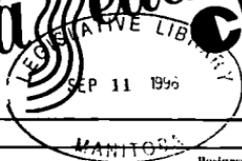




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Victoria Beach CLUB



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JUNE 27, 1986

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RENE DESMET
3 Pine Road
PH. 754-8896

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MEMBERSHIP BLITZ - Weekend of June 28-29 Door-to-Door

SWIMMING LESSONS — Registration Sun., June 29 — 11-12:30 p.m. — Clubhouse



FLEA MARKET — Sat., July 5, 2:00 p.m.
Clubhouse

FISHING DERBY: Sat., July 5, 9:00-12:00 Noon — Pier

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President's Message

We're back counting our blessings and enjoying all the beauty and serenity we have come to look forward to at Victoria Beach. This is a very special place and it is my pleasure, on behalf of your executive, to welcome one and all to another great summer.

Esperia and Gerry Toews will be our recreation directors this summer. A very special welcome to them and their young son, Christopher. Most, if not all, of the recreational activities of other years will be continued and a variety of new ones will be introduced.

We were fortunate in obtaining a grant from the Manitoba Jobs Fund which has enabled us to undertake the renovations you see completed at the Clubhouse and the recreation director's cottage. Carl Ateah was contracted to do the work. Fred David donated the sheet metal for the skirting at the front and sides of the Clubhouse. This skirting has served two purposes: it stops the sand from blowing under the building and causes it to build up on the beach side as a protective barrier. Lloyd Smith, our Maintenance Director, has purchased new banquet tables at a good price and they will be stored under our new stage in the Clubhouse, built as part of the renovations.

Karin Boyd took on the difficult job of Activities Director — having to find volunteers for the various activities — coordinating and making up the calendar of events. You will please note that we have a revised up-to-date map of the area on the reverse side of the Calendar, thanks to the efforts of Randall Clark.

We are pleased to have Rene Desmet as Editor of the Herald again this year. He is looking forward to receiving your contributions. Your news and views makes the Herald a very interesting addition to our community.

Rinella Printers (Frank Rinella) will be publishing the Herald this year. Frank comes well recommended by Laurie Pollard who has found it necessary to discontinue publication. A very special thank you is due to Laurie for his many years of service to us.

Janice Williamson has kindly agreed to look after the Herald advertising again.

Al Wolfe is looking after the movies. Our old projector has not been working properly and hopefully he will be able to find and rectify the problem.

Ron Kirbyson is in charge of the Tennis Courts and you may be sure he is putting much thought and work into ensuring a good season. We also welcome Alison Farrow who has been hired as a tennis professional for the summer.

The Membership Blitz, organized by Randall Clark, is this weekend. Please cooperate with the volunteer canvassers. It is not an easy task and they are giving up their beach time to do this very necessary job for you. If you are not at your cottage when they call the calling card they leave will tell you where you may purchase your membership or make a donation. The fees have been increased slightly this year.

Space does not permit me to name the many other volunteers who have spent time and energy to create and look after the various activities that will be taking place throughout the summer. Hopefully there will be activities for everyone.

Have a happy, carefree and sunny summer.

HAROLD CLARK

Membership Blitz '86

This is it! This is the weekend that all of those able and willing volunteers will be walking up to your cottage door and offering you a chance to pick up your Victoria Beach Club Membership.

Randall Clark is the chairman of the membership drive and has his eager crew ready to pursue their duties. So on Saturday and Sunday, June 28 and 29, when you hear that knock or if you see them coming, greet them with a smile and help make their canvassing days a happy and financial success.

Don't forget that the membership funds are the lifeline of the Victoria Beach Club. Without their funds we would probably not have a weekly Herald, movies, clubhouse, tennis, sports directors, swimming, etc. Membership fees are up slightly but so are the various costs of activities and hiring people.

Memberships, beside paying for most of the V.B. Club's expenses, are required for most organized activities of the Victoria Beach Club like swimming lessons, tennis, and movies. Remember, it's because of your continued support, that our beach is so unique. Support your summer community and keep Victoria Beach a real "holiday land"!

If you get missed over the weekend, don't be offended. You may get your Victoria Beach Club Membership at R. Clark's residence at the corner of Pine and Grove.

Knowing you, we thank you for your anticipated support. Enjoy the summer with the Victoria Beach Club!

RENE DESMET



"Shades" of '85.

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Victoria Beach Planning Advisory Committee recommends retention of present planning scheme

After several meetings since its formation in the fall of 1985, the Victoria Beach Planning Advisory Committee recommended to the Council of the R.M. of Victoria Beach to retain its present planning scheme. The Advisory Committee also recommended to Council that they place a five-year freeze on future sub-division development.

The Advisory Committee was struck as a result of questions brought up at the August 20th, 1985, meeting of Council which questioned it, in fact, the Municipality did have a planning scheme. By-law #13 was the R.M. V.B. Planning Scheme but according to Section 29(C) of the Provincial Planning Act, a review of the Scheme should take place whenever it was deemed necessary by Council. Council, by Resolution RS/177, By-law 1152, established a committee to review the Scheme and make recommendations to Council on the Planning Scheme of 1969, and any other by-laws pertaining to the Scheme.

Councillor Paul Thain chaired the Committee which was composed of Councillors John Ateah and Doreen Denehey, Fred David, Rene Desmet, David Henderson, Gordon Steimack, and June Westbury. Municipal solicitor Fraser Campbell and Doug Houghton, Senior District Planner, acted as resource people.

