



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



RM OF EAST ST. PAUL

Colours of fall in East St. Paul



School bus safety – slow down, stay alert

Students have been back in school for a month now and with their return Manitoba roads become busier with school buses, children walking to bus stops, and families travelling during the morning and afternoon commute. For drivers, a few extra seconds of caution can help keep children safe.

School buses make frequent stops, and children may be unpredictable as they get on or off the bus. Drivers should always be prepared to slow down and stop when approaching a school bus.

Know When You Must Stop

In Manitoba, drivers must stop when approaching a school bus that has its flashing red lights activated. Drivers approaching from either direction must stop and remain stopped until the bus has deactivated its flashing red lights and it is safe to proceed.

Never attempt to pass a stopped school bus. Children may be crossing the roadway and could be difficult to see from a vehicle.

Slow Down and Watch for Children

Even when a school bus is not stopped with its

red lights flashing, drivers should be especially cautious in areas where school buses and children are present.

Watch for children near bus stops, schools, residential streets, and intersections. Children may suddenly enter the roadway, so reduce your speed and be prepared to stop.

Avoid distractions while driving and keep your attention on the road. Give yourself extra time during school drop-off and pick-up periods.

Give School Buses Space

A school bus may stop frequently and may need additional room to maneuver. Be patient, maintain a safe following distance, and never pass a bus when its red lights are flashing.

Remember that the few seconds you save by passing a stopped school bus are never worth putting a child's safety at risk.

Everyone Has a Role in School

Bus Safety

Keeping Manitoba students safe is a shared responsibility. Drivers, parents,

caregivers, schools, and students all play an important role in making the journey to and from school safer.

With the school year underway, **slow down, stay alert, and be prepared to stop** for school buses and children.





Chernetz, above, with grandchildren, left to right, Emily Parks, Jake Chernetz Bousquet, Lily Chernetz Bousquet, and Kate Chernetz Zebrun. Right, walkers in the Superwalk, and below right, Jones and Chernetz.



Louise Chernetz’s annual Superwalk for Parkinsons last month didn’t just reach her fundraising goal, it exceeded it.

“Not only did we meet my goal of \$8,000, we hit it out of the ballpark with donations totaling \$9,633.50,” Chernetz said.

“Wow. I am blown away with gratitude.”

Chernetz, who has Parkinson Disease, has been hosting a Superwalk in East St. Paul for 5 years and has raised more than \$90,000. Her friend Grasita Jones, who also has Parkinsons, also participated in the walk.

She says she’s thankful for all her friends and family who provide continuous support and especially on the day of the walk.

“I have so many things to be thankful for,” Chernetz said.

“Everyone who donated and the wonderful little messages sent in with the donations. Everyone who showed up to walk in solidarity...I didn’t reach my goal of 80 people but I’ll take the 53 enthusiastic walkers we had out on a windy, chilly, misty morning, any day. We made quite a spectacle walking down our main street and got quite a few truck honks and lots



of waves.”

Chernetz says there are exciting developments in research for the disease with stem cell trials and potential new medications.

“I remain hopeful and optimistic that, with support, we can make a huge difference in treatment and finding a cure for Parkinsons.”

The RM of East St. Paul reminds residents that campaign signs are part of the democratic process and give candidates an opportunity to communicate with voters.

Residents are reminded not to remove, damage, deface, or otherwise interfere with election signs or campaign materials.

Any suspected interference with election signs or campaign materials should be reported to the Senior Elections Official or, where appropriate, to local law enforcement.

For questions or comments regarding election signage, please contact Heidi Speirs, Senior Elections Official, by email at seo@eaststpaul.com or by phone at (431) 279-5948.



Community Christmas Hamper program

Hopefully, we all enjoyed the warm, hot summer days and family get togethers; but Fall is now upon us as we are already experiencing cooler weather, shorter daylight hours and our flowers and gardens are being put to rest.

We start to think about Winter and none other than Christmas! You might say, “that is somewhat early” BUT not for the community of East St. Paul’s annual Community Christmas Hamper program!

Abundant Life Lutheran Church, located at 3486 Raleigh St., in East St. Paul, strives to be an outreach congregation. The church is again facilitating the provision and organization of Christmas hampers for less fortunate community members of East St. Paul and communities north of the perimeter (Birds Hill, St. Clements, West St. Paul and St. Andrews).

We strive to support eligible recipients in receiving a hamper similar to those residing in the City of Winnipeg who receive hampers from the Christmas Cheer Board. We rely on the generous support from community members, businesses, schools and individuals in facilitating this benevolent and caring endeavor.

Contributions of non-perishable food items, new unwrapped toys, gifts cards and financial donations are GREATLY appreciated. A poster outlining what non-perishable items and toys are being collected will be made available to interested donors.

