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SPORTS DAY: Sat., July 12 — 10:00 a.m. — Sports Ground
ADULT DANCE: Sat., July 12 — 9:00 p.m. — Clubhouse



Victoria Beach, Man.

Patricia Beach — 1927

M.S.A. MOBILE SAILING SCHOOL: July 14-25 (White) — Yacht Club
BEACH EVENTS: Sat., July 19 — 10:30 a.m. — Patricia Beach
800 METER OPEN SWIM: Sat., July 19 — 1:00 P.M. — Pier

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Membership Blitz '86

The initial Door-to-Door Membership Blitz was held on June 28-30th with over 60 volunteers hitting the streets looking for members. They were:

- DISTRICT 1 — Captain: Rod LeBlanc; Canvassers: Simone LeBlanc, Marion LeBlanc.
DISTRICT 2 — Captain: Jacqui Blanchard; Canvassers: Jeff Blanchard, Martha Barwinsky, Diane Bowles, Diane Finkbeiner.
DISTRICT 3 — Captain: Pat LeClair; Canvassers: Betty Hausford Grant and M. Benningen, Janice Sine.
DISTRICT 4 — Captain: Janice Williamson; Canvassers: Lorna O'Brien, Alec McCuaig, Joyce Patrick, Mrs. Garrett, Barb Wanshutter, Jeannette Charbonneau.
DISTRICT 5 — Captain: Lindsay Ingram; Canvassers: Gladys Milden, Jack Pearce, Margot Cameron, Bernice Ingram, Allison Bell, Donna Thain.
DISTRICT 6 — Captain: Jamie Gardner; Canvassers: June Gardner, Arroll Stewart, Jane Carroll, Neil Carroll, Lynn Butler.
DISTRICT 7 — Captain: Ron Storzuk; Canvassers: Jacquie Storzuk, Anne Spear, Wally Spear, Gord Mathieson.
DISTRICT 8 — Captain: Jeannine Rozzi; Canvassers: Diane Johnson, Sandra and Duncan McCuaig, Karin Boyd, Karen Mitchell, Doug Guest, Janet Simpson.
DISTRICT 9 — Captain: Terry Angus; Canvassers: Jess Angus, Linda Angus, Jan Scott, Barry Heiman, Irene Heiman, Kathleen Murray.

DISTRICT 10 — Captain: Bernice Komar; Canvassers: Carol Corona, Nancy Johnson, Louella Jones, Bev Macmillan, Elsie Riseama.
DISTRICT 11 — Captain: Ross Moore; Canvassers of family and friends at Wausaning Beach.

Results of the initial Blitz are as follows:

92 Donations Totalling	\$ 1,512.00
403 Memberships Totalling	11,490.00
3 Day Blitz Total	\$13,002.00

Member Stats	
Children	544
Teens	166
Adults	1,095
TOTAL	1,805

Of the above total, \$1,250.00 was a result of mail-ins attached to the 1986 tax notices. **NOTE:** The model in membership packages are available with your mail at the Victoria Beach Post Office.

I would like to take this opportunity to thank the Blitz volunteers for their time and all of you that joined the Club or donated to make the membership kick-off successful. An additional word of thanks goes out to Dave Dawes and the V.B. Golf Course, our latest Club membership outlet.

Fleas Set New Record: \$3300.00

The Clubhouse was the scene of incredible activity as a record crowd of fun-seeking treasure hunters jammed the clubhouse to view and purchase a record amount of generous donations and participate in the silent auction. Thank you all for supporting your club.

To all the gals who worked all day marking, selling and providing lunch (too many to mention) — you know who you are and I thank you. You make a great team!

Hats off to the fellows on the trucks, Faithful Bert, Frainer and John Ateah, son Derwood, helpers Peter, Len Suderman, Laurie Peterson, John Corona, Jeff Swyston, Ron Lapp, and Scott Thain. To Dan Suderman for hauling fleas in from Winnipeg, and to Victor Parisian and helpers.

A special thanks to Noel Pritchard and daughter Barbara, also Alex McCraig for their special efforts.

Chairing this activity and working with such willing workers has been very rewarding. The financial success of the record sales is a bonus making it all worthwhile.

If you wish to volunteer to chair for next year, you will have all our support.

BARB SUDERMANN

IN MEMORIAM

DAVIS: In loving memory of a dear husband and father, W.H. "Bill" who left us suddenly July 17, 1968.

Today brings back memories

Of a sad and bitter blow

That was cast upon our family

Eighteen years ago.

No one knows the silent heartaches

Only those who have lost can tell

Of the grief that's borne in silence

For the one we loved so well.

Sadly missed by wife Fran and Family of 321-7th Avenue, Victoria Beach.

Silent Auction

The Silent Auction held outside of the flea market was a "sniper success" with profits of approximately \$1100.00.

Thanks to everyone who bid — and special thanks to those who bid high and purchased the items. (A big tip to those who bid over and above the value of the item!)

