



Victoria Beach Herald Sponsored by the Victoria Beach Club

# Victoria Beach CLUB

VOLUME 60 No. 6

AUGUST 1985

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## 60TH ANNIVERSARY (1925-1985)

- JUNIOR GOLF TOURNAMENT** — August 6 — 10:00 a.m. — Golf Course  
**DOG SHOW** — August 3 — 7:00 p.m. — Sports Ground  
**ANNUAL VICTORIA BEACH and TRAVERSE BAY  
SENIOR CITIZENS' BAZAAR and DANCE**  
Friday, August 9 — 2:30 p.m. — Victoria Beach Sports Center, Pine Road  
**SENIOR TENNIS TOURNAMENT** — August 3, 4, 5 — Tennis Courts  
**CROSS COUNTRY RUN** — August 3 — 10:00 a.m. — Sports Ground

V B



*Happiness Is*

- BIKE RACE** — August 10 — 10:00 a.m. — Sports Ground  
**VOLLEYBALL TOURNAMENT (Mixed)** — August 10 & 11 — Sports Ground  
**ADULT DANCE** — August 10 — 9:00 p.m. — Clubhouse





**Boys 10 and Over:** David Marshall. *Trab.* **Most in the News:** Devin Chang. *Miss Victoria Beach 1923.* **Most Beautiful:** Brad Lefebvre. *Bathone Beauty.* **Sexiest:** Rich Adam. *V.B. Teenian.* **Most Realistic:** Stuart McMillan. *King Edward III.* **Most Royal.**

**Girls 10 & Over:** Jenni Guatano. *Pink.* **Most Modern:** Shannon Burland. *Miss Victoria Beach Club.* **Most in the Spirit of the Beach:** Siobhan Burland. *Monday Night Brides.* **Best Advertisement:** Cindy Sallans. *Miss V.B. 1923.* **Most Old-Fashioned:** Jennifer Brown. *V.B. Sun Bishopper.* **Best from Natural Materials:** Anisla Somerville. *Classy Lady.* **Most Colorful:** Trista Mills. *Flapper Girl.* **Flashiest:** Karen Jack. *Ice Cream Cone.* **Most Realistic:** Robin Jack. *Roman in Toza.* **Most Authentic.**

**Groups: Moon Lite Inn.** — Janine Gray, Krista Morrison, Susan Gray. **Most Ingenious Group:** V.B. Munchkin. Neil and Ian Dhesher. **Funnies:** V.B. Pork Barbecue. Elizabeth and Catherine Wreldon. **Best Anniversary Group:** Victoria Beach Boys. Roger Rusema, Michael Kaye, Jeremy Rusema. **Sportiest Group:** Victoria Beach Aces. Jay Guatano and Mark Oertzen. **Best Rock Group:** V.B. 120th Anniversary. *The next generation.* Robert Pohl & Catherine Butler. **Most Ingenious Pair:** Cai and Pui. Barbara Best and Barbara Chalmers. **Most Original: Mouse Family.** — Kathy Jack and Jane Buckingham. **Best Animals:** V.B. Pet Company. Sonia Ouellet and Sheri Parsons. **Best Hunters:** Two-Headed Tree Monster. — Jennifer and Tricia Clupeck. **Scariest Group:** Panto-Money. — Patricia Lewis and Andrea Pratt. **Quietest:** The Coke Family. — James Jonathan, Kate and Richard Bolton and Jennifer, David,

and Kristen Verplaetse. **Most Refreshing: Kids for Africa.** Whites and Alix Barrill. **Best Rock Song:** Caterpillar. — Andrea, Suzanne and Leanne Boyd and Andrea and Laurel Sampson. **Most Realistic.**

**FROM THE EDITOR**

You may have noticed several errors in the July 26 edition of the Herald. We apologize. Please except these retractions. 1. The fly-post was donated by *Maiken*, Guy and Dawn Leathill was not the pilot. It was Louis Ludwig and he landed in *Toni Chapel's* "International Airport". 2. In the picture department "Perry David and Co." and "Rhonda and Chuck" should have their captions reversed. We would also at this time, on behalf of the V.B.C., like to thank Super Yaku for assisting us in the celebrating of our 60th Anniversary. They donated the 1,000 balloons that were handed out by the gorgeous clowns at the BBQ.

