



Victoria Beach Herald Sponsored by the Victoria Beach Club

Victoria Beach CLUB

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President's Greetings

Well at long last Winter and Spring have passed, and SUMMER is here! Your 1987 Club Executive have been working hard to organize the summer activities, and with some help from the weather and all the Members of the Club, we should be in for another great year.

Victoria Beach and our summer programs are unique — this only takes place however, through the work and generosity of the many people who contribute and volunteer their time.

In this vein, it is probably time that some of the younger members of the Club came forward to take on the program responsibilities, especially if they have new ideas. I would welcome your comments and suggestions during the next couple of months.

This year we have had to stretch the fund drive over a second weekend, due to complications with the Kelvin High School Reunion. This will make the job a little more difficult for the canvassers, so welcome them warmly.

The Club is pleased to welcome Derrick Sokolski, our new Recreation Director for the 1987 Summer Season.

Have a great Summer — we'll see you on the Beach!

BILL McDONALD

Recreation Program News

This year's Recreation Program will be directed by Derek Sokolski. Derek is a recent graduate from the Faculty of Education, specializing in Physical Education. He spent the past academic year student teaching under two former V.B. recreation directors — Gerry Toews and Norm Carrier, both of whom have highly recommended Derek for his enthusiasm, energy and good rapport with their students.

Prior to accepting the position at V.B., Derek worked for the Department of Parks and Recreation in Winnipeg, and for one of Winnipeg's golf courses as an assistant pro. He has been working hard planning a recreation program for your enjoyment, which will incorporate some new as well as traditional activities.

Derek is married to Lara, who will join him at V.B. whenever she is not required at her position with the Department of Parks and Recreation in Winnipeg. He will be helped by three recreation director's assistants — Yona Aldridge, Jodi Guarino and John Kuecker.

As all of you are aware, the program of activities at Victoria Beach could not be carried out without the help of the many volunteers who provide their time and effort in organizing the special events. I would like to thank all of these people in advance for their cheerful cooperation. There are two areas where additional help is required:

1. **Arts and Crafts** — This program has been very popular in the past with children ages 5-12. Help in running this program would be greatly appreciated. If you are interested, please see Derek at the Rec. Director's cottage.
2. **Shaw Pitch Tournament** to be held August 09. Hugh Traver has convened this event very capably for several years. He has requested a volunteer who would help him this year and then run the tournament next summer. Anyone who is interested in helping out, please contact Hugh at his cottage. Please note that all scheduled events will begin on Saturday, July 4th.

KARIN BOYD
 451 Sunset

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Looking Good!

Weather conditions seem to have been very favourable this spring for a multitude of things, not the least of which is the berry crop.

The Saskatoons are early and coming in large and juicy. No rasp berries seen yet, but there is every reason to expect a repeat of last year's bumper blueberry crop.

There is no better way to carry the delights of summer far into the following winter than to have a few pies cached away in the freezer.

Contributions to the Herald

As always, contributions from Club co-ordinators and readers in general are welcomed, to make the Herald as interesting and informative as possible.

Is it "cornball" to report who is or will be visiting with you for a weekend? This is not only of current interest to readers, but an interesting edition from years back this provides a form of social history of some of the many people who enjoy our beach. Do you have any local history to share? Pictures? Articles?

Let's hear from you. The deadline for each edition is 4 P.M. on the previous Sunday. Items may be left in the drop-box at the V.B. Grocery, or brought to 341-7th.

RON PRATT
 Herald Editor

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Senior (65 and over)	\$ 30.00	\$30.00	\$2.00
Family, Family-Split	\$20.00	\$0.00	\$2.00
Single Adult	15.00	15.00	1.50
Junior (16 to 17)	10.00	10.00	1.00
Child, 12 and under	6.00	6.00	0.60
2 or more children (12 & under) same family	20.00	\$0.00	\$0.00

GREEN FEES —	Weekly	1st 9 holes	18 holes
Senior	1.25	2.50	3.00
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Junior	0.50	1.00	1.25
Child	0.25	0.50	0.60

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Sailing School News

The Manitoba Sailing Association's Mobile Sailing School will be at the Victoria Beach Yacht Club this summer from July 6-10 and July 13-17.