Thank you for your generous donations to:

- Olympic Building Systems
- Jim Chapel (Jim Chapel Trucking)
- Wayne Thomas (Wayne's Backhoe)
- Owen Griffith (Husky Propane)
- Sam Ateah
- Cheryl Henderson (Somerset Beauty Salon)
- Nancy Ateah
- Nick Beaton (St. Vital Lumber)
- Barbara Suderman
- Lorne Anderson (East Side Sewage)
- The Birchwood Hotel
- Bernice Komar
- Prairie Sailboard
- Doug Stevenson (Stevenson Realty)
- Cargill Grain
- Victoria Beach Golf Club (David Dawes)
- Len's Fine Fare
- Kevin Ateah (Lakeside Servillance)
- Anonymous (Golf Shoes)

If anyone would like to take on the challenge of running the Silent Auction next year, or if you could donate an item, please contact the Club President.

This is an excellent way to raise money for our Community Club. Special thanks to Michael McCuaig, Dave Williamson and Barry Korolyk.

JEAN STEVENSON, JANICE WILLIAMSON,
THORLIEN MITCHELL, CAROL CORONA

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Schedule — Garbage Pick Up

The schedule for garbage pick up at the Beach this summer will be as follows:

MONDAY: Sunset, 1st, 2nd, 3rd, 7th, 8th, Thornton, Victoria, Gibson, Ash, Elm, David Subdivision, South End permanent residents, Albert Beach.

TUESDAY: 4th, 5th, 6th, Birch, Center, Pine, Arthur, Patricia, Alexandra, Kind Edward, Wamsing, North End, McLeod Subdivision.

Please keep your garbage in plastic bags to help in pick up.

Beach Events

Beach events this year are at Patricia Beach at 10:30 a.m. July 19 (20th if it rains). All children 10 and under are welcome to participate in the various events — swim races, castle building, sun tan, freckles and deep-sea hole (for the boys). Ribbons and ice cream will be available for all participants.

In past years there has been some friction at the sand castle event. To prevent anything that might spoil an otherwise sunny morning do keep in mind the following:

1. Bring only basic shovels and pails. Any other materials can be collected there at the time. This way everyone gets an even start.
2. Parents should please refrain from helping (we know this is hard but children are marvellously creative and it is their event). For reasons unknown adults get very involved in sand castles. Remember, it's all for fun.

Let's hope the weather will cooperate with warm sun and little wind. We're looking forward to seeing you on the beach.

URGENT — We need a freezer to store the ice cream for a couple of days. If you can help please let us know at 335 5th.

JANE & NEIL CARROLL



Hope and Laurie Willmot, 1980.
Compliments Zel and Lloyd Smith
222-7th

Animal Trivia

The *penguin*, dweller of the Antarctic, can live in the tropics but is never found in the Arctic.

The *beaver* was our first national emblem. It was used from 1673 until 1821 when the merging of the Hudson's Bay and the North West Companies diverted the fur trade from the St. Lawrence to the Hudson Bay. The Maple Leaf then found favour with influential organizations and was formally accepted by the Canadian government around the time of Confederation, 1867.

A *beet* that finds itself an orphan will approach a strange mother of the same species in the hope of being adopted. At first she will ignore him. Then she will scold him to try to send him away. This persistence will bring out her maternal instinct and after a few days she will take care of him as if he were hers.

The *turkey* is known as the American bird in Turkey.
The *Arctic fox* has a built in heating system. Completely buried in Arctic snow, the Arctic fox is not likely to freeze. He wraps himself in his heat radiating tail and nature lends a hand. Snow is mostly air which is a fine insulator. The fox's little face is snug amid the howling blizzards.

The *burn owl's* face is shaped like a heart.
The *crayon*, though a member of the cat family which has an aversion to water, has been known to swim several miles to reach areas where food was more abundant.

The *ringed seal* found in Canada's Arctic is the smallest pinniped in the world. The average adult measures about 1.1 metres in length.

Puffins greet each other by clinking their sandy heads together.
The *rock rabbit* can attain a speed of 40 miles per hour.
A *shark*, when dead, sinks so slowly that its body is literally dissolved by the time it reaches the ocean floor. The only part of the shark that is impervious to the action of salt is its teeth.

Canada veers its only north and south. They never migrate laterally.

The tree bird, *Kathlamet's warbler* is found only on and around Mammoth Island and nests only in pineclads periodically swept by fire.

The *whale* spouts steam and not water.
The *cap's* chew is his food with teeth in his throat.
The *Dobsonian fish* were used by the native people and early settlers of British Columbia as candles.

The *Monarch butterfly* can be submerged in water a depth of 16 inches and still rise to the surface to fly away. This ability has allowed them to rest on water while migrating.

The *fox* is the only means of pollinating 100,000 different types of plants. Without this service we would have no pat fruits, berries or pod vegetables. We would have no peaches, pears, apples, cherries, plums, apricots. We would not have any blueberries, raspberries, gooseberries, blackberries, currants, melons, squash, peas, clover, etc.

