



Victoria Beach Herald

Sponsored by the Victoria Beach Club

Victoria Beach CLUB



VOLUME 61, No. 8

SEP 11 1996

AUGUST 15, 1986

Editor:  
RENE DESMET  
3 Pine Road  
PH. 754-2896

Published during July and August  
From the Presses of General 1290 West and Street, Winnipeg, Manitoba R2H 0Y1  
Sold to all news-stands for the 1986  
A call to all news-stands for their purchase in the area for the 1986

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**SLOWPITCH TOURNAMENT (MIXED): Aug. 16 & 17 — Sports Ground**  
**ADULT DANCE: Sat., Aug. 16 — 9:00 p.m. — Clubhouse**



Victoria Beach Pier — 1986

**ARTS & CRAFTS FAIR: Fri., Aug. 22 — 10:30 a.m. — Clubhouse**  
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**50+ SUPPER DANCE: Sat., Aug. 23 — 7:00 pm. — Clubhouse**

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**DATE:** August 16, 1986  
**PLACE:** The Rocking Clubhouse  
**TIME:** 9:00 p.m.  
**DRESS CODE:** Hotter than Miami Vice  
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Patrick (Boys 12 & Under) Todd Lavallo  
Henderson (Girls 16 & Under) Charlene Komar  
Cec (Boys 16 & Under) Doug Barland

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**VOLLEYBALL TOURNAMENT  
RESULTS**

The 1986 Victoria Beach Mixed Volleyball Tournament was held on Saturday, August 9, with the playoffs held on Sunday, August 10, thanks to the rain.

Five teams participated in a single round robin with the top four competing in the semi-finals. Advancing to the finals were Six Pak Attack with a 15-5, 15-3 victory over The Beach Bums and the Cindy Dudes with a 15-5, 15-4 victory over the V.B. Panthers in a fiercely competitive see-saw battle.

The championship match was a close hard fought battle that eventually saw the Cindy Dudes emerge victorious with a 15-8, 11-15, 15-9 win. Members of the winning team, the Cindy Dudes, were: Jo Jaeger, Ken Beckett, Laurie Suletsky, Karen Jaeger, Laura (puppy face) McInnes, Pat (Platty) Harding, and Jamie Whitlaw.

Team members of the 2nd place team, Six Pak Attack, were: Daniel Heze, Bruce McWhinney, Chris Balthary, Paul Peterson, Mike Mainella, Wendy Dryden, Linda Beveridge, Jodie Dryden, Cheryl Watson.

Thanks to everyone who helped make this tournament a success. Hope to see you all next year.

JAMIE WHITLAW

**MEMBERSHIP BLITZ**

Monies realized through memberships total \$16,042.00 as of August 9. This is approximately \$3000.00 over the total last year.

RANDY CLARK

**BRIDGE**

I think that we can say that this has been a good year for Bridge at the Beach. Each Monday there has been at least six tables of players and sometimes as many as eight, and then also there are the beginners who help to swell our ranks. Let's hope this enthusiasm continues for the next couple of weeks.

On Monday, August 4th, there were eight tables in action and two of beginner tables. High scorer was Norie Wiswell with 4390 and runner up was Ruth Struthers with 4370; who did very well considering the complaints of poor hands throughout the evening. Next week they will be better.

See you Monday at 8:00 p.m.

GLADYS MILDREN

**JUNIOR GOLF TOURNAMENT**

August 5th, 1986

Close to 60 Juniors teed off in the Golf Tournament on Tues., Aug. 5th, and enjoyed the super weather and an excellent day's golf. It was a pleasure to see such enthusiasm and determination.

Our thanks go to Bill Hodgson who did much of the preliminary work in organizing the tournament, to the Mums, Dads and Grandparents who came out and scored for us, to the sponsors who provided the prizes, and to Dave Doves who really does know what cooperation means.

For any errors and omissions, for the mistakes made I apologise. Next year I'll try a little harder.