This summer, sailing season at the Yacht Club highlights promoting youth sailing with three sailing schools scheduled, including a White Sail Level 1, II and III in Laser IIs, Board Sailing and "Optimist" for 13 and under. The Board Sailing school is booked for the August 8 and 9 weekend and the "Optimist" on the weekend of July 25 and 26.

The yacht club will also feature a 16 and under club sailing championship to give our youth an opportunity to sail amongst their own age group.

An application form is reprinted here and these are also available at the Yacht Club and at 35 Gibson Drive. For information on any of the schools, call 754-8292.

If you have any family interested in sailing lessons, the basic criteria for age group categories is as follows:

- White Sail I, II, III — Laser II — ages 12 and up.
- Optimist — (single man) — 8 to 11 years old.
- Board Sailing — any age able to handle a sailboard.

The Yacht Club will again be having an Open House for cottage owners to come down and go for a sail with our members. More in the up-coming issues of the Herald.

CHRIS ALDRIDGE
 Sailing School Director

Electrical Checkup

Be sure that you give your cottage a regular electrical checkup to ensure your family's safety.

Start with the service panel. Circuit breakers are the safety valves of the electrical system. Their function is to disconnect an entire circuit when some abnormality sends a surge of current through the wires — for instance, an overloaded circuit, bare wires touching or a large motor starting up.

Contact an electrician if circuit breakers open, or fuses blow, repeatedly for no apparent reason. Overheating or discoloration of the service panel, or flickering lights are also danger signs. Faulty wiring can often be detected by smell. A buzzing sound can indicate heat resistance somewhere in the system, which should be inspected.

If you have ground fault circuit interrupters, check regularly to see if they are working by pushing the red test-button. If your system uses fuses, check that each is screwed in firmly, and use only the correct sizes.

Examine all outlets and switches and replace any which have bare wires, broken sockets or fittings. Avoid creating an "octopus" by plugging too many appliances into one outlet.

The Course curriculum consists of the Canadian Yachting Association's White Sail Levels I, II and III, which will involve some dry-land instruction, such as rigging, and de-rigging of the sailboats, as well as on-water instruction such as sail trim and skipping the boat. The basic sailing instruction will enable you to sail competently without instructor supervision upon successful completion of the course. The Mobile Sailing School uses eight "Laser II" sailboats, Lifejackets (PFD's) are provided. Please bring bathing suits, windbreakers, shorts and towels (in case of capsize) and lunch or lunch money. *Don't forget proper footwear (i.e. runners)*

1. Please indicate course which you wish to attend:
 July 6-10 (White Sail) July 13-17 (White Sail)
2. Do you presently own/have access to a sailboat? YES NO
 If YES, would you like to learn in it YES NO
 during the course? YES NO
 If YES, please indicate what type of boat you have

I have taken sailing lessons before YES NO
 If YES, specify level of proficiency reached

If NO, do you have some sailing experience YES NO

3. Please complete the following consent form:

I, _____, understand that if I participate in the course of my choice, by the nature of the course curriculum, the equipment used in it, and environment in which it is carried out, I may, at some time become involved in a situation where the risk of injury to myself exists. I certify that, by participating in the course, I am aware of such risk and consent to becoming so involved and hereby waive any and all legal remedies I may have against the Manitoba Sailing Association, the course organizers and the course instructors, for any harm or injury I may sustain as a result of participating in the course, howsoever such harm or injury may have been caused.

I agree to save harmless the Manitoba Sailing Association, the course organizers and the course instructors for any act or acts of negligence on their part, which results in harm or injury to me.

Signature of Candidate

Signature of Parent (or Candidate if a minor)

4. Tuition is \$105.00 per student with a \$50.00 deposit required with application form. Remaining \$55.00 is due at time of registration at beginning of course instruction. Registration will be at V.B.Y.C. on Monday (July 6th or July 13th) at 9:00 a.m. SHARP.

