



SEPTEMBER EDITION

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



RM OF EAST ST. PAUL

# Pedalling success

**S**arah Gravelle-MacKenzie is enjoying the last bit of summer cycling, always hoping for more sunny days to get out and ride her bike.

For Sarah, cycling is a passion, and as the founder, along with co-founder Rose McDonald, and leader of the senior women's Cycling with Sarah group, it's become very much a year-round commitment.

On Sept. 17 they're hosting an invite-only information session upstairs at the East St. Paul Arena for about 20 ladies on the club's waiting list. Seventeen new members, chosen by random draw, will be joining the 80 women who are already Cycling with Sarah members, either in the original group that started in East St. Paul just three years ago, or one of the satellite groups, run in south Winnipeg and the newest in west Winnipeg.

"It's insane how much it's grown," Sarah laughed.

"So this year we had 80, the first year we had 18 members and the second year was just under 60 and next year will be 97."

Sarah, 71, says the growth is the result of hard work by the members themselves, who are as committed to the group as she is.

"It's phenomenal, we're growing because of the ladies stepping up. We did a lot of training this year for ride leads and ride sweeps, and so many of the ladies said they could do it, so we trained them and now they're ready to go."

A ride lead is the rider at the front who sets the pace and the sweep is at the back, making sure everyone stays with the group. If some are falling behind, the sweep calls out the need to slow down, and the ladies pass the message up the line to the lead.

The group is about senior women riding bikes and so much more. Sarah says the club is committed to physical and mental wellbeing of senior women and supporting each other at all times.

"It's about all kinds of health, physical health, mental health, social wellbeing and the health of others too," she said.

"When we started, I had no idea. I just wanted to ride bikes. I didn't know if anyone would even show up, but it just keeps growing and I think the big piece is we're truly about community and wanting to give back to our community."

Sarah and Rose are Liv Canada Ambassadors and recently the Cycling with Sarah group was chosen by Liv in the Community Builder category to be featured in a video. The video, produced by Handcraft Creative, can be seen on [liv-cycling.com](http://liv-cycling.com). Liv Canada's mission is to promote having more women cycling.

The video has been entered into the 2026 New Zealand Big Bike Film Festival.

"We've really built not only our cycling community by growing the ladies in our club but we've connected with our community of East St. Paul and with the local businesses that support us. It was a huge honour," Sarah said.

The film festival will select about 15 videos that will be shown, and the Manitoba Cycling Association will host it's own Big Bike Film Night in Winnipeg for enthusiasts to attend and



# Property Tax DUE DATE is Monday Sept. 29<sup>th</sup>



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:

- o Electronically:
- o Online Banking (please ensure you have made your payment 3-5 days ahead of the due date to avoid bank delays & late fees). Tip: Your Account Number will be your 10-digit Roll Number located on your tax statement. **Omit the decimal when entering your Roll Number.**
- o E-transfer to: [administration@eaststpaul.com](mailto:administration@eaststpaul.com) (please include your home address in your e-transfer notes)
- o In-person (located at 3021 Birds Hill Rd. Office hours are Monday – Friday from 8:30am – 4:30pm)
- o Debit (remember to call your bank ahead of time to increase your debit card limit)
- o Cash
- o Cheque (addressed to RM of East St. Paul).
- o Night Deposit Box (located outside of our entrance doors at 3021 Birds Hill Rd.) Please ensure that your cheque is placed in a sealed envelope. Do not leave cash.
- o Mail: Cheques may be mailed to: RM of East St. Paul Unit 1-3021 Birds Hill Rd East St. Paul, MBR2E 1A7



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

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# Peddalling Success

Continued from front page

watch. If Cycling with Sarah is chosen, we'll let you know in a future newsletter.

Supporting community is important to all the members, Sarah said, noting they participate in the East St. Paul Day Parade and volunteer for things like the Mobile Ski Library put on by the non-profit Winnipeg Trails at East St. Paul's Flurry Day in February.

They were featured by CTV News and a film crew came to East St. Paul and filmed for three hours and interview Sarah and three other members. When producers asked Sarah where they should film, she chose Centennial Plaza outside the municipal office.

"When they asked where we wanted to shoot it I said in East St. Paul, this is where it all began," she said.

"They did five interviews, I did the first and last and Rose did one and two other ladies. We talked about senior women's health and about building community. It was very cool."

They support other causes throughout the year as well, including donating to Willow Place in Winnipeg and Nova House in Selkirk, both women's shelters. This year, the members donated \$1,935 to Willow Place.

"We all donated and then reached out to some family as well, but the vast majority was donated by our women," Sarah said.

Next up, is Socktober, where the ladies collect socks to be donated to the Main Street Project.