BILL MYLESON

**RESULTS**

10 & under Girls	1 Susan Black	60
	2 Mary Lawler	115
	1 Todd Sorenson	52
10 & under Boys	2 Scott Palmer	62
	3 Sam Adkins	64
11 & 12 Girls	1 Mary Ann Gow	55
	2 Ananda Lawler	65
	3 Shannon Barland	88
11 & 12 Boys	1 Todd Lavallo	44
	2 Jason Sorenson	44
	3 Lee Davis	46
13 & 14 Girls	1 Siobhan Barland	57
	2 Cindy Sallons	68
	3 Jenny Hassenack	71
13 & 14 Boys	1 David Black	47
	2 David Wilson	48
	3 Stephen Carroll	48
15 & 16 Girls	1 Charlene Komar	45
	2 Tracy Clapham	57
	3 Donna Mathieson	60
15 & 16 Boys	1 Doug Barland	36
	2 Rob Weins	45
	3 John Penchell	46



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## CHOP FOAM AND REALLY SHRED (A Windsurfing Poem)

*Trees bend and do crazy aerobics,  
Mom's clothes fly off the line down the road.  
Sand blasts shoo sunbathers from the beach,  
a minority remains in loud shorts.*

*Who are they? and why oh why do they stay?  
why do they run to those white objects?  
Smiles threaten to decapitate them,  
this is when they are happiest.  
Even when the wind is down they smile  
they must — they've put too much money into it.*

*Boards rigged and muscles tensed,  
sunglass straps tight on their heads.  
Talk begins involving words like inhuul, gnarly,  
good chop, and thread the needle.  
Epoxy, neoprene, dacron and mylar meet the wild waters  
of the lake named Winnipeg.*

*Trees tighten and Mom collects her laundry,  
surf's down and sunbathers return.  
Surfers reflect on the last ride when the wind  
was high, then wait for the time, the next time  
the wind rides higher.*

JEFF SWYSTEN

## LOST

1 red G-Watch, Andrea Boyd, 451 Sunset.  
1 Minolta SLR Camera, H. Konrod.

## LETTER TO THE EDITOR:

As a referee at the Junior Golf Tournament on August 5th. I was impressed by the young people in my particular group. They listened to what was said and in my estimation were a credit to the game of golf. It is not often we credit our young people with good behaviour.

The tournament was well run and those responsible are to be commended for their efforts.

A vote of thanks should also go to David Dawes for his assistance in making the junior tournament a success.

MURRAY C. KERR

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Frank and Friend

## Biffy Business

Hank Bennigan recently wrote the poem below and posted it in his bathroom to prevent the problem often encountered with guests unfamiliar with the operation of the flushomatics. It has been suggested to him the poem may be useful to other cottagers, hence his submission to our readers. He has included words (in brackets) to be substituted for use with the older foot pedal model.

*The Indoor Biffy*

*We hope you have your glasses on,  
and are not in a rush,  
And have the time to read this through,  
before you try to flush.*

*The throne ahead, we can assure,  
its duty will not shirk,  
Unlike its City cousin though,  
it has a nasty quirk.*

*Look in the bowl, and you will see,  
stands water clear as Scotch,  
But at the bottom, that round trap,  
'tis this you have to watch.*

*Pull down the handle on the left,  
(Step on the pedal, down below)  
to make the water flow,  
But let it up too soon, we warn,  
the nasty quirk will show.*

*For that round trap works like a jaw,  
as can be plainly seen,  
And paper and all else you dropped,  
can be entrapped between.*

*To clear what's trapped, you will agree,  
will not be any fun,  
So — before you let the handle (pedal) up,  
let water run and run.*

HANK BENNIGAN

ART

Mar Desmet  
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## All about beach life...

For those of us fortunate enough to be able to spend the summer at the beach we often are asked the question — what do you do all summer? Aren't you bored? Well... what do you think?

- There's
- swimming (for the sheer fun of it or serious physical fitness)
  - sail boarding (we spend more time climbing back onto the board than on it at this point)
  - a carefree paddle in the canoe with your son (in my case he is now bigger than me)
  - a hike and picnic at the other end (we haven't fit this one in yet)
  - golfing (not for me but my family does)
  - tennis (takes a lot of time to hunt for the balls in the bush)
  - catch, frisbee and soccer on the beach (this is time we used to spend building castles, filling our man-made moats with water and burying one another)
  - cycling up our favourite hill and then the reward of careening back down
  - reading a book we have waited all winter to get into
  - visiting friends for a coffee, a drink or a yak in their gazebo
  - cards with the card sharks — my parents, our son and a couple of our friends in particular
  - berry picking — who can resist the blueberries, raspberries, pincherries and chokcherries just waiting there for us
  - a leisurely walk after a large, late supper
  - hot dogs at Lankys
  - lunch complete with ice cream at the Moonlight Inn
- This hectic schedule does not take in at all having company, making meals, baking, cleaning, yard work, repairs to the cottage or doing one's laundry.
- Us bored!!!