The Advisory Committee recommended to Council that the present Victoria Beach Planning Scheme, By-law #13 and its subsequent by-law revisions be retained as the current and future planning scheme for the Municipality. Some minor changes and updating of the Plan were also recommended. The Advisory Committee felt that Council should make residents aware of the present planning scheme and just how it gives Council guidance in basic development policies and the community's objectives. The Planning Scheme should be made available at cost.

It was recommended also that in order to maintain the unique character of the area and preserve the original intentions of development in the area municipally, Council should develop a five-year freeze on future sub-division development. This would give Council time to more adequately assess the impact of continued development. The Committee further advised Council that municipal land, wherever possible, be reserved for parkland. Land use, as set out in Appendix B and attached to the current Victoria Beach Planning Scheme, should be adhered to when considering any future land use regulations. All further development, whether residential, cottage, or commercial, should be referred to the Advisory Committee for recommendation to Council. Council should form a permanent Advisory Planning Committee as stipulated in Section 91 of the Municipal Planning Act.

Council should examine its level of enforcement of the current Planning Scheme. Wherever possible, in a practical sense, Council should acquire Beach right-of-way in areas where it is privately owned.

All members of the Planning Advisory Committee unanimously endorsed the recommendations and urged Council to act on their recommendations without undue delay.

The Committee ceased to exist at the conclusion of its report as it was an ad hoc committee.

A meeting is planned, after the municipal elections, to provide more information to interested residents and cottagers.

RENE DESMET

Lost Turtle

Robert Jonsson, Victoria Beach's fine Police Force, Fire Chief and Building Inspector tried to offer our home to his newly-found turtle. While preservation of the animal species is not within Mr. Jonsson's jurisdiction, he still sees fit to rescuing them from time to time. Robert, I'm certain by now, has returned Mr. Turtle to the lake.

Recreation Program: Welcome Gerry & Esperia!

This year's recreation program will be under the direction of Gerald and Esperia Toews. Gerald comes to us with a degree in Physical Education from the University of Manitoba and Esperia's training is in Education with a special interest in handicrafts and aerobics. Esperia and Gerry have several years of teaching at the elementary level for their credit and are presently undertaking pre-masters courses in their respective fields.

The Toews have developed an interesting and varied recreation program for this summer with a number of new activities for all ages. Make sure you check the Beach Calendar for the times and place of all Beach events.

Helping Gerry and Esperia with this year's programs will be Jamie Huget and Karen Cyr.

KARIN HOYD

Silverwood's "Clip for Cash"

Have you heard of it? This summer we are going to try to raise funds for our V.B. Community Club at the expense of Aunt Dairies (formerly Silverwoods). All the information on the "Clip for Cash" will be delivered to your door this weekend in conjunction with our membership blitz. 1¢ for every "seal" on Aunt products will add up for our Club. When you buy Silverwood's products, save the seals and drop them into our giant milk cartons located at the Community Club and another location to be determined later. There are five seals on the large milk bags (5¢ for our club — believe it! They add up.) and seals on most other products.

Save those seals!

CHRIS ALDRIDGE



Two for Tea, Remember..?

A Special Note From the Editor

You would think that one year would have been enough. The job of editor of the Victoria Beach Herald is no easy task. It takes up much time and energy. Fortunately this is highly surpassed by the multitude of generous and friendly people whom one gets to meet and work with. It may seem inappropriate to thank you at this time for the many contributions you, our readers, have given to the Herald over the last year but hopefully it will encourage you, again, to grace our weekly summer paper with your interesting works.

Firstly, we would like to welcome everyone back to our summer wonderland or, if this is your first holiday here, to come and enjoy all of the treasures of the beach with us.

Winter is long passed and our dress has accordingly changed with the warming of the weather. You may remember that winter started early last year (you may also remember the early October freeze around Thanksgiving), and stayed with us ever so long. Those of us who are not Snowbirds have patiently looked forward to now with mild anticipation. Winter may be a wonderful time for many of us but no one will deny that it is a trifle too long.

Victoria Day must have given you, as it did give me, a special delight seeing the return of the summer residents to their cottages and their summer stomping grounds. Rakes, at this time, were flying and smiles stretched for miles as neighbour greeted neighbour and the ravages of winter soon were forgotten. Permanent residents, too, looked forward to the return of their summer friends.

As we settled in to a new season of fun and activity, it wasn't long before we spotted a few changes. The Yatch Club has a spanking-new clubhouse that we can be proud of. Some much-needed changes have been made to Victoria Beach Club Clubhouse and you will have to go inside to see some of them. Around the beach things are happening too. Leonard David's sub-division is progressing rapidly. Bayview looks a little different. Bert Trainor is building a water bottling plant by his fresh-water spring. Some beautiful new cottages are springing up on various sites throughout the beach.

As editor of the Herald I will do my best to keep you informed about some of these changes but the best way to keep informed about what is going on about some of the changes is, of course, to attend the meetings of the Rural Municipality of Victoria Beach Council. In fact, it's your duty. Please be a part of your community and send into the Herald your ideas and your stories. Others would like to hear them too.

Our editorial policy has not changed. We intend the Herald to be a non-political, representative, positive, and informative enterprise. Over 1300 copies of our paper will be circulated weekly throughout the area during the summer months. Over 4000 summer and permanent residents read the Herald weekly. Events important to these readers, stories, anecdotes, news items, and various photos will comprise about 50 per cent of the paper. The remainder will be made up of advertising.

