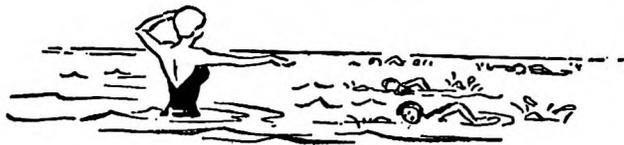


# Victoria Beach Herald

Sponsored by the Victoria Beach Club



VOL. 45, No. 2

JULY 10, 1970

Editor:

MRS. CONNIE SARCHUK  
422-8th Ave.

Published during July and August by Sauls & Pollard Ltd., 1499 Buffalo Place, Winnipeg 19.  
Address correspondence to The Editor, or direct to the printers

Business Manager

MR. L. O. POLLARD  
223 Third Ave.

## DOMINION DAY AT VICTORIA BEACH

Dominion Day in Manitoba's Centennial year 1970, was publicly observed in the Rural Municipality of Victoria Beach at a noon gathering in Memorial Park.

The chief guest of honour, Mr. Dan Anderson, with Mrs. Anderson, arrived promptly in a decorated convertible, and took their place beside the newly erected flag pole. They were joined by a group of their children and grandchildren.

Mr. Harold Martin, as master of ceremonies, welcomed the spectators and called upon the Very Reverend Wm. Harrison to give the invocation, dedicating the Centennial Memorial Park and the new flag.

Mr. John Ateah spoke briefly, recalling the highlights of his years in Victoria Beach. Dr. Sam McMorris traced the development of the community from the first decade of this century, when the high part of the then "island" was cleared of birch and pine for a sawmill at Selkirk. This was the beginning of the golf course. The first train arrived in 1916, previous approaches having been made by boat.

Barbara Sudermann, president of the Victoria Beach Club told of the forming of the first club in 1920, with Dr. John MacLean as president. Due to the foresight of a group of interested pioneers, among them the late Messrs. Roy Borrowman, Frank Sprague, Chief Constable George Smith and Fred Gee, the present Club House was erected. Alex Johnson and Oscar Polson were the contractors.

Councillor Doreen Benningen, who has been largely responsible for the development of the "Village Green," announced that we may shortly have a beautiful commemorative pool, thanks to Mr. Ivanoff of 8th Ave. for his fine plans. Mrs. Benningen then introduced Mr. Anderson, who with the assistance of Mr. W. Spear, raised the Manitoba Centennial Flag to the top of the new flag pole. A timely breeze unfurled it for all to observe the design, white buffalo on blue ground. Susan and Jeff Hughes, children of Mr. and Mrs. Dodds Hughes, presented a beautiful bouquet to Mrs. Anderson with a graceful curtsy and bow. Following the singing of God Save the Queen, the audience moved towards the V.B. store in order to hear a taped speech by Mr. Anderson. The recorder was not at its best, so Mr. Anderson read his interesting story with the aid of a small megaphone. The text of the speech will appear in a subsequent issue of *The Herald*.

A solo "What a Day That Will Be" by eight-year-old Thomas Anderson in a clear strong voice, which he may have inherited from his grandfather, brought to a close a memorable ceremony, simple and moving in a beautiful setting on a perfect day.

MRS. D. C. HENDERSON

### FISHING DERBY RESULTS

The Fishing Derby was a whopping success. Eighty-nine fisherboys and fishergirls caught 217 fish.

Winners for the most fish caught by the girls were:

8 years and under—Sandra Lillie; 9 and 10 years—Pat Karras; 11 and 12 years—Joanne Haughey; 13 years and over—Dawn Priestley. The biggest fish was caught by Sharon Bauman.

For the boys, the most fish were caught by:

4 to 8 years—Bradley Einfeld; 9 to 11 years—David Priestley; 12 years and over—Gary Horrocks.

The biggest fish were caught by:

4 to 8 years—David Bauman; 9 to 11 years—Alex McCuaig; 12 years and over—Ian Reid.

