

Victoria Beach HERALD

90th year • Issue No. 6

A non-profit service of the Victoria Beach Club

Friday, July 24, 2015

The many faces of VB: Getting our Game Face On!



VICTORIA BEACH CLUB SPECIAL ACTIVITIES 2015

ACTIVITY	DATE	TIME	LOCATION	CONVENOR
Children's Masquerade	Sat., July 25	10:00 AM-Noon	Art Vincent Memorial Pier	Doug & Kristie Pollard
800 Metre Open Swim	Sat., July 25	2:00 PM	Pier	Swim Instructors
30+ Dinner & Dance	Sat., July 25	7:00 PM	Clubhouse	Tim Scott
Bike Race	Sun., July 26	10:00 AM	Sports Ground	Todd & Sheri Hyra
Ladies' Golf Tournament	Wed., July 29		Golf Course	Heather Willoughby, Laureen Johnstone, Sally Lawler

Yacht Club News

Only two more weeks of sailing schools left this summer! Some spots are open the weeks of July 27-31 and August 3-7 so two more chances to learn a life skill that exponentially increases your lake – fun quotient. Register at www.vbyc.ca

Want to try windsurfing? Expert windsurf instructor Andreas Sudermann is also available to teach windsurfing lessons the week of July 27 – 31 at the VBYC. All equipment is provided; all that is required on your end is a little bit of determination. Get a hold of Andreas at 613-796-0891 or visit: www.sailmanitoba.com.

We need crew for weekend racing! If you have ever wanted to cruise over the waves on a Hobie Cat please come down to the yacht club before 10am or get in touch with us and we will set you up on a boat, no experience necessary.

Don't forget, the VBYC is hosting a fundraising social August 2nd at the Sports Club off Hwy 59. Consider buying a ticket to support your community sailing club and its efforts to promote the sport. Tickets are at the Store, Moonlight, and Parking lot. See the ad in this weeks Herald for more info.

For membership and all other information visit www.vbyc.ca or contact Ryan Van Berkel: 204-291-1775 or email: vbyccommodore@gmail.com.

Roger Ritsema

Yacht Club Dance

Sunday August 2nd 2015 – At the VB Community Centre off Hwy 59

Holy smokes it's almost August. That means a crucial question should be popping into your head: got your dance tickets yet? Only a week to go until Yacht Club Dance! This fundraiser supports the VBYC to fund programming, purchase sailing school boats, and maintain our infrastructure. We are not trying to remake the 'old' VB Dance but we can promise it will be just as much fun with an awesome band, killer DJ, and a sweet new venue.

So lets start a new August long tradition, come join us and dance the night away! All proceeds will support the VBYC's grassroots sailing initiatives and the VB Community Centre. Win – win all the way.

The acclaimed Brock Street Bandits will be playing live and DJ Frasier will keep it moving between sets.

VBYC swag will be available for purchase.

Sis & Me will have their food truck on site for those craving a night lunch.

Tickets are \$20 and going fast, so get on it. Get them at the VB Parking Lot, VB Store, and Moonlight Inn.

Doors open at 8pm. You must have a ticket and be 18+ with valid ID to enter.

Contact Ryan Van Berkel for more info: vbyccommodore@gmail.com or 204-291-1775.

VBYC Fundraising Team

Online registration available at
www.vbyc.ca

2015 Sailing Lessons

LEARN TO SAIL
at the
Victoria Beach Yacht Club
Weeks of
July 6 -10 | July 13 -17
July 27 - 31 | August 3 -7

VBYC is offering the Sail Canada OPTI and CANSail programs for kids, youth and adults.

For program inquiries please email
vbycsailingschool@gmail.com
or call Ryan Van Berkel at 204 291-1775

For all other inquires please email
vbyccommodore@gmail.com

Sail Canada Sail Manitoba

Pin Up For Reference

JULY							2015						
S	M	T	W	T	F	S	1	2	3	4			
5	6	7	8	9	10	11							
12	13	14	15	16	17	18							
19	20	21	22	23	24	25							
26	27	28	29	30	31								

VICTORIA BEACH CLUB

2015 - SUMMER ACTIVITIES - 2015

Membership wristbands are required at all activities

AUGUST							2015						
S	M	T	W	T	F	S	1						
2	3	4	5	6	7	8							
9	10	11	12	13	14	15							
16	17	18	19	20	21	22							
23	24	25	26	27	28	29							