Advertising is so important to the survival of the Herald because it pays for most of our publication costs. Please note, elsewhere on these pages, the cost of advertising in this paper, and, if you would like to place an advertisement with us, please do so. Also, please note who our advertisers are and give them your support. Advertising with the Herald pays!

It is also the policy of the Herald that persons wishing to send in articles for publication sign their contributions. All articles will be subject to editorial licence and may be left at any of the following suggested three locations: V. B. Grocery, Parking Lot Office, or preferably, 3 Pine Road. All articles must go through the editor for publication and must be received before 3:00 p.m. Sunday to make the next edition.

Have a great summer!

RENE DESMET

Victoria Beach Swimming Program

JOANNE	KIM
9:00- 9:45 Bronze Med./Cross	9:00- 9:45 Lifesaving II
9:45-10:15 Lifesaving III	9:45-10:15 White
10:15-11:00 Adult Aqua Fitness	10:15-11:00 Adult Aqua Fitness
11:00-11:30 Green	11:00-11:30 Maroon
11:35-12:00 Red	11:20-11:40 Red
	11:40-12:00 Orange

LUNCH

1:00- 1:30 Orange	1:00- 1:30 Blue
1:30- 2:00 Maroon	1:30- 2:00 Grey
2:00- 2:30 Lifesaving I	2:00- 2:30 Synchro
2:30- 3:00 T. B. A.	2:30- 3:00 T. B. A.
3:00 Extra Help Wednesday - Fun & Games	3:00 Extra Help Wednesday - Fun & Games

The swimming season is here again and this year we are pleased to have Joanne Jaeger return as head instructor as well as Kim Wiebe as co-instructor. Laura McInnes and Karen Jaeger are the minnows instructors.

As usual we are offering all the colors of the Red Cross program as well as "minnow" classes for pre-schoolers. The Royal Lifesaving Society levels offered include Lifesaving I, 2, 3 and Bronze Medallion (the age limit has been lowered to 13 so you must be 13 by mid-August) and Bronze Cross (prerequisite — Bronze Medallion and 14 years old).

This year we are offering an Adult Aqua Fitness class which includes Aquatics and stroke improvement. Synchro for kids and teens is also offered in the afternoon.

Registration is Sunday, June 29 from 11:00-12:30 p.m. at the V.B. Clubhouse.

Please come and sign up or receive more information. Let's make this a successful swimming lesson!

JANET SAMPSON

Flea Market

The annual Victoria Beach Flea Market will be held Saturday, July 5, at 2:00 p.m. at the Victoria Beach Clubhouse. This event should prove to be lots of fun for all the family.

There will be a silent auction prior to and during the Flea Market. There will also be a good number of "hidden treasures" for those who prove to be early birds.

How can you help make the event the yearly success it always is? Here's how:

1. Put your donations on the roadside for pickup by 9:00 a.m. on Saturday, July 5.
2. Put a smile on your face and a wallet in your pocket and get to the Clubhouse before 2:00 p.m.
3. Have bundles of fun with us all.
4. Feel good about taking your new treasures back to your cottage, knowing you have supported your club.

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Council Corner

On behalf of the council, welcome back to the beach, and a special welcome to new cottage owners.

After the last few weekends, I am sure you will agree that it is a most pleasant place once our cars are left at the parking lot.

Last fall, and again this spring, we have noted that some cottagers still leave their garbage on the street in plastic bags, where it soon becomes scattered about. Before the weekly cottage pickup starts in late June, and after it finishes the first week in September, please take your garbage to the containers provided at the gate and at the various subdivisions.

Motorized minibikes, dirt bikes, track bikes and all terrain three and four wheel vehicles, which are unlicensed, are prohibited by provincial law from using streets, roads and highways. Council has instructed our police constables to enforce this law. We understand that some municipalities have banned these vehicles from all municipal property.

One of the most frequent complaints which comes to council is that of loud music on the beach. It seems only common courtesy that those who want loud music should wear headphones, so that others do not have to be inconvenienced.

Board sailors and other boating enthusiasts are advised to stay clear of swimmers. This is especially important on the beaches used by children. We want to have an accident-free summer.

Fire prevention and water safety are two very important aspects of beach life; please practice them both.

Council has wrestled with a number of problems over this past winter and we will give you more information in the coming issues of the Herald.

Enjoy your summer at this wonderful "Haven for Human Beings."

RIEVE SAM McMORRIS



Good friends meet.

Herald Advertising

Herald advertising pays for most of the publication costs of the paper you enjoy reading throughout the summer months. Because of the increase demand for advertising space in this paper it has increased in size from a 10 or 12 page weekly to 16 pages. We want to thank those who advertise with us and encourage those who are considering doing so. Herald advertising pays and the cost of advertising is very reasonable. Here are a list of ad sizes and their costs.

Ad Size:

3-1/2 x 1-3/8	\$10.00 per issue
3-1/2 x 2-1/2	\$16.00 per issue

Quarter Page Ad:

3-1/2 x 5	\$23.00 per issue
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Half Page Ad:

7 x 5	\$50.00 for any one issue
.....	\$42.00 for each of nine issues

Full Page Ad:

7 x 10	\$85.00 for any one issue
.....	\$70.00 for each of nine issues

Personal ads:

For Sale, Wanted, Lost, etc.	\$3.00 for 3 lines
.....	\$1.00 each additional line

MUST BE PRE-PAID

Address all enquiries regarding advertising to our business manager, Janice Williamson, 305 Sunset Blvd., phone 754-8160.

