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Neighbours of

West St Paul

February 2023

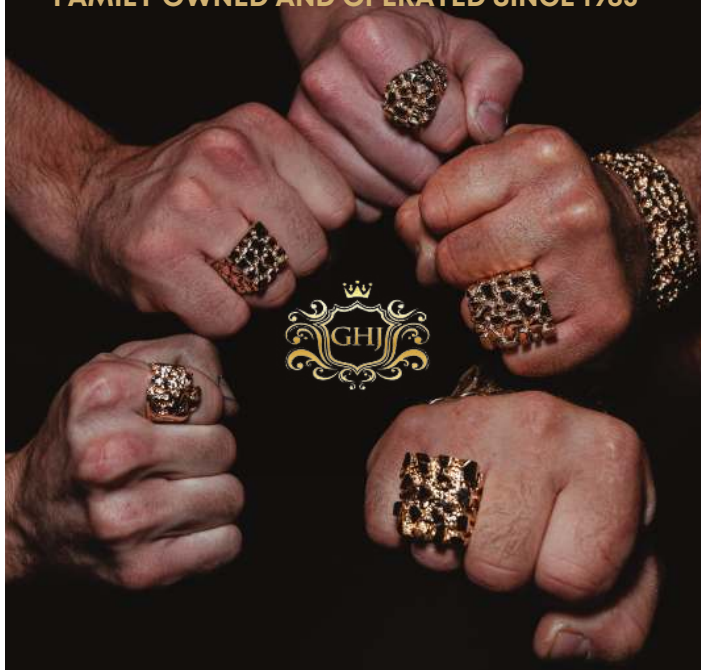
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Neighbours of West St. Paul

An exclusive magazine for the residents of
West St. Paul, Riverbend and Rivergrove

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Dear Residents



The month of February always reminds me of what flows; the exchange of energy between two people, the way of water and creativity. For one half of the month, we swim with fish in Pisces season. February is a reminder that we must keep going. That soon, we'll emerge from our winter worlds, and let light kiss our skin once again.

It's a time to think about all that has transpired in the darkness, like the bulbs beneath the earth's surface, and those who hibernate. Ursidae. This month is filled with Red River adventures, and pictures that are worth far more than those I can see. It's a time to think about celebrating surviving another winter on the prairies.

Whether it's a compliment, or patience, whether this month reminds you to be more kind or be the person you were when you first fell in love; it's time to change the narrative on love. Let's give more of it to our mothers, our partners, our teachers, and support staff. Let's love being real with one another, being honest and being good to each other.

XX

Brandi



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Dentistry

Examining the Public Impact of Fluoride

By Gustin Quon, Seven Oaks Dental Centre – Expert Contributor

Almost half the world's population is affected by dental caries (cavities), making it the most prevalent of all health conditions. High levels of dental caries occur in middle-income countries where sugar consumption is high.

Adding fluoride to tap water in North America was one of the greatest public health accomplishments in the last century to help combat the onset of dental caries. Nonetheless, there is not much data within the last thirty years assessing the effect of this policy on the population's dental health.

Research carried out recently and published in the Dental Research Journal, entitled '*Water Fluoridation & Tooth Decay in Teenagers & Children*,' analyzed links between tooth decay and public water fluoridation. Most specifically, the study looked at the effects of fluoride in adolescents and children.

During this study, the data indicated that teenagers and children with better access to water fluoridation were less prone to tooth decay. Countries with governments that made water fluoridation accessible to more than three quarters of their citizens, experienced a 30% decline in tooth decay in the primary dentition (baby teeth), and a 12% decline in the lasting dentition (adult teeth).

These results reflect data from the previous 50 years, and indicate that water fluoridation still provides a significant benefit to dental health, for teenagers and children. The present study adds to the data - by proving that the advantage is most noticeable early in a child's life, those between two and eight years old.