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## Sports Medicine on Television: Airway to Fitness or Injury?

There is concern in the medical world that television exercise shows may not be dispensing safe and accurate information on fitness. A recommended show NBC's "20 minute workout", starts with five minutes of stretching, 10 to 12 minutes of moving to music, and five minutes of cooling down — an aerobic program based on the work of Dr. Kenneth Cooper, founder of The Aerobics Centre in Dallas, Texas. Viewers are warned to go at their own pace and slowly work up speed.

The host of ABC's "Morning Stretch" is concerned about shows headed by "fluff-doll" instructors or celebrities who don't know much about exercise. Proper procedures, proper clothing and equipment, and concern for safety are important.

In the U.S. medical people are moving into the world of television to dispense important segments of advice to the watching fitness buffs. Dr. Gerald Gardner of UCLA says "I hear ligaments popping on the Richard Simmons show when he shouts 'One, Two'. It's very easy to overstress the low back area, especially with the ballistic stretching and hyperextended movements that Simmons often uses." He feels that Jane Fonda's video is among the best because she emphasizes aerobics while moving, safely. Debbie Reynolds's video, "Doing It Debbie's Way" is good for older women, not only because the movements are safe, but also because it motivates the elderly by giving them someone they can identify with.

THE PHYSICIAN AND SPORTSMEDICINE,  
November, 1984

## CANADIAN WOMEN IN HISTORY

Lady Macdonald, the wife of Canada's first Prime Minister rode far over 600 miles in July of 1886 through the Canadian Rockies seated on the cowcatcher of an engine of the new C.P.R. transcontinental line. No, she wasn't going to Expo!

Marquise Sedoit of Three Rivers, Quebec, became Canada's youngest bride in 1654 when she married Jean Abuchon. She was 11 years and 5 months old.

Laura Secord was 38 years old and the mother of five children when she walked through swampy forest land to warn of the American attack during the War of 1812-14.

Everyone has heard about the King's girls or daughters that Jean Talon brought to New France when he was intendant. The girls, under strict supervision, were sent out from France to bolster the virtually womanless colony with wives and mothers and many Canadians can trace their ancestry back to them.

What is not so well known is the arrival in British Columbia in 1862 of ships from Britain with cargoes of marriageable females. Their journey was much longer because they had to go all the way around Cape Horn at the bottom of South America. Nearly all of these girls found good husbands and happiness in the young bachelor colony.

Lucy Maude Montgomery the Prince Edward Island schoolteacher who wrote *Anne of Green Gables* in 1908 had her book turned down four times by publishers. The fifth one paid her \$500.00 for it and it was an instant success.

Lucy M. turned out 23 books in all, including 8 sequels to *Anne*.

Women have been able to vote in Quebec only since 1940. The first novel written in Canada was the "History of Emily Montague" by Frances Brooke. She was the wife of the Chaplain of the Garrison at Quebec between 1763 and 1768. The book gave a graphic sketch of life in Quebec at the time.

The *Edmonton Grads* were the best group of girl basketball players in the history of the sport in Canada. From 1915 to 1940, under coach Percy Page, they destroyed all competition in Canada, the U.S.A., and Europe winning 502 of 522 games, including 27 of the 27 they played in Olympic tournaments. In 1940 they disbanded due to lack of competition.

RENE DESMET

## BEACH PEOPLE

Visiting with Herb and Ollie Walker, Lot 6, Hayview, are Herb's brother Ron and wife Beatrice of Dewsbury, Yorkshire, England along with grandson William Pringle of Batley, Yorkshire.

"FAST NEUK", 421-6th is looking forward to welcoming Mr. and Mrs. Gilmour Paterson from Scotland. Mrs. Paterson is the niece of Mrs. R. Nicoll, now deceased. Mr. and Mrs. Nicoll came from the East Neuk of Fife in 1919. Their cottage is located in the east corner of the beach, hence the name "East Neuk". The Nicolls and their families have been coming to the beach since 1922, first as renters and then as cottage owners. Welcome, Girdie and Gilmour from North Berwick!