Victoria Beach Yacht Club News

Have you noticed the new building on the beach across from the Club? The old clubhouse is gone and in its place stands our new Yacht Club. This building, erected this spring, was put up with hard work and donations from our Yacht Club members. The building enhances the beach and will definitely add a "touch of class" to our magnificent beaches at Victoria Beach.

The Manitoba Sailing Association Mobile Sailing School will be on our shores this summer for three weeks from July 14-18 and July 21-25 where White Sail 1, 11, 111 (Beginners) will be taught. Classes are from 8:30 a.m. to 4:30 p.m. for a 5-day period. There will be four Laser II's each week with room for five registrants during Monday to Friday classes. From July 28-Aug. 1 a Bronze Course will be taught for advanced sailors if we get at least five registrants. Register early as spots have already been reserved. Registration forms are available at the Yacht Club and at 35 Gibson Drive (phone 8292).

Races will be held every weekend again this year and we have some new boats and memberships this year. Races start 10:30 a.m. sharp on Saturdays and Sundays and this weekend, also on July 1st.

We would like to thank V.B. cottage owners for their tax deductible donations in aiding us in raising funds for our yacht club.

CHRIS ALDRIDGE

GIANT BOOK SALE:

Sunday, June 29th, 9:00 a.m. to 12 noon — 5 for \$1.00 at 403 6th Avenue.

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Aunt Vickie's Recipe Corner

It's so nice to be back at my favorite spot, Victoria Beach. I'm just itching to tell you about some of the wonderful recipes that I picked up over the winter. I hope that you will try them and share them with your many friends.

For our first edition I have three real treats that I know will enhance your summer table. The Fruit Pizza and Mocha Truffles are a special from Wendy McFadyen and the Taco Dip is Val Allan's favourite.

Fruit Pizza

1 cup margarine
1 1/4 cups brown sugar Beat together
1 egg

Add 1 tsp. vanilla, 1 cup coconut, 1-1/2 cups rolled oats, 1 cup flour, 1 tsp. baking powder, 1/2 tsp. baking soda. Bake at 350 degrees for 10-15 minutes on a cookie sheet. Beat together 8 oz. cream cheese and 1/4 cup sugar. Spread over cooled crust. Top with tin of mandarins (well-drained), pineapple, bananas, kiwi — whatever fruit is in season.

Glaze:

1/2 cup sugar
1/2 cup water
1/2 cup orange juice
2-1/2 tsp. cornstarch

Mix. Cook until bubbly. Drizzle over fruit. NOTE: May have to double glaze recipe.

Mocha Truffles

2/3 cup butter or margarine
1 egg yolk
1-1/4 cup icing sugar
1 cup chocolate wafer crumbs
6 squares semi-sweet chocolate (melted)
2 tsp. instant coffee
2 tbsps. rum

Cream butter. Add egg yolk and sugar. Add chocolate, coffee and rum. Mix well. Chill for 3 or 4 hours. Drop mixture by teaspoon. Form into balls. Roll in crumbs. Store in air-tight container.

Taco Dip

1 pkg. cream cheese (8 oz.)
1 cup sour cream
1 pkg. Lawry's Taco Sauce mix

Mix together, spread on bottom of pan. 1 layer - lettuce, shredded, tomatoes - diced, cheese - grated.

Editor's Note:

(Aunt Vickie's recipes will continue to run throughout the summer and she would like you to write to the editor and share your favourite recipe with all of our readers.)

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Library News: Help!

We have a problem in staffing the Bolton Library this summer. Pam Bolton and Nancy Hodson have been kind enough to volunteer to run the library during July. However, because of other commitments, they will not be available for August. To this date I have not been able to find a volunteer which means that there is a strong likelihood that the library will have to be closed at the end of July. Anyone interested in helping us out may contact me at 451 Sunset. This year's library assistant is Andrea Boyd.

KARIN BOYD

Mosquitoes! Learn to Live With Them.

Want to know what will happen when you get your barbecue out to have those hamburgers? Want to know what will happen when you take that walk along some lovely shaded area in early evening? Want to know what will happen when you hit your favorite berry patch? No, I know you don't. You already know. Mosquitoes!

Yes, they will be there and probably in greater numbers than last year, and, yes, there will be no official fogging by the municipality again this year. Actually there has been no fogging for mosquitoes in the area since 1984 when a decision was made by Council not to fog anymore. Council felt then that "fogging had no lasting accomplishment" and that there were quite a few problems when they did fog. If they fogged in the daylight hours, children often rode behind the fogging truck and this presented a danger. People complained about night fogging and the noise it created. The fogging equipment available in the community is outdated. Fogging requires a special permit from the Provincial government. Some residents of the area do not want fogging because of the environmental problems involved.

Council's decision is open to change if extreme situations call for it but for the moment you can do a few things yourself to fight these pecky creatures. You can fog your lot yourself, wear protective clothing, and buy some good mosquito repellent. Hello summer.

RENE DESMET

Adult Dance, Sat., July 12, 1986 (9:00 p.m. - 1:00 a.m.)

The Victoria Beach Baby Boomers present Carmen LaRosa Rock and Roll Revival on Saturday, July 12th at the V.B. Community Club.

If you can remember the hits, and if you can still move, grab your best girl or guy and show us how to groove. Admission is \$7.00 per person and tickets are available at the following locations:

1. The Bakery
2. 427 6th
3. 410 5th

CORINNE SORENSON

Yoga

Yoga classes will commence this year on July 2nd (Wednesday) at 10:00 a.m. and will continue every Wednesday at this time through July and August. I am pleased to announce that Jane Carroll will be helping me this year.