The City of Winnipeg has been adding fluoride to the municipal water system since 1956. Families living in rural municipalities, such as West St. Paul however, are predominately reliant on well water which does not contain fluoride. Luckily there are many other ways to incorporate the benefits of fluoride in our everyday oral health routines.

The simplest way is to use a toothpaste that contains fluoride. There are also fluoride rinses, varnishes, gels and trays that can be easily administered by a dental

professional. Be sure to talk to your family dentist about the benefits of fluoride, as well as which in-office fluoride treatments may be best for you and your family.

The staff at Seven Oaks Dental Centre would be happy to answer any questions you may have on this topic.



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Cover Feature

Tracy, Adamo and Briella



Building Happiness

By Brandi Johnson Photography by Struss Portraits

One thing that COVID taught us is patience. Or at least I hope it did. Having to wait to be together again, wait for activities to resume, wait for household supplies to be abundant on store shelves again...the list goes on. Outside of our immediate personal needs, the world collectively had to be more patient. With supply change management, with one another, and with our traditional delivery timelines.

Area residents, Adamo and Tracy Rondinella, are the power duo behind ADR Properties, a custom home builder with 'THE best staff.' He's been building homes for more than 15 years and she is all things design and wow! Together they have doubled the builds in just the last five years. In fact, we featured them on the cover of Neighbours of West St. Paul in 2018 when he and Tracy were just about to have their first baby, a little girl they named Briella.

Catching up with them today, they shared what they've been up to since Briella came on scene. "It's been a wild time in our history that's for sure. For us as a family and a business. Despite the challenges, we have really grown. If it weren't for the crew

we have working alongside us every day though, we would never have been able to scale up, especially in the pandemic."

From the procurement of materials to the communication with clients, they strive to deliver quality and consistency.

"Homebuilding is a process," says Adamo. "Tracy and I are very thankful to have the right people in place every step of the way. Tianna and Chantal are our office team; Stu is our site supervisor and Trevor and Rick are our site guys. Everything from aluminum to steel to plumbing pipes has gone up and unfortunately the ease of access has decreased. We can't always get our hands on materials right away, which means we need to be able to source effectively and keep our customers in the know every step of the way. Often, it's beyond our control, and we do have to juggle as best we can. Thankfully, our customers have been very understanding."

It must help that Briella - the future CEO of ADR Properties - pops by job sites now and then, and even the office when she isn't attending kindergarten at West St. Paul School.

"The nature of our business is that sometimes we have to stop in to see how things are progressing, or swing by the office to look at plans. We bring her along. She's an easy going, happy kid."

When she isn't constructing joy, Briella does dance - hip hop and ballet. She's learning to swim and played soccer last summer. "She's just a great kid, really enjoying life and we wouldn't have it any other way!" he laughs.

Being a 'home' builder means both he and Tracy know the value of family. They know that the walls they frame are simply a placeholder for growth, good times and get togethers. That a home is so much more than a structure where people live; that it's a landing pad for all the best things in life.

Founded in 2007, ADR Properties has always been built on the belief that when building elite homes, they provide a solid foundation for people to plant roots.

From multi-family to infill houses, from summer homes to custom dream homes that span more than 5,000 square feet, and everything in between, they do it all.

Custom home building is much like creating

a life. It requires a solid foundation – a good life partner. It also requires attention to detail; the little things really do matter. And, of course, flexibility.” Any home can be built to request. We work within any budget and can make whatever modifications to a plan that our clients want. They can even bring in their own plans,” he says.

“We know how stressful it can be to hand over control of your dream home to someone else; we know it’s likely the biggest financial investment most people will ever make. We want to help alleviate that stress. We want to take care of all the details and make the process as enjoyable and hassle-free as possible.” Adamo reiterates working with talented, adaptable people is what makes all the difference.

“I’ve always wanted to live in West St. Paul. I love being able to help others achieve that goal too.”

The majority of homes they build are still in West St. Paul, however they’ve got plenty on the go on the north side of the city, and a fair number of builds in the Gimli area. “We’ve started building homes that feel like lake houses, and cottages that feel like



homes – that’s been an exciting addition to our portfolio.”