Shirley and David Milner were at their family cottage at Albert Beach for the 56th year.

Hearty congratulations and best wishes to Alice and John McNiven of 220-7th Ave. who celebrate their 55th wedding anniversary on Aug. 15th, 1986. "Lang may their lum reek."

### SEALS, SEALS, SEALS

Don't forget to turn in those seals. Time is running out.  
ARF! ARF!

## 200 Meter Swim

The 200 meter swim was held on Sunday, August 10th, at the pier. Results were:

Boys	1st	David McInnes	Time: 2:30
	2nd	Gavin Cameron	Time: 3:58
Girls	1st	Jenny Hasenack	Time: 2:48
	2nd	Heidi Westcott	Time: 5:28
	3rd	Allana Cameron	Time: 5:34

A great time was had by all and many thanks to the participants and the spectators.

JOANNE JAEGER  
KIM WIEBE

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## Home Aerobic Exercise Programs

Arthur Weltman, PhD, Bryand Stamford, PhD

Cold-weather exercise can be safe and enjoyable, but if you would rather exercise at home and avoid the cold there are excellent indoor exercise alternatives. The same principles that govern any successful aerobic exercise program also hold for indoor exercise. The exercise must involve large muscle groups, it must last for at least 30 minutes, and it must be performed at least three to four times per week. The exercise must also elevate your heart rate to between 70% and 85% of maximum. (Subtract your age from 220 and multiply by .70 and .85 to find the proper heart rate range. In any exercise program you should monitor your pulse rate regularly to make sure you are attaining the proper range for your age as your level of fitness improves.) Let's examine some common indoor exercises to see how well they can be expected to maintain or improve your fitness.

Stationary bicycling can be an excellent indoor activity. It involves the large leg muscles; most people can cycle for at least 30 minutes; and if the resistance on the cycle can be adjusted, it is possible to sufficiently elevate the heart rate. The better exercise bicycles are constructed so that resistance to pedaling can be regulated by a braking mechanism located on or around the wheel. It is therefore fairly easy to select a comfortable pedaling speed and then adjust the resistance so that cycling brings your heart rate into the target zone.

Treadmills are also excellent devices for indoor exercise. A treadmill can be either motorized or nonmotorized. Motorized treadmills are preferable because they allow you to set the speed and the incline to allow for an intensity of exercise that meets the heart rate and time requirements. Unfortunately, motorized treadmills are expensive—starting at \$2,000.

Jogging in place on a minitrampoline ("rebounding") has been promoted as an aerobic exercise that reduces the stress on the ankles and knees that is normally associated with running. It is claimed that

the heart rate can be elevated by increasing the speed of jogging or by adding jumping and kicking movements. But the research that has examined the heart rate response to rebounding has indicated that it is extremely difficult to attain a high enough heart rate to achieve a training effect. These devices are therefore not recommended for aerobic training.

Rope skipping can be an effective aerobic exercise, but some words of caution are in order. Rope skipping requires a certain amount of skill, and it places a considerable amount of stress on the ankle, knee, and hip joints. The research on rope skipping indicates that a normal skipping rate requires extremely high heart rates, making it an unsuitable activity for someone who has a low target heart rate. And even if you are a regular exerciser you should not expect to be immediately able to maintain 30 minutes of continuous rope skipping.

Aerobic dance involves body movement to music. The movements can be performed for 30 to 45 minutes continuously and if performed properly can elevate the heart rate into the target zone. But here again, some words of caution are needed. People of widely varied physical abilities enroll in aerobic dance classes. If everyone performs the same movements at the same rate, it will be too strenuous for some and not strenuous enough for others. You must adjust the dance routines to your own abilities and target heart rate.

Exercising with weights is a popular activity for developing strength but by itself will not develop or maintain aerobic fitness. Weight training must be combined with other exercises in a program known as "circuit training" in order to provide an aerobic training effect. In circuit training aerobic exercises are alternated with weight lifting routines, and the circuit is completed without resting between the stations, giving the program a continuous, aerobic nature. The advantage of circuit training is that strength, flexibility and endurance exercises can be combined in one aerobically sound home exercise program.