Anyone from 12 years of age to seniors is welcome to this class. You will require a blanket or large mat. Wear loose clothing and no shoes or socks. Your membership card is your entrance fee.

DOROTHY GREGORY
Lot 6, Ateah Road
Phone 754-8406

Our Family

Welcome to the "Summer of 86" recreation program at Victoria Beach. We would like to give you a rundown of some of the programs we will be running this summer. But first of all let us introduce ourselves.

We are the Toews family: Gerry, Esperia, Christopher, and Simba. We will be sharing our summer with you this year at Victoria Beach. Here are the various members of our family.

Christopher is our rambunctious blond haired, brown eyed, two-year old son. He loves the outdoors and so is right at home here at Victoria Beach. He also loves bike rides, ice cream, playing in the water, chasing birds, butterflies and all sorts of things. His favorite words are "no" and "me". In other words he is a typical two-year old. Oh, by the way, we are in the market for good baby-sitters.

Simba is our dog. She is a golden-colored dog of mixed breed. She is a gentle dog who is very good with children, and enjoys romping around.

Esperia is my wife. The first thing that struck me about Esperia besides her obvious good looks of course, was her name. It is Italian and means "Hope" which she always has for me, her husband. Esperia is a primary teacher at Tyndall Park in the Winnipeg 1 School Division. In her nine years of teaching, she has taught grades 1, 2 and 3, all at Tyndall Park School. She is a devoted mother and wife. Christopher and I can attest to that. She is a qualified aerobics instructor, having taught three years at Southdale Recreation Centre and is very much looking forward to her sessions on the beach.

As for me, I am a primary physical education teacher, having taught at Dieppe School in Assiniboine South School Division for the past five years. I have taught primarily in French immersion and I love working with children. I enjoy all types of sports and activities (I guess that goes without saying). The biggest thrill of my life so far has been the birth of our son. The greatest satisfaction has been watching him grow these past two years. I am looking forward to this summer at Victoria Beach, and the chance to meet new people and new challenges.

So there you have it, our family. We look forward to meeting you and your families this summer at Victoria Beach. Please feel free to drop by and say hello.



Gerald



Christopher



Esperia

Recreation Programs

Here is a brief introduction to our recreation program schedule this summer.

MONDAY		
9:00 Aerobics	Adults & Teens	Clubhouse Beach
10:30 Outdoor Activities & Games	5-12	Sports Ground
TUESDAY		
9:00 Fitness Club	Adults & Teens	Clubhouse
10:30 Arts & Crafts	9-12	Clubhouse
10:30 Low Organized Games	5-8	Sports Ground
WEDNESDAY		
9:00 Aerobics	Adults & Teens	Clubhouse Beach
10:30 Nature Hike	5-12	Start at Clubhouse
THURSDAY		
9:00 Fitness Club	Adults & Teens	Clubhouse
10:30 Arts & Crafts	5-8	Clubhouse
10:30 Sports	9-12	Sports Ground
FRIDAY		
9:00 Aerobics	Adults & Teens	Clubhouse Beach
10:30 Arts & Crafts	5-12	Clubhouse
MONDAY-FRIDAY		
7:00 Recreational Sports	Family	Sports Ground
TUESDAYS & THURSDAYS		
8:00 Movies		Clubhouse
SPECIAL EVENTS		
FRIDAY, JULY 11		
10:30 Beach Olympics	5-12	Clubhouse Beach
FRIDAY, JULY 25		
10:30 Children's Carnival	5-12	Clubhouse
FRIDAY, AUGUST 8		
10:30 Bicycle Ride	5-12	Clubhouse
FRIDAY, AUGUST 22		
10:30 Arts & Crafts Fair	5-12	Clubhouse

Mornings will start off three times a week with "aerobics on the beach." This promises to be a fun program. On rain days we will go into the clubhouse and everyone is asked to bring a towel and a container of water.

The other two mornings will start off with Fitness Club. We will be doing such things as going for morning runs, swims, calisthenics, stretching, exercises and discussing various aspects of fitness.

These programs will be geared to various levels of fitness and we will teach you how to work to your own level.

Arts and Crafts is another program that will go three times a week but with a slight twist. On two of the days it will be offered to more specific age groups since many of the activities tend to be more age specific. We need your help in providing some of the supplies. Here are some of our needs:

1 old iron (used for wax paper art)	Scotch tape
Paper or plastic cups	Pencils
Plastic containers (for paint and glue)	Erasers
Fake fur scraps	Clothes hangers
Lids from plastic containers	Pencil sharpeners

You may drop them off at your convenience or send them with your children.

The Nature Hikes promise to be another fun activity. Moms and Dads are welcome as we have fun exploring the local area. The hikes will probably last through the lunch hour into the early afternoon so packing a picnic lunch will be a good idea.

There is one change of note to the schedule originally published. Mini-Olympics listed for Mondays will be replaced by an activity simply called Outdoor Activities & Games, which will cover a wide range of activities such as Scavenger Hunts, Games, Orienting and Survival Game.

We look forward to meeting you this summer at Victoria Beach. Come out and enjoy our program and stay tuned for news of upcoming events.

Kiddies' Korner

Try the following puzzles and test your skill. The answers will be found on page 15.

Puzzle 1.

How many times after midnight and before noon does the minute hand of a clock pass by the hour hand?

Puzzle 2.