The youngest fisherman was three-year-old Scott McIntosh. It was a beautiful day, the fish were biting and everyone had a good time.

GRAHAM McLEOD, *Convener*

**Editor's Note:** A past *Herald* issue brings to light the information that the winner of the First Annual Fishing Derby, held in 1926, was Johnny Ateah!

### SPORTS DAY

July 18th is when it is,

Sharp at 10.00 a.m. the fun begins!

It is not whether your offspring won a race as much as, was he or she in a race?

Slow races on bicycles, fast races in sacks.

Flat racing for everyone from 3 and under to 15' and over.

If those of you over the hill (not age, silly) and way up north can arise 15 minutes earlier you might make it to Memorial Park before 10.00 a.m. when it all begins.

SAY KIDS! If your family is too lazy to come, you make it down and we will have someone look after you.

ROBERT (BOB) LANE,  
*Convener*

**Children's Masquerade, July 11th, 7:00 p.m., Clubhouse Grounds**

**RURAL MUNICIPALITY OF VICTORIA BEACH**  
**REEVE: HAROLD T. MARTIN**

**Justice of the Peace:**  
Harold A. Clark, Victoria Beach; Fraser G. Campbell, Winnipeg

**Councillors:**  
John Ateah, Mrs. Doreen Benningen, Dr. L. Sam McMorris, Ernest W. Sharp

**Secretary-Treasurer:**  
Mrs. Mary A. Zolna, 320-283 Portage Avenue, Winnipeg, Ph. 943-1070

**Supervisor:** R. Wallace Spear

**Superintendent:** Lorne A. Anderson

**Police Officer:** Peter Jachetta

**Medical Health Officers (124 Birch Avenue)**  
July 1st to July 20th—Dr. R. Bruce Brecken  
July 22nd to August 11th—Dr. Godfrey Harding  
August 12th to September 2nd—Dr. Diane Blehl

**Consultation Hours:**  
Monday to Saturday—12 to 2 p.m. and 5 to 7 p.m.  
Sundays and Holidays—12 to 2 p.m. only

**RURAL MUNICIPALITY OF VICTORIA BEACH**  
**NOMINATION DAY NOTICE**

TAKE NOTICE that a meeting of the Electors of the Rural Municipality of Victoria Beach will be held in the Municipal Office, Room 320 - 283 Portage Avenue, Winnipeg 2, Manitoba, on Tuesday, July 21st, 1970, at the hour of ONE O'CLOCK (Daylight Saving Time) in the afternoon for the purpose of nominating the following candidates:

**REEVE—**

For the unexpired portion of the Reeve's term (July 31st, 1970 to December 31st, 1971)

**TWO COUNCILLORS—**

each for a term of two years:

FURTHER TAKE NOTICE that each and every nomination paper must include a duly completed statutory declaration by the candidate and a certificate by the Treasurer of the Municipality as to certain qualifications of the candidate, which certificate must be obtained from the Treasurer of the Municipality not earlier than seven days immediately prior to and not later than TWELVE O'CLOCK noon (Daylight Saving Time) of July 21st, 1970. The time for receiving nominations shall be between the hours of ONE O'CLOCK and TWO O'CLOCK (Daylight Saving Time) in the afternoon and all nominations shall be made in writing by a proposer and a seconder who shall be duly qualified electors of the Municipality. Each nomination shall be accompanied by a written acceptance thereof by the candidate named in such nomination and also a declaration signed and duly attested by the candidate before a Commissioner of Oaths, a Police Magistrate or a Justice of the Peace.

Members whose term is expiring are: REEVE, Harold T. Martin, unexpired portion of the term. (July 31, 1970 to December 31, 1971).

COUNCILLORS, G. Doreen Benningen, Ernest W. Sharp.

DATED at Winnipeg, Manitoba, this 29th day of June, A.D. 1970.

(MRS.) MARY A. ZOLNA,  
Secretary-Treasurer.

