



Your Community

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

September 2023

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.

Focused training propels Krueger to top

East St. Paul's Anja Krueger continues to impress as a triathlete, climbing the podium twice this summer with third- and first-place finishes.

Krueger, who earned a silver medal at last year's Canada Summer Games, took third in her debut in the Americas Triathlon Cup (ATC) circuit in Montreal this July and followed that up with first against an elite field seven days later when the ATC rolled into Long Beach, Calif.

For the 20-year-old, who started out as a swimmer and morphed into a triathlete, her success this summer was proof the training she and her coaches designed was paying off.

"Going into these races my coaches and I were really focused on learning and developing my racing skills," Krueger said.

"The goal was to acquire experience and have fun. After my first America's Cup in Montreal I definitely surprised myself, I had never raced with this caliber of athletes before, and wasn't sure how I was going to compare and if I was going to see results of the focussed work I had put in for the last two months."

Buoyed by her experience at her first race, Krueger was looking forward to the next one, but she couldn't have been prepared for the outcome. Krueger won the race by 15 seconds over the second-place finisher, a veteran athlete from Japan.

"The success in Montreal certainly provided me with a lot more confidence in my physical ability so I wasn't shocked with my execution of the Americas Cup in Long Beach in terms of my fitness but given my limited experience I was still surprised about my tactical execution and technical improvements during the race," she said.

Another surprise in the California win – though perhaps not to Krueger's team – was her strength during the 5K run, where she pulled away from the pack.

"Growing up in competitive swimming, we did a lot of cross training in running which I am sure is playing a role in my success right now. As far as I understand it, the years in which this training occurred were very important developmental years for your aerobic energy system which is the system used most during a triathlon," she said.

"In addition, I think my current journey in triathlon started with the pandemic. With the



First to cross the finish line in Long Beach, Calif. East St. Paul's Anja Krueger has been making a name for herself on the ATC circuit this summer with finishes of third and first. Below, Krueger with her parents, Karl Krueger and Heidi Nakka.

pools closed I didn't have much of a choice but to adopt other sports I enjoyed like running and cycling, I spent many hours on the treadmill and logged a lot of kilometres outside, rain, sun, or snow during our shut-downs. I think both of these aspects built a really strong base for me to continue to build on in the recent months with some focussed, and higher volume run training with my coaches."

Krueger attends the University of Victoria where she's studying sciences, but she came home this summer to spend time with family and to train full-time with Manitoba Triathlon Club coach Gary Pallet. She also continued with remote training with Patrick Kelly from Victoria.

"Having such a great team of coaches to support me both in person and remotely made it easy for me to come home and spend time with family while being able to train at full capacity," Krueger said.

"Being at home is very important to me, I am very close to my parents and my extended family so having the opportunity to see them was very special to me."

A small injury kept Krueger out of the race after the Califor-



nia win, but she bounced back and finished in ninth place in the U23 ATC in Veracruz, Mex., this month. TC in Veracruz, Mex., this month.

She's now back in B.C., and training is ongoing. There are

still some races coming up this season, including the U23 World Championships in Pontevedra, Spain this month, which she's looking forward to.

Congratulations to Anja Krueger and good luck in Spain!



The Manitoba Canine Dog Show took over the East St. Paul Recreation Complex from Aug. 17 - 20, and spectators watched various breeds compete in obedience and configuration classes.



PLAY TAI CHI WITH US!
From September 27-30, 2023
It will be fun!

Special Tai Chi Classes
Senior CTCA Instructors
Emphasizing the healing and health aspects of your practice.

Wednesday, September 27, 2023.
10:00 am - 1:00 pm - Extended Class
East St. Paul Arena
Banquet Hall, 266 Hoddinott Rd., East St. Paul

Thursday, September 28, 2023.
Special Class with Senior CTCA Instructors
includes LUNCH at 12:15!
lunch: 12:15pm; class: 1:00 pm - 5:00pm: East St. Paul Arena
Banquet Hall, 266 Hoddinott Rd., East St. Paul

Friday, September 29, 2023.
10:00 am - 1:00 pm - Extended Class, East St. Paul Arena

Saturday, September 30, 2023.
9:30 am - 12:30 pm - Extended Class, St. Peter's

Special class: CTCA Member: \$20; non-member \$35
Each Extended Class: CTCA Members \$5; non-member \$15
e-transfer to: cliffyrex@gmail.com (password taichi)
Registration form (page2) to be completed by: Sept 15/23
Email to: cliffyrex@gmail.com



PARKINSON CANADA
SUPERWALK™
FROM SMALL STEPS
COMES GREAT PROGRESS

Let's walk together!