REGULAR ACTIVITIES

CLUBHOUSE ACTIVITIES

Fitness Classes:	Mon. Wed. Fri. 10:00-11:00 am	Julie McPetrie
Arts & Crafts:	Tues. 12:30-2:00 pm (all ages)	Rec. Assistants
Bike Hikes:	Wed. 10:00 am-Noon (Ages 7-12)	Rec. Assistants
Duplicate Bridge:	Mon. 6:30 pm	Ken Capelle, Gail & Bob Henderson, Henry Krahn
Mixed Bridge:	Wed. 1:15 pm	Bev Underhill
Movies:	Tues. & Thurs. 7:30 pm	Rec. Assistants
Swimming Lessons:	July 6 - Aug. 14	Safe Swim Team
Swimming Inquiries:	Mon. - Fri. 9:30-10:00 am	Lanette Griffith
Yoga:	Tues. & Thurs. 10:00-11:30 am	

LIBRARY HOURS:	Mon. & Wed. 11:00 am-Noon, 7:00-8:00 pm	Library Assistants
	Tues. Thurs. Fri. Sat. 10:00 am-Noon	
	Sun. Noon-1:00 pm	

SPORTS GROUND ACTIVITIES

Children's Games:	Mon. & Fri. 10:00-11:00 am (Ages 4-10)	Recreation Assistants
Family Recreation:	Mon. Wed. Fri. 7:30-8:30 pm	
Golf Lessons:	Tues. & Thurs. 10:00-10:45 am (Ages 7-16)	
Youth Sport:	Mon. & Fri. 10:00-11:00 am (Ages 10-14)	

TENNIS COURT ACTIVITIES

Tennis Court Attendants

Youth Tennis Lessons:	Wed. 10:30-11:15 am & Fri. 12:00 Noon-12:45 pm (Ages 5-6)
	Tues. & Thurs. 11:30 am-12:30 pm (Ages 7-9)
	Mon. 12:00 Noon-1:00 pm & Thurs. 12:30 pm-1:30 pm (Ages 10 & over)
Adult Tennis Lessons:	Mondays 1:00-4:00 pm with Robert Kennedy
	Wednesdays 11:00 am-4:00 pm Hit with a Pro (Advance Sign up)
	Thurs., July 2 - Tennis Manitoba Staff
	Wed., July 8 - George & Kevin Kylar
	Wed., July 15 - Jared Connell
	Wed., July 29 - Emerson Gusmini (Children's lessons if space allows)
Junior Tennis Nights:	Mon. & Wed. 6:30-8:00 pm (Ages 11-18)
Adult Tennis Round Robin:	Mon. & Fri. (Register) 10:00-10:20 am (Play) 10:30 am-12:00 Noon
Adult GVS	(ground stroke, volley, smash)
	Tues. & Thurs. 10:30-11:30 am & Saturdays 11:00 am-12:00 Noon
Adult Tennis Drills	Fridays 1:00-2:00 pm
Family Tennis	Tues. & Thurs. 6:15-7:15 pm