5. Return this form to V.B.Y.C. Sailing School Director:
 After June 27th: Chris Aldridge
 35 Gibson Drive
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 Phone: 754-8292

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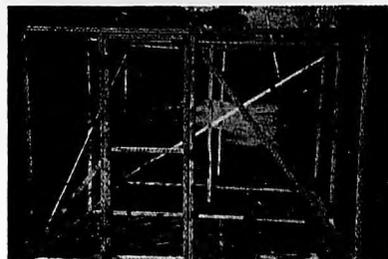
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Summer Residents vs. Crows

At last August's council meeting, held at the Sports Centre, charges of disturbing the peace were laid against the beach's crow population, and plans were initiated to rectify the situation. Suggestions ranged from hanging dead crows in trees to shooting a horse on the frozen lake in February, facing the carcass with poison, and inviting the offenders to parties.

Action was taken this spring in the form of a crow shoot held over two weekends, and it is understood that upwards of 43 crows (or ravens, a protected species) met their demise. Less successful were two "crow traps", placed on the sports field and near Sunset and King Edward. These were frame and chicken wire devices, festooned with dead fish, presumably bait, not victims. One contained also the remains of a hapless furry creature, unidentifiable in decomposition.

Whether these steps have any effect remains to be seen. Whether they are necessary or desirable depends on the philosophy of the reader. The familiar early morning communicating between our black feathered residents can still be heard.

The following article was submitted by Rudy Koes, an ornithological enthusiast and often summer resident of the beach.

Kids' Korner

Try these. Answers on page 9.

1. **LOGIC TEST** — A man walked into a drugstore and bought a \$5 box of chocolates. He gave the druggist a \$20 bill. The druggist did not have sufficient change, so he went to the barbershop next door and traded the \$20 for a \$10 and two \$5s. He gave the purchaser \$15 change and put \$5 into the till.

A short while later the barber ran into the store and said, "Hey! This \$20 bill you gave me is counterfeit!"

Upon careful examination, the druggist agreed, took the counterfeit bill, and gave the barber \$20 from the till.

QUESTION — How much money was the druggist out after the above transaction?

2. **TRAVELLER'S CHECK** — Three men were travelling together and decided to share a hotel room for the night. The desk clerk had a room for \$30, and each man contributed \$10.

Shortly after, the clerk realized that the room was only \$25, and that he had overcharged the men. He sent a bell-hop up to the room with five one dollar bills in refund.

Now the bell-hop was a dishonest fellow, and realizing that the men could not evenly divide the five bills, he kept two and the travellers were happy to each get a dollar back.

QUESTION — Each traveller had now contributed \$9 to the cost of the hotel room, 3 x \$9 = \$27. Add on the \$2 the bell-hop stole and it comes to \$29. What happened to the other dollar?

Those V.B. Crows!

So you don't like crows? They are too noisy, you say, and they rob the nests of songbirds. Besides, they are on the increase and they don't have any good habits. Call in the "Crowbusters"!

It cannot be denied that some of this is true. A family of crows, with young and old cawing incessantly in the trees next to your cottage can get on your nerves. Their food preferences also raise one's ire. Like their relatives, the jays and magpies, crows have a fondness for the eggs and nestlings of other birds and any nest that is not properly hidden may fall prey.

The Common Crow (*corvus brachyrhynchos*) is widespread in North America. Its numbers are highest in the eastern United States and in the Prairie Provinces. There have been no significant increases in its population over the past two decades. Breeding Bird Surveys have actually shown a slight decrease in numbers on the Northern Great Plains.

Any local increase is likely due to habitat changes. With more wooded areas in Victoria Beach being opened up for development, more crow habitat is created. This species is rarely found deep in the boreal forest, but it likes the edges, clearings and road allowances. A growing human population also produces more garbage, something crows quite enjoy. If crows are indeed becoming more common in Victoria Beach, both factors may be responsible and it is unlikely that we will see a reversal of these trends.