We are again counting on your generous support! Contact the church via email if you would like further information: email: Communitychristmashamper@gmail.com

- Abundant Life Lutheran Church

Royal Canadian Legion #215

UPCOMING EVENTS

OCTOBER 2026

4

Veteran's Dinner 4pm to 7pm

11/25

Ukulele 1:30

16

Wayne Morrow Music Bingo 6:30-9:30

24

Halloween Bingo - during meat draw
Poppy Campaign Begins

Thursday Night Dances - 7 to 10:30 pm

Oct 1 Steve Ambrose and Friends
Oct 8 Gilbert and Friends
Oct 15 Ed's Group 4

EVERY WEEK

Monday

Corn Hole · 7 PM
Darts · 7 PM (Reg. 6:30)

Tuesday

Cribbage · 7 PM
Must have a partner

Wednesday

Chase the Ace · 6-8 PM
50/50 · 6-8 PM

Thursday

Darts · 7 PM
(6:30 registration)

Friday

Meat/Bottle Draw · 6-8 PM
Oct 2nd Ham & Turkey draws

Saturday

Meat/Bottle Draw 3-5 PM
Oct 3rd Ham & Turkey draws

October 12 - Happy Thanksgiving - Legion will be closed

Municipal Election 2026

The 2026 Municipal Election is Wednesday, Oct. 28.

Advance Polls will be open for voting on Friday, Oct. 16 and Saturday, Oct. 17, from 8am - 8pm at the RM of East St Paul Council Chambers (3021 Birds Hill Rd).

Regular Election Day Polls will be open for voting on Wednesday, Oct. 28, between the hours of 8 am and 8 pm at a polling station specific to your ward. To check your ward and voting location, visit eaststpaul.com and enter your home address.

Voters must be a Canadian citizen, be at least 18 years of age on Election Day, and a resident of the RM of East St. Paul for at least six months (on or before April 28, 2026) on Election Day.

Identification Required to Vote

All voters will be asked to present identification when voting.

Voters can establish their identity by providing:

One piece of government-issued identification showing your name, address and photograph, such as a Manitoba Driver's Licence OR at least two other documents that provide satisfactory evidence of your identity.

If you are not currently on the Voters List, you will also be required to take an oath confirming that you are an eligible voter before your name can be added to the list.

Who's running?

MAYOR

Carla Devlin
Orest Horechko
Mike Watson

WARD 1 Councillor

Derek Capri
Ken Chomyn

WARD 2 Councillor

Brian Wachko
Dylan Smyth
James Dyck
Melissa Kajpust
Theresa Voelpel

WARD 3 Councillor

Mark Banek
Garrett Park
Craig Hodkinson

School Trustee

Peter Kotyk
Michelle Kowalchuk
Timothy Giesbrecht
Joe Hilmerich
Chloe Wowryk Bakker
Pamela Jansen
Brenda Bage
Susan Olynik
Jenn Kiziak

Cycling with Sarah part of Big Bike Film Night



A short film about the Cycling with Sarah group, which began in East St. Paul, has been selected as one of nine films for this year's Big Bike Film Night.

Founder Sarah Gravelle-MacKenzie and Co-Founder Rose McDonald are thrilled.

"We are excited to share that Cycling with Sarah's short film titled 'Finding Community' was selected and will be shown at the Winnipeg screening on Nov. 19," Gravelle-MacKenzie said.

"We are so honoured to have been selected for this event."

This event is put on by the Manitoba Cycling Association. The Big Bike Film night is an International Touring Film Festival that brings together a curated collection of short films from around the world. The bicycle is the common thread, rather than any particular cycling discipline.

The first Big Bike Film Night was held in February 2015. The night celebrates cycling in all its forms. Its focus is on the stories and experiences that happen because of bicycles. The organizers describe the films as being original, informative, entertaining and inspirational.

For this year's festival, 72 films were submitted from around the world.

Cycling with Sarah started in East St. Paul in 2023 with 12 full-time members. The group now has three chapters - the original in East St. Paul, and two in Winnipeg in the northwest and the south/west. They will add a fourth chapter in Selkirk in 2027. They have 70 members now and that will grow when the Selkirk group starts riding next year.

The group is one of three Liv Cycling Clubs across Canada and is for senior women.

"We created our club to specifically meet senior women's needs," Gravelle-MacKenzie said.

"Any bike is welcome, we offer a safe environment for women to explore the city, and the rides are at a social pace and the distances are doable."

Cycling with Sarah gives back to their communities in many ways. Over the years they have supported Selkirk's Nova House, Villa Rosa, Willow Place, the Main Street Project's Socktober Campaign, Chez Rachel, the Manitoba Shoebox Project as well as the Humane Society and Wrap for the Cure.

"We emphasize the importance of kindness and supporting the more vulnerable members of the communities we live in," Gravelle-MacKenzie said.



Cycling with Sarah will host an information session at the East St. Paul Arena on Oct. 21.