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## KIDDIES' KORNER

Well, kids, I hope you find today's puzzles challenging. Answers are on page 15.

- The same five letters can be rearranged to make two different words that will complete the following sentence:  
"Fortunately," Sally \_\_\_\_\_, "my child keeps everything, including coins. She's a real \_\_\_\_\_."
- The Barber of Seville shaves all those men and only those men of Seville who do not shave themselves. If the barber is also a resident of Seville, who shaves the barber?
- Think Again

Here are four marks:



Put down five more marks and make ten.

- Arrange the eight digits below so that a number will be formed in which the 1's are separated by one digit, the 2's by two digits, the 3's by three digits, and the 4's by four digits.

1 1 2 2 3 3 4 4

"Talking Numbers"

"C'mon honey — Can't you show ME a little interest?"

# 13%

## BIKE RACE RESULTS — AUGUST 9, 1986

Once again the Annual Cross Country Bike Race was a success. We had 30 entrants and the weatherman was cooperative and the rains held off until after the race.

1st to cross the finish line in the 12 & Under course was Chris Stelmack followed by Robin Kops and David Marshall.

**Boys 6 & under** — 1st. David Law, 2nd. — Craig Marshall, 3rd. — Christopher Wallace.

**Boys 7 & 8** — 1st. Richard Preston, 2nd. — Murray Crindall, 3rd. — Sam Adkins.

**Girls 9 & 10** — 1st. — Carrie Wallace.

**Boys 9 & 10** — 1st. — Scott Rayner, 2nd — Alex Marshall.

**Boys 11 & 12** — 1st. — Chris Stelmack, 2nd — Robin Kops, 3rd — David Marshall.

**Girls 13 & 14** — 1st — Amanda Lawler, 2nd. — Megan Cundall.

**Boys 13 & 14** — 1st. — Tim Clapham, 2nd. — Stuart McMillan.

**Girls 15 & 16** — 1st. — Tracey Clapham.

**Boys 15 & 16** — 1st. — Rob Goodman, 2nd Grant Forzley.

**Girls — 17 & over** — 1st. — Phyllis Law.

**Boys 17 & over** — 1st. — Graham Bowkett, 2nd, — Darren Bezte.

**Men over 30** — 1st. Dick Law.

The Norm Carrier Trophy went to Rob Goodman who was followed close by Grant Forzley and Graham Bowkett.

Tracey Clapham was first in the ladies and she took home the Sam Clapham Trophy. Tracey was followed by Amanda Lawler and Meghan Cundall.

This year we had the Law family enter and they all won 1st place in their age group.

Thanks to vehicle operators and pedestrians, also to all the volunteers who helped again this year.

Hope to see everyone out next year.

BETTY & BOB HUGET

## CLEANING UP!



Mara Leclair

Hi, my name is Mara Leclair. I am one of the many girls and boys on Beach Clean-up Patrol. Seven days a week, sometimes early in the morning, and sometimes late in the early evening I take my garbage pick and a pail and patrol my route down Arthur Road from the Parking Lot to Arthur Beach like many other clean-up kids on their routes.

Every day I pick up gum and candy wrappers, drink cans and chip bags. Close to the parking lot there's lots of discarded newspaper pieces to be picked up. My job is very hard but I try to do my best because I like my job and Victoria Beach and I like to see it kept clean.

I wish people would not litter and then my job would be a lot easier. It would even be good if there was absolutely no litter at all. Boys and girls and moms and dads should keep their litter until they can put it in a garbage bin. But they shouldn't throw it on the ground when they have finished with it.

When I go back to school in September, (I'm in grade five) I'm going to tell all my friends and fellow students how I tried so hard to keep our beach pollution free. I will try to encourage them to not litter. When I get big I'll help my own family learn the rules about not littering and show them how they can enjoy a litter-free environment much more.



Gotta get ready for the bike race.