Crows are not the clumsy animals many picture them to be. It is necessary they can skim a fence with ease.

Phoebastria can live for a month without eating.
The *swain* has more feathers than any other kind of bird, by actual count over 25,000 feathers.

The *Canadian beaver* can remain submerged for eleven minutes.
A *turtle* can live a year without food.

The *starfish*, if cut into five parts, can grow a new set of arms on each part and make five more starfish.

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More Birds at the Beach

There are certain things you can always count on when spending some time at Victoria Beach. One of these things is running into Rene Desmet. Next thing you know he's got you hooked into writing a little piece for the V.B. Herald. And I thought I had come to the beach for a leisurely holiday....!

Last year we looked at some of the large birds that are frequently seen along the beach or over the lake. Fortunately, the area also boasts a rich variety of smaller birds, but we have to look a little harder to see them. A few of these "little brown jobbies" come readily to mind when I think about Victoria Beach. One you are undoubtedly familiar with, if not by sight then certainly by sound, is the Veery. It is that bird that often sings late in the evening and has that organ-like, descending song, like it is singing into a pipe. This bird is related to the Robin, but smaller. Its upper parts are reddish brown; the under parts are whitish with dark speckles on the breast. It arrives late in May and by the end of August it has left us already for its winter haunts in South America. I know of no place where more Veerys occur than right here.

The Red-eyed Vireo is a small, slender bird which sings all day long, even in the heat of a July afternoon, when most other birds are relatively quiet. It sounds somewhat like a Robin, but the phrases of the song are shorter, with little pauses in between each phrase. The songster is often exceedingly hard to see in the thick foliage, as it does not flutter about much and its drab colors — olive brown above and whitish below — don't give it away.

Related to the Vireos are the Warblers. They are even smaller than Vireos and must more active. Most of them are poor singers, unlike the so-called "Old World" Warblers, such as the Nightingale, which are famous for their beautiful songs. What the "New World" Warblers lack in song however, is easily compensated by their spectacular plumage.

The American Redstart is such a colorful little sprite. Black with bright orange flashes on the flanks and in the wings and tail, the male is unmistakable. The female is brown with yellow flashes. It is very active, always zipping around to catch small insects or fanning its tail and wings to show off its bright colors. It is positively abundant throughout the area during the summer months.

Equally common is the Yellow Warbler. It is sometimes called a Wild Canary, but the only similarity it has with this species is that

it is yellow and that it has feathers. It is the most common Warbler in Manitoba, ranging from the prairies in the south to the dwarf willows of the tundra along the Hudson Bay coast. The male has fine red streaks on the under parts, but these are often hard to see, as the bird rarely sits still long enough to give one a good look.

A pair of House Wrens has set up shop right above the entrance to the "Moonlight Inn", on a ledge under the overhang at the door. It is amazing that the nest has not been deserted, considering the constant coming and going of customers sampling the ice cream cones (Swiss mocha is my favorite!). House Wrens are nervous and noisy, always bobbing up and down, sticking their little tails up in the air. They are all brown and much smaller than sparrows.

While you visit the "Moonlight Inn", also check under the eaves of the library. Several Cliff Swallows have built mud nests there. These Swallows are common around bridges, such as the Maryland Bridge and Assiniboine Park footbridge in Winnipeg.

They are also insect eaters, which they catch on-the-wing. Somebody once figured out that each Swallow eats at least 2000 insects per day, so I think they can rightfully lay claim to the title "Man's Best Friend."

Enough about birds for now. Stay tuned until next year. No doubt I'll meet Rene again at that time and he'll manage to get another story out of me.

RUDOLF KOES

EDITOR'S NOTE: Many thanks, Rudy, for this most interesting piece on our wonderful birds. Mr. Koes is a well-known authority on birds and is co-author of Birder's Guide to South-Eastern Manitoba and wrote the Manitoba Section in Bird Findings Guide to Canada, as well as numerous articles and periodicals on birds. Mr. Koes is a member of the Manitoba Naturalists Society and is teaching at Gardon Bell High School in Winnipeg. He is also an avid runner.

Rudy has been coming to Victoria Beach with his family since the early 70's. He will be spending part of the summer lecturing on bird life, on site, at Churchill, Manitoba.

Have a good summer, Rudy. Mrs. Koes, and family.

Beach People

Carolyn, Dick and Colleen Ison from Cincinnati, Ohio, are visiting their parents, Janet and John Waller at 208-7th Avenue and Carolyn's sister, Mar and Rene Desmet and family at 3 Pine Road.

Lucile and Tom Kitchur of 301-8th Ave. had as their guests on the July 1 weekend: Chris and Ken Smith of Corunna, Ont.; Mary and Ron Jobe, Owen Sound, Ont.; June and Bernard Crookes, Collingwood, Ont.; and Nancy Downie of North Vancouver. The ladies were celebrating their 40th reunion from the W.G.H. School of Nursing.