For many prairie dwellers the crow is one of the harbingers of spring; after the Harned Lark it is usually the earliest bird to arrive. This was nicely depicted in the play "A Prairie Boy's Winter", which was inspired by William Kurek's paintings and played a few years ago in Winnipeg. The main character was to see his first crow of the spring, signalled the end of winter.

In spite of long time persecution, the species has done well. This is no doubt due to its wariness and cunning. Ornithologists generally consider the crow family to be the most intelligent birds. Traditionally programs are bound to fail: new birds will take the place of the ones that have been killed. Popping off the birds with a .22 or a shotgun is hardly the answer. I believe guns of any kind should be banned from cottage areas at all times. Besides, many ravens and other species would be killed by indiscriminate shooters, who in many cases would not know the difference between crows and closely related species. Similarly, trying to poison the birds would likely kill many other species.

So what can be done about the perceived crow problem? Very little, to be honest. Let's look at the positive side. Crows are part of our bird world, whether we like it or not. They perform the role of scavenger and weed-out the sick and the weak. In the fall flocks will gather on farmers' fields, searching for cutworms and other harmful grubs. The birds certainly have their "good" points, if we wish to use such terms. For those of you who still want them out of your lives, think of it this way: in a few months it will be winter again and they will all be gone!

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Victoria Beach Club Ad. Hoc Committee Report January 7, 1987

TERMS OF REFERENCE:

By a motion of D. Pratt and D. Benningen, That the Club establish an Ad. Hoc Committee to review methods of financing, methods of raising money, future needs with respect to property and similar matters relating to the operation of the Club. This Committee to report through the Executive at the Annual Meeting.

FINANCIAL FUTURE NEEDS:

General Capital Maintenance Items:

Tennis Courts	
Re-colour (every 5 years)	\$ 7,500.00
Re-surface (every 7 to 10 years)	15,000.00
& Re-colour (with Re-surfacing)	7,500.00
	\$30,000.00
Clubhouse roof (shingles)	\$ 7,000.00
Directors Cottage (shingles)	2,000.00
Library (shingles)	1,000.00
	\$10,000.00
TOTAL	\$40,000.00

Washroom Facilities COST UNKNOWN
Unanticipated Expenditures COST UNKNOWN

RECOMMENDATIONS:

1. All future Capital Expenditures must consider the ongoing maintenance cost requirements which will be over and above the original cost of acquisition.
2. Implement a Capital Cost Funding Program to fund anticipated long term capital expenditures so that funds are set aside on an annual basis to be available as and when required. The funding level for a particular year will be determined in the annual budgeting process, taking due account of the anticipated time at which funds will be required for capital improvements and major repair expenditures. This would be intended to provide funding for expenditures such as re-shingling the Clubhouse, Cottage and Library and re-surfacing the Tennis Courts.
3. To ensure that funds are dispersed in accordance with annual revenues; annual budgets must be firmly established and adhered to.

METHODS OF RAISING MONEY:

1. Special-interest groups should be approached to form a Sub-Committee of the Club to suggest and assist with Special Fund Raising Activities.
2. The Manitoba Sports Federation be approached to assist in financing the recreation programs.
3. Membership Fees, for the time being, remain at present levels and that we continue to actively pursue donations in addition to membership fees.

Respectfully submitted:
AD. HOC COMMITTEE MEMBERS:
H. Browncombe, K. Boyd,
J. Sorenson, T. Wilson

Answers to Kid's Korner

1. Only \$20. He had not lost any money until he accepted the counterfeiter bill.
2. Ask your dad!

Victoria Beach Club Past President's Report (1986)

The Club has enjoyed a good year, thanks to those who gave so unselfishly of their time and energy to make the summer at Victoria Beach such a pleasurable experience.

At the start of the year we had a cash balance of approximately \$4,500.00 and ended the year with approximately \$5,500.00. This in spite of the fact that there were added expenditures during the year, which you will note in the Treasurer's Report.