One thing I’ve always sensed about him, is his appreciation for those who work alongside him. “You’re only as good as the people you work with,” he says. “I’m lucky to have such a great group of people I can rely on.”

He and Tracy have a tremendous amount of respect for one another.

“It’s really important to me that I love what I do. And I love building houses. It’s very rewarding to be able to start out with just a piece of raw land and have a hand in creating someone’s dream home. I appreciate that my clients trust me to do that. It’s even better that this dream includes my girls. It’s what keeps me inspired, makes me want to strive for more.”

Their goals for this year are straightforward. “We want to continue to serve our customers, despite the changing environment we find ourselves in. We want to get back to building homes with a greener focus, at a price point that serve all multitudes of people, and if that involves a cottage or

summer home, we want to be there too.”

In their own life, he and Tracy are hoping to get away together on a nice family holiday. They have been in the process of building a new home for their growing family, but as you know with shoemakers, the homebuilder is the last to benefit from the trades. Now that things are mostly back to business, perhaps he’ll have to get Briella to put on a hard hat and make it happen. Until then, they plan to continue being elite homebuilders for happy households.

At the end of the day, try your best, spend time with the best people possible and when things don’t go as planned, roll with it; that’s the secret to building happiness.



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Seniors

Silver Screens

By Lucinda Hahn

The young and beautiful make great eye-candy on our screens, to be sure. Yet older (and hopefully wiser!) characters drive many intriguing dramas and comedies. Here are some I love:

Films

Good Luck to You, Leo Grande (2022) - Determined to make up for lost time, widow Nancy (played by Emma Thompson) takes up with a kind, ever-so-handsome younger man to explore what she's missed out on.

The Dig (2021) - Ralph Fiennes co-stars as Basil Brown, an amateur excavator who supports a woman's hunch that ancient treasure may lie under the unusual mounds on her English estate.

Hampstead (2017) - In this comedic urban tale of love and do-goodism, a well-heeled London widow (Diane Keaton) rallies her friends when property developers threaten to oust a man living in a shack on Hampstead Heath.

Victoria & Abdul (2017) - Based on a relationship that scandalized England, this enjoyable drama explores widowed Queen Victoria's close friendship with a young Indian servant.

Woman in Gold (2015) - An elderly Jewish refugee living in Los Angeles and her young lawyer fight the Austrian

government for the return of an iconic Gustav Klimt painting of her aunt. Based on a true story.

Remains of the Day (1993) - Reflecting on his life and the roads not taken, a devoted butler (Anthony Hopkins) sets out on a road trip to reconnect with his former colleague, played by Emma Thompson. A mesmerizing period film, the script was adapted from the novel by Kazuo Ishiguro.

TV Shows

Harry Wild (2022) - Harriet "Harry" Wild is a retired English professor who falls into sleuthing when she uses her literary expertise to help her straight-laced detective son solve a murder.

The Crown (2016-) - The Netflix series' fifth season features Queen Elizabeth and Prince Philip as aging HRHs struggling to navigate their children's marital scandals and other events that could threaten the monarchy.

Grace and Frankie (2015-2022) - Jane Fonda and Lily Tomlin play two aging women who turn to one another for friendship and support after their husbands reveal they're in love with each other and plan to get married.

The Kominsky Method (2018-2021) - This sitcom follows Sandy Kominsky (Michael Douglas), a fictional actor who years ago had a brief fling with success and is now a revered Hollywood acting coach.

Last Tango in Halifax (2012-2020) - Former childhood sweethearts Celia and Alan rekindle a passionate relationship after 60 years apart in this British comedy-drama.