Brenda and David Coke and 2-year-old son Jason from Calgary were visiting Brenda's parents, Donna and Robert Jonsson on Pine last week.

Victoria Beach Swimming Program

WANTED: Would someone be willing to offer us a canoe to use for two weeks? We need it for our canoeing lessons at 3:00 p.m. We will take good care of it.

Please contact Mrs. Sampson at 449 Sunset, Joanne at 453 Sunset or Kim at 754-8036.

JOANNE JAEGER
KIM WIEBE



Sports Day, A Few Years Back

Improving Our Parking Lot

I would like to advance a suggestion that will make the quality of life at our beach much more pleasant for all the residents near the main entrance to the beach.

If the auto entrance to the parking lot and the beach were moved to the east end of the lot things would be a little better for cottagers near the gate. Walking entrances could remain the same as could the locations of the police office and the post office.

Proposed Change to Parking Lot



I believe that the result of the change would be that the parking lot would fill up much the same as now with the lot filling up by using the places nearest the walking out exits. There would be a lot less congestion at the auto entrance and a lot less commotion for the residents nearby.

Also, at night, the residents wouldn't be awakened to the sound of squealing tires and shouting.

The new restricted highway could be used partly for overflow traffic if necessary.

The only thing that might be against this suggestion is that the taxis would have to drive further but an exit could be made for them at the walking side for pick up and delivery purposes only.

Also traffic could be slowed down on 8th Avenue and Arthur Street by the use of speed bumps.

BOB CRAWFORD
208-8th Avenue

Puzzle Time

Using all of the numbers from 1-25 fill in the square so that each line down and each line across add up to 65.

This puzzle was sent in by A. J. Vincent, 119 Sunset and we think him for it. The answer to this brain teaser is found on page 15.

Learning and Your Child's Vision

What can your new born baby see?

Their world is very blurry. During the first few weeks of life their central vision develops. Soon, shapes and colours become a part of their visual world. They continue to develop visually during the preschool years. By grade one, the visual demand on your child is significant.

Your child must acquire many new and difficult skills to meet the expectations of grade one. Your child must learn to sit on a chair for some length of time and concentrate on a given task. He must learn to focus on a book with both his eyes pointing at the same spot. He must also move his eyes along the next line of print. In addition, he is required to maintain this difficult position for some period of time. Finally, he is expected to gain meaning from the printed word. *Think about it!*

Modern research has revealed a great deal about what must transpire during the pre-school years in order to ensure that your child's visual development is at the level of demand placed upon him by grade one.

All too often visual perception is not assessed in time to prevent a child from having to repeat a grade. Problems, secondary to the visual perceptual problem, may emotionally scar a child for life. Feelings of inferiority and stupidity damage a child's feelings of self esteem and confidence. The child may never outgrow these feelings.

Methods of treatment called "vision therapy" are now available to enhance a child's vision skills to meet the ever-increasing demands of grade one through three.

Other professional treatments are also available to help your child to smoothly move through elementary school years.

Early detection and correction of these visual perceptual lags in development are essential to eliminate the potential secondary emotional problems.

Be sure that your child has his/her first visual assessment by age three. Follow up annually through these vitally important years.

DR. ROSS F. MOORE

Letter to the Editor Re: Adult Dance

In response to Margy Harding's letter in Volume 2, I would like to point out to Ms. Harding that this summer there will be 14 adult dances presented. Conman LaRosa will be featured at only one. Also, if Ms. Harding had done some research, before writing, she would have found that Aug '85 was a "tape music man" and not a live band.

Last July's dance was crowded, but was held after the Anniversary Day Bar-B-Q which brought many "visitors" into the beach and the dance. This year, entrance to the dance will be limited to those who have purchased tickets in advance. Late comers will not be allowed in — in accordance with the hall capacity restrictions of the Liquor Control Commission.

We are looking forward to an evening of fun and dance to GOOD MUSIC, so get your tickets *in advance* to avoid disappointment.

CORRINE SORENSON
July '86 Dance Co-ordinator

IN MEMORIAM — Louise Strath

Some of the more senior Victoria Beach people will, I am sure, be saddened to hear that Louise Strath, who had a cottage on 7th Ave. for many years and later moved to Penitentiary, B.C., passed away there in July of 1985.

Louise's interest and fondness of Victoria Beach goes back to its earliest days, and she was at one time employed by the Victoria Beach company.

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Recreation News

It was a first week well spent at Victoria Beach. One day just seemed to flow into another. The pace was busy, but that is to be expected as we work the bugs out of the system. Thank you to all of the people we met during the week for such a warm Victoria Beach welcome. We actually were surprised by the number of people we already knew out here, who stopped by to say hello. It really is a small world.

