



WEST ST. PAUL SCHOOL COMMUNITY NEWSLETTER

OCTOBER, 2013

Our Beliefs: Take care of yourself. Take care of each other. Take care of this place.

PIZZA DAYS

October 2
October 16
October 30
November 13
November 27
December 11



HOT LUNCH DAYS

October 9
October 23
November 6
November 20
December 4

Upcoming Events

- PAC Meeting
Oct 8 - 7:00 p.m.
Free childcare available.
- Picture Day
Oct 9
- Thanksgiving Day
Oct 14 - NO SCHOOL
- Immunization Day
Oct 15
- Divisional PD
Oct 21 - NO SCHOOL
- SAGE PD
Oct 25 - NO SCHOOL

Did you know...

- The Province has proclaimed amendments to the Highway Traffic Act providing local governments the authority to set lower speed limits in school zones. Further, the Municipality has begun the process of drafting a by-law to reduce the speed limit in the West St. Paul School zone on Main Street.
- The school will be practicing both Lock Down and Evacuation Drills in the next few weeks. Our evacuation spots are Middlechurch Home and the West St. Paul Curling Club.
- Schools in Manitoba are required to have ten fire drills in a school year.
- We have 487 students registered at West St. Paul School.
- Grades 5-8 students are participating in programming at the Winnipeg Art Gallery. Grade 5 students will have one 10 week session throughout the year. Some Grades 6-8 students will participate as part of their TAS options.
- That we have 23 students who participate in the Seven Oaks Hockey Academy this term.
- The Parent Advisory Council has sent QSP Fundraising packages home to every family. We thank you for your support.
- The two new classrooms are being inspected this week for occupancy in the next ten days.
- Five West St. Paul teachers will be presenting sessions at the Seven Oaks Divisional In-service and the Provincial Teacher's In-service in October.
- A new electronic highway sign will be installed in the next month.
- The 25th Anniversary West St. Paul PAC Craft and Bake Sale will be on November 17th, 2013. Mark your calendars for this great community event.
- Pizza lunches are organized by Mr. Olson and his class. Any profits from Pizza lunches go to activities for all students.
- Hot Lunches are organized by PAC. This year's organizers are Kim Winzoski and Debbie Glatz. PAC supports the school and student activities with profit from fundraising.
- Our Parent/Child center is "in limbo" until our new classrooms are ready. Thank you to our families who have been meeting in alternative spaces such as Kildonan Park and Sunova Centre.
- Two families will be bringing their newborns to be a part of Roots of Empathy this year. A Big Thank you to Mrs. Anderson and Mrs. Pallen and their two babies for agreeing to be a part of this amazing program. Mrs. Rajfur, Mrs. Anderson and baby James will be working with Miss Yeo's class. Mrs. Mathwig, Mrs. Pallen and baby Jack will be in Mr. Olson's class.

Our **OCTOBER** newsletter is now available for viewing on our school website.
Please visit www.7oaks.org/school/weststpaul/Pages

From the Gym...

Early Years

Cross Country

October 8 ~ Little Mountain Park ~ 11:30 a.m.-2:00 p.m. (rain date Oct. 10)

Middle Years

Volleyball Practice

Grade 6 Boys and Girls ~ Day 4 and Day 6 Lunch

Grade 7 Girls ~ Wednesdays ~ 2:45 until late busses

Grade 7 Boys ~ Thursdays ~ 2:45 until late busses

Grade 8 Girls ~ Tuesdays ~ 2:45 until late busses

Grade 8 Boys ~ Mondays ~ 2:45 until late busses and Day 2 at Lunch

Volleyball Games - Grade 6 (Mondays), Grade 7 (Tuesdays), Grade 8 (Thursdays), Divisional (Wednesdays) - 3:30-5:30 p.m.