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Denturist

Navigating Your Dental Treatment Plan

By Greg Pinette, Winnipeg Denture – Expert Contributor



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Greg Pinette, Denturist

Community

Walking West St. Paul - Rosemary Path

By Kelly Hudson

"Baby it's cold outside." Frank Loesser (and Dean Martin)



There are moments when the Walking West St. Paul project feels more like a chore. Trying to fit my December walk in, amidst the frigid temperatures and consecutive days of snowfall, was a challenge.

Given the cold temperatures, I was in search of a short route that I could complete quickly, and was hoping to find one that conjured up some holiday cheer. And that is how Rosemary Path was chosen this month.

Rosemary Path is a quiet, unassuming street that is located just off Ponida Road. There are only 9 houses on Rosemary Path, and it feels exactly like the kind of street you'd imagine when you think about living outside the city. Snow had just fallen, so the trees were full of snow-covered branches, and the view made me feel like I was walking in a winter snow globe.

The herb rosemary, reminds me of Christmas, given its pine scent and the nature of its foliage. Rosemary represents love and remembrance, which are perfect sentiments for the holiday season.

And yes, I counted, and then recounted the houses on Rosemary Path, to ensure I had the right number. I am an

accountant by trade, but I am not naturally a "counter" - but my sister is. A number of years ago, my sister revealed that she had a natural obsession with counting things, and a family friend within earshot exclaimed that she had the same habit. Human beings are interesting people, and it's fascinating to hear the little quirks and habits that make people unique. Apparently, an obsession with counting things is one of them.

Rosemary Path was walked in 9 minutes, 40 seconds (round trip) and 1,302 steps - almost the exact same stats as my Maddock Ave. walk from last month.

Please contact me at kellyatweststpaul@gmail.com if you have any interesting history or tidbits to share about our community.



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Business

Soft Skills and Hard Skills: What are they?

By Grace Schulte

In life, we are constantly developing new skills and strengthening existing ones. Some of these skills come very easily to us, and others we gain through training or education. You may have heard a mentor, professor, or coach mention the importance of soft skills and hard skills and wondered what exactly that means.

Definitions

Soft skills are those that come naturally to you. Oftentimes, these skills allow you to interact and develop relationships with other people. Examples of these include adaptability, problem-solving, communication, and leadership. Hard skills are those that develop through personal experience, training, or education. These skills allow you to carry out a specific objective and are best described as technical skills such as reading, writing, and typing.

Crossover

There is a slight crossover between the two definitions. For example, it's entirely possible to learn effective communication through personal experience. Regardless, communication is still considered a soft skill.

To explain this from another perspective, soft skills are qualitative and not easily measured by numbers. On the other hand, hard skills are quantitative, as they are typically objective and easily measured with numbers.

When the topic of soft and hard skills is brought up, most people think about their job or career. However, these skills boast importance in other areas of life as well. Soft skills are directly related to a person's ability to connect with others, and this touches nearly every aspect of life. Likewise, hard skills also develop through activities such as sports and other extracurriculars that aren't affiliated with work. Consider the multitude of skills you have gained over the years and don't be afraid to be proud of them!





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Sports

Hockey Fun Facts

By Grace Schulte

Ice hockey may be considered one of the most popular sports in North America. Here are a couple fun facts you might not know about it!

1. Early hockey games allowed as many as 30 players a side. There was a stone frozen into the ice at each end which represented the goals.
2. It has been recorded that the very first hockey pucks were actually made of cow dung.
3. The first recorded indoor ice hockey game took place in Montreal's Victoria Skating Rink in 1875.
4. Frederick Arthur, Lord Stanley of Preston, is responsible for what is now known as the Stanley Cup. In 1893, the Canadian governor-general donated the cup to be given annually to the top Canadian team.
5. The Montréal Canadiens currently hold the record for most Stanley Cup Championships at 24 times won!
6. Women's ice hockey made its Winter Olympic Games debut as a sport in Nagano in 1998.
7. There are rules regarding the length of a hockey stick. There is a specific rule that states that no stick shall exceed 65 inches in length!