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## Hippie

Remember when HIPPIE meant big in the hips,  
And a TRIP involved travel in the plane and the ships?  
And POT was a vessel for making things in,  
And HOOKED was what grandmother's rug might have been?  
When FIX was averb that meant mend or repair,  
And BE-IN meant simply existing somewhere?  
When NEAT meant well-organized, tidy and clean,  
And GRASS was a growth that was normally green?  
When lights and not people were SWITCHED ON and OFF,  
And the PILL might have been what you took for a cough?  
When CAMP meant to quarter outdoors in a tent,  
And POP was what the weasel went?  
When GROOVY meant furrowed with channels and hollows,  
And BIRDS were winged creatures like robins and swallows?  
When FUZZ was a substance that's fluffy like lint,  
And BREAD came from the bakeries, not from the mint?  
When SQUARE meant a 90-degree angled form,  
And COOL meant a bun and ROCK was a stone,  
And HIANG-UP was something you did to a phone?  
When CHICKEN meant poultry and BAG meant a sack,  
And JUNK irashy cast-offs and old bric-a-brac?  
When JAM was preserves that you spread on your bread,  
And CRAZY meant balmy, not right in the head?  
When CAT was a feline, a kitten grown up,  
And TEA was a liquid you drank from a cup?  
When SWINGER was someone who swung in a swing,  
And PAD was a soft sort of cushiony thing?  
When WAY-OUT meant distant and far, far away,  
And a man couldn't see you for calling him GAY?  
When DIG meant to shovel and dig in the dirt,  
And PUT-ON was what you would do with a shirt?  
When TOUGH described meat too unyielding to chew,  
And MAKING A SCENE was a rude thing to do?  
Words once so sensible, sober and serious  
Are making the scene like PSYCHEDELICIOUS.  
It's GROOVY, MAN, GROOVY, but English it's not —  
Methinks that the language has gone straight to POT.

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## AUNT VICKIE'S RECIPE CORNER

Well all you food lovers out there, how was Helen McIntosh's  
Vegetable Salad and Dressing and her Oatmeal Crunchies? We know  
you enjoyed them.

This week with zucchini so abundant in our gardens and stores,  
I thought you might enjoy two of my favorite recipes with zucchini:  
Zucchini Orange Loaf and Crispy Zucchini Spears. ENJOY!

### Zucchini Orange Loaf

2 loaves or 1 bundt pan

3 cups flour	4 eggs
2 cups sugar	1 cup oil
4 tsp. baking powder	3 cups grated zucchini
1 tsp. baking soda	2 tsp. chopped orange peel
1/2 tsp. salt	1 cup chopped walnuts
1/2 tsp. ginger	(or currants, or raisins)

Mix flour, sugar, baking powder, baking soda, salt and ginger.  
In a large bowl — beat eggs, add oil, add zucchini. Stir in dry  
ingredients a bit at a time, then add orange peel and walnuts. Put into  
greased loaf pans or bundt pan. Bake at 375° for 50-55 min. or until  
cake tests done.

### Crispy Zucchini Spears

4 medium zucchini  
1/4 cup (50mL) each: cornmeal, all-purpose flour and grated  
Parmesan cheese  
1/2 to 3/4 tsp. (2 to 3 mL) garlic salt  
1/4 tsp. (1 mL) paprika  
1/4 tsp. (1 mL) oregano powder  
1 egg, beaten

Slice each zucchini lengthwise to make 8 spears. Combine  
cornmeal, flour, Parmesan cheese, garlic salt, paprika and oregano  
in bowl. Dip zucchini spears in egg and then in cornmeal mixture.  
Place on baking sheet coated with vegetable cooking spray. Bake in  
450° F. (230° C.) oven 15 minutes. Serves 4.

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**PREVENT FIRES — TAKE CARE****LIBRARY NEWS**

The library has been very busy this summer. We would like to thank book donors: the Neville family, Doreen Bennigen, Susan Care, the Vadeboncoers, the Harneys, the Kloths, the M.C. Kerry family, and anonymous donors. We are still in need of children's, juvenile, and young adult books.

We were very disappointed to discover the theft of our Closed/Open sign on the weekend of July 26th. Mr. Hayden was very kind to donate this sign to our library, and we would like to have it returned.

Congratulations to the winner of our jellybean contest, Jason Kelly.