<u>Grade 6</u>	<u>Girls</u>	<u>Boys</u>	<u>Grade 7</u>	<u>Girls</u>	
October 7	HC Avery	WSP	October 8	WSP	
October 28	WSP	ESOMS	October 15	ESOMS	
November 4	AE Wright	OV Jewitt	October 22	Leila North	
November 18	ESOMS	WSP	October 29	ESOMS	
			November 5	ESOMS	
			November 12	Leila North	
<u>Grade 8</u>	<u>Girls</u>	<u>Boys</u>	<u>Divisional</u>	<u>Girls</u>	<u>Boys</u>
October 10	E.P.	HC Avery	October 9	HC Avery	WSP
October 17	WSP	ESOMS	October 16	WSP	
October 24	HC Avery	ESOMS	October 23	WSP	HC Avery
October 31	HC Avery	OV Jewitt	October 30	WSP	Edmund Partridge
November 7	ESOMS	OV Jewitt	November 6	OV Jewitt	Leila North
November 14	WSP	ESOMS	November 13	WSP	Leila North

Final Volleyball Tournaments at Red River College

November 19 Grade 8 Girls

November 20 Grade 8 Boys

November 21 Divisional Boys and Girls

Parent Advisory Council

A huge thank-you to everyone who attended the first PAC meeting of the 2013-14 school year. It was great to see some new faces around the table! We welcome all parents to attend the meetings and if you couldn't make the first meeting we encourage you to join us at the next PAC meeting which is scheduled for Tuesday, October 8th at 7:00 p.m. (Free childcare provided.)

After helping West St. Paul to achieve their technology goal of a Smart Board in every classroom – the PAC will now be turning their attention to improving the play space at the school. Over the next few months, planning will begin to address the best direction – should we be moving toward a new play structure or a more natural play space? We encourage you to have your say by attending PAC meetings and joining the sub-committee tackling this goal.

If you can't attend meetings you can always support PAC initiatives by supporting our fundraising activities such as the QSP magazine sales or the craft sale coming up in November. These dollars go directly back to our school to make it a better place for all the kids attending West St. Paul!

If you have any questions feel free to contact co-chair Elana Spence at 663-8455 or via e-mail at elana-spence@shaw.ca.

Hope to see you at the next meeting!

MIDDLE YEARS CAMP

MIDDLE YEARS CAMP







Parent/Child Preschool Program

WIGGLE, GIGGLE AND MUNCH

This program is for families with children ages **1-5 years**. The program has four main goals:

- To promote the benefits of physical activity and healthy eating from an early age.
- To encourage the belief in and practice of healthy living by providing participants with the experiences and tools they need to make physical activity and healthy eating part of daily living.
- To offer information about community resources for keeping active.
- To provide a safe environment where families can get to know each other and strengthen their community ties.

Wiggle, Giggle and Munch will run for 4 weeks beginning **Thursday, November 7th until November 28th** from **6:00 - 7:30 p.m.** in the Riverbend School gym.

Please register by calling Cheryl at 204-339-1964.

CALLING ALL BABIES AND THEIR CAREGIVERS

The Parent/Child Preschool Program is offering families an opportunity to learn massage techniques with their baby.

Amber Maric is a Registered Massage Therapist with over 10 years of experience. She is also a Certified Infant massage Instructor with the International Association of Infant Massage (IAIM), the owner of Yay for Babies Specialized Infant Massage and, most recently, mother to a two year old daughter.

Infant massage is a daily practice shared by parents and caregivers all over the world looking to bond, communicate and care for their babies in a healthy, natural way. Babies who receive regular massage have been shown to have better quality of sleep, have an improved rate of healthy weight gain and relief from the pain associated with colic, gas and teething. Aside from these physical benefits, infant massage has been shown to greatly improve the ability of parents and babies alike, to bond more closely and communicate with one another.. It may sound strange initially, but touch is one of the ways an infant has to communicate and express themselves to the world around them. It is the first sense to develop in utero and the only sense we cannot live without. In essence, learning to share touch with your infant is the most powerful, natural way there is to care for your baby's physical and emotional health.

Massage is a practice that can benefit children and babies regardless of physical or mental ability. It is a practice that can be shared by all families, regardless of religious, cultural or socio-economic background. Essentially, infant massage is a universal practice that can be enjoyed by everyone!

Please join us for our 3-week program to share and promote health and happiness through the ancient art of infant massage.

When: Fridays ~ November 1, 8 and 15, 2013 ~ 9:30 - 11:30 a.m.

Where: Community Corner ~ Lower Level of West St. Paul School

Class is limited to 10 babies.

Please register by calling Cheryl at 204-339-1964.



On September 26, all West St. Paul students took part in the annual Terry Fox Walk. Students and their families raised over \$4500 towards cancer research.