**SWINGING SENIORS' SUPPER DANCE**  
Saturdays, August 24 — Victoria Beach Clubhouse

The 2nd Annual S.S. Supper Dance promises to be even better than the first and do you remember how great the '84 party was? By popular demand each woman attending gets a dance card. So hone upon your 40's and 50's music, put on your dancing shoes and join the folks over 50. Tickets are limited to avoid over-crowding. Tables are for 10. You can make your reservation when you buy your ticket at \$15 a person. Happy hour 7-8 followed by dinner at 8:00 p.m. Tickets available from Fran Pollard at 224 Third, phone 754-2814. Don't be disappointed! Happy?

**VICTORIA BEACH MIXED VOLLEYBALL TOURNAMENT 1985**

It's time again for the Annual Victoria Beach Mixed Volleyball Tournament. It's an event that is fun for the whole family. The tournament will be held on Saturday, August 10, starting at 9:00 a.m. (the alternate date in case of rain is Sunday, the 11th).

The maximum is 10 people per team. Females. Matches on court at all times. Also there must be four V.B. Club members on the court at all times. Entry fee is \$100.00. Please bring your team name, along with the names of participants and your fee to either, Janine Whitlaw at 5 Bayview or Leanne Jarger at 451 Sunset by Friday, August 9th at 9:00 p.m. Let's demonstrate the V.B. spirit on our 60th Anniversary and have a great tournament!

TAMM WHITLAW

**PROPOSED DEVELOPMENT AT LAGOON POINT**

At the July 16th meeting of the Rural Municipality of Victoria Beach a proposed cottage development at Lagoon Point in South View was approved in principle.

A number of residents are concerned about development in this particular area. This peninsula has a wide sandy beach along one side and a wildlife marsh on the other. It is a natural habitat of pelicans, gulls, sandpipers, herons, ducks, ospreys and many other species of birds. It also provides a public area for hiking and canoeing.

If the proposal before Council is given final approval it would mean drastic changes to the ecology of this area due to the incredible amount of fill required to create the entire area. As new development within the municipality incorporate more and more of the available green space it becomes essential that we take steps now to preserve some of the more unique areas of our beach for future generations.

Sample petitioning has indicated that there is a real concern over this issue. The Cottage Owners' Association has been approached and is looking into the matter.

If you are concerned about this issue please attend the Cottage Owners' Association Annual Meeting in early August and the next Municipal Council meeting on August 21.

BILL BROOKS  
BOB LAWLER  
PAUL LAPORTE  
AL WOLFE

**MEMBERSHIP FEES AND DONATIONS**

Membership fees and donations to the Victoria Beach Club may be obtained at the following locations:  
113-5th Avenue 202-4th Avenue  
71 Gibson 321-7th Avenue

| Fees   | Month | Season |
|--------|-------|--------|
| Family | \$20  | \$25   |
| Couple | \$15  | \$20   |
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**ARCHIVES INFO**

For anyone wishing to browse through the old Herald, the issues from June, 1926 to August, 1975 are in the Legislative Library (Archives Building). The copies are tied in brown envelopes and are available for browsing in the reading room on the 3rd floor. They are also on microfilm on any particular page can be photocopied on request.

The last time I checked we were missing 1940 #4, 1943 # 2, 1944 #1, 1945 #3. Anyone willing to part with these issues, please bring them to me — corner of Pine and Grove. If you are not happy with parting with your copy I would like to buy it now and have it put on microfilm and returned.

I have also kept the issues from 1985 and will forward them to the Library as soon as I have the last paper. Hopefully, we can continue to keep a complete set there.

MAXINE CLARK

**Editor's Note:** Thank you, Maxine for organizing this. It is also the intention of the V.B. Club to set up a beach archives for people to use at the summer. It would be located in the Library and would be open for public use.

Anyone wishing to donate old Herald's and photos may do so by leaving them with us at 1 Pine Road.

The archives would be the start of a collection of papers and pictures for further anniversary publications such as the 75th Anniversary.

**VICTORIA BEACH CLUB JUNIOR GOLF TOURNAMENT**

10:00 a.m. — August 6, 1985

The Junior Golf Tournament will begin at 10:00 a.m. August 6, rather than at noon as published in the Beach Club calendar.

Please register at the golf course by August 3rd and arrive to play well in advance of 10:00 a.m. You must be a club member to compete. See you there.

BOB RODGSON

**RECREATION NEWS**

Another busy week has passed and we're into August already. Time moves much too quickly when you're having fun.