Families with overdue books up to August 7th are listed below. Titles of the books are available at the library. Legge, Lapp, Beenken, Siewart, Davies, McMillan, Sweetland, Janzen, Brydon, Watt, Sokalski, Sudermann, Millican, Rathwell, Ursell, Sillmack, Proctor, Tsoews, Orioff, Dunn, Hayden, Fuller, Stuart, Denoe, Finkbeiner, Russell, Peck, Craig, Pohl, Brickey, Berko, Palmer, Proctor, Barrett-Flatt, Boul, LeBlanc, Rice, Flint, Hansford, Hasenack, Warburton, Watchorn.

All books are due as of August 15th — The library will be open for returns only until August 22nd.

We have had a most enjoyable summer at the library. A special thanks to Andrea Boyda, or library assistant. Many thanks are due also to our many volunteers: Derek Boyda, Janine and Susan Gray, Marg and Eric Grelatt, Chris Hayden, Nicholas Hesse, Megan Hodgson, Maru and Caroline LeClair, Joan Marshall, Pat and Scott Sammons and Kendal Young.

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IN CANADA**Number of Canadians  
Over 14 Participating

1. Swimming 32%
2. Ice Skating 17%
3. Tennis 13%
4. Golf 11%
5. Ice Hockey 8.4%
6. Cross-country Skiing 8%
7. Alpine/Downhill Skiing 7%
8. Curling 5%
9. Alley Bowling 4%
10. Baseball/Softball 2%

STATISTICS CANADA

**R.M.V.B. COUNCIL MEETING**

Approximately 40 people attended the inaugural meeting of the Rural Municipality of Victoria Beach Council on August 8, 1986 at the Sports Club.

Reeve Dr. L. Sam McMorris opened the meeting and congratulated councillors John Ateah, Mrs. Doreen Dennehy, Owen Griffith, and Paul Thain.

The meeting honored retiring councillor Peter Paulson for his 14 years of dedicated service to the municipality. Mr. Paulson was presented with a plaque and watch and commented, "It looks like I'm going to have time on my hands."

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*My name is Jillian Ainge!**Mrs. M. Henderson***STREET NAMES OF WINNIPEG**

Albert Street, formerly Alberta Street, was named after Prince Albert, Prince Consort of Queen Victoria.

Arlington Street was named after Earl Henry Arlington (1618-1685) who served in the government of Charles II.

Assiniboine Avenue was named after the Assiniboine Indians who lived along the river. The word means "one who cooks on stones."

Bedson Street, formerly Whittier Street, was named after Colonel Samuel Bedson (1842-1891) who served in the Wolsey Expedition, was warden of Stony Mountain Penitentiary in 1871, and who served on the Alaska Boundary Commission.

Colony Street is named after "Colony Creek", traces of which can still be seen near Osborne Bridge.



1986 + 55 Mixed Doubles: Walter Bushuk (l) and Monique Roulston (c) receiving Bjarnson-Greengrass Trophy from George Greengrass (r).



1986 V.B. Mixed Open Doubles: Leah Mitchell (c), Geoff Kirbyson (r) receiving trophy from Ken Bowman.

## Adult Tennis Tournament

Some 125 Victoria Beach Club members, many taking part in the maximum four events, played the annual August long weekend adult tennis tournament. The rain showers were few and scattered, and all events were completed, including consolations in the mixed competitions.

Key people included: drawmaster Dave Drybrough; our staff, Alison Farrow, Andy Gow and Scott McDonald; tennis convenor Ken Bowman; facilitator Dawn Kirbyson, without whom there would have been no prizes; volunteer coordinator Connie Drybrough.

One of the highlights was the presentation by George Greengrass of the Freda Bjarnason-George Greengrass trophy to the winners of the + 55 mixed doubles, Walter Bushuk and Monique Roulston. This new trophy has been provided to the Victoria Beach Club by Elsie Hughes and Walter Bushuk, first-time winners of the event last year.