Congratulations on a job well done!



Nutrition for the Balanced School Day

The Balanced School Day maintains the same number of minutes of classroom and break time activities.

Frequently asked questions about the Balanced School Day

How do I organize my child's lunch bag?

Meals for your child's lunch bag can be organized in a variety of ways. Talk to your child about which approach they would prefer when planning their meals for school. Consider their unique eating habits, likes, dislikes and appetite.

If your child does not eat breakfast before school, this can be a time to add breakfast to their daily routine. Divide their food labelled "Break One" and "Break Two".

You can organize your child's food for their school breaks according to the three examples:

	Break One	Break Two
Example One	Snack	Lunch
Example Two	½ Lunch and Snack	½ Lunch and Snack
Example Three	Breakfast	Lunch

What do I include in my child's lunch bag?

Try to include at least 3 of the 4 food groups from Canada's Food Guide – Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives. **NOTE: DO NOT SEND ANY NUTS OR PRODUCTS CONTAINING NUTS ON THE SCHOOL BUS OR TO SCHOOL!**

Add two healthy beverages – milk, unsweetened juice, fortified soy beverage or water.

On hot lunch days, be sure to include a drink and healthy snack.

Keep a list of lunch choices on the fridge and let your child "order off the menu". Add and remove items to change the menu every couple of months.

Involve your child in planning, preparing and packing their lunch bag.



Manitoba Young Reader's Awards Ceremony



West St. Paul students participated in the Manitoba Young Readers Awards last spring. The twenty books were donated to our Library by the Jets True North Foundation. Students read these titles and voted for their favorite ones. This year's winner was *A Box of Shocks* by author Chris McMahan. Seven West St. Paul students represented our school at the awards ceremony on September 27th at Manitoba Theatre for Young People. There the students were able to hear Chris read selections from his book, talk about the writing process and answer questions from the audience. They were also introduced to the nominee books for the 2014 School Year.

Students representing our school were Noah, Hunter, Nyah, Valley, Jayden, Aurora and Harmony. Look for the 2014 MYRCA books coming to the Library in the near future.

FAMILIES CONNECTING

At Victory School

New Day & Time

A Healthy Baby Community Support Program designed to assist pregnant women and new parents in connecting with other parents, families and health professionals.

THURSDAY MORNINGS

9:45 – 11:45am

Victory School
395 Jefferson



women's
health clinic

Snack, childminding, coupons for free milk* and bus tickets available.

No need to register, drop in when you can.

Questions? Call 204.947.2422 ext. 113

SUSAN AUCH SPEED SKATING SCHOOL

Do you like to have fun, go fast and feel great?
Then speed skating is your sport!

Pick your track

Track 1 - Monday Sessions - Oct. 21, 28 and Nov. 4

Track 2 - Thursday Sessions - Oct. 17, 24 and 31

KEYSTONE KIPS GYMNASTICS

RECREATIONAL PROGRAMS

GIRLS & BOYS - AGES: 3 YEARS & UP

GIRLS COMPETITIVE PROGRAMS
REGIONAL & PROVINCIAL STREAM



LOCATION: WEST ST PAUL SCHOOL
(3740 MAIN ST, NORTH OF THE PERIMETER)

FOR INFORMATION CALL: 694-8096
email us at: keystonekips@mts.net

3740 Main Street
West St. Paul MB R4A 1A4
Phone: 204-339-1964
Fax: 204-339-7204

Administrators

Principal:
Vice Principal:

