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— NEIGHBOURS OF —

September 2017

West St. Paul

An exclusive magazine delivered to homes in West St. Paul, Riverbend
and Rivergrove.



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November 25	December
December 25	January
January 25	February
February 25	March
March 25	April
April 25.....	May
May 25.....	June
June 25.....	July
July 25	August
August 25	September



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Dear Residents,

As a child, I fondly recall the dewy mornings as well as the warm days of September. I remember the vibrantly coloured leaves and new school clothes. It was a month I loved, one I looked forward to with anticipation.

As a mother of two busy boys, the energy of September seems to have changed. In recent years, September has become a month of errands and school forms. It's far busier than I wish, far less reflective than I'd like.

"September was a thirty-days long goodbye to summer, to the season that left everybody both happy and weary of the warm, humid weather and the exhausting but thrilling adventures." Lea Malot

This year, I am challenging myself to have some slow September adventures; to notice the nuances of summer morphing into fall; to watch the sun sink lower and listen to the honking as the geese fly by. This fall I am going to try to engage every sense, savour every ear of corn, and breathe.

Whether you find yourself prepping for a new school year or hockey season; whether are harvesting the land or your camera for the ghosts of exhausting but thrilling adventures, may you do so through the lens of September; a shoulder season of warm and patient days; a month that asks for nothing, a season that beckons being.

Sincerely,

Brandi
 Content Coordinator

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MAKE *Cold* LUNCHES COOLER

By Clarissa Woods



On average, your child will take 180 cold lunches to school per year. Translation: you have to make 180 cold lunches per year, per child. It's easy to get in the routine of making the same lunch every day (grocery shopping is easier that way, right?), but it's best to mix things up to ensure proper nutrition for your little student. Banish boredom and amp up health benefits with these cool cold lunch ideas!

BLT Wraps: Spread avocado or a thin layer of light dressing on a whole wheat tortilla. Sprinkle shredded lettuce, bacon pieces, and diced tomatoes onto the wrap. Roll it up in wax paper or cling wrap to keep it together.

Peanut Butter Banana Burrito: Spread peanut butter on a whole wheat tortilla and drizzle honey over the peanut butter. Place a whole banana in the middle and roll it up. Slice the burrito into bite size pieces and place in a small container.

Turkey Pita Pockets: Spread creamy cheese in a pita pocket and stuff with sliced turkey, spinach, and cucumber slices. Change it up with sliced ham and roast beef, or add some extra veggies.

Strawberry Bagel: Spread cream cheese onto a bagel and place cut-up strawberries on top. Place the two bagel slices back together sandwich-style and cut it down the middle. Sweet and filling!

Pear Sandwich: Toast whole wheat bread, spread cream cheese on both sides, and drizzle honey atop the cream cheese. Layer thin pear slices on top and cut it in half.

Cinnamon Apples: Slice a tart apple and toss it in one teaspoon of sugar and ¼ teaspoon of cinnamon. As it sits in the lunch box, it'll get sweeter and sweeter.

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Building Buzz

Cold Rooms Above Attached Garages

Almost all of us know someone that lives in a house with a bedroom/s or other living space above an attached garage. This house design is commonly referred to as a "Cab-over". More often than not, the folks that live in this style of house express that the rooms above the garage are very cold during the winter months. This is a common problem. During construction the joist space under the living space was filled with insulation but the rooms are still cold. Current construction trends can see this space filled with spray foam insulation. While the spray foam helps it doesn't alleviate the issue completely. Any extra amount of insulation can be installed but if the space below is not heated, the room above will never be comfortable. The same theory applies to additions and cottages. If the crawl space below an addition or cottage is not heated the living space above will never be comfortable during winter months.

Send your building questions to alderwoodprojects@gmail.com

History of Farming in West St. Paul

By Bruce Henley & The Changing Scene 1980



Did you know that over 80 percent of land in WSP is agricultural lands? Based on the many areas of developed and future developable lands, will that number remain constant for many years to come?

Many areas of West St. Paul that currently have housing developments were at one time very productive farms or market garden plots. These include Whistler Hollow, which was the Loganberg farm and garden. Riverdale that was farmed by the Byle family, Lister Rapids was the Addis family farm and Market Garden Mancer's were also large market gardeners on both sides of the perimeter and in the Moore Road area.

The Emes family has been major agricultural landowners and farmers. The, Seilors, Dearman, Orsuluk, Byle, Van Dorp Brandt, and Roehle families have also all been involved in farming over many years, and for multiple generations. Many of these folks continue to farm and or live in WSP. It should also be noted these families also employed many local residents throughout the years, and particularly when crops were being harvested.

Parrish farms were a very large operation, which started in 1924 just across from Miller Road on the boundary by Parks Creek/ Main Street as well as the river. The farm was owned by the Parrish family who today are a major worldwide privately owned corporation. It began in 1924 with 3,000 acres.