**SELF SERV**  
**VICTORIA BEACH GROCERY**

FRESH MEATS, FRUITS, VEGETABLES

Store Hours:  
8:00 a.m. to 9:00 p.m. Daily

DELIVERY SERVICE Marion and Al Stewart

**BUS SERVICE**

Leaves Winnipeg daily ..... 9:30 a.m.  
Arrives Victoria Beach ..... 11:25 a.m.  
Leaves Victoria Beach daily (except Fri. & Sat.) 5:35 p.m.  
Arrives Winnipeg ..... 7:45 p.m.

**Friday and Saturday only**

Leaves Victoria Beach ..... 1:00 p.m.  
Arrives Winnipeg ..... 3:00 p.m.  
also  
Leaves Victoria Beach ..... 8:00 p.m.  
Arrives Winnipeg ..... 10:05 p.m.

There is also a daily bus service to Pine Falls, leaving Winnipeg at 5:30 p.m. This bus will drop passengers for Victoria Beach off at the Pine Falls junction, after which they are on their own. Bus fare to the Beach is \$2.80 one way. Children from 5 to 11 years of age travel for half fare and toddlers under 5 (one per family only) are free.

**SUMMER POST OFFICE HOURS**

July 2nd to Sept. 5th, 1970

Lock Box Lobby ..... 8.30 a.m. to 8.30 p.m.  
Wicket ..... 9.00 a.m. to 5.00 p.m.  
Lunch Period ..... 12 noon to 1.00 p.m.  
Half Day Closing ..... Saturday at 11.00 a.m.

Mail daily except Sunday.

In-coming mail arrives at 6.45 a.m.

Out-going mail to all points at 6.40 p.m.

Mail to be despatched that evening must be posted before 4.30 p.m.

**MOONLIGHT INN**  
**THE "IN" INN**

CLEAN FRIENDLY SERVICE

Hot meals served Tuesday through Friday 5-7 p.m.

Moonburgers, Chicken, Fish, Shrimps

24 FLAVOURS OF ICE CREAM

Drugs, Cosmetics, Novelties and Magazines Available

Phone 754-2581 for Pick-up Orders

**ADULT CABARET DANCE**

July 18th, 9:00 p.m. to 1:00 a.m.

Percy King's Orchestra

Tickets at 204 - 4th Ave. or at the door

**Notice of**  
**EVENING CHURCH SERVICE**  
**ST. MICHAEL'S CHURCH**

Evensong 7:30 p.m. Every Sunday

Holy Communion:

Fourth Sunday in the Month at 7:30 p.m.  
REVEREND DAVID BARCLAY

**QUALITY FLOWERS**  
**AT LOWEST PRICES**

*The Orchid*  
TAMMAS SCOTT

310 Donald Street

Winnipeg, Manitoba

**VICTORIA BEACH MOVIES**

July 14 WHERE ANGELS GO, TROUBLE FOLLOWS  
(Rosalind Russell)

July 16 TORUK (Rock Hudson)

**MEMBERS**

15 and under, 25c—Adults, 50c

**NON MEMBERS**

15 and under, 50c—Adults, 75c

**SWIM PROGRAM**

Swimming registration last weekend was fantastic! We had the largest turnout ever with over 250 people registering and more expected to register this week.

On Sunday, July 12th, an artificial respiration clinic will be held on all beaches.

Mouth to mouth artificial respiration will be demonstrated and any questions will be answered.

Come out and participate in our Centennial Swim!

In place of "Swim to Gimli" this year we are holding a "Swim to Beat '70" between 4 and 5 o'clock, Monday to Friday. Sixteen lengths equals one mile, one mile equals five years, 20 miles equals 100 years.

Unfortunately the suggestion that we fly red flags on the beach to designate wavy days cannot be carried through, because it would be impossible to supervise the project with the present staff.

GEORGIA LEES

**ATTENTION: SWIMMERS**

The 1970 half-mile open swim will be held at 2:30 p.m., Saturday, July 18 at the pier. Would all interested please register at the pier prior to starting time?