Last week saw our second ten-dance — great success, a hike to Lost Lake and lots of "excitement" with the film projector. Keep your fingers crossed that it will work for the rest of the summer. That kind of "excitement" we don't need. Although our Wednesday's has had one terrific game there no one appeared for the second one. What happened? If you like to play, meet on the Sports Field by eight o'clock Wednesday evenings. It's just for fun so anyone can play.

Arts & Games has lots of work to do planning for our Penny Carnival on August 2. See you there!

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**BRIDGE**

Tight tables of players on July 15th produced one of the high scoring evenings that we have had for some time although no records were broken. Top scorer for the 32 players was Bill Burland with 6,950. Runner-up was Cherie Aarichald with 5,020. I hope all the others who did so very well will forgive me for not mentioning them particularly.

There were also six players at the beginners' table. It is certainly encouraging to see so many bridge enthusiasts turn out. It is still early in the season so lets hope that this enthusiasm keeps up.

\*\*\*\*\*

Once more there were eight tables of Bridge players on Monday, July 22nd and it was good to see that one of the beginners made up the 8th table. This goes to prove that Bridge is a game that can be learned and enjoyed. No those of you that haven't given it a try, why don't you just do that and come and join us!

High water on the 22nd was Murray McAndrew with 4,870 and runner-up was June Harvey with 4,500. There is still a few more weeks of our Mondays night bridge left to come and what a good chance to brush up your game for the winter season.

See you next Monday at eight.

GLADYS ALDRIDGE

**CONSIDER**

Overload on the golf course — speaking to the chairman of food for the 60th Anniversary party. "They didn't use as much mustard as you thought they would."

Chairman: "No, I gave a couple of the gallons left over to the "Happy Hookers" (meaning the Merry Makers).

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**BIKE RACE**

Now is the time to tune up your bikes for the Annual Victoria Beach Bike Race.

It will take place Saturday, August 10, '85 at the Sports Ground. For safety reasons, only one-speed bikes are allowed. If you don't have one, it's to borrow one, as these bikes are plentiful around the beach.

The avenues to be used will be 1st, King Edward, 8th, Gibson Dr., Bayview and Victoria. Pedestrians and vehicle operators are asked to be cautious on these streets till after 11:00 a.m.

There are three courses — men's, ladies', and a shorter one for boys and girls 12 and under. To be eligible for the trophies, riders must ride the 13 and over course.

In case of rain, the race will be held Sunday, August 11, '85 at 1:00 p.m.

DAVE CLAPHAM

**V.B. YACHT CLUB NEWS**

"A Bird's Eye View From the Pier"

The sailboat racing last weekend at the Yacht Club saw some strong winds on both days. Many boats had tipping problems. Sunday's race began with six multi hulls and three boats finished. All mono-hulls that began the race finished but some came into shore in various positions and condition. Ron Smith, Dods Hughes, and Barry Warrack all had problems reaching shore in their Lasers. Dods' Laser decided to drift away to Hillside Beach on its own after capsizing and leaving the skipper swimming. Barry Wallin has his new Hobie 16 found out what "Pitch and Pull" was (during a satamanon over in lake to inspect underside of hulls during a race). The race results for last weekend were as follows.

- Saturday July 20th**
- Mono hulls*
1. Doug Pollard & Scott Thain Laser II
  2. Randy Ducek & Gord Tomlin Laser II
  3. Dave McRobbin Laser
- Multi hulls*
1. Paul Nagle & Scott Stanton Hobie 18
  2. Lam Scott Sr. & Jeff Swyston Hobie 18
  3. Ron Ritsema Hobie 14

- Sunday July 28th**
- Mono hulls*
1. Doug Pollard & Scott Thain Laser II
  2. Dave & Lexus Pucely Fireball
  3. Randy Ducek & Gord Tomlin Laser II
- Multi hulls*
1. Lam Scott Sr. & Jeff Swyston Hobie 18
  2. Paul & Jeff Nagle Hobie 18
  3. Bruce & Laurie Guest Solcat

CHRIS ALDRIDGE

**DUPLICATE BRIDGE TOURNAMENT**

A Duplicate Bridge Tournament will be held at the Club House on Friday, August 16th, for the Victoria Beach Duplicate Bridge Trophy presently held by Gordon and Nora Wiswell.

The game commences at 8:00 p.m. Players are asked to be there by 7:45 p.m. As partners will stay together all evening, players will want to sign up as a pair. Entry fee is \$1.00 per person.

Come on out, bridge players, and join us!