In the 70's, they had an additional 5,700 acres and at peak owned 200 milking cattle. This was the first farm in Manitoba to be licensed to sell pasteurized milk to hospitals, institutions, restaurants and stores. They also owned a beef cattle farm in WSP with 2,500 head of cattle in the seventies. Back then, Sam Jennings was one of the farm managers. Harvey Dann who also currently still resides in the community was a manger from 1965 until 1982 and in 1982 the farm was sold to the Concord Hutterite Colony from Stony Mountain who currently owns all the land previously held by the Parrish family.

By Brandi Parnell
Photos by OnFocus Memories

A Custom Built Life

"Be grateful for the home you have, knowing that at this moment, all you have is all you need." — Sarah Ban Breathnach

Adamo and Tracy Rondinella are about to have their first baby, a little girl. Residents of West St. Paul, they know all too well the value of family, of knowing what matters and of a well-built home. Together they own ADR Properties. She is all things design and customer service. She is the yin energy.

He is the customer homebuilder who can take a dream and turn it into a haven from the world, a place where his clients can be grateful, where they can escape knowing together they have all they ever need.

"I've been custom building homes now for just over 10 years. I do everything from multi-family and infill houses to custom dream homes that span more than 5,000 square feet, and everything in between," he says. Adamo is a skilled tradesperson who recently opened a new division of ADR Properties, Elite Builders, an operation dedicated to multifamily units.

"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."

ADR Properties was founded in 2007. Since its inception, Adamo has always believed a home is built on quality, a solid foundation – a place for a family to plant roots. 10 years ago, as he was completing his mechanical engineering diploma in college, Adamo began to immerse himself in the real estate market. A depressed housing economy at the time, he decided to try his hand at flipping homes.

Soon he found solace in doing each renovation with precision. One facelift after another, he grew his portfolio of trades and confidence. Enough so that he decided to buy some land and try his hand at custom building in Stony Mountain, just outside the city.

"At first it was one house a year and one became two. I knew I had found what I was meant to do. The referrals began to come my way, and I moved closer and closer to the city," he says. It was about this time that he and Tracy moved to West St. Paul. Now Adamo is building homes all over the area and beyond. He and Tracy work perfectly together. She has an eye and passion for design, often coming up with ideas that soon after become trends.

"We both understand 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 of the details, and make the process as enjoyable and hassle-free as possible." Adamo works closely with a crew of tradespeople whom he has been working with, almost exclusively since he started ADR.

Continued on Page 7

Custom home building is much like creating a life. It requires a solid foundation. Adamo has found that in his life partner. It also requires attention to detail; the little things really do matter. And, of course, it also requires 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.

Adamo grew up in the Maples, but had a desire for more peace and quiet, which could only be found outside the city limits. “I’ve always wanted to live West St. Paul. I love the proximity to the city and the fact that we have more land out here,” he says. “When we first lived in our home, we didn’t have any neighbours. It’s nice now to see more faces as the neighbourhood slowly begins to grow.”

August is an exciting month for the Rondinellas. Not only is their baby due, but it’s also the month in which they were married and both celebrate their birthdays.

“We’re excited,” he laughs. “We just have to find time to fit it all in. Thankfully my mom is really close by, only lives about five minutes away.” Adamo’s mom also works within the business, helping out with the bookkeeping.

ADR Properties is builds all year long – which doesn’t make for a ton of time for leisure; however both Tracy and Adamo know the value of staying inspired and resetting when they can. “I have a lot of hobbies,” he says. “I love to snowboard out west, wake boarding, kite surfing, and when we can, Tracy and I go south where it’s warm in the winter to relax.”

Even with a little one on the way, Tracy will remain involved in the operations of the business. “Steadily she has taken on more and more,” he says. “She does all of our marketing, design work and is incredible with our customers. She helps them choose all of their finishings and is excellent at interior decorating. I’m always impressed at how she adds the extras that complete a show home.”

That partnership and respect for one another moves fluidly between their business and home.

“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 have trusted me to do that. That is what keeps me inspired, makes me want to strive for more.

Continued on Page 8



Continued from Page 7

As for their new baby girl, “Maybe she’ll be the future of ADR,” Adamo laughs.

One last thing he mentions to me before we conclude our interview, “You’re only as good as the people you work with. I’m lucky to have such a great group of people I can rely on.”

Advice that also transfers into family life, “At the end of the day, you just try your best. There will always be hiccups in life. You have to learn to roll with the punches.”

It seems Adamo, Tracy and their new baby are set up for a life built on a solid foundation, one that is flexible and built to adapt to whatever life throws at them. We wish them all the best.



