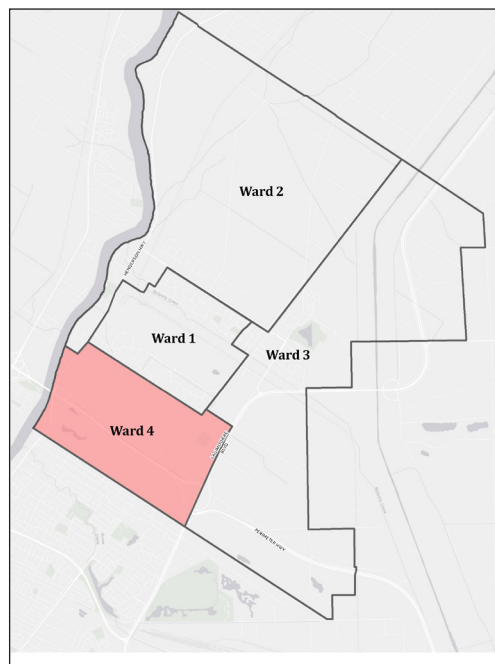


rently have the authority to open the underpass as the province has control over it. The issues surrounding opening the underpass include traffic rates on Foxgrove, Glenway, Gateway and Raleigh and the ability for these routes to accommodate the increased traffic. The RM will continue to work together with the Province and the City of Winnipeg to come to a resolution that will be safe and beneficial to all residents. Further information will be shared in upcoming newsletters regarding our progress.

Fall brings closure to summer and welcomes new adventures and opportunities. As students head back to school and recreational activities, we look forward to setting up new routines and enjoying all that East St. Paul has to offer. I would encourage you to check out the RM website, eaststpaul.com, where you will find links to all available opportunities for both young and old!

This fall brings a municipal election to the Province of Manitoba. I would like to congratulate all those running and encourage all residents to vote on October 26, 2022. I would like to thank our current Mayor Shelley Hart for 8 years of service to the residents of East St. Paul and wish her well in her future endeavors.

I have been proud to serve the residents of Ward 4 and the Municipality of East St. Paul. Should you have any questions or concerns I may be reached via telephone at 204-663-0210 or via email at charles.posthumus@eaststpaul.com





**FITNESS**  
RM OF EAST ST. PAUL  
Fall 2022

**Barre Fitness – Michelle Maryk**  
11 Tuesdays; October 4 to December 13  
Full price: \$121.00 | Drop in: \$11.00/class  
5:45 – 6:45 pm

With a combination of yoga, Pilates, and ballet exercises, expect a rigorous full-body workout! Exercises target the core, upper body, glutes, and legs. You will benefit from a killer workout, performing ballerina movements to achieve those beautifully chiseled legs! Modifications available. No dance experience required; no choreography during class.  
*Please bring a water bottle.*

**Martial Arts – Nelson Ortigoza**  
11 Thursdays; October 6 to December 15  
Full price: \$242.00  
6:00 – 7:00 pm

Adults and children welcome. Tukong 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. \*\*

**Total Body Switch Up – Kristy Loewen**  
10 Mondays; October 3 to December 12  
Full price: \$110.00 | Drop in: \$11.00/class  
10:00 – 10:45 am

With a combination of resistance, cardio, and body weight exercises, expect a rigorous full-body workout! Each class will provide a different focus/target muscle group. You are sure to tone up and sweat, as you gain muscle and strength! All levels welcome.  
*Please bring a water bottle.*  
\*\* No class October 10 \*\*



**YOGA**  
RM OF EAST ST. PAUL  
Fall 2022

**Vinyasa Flow – Michelle Maryk**  
11 Tuesdays; October 4 to December 13  
Full price: \$121.00 | Drop in: \$11.00/class  
7:00-8:00 pm

This vinyasa flow-style yoga class focuses on linking breath with movement, while getting the heart rate up. Expect a workout during this class! Great for building upper body strength, increasing flexibility, cardiovascular health, and maintaining a lean, toned, healthy body. All levels welcome.  
*Please bring a yoga mat and water bottle.*

**Yogalates – Kristy Loewen**  
10 Mondays; October 3 to December 12  
Full price: \$110.00 | Drop in: \$11.00/class  
11:00am – 12:00pm

Yogalates is a mixture of Pilates and yoga. This practice provides core strength and flexibility of Pilates, along with balance and relaxation of yoga. The combination will provide you with long, lean muscles. For an additional burn, get ready to use bands! All levels welcome.  
*Please bring a yoga mat and water bottle.*  
\*\* No class October 10 \*\*