Cathy Horbas
David Ingram



OCTOBER, 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 – Day 3	2 – Day 4 PIZZA Athletic Manitoba Cross Country Challenge	3 – Day 5 Patrol Outing Deer Meadow Farm (9:30-12:30)	4 – Day 6 Middle Years Cross Country Birds Hill Park	5
6	7 – Day 1 Gr.6 Volleyball Boys at WSP Girls at HCA	8 – Day 2 EY Cross Country Little Mountain Park Gr.7 Volleyball Girls at WSP	9 – Day 3 HOT LUNCH PICTURE DAY Divisional Volleyball Boys at WSP Girls at HCA	10 – Day 4 MY Cross Country Birds Hill Park Gr.8 Volleyball Boys at HCA Girls at EP	11 – Day 5 Fire Prevention WSP Fire Fighters vs. WSP Staff/Students Volleyball Game	12
13	14 THANKSGIVING DAY NO SCHOOL	15 – Day 6 Immunization Dose #1 Gr.7 Volleyball Girls at ESOMS	16 – Day 1 PIZZA Divisional Volleyball Girls at WSP	17 – Day 2 Gr.8 Volleyball Boys at ESOMS Girls at WSP	18 – Day 3	19
20	21 – Day 4 DIVISIONAL PD NO SCHOOL	22 – Day 5 Gr.7 Volleyball Girls at Leila North	23 – Day 6 HOT LUNCH Divisional Volleyball Boys at HCA Girls at WSP	24 – Day 1 Gr.8 Volleyball Boys at WSP Girls at HCA	25 – Day 2 SAGE PD NO SCHOOL	26
27	28 – Day 3 Gr.6 Volleyball Boys at ESOMS Girls at WSP	29 – Day 4 Gr.7 Volleyball Girls at AEW	30 – Day 5 PIZZA Divisional Volleyball Boys at EP Girls at WSP	31 – Day 6 Gr.8 Volleyball Boys at OVJ Girls at HCA		

2013-2014 IMPORTANT DATES AT A GLANCE...


Oct 8	PAC Meeting ~ 7:00 p.m. (Free childcare provided.)
Oct 9	Picture Day
Oct 14	Thanksgiving ~ NO SCHOOL
Oct 15	Immunizations (Dose #1) ~ all Grade 4 students & Grade 6 Girls
Oct 21	Divisional PD ~ NO SCHOOL
Oct 25	SAGE PD ~ NO SCHOOL
Nov 7	Picture Re-takes
Nov 8	Remembrance Day Assembly ~ 11:00 a.m.
Nov 11	Remembrance Day ~ NO SCHOOL
Nov 16	Grade 4 & 5 Team Handball ~ 9:00 a.m. - 2:00 pm.
Nov 17	WSP Craft & Bake Sale ~ 10:00 a.m. - 4:00 p.m.
Nov 22	Parent/Teacher Conferences ~ NO SCHOOL
Dec 23 – Jan 3	Winter Break ~ SCHOOL CLOSED

OCTOBER

Fall

WEST ST. PAUL COMMUNITY SCHOOL
 Advancing Community Schools
 Serina Shewchuk - Learning Support Teacher - Early Years
 Cheryl Rajfur - Community Coordinator
 339-1964

PARENT/CHILD PROGRAMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 	3	4	5 
6 	7 Parent/Child Storytime 9:30 – 11:00 a.m. 3 – 5 years	8 MTYP “Jack in the Beanstalk” 10:00 a.m. Must register. PAC Meeting 7:00 p.m. Free childcare provided.	9	10 Hans Kai 9:00-11:00 a.m. Library	11	12 
13	14 THANKSGIVING DAY	15 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	16 Community Corner Room Open 9:00-11:00 a.m.	17 Community Corner Room Open 9:00-11:00 a.m.	18 Let’s Play! 9:00 – 11:00 a.m. 0 – 5 years	19 
20	21 DIVISIONAL PD NO SCHOOL	22 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	23 Community Corner Room Open 9:00-11:00 a.m.	24 Community Corner Room Open 9:00-11:00 a.m.	25 SAGE IN-SERVICE NO SCHOOL	26 
27	28 Parent/Child Storytime 9:30 – 11:00 a.m. 3 – 5 years	29 Parent/Child Rhymes & More 9:15 – 10:30 am 0 – 5 years WEAR A COSTUME.	30 Community Corner Room Open 9:00-11:00 a.m.	31 Community Corner Room Open 9:00-11:00 a.m. 		