Before we go any further we would like to introduce our two recreation assistants this year — Jamie Hugel and Karen Cyr — who, by the way, are doing just an outstanding job. Jamie is the veteran of the crew, and his experience is much appreciated. Karen is a rookie like us, whose enthusiasm is infectious. Jamie is an avid boardsailer who can often be seen holding up a finger to test the wind velocity. He also is a very popular guy with his peers and has already been adopted by our son, Chris, as Uncle Jamie. Karen is an energetic person, who excels in many areas. She has even been known to whip up breakfast for a dozen people as she did on the long weekend for the crew staying at her grandparent's cottage. If you see Jamie or Karen around, say hi.

The week was highlighted by excellent turnouts at most, if not all, activities. The recreation hour after supper had droves of kids showing up with Mom and Dad in tow. By the end of the week we had four activities going on simultaneously; low organized games, soccer, baseball and soccer. I think we still have room for a few more games, especially if we can encourage some of the Moms and Dads to play as well.

Aerobics on the beach has been well attended and well received. The workout in the sand has proven to have an added training effect. In case of rain, Monday and Friday's class will be from 4-5 in the Clubhouse, Wednesday's class will be from 9-10 in the Clubhouse. Another adult program, Fun and Fitness, will seek to assess your fitness level while giving the participants a chance to participate in a variety of activities. The activities each week will be advertised on the bulletin boards in front of the Store and the Clubhouse.

The morning activities for the kids have also been well attended, and it is a pleasure to see so many eager young faces. We also have some special activities set for Fridays which will pre-empt Arts and Crafts every second week. This week it was the Beach Olympics and on July 25th it will be the Children's Carnival. Please let us know if you are interested in helping out with the Carnival. The destination of the Nature Hike each week will be publicized on the bulletin boards and at Tuesday's movie. It is recommended that older children (8 and up) only participate in this activity. We think we have some interesting, thought-provoking activities planned for these hikes.

In closing, a big thank you to Albert Wolfe for his excellent work in selecting the movies and obtaining a new projector for this year. If we can judge by the first week's results, the projector and sound system are much improved over past years. As a result the capacity crowd at the first two films of the year were treated to entertaining and enjoyable movies.

If you have a question or a concern, please feel free to drop by. In the meantime we will see you at one of the many activities coming up this summer, or on the beach.

GERRY AND ESPERIA TOEWS

Aunt Vickie's Recipe Corner

Well, I hope you enjoyed Cheryl Paul's Hundi Cake recipe in last week's *Herald*. This week, to help you through those hot, dry July days, I have two delicious thirst quenchers which are a delight at any social gathering or just for a cool refreshment after a long hot day on the beach. They were sent in and are two favourite drinks of M.L.L. Lisi of Winnipeg.

Strawberry Party Punch

3 oz. pack strawberry flavor gelatin
1 cup boiling water
2 (6 oz.) cans frozen pink lemonade - thawed
6 oz. can frozen orange juice - thawed
6 cups cold water
28 oz. bottle chilled gingerale
1 pint strawberries - frozen

Dissolve gelatin in boiling water; cool. In large punch bowl combine gelatin mixture, lemonade concentrate, orange juice concentrate and cold water. Just before serving, gently stir in gingerale and frozen berries. (28 (1/2 cup) servings)

Luau Refresher

46 oz. can pineapple juice, chilled
2 (6 oz.) cans frozen orange juice concentrate, thawed
2 (6 oz.) cans frozen lemonade concentrate, thawed
2 (6 oz.) cans frozen limeade concentrate, thawed
1-1/2 cups cold water
28 oz. bottle (3-1/2 cups) gingerale, chilled
Ice ring and fresh fruit slices if desired.

In a large non metal punch bowl or pitcher, combine pineapple juice, concentrates and water. Just before serving, add gingerale, stirring gently. Garnish with ice ring and fresh fruit slices. (30 (1/2 cup) servings)

Arts and Crafts

I am very pleased with the turnout at Arts and Crafts. In total, we had about 60 children from ages 3-12. New projects will be started on Tuesday (ages 9-12) and Thursday (ages 5-8). Both age groups will complete their projects on Friday, unless a special event is scheduled. As well, a simple art activity will be available for those who have already completed their projects. In our art classes, I try and emphasize "completing" an art project before starting a new one. This leaves the child with a sense of accomplishment, as well as reducing the wastage of art materials.

Moms and Dads, I need your help! On Aug. 22, we will be having an Arts and Crafts Fair. We will be displaying the children's art projects for all to come out and see. Therefore, please save your children's art projects so they can be displayed at the Arts and Crafts Fair. They can't be left at the Clubhouse due to lack of storage space. In a couple of weeks, I will be doing an art lesson using dried flowers. The children will need 2-3 dried flowers. Flowers can be dried by simply being put in the middle of a large book, and kept in there for a couple of weeks. Please start drying flowers for your children now.