How many fence posts would you need if you were to put a post every 10 feet around the perimeter of a square garden that measured 100 feet on each side?

Puzzle 3.

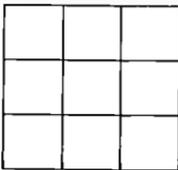
If you write down every whole number from 1 to 100, how often does the numeral 9 appear?

Puzzle 4.

"Here is one," said the White Queen. "I once had to post four letters. Well, I had the four letters written, and I had the four envelopes correctly addressed, but I was careless and put some of the letters into the wrong envelopes. However, I put only one letter in each envelope. As it happens, I either got exactly three of them right, or I got exactly two of them right, or I got exactly one of them wrong. How many did I get right?"

Puzzle 5.

Square Deal — Arrange the numbers 1 to 9 so that the total is 15 when added horizontally, vertically, and diagonally.



"Talking Numbers"

"Trouble with you Fred —
You have no backbone."

1 2

**CANADA
D-A-Y** 

July 1st is Canada's 119 Birthday and while there will be no official celebration or fireworks display at Victoria Beach, we will, in our own way, take a moment on this particular day to wish Canada a special happy birthday. Happy birthday, Canada.

JULY 1, 1986

Tennis Season Underway

The tennis courts are likely to be busier than ever in the summer of '86. For one thing, the weather is bound to be better than last year's.

For the first time in its history, the Victoria Beach Club has hired a tennis professional. Alison Farrow, racquets instructor at the Winnipeg Winter Club, is joining us for the busy part of the season. Furthermore, she will be assisted by two experienced 17-year-olds, Scott McDonald and Andrew Gow.

When Tennis is a Bargain

Use of the tennis courts is free for members of the Victoria Beach Club. Non-members are required to pay \$1 per game to the attendant on duty or to a representative of the Tennis Committee who may be volunteering.

Members are reminded that they are expected to (a) obtain a toe tag at the courts by presenting their V.B. membership cards, (b) wear toe tags whenever playing.

Please cooperate with Alison, Scott and Andrew in making the tennis courts a smooth operation, and one of the favorite places to be this summer.

Fun in the Sun

This item is not actually about fun at all, but about the **WORK PARTY** at the tennis courts. We figured, however, that a heading with "work" in it might be discouraging.

So Saturday morning, June 28, 1986 at 10:00 is the time of the annual preparation of the shale courts and improvement of the grounds. To encourage mass participation, the Tennis Committee reminds everyone that the all-weather courts will remain closed until the others are ready for play.

Bring a rake, shovel, grass whip, happer or some other such implement. Insect repellent, bag lunch or other accessories are at the discretion of the individual labourer.

Jim Boyda, after all his years of volunteering, continues to be one of the strong friends of tennis at V.B. Thanks to his efforts, a new tape will be available for nailing on the third shale court and a new net for installation.

As a footnote, we advise that the position as tennis convenor is presently vacant. Since arrangements for the summer are pretty well completed, the role is largely an honorary one. Please notify Ron Kirbyson or any other member of the Victoria Beach Club board if you would like to volunteer.



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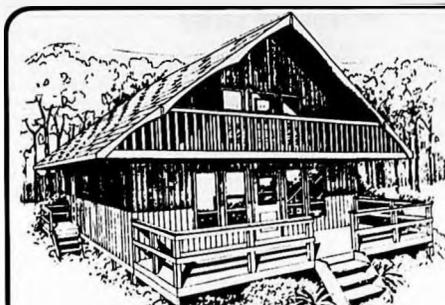
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	Child, 12 and under	25.00
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	Family, Couple Adult	73.00
	Single Adult	65.00
	Junior, 13 to 17	37.50
	Child, 12 and under	25.00
Two Weeks —	Senior Citizens	21.00
	Family, Couple Adult	42.50
	Single Adult	42.00
	Junior, 13 to 17	22.50
	Child, 12 and under	20.00
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	2nd 9 holes	2.25
	Senior, per round	2.00
	1st 9 holes	4.50
	Weekends & Holidays — 1st 9 holes	2.50
	Senior, per round	2.25
Lockers	Seasonal — lock bin	20.00
	Monthly	1.00
	lower, open	15.00
	upper, open	13.00
Daily	lower, open	1.00
	upper, open	1.00

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ZIP _____**Wood Ticks: PULL**

Ever get a wood tick on you or on someone you love? The following information taken from a Winnipeg School Division No. One Newsletter may help you sooner or later.

According to a letter from the Howard Medical School the best way to get a tick off the skin is to pull it out. Here are some of their recommendations.

1. Use a curved forceps or tweezers if available. If not use fingers protected with a tissue, paper towel, or rubber glove.
2. Grasp the tick as close to the skin as possible and pull up with a steady, even pressure.
3. Avoid crushing the tick; fluid in its body may contain infectious agents.

It's important to grasp the tick as close as possible to its feeding parts. How easy it is to get the feeding parts away from the skin also depends on the species. The lone-star tick for example is more likely to leave some of its feeding apparatus behind.

The letter written by a researcher/scientist at the Ohio State University, placed American dog ticks and lone-star ticks on an experimental sheep for half a day to four days and then studied various methods for removing them. What did not work was covering them with petroleum jelly, fingernail polish, or rubbing alcohol. Neither did the hot tip of an extinguished match.

Editor's Note: This will be the first in a series of beach or recreation related health articles which we hope will be of interest to our readers.