Results are as follows:

**Men's Singles Open:** Don Bushuk (1) def. Dave Quinton (3) 6-2, 6-4.

**Women's Singles Open:** Leah Mitchell (1) def. Patti Peterson (2) 2-6, 7-5, 6-0.

**Men's Doubles Open:** D. Bushuk & S. Irving (2) def. J. Corona & G. Kirbyson (1) 7-5, 6-3.

**Women's Doubles Open:** S. Lawlor & G. Wilkinson (2) def. S. Ruhr & M. Richardson (1) 6-3, 6-4.



1986 V.B. Men's Open Doubles: Scott Irving (l), Don Bushuk (r) receiving trophy from Ken Bowman.

**Mixed Doubles Open:** L. Mitchell & G. Kirbyson (1) def. A. Lugsdin & J. Lugsdin 6-4, 7-5.

**Women's Singles + 40:** F. Pollard (2) def. L. Hancock.

**Men's Singles + 40:** D. Wilkinson (3) def. B. Bachynski (4) 6-3, 6-4.

**Men's Doubles + 40:** T. Richardson & D. Wilkinson def. B. Bachynski & V. Garden (1) 2-6, 6-2, 6-3.

**Women's Doubles + 40:** Ruhr & Richardson (2) def. S. Yarnell & S. Squire in a 3rd set tie-breaker.

**Mixed Doubles + 40:** S.&R. Ruhr (2) def. J.&W. Bushuk (1) 6-3, 5-7, 6-3.

**Mixed Doubles + 55:** W. Bushuk & M. Roulston def. K. Bowman & M. McAuley.

**Novelty Mixed:** L. O'Brien & J. August def. C. Corona & D. Davis 9-8.

**Consols: Mixed Doubles Open:** Glenyce Wilkinson & Murray Spence def. Kim Irving & Bill Serbin 9-6.

**Consols: Mixed Doubles + 40:** Fran Pollard & Mike Schioler def. Al and Vivian Moore 9-2.

**Consols: Novelty Mixed:** L. Hancock & M. McCuaig def. J. Raynor & C. Harvey 9-7.

RON KIRBYSON  
Tennis Chairperson



1986 V.B. Women's Open Doubles: Sally Lawlor (c), Glenyce Wilkinson (r) receiving trophy from Ken Bowman, tennis coordinator.

## Answers to Kiddies' Korner

1. Avers or Raves: Saver
2. No one shaves the barber, because she is a woman.
3. TEN
4. 2 3 4 2 1 3 1 4

**"Well I'll be a monkey's uncle,"**  
interjected Ignace as he glanced up  
while reading Darwin's Evolution Of Man!



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## Movies This Week

Tuesday, August 19  
North Avenue Irregulars.

Six disorganized lady church members fight against crime. 99 m./Disney.

Wednesday, August 20  
Baby (Secret of the Lost Legend)

A zoologist in Africa and a brontosaurus. Children to adult. Disney 1985.

Thursday, August 21  
That Dam Cat

Hayley Mills. A cat and a bank robbery. 166 m./Disney.

## Hazards of Living

Contrary to the opinions of some, persons wearing seat belts do not increase their chances of dying in an auto accident because of being trapped. Quite the opposite; statistics indicate that persons thrown out of a car during an accident have about 25 times the risk of dying — versus those wearing seat belts.

Recent data suggest that devices known as infant walkers are a common source of accidents — most of them minor, but some requiring hospitalization. Most of the accidents stem from predictable hazards: falling down stairs, tripping over rugs, or pinching fingers in the walker frame. It becomes obvious that infant walkers should be considered potentially dangerous, rather than passive objects into which a child can be placed for easy baby sitting.

A recent issue of the Archives of Internal Medicine describes a skin infection (caused by the Pseudomonas bacterium) that appears to be related to the increasing use of public and home hot tubs. The authors suggest that adequate chlorination plus bathing with soap and water after a hot tub bath may help to prevent the problem.

THE HARVARD MEDICAL SCHOOL HEALTH LETTER  
February 1983

## Real Facts

The brain will store 100 trillion (100,000,000,000,000) bits of information in a lifetime. How smart we would be if only we could remember.

Next time someone tells you where your taste is don't feel too bad. Remember the butterfly, its tastebuds are in its feet.

Can a dog really smell you from far away? You bet! But did you know that an ant's sense of smell was as good as a dog's?

Next time your mom or dad tells you to comb your hair remember that if your hair could be made into a rope it could lift a medium-sized car. Hey, strong hair!

Ever wonder about pirates and the earrings in their ears? Pirates made holes in their ears and wore earrings because they thought it would help them see better.

Got a cold? Don't feel bad. The average Canadian gets between one and six colds a year. Come to think of it this is the first of August and winter is *not* far away.

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