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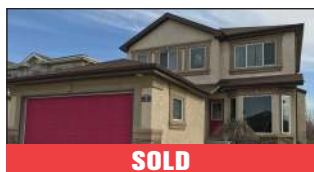
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Pet of the Month

Submitted by Rhonda Gliha

Meet Leo

In this issue, we welcome Leo, our first cat to grace the Pet Page of Neighbours of West St. Paul. A Riverdale resident and a curious kitty, he loves to roam through the grass and nap in flower pots, which makes him our **Pet of the Month**.

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Animal Antics!

Attention, pet owners! We're seeking bold animal spirits that wish to see their faces in our magazine and leave their paw print on the community? Send us a photo of your dogs, cats, turtles, goats, birds, horses or other pet friends to be entered into a monthly contest for the chance to win a prize (to be announced). Sweet, adorable, silly, zany photos encouraged!



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A Savvy START TO SCHOOL

By Clarissa Woods

It's that time again: the start of school is drawing near. Though it may seem like you just hung up the backpacks and returned all the library books from last school year, it all begins again soon. Anyone who's juggled several school and work schedules simultaneously knows that planning ahead for the school year is key. Here are some recommendations to make sure your transition from summer to school is seamless.

Re-Introduce Routine

Two weeks before the start of school, start to reinforce your kids' daily routines. Begin setting an earlier bedtime and wake up late sleepers a little earlier. Meal times matter, too. Prepare snacks at convenient times for your younger ones so they get used to eating during snack and lunch times. Having trouble sticking to schedule? Use a dry erase board or print out a basic daily routine for the household to follow. By the time school starts, everyone will be in sync.

Stock Up on Supplies

Instead of commencing a mad dash to the school supplies aisle a week before the first day

of class, make an itemized list of all the supplies each child needs. Begin picking up a few items at a time in the month leading up to the start of school, or order it all online to save the hassle of store selection. This goes for clothes, too! Assess each child's clothing needs before the first week of school and donate unwanted items.

Tip: Stash little "Emergency Kits" in each child's backpack. Fill a small zipper pouch with the essentials: parents' phone number(s), stain remover, a pen, tissue, and band aids just in case.

Coordinate Your Calendars

Prepare yourself for the busy clash of schedules at the start of school by color coordinating a large monthly calendar. Use a paper calendar with large squares or a dry-erase calendar for easy revising. Assign a different color to each family member so the events don't blur together. By writing out the month in advance, you can observe scheduling patterns and predict conflicts ahead of time.

Zone Your Home

Snacks, homework, and books begin to take over the house after just a few days of school. Avoid the accumulation of clutter by zoning your house strategically.

Lunches and Snacks: Designate a cupboard as a lunch box station with sandwich bags, small containers, crackers, and other dry foods. While you're at it, assign a snack drawer or cupboard filled with healthy, pre-separated after school snack options for a self-serve station.

Homework: Use a decorative tray to store extra pencils, scratch paper, rulers, a timer for reading minutes and a calculator. The tray can be stored elsewhere during the day and brought out in time for studying.

Library Books: Label a basket for library books and keep the basket on one of your bookshelves. That way, the books are easy to locate and you don't have to scour your home for the ones that are due back each week.

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Music Notes

By Ray Guitar

A friendly hello to all fellow musicians in the West St. Paul, Riverbend, Rivergrove and surrounding areas. Hopefully you all had a chance to read my first article in the August edition, which was about the chromatic scale and how it applies to the guitar fretboard.

The goal of these editorials is to pass on my knowledge of music so you can gain a better understanding of music theory in order to improve your skills as a musician. I'm not affiliated with any music businesses, but rather benefit from the enjoyment of providing information for musicians. I have always believed that musicians were great friendly people who want to help other musicians in order to have a good time and play some great music!

In this month's piece, let's look at the major scale. Should you ask, why do I need to know scales? Well, scales offer the framework for music as we create songs, melodies and solos. We need to know what scale to use over the Key of the song we are playing.

For example, if a song is in the key of C major, and you are playing the major chords of C, F and G, then you need to know what scale to use to play over the chords. Now the C major scale can be used because all the notes in the scale are the same notes found in the major chords. However this is only one approach to soloing, as there are many ways to solo. Also, practicing scales strengthens your fingers and provides greater dexterity while training your ear, and enhancing your timing.

The major scale has a set order of eight notes. The first and last (eighth) note of the scale are the same note, except the eighth note is an octave higher. The notes of the major scale are referred to by the number system with Roman Numerals and are called degrees. The first note of the C major scale is C or the first degree; the second note is D or the second degree, and so forth. So if I asked you what is the fifth degree of the C major scale, then the answer would be the G note.

However, with further theory studies, you will discover that there are other different technical degree names given for the notes of the scale. For example, the first note of a major scale is named the tonic and the fifth note is named the dominant. Also, the first note can be named as the root.