TEAM NAME: LCAngels
WALK DATE: Saturday, Sept. 9
WALK TIME: 10-11:30 am
WALK LOCATION: Birds Hill United Church
2105 Burton Avenue
CONTACT: louisechernetz@me.com or 204-299-7792

 Parkinson Canada

Property Tax due date is Friday, Sept.29.

Payment can be made the following ways to the Rural Municipality of East St Paul (3021 Birds Hill Rd):

- Cheque
- Cash
- Interac (remember to call your bank ahead of time to increase your Interac limit).
- Online banking (please ensure you have made your payment 3-5 days ahead of the due date to avoid bank delays)
- E-transfer to: administration@eaststpaul.com (please include your home address in your e-transfer notes)

We also have a night deposit box located outside of our entrance doors at 3021 Birds Hill Road. Property Tax statements were mailed in July. If you have not received your statement, please call our office at (204) 668-8112.

East St. Paul Fire Department news



The fire department continues to be busy with calls for service. As of August 29th, the fire department has responded to 256 calls. In comparison to this time last year, there were 263 calls to the end of August. The majority of the calls are medically related.

The chart at right shows the calls for the past 5 years. The substantial decrease in 2020 was due to the pandemic. When the call came in as medical, the fire department was only paged out for Priority 1 calls such as cardiac arrests.

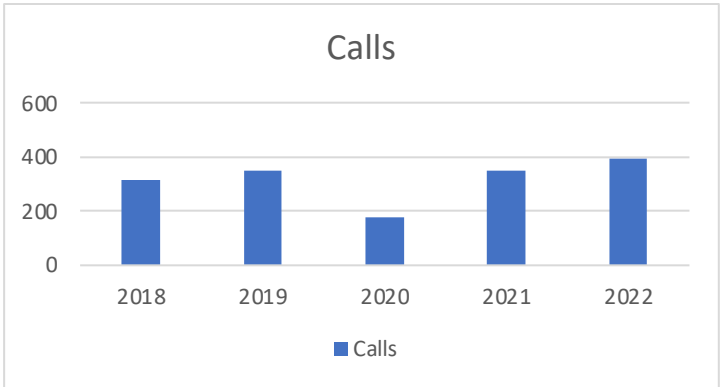
Fire Prevention Week

The annual Fire Prevention Week will be taking place this year from October 8th to 14th, 2023. The theme is: “Cooking safety starts with You! Pay attention to fire prevention”.

More information regarding Fire Prevention Week will be provided to our citizens in the October newsletter and via our social media platforms. Stay tuned!

Your East St. Paul Department

Year	# calls
2018	314
2019	349
2020	177
2021	347
2022	395



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 slow-downs 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 ding-ing 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.

Fall *Floral* Workshop

RM OF EAST ST. PAUL

Join us on **Friday September 29th at 3:00PM** to create a beautiful fall flower arrangement with Delores Harris


Where: ESP Banquet Hall
266 Hoddinott Rd

Cost: \$18.00 (Cash only)

To register:
Call 204-391-1367 or E-mail recreation@eastpaul.com



East St Paul Community Club Announces: Annual General Meeting and Elections



The East St Paul CC will be holding its Annual General Meeting and Elections on Sunday, October 22, 2023 at 6:30 PM in the upstairs hall of the ESP Arena located at 266 Hoddinott Road.

The following board and executive positions will be open for nominations and elections.

The positions are as follows:

Executive Positions – 2 year term

Vice President
Director of Communications
Secretary

Sport Directors – 1 year term

Baseball Director
Basketball Director
Hockey Director
Lacrosse Director
Ringette Director
Soccer Director
Softball Director

All positions will take effect immediately following the AGM. Outgoing members will be asked to assist in the transition of responsibilities through the month of November.

All nominations must be submitted to the office by the date below. Nominations from the floor at the meeting will only take place if a position does not have any nominated candidates before October 22, 2023.

Nomination forms may be submitted to the General Manager at manager@espcc.ca. They can be found at www.espcc.ca. A full list of nominated candidates will be available on-line on **October 20, 2023**. Completed forms are to be emailed to the General Manager at manager@espcc.ca.

If you have any questions, please contact the office at manager@espcc.ca.

East St Paul Community Club
Executive and Board of Directors

Councillor Corner

Ward 3 - Brian Duval

What a great summer! We've had lots of warm weather and precipitation and the municipality has never looked better. Everything is in full bloom and foliage; the trees and shrubs are lush and full and the flowers colourful and spectacular. Hats off to our staff for doing a marvelous job of trimming, mowing, and maintenance.

Speaking of never looking better, I encourage all residents to visit Swistun Family Park (I suspect many have never done so) located right in the center of Birds Hill town center. The view from the top of the hill is most impressive, especially in the late afternoon or early evening.

Over the past couple of years several significant improvements have been made to the park including additional tree planting, resumption of mowing the slopes, and extra picnic tables and benches. We appreciate those benches sponsored by residents as memorials to loved ones, they add a special sense of community pride to the park. And again, special thanks to our operations staff for their great work and diligence.