**KEEP IN TOUCH BY LONG DISTANCE**

... it's the next  
best thing to being there!



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Office: 2126 Logan Ave., Winnipeg Ph: 775-2595

Serving Victoria Beach and Districts

Beaches Agent: Walter Mackelson Ph.: 754-2960

**COMMUNITY CHURCH SERVICE**

Club House, Victoria Beach, 11.00 a.m.

VICTORIA BEACH  
SUMMER COMMUNITY CHURCH SERVICES  
July 12th Rt. Rev. W. Gerald Burch, Edmonton, Alta.

MUSIC: Mrs. Lee Anderson is in charge of music for the season.

**LEN'S FINE FARE**

Albert Beach

We Originate — Others Imitate

Pioneers of City Prices in Your Area

Fine Steaks - Fresh Meats - Produce - Hardware

"Seeing is Believing"

For Delivery Phone 2397 or 9290

OR

Call In and See Len or Doris Saffie

**TEEN RAMBLINGS—By M.B.**

The summer this year started off with a bang. Everyone involved enjoyed themselves as well as onlookers.

A great gathering at Bayview was a smashing success, on the long weekend due to the presence of our Uncle Ben. Wood chopping festivities were presided over by Johnny E. and the big Harve.

Things were tranquil here until the next weekend when the 'Manotick Mauler' arrived bringing good spirits in his famed red sled. Things really rocked that Saturday night at the V.B.C.C. For some reason lives were taken in order to gain possession of little blue coupons! Some nice man in blue put a damper on the proceedings and things broke up around 10.30.

After the "Curling Club Affair" it was over to Mike's for entertainment by the only Water Buffalo in captivity. Peeping Tom, the friendly neighbourhood voyeur was on the scene and was heard to remark "If you can join 'em, watch 'em." That weekend the Langdons had two mysterious midnight visitors. Shortly after "Marge" paid her respects to the McGill household.

That Monday the 'Week of the Horn' began. Participants were: Johnnies' B.E. and N. and Rob J. Most of their time was spent looking for some mysterious creature known as 'Lona of the Lake'. A Kraft Dinner Box had a particularly rough time and got the stuffing beaten out of it. The boys kept late hours but Grandpa Brown never questioned their sleeping habits.

The next weekend a party ensued to celebrate the end of the "Week of the Horn." Those on hand enjoyed themselves thoroughly.

This last week was rather morbid with very few rafter rattlers about. On Friday night Nicky Nicotine coughed and sputtered to the tune of 2½ cigarettes. The crowd went wild as he turned green.

On Saturday night the 'Road Apple' outdid themselves providing a fair performance. Contrary to popular belief, Selkirk is not a friendly town.

FLASH! Rumor has it that Harold Hinter will grace us with his presence next weekend. Speaking of Harold, nominations for the I.H.P.A. (Victoria Beach Chapter) will be accepted during this week. Nominations may be left with Mike Bellhouse, 201 - 6th Avenue.

**SEE SAM ATEAH**

For Safe, Clean, Economical

PROPANE SPACE HEATERS, FURNACES  
WATER HEATERS, PROPANE RANGES

METRO PROPANE LTD.

### VICTORIA BEACH GOLF COURSE

ADULTS—First 9 Holes.....	\$1.00
Second 9 Consecutive.....	.50
JUNIORS—Under 16 — 9 Holes.....	.50
Tuesday 1:30 - 4:00 p.m. — 9 Holes.....	.25

FULL ADULT RATES SUNDAY, SATURDAY AND HOLIDAYS

#### MONTHLY and SEASON RATES

	Month	Season
Family—Up to Four Children 10-14.....	\$25.00	\$45.00
Children, with family membership, 15-18, each.....	\$ 5.00	\$ 9.00
Husband and Wife.....		\$35.00
Individual.....	\$15.00	\$30.00
Juniors.....	\$14.00	\$25.00