We need some supplies for the Arts and Crafts program. If you can donate any of the following, either drop them off at our cottage (the red and white cottage by the library) or send them with your child to Arts and Crafts. Thank you to all the Moms and Dads who helped out at Arts and Crafts. Your help was greatly appreciated.

Supplies Needed
jars
ice-cream pails
newspapers
plastic containers
staplers (that we can have or borrow)
old pencils, erasers
paper or plastic cups

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Kiddies' Korner

Try these toughies.

1. What side of a dog has the most hair?
2. What color was Napoleon's white horse?
3. How long will an 8-day clock run without winding?
4. How many 3 digit numbers can be formed with the digits 0, 1, 2, and 3, using each digit only once in each number?
5. How many numbers greater than 11 and less than 90 give a remainder of 1 when divided by 5?
6. Fred is 5 years older than Allan. Allan is 3 years younger than Mary. Fred is 15 years old. How old is Mary?

Children's Masquerade

When: Saturday, July 26, 1986 — 7:00 p.m.
Where: Sports Ground (Clubhouse if raining)
Why: Fun!!! Surprises !!! More fun!!!

Once again it is time for our ever popular Children's Masquerade. We plan to follow last year's format but we really need people to volunteer as judges. (If you can give us two hours on the 26th, call 754-2154.)

- Come on kids. Put on your thinking caps. It's as easy as 1, 2, 3.
1. Look around your cottage, your yard, the beach; find old clothes, boxes, bits and pieces of this and that.
 2. Design, create, and fashion your costumes.
 3. Come and SURPRISE us — July 26th.

SHEILA AND BILL BURLAND
KATHY AND JOHN BRYDON

Sailing School Update

We still have a small number of openings for our sailing school, dates July 14-18, July 21-25 and July 28-Aug. 1. Each have openings for white sail (beginners) sailing instruction. The classes will be held at the Yacht Club with sailing provided in the school's Laser II's and instruction in our new facility. Contact me at 35 Gibson Drive. Phone 754-8292 for further information.

CHRIS ALDRIDGE

Yacht Club News

Our Open House was a terrific success last Sunday despite inclement weather. The beams and Yacht Club Deck Club were still stressed with all the V.B. people attending our first Open House. Dainties and goodies supplied by the members' wives were delicious and disappeared very quickly along with soft drinks and lemonade. Sailboat rides and demonstrations were cancelled due to high winds but will be rescheduled for this Sunday, July 13 from 11:00 a.m. to 1:00 p.m. Special thanks go out to L.G. and B.N. for their hard work organizing a food committee and serving at our open house.

Concerning sailing races, long weekend results for the "Red Eye" trophy has been finalized. Winner of multihull division was won by Jeff Hughes and crew and the monohull division winner was Barry Warrack.

A couple of items have been lost near Yacht Club beach this year including a wood dagger board and a "Tom Taylor" trapeze harness. If they are found or any other sailing items, please give them to a Yacht Club member or bring them down.

NOTE: Viewing of all our races throughout the season is available on our high deck at the Yacht Club. We hope to see you to answer any questions on the pastime (sport) of sailing.

CHRIS ALDRIDGE

Fishing Derby

The Johnston family took most of the gold at the Derby this year. Tracey Johnston was first with most fish caught — 5. Trevor Johnston was first in the biggest catfish category with a 3 pounder. Little Kevin Johnston was first for the biggest sun bass, caught with 30 seconds left in the Derby and weighed in at four pounds. Kevin was also tied for first for the most fish caught on one line — two.

Other winners were Press Tighe with three fish caught and Shane Ramsey also with three fish caught.

Sheryl Janzen won first prize in the girls division for biggest fish with her three and a half pound sun bass.

Other participants were:

8 and Under

Boys
Jamie Ball
Dylan Filkon
Chris Alkier
Trevor Johnston
Kevin Johnston
Alexander Papageorge
Scott Marshall
Steven Boyd
Brian Prevalnig
Richard Wiebach
Jonathan Williams

10 and Under

Girls
Laura Friesen
Allana Cameron
Amy Cameron
Tracey Johnston
Stephanie Brown
Lori Korolyk
Kimberly Williams

12 and Under

Boys
Gavin Cameron
Jamie Friesen
Shane Ramsey
Phillip Bullman
Chris Lykken
Ted DeFehr
Les Tighe
Albert Buchok

12 and Over

Jodi Korolyk
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Council Corner

This week in Council Corner, I would like to explain the proposed changes to the water system, the decisions that Council has made and how they are going to affect you.

Back on June 13, 1984 your Council received a letter from the Provincial Department of Environment stating that the Municipality would have to make two major changes to the water system. The first was to provide twenty minute chlorine contact time prior to the water leaving the pump house as laid out in Subsection 59(1) and 59(4) of Division V11 of the Public Health Act. The second was to recommend that any system design improvement include some form of filtration so that turbidity, which at higher levels can harbour bacteria, could be reduced.