A donation bin will be set up at the East St. Paul Arena throughout October so everyone can donate. If businesses would like to have a bin, they can contact Sarah and she'll set you up with a poster for your bin.

Last year, Sky's the Limit Montessori Daycare in Birds Hill collected too.



Cycling with Sarah members with new East St. Paul Rec Services Coordinator Caitlyn Haney and below, out for a ride!

"It was unbeknownst to me until they contacted me and said they'd been collecting socks for us," she said.

"It was so cool, that's the whole community piece. They said they saw what we're doing and they wanted to help. It was so incredible."

And finally, they put together supplies for the Manitoba Shoebox Project which supports women at risk of homelessness.

"Every box has to be the same, so you have a list of items they're looking for, and then you write an inspirational note so the women feel that people do care."

And on top of this, they ride bikes! In the off season, they hike, snowshoe, cross-country ski and fat bike.

Here's hoping that Cycling with Sarah will be featured in the New Zealand Big Bike Festival!



## Volunteers Wanted

*Make a Difference in Your Neighbourhood*

# COPP

**EAST ST. PAUL IS A GREAT PLACE TO LIVE!**  
JOIN THE CITIZENS ON PATROL PROGRAM (COPP) AND VOLUNTEER JUST A FEW HOURS A MONTH TO SUPPORT COMMUNITY SAFETY

- ✓ Patrol with a friend
- ✓ Full training provided
- ✓ Flexible commitment

It's a simple way to make a real difference in your neighbourhood!

**Contact: [COPP.eaststpaul@gmail.com](mailto:COPP.eaststpaul@gmail.com)**

**COPP**  
CITIZENS ON PATROL PROGRAM  
PROGRAMME CITOYENS EN PATROUILLE

## PET OF THE MONTH

# SEPTEMBER

### I'M ODIN!

This is Odin; he loves fruit and vegetables which keeps him in fine shape to chase the backyard squirrels!

**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!

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

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



# Fire Prevention Week is October 5-11

The theme for this years Fire Prevention Week has been announced. The theme this year is “Charge into Fire Safety – Lithium-Ion Batteries in Your Home”. Your fire department will be communicating with the residents throughout the week via the social media platforms. In addition, keep an eye out for information which will be posted in the October newsletter.

### 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 firefighter’s 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 Au-



gust 21st, we have responded to 260 calls which is about the same as this time last year. 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](mailto:fire.department@eaststpaul.com) and someone will get back to you.

### Thank you

Your East St. Paul Fire Department

**ESP Parkinsons Walk is Sept. 6, 10-11:30am at Birds Hill United Church**

## ESP Farmers Market runs till Sept. 28



The Farmers Market has enjoyed another successful season, and it’s not over yet!

You can check out the wide array of vendors on Sundays, from 10am to 2pm, until Sept. 28.

The Farmers Market is located at 302 Hoddinott Road, near the ESP Arena. Plenty of designated parking is available in the arena parking lots.

# Road construction update

East St. Paul’s 2025 roadworks programming is nearing completion. It’s been a successful season, and while some projects are wrapped up, there are still several ongoing.

No interruptions to garbage and recycling pickup are anticipated throughout the remainder of the construction season.

- Applecross Drive: Complete
- Glenmoor Place: Complete
- Orkney Drive: Final restorations ongoing
- Andrews Road: Complete
- Valerie Place: Final restorations ongoing
- Tartan Way: Final restorations ongoing
- Manlius St North: Complete
- Birchwood Crescent: Complete
- Pickleball Courts @ ESP Rec Facility: Asphalt complete, court build upcoming
- Glenlivet way: Concrete repairs complete
- Henderson Hwy @ School: Final restoration ongoing
- Marconi Trail: Landscaping in progress
- Swistun Park @ Birds Hill Rd: Sidewalk excavation ongoing
- Bracken @ Ridgeway: Intersection repair ongoing

### A reminder to Residents:

- Road Access: There may be temporary road closures or limited access in construction areas between 7 am and 7 pm.



- Noise and Dust: Residents may experience increased noise levels and dust during excavation activities. We apologize for any inconvenience this may cause and appreciate your understanding.
- Safety: Please exercise caution when traveling near the construction zone. For your safety and that of the construction workers, please follow all posted signs and instructions.

Contact Information: If you have any questions or concerns, please do not hesitate to contact our office at (204) 668-8336 or [operations@eaststpaul.com](mailto:operations@eaststpaul.com).



Sisters Everyn, left, and Norah enjoyed an afternoon at the ESP Skatepark in August!

### East St. Paul Dog Park New Solar Lighting & Improvements

We’re excited to share some great updates at the East St. Paul Dog Park!