8. NHL teams actually have a list of emergency goalies that aren't on the roster but attend all home games in the stands. Scott Foster filled in as an emergency goalie for the Chicago Blackhawks in the 2017-2018 season and helped secure the victory against the Winnipeg Jets.
9. Many organizations and teams keep game pucks in a bucket of ice or in the freezer. It sounds weird, but it keeps them from bouncing all over the place.

References:

<https://www.britannica.com/>

<https://www.usahockeyrulebook.com/>



Featured Article

Canadian star Myles Naylor aims to follow brothers to MLB

By Isaiah Butler, BVM Sports Journalist

Baseball has always been a mainstay for Myles Naylor. He grew up watching his older brothers, Josh and Bo, make their big-league dreams come true. Now he's forging his own in the sport he loves. "I go to them for everything," Myles told the Canadian Baseball Network podcast. "They can give me any advice I need to hear. They've been through more than I have." Myles' brothers were successful playing baseball growing up, and both have furthered their baseball careers to the highest level... Continue reading on the BVM Sports website.



Image Courtesy: Ontario Blue Jays

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Pet of the Month

Meet Missy

Submitted by Karen Hill

Missy is a five-year-old tuxedo cat. She can be a bit of a daredevil - running at lightning speed from room to room, jumping to the highest perch possible. Missy loves finding the coziest spots to snooze; crawling way under a blanket, a bag or a pile of clothes. She is anxiously awaiting warmer weather, so she can go outside on her leash to cruise the yard, watch the birds, bunnies and squirrels, and lay in the flowerbeds. And that's what makes Missy our Pet of the Month!

Do you have a pet? A bird, cat, dog, goat, horse, llama or goose? We want to feature them in our upcoming issues. Please send a small write up with a clear photo to Corinne at ceismendi@bestversionmedia.com



Puzzle Corner

Valentine's Day Word Scramble

By Emily Snider

Valentine's Day is a fun holiday to show your love to someone else. Whether it's a long note or just a simple piece of candy, take the opportunity to tell someone you love them. Go out and buy some cute cards and a bag of candy and get writing. Here are some Valentine's Day words to unscramble to get in the mood for this fun holiday!



1. EVOL _____

6. ENSTO _____

2. RSDAC _____

7. DRE _____

3. KPIN _____

8. OREDCAET _____

4. ASTEHR _____

9. DYACN _____

5. CUIPD _____

10. UARBREFY _____

1. LOVE 2. CARDS 3. PINK 4. HEARTS 5. CUPID 6. NOTES 7. RED 8. DECORATE 9. CANDY 10. FEBRUARY



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Kids Corner

Valentine's Day DIY Garland

By Lexi Breunig

What you'll need:

- Felt (in various colours like pink, red, and white)
- Thread
- Needle
- Stuffing
- Scissors

Directions:

1. To begin, double up two sheets of the same colour of felt so that there is one piece on top of another. Then, cut out the heart shapes. Feel free to experiment with different sizes and types of hearts.

2. Using a whip stitch technique, begin sewing the front and back of the heart together. If you're unsure how to do a whip stitch, a quick Google search will be helpful. Before the front and back are completely sewn shut, add the stuffing in.



3. When you're done stuffing the heart, you can finish the heart by sewing it shut. Tie the end of the thread a few times to make sure it doesn't come undone.

4. Repeat steps 2-3 with all of your hearts until you have enough hearts for your desired length of garland.

5. Use a long piece of thread to string assemble the garland. I threaded my needle through the tops of the stitches on each heart, but you can also thread them together on the back of each heart.

6. Tie a knot on each end of the thread, so that each end has loops for hanging.

7. Hang the completed garland on your fireplace, a shelf, or anywhere that needs a colourful touch.



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Recipe

Easy Chicken Pot Pie

By Kristen Anderson



Crust:

Combine and cut in the following ingredients with a pastry blender until crumbled.