**CORRECTION, ERROR, CORRECTION**

The upcoming Adult Dance next Saturday, August 10 is being held at the Community Club. The Social Evening, sponsored by the V.B. Yacht Club will feature a music man from "Partie Sound". Tickets are only \$6.00 each which includes dancing and music till 1:00 a.m. and a buffet served later in the evening. Proceeds from the dance will split 50/50 between the V.B.Y.C. and the V.B.C. See you there!

Tickets are available at the "B.A.K.E.R."

CHRIS ALDRIDGE

**CLUB HOUSE BULLY LIGHTING COMING SOON**

Trying to find the bully at the Adult Dance on July 20 at the Club House was not the real problem. Nor was trying to locate "Hiss" or "Hers". It was really the total darkness of the interior once the door was shut and not knowing what was "behind" you.

George Mackay has informed us that Councillor Dennelly is looking into the matter.

**BYOB PARTY**

We've all been to them but not this kind. Bring your own baby! Held at 321-1st about 10 young mothers and babies attended. Much picture taking, baby snuggling and fun.

**JUST KICKS RECIPE CORNER**

Several readers of the Victoria Beach Herald have discussed their own particular Bannock Recipe with me after reading my last column and my recipe for Matheson Island Metis Bannock. I know there are some good recipes out there and thank you for your interest. I hope that you enjoyed the Victoria Beach Billy Dip, too.

I would like to introduce you to a very special recipe of mine called "Joe Ball's Arm Fish Caserole" which I obtained from *The Naked Gourmet* by Peter Worthington and Ben Wickes some years ago.

The caserole got its curious name from Joe Ball who was a fisherman in Newfoundland and who used to prepare on returning from a hard session on the Grand Banks. He preferred tinned goods to fresh — which is what made him so eccentric in Newfoundland. The thing was that while preparing this caserole, he accidentally sliced his thumb off it, and by the time he got to the hospital, 75 kilometers away, a word of mouth had expanded the thumb to an arm. The offending portion remained in the caserole and those who tested it immediately proclaimed its excellence. Joe Ball's arm (i.e. thumb) was given the main credit. It's a real quickie meal.

- Joe Ball's Arm Fish Caserole**
- 1 package tomato vegetable soup
  - 1 handful of noodles
  - 1 cup sour cream
  - 2 cans tuna
  - 1 can shrimp
  - 1 cooked sausage (symbolic thumb)
  - Chili powder
  - Grated cheese

Add 1 1/2 cups boiling water to soup powder and let stand covered for 30 minutes. Boil noodles in salted water for seven minutes and drain. Put noodles in bottom of caserole dish, top with a layer of tuna fish. Add sausage and shrimp. Add sour cream and chili powder to soup and pour over caserole. Put remaining tuna fish, Sprinkle grated cheese over all. Bake 30 minutes in 350 F oven.

I hope that you enjoy this recipe and think of Joe while you're savouring his speciality.



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## FURNITURE FACTS

When looking for new upholstered furniture or when determining whether to reupholster your existing furniture.

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FOAM

Foam is used as the filling in almost all cushions, seat & back, in furniture today new or re-upholstered. It's also the main cushioning agent used for padding in all other areas - arms, edges, etc. Therefore the quality of foam used will determine to a great extent the comfort, appearance & longevity.

Quality foam is simply determined by density. Density does not determine the compression (softness or firmness) of the cushion but does determine the resiliency - it's ability to rebound.

There are two main types of foam, polyurethane and latex rubber. Polyurethane foams range in density from 1 g.p.c. (lbs. per cubic ft.) to 3.0 p.c.f. Latex rubber foams range in density from 4.0 - 4.5 p.c.f. A foam with a density of 3.0-4.5 p.c.f. is recommended for best seating results.

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### PLAY BALL!

The Great Annual Victoria Beach Club Slowpitch Softball Tournament is set to go August 17 and 18. Recruit your friends and neighbours - five girls and five fellows to a team - and join in this fun weekend. Entries close Sunday, August 11, so zip round with your \$100.00 to Hugh Fraser, 135 Victoria Boulevard, or the Recreation Director.

### CROSS COUNTRY RUN

The Annual Victoria Beach Cross Country Run is set for Saturday, August 3rd. Start is at the Sports Ground at 10:00 a.m. Registration starts at 9:30 a.m. No try to be early. The distances are approximately 5 km. and 3 km. The age categories are male, female 15 & under, 16-19, 20-29, 30-39, 40-49, 50-59, 60+ in the 5 km. In the 3 km male, female 6 & under, 7 & 8, 9 & 10, 11 & 12, 13 & 14, 15 & 16, 17-19, 20-29, 30-39, 40-49, 50-59, 60+.