These things were made possible by the special efforts put forward by Randall Clark, Chairman of membership and his numerous volunteers and Barb Suderman and her assistants in the operation of the Flea Market. We must also thank those who donated — for without fleas there would be no market.

Gerry and Esperia Toews, our Recreation directors, did a magnificent job and I am sorry to have to tell you they will not be back in 1987.

At the General Meeting of the Club held in the Clubhouse on August 9th, 1986, you will recall an "Ad Hoc" Committee was struck, as we did recognize a need to look carefully at our methods of financing. They were asked to look not only at our methods of raising money but to give us some direction as to the operation of the Club. There was also hope that through such undertakings, there would be some renewed interest in the Club. We do not have their report and your comments with respect to its contents will be appreciated.

In closing there is one further matter I want to comment on and to stress — fully 95% of our members, many for good and acceptable reasons, are invariably absent from these meetings. It would be wrong to conclude or say they are not interested — they buy a membership and they are there when there is work to be done, but for various reasons cannot or do not attend meetings. In consequence of this, those here present must take special care to ensure that any and all decisions that are made or are about to be made with respect to the ongoing operation and activities of the Club — are made with the interests of that large but absent majority in mind.

Be ever mindful of the fact, that it is that larger majority of our members, and not the minority (ie: those here present) who have in the past and hopefully will continue to support and give financially to the support of the Club. They provide life-blood to the Club — without them the Club could not exist.

In the absence therefore of the majority of our members (Total membership in 1986 was 2301) an added onus is placed on us to ensure that the interests of all our members are looked after, both fairly and equitably.

It has been my pleasure to be your President for the past year and I do thank you for your interest and support.

HAROLD CLARK

1987 Advertising Rates, V.B. Herald

1/16 page	— \$12.00 per issue
1/8 page	— \$19.00 per issue
1/4 page	— \$28.00 per issue
1/2 page	— \$60.00 for 1 issue or \$50.00 for each of 9 issues
Full Page	— \$100.00 for 1 issue or \$85.00 for each of 9 issues.

Please address all inquiries to Mrs. Arroll Stewart, Advertising Manager, 327-5th Avenue, Victoria Beach. Please note all ads must be prepaid and must be delivered to the above address by 4 p.m. — Sunday for inclusion in the following Friday's edition.

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July 5, 1987 — Dr. D. Bruce Johnson

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Victoria Beach Water System

The improvements to the Victoria Beach main water system are progressing on schedule. The second pumphouse housing the filtration plant and the primary distribution pumps has been completed and is ready for operation. The reservoir required to give the water 20 minute contact time with chlorine has been constructed and will be tested early in the week of June 21.

We expect to fill and disinfect the reservoir at night on June 22. This involved pumping the reservoir full of water, then adding chlorine and waiting for 72 hours. This operation not only disinfects the reservoir but also it allows us to make sure there are no leaks.

After this operation is completed the water will be removed. Then the reservoir will be put into service in the system. It is at this point filtered chlorinated water will be available to all who use the system. I don't know about you but I will miss the sand in my ice cubes.

As with any complex system such as this, we expect that there will be interceptions in service during the early weeks of operation. We will endeavour to keep these interruptions to a minimum and whenever possible do the work at night. If a major interruption in service takes place we will try to let you know in advance by placing a notice at the gate.

When the changes have been completed, the Victoria Beach water system will produce water that will conform in all respects with the Provincial Government's regulations for drinking water and probably will exceed the standards of most systems in Manitoba.

As in the past we will continue to test the water each week.

I would like to thank you all for your patience and forbearance while we get the new system into operation.

PAUL R. THAIN
Councillor and Public Works Chairman



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Silverwoods "Clip for Cash"

Those "Seals" from Auli Dairies' milk cartons are again worth money for the Community Club. The seals are available on all milk product containers and sour cream, etc., which are being sold at Victoria Beach Grocery Store and David's Store.