There had always been some conversation with the Department about our system deficiencies but we had been assured by extensive water tests that we were delivering potable water to our residents. Sure, the water looked cloudy, especially after a north-west storm, and sometimes the taste of the water left something to be desired but we knew it was well-chlorinated and what if it did add a little something to the ice cubes.

Discussions continued with the Department of Environment through to the Spring of 1985. Initial cost estimates were prepared based on flow estimates in the system. The initial cost estimates were a shock. In order to accurately measure the needs of the system, we installed a flow meter in the pump house and obtained a meter to measure the turbidity of the water. The flow rate was necessary to know how big the chlorine mixing tanks would have to be and the turbidity meter was required in order to know what equipment would be necessary to bring the turbidity down to acceptable levels.

While these passive planning steps were being taken by Council it was being made very clear by the Department that twenty-minute

chlorine contact time must be in place before the start-up in 1986 and that water filtration would have to be in place in another three years.

Council decided that rather than make two major changes to the water system in less than four years, that we investigate making one change that would bring the whole system into compliance with the Public Health Act prior to the 1987 start-up.

After calling for invitational tenders to make the changes, Council realized that by combining the two changes there would be a saving of at least \$50,000. We then wrote a letter to the Department of Environment and they agreed that if we would provide the chlorination and filtration changes before the 1987 start-up, we could defer the chlorine change until 1987.

You have probably noticed that the Public Notice published in the Free Press outlines the local improvement and the fact that a debenture issue will be required to raise the \$210,000.00 necessary to complete the project.

The components of the system will be a 75,000 gallon concrete reservoir that will be constructed on Municipal land to the south-east of the pump house and an addition to the pump house that will house the filters required to reduce water turbidity.

The Public Notice also informs you that a hearing will take place at the Victoria Beach Sports Complex on Pine Road at 11 a.m., July 21, 1986. The purpose of the hearing is to hear any person desiring to make representation with respect to the local improvement. If you intend to make representation at this hearing, then you must notify the Municipality in writing no later than July 16, 1986.

The cost of this local improvement to the taxpayer will be approximately 35 cents per foot frontage per year over twenty years. (This is based on the fact that we anticipate the cost of borrowing to be 11% when the money is needed.) Or, if you choose to pay in a lump sum, the cost will be approximately \$2.30 per frontage foot or \$172.50 based on a 75 foot lot.

In order that these improvements are in place before the water start-up in 1987 the hearing must take place. Council must give the by-laws second and third reading, the design work must be done, Department of Environment approval must be given to the design and the reservoir must be completed before the freeze-up this year. This winter the remainder of the work must be done in order that we are ready to supply water next May.

Before I leave you, I want to assure you that the present water supply is chlorinated and safe. Water from the system is tested every week and the tests have assured us of this fact.

If anyone has any questions that have not been answered here, I am sure that any member of Council will try to answer them.

PAUL THOM

Public Works Chairman

Answering Machine for Dr. Neal

Dr. Neal now has an answering machine. When you call him at 2247, if he is out, it will tell you where he is and the number to call if there is a telephone.

If there is no phone he will check the machine at regular intervals for messages.

After the beep leave your name, address and phone number and if you like, tell him your problem.

The pager is temperamental and only works when it feels like it but the answering machine works well.

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This frame is the basis on which your furniture is built. If the frame isn't strong, it won't take the stress put on it by the springs. Therefore you might not be getting the proper amount of spring support in your seat or back. If it isn't solid, the cheap tailored look the furniture will have when it is new won't remain. Look for or ask for a frame made of 100% hardwood that is dowelled at all pts. of stress & corner blocked, a frame made out of good hardwood (birch, elm or ash) that is cut to the proper thickness will produce a heavy piece of furniture. *Grab an arm and give it a hit. You will get the idea.

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Two Weeks —	Senior Citizens	21.00	
	Family, Couple Adult	82.00	
	Single Adult	32.00	
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	Child, 12 and under	14.00	
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	2nd 9 holes	2.50	
Weekends & Holidays —	1st 9 holes	1.50	
	2nd 9 holes	2.50	
	Seniors, per round	2.25	
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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

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.

Bridge

Just a reminder that this season's bridge commenced July 7th and will continue every Monday in the Clubhouse until August 25th. We look forward to seeing our old friends back again and hope to make some new ones.

Everyone is welcome who enjoys the game of bridge and there are prizes for the top high score and the runner-up. Admission is 25¢ for members, 50¢ for non-members. Coffee is available at 25¢ a cup. See you next Monday at 8.

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Joining the V.B. Club

The Blitz may have ended but the search for members continues to raise much needed funds for equipment, reconstruction and the expansion of activities.

These funds provide the working capital to carry the multiple activities, events and building maintenance until summer '87. Major renovations have been done or are underway on the clubhouse itself. If you have not pledged your membership or donation to the Club as yet we encourage you to do so.