2013





NOVEMBER

WEST ST. PAUL COMMUNITY SCHOOL

Advancing Community Schools
 Serina Shewchuk - Learning Support Teacher - Early Years
 Cheryl Rajfur - Community Coordinator
 339-1964

PARENT/CHILD PROGRAMS



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Parent/Child Baby Massage 9:30 – 11:00 a.m. Must Register.	2
3 	4 Parent/Child Storytime 9:30 – 11:00 a.m. 3 – 5 years	5 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	6 Come Play Room Open 9:00 – 11:00 a.m.	7 Come Play Room Open 9:00 – 11:00 a.m. Wiggle, Giggle, Munch 6:00 – 7:30 p.m. Must Register.	8 Parent/Child Baby Massage 9:30 – 11:00 a.m. Must Register.	9
10 	11 	12 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years PAC Meeting – 7:00 p.m.	13 Come Play Room Open 9:00 – 11:00 a.m.	14 Hans Kai 9:15 – 11:15 a.m. Library Wiggle, Giggle, Munch 6:00 – 7:30 p.m. Must Register.	15 Parent/Child Baby Massage 9:30 – 11:00 a.m. Must Register.	16 
17 WSP School Christmas Craft Sale 10:00 a.m. - 4:00 p.m.	18 Parent/Child Storytime 9:30 – 11:00 a.m. 3 – 5 years	19 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	20 Come Play Room Open 9:00 – 11:00 a.m.	21 Come Play Room Open 9:00 – 11:00 a.m. Wiggle, Giggle, Munch 6:00 – 7:30 p.m. Must Register.	22 Parent/Teacher/Student Conferences NO SCHOOL	23
24	25 Parent/Child Storytime 9:30 – 11:00 a.m. 3 – 5 years	26 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	27 Come Play Room Open 9:00 – 11:00 a.m.	28 Come Play Room Open 9:00 – 11:00 a.m. Wiggle, Giggle, Munch 6:00 – 7:30 p.m. Must Register.	29 We Be Jammin' Time 9:30 – 11:00 a.m.	30

2013

West St. Paul School Website: <http://www.7oaks.org/school/weststpaul/Pages>



Benefits of Play in Natural Settings

“Go outside to play!” That’s what parents used to say, but nowadays their children are more likely to hear, “Hurry up, we’ll be late for your lesson!” At a younger and younger age, children are spending their time indoors, often in structured, supervised activities. Parents make this choice because they want to keep their children safe and busy with educational experiences. However, it also means that children have little time left for free play outdoors. Even when they *are* outside, they tend to play on a groomed sports field or in an asphalt-covered schoolyard, climbing on standardized equipment. This trend has led some authors to talk about a “nature deficit.”

Natural playthings

What are children missing by not playing in natural environments? For a start, manmade spaces, with their straight lines and regular angles, lack the variety and novelty of places like forests, fields, beaches, stream banks and gardens. Think of what a baby experiences, sitting in his stroller in the garden, watching the movement of leaves in the breeze. A wind-up mobile over his crib will draw his attention too, but the unpredictability of the leaves and their shadows will hold his interest longer. Building a shelter out of branches and pine boughs in a corner of the park pushes preschoolers to use their creativity and imagination more than simply playing house in a pre-built structure in the schoolyard. Of course we want children to be safe, but there is a balance to be found between safety and allowing them the freedom to explore. Natural materials like twigs, stones, flower petals, shells and logs encourage children to solve problems at their level. Compare the challenge of building a tower or a wall with river stones to building with blocks that come in standard shapes and sizes.

Effects on the brain

People have lived in close contact with nature for most of human history, so it is not surprising that natural environments have positive effects on the human brain, both emotionally and cognitively. Our

intellectual capacities are expanded by living in contact with large numbers of other people in cities, but our body’s alarm systems are triggered by the sudden noises and constant stimulation. Time spent outdoors in nature tends to counteract these stressful effects; the colour green is particularly calming. For instance, studies have shown that:

- having trees and other greenery in the neighbourhood improves residents’ mood, as well as their ability to concentrate and be resilient
- people tend to recover faster from surgery if they can see a natural setting out of their hospital window
- children can focus on a task better after spending 20 minutes in a park compared to their results after a walk down urban streets.

Caring for the planet

If we want the next generation to become ecologically aware, we need to foster their feelings of connection with nature. There’s lots children can learn from books and the Internet about the life of insects, birds and flowers, but nothing beats direct experience of the real thing. All their senses are stimulated, for example, when they lie in the grass watching ants bustle to and fro taking food to their anthill, or when they crouch beside a tide pool to discover the abundance of life in the shallow sea water. It is experiences like these that sow the seeds of environmentally conscious actions.