This year, in keeping with the RM's commitment to accessibility, we plan to construct a new path at the Garven Ave., location suitable for use by the mobility challenged. The path will be a winding configuration with a much shallower slope extending down to the lower level of the park.

On a completely different note we continue to monitor developments in the Sio Silica Sands project in the Municipality of Springfield. There are significant concerns the proposed removal of the underground deposit of silica sand may adversely affect the aquifer which is the source of well water for a vast area, including East St. Paul.

The overall project is split into two separate processes: The extraction of the sand from underground to the surface, and the facility processing the sand located on the surface. Each process was submitted for approval separately, the first being the surface facility. It was defeated by the Springfield council last fall, a decision subsequently appealed to the Municipal Board by Sio Silica. The Board overturned the decision and issued a Municipal Order to the council to reverse

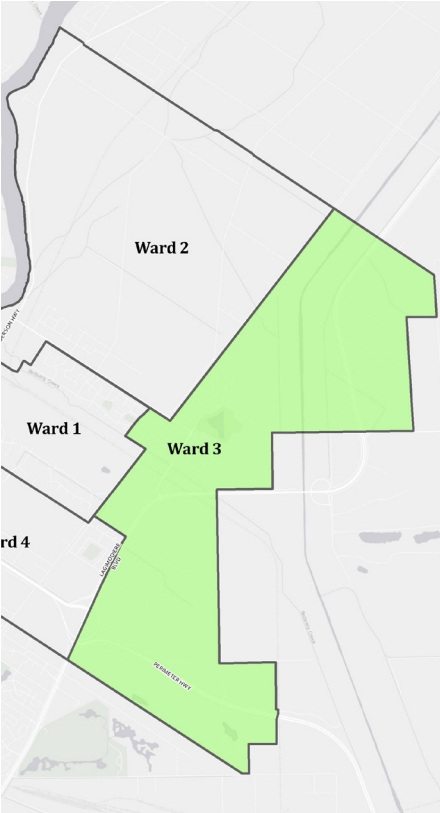


its decision. The council defied the order and the next step is uncertain at this time.

The extraction process was reviewed by the Manitoba Clean Environment Commission which issued a report suggesting the denial of a license until further study and analysis can provide assurance the aquifer will remain safe. The ultimate decision of a license is in the hands of the provincial Minister of Environment.

There has been much in the news lately about coyotes in urban areas including in and around East St. Paul. At least two young boys have been attacked and one coyote actually snuck in the door of a residence in Winnipeg. Be assured your council is working with Manitoba Conservation on a solution to this problem. In the meanwhile, please report any sightings in your neighbourhood to 1-800-782-0076.

In closing I wish all an enjoyable and safe rest of the summer and fall.



Yoga for 3-5 year olds

Yoga Classes for children help them gain body awareness while building strength, balance, and coordination through play.

They will learn basic yoga asanas (postures) and their names through songs, animal sounds, partner stretches, and yoga games in an encouraging atmosphere.

The importance of a child having a positive correlation with exercise, moving their body, and using their mind is crucial for healthy development.

These interactions with their mind and body are important for building confidence, emotional well-being, and physical agility as well as listening and learning skills.

If your child is new to physical activity, this class is perfect for them as modifications and variations will always be demonstrated!

If you have a dancer, gymnast, or little athlete, they will LOVE YOGA as more advanced progressions will be available too.

Tuesdays, Sept. 26 – Nov. 14

5pm - 5:30pm
\$50 for 8 sessions
Register at

Seniors Yoga with Body Benders Yoga activity group

The ESP 55+ Activity Club is a great place to meet other seniors in our community, do some socializing and participate in fun activities.

Body Benders Yoga is the name of our seniors' yoga group and our Fall 2023 yoga session starts on Sept. 2 and runs into December 2023.

We offer a variety of classes throughout the week with qualified instructors leading the classes. And we do this at a rate seniors can afford. (For the Fall 2023 session we are able to keep our cost down to \$4 per class for our members who register for the entire session.)

Details can be obtained by emailing bodybendersyoga@gmail.com. We also have information sheets that can be picked up in the mailbox just outside of the doors at the ESP 55+ Centre located at 262 Hodinott Ave.

The ESP 55+ Activity Club is a volunteer non-profit organization run by seniors for seniors in our community.

We offer a variety of activities including yoga, quilting, line dancing, cards, creative minds (artists), book club, mah jongg, zumba, shuffleboard, pool, music and block therapy.

For more information on the Club and its activities, please email esp55plus@gmail.com.



RM OF EAST ST. PAUL

FALL PROGRAMS LIVE

VISIT EASTSTPAUL.COM FOR MORE INFORMATION