Last year a few thousand seals were turned in at our drop off points at the Community Club and the V.B. Grocery Store. One of the problems you might have had was obtaining a container to save your "Seals". This year a miniature milk carton will be delivered to every cottage to aid you in your efforts in helping the Community Club meet expenses.

It's EASY to cut the seals from the milk containers.
SAVE THOSE SEALS!

Annual Flea Market — July 4th

It's that time of year again! Search your home and cottage this week for unused or unwanted items. Remember — your junk is someone else's treasure!

We welcome most everything — kitchen items, tools, fireplace equipment, paint, games, toys, hooks, cutlery, boating supplies, yard goods, but PLEASE no large appliances such as fridges, stoves and washing machines, or clothing.

All donations should be in boxes and by the roadside by 9 A.M., Saturday, July 4th. Please label "FLEA MARKET".

Plan to support our Community Club by coming out at 2 P.M. and buying or helping other volunteers.

For those wishing more information, please call: Judy Jessiman, 754-2805 (V.I.), 452-5973 (Wpg.)

Beware of the Sun

With recent medical confirmation that ultraviolet radiation from the sun, as well as imparting a tanned skin, causes premature aging and skin cancers, the social prestige of a dark suntan is being sharply de-emphasized. As the harmful effects are cumulative, a personal decision on this matter should not be put off.

To be most avoided is sunburn. Tanning lotions with screening ingredients are readily available and effective. Look for a listed protection factor on the label — from #1 (very little protection) to #15 (total protection for those with sun allergies). Your choice will depend on your skin type. Redheads tend to burn easily and require greater protection. For most people, at least a #6 is recommended.

Choose the type of lotion to suit your skin type and activity. Creams and alcohol based lotions favor dry and oily complexions respectively. Use a waterproof preparation when engaged in aquatic sports.

Enjoy the healthy aspects of outdoor activities, but use discretion.

Some of the Best Sayings Anybody Ever Said

When I was kidnapped, my parents snapped into action. They rented out my room.

— Woody Allen

The cost of living is going up and the chance of living is going down.

— Flip Wilson

Life is what happens while you are making other plans.

— John Lennon

I wash everything on the gentle cycle. It's much more humane.

— Unknown

10 Water Safety Tips for a Great Summer!

It's summer vacation at last! That means lots of fun in the water. But to really enjoy the water this summer, you must practise good water safety.

The Canadian Red Cross Society has lots of information on swimming safety. Here are 10 ideas to help you play it safe this summer, when you are in the water.

1. Swim only where there is supervision. That way, if you get tired in the water and need help, someone will be there.
2. Always swim with at least two other people. Never swim alone.
3. If you want to swim some distance, swim parallel to the shoreline, not straight out.
4. Never jump or dive into unknown water. It may be shallower than you think or there may be hidden tree stumps. You could break your neck.
5. Swim only in the daytime, when you can be seen.
6. When you are tired or overheated, stay out of the water.
7. If you get into difficulty, preserve your strength by staying calm, drownproofing, treading water, floating or swimming on your back.
8. Make swimming enjoyable for others, dunking other kids or pushing them around could be dangerous.
9. Rely on your own swimming ability. Don't use inflatable plastic toys or air mattresses for support. If they slip away from you, you could be out beyond your depth or strength and get into trouble.
10. Learn and practise mouth-to-mouth rescue breathing and enrol in a water safety training course so that you learn more about rescue and safety techniques.

Practise these 10 rules and you will enjoy your summer in the water!

LESLIE FAIRFIELD,
The Sunday Star, June 29, 1986

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."

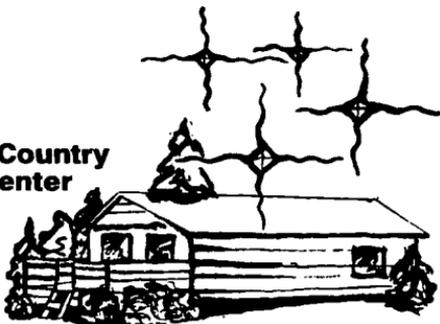
EXECUTIVE HEALTH REPORT,
October, 1985

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