THE VICARS

HALLOWEEN DANCE

VICARS BAND

Royal Canadian Legion
Branch #215
215 Maxwell King Drive
East St. Paul, Manitoba
204-338-4867

8 PM - 11 PM
Tickets \$10.00

Saturday
OCTOBER 31

PRIZES FOR COSTUMES * DOOR PRIZES * 50/50 DRAW



Council Corner - Ward 4

Charles Posthumus

I have had the privilege of working as a councillor in Ward 4 and for all citizens of East St. Paul for the past 20 years. I initially decided to run for councillor because I was passionate about our community and felt that I could be the voice of the people and would represent them unconditionally. I love our community and continue to be just as passionate today about East St. Paul as I was 20 years ago. I have, however, made the difficult decision not to run in the upcoming election. As many of you know we lost our oldest son Chad Posthumus to a brain aneurysm in November 2024 and I have lost two brothers and two nephews in the span of 5 years. We are blessed to have two children and their partners and three wonderful grandchildren and many extended family members. It is time for me to spend time with family and friends and travel with my wife of 38 years.

I would like to thank the residents of Ward 4 for their trust and support over the past 20 years of service. We have achieved many great things that I am very proud of. We have two communities, Countryside Crossing and By the Park, which were not part of the landscape when I became councillor for Ward 4. We were able to have the province provide an underpass which allowed the communities on the South side of the perimeter to remain connected to East St. Paul, allowing services and emergency personnel to have quicker access to ensure safety of all of our Ward 4 residents. I was instrumental in creating the Marconi Trail, which is enjoyed by many and has provided an excellent and safe mode of active transportation for the entire community. Recreation has been very important to me, and I have supported the creation of many community playgrounds, the soccer and baseball complex and have been a board member with the East St. Paul Community Club for the past 31 years. There have been many upgrades to Ward 4 infrastructure and roads over the past number of years, and I am pleased to see that many years of persistence has led to the build-



ing of the new sidewalk down Pritchard Farm Road, increasing safety for all those living in the area.

Council is required to make many decisions which are often very difficult given the budget we have to work with and the legislation we are required to follow. I evaluated each decision and vote I took, always reviewing all information carefully and consulting with colleagues, professionals and community members where appropriate. I am proud of my record over the past 20 years.

I would like to thank all of my former and current colleagues for their dedication to our community and for working collaboratively to ensure East St. Paul remains one of the most sought-after communities to live in. I would like to thank our staff in Administration, Operations, Community Service and Recreation, Fire and EMO Dept., and Community Safety Officers. The staff do an amazing job each and every day to ensure that our community is safe, beautiful and our citizen's needs are taken care of.

As I look forward, I will continue to volunteer with the East St. Paul Community Center as a board member and coach, the Trans Canada Trails Association, the Red River Basin Commission, and Winnipeg Minor Basketball Association. I will be following our community closely as I have a daughter and son who plan to make East St. Paul their home in the future. Once again, I thank you for the privilege of serving the community over the past 20 years. Looking forward to seeing you in the community.

Safety tips for Halloween

Halloween is a fun time for kids, families, and the community—but a little preparation can help make sure everyone enjoys the evening safely.

Community Safety Officers are reminding residents to keep these important safety tips in mind before heading out for trick-or-treating.

For Kids: Stay Visible and Stay Together

Make yourself easy to see. Choose a light-coloured or bright costume whenever possible. Adding reflective tape or reflective armbands can help drivers spot you, and carrying a flashlight is a good idea.

Stick to well-lit homes. Only visit houses that have their lights on, and stay outside when receiving treats.

Make sure you can see clearly. If you wear a mask, make sure it doesn't block your vision. Being able to see traffic and your surroundings is essential.

Watch for traffic. Use sidewalks whenever possible, cross at intersections and designated crosswalks, and always walk while crossing the street. Look carefully for vehicles before crossing.

Stay with your group. Walking with friends or family is safer than going out alone. Stay together throughout the evening.

Never enter a stranger's home. Stay outside and only accept treats at the front door.

Wait until you get home to enjoy your treats. While treat tampering is rare, children should wait until they are home before eating anything. A responsible adult should check treats before they are consumed.

For Adults: Help Keep Halloween Safe

Before the evening begins, have a quick "safety talk" with your children. Know their trick-or-treating route, discuss where they will be going, and agree on a time for them to return home.

If you're driving on Halloween night, slow down and watch carefully for pedestrians. Children may be excited, distracted, or difficult to see in the dark, so extra caution behind the wheel can make a big difference.

And if you're heading to a Halloween party, plan your ride home before you go. If you drink, don't drive—arrange for a designated driver, taxi, rideshare, or another safe way home.

Have a Safe and Happy Halloween!

With a little planning and awareness, we can all help make Halloween a fun and safe celebration for children, families, drivers, and the entire community.

Stay visible. Stay together. Stay safe—and have a happy Halloween!



PET OF THE MONTH

OCTOBER

Meet **EDDIE**

FALL for CUTENESS!

Eddie is a 2 and a half-year-old female Maltese/Bichon mix. She was adopted as a newborn pup from the Humane Society. Eddie has a sister and enjoys regular play dates with her. Likes include-deck time, bike rides, walks, going for car rides, sticking her head out the car window, camping and snuggling with her favourite person by a campfire. You may see her on walks reacting to most dogs and people we pass by, as she loves to say hello to everyone. She is always on the lookout for squirrels and rabbits.

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!

CALL FOR ENTRIES

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

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