RENE DESMET

**Bloody Mary May Affect
Vitamin C Level**

Alcohol can decrease your vitamin C level. Its effects were studied in subjects who received two grams of ascorbic acid with their breakfast. When no alcohol was ingested the ascorbic acid level in the blood plasma rose to a peak value of 26.9 (mg per ml) six hours later. But when the subjects also consumed 35 grams of alcohol with the ascorbic acid for breakfast the level of ascorbic acid was considerably lower for at least 24 hours. This suggests that the alcohol in a Bloody Mary may tend to neutralize the vitamin C in the tomato juice or from any other source.

When you consider the increased vitamin C requirements from cigarette smoking and the evidence that alcohol lowers the vitamin C levels it becomes clear why many people may have marginal vitamin C levels despite an apparently adequate intake.

Pelican"Pity the poor pelican
Its beak can hold more
than its belly can."**Water**

Bert Trainor is presently building a plant across from the Marina on Highway 59 to bottle water from a fresh water spring on his property. The water will be distributed to many parts of Canada and the U.S.A. for a slight remuneration of course. More on this later.

The Ups and Downs of Caffeine

Caffeine is a hot news item. A few years back reports detailed for consumers the high caffeine content of a wide variety of food and drug products — not only tea and coffee, but cocoa, chocolate, soft drinks, headache tablets, cold remedies, and diet and wake-up pills. Rising public concern about caffeine consumption prompted the introduction of many caffeine-free products.

Now caffeine is in the news again. Recent articles have reported that caffeine can help to boost performance in endurance activities by enabling muscles to burn fat more readily. It has been suggested, therefore, that caffeine might have a positive role to play in fitness programs. Does this suddenly mean that caffeine is good for you after all? No. It's necessary to keep all these different facts and ideas in perspective.

First: Caffeine may help to improve physical performance, but only in very intense, continuous activity carried on long enough to deplete the muscles' normal energy supply — i.e. for two hours or more. Caffeine as a performance booster has not been shown to be of value in the time-frame of normal fitness activity.

Second: We must always keep in mind that despite its possible benefits caffeine is a habit-forming drug with many well-documented negative effects.

Physiologically, caffeine stimulates the central nervous system and has a diuretic effect — i.e., it increases the rate at which water is excreted from the body. In moderate doses it can help to improve concentration and alertness. In large doses (or for sensitive individuals) caffeine can cause chronic headaches and sleeplessness, rapid heart beat, anxiety, and depression. From the fitness point of view caffeine can have a negative effect on performance on hyper-sensitive individuals and can contribute to dehydration, especially in hot weather. In short, the best rule for caffeine consumption is still moderation.

Caffeine Consumers' Guide

i) The Caffeine-Habit Test: Remove all sources of caffeine from your diet for one day. If you get a headache that can only be relieved by more caffeine you're probably suffering from withdrawal and have a caffeine habit.

ii) Approximate Caffeine Contents:

Cup Coffee	
perked	125 mg.
filter	180 mg.
instant	75 mg.
decaf.3 mg.
Cup tea:	
weak	20-45 mg.
strong	90-110 mg.
Cup cocoa	15 mg.
Can cola (284 ml.)	40 mg.
Choc. bar	20 mg.
Headache tablet	30 mg.
Cold tablet	15 mg.
Allergy tablet	30 mg.
Wake-up tablet	100-200 mg.
(Check drug labels for exact caffeine content of specific products.)	

iii) Intake Guidelines:

Average Adult: Most experts feel that a moderate intake of 200 to 300 mg. per day is not harmful.
Pregnant women: Limit consumption as much as possible to put fetus in "no risk" position.
Nursing mothers: Caffeine is passed to baby in milk and could have stimulating effect. Therefore, limit consumption.
Children: Replace cola beverages and chocolate drinks with juices and milk.

Athletes and Eating

Evening Eaters

Many athletes eat most of their calories in the evening. They may claim that their early morning run inhibits breakfast appetite, and that any feeling of fullness after lunch interferes with their afternoon work-out. There is nothing physiologically wrong with eating the day's large meal in the evening, but such a practice does have nutritional and caloric consequences — especially for those who are watching their weight.

Recent research on body rhythms found that one burns calories more readily when awake than when asleep. The internal clock that governs sleep/wake and rest/activity patterns also controls body metabolism.

Breakfast vs Dinner Calories

In one study of 6 people consuming 2,000 calories per day, all lost weight when they ate all the calories at breakfast. When they ate all of the food at dinnertime, 4 of the 6 gained weight.

And, not only do night-time calories tend to be more fattening, they are also consumed in larger quantities. In another study, when subjects were allowed to eat as much as they wanted — but only in one meal — they ate 600 calories more when they ate dinner-only than when they ate breakfast-only.

Presumably, people who restrict themselves all day develop an enormous appetite that is hard to satisfy, and thus they tend to over-eat. And those extra calories convert into extra fat.

The Perils of Snacking

Another nutritional problem common among athletes is munching. Anyone who opts for a cup of coffee for breakfast (0 calories) has created an enormous caloric deficit by late afternoon; the athlete has consumed only 350 calories, yet may have burned off 2000-3000 calories, depending upon intensity of activity.

When one is deprived of calories to this extent, one tends to crave sweets. As a result, many meal-skipping, strenuously exercising athletes develop uncontrollable "sweet tooth(s)". They eat a whole bag of Oreos, a whole quart of ice cream, the whole pan of brownies.

It would be far wiser for such athletes to consume their calories during the day in the form of a wholesome breakfast, a nutritious lunch, and some light snacks. He or she would be more likely to burn off any excess calories and keep weight under control, with the added benefit of gaining important nutrients in the well-balanced meals and snacks.