### THE GOLF COURSE

There's a new look at the golf course this summer! Mr. Harry Spinks, who is once again in charge, has been hard at work since May 1st, improving the grounds surrounding the club house. The bicycle racks have been moved out of the way into a corral, and the lawn area considerably increased. Benches have been placed under the trees, for the comfort of those non-golfers who may want to enjoy the activities at the first tee. The begonias and other flowers have never looked better, despite a lack of rainfall during June! Mr. Spinks is justifiably proud of the little 'Park', and hopes that residents will take advantage of it. This is Mr. Spinks' eighth summer at the clubhouse, although he has been, of course, a longtime summer resident of Victoria Beach.

### YOUR SUMMER COTTONS

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Nine Plants  
To Serve  
You

**Quinton's**  
Quality Dry Cleaning

### EINFELD'S BAKERY

Victoria Beach

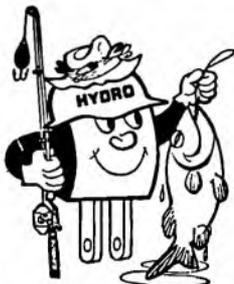
### WOODIE'S GOODIES

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Service and Satisfaction

Bread, Buns, Cakes, Pies, Cookies and Pastries Baked Fresh Daily  
BIRTHDAY AND WEDDING CAKES MADE TO ORDER

PROPRIETORS: CHUCK AND CAROL EINFELD



### ENJOY YOUR COTTAGE LONGER!

Contact MANITOBA HYDRO for facts about ELECTRIC HEAT! Write P.O. Box 815, Winnipeg, or get in touch with District Supervisor, Grand Beach.

the  Bay

at Your Service in  
**PINE FALLS**

We're Only 20 Miles Away

**Use Your Bay Credit Card**

### FOUND

On July 1st, a wrist watch. Please apply at 447 - 8th Avenue.

### KITTENS

Three fluffy kittens need a good home. Can be seen at 207 Sunset.

### CORRECTION

The yellow Events and Activities card which has been delivered to every cottage contains an error which could cause inconvenience. The address of our Recreational Director, Graham Simpson, should be changed from 301 - 5th to 308 - 6th Avenue.

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**BEACH PEOPLE**

Mr. and Mrs. Peter Perehal and children Janice, John and Paul are down for the summer at their cottage on Eighth Avenue. Patty McGowan from Richmond, B.C., is staying with them for three weeks. John will be leaving soon for New York for a United Nations Pilgrimage.

The Wookays—Don, Terry, Ross, Cal and Diana, 463 Sunset Blvd., are enjoying their cottage and the golf course!

Eric and Jean Wind and children Andy, Blair and Derek are spending the summer at 465 Sunset. David is working this summer but will make the weekend scene.

Glen and Maureen Cockburn are enjoying the holiday at their cottage, 447 - 8th Avenue. Kelly, Karee and Kevin and the dog Kippy keep things lively at that end of the street.

Rev. and Mrs. Fraser Muldrow and family spent ten days at their cottage "Reds' Roost," 439 Eighth Avenue, prior to moving to The Pas, Manitoba.

Mr. Don Muldrew, of Ottawa, spent a weekend at the family cottage at 315 Second Avenue.

Gerry and Dodie Dennehy and family are staying at 301 - 3rd for the month of July.

Mrs. D. C. Henderson will be spending the early part of the summer at 302 - 3rd. Mr. and Mrs. David G. Henderson will be there also for the next few weeks.

Vivian and Al Moore are at their cottage at 204 - 4th Avenue for the summer. Vivian is in charge of social events for the V.B. Club this season.

Beth and Glen Anderson, along with Nicole, Reid, Todd and Riley are at their cottage at 203 Sunset for July.

Mr. and Mrs. Bruce Hales and children are staying at Gloglen cottage on Second Avenue for the first two weeks of July.

Mr. and Mrs. Brian Parker, Tricia, Randy and Douglas will be spending some time at 330 - 3rd Avenue.