Here are the notes in the C major scale. There are no flat or sharp notes.

C Major Scale Notes: C D E F G A B C (octave)

Degrees of the Scale: 1 2 3 4 5 6 7 8 (octave)

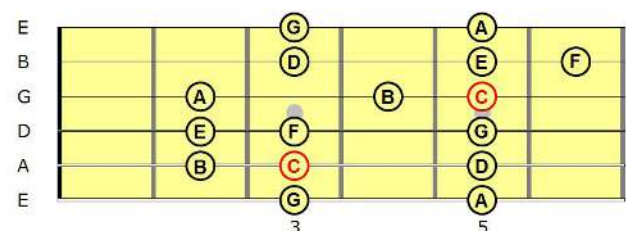
Roman Numerals: I ii iii IV V vi vii I (octave)

Now let's map out the C major scale on the guitar fretboard, by using a scale pattern. The diagram only shows one type of pattern, but be aware that there are many various scale patterns that exist and start at other locations on the fretboard.

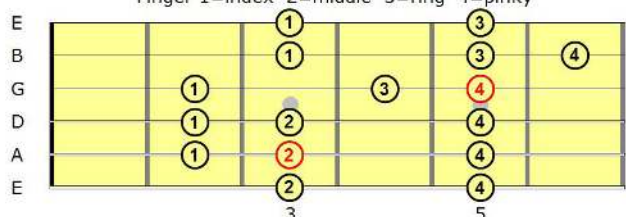
Start on the C note, on the A string and follow the notes C, D E, etc. all the way to the last A note. Then play backwards up to the top A note and back to the original C.

I'd love to hear from you. If you have any feedback, then please submit it to the content coordinator. Keep on pickin'!

C Major Scale Notes
Standard Tuning Notes on the left. Fret Numbers on bottom



C Major Scale Finger Pattern
Finger 1=index 2=middle 3=ring 4=pinky



Calendar of Events

September 2017

August 5th, to September 30th

Orange is the New Pink
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September 15th

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Autobody	Travel companies	Retirement Homes	Furnishings
Tires	Interior Designers	Luxury Items	Food Delivery
Veterinary	Window Treatments	Pet Grooming	Golf Courses
Salons	Furniture	Small Engine/ Repair	Hot Water Tanks
Cosmetic Surgeons	House Cleaning	Seamstress	Decks & Fences
Kitchens/Counter Tops	Jewellery	Flooring	Massage therapists
Power Sports	Accountants	Fitness Centre	Dry Cleaner
Painting	Fitness/Sports	Computer Repair	Designers

THE RURAL MUNICIPALITY OF WEST ST. PAUL

Public Notice

Property and business owners are advised that the 2017 Realty and Business Tax Bills have been mailed out and that all taxes are due on September 29, 2017 by 4:30 p.m. If you have not received your tax bill you can obtain a copy by attending the Municipal Office at 3550 Main Street, West St. Paul. Please bring identification.

In order to avoid penalties, payments must be received by the Rural Municipality of West St. Paul on or before 4:30 p.m. on September 29, 2017. Penalties will be charged at the rate of 1.25% per month on any unpaid amounts beyond the due date.

New property owners are reminded that they are responsible for payment of the 2017 realty taxes whether or not they have received a tax notice in their name.

Please note that if you are paying your taxes on-line, five (5) business days are required to process your payment. It is the

taxpayer's responsibility to ensure that their on-line payment is received at the Municipal office by the due date.

If you have any questions regarding your tax bill or municipal levy, please call 204-338-0306.

Vesuvia (Vee) Scromeda, CMMA

Deputy Chief Administrative Officer

RM of West St. Paul

3550 Main Street

West St. Paul MB R4A 5A3



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— The Millers



ADR Properties was founded in 2007. Since our start, we believed and trusted that our quality of homes is Job #1. This can be seen through our thrilled customer satisfaction — customers who are more than happy to personally refer us to close family and friends.

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ANITA SHARMA TURNER



Anita Sharma Turner has been an independent real estate agent with RE/MAX Associates since 2008. She provides a full suite of residential and commercial real estate services, focusing on the city of Winnipeg and surrounding communities.

Anita was born and raised in North Winnipeg and is currently building a home in West St. Paul. Anita also owned a popular clothing boutique in the River Heights area from 2004 - 2014. She is very active in her community while raising her three children. Anita helps clients achieve their real estate goals through exceptional customer service and professional excellence.

With buyers, she understands they may be making the biggest purchase decision in their lives and acts as an expert guide throughout the entire real estate process.

With sellers, Anita works to create a marketing strategy to sell their properties in a professional and timely manner for top dollar.

As a part of the RE/MAX team, Anita offers clients a premier market presence and a host of competitive advantages.



QUICK FACTS:

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