SPORTS MEDICINE DIGEST,
July 1984.

Children Learn What They Live...

- If a child lives criticized
He learns to condemn
- If a child lives with hostility
He learns to fight
- If a child lives ashamed
He learns to feel guilty
- If a child lives with tolerance
He learns to be tolerant
- If a child lives with stimulus
He learns to create
- If a child lives appreciated
He learns to appreciate
- If a child lives with equity
He learns to be just
- If a child lives with security
He learns to have faith
- If a child lives with approval
He learns to love himself
- If a child lives with acceptance and friendship
He learns to find love in the world.

Bird Lovers Beware! Birds vs. Joggers

It all started when a team of Swiss physicians reported that they had treated 12 joggers for scalp scratches or lacerations as a result of attacks by birds (N Eng J Med 1984 Dec 27;311:1703). The victims identified their assailants as either European buzzards or "birds of prey." With one exception, the attacks occurred during the April-July breeding season of the European buzzard. In every case, the birds attacked by diving from behind and continued to dive as long as the joggers were in motion.

During the same two-year period, these Swiss clinicians recorded only one other such attack (on a bicycle rider) by a buzzard. Joggers must be particularly susceptible, they feel, and conclude that "joggers should be aware that nature has its own laws and may not allow intrusion without revenge."

Dr. Robert Tanz of Chicago found particular solace in this report, for while jogging through Lincoln Park, he was attacked 6 times by a large black bird (species unknown) during a two-week period (N Eng J Med 1985 Apr 18;312:1066). Most of the attacks came from behind but he suffered no injuries, other than the fact that no one believed he was actually attacked by a bird — not even his wife!

In a more scholarly presentation, two bird-attack victims from San Diego (augmented by an expert from the San Diego Wild Animal Park) report that their attackers were starlings, known as an aggressive species. They point out that, during nesting season, these birds seek hair for nest building. Yet, as one of the authors could testify, the bald are not immune from attack, since birds appear to prefer wispy hair (N Eng J Med 1985 Apr 18;312:1066-7).

Starlings are also known to attack their own reflections. However, these authors deem it unlikely that a bald head, even one glistening with sweat, could serve as an effective mirror. More likely, they say, "through faulty aerial reconnaissance the birds mistake a hapless monk-head for a large egg in a mobile nest moving in on their territory."

These authors are also concerned that, as a result of the Swiss report of buzzard attacks, American joggers may fear becoming the target of "a kamikaze attack by a flying turkey." In a matter of ornithological semantics, they point out that, unlike the American buzzard, which is actually a vulture, the European buzzard is really a hawk — a bird of prey that may instinctively attack a rapidly moving target on the ground.

Finally, Dr. Lawrence H. Phillips II writes that he was frequently harassed in Minnesota by red-winged blackbirds (N Eng J Med 1985 Apr 18;312:1067). He noted that he was attacked only when he wore bright red running shorts. Further investigation revealed that these birds often mark the boundaries of their territory with displays of their red "epaulets." One could undoubtedly surmise that the red-winged blackbirds felt that the red-middled jogger was a threat to their territory.

SPORTS MEDICINE DIGEST,
DECEMBER, 1985.

Movies This Week

Tuesday, July 1

Return to Oz

Dorothy revisits Oz to rescue the Scarecrow, the Tin Man and Cowardly Lion. Disney.

Thursday, July 3

Escape to Witch Mountain

Eddie Albert, Ray Milland. A story of the supernatural. Disney/97 m.

Back Fitness — Posture

Proper posture involves correct positioning of all levels of the spine: neck, trunk, low back, and pelvis. Test your own posture by standing with your back against a wall. Keep your heels, buttocks, and shoulder blades in contact with the wall.

Now—

- Is there a large gap (i.e. more than the thickness of your hand) between your lower back and the wall?
 - Are your shoulders forward (away from the wall) or pushed back like a soldier?
 - Is there a large gap between your neck and the wall?
- If you answered "yes" to any of the above questions, your posture can and should be improved.
- If you have a forward curve in your lower back, straighten it by gently tucking in your stomach, tightening your buttocks, and bending your knees slightly. These actions will help achieve an "upright" tilt of the pelvis.
 - Tuck your chin in slightly and keep your head over your shoulders (not poked forward).
 - Keep your shoulders level, slightly back, and relaxed. They should not fall in front of or behind your hips. Don't slouch or assume a military posture.

More Info...

Back Talk is a handy little guidebook from the Workers' Compensation Board of British Columbia. It discusses injury prevention, posture, and lifting techniques, and it includes a simple series of exercises. It is available free to British Columbia residents at a cost of 90 cents for anyone outside B.C. Write Films and Posters Dept., Workers' Compensation Board, 6951 Westminster Hwy., Richmond, B.C., V7C 1C6.

Answers to Kiddies' Korner

Puzzle 1.

10 passes. Try it with a clock.

Puzzle 2.

40 posts. For some reason, this apparently trivial problem is surprisingly difficult to solve without resorting to a detailed sketch.

Puzzle 3.

20. (9, 19, 29, 39, 49, 59, 69, 79, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, and count 99 twice).

Puzzle 4.

Exactly three right is the same thing as exactly one wrong, so the choice is between exactly three right and exactly two right. Now, it is impossible to get three right, because if three are right, the fourth must also be right. Therefore, she got exactly two right.

Puzzle 5.

4	9	2
3	5	7
8	1	6

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