Sense of wonder

Many scientists, when asked how they chose their career, talk about times they spent playing freely in natural surroundings when they were very young. They had opportunities to try things out at their own pace and discover the diversity and beauty of nature. Not everyone will become a scientist, but all children are curious about how the natural world functions. By making it possible for them to experience nature first hand, we can foster the sense of wonder which will prepare them, not just for school, but for becoming lifelong learners.

by Betsy Mann

To learn more about research on children and nature, visit www.childrenandnature.org.

Community Of West St. Paul Fall Supper

Sunday October 06, 2013

4 - 7 pm



Hosted by West St. Paul Lions Club
Roast Beef Dinner with Salad
Dessert & Beverages

Adults(12-64) \$15.00

Seniors (65+) \$11.00

Children (5-11) \$7.00

5 & under Free



Tickets Available:

Damara @ Sunova Centre 204-336-0294

Glenn @ Candle Co. Antiques 204-338-7291

RM Office 204-338-0306

And any West St. Paul Lions Member!

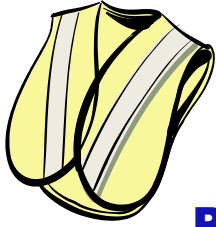
**** Limited Tickets at the Door****

Please try to purchase tickets in advance

Sunova Centre (West St. Paul Community Centre)

48 Holland Drive





(West St Paul Citizens on Patrol Program)

WSP C·O·P·P

Protecting Your Vehicle Community Bulletin

Vehicle break-ins are often crimes of opportunity. Few auto break-ins are random.

AUTO THEFT PREVENTION TIPS

- ✓ Always roll up your car windows, lock the doors and pocket the key.
- ✓ Lock your vehicle in your garage, take the keys out.
- ✓ Park in a well-lit busy area. Avoid leaving your vehicle in an unattended parking lot for a long period of time.
- ✓ Do not keep spare keys in the vehicle.
- ✓ Never leave valuables or packages visible; take them with you or put them in the trunk.
- ✓ Don't leave your garage opener or vehicle registration in your vehicle. If thieves stole these items they could use them to commit other crimes including identity theft or break & enter.
- ✓ Leaving car chargers or GPS holders visible may alert thieves you have valuables stored in the vehicle "out of sight".

Once criminals know there are unlocked vehicles in an area, they will keep coming back. Be a good neighbour; don't give thieves a reason to visit your neighbourhood.

Report any suspicious activity to the RCMP.

PROTECT YOURSELF ... HELP PROTECT YOUR COMMUNITY

Consider participating in a neighborhood crime deterrent like Citizen on Patrol Program

WSP C·O·P·P (CITIZENS ON PATROL PROGRAM)

Ph: 204-805-0757

Detlef Hindemith, Group Coordinator

Email: wspcopp@gmail.com

Link to RM of WSP COPP website:

http://www.weststpaul.com/main.asp?fxoid=FXMenu,11&cat_ID=2&sub_ID=28



(West St Paul Citizens on Patrol Program)

WSP C·O·P·P

Protecting Your Property Community Bulletin

There are simple things you can do to boost the security of your home and reduce the risk of break and enters

HOME SAFETY TIPS

- Consider making your home visible from the street so criminals have nowhere to hide.
- Create the illusion of occupancy when you're away by making sure mail is picked up, the yard is maintained and lights are on timers.
- Lock your doors, windows, garages and sheds.
- Put locks on trailers and move lawn/garden equipment, ATV's out of sight.
- Wait for the garage door to close behind you. Thieves take this opportunity to slip inside the garage and enter your home.
- Lock up ladders or tools that could help a criminal get into your home.
- Avoid hiding spare keys outside your home; instead leave them with a trusted neighbour.
- Don't post your vacation plans on social networking sites or answering machines.

Many residential break and enters occur during popular vacation times and during common work hours.

Report any suspicious activity to the RCMP.

PROTECT YOURSELF ... HELP PROTECT YOUR COMMUNITY

Consider participating in a neighborhood crime deterrent like Citizen on Patrol Program

WSP C·O·P·P (CITIZENS ON PATROL PROGRAM)

Ph: 204-805-0757

Detlef Hindemith, Group Coordinator

Email: wspcopp@gmail.com

Link to RM of WSP COPP website:

http://www.weststpaul.com/main.asp?fxoid=FXMenu,11&cat_ID=2&sub_ID=28