As last year, Doug Sammons and John Thresher, co-owners of Philpippes Sports, have graciously donated a shorts & singlet outfit to be presented to a male and female finisher. This will be undertaken by a random draw from the male & female finishers in either 3 km or 5 km.

KEN & CHRIS JAMES

### RUNNING AT VICTORIA BEACH

Summers at Victoria Beach inspire many of us to "get back into shape" by running. And why not? Victoria Beach provides an unparalleled locale for running! Scenic or its exhaust fumes, cool, shady lanes and soft, sandy roads. All too often, however, our enthusiasm to get fit leads us into problems that can hinder or stop a beginning running program. The following article outlines a few hints which will keep your running all summer long.

If you're just starting out, get a check up from your doctor and tell him what you have in mind for yourself.

The major culprit which ultimately destroys many a would-be runner is doing too much, too soon, too fast. Don't start out with a schedule which a champion marathon runner would follow. Pride leadseth before a fall or in this case, an injury. Keep your pace and amount of running to what is comfortable and pleasant for you. You should be able to carry on a normal conversation throughout your run. If you're gasping out monosyllables of agony, you're going too fast. If you collapse in a sweat, sobbing, heat feeling you're in a remake of "Beau Greer" you've gone too far. Don't be shy about walking during your outing. There is no rush or panic to get fit tomorrow.

The following schedule has helped thousands of Manitobans start and stay with running programs. There is no need to measure how fast or how far you're going. You might want to walk the entire eight week program and then start back at week one with running. Alternatively many beginners follow a half walking - half running schedule or go into an entire running regimen. In any case, keep it mild and pleasant. You shouldn't be more than mildly tired at the finish. Use your running to tour Victoria Beach and enjoy the fresh air, sights and people of our summer haven.

Don't forget to drink lots of fluids during the hot weather. If you get hooked, made sure to buy a good pair of running shoes from knowledgeable people. Proper footwear is essential to injury free running over the long term. Try to get another family member or neighbour to join you on your runs. You'll enjoy the company and shared good feelings. Finally, don't forget the Annual Victoria Beach Cross Country Run on August 4. This annual race has seen lots of hot competition over its many years of existence. However,

it's mainly aimed at participation and fun. The event is a fun run event for the entire family. Distances are 5 km and 3 km. Ages range from 6 to 60 so let's hope all V.B. joggers sign up!

DOUG SAMMONS

*Editor's Note: Doug Sammons can be seen jogging the path of Victoria Beach most summer days. He runs about 100 km a week and enjoys every minute of it.*

Doug is the owner of Philpippes Sports and is a well-known long distance runner, having competed in 38 marathons including 4 runs in the Boston Marathon. In the way, he finished them all!

He is currently teaching at R.R. Russell School. Doug and his good wife, Pat, and two children, Scott and Joanne, spend their summers at their cottage at 43 Gibson Drive. Good running, Doug.

### BASIC TRAINING SCHEDULE

This schedule leads to minimum training for races. 210 minutes a week total, an average of 30 minutes a day. It mixes short, long and longest runs in their suggested proportions, and allows a day off each week. Start one week above your current level (your average per day) and then move up.

| WEEK ONE           |            | WEEK TWO          |            |
|--------------------|------------|-------------------|------------|
| Day                | Suggested  | Day               | Suggested  |
| 1                  | 10 minutes | 1                 | 15 minutes |
| 2                  | 20 minutes | 2                 | 20 minutes |
| 3                  | 15 minutes | 3                 | 15 minutes |
| 4                  | 20 minutes | 4                 | 20 minutes |
| 5                  | 10 minutes | 5                 | 15 minutes |
| 6                  | 30 minutes | 6                 | 35 minutes |
| 7                  | Optional   | 7                 | Optional   |
| Total 105 minutes  |            | Total 120 minutes |            |
| Average 15 minutes |            | Total 17 minutes  |            |

| WEEK THREE         |            | WEEK FOUR         |            |
|--------------------|------------|-------------------|------------|
| Day                | Suggested  | Day               | Suggested  |
| 1                  | 15 minutes | 1                 | 15 minutes |
| 2                  | 25 minutes | 2                 | 25 minutes |
| 3                  | 20 minutes | 3                 | 20 minutes |
| 4                  | 25 minutes | 4                 | 25 minutes |
| 5                  | 15 minutes | 5                 | 20 minutes |
| 6                  | 35 minutes | 6                 | 35 minutes |
| 7                  | Optional   | 7                 | Optional   |
| Total 135 minutes  |            | Total 145 minutes |            |
| Average 19 minutes |            | Total 21 minutes  |            |