New Canadian made solar lights were installed at the park and provide up to 10,000 lumens of light, making the park more usable and safer year-round—especially as the days get shorter.

In addition, a new gravel pathway has been completed to the park entrance, improving accessibility for all users. The small dog area is also complete, giving our four-legged friends more space to enjoy. Coming soon, is a new water fountain.

**Also, a reminder to residents that dogs are required to be leashed at all times when not on your own property or in the dog park.**





# Councillor Corner – Orest Horechko

When was the last time you had a chat with someone in your neighbourhood? A real, face-to-face chat? For some people, the answer might be too long ago. Connecting with family, friends and neighbours in person – not just through email or Facebook- is important to foster stronger, safer, happier, and more connected neighbourhoods.

The value of being a good neighbour and the significance of in-person social interaction is probably needed more now than ever. Social media offers convenience and connectivity, but it cannot replicate the warmth, understanding, and community we get from face-to-face encounters.

To be a good neighbour means building relationships based on kindness, trust, and open communication. Good and honest communication and simple gestures nurture community—a smile in the morning, organizing a neighbourhood get together, or asking for help when you are in need. Whether it's collecting mail for a neighbour on vacation, shovelling a shared walkway after a snowfall, or offering support during difficult times, these acts foster goodwill that connects our community. These seemingly small acts change a neighbourhood from a collection of houses into a living, breathing community.

Digital tools can help when neighbours are away, or for quick check-ins, but nothing beats old fashion conversation. Social media can be helpful for advertising events or lost pets, and can help supplement our relationships, but it is important to not let it replace the true, in-person connection. There is no misunderstanding when we are talking to each other. By



striving to be good neighbours and seeking out direct human interaction, we build stronger, more resilient communities—ones where trust flourishes, kindness is contagious, and everyone feels at home.

What did we do before cell phones and social media- it was a simpler life. Go check on a neighbour or share some garden veggies. Let's try to enjoy the rest of our summer and upcoming fall with less time spent on our digital tools and more time with those around us!

# Artist of the Month



EDITH MUZYKA

Edith has been inspired by nature as can be seen in her photography. She has developed her hobby of photography over many years.

She especially enjoys photographing the wildflowers, wildlife and landscapes of Manitoba. Her many hiking expeditions in the Birds Hill, Brokenhead and Riding Mountain National Park areas have led her to discover the many native wild orchids that grow in Manitoba.

Since her retirement from teaching she now devotes more time discovering new areas in which to hike and do photography.

Edith's work is on display in the RM Municipal Office.

## Henderson Legion 215 Corn Roast Sept. 21, 1-5 pm

Fill up on corn and barbecued hamburgers & hot dogs at the Legion Sept. 21, from 1-5pm. You can also have fun playing Music Bingo.

On Sept. 20th, the band Night Train will be playing at the legion starting at 7:30pm.

Sept. 27 is the Legion Yard Sale (Rain Date Sept. 28), 9am-3pm. \$20 donation to the Legion for a table. For details, call Coreen 204-340-2551.



## 2025 LEAGUES, CLINICS & LEARN TO CURL OPPORTUNITIES

Registration for all CurlESP Leagues opened on August 25<sup>th</sup> - Visit our website for more details

Strategy Curling Clinic - **New!**

Thursday Sept 25, 2025 - 6:30 pm to 8:30 pm

Novice Curling Clinic - **New!**

Saturday Sept 27, 2025 - 10 am to 12 pm

Intermediate Curling Clinic

Saturday Sept 27, 2025 - 1 pm to 3 pm

Beginner Stick Clinic

Saturday Sept 27, 2025 - 10 am to 12 pm

Intermediate Stick Clinic

Saturday Sept 27, 2025 - 1 pm to 3 pm

Learn to Curl Clinics Only

Saturdays from Oct 25 to Nov 22, 2025  
1 pm to 3 pm

Learn to Curl Clinics AND Game Play

Saturdays from Oct 25 to Nov 22, 2025 & Game Play from Nov 29, 2025 to Jan 31, 2026  
1 pm to 3 pm

**CURL ESP OPEN HOUSE**  
Wednesday, September 10, 2025 beginning at 6:30 pm  
Interested in curling? Come on down and talk to us!

Visit [www.eaststpaulcurlingclub.net](http://www.eaststpaulcurlingclub.net) for more details



RM OF EAST ST. PAUL

# FALL Programs

Flexy Fit  
Flexy Flow Yoga  
YIN & SMR

Martial Arts

Pilates

Zumba

Adult Pickleball Registration

More activities & workshops will be announced soon

Visit [www.eaststpaul.com](http://www.eaststpaul.com) for more information

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