Mr. and Mrs. M. Ostryzniuk, Cathy, Patricia and Peter spent the first two weeks of the summer at 331 - 4th.

The Alan Irvings are holidaying for July at 357 Sunset. Karen, Kelly, Scott and Kim have been enjoying the beach and are looking forward to taking swimming lessons!

Sheila and Dick Quinton and family are enjoying their first summer in their new cottage at 359 Sunset.

Mr. and Mrs. O. MacGillvray of Regina, along with Melissa, Kim and Cathy and the family pet "Sam," will be at 335 - 1st Avenue for July.

Dr. and Mrs. P. Sudermann and their five children will be leaving for Switzerland on July 18th. They will be holidaying there for six weeks. Barbara is, of course, the president of the V.B. Club and has worked long and hard to arrange all the Club activities for the summer. In her absence, Mrs. Elsie Hughes will be at the helm. Barbara has promised to keep in touch, so we look forward to reading about her trip in future editions of *The Herald!*

Susan and Lynn Turner have been holding a 'Carnival' at 402 - 4th. For a small fee of 1c to 3c visitors have been able to participate in a Buoy Throw, Roof Jump, Balancing Cup Throw and various other exciting events. The money raised in this way is being turned over to the 'Fire Fund'.

New cottage owners Don and Joyee Howe are down at 206 - 4th with youngsters Robbie and Carol.

Dave and Ann Anderson, Ian and Dorothy are holidaying for the month of July at 32 - 8th Avenue.

Mr. and Mrs. G. Jewers, Judy, Robin and Leslie are down at 401 - 4th and enjoying the fine beach at King Edward.

The Wiswells, 361 Sunset, have been enjoying a visit with Patsy and Gerry McKay and their daughter Mary. Mary has a friend along with her, Lorraine D'Aginecourt of Berlin, New Hampshire. The D'Aginecourts are former Victoria Beach cottagers.

Nan and Stan Mason paid their annual visit to Victoria Beach on Dominion Day to wish Norrie Wiswell a happy birthday!

Mr. and Mrs. R. C. Isaak have recently become new cottage owners at 310 - 3rd.

Rao and Joe Donovan and their five youngsters, of Ottawa, are back at the family cottage at 351 Sunset. Rao, along with Timmy, Christine, Linda, Lawrence and Billy, will be here for the summer.

Mrs. Sven Hryn, of Saskatoon, is visiting with the Wm. Mitchells at 409 Sunset.

Mr. and Mrs. Borden Prychun are back at 320 - 5th for a holiday. Daughters Cindy and Larissa are with them, but their eldest, Daria, is in Toronto training for the Canadian Figure Skating Championships with Sheldon Galbraith. Daria is the 1970 Canadian Novice Pairs Champion and came second in the Junior Ladies' Singles.

**VICTORIA BEACH CAR PARK**

1st Day 75c — Week-end \$1.25  
Week \$3.00, Month \$8.00, Season \$12.00

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One Mile North of Pine Falls Turnoff  
Just South of Hillside Beach

Best of Food — Best of Service  
Car Hops to Serve You

Phone 2467 for pickup orders

Burgers - Hot Dogs - Chicken - Shrimp

**Catholic Church Service**

Victoria Beach

Mass—Sundays of July and August, 1970

9:00 a.m. (DST) — CLUB HOUSE

**LOVER REST HONEY**

VISIT —

## PINE FALLS Manitou Lodge Hotel

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Beautifully Decorated - Fully Air-Conditioned  
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Your modest membership fee provides:

- \* A full time Recreational Director
- \* Supervised swimming lessons.
- \* Teenage and Adult Dances.
- \* A modern Clubhouse with activities.
- \* Movies.
- \* Publication of the *Victoria Beach Herald*.
- \* Special events every weekend.

Every visitor is asked to become a member.