| WEEK FIVE          |            | WEEK SIX          |            |
|--------------------|------------|-------------------|------------|
| Day                | Suggested  | Day               | Suggested  |
| 1                  | 15 minutes | 1                 | 20 minutes |
| 2                  | 30 minutes | 2                 | 30 minutes |
| 3                  | 20 minutes | 3                 | 20 minutes |
| 4                  | 30 minutes | 4                 | 35 minutes |
| 5                  | 20 minutes | 5                 | 20 minutes |
| 6                  | 45 minutes | 6                 | 50 minutes |
| 7                  | Optional   | 7                 | Optional   |
| Total 160 minutes  |            | Total 175 minutes |            |
| Average 23 minutes |            | Total 25 minutes  |            |

| WEEK SEVEN         |            | WEEK EIGHT        |            |
|--------------------|------------|-------------------|------------|
| Day                | Suggested  | Day               | Suggested  |
| 1                  | 20 minutes | 1                 | 20 minutes |
| 2                  | 35 minutes | 2                 | 40 minutes |
| 3                  | 25 minutes | 3                 | 30 minutes |
| 4                  | 35 minutes | 4                 | 40 minutes |
| 5                  | 20 minutes | 5                 | 20 minutes |
| 6                  | 55 minutes | 6                 | 1 hour     |
| 7                  | Optional   | 7                 | Optional   |
| Total 190 minutes  |            | Total 210 minutes |            |
| Average 27 minutes |            | Total 30 minutes  |            |

## FIVE EASY STEPS TO THE PRESIDENCY

Becoming the President of the Victoria Beach Club is not difficult. If you follow these instructions you will be a definite shoo-in. First of all you must know a board member and just by chance stop and chat with him or her and renew old acquaintances. He/she will be because they are sizing you up for next year's board of directors.

The second step is to forget all about this meeting and concentrate on how you intend to get through this year's Christmas and New Years. When you return to your office one cold day in December and your secretary hands you a telephone message that Mr. X called while you were out, he excited! You haven't heard from him since that beautiful day in July!

Now, the next step is important. Do call him back because he wants to just chat about how great the past summer was and how the family is keeping. Allow yourself to really get into this conversation and when he asks if you would be willing to let your name stand for a director's position next year "For good old V.B." you need only to let out a small whimper. He will immediately pick up on this and now you are well on your way to the top.

The third step is be active! Attend the annual meeting and make a point of standing up and logging an issue concerning the Club. This shows you will be assured of a seat on the board even if someone that night from the general membership puts forth ten additional names for directors.

Fourthly, remain active and keep up the gusto through the first, second and third board of director's meetings. Show them you are keen!

Finally, the fifth and final move. Your "Coup de Grace" Miss the next meeting!

The morning after you will be so proud for you will now be the Vice-president of the V.B. Club and next year, the President. Simple, sure enough!

GEORGE MACKAY

## DOG SHOW

The Annual Victoria Beach Dog Show will be held on Saturdays, August 3rd, at 7:00 p.m. at the Sports Ground. If there is rain it will be held on Sunday, August 4th, at 7:00 p.m. Remember that all dogs should be on leashes, please.

CAROLYN McCORMACK

## SOME INTERESTING SPORTS FACTS

### Golf

The first game of golf in Canada was played just after the siege of Quebec in 1759 by some Highland officers in General Wolfe's army.

### Football

The Toronto Argonauts were originally a rowing club.

### Hockey

Hockey in Canada started in 1885 in Kingston, Ontario when members of the Royal Canadian Rifles played with their field hockey sticks and a lacrosse ball on ice.

### Basketball

The Edmonton Grads were supreme in World Basketball from 1915 to 1940. During this time they played 522 games, winning 502 and losing the rest. They never lost a game during this time.

### Sports Trivia

Who scored the longest overtime goal in N.H.L. Stanley Cup history? When? What team did he play for?