I believe the usual question is "What do I get for my money?" It is true not all receive "value" for their money in the form of services they take advantage of, but then not all pleasures received have a monetary value. The heart of Victoria Beach being its unique atmosphere surrounds the Club and always has. I guess the easiest way to explain the Club is for you to imagine, just for a moment, what our peaceful area would be like with cars, etc. roving the streets during the summer months. The Club and its members, when the highway first came into the area, fought to keep the cars out during the summer months. We now reap the benefits of a strong Club then and must do all possible to continue to support it now.

Cottage owners and present renters are asked to encourage further renters or tenants to purchase or pledge their support to the Club during their stay at the beach this summer. Remember that as a volunteer organization 100% of every dollar contributed goes directly back into activities and services offered to you.

If a membership does not suit you we remind you that donations of \$10.00 or more receive a tax deductible receipt in January '87 by mail.

Sales Outlets:

- V.B. Golf Course (Sunrise to sunset)
- V.B. Library (Library hours)
- The Clark's (Corner of Pine & Grove)
- 71 Gibson Drive
- 133-5th Avenue

Type of Membership	Adults	Single	Family
Season	\$25.00 per couple	\$20.00	\$30.00
Month	\$20.00 per couple	\$15.00	\$25.00
2 Weeks	\$15.00 per couple	\$15.00	\$15.00

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Tennis Corner

Kids on the Courts

Nearly 50 children appeared at the tennis courts for the first lesson on July 3rd. Oldtimers could not recall such a turnout in the history of the beach. Budding Chris Everts and Boris Beckers were introduced to some basics by our professional, Alison Farrow, and attendant Scott McDonald.

The more advanced junior players will be moved to Monday afternoons from 4:00-5:00.

Mixed Doubles Round Robin

This new event is starting on Monday, July 14, at 6:00 p.m., for adult players.

If you have a partner, bring her/him. If you do not, come anyway; we will pair you with someone, then you will change partners every half hour.

Junior Tennis Tournament

Young players, get ready for this event, scheduled for July 23 and 24 (Wednesday and Thursday). Sign up sheets will be posted at the tennis courts a few days before hand.

From the Pro

Alison is already getting busy giving individuals lessons. Remember, if you would like a lesson by yourself, with a friend or for your youngsters, talk to Alison and set up a time.

Beach rates: \$7.00 per half hour (private)
\$10.00 per half hour (semi-private)

Hughes News

Elsie Hughes deserved a bouquet last week for helping so much as the tennis volunteer. Elsie had a hectic opening week, before turning things over to Dunc McCaig.

Dodds Hughes, meanwhile, brought his advice, energy and three bags of calcium chloride to the shale courts. The result should be a much improved surface on these traditional courts.

RON KIRBYSON
Tennis Chairman

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Dancing up a Storm

Answers to Kiddies' Korner

1. The outside
2. White
3. It won't. It needs to be wound.
4. 18 3-digit numbers

123	102	120	132	103	130
213	201	210	231	203	230
312	301	310	321	302	320
5. 15 numbers

16	41	66	21	46	71
26	51	76	31	56	81
36	61	86			
6. 13 years old.

Puzzle Time Solution

17	24	1	8	15
23	5	7	14	16
4	6	13	20	22
10	12	19	21	3
11	18	25	2	9

Letter to the Editor

A Helping Hand

I am truly amazed at the comments passed to me during the Membership Blitz this year. There were plenty but only one I thought should be brought to the public's attention for now.

Being 29 obviously doesn't make me an expert on the subject, however, the elderly people in the area would like to see hand railings on the stairs in two locations. The first being the stairs to the Doctor's office and the other, the steps into the bakery.

R. CLARK
Pine-Grove Cottage

Movies This Week

Tuesday, July 15

Ride a Wild Pony

A struggle over the ownership of a horse set in the Australian bushland. Disney/90 m.

Thursday, July 17

Half a Sixpence

A fun-filled musical based on H.G. Wells' *Kipps*.

Pritikin Diet May Indeed Reverse Coronary Disease, Autopsy Shows

After he was told in the 1950's that he had heart disease and dangerously high blood fat levels, Nathan Pritikin — who died in February at 69 — developed a diet he claimed could prevent and reverse coronary disease.

Thousands of people have since followed the controversial Pritikin diet program, which stresses almost complete avoidance of fat consumption.

The New England Journal of Medicine last July printed a summary of Pritikin's autopsy. It showed that he died with a child's arteries and the heart of a young man.

Pritikin's blood cholesterol level is known to have dropped from 280 milligrams in 1958 to an almost unprecedented 94 milligrams in 1984.

His autopsy showed that his heart was remarkably free of any sign of disease. His major arteries were totally free of any restriction, virtually unheard of in a 69-year-old man in the United States.

Because Pritikin was not examined thoroughly in the 1950's, doctors are not sure that his diet reversed any existing condition. However, says Dr. Stephen Inkeles, "the autopsy findings are highly suggestive that regression took place."

EXECUTIVE HEALTH REPORT,
October, 1985

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