	With Children	Without Children
Season.....	\$10.00	\$7.50
One month.....	6.00	4.00
Less than a month .....	5.00	3.00

Please contact the Membership Chairman, Mrs. Maureen Swystun, at 201 Sunset Blvd.

*Ed. Note*—The following article was written some years ago by a former editor of the *Herald*, and we reprint it for the benefit of those newer cottagers who may require some help in getting oriented.

**TIME**

Dozing through the long, warm days at the Beach, sometimes one finds it rather difficult to discover not only the time of day but also the day of the week; hence some helpful hints.

If, for some emergency, and it could only be for such an emergency as the dog getting skunked, you happen to be in the lanes in the early morning and see only seniors carrying golf clubs and juniors with tennis racquets, it is before 10 o'clock. If you can smell coffee and bacon on Fifth Avenue it is 9.00 o'clock—10 o'clock on First. At 4.30 p.m. the first sun-bather leaves Patricia Beach; at 5.00 p.m. most people are leaving and at 6.00 the beach is empty. If the store is full of children buying candy and pop, it is 7.30 p.m. on a Tuesday or Thursday; if deserted it is 8.30 and the movie has begun. If the stillness of the night is broken by flashing lights and children's laughter, it is 11.30 and the movie is over; by lights and hushed whispers it is 2.00 a.m. and the bridge party is departing.

The weekend is not difficult to recognize with its influx of pallid males in the lanes and on the beach, but Saturday and Sunday are more difficult. Sunday morning is distinguished however by the church-goers and the fishermen; the afternoon by the smells of barbeques and the evening by the streams of people and wagons making for the parking lot. Monday is a day of somnolence and total inactivity; in contrast, Friday is characterized by banging brooms, vacuum cleaner drones, odours of baking and shrill commands to the youngsters "to go out and stay out". Friday is also notable for the numbers of ladies in curlers and the numbers of children soaping themselves in the lake. Thursday can be recognized by the women and children along the lanes and scattered in the bush collecting berries for hubby's visitation tomorrow. But Tuesday and Wednesday are quite unremarkable, except as that glorious hiatus when TIME stands still.

—EDHA

**WATER SKIING SAFETY**

Water skiing, like any sport, can be dangerous if basic safety rules are not followed. When moving at high speed on water, a bad fall can dislocate a shoulder, hip or knee, and force water into the nose or ear at high pressure.

If you're thinking of taking up water skiing this summer, here are a few tips to help you gain more enjoyment and avoid accidents:

First, take lessons from a qualified instructor if possible. Don't rely on non-expert advice and, above all, don't try to teach yourself. It's not as simple as it looks.

Second, learn how to handle your tow rope, to avoid tangling it with arms or legs.

Two people are required in the boat, one to do the driving and the other to keep an eye on the skier. Communication during water skiing is accomplished by means of hand signals and there are 10 basic signals that should be memorized by skier and driver.

A very important rule is not to attempt crossing a wake when your boat driver is turning. Watch for his signals. Also keep an eye out at all times for floating debris or sunken logs. Both are potential hazards. A beginner should always wear a lightweight life belt and a bathing cap. The belt of course, will keep you afloat and the cap will protect your ear drums in case of a spill.

Experienced skiers also recommend that you don't ski for long periods of time; take a rest break on the beach. Water skiing requires intense visual concentration and spray, wind and sun glare can cause irritation to the eyes. It's also a good idea for water skiers to take along a good skin cream which will help to relieve windburn. Blisters and sore hands can become a problem but this can be reduced if the handle of your tow rope is covered with a rubber material.

Water skiers who follow these basic rules will form good habits and get a lot more fun out of water skiing this summer.

**IN SYMPATHY**

Our sympathy to Marg Henderson and children, Rolanda, Marilyn, Bruce and Scott of 210-4th Ave. on the sudden passing of their husband and father, Roland Henderson on Saturday, July 4th in Winnipeg.

**WILLIAM H. MITCHELL  
SCOUTEN MITCHELL SIGURDSON & ASSOC.  
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