- 2/3 cup butter-flavour shortening
- 1 3/4 cups flour
- 1/2 teaspoon salt
- 2 cups grated cheese

Add 7-9 tablespoons of ice water. Using your hands, knead until dough forms a ball. Divide the dough in half and place half the dough between wax paper. Roll it out, then

roll out the second half using the same method. Keep the dough in the wax paper and refrigerate while you prepare the filling.

Filling:

2 or 3 chicken breasts, fully cooked in a crockpot. I sprinkle chicken breasts with 2 tablespoons of chicken bouillon and some minced fresh onion, then cover with water and cook. You will want to cook the chicken ahead of time. Add cooked chicken to the following ingredients.

- 2 cans mixed vegetables, drained and rinsed
- 1 cup frozen peas, rinsed
- 1 can cream of potato soup
- 1 can cream of chicken soup
- 1/4 teaspoon rosemary
- 1/4 teaspoon thyme

Add milk or cream to the mixture to make it creamy but not runny.

To assemble, line the bottom and sides of a pie dish with dough, removing the wax paper. Poke holes in the bottom crust using a fork. Pour in the filling and place the second pie crust on the top. Pinch the crust together and cut vent holes in the top. Beat an egg, mix it with a little water, and brush over the top of the pie crust, sprinkling with coarse salt.

Bake at 350 for 1 hour or until the crust is golden brown.

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Valentine's Day

Ways to Spread Love

By Grace Schulte

February 14th, most commonly known as Valentine's Day, is fast approaching. You might remember begging your parents to bring you to the grocery store to buy candy so you could prepare Valentine's gifts for your friends and classmates. You would spend a whole evening hand-crafting each and every individual valentine, and you might've even added an extra heart and your favourite candy for that one special person (wink).

Years have passed, and you may not have time to prepare valentines for all your friends and family as you did in elementary school. However, there are still good reasons to participate. If you have trouble coming up with ways to spread love, here's a couple of ideas you can use this Valentine's Day!

Call them

Call them to let them know you're thinking of them. Remind them that you appreciate them and are thankful they are in your life. Words of affirmation are an awesome way to show your love.

Leave a Note

Leave a note for your partner, family member, or roommate somewhere they will see it before they leave for the day. It's guaranteed to kick start their morning in a positive way!

Give a Compliment

Compliments are an underrated form of showing love—oftentimes we don't give them enough! Don't hold back on giving compliments this Valentine's Day.

Give them a Gift

Gift your loved ones something that reminds you of them—and let them know that! Receiving a gift because it reminded someone of you is extremely heartwarming.

Make them Smile

You know your loved ones best. Make an effort to put a smile on their faces.

Send Some Flowers

If it has been a while since you've sent someone flowers, now is the perfect time. Sending flowers is an age-old

tradition that is a great way to show someone you love them.

Plan a Surprise

If you love planning, plan a surprise for your loved ones. You can make dinner at home or take them out to their favourite restaurant. You can plan a movie night or even take them to see a sporting event. The possibilities are endless!

Make a Care Package

Fill a basket with their favourite self-care items and give it to them. Remind them that they should take the time to care for themselves, and reassure them that they deserve it.

Give them a Hug

Physical touch is another great way

to show love and affection. Give your loved one a hug or a kiss to show them how much they mean to you!

It's important to know that Valentine's Day isn't just about spreading love to others.

Make a point to spread love to your friends and family—but don't forget about yourself! Take some time to do your favourite things and even pamper yourself a little. If you're looking for a sign to go get your nails done or buy that one thing you've been looking at for months, this is it.

Valentine's Day is the best day to express your love and gratitude to others. With all these ideas it should be a breeze, so let's celebrate love!

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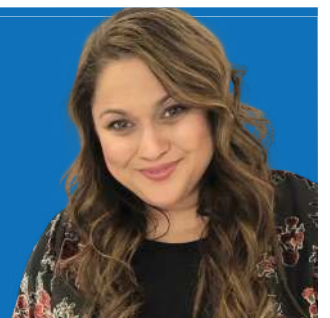


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