## V.B. TOPONYMS

Toponyms is the science of place names. Onomastics, just the science of names. Taken from J. B. Rudnycky's book *Manitoba: Myriad of Place Names*, here are some feet walled over those of you who travel from Winnipeg to Victoria Beach or from somewhere else to here. **Albert Beach** was not named after Queen Victoria's consort, Prince Albert. It was named for Albert Prelontaine, Minister of Agriculture in the Bracken Cabinet of 1924. La Verendrye and his party crossed from the Winnipeg River to Lake Winnipeg at Albert Beach in 1731. The narrow thimble that now has Highway 59 running through it was easily portaged in those days.

**Beauregard** means "a good stopping-place" in French and that it was in earlier times. It's location on high ground made an excellent campsite for travellers.

**Elk Island** was named *Iste du Biche* in 1740 by Joseph LaFrance because of several deer he saw there.

**El Alexander** was originally known as *Ras de la Riviere* or *Ras de la Riviere Winnipeg*. It was originally a trading point of the North West Company and was built by Toussaint Leseur in 1792 on the left bank of the Wpg. River about three miles from its mouth. It was an important transfer point on the N.W. freighting route from Ft. William to the West.

After the union of the N.W.C. and H.B.C. in 1821 a new H.B.C. fort was built on the site and continued to operate until 1940.

**Grand Marais** is derived from the French and means "big marsh".

**Ithau** was originally Kreiger after an early settler Julius Kreiger. In 1906 the name was changed to Ithau after a town in the Baltic.

**Stead** was named after chief engineer A. Stead, C.N.R. who surveyed the branch line to Pine Falls.

**Victoria Beach** was named after Queen Victoria because summer residents usually made their first visit of the season on Victoria Day, May 24.

## DRIVING OUT

Our first experience with Victoria Beach in the "old" season was in 1942 when we set out for the beach the morning of September 23. It was cool and when we passed through Garson there was evidence of an early morning snowfall.

North of Grand Beach the road was newly graded, wet, and slippery and after driving around water filled potholes we drove along the ditches, first on one side and then on the other. At one point, while testing the depth of a large pool of water in the middle of the road with a stick, a voice from the trees called "Must folks drive through my yard" and we took that advice, although we didn't see the individual who called to us.

As I waited in the car at Hillside while my husband picked up the cottage keys from Mr. Downie, a local resident stopped to chat. "Come all the way from Winnipeg?" I responded in the affirmative and then he said "First car to get through in three weeks!"

Mr. Downie warned us of the new section of the road between Hillside and Albert put through just the week before. It consisted of poplar poles laid out side by side in true corduroy fashion in a low swampy portion of the road.

After that it was easy. We only had to choose the right sandy trail from a number of high meandered past the marsh and into the Victoria Beach area.

W. M. AND L. AULD

## ANNUAL VICTORIA BEACH and TRAVERSE BAY SENIOR CITIZENS' BAZAAR AND TEA

The Annual Victoria Beach and Traverse Bay Senior Citizens' Bazaar and Tea will be held on Fridays, August 9th, at 2:30 p.m. at the Victoria Beach Sports Centre on Pine Road. There will be knitting, sewing, ceramics, handicrafts, and homebaking for sale. Something for everyone and everyone is welcome.

## BEACH PEOPLE

We have had a busy year at 218-5th.

It started with Kevin who is staying for the season. His mother and father, Carolyn and Bill from Regina stayed for the July weekend. Carolyn is back for 2 weeks with Kevin's friend, Devin Chang.

Harold and Jay Ridd had as their guests during July their two Grandsons John and Michael Ridd July 15 - July 20th. Also Jays two cousins George Gillan of Vancouver, B.C. and George's sister Mrs. Jessie Davies of Moose Jaw, Sask from July 16 until July 24th.

A great deal of time was spent recalling their first visit here in 1928 and subsequent visits. Walking in the various spots on Patricia Beach, the Stores, Pier and a trip to Ateah's Museum where we all had gone to visit with Mrs. Ateah. Jessie Ateah was a most informative guide. We all enjoyed the celebrations on "The Greens" Saturday, July 20th thanks to all who entertained & organized this Special Day. Visitors at the Pines, 331 Sunset Blvd., who joined in celebrating Ted and Peg's 40th Wedding Anniversary on July 21st, were Bill and Elizabeth Pope from Winnipeg and Pamela (Mous) Lichtenstein, with husband Stephen and son, Jonathan, all the way from Virginia Beach, Virginia, U.S.A.

Pam has many happy memories of former visits to Victoria Beach, and enjoyed meeting friends and seeing the old haunts.

420-Bth Avenue is very busy place this summer. Ivanoffs are enjoying the company of friends. Mrs. Irene Vulliam from Yugoslavia, Mr. St. Sawatzky from Chicago, Mrs. Olga Chuprov from San Francisco and family as well. Dara (grand-daughter) from Fresno, Calif., daughter Maria with two grand-daughters from Blueburg, Virginia and daughter Helen with grandson from Calgary. Fortunately not all at the same time, spread over two month period.

V.B. is admired by everyone, as a unique and beautiful spot.

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### A GOOD LOOK AT SUNGLASSES

Well, it's beach season again and with that the bright sun Consumers have many choices to make in obtaining sunglasses. It is easy to be confused, so getting the facts helps in making the right decision

#### A Twentieth Century Need

The eyes have built-in protection against the sun's brightness, glare and radiation. Today, however, this is often not enough. New scientific research indicates that the sun's ultraviolet radiation may be more harmful than once thought. Proper sunglasses can meet these modern demands for additional protection

#### Are Sunglasses for Everyone?

The need for sunglasses varies since people differ in their tolerance to bright lights and their occupational and recreational activities

Generally, sunglasses should be worn to eliminate tearing, squinting or blinking caused by excessive brightness, to protect the eyes from the sun's ultraviolet radiation, or when recommended by an eye doctor

#### The Sun's Different Rays

In addition to visible light, the eyes receive from the sun two powerful invisible forms of radiation — ultraviolet and infrared

The eye's natural defense system provides sufficient infrared protection for almost everyone under normal outdoor seeing conditions. People who spend a great deal of time outdoors, however, may experience some minor temporary visual discomfort from infrared radiation and may want added protection in their sunglasses

The eye's natural protection against ultraviolet radiation is inadequate. This includes those who spend most of their day outdoors, work or play near snow or sand, live in high altitude areas or use sunlamps

These people need sunglasses with maximum ultraviolet protection. So do those who have had cataract surgery because they have lost their natural defences against ultraviolet radiation

All sunglasses block or absorb some ultraviolet radiation but the amount of protection varies by type of lens. Presently, maximum ultraviolet protection is not available in sunglasses sold over the counter but lenses with this capacity can be ordered or prescribed

Maximum infrared protection can be obtained in tinted glass sun lenses with a mirror coating or in dark green tinted glass lenses

When choosing sunglasses, people should consult their optometrist for advice based on occupational, recreational and prescription needs

#### Helping to Judge Sunglass Quality

Quality sunglasses are available in both prescription and non-prescription lenses and in most price ranges. Quality sunglasses:

- are ground and polished to be free of distortion and imperfection
- are perfectly matched in color and absorption
- screen out 75% to 90% of available sunlight

#### When Considering Sunglasses

Additional points to keep in mind when considering sunglasses are:  
— plastic lenses generally are more impact resistant than glass and lighter in weight. They scratch more easily but anti-scratch coatings are available

tinted glass sun lenses with a mirror coating and dark green tinted glass sun lenses provide maximum infrared protection  
— sunglasses lenses should fit the individual properly and should be large enough to provide ample protection

Enjoy another great season at Victoria Beach and remember — protect your vision

ROSS F. MOORE, B.Sc., O.D.

Editor's Note: Ross Moore was only too happy to contribute this timely article on sunglasses. He and his wife, Lueke, have enjoyed many summers at our beach

### ACE ON NO. 3

Stephen Stewart (10) was on cloud nine after acing the third hole with his dad, Tony and his brother, Clark, on July 11, 1985. He was so happy that he didn't care about the three nines he scored later that game

TONY STEWART

### LOST DOG RETURNED

Three Cheers and many thanks to the person or persons who returned the little dog to 7th and Arthur, after it was tipped from its moorings sometime last weekend. From the comments of passing children, "Tudo" was missed

### AGE

Count your garden by its flowers.

Never by the leaves that fall.

Count your days by golden hours.

Don't remember clouds at all

Count your nights by stars not shadows.

Count your days by joys not tears.

And above all, please remember,

Count your age by friends not years

JOHN C. WATSON  
Edinburgh, Scotland, 1954

### YARD SALE

Saxie Road and Lakewood, Albert Beach, Saturday, August 3, 2-6 p.m.

### PRIVATE TUTORING AVAILABLE IN MATHEMATICS

Private tutoring is available in mathematics at Victoria Beach during July and August. To arrange tutorials call TUTORS UNLIMITED at 477-1597 (Winnipeg)

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