VICTORIA BEACH CLUB SPECIAL ACTIVITIES 2015

ACTIVITY	DATE	TIME	LOCATION	CONVENOR
Pre-VB Membership Blitz	Sat., Sun., June 27 & 28	9:00-11:00 AM (Sat) 10:00 AM-Noon (Sun)	Clubhouse	Lise Simonsen, Pamela Beazley
Swim Registration	Sun., June 28	10:00 AM-Noon	Clubhouse	Tamara Roehr
VB Fireworks	Wed., July 1	10:45 PM	Best views from Sailboat Beach or Redwing Park	Rob Hester
Tennis Manitoba Day	Thurs., July 2	9:30-4:00 PM	Tennis Courts	Tennis Manitoba Staff
Girls' Tennis Day	Fri., July 3	1:30-3:00 PM	Tennis Courts	Nancy Sarchuk & Robert Kennedy
VB Membership Blitz	Fri., Sat., Sun., July 3, 4 & 5		Door to Door	Lise Simonsen, Pamela Beazley
Bike Auction	Sat., July 4	1:00 PM	Police Station	Stuart McPherson
Flea Market	Sat., July 4	1:00-3:00 PM	Clubhouse	Joanne Gibson, Deb Covernton, Jane Bachart & Lyndsi da Roza
Flea Market Clean-Up	Sat., July 4	3:00-5:00 PM	Clubhouse	Lorraine Cook
Flea Market Charity Coordinator	Sat., July 4		Clubhouse	Mavis Whicker
Book Sale	Sun., July 5	1:00-3:00 PM	Clubhouse	MacRae & Hoole/McDonald Families
Beach Events	Sun., July 5	10:30 AM-Noon	Clubhouse	Laura & Scott McDonald
Teen Movie Night	Wed., July 8	9:00 PM	Clubhouse	Rec. Staff
Rogers Rookie Tournament	Fri., July 10	1:00-3:00 PM	Tennis Courts	Julia Lucht, Tennis MB, VB Tennis Staff
Gentlemen's Movie Night	Fri., July 10	9:00 PM	Clubhouse	Rob Hester & Bruce Sirrell
Sports Day	Sat., July 11	10:00 AM-Noon	Sports Ground	Leah & Ted Kosokowsky
200 Metre Open Swim	Sat., July 11	2:00 PM	Pier	Swim Instructors
Sandcastle Building	Sun., July 12	10:00 AM-Noon	Clubhouse	MacRae, Cook & Meadows Families
Ladies' Movie Night	Wed., July 15	7:00 PM	Clubhouse	Brenda Vielhaber
Fishing Derby	Sat., July 18	9:00-11:00 AM	Pier	Jeff Lailey
Masters Tennis Tournament	Sat., Sun., July 18 & 19	All Day	Tennis Courts	Steve Cook
Teen Bonfire on the Beach	Wed., July 22	9:00 PM	Clubhouse	Rec. Staff
Junior Tennis Tournament	Wed., Thurs., July 22 & 23	All Day	Tennis Courts	Anndrea O'Connor & Brad Nechwediuk, Derek & Lisa Zeilstra, Philippe Champagne
Men's Golf Tournament	Fri., July 24		Golf Course	Karl Hutchison
Rogers Rookie Tournament	Fri., July 24	1:00-3:00 PM	Tennis Courts	Julia Lucht, Tennis MB, VB Tennis Staff
Children's Masquerade	Sat., July 25	10:00 AM-Noon	Art Vincent Memorial	Doug & Kristie Pollard
800 Metre Open Swim	Sat., July 25	2:00 PM	Pier	Swim Instructors
30+ Dinner & Dance	Sat., July 25	7:00 PM	Clubhouse	Tim Scott
Bike Race	Sun., July 26	10:00 AM	Sports Ground	Todd & Sheri Hyra
Ladies' Golf Tournament	Wed., July 29		Golf Course	Heather Willoughby, Lauren Johnstone, Sally Lawler
Teen Movie Night	Wed., July 29	9:00 PM	Clubhouse	Rec. Staff
Senior Tennis Tournament	Sat., Sun., Mon., Aug. 1, 2, 3	All Day	Tennis Courts	John Heppenstall & Alan Morrish
VB Club Raffle	Sat., Aug. 1	10:00 AM-4:00 PM	Village Green	Arroll Stewart & Judy Walker
Junior Golf Tournament	Wed., Aug. 5		Golf Course	Ed & Adam Boge
Duplicate Bridge Tournament	Wed., Aug. 5	6:30 PM	Clubhouse	Fran Pollard & Donna Thain
Teen Scavenger Hunt	Wed., Aug. 5	9:00-11:00 PM	Clubhouse	Rec. Staff
Rogers Rookie Tournament	Fri., Aug. 7	1:00-3:00 PM	Tennis Courts	Julia Lucht, Tennis MB, VB Tennis Staff
Volleyball Tournament	Sat., Aug. 8	9:00 AM	Sports Ground	Sophie McGoey & Lisa Lucht
Cross Country Run	Sat., Aug. 8	9:00 AM (registration)	Clubhouse	The Johnson Family
Lake Winnipeg Foundation Walk for Water	Sun., Aug. 9	9:15 AM (registration)	Clubhouse	Deanne McDonald & Sandy McCaig
Soccer Tournament	Sun., Aug. 9	9:00 AM	Sports Ground	Rex Neundorff & Stino Siragusa
VB Volunteer Appreciation	Fri., Aug. 14	7:00-9:00 PM	Clubhouse	Wendy Derksen & Leslie Sarchuk
Dog Show	Sat., Aug. 15	11:00 AM	Art Vincent Memorial	Barb Hansford & Trish Nesbitt
Novelty Tennis Tournament	Sat., Sun., Aug. 15 & 16	All Day	Tennis Courts	Stino Siragusa
VB Club Annual Meeting	Sun., Aug. 16	4:00 PM	Clubhouse	Anil Kaul
55+ Golf Tournament & Dinner	Mon., Sept. 14	All Day-Dinner at 5 PM	Golf Course	Dennis & Gina Roth; Ray & Lise Plouffe; Claude & Gloria Fillion

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Council Corner

Shoreline - Grandparents and parents no doubt recall in years gone by diving over a sand cliff, hopping and jumping their way to the bottom. Unfortunately this cannot continue. Parents and grandparents need to explain to children and teens that our environment cannot be abused in that way.

Signs are posted all over the beach, property owners have been notified, By-laws have been passed. We cannot play on the dunes. In most parts of the municipality the beaches and shoreline are municipal property. It is not yours to destroy.

Our shoreline is in danger. Most of the public domain has eroded away over the century of use. We must preserve what little remains. After a near tragedy a few years ago, it is sad to see people ignoring our By-Laws. Please use the stairs. The shoreline is a shared property. Please preserve it for future generations.

Recycling - Victoria Beach citizens continue to be active recyclers. Most of us do remember that our recycling is moved to Lac du Bonnet and sorted by hand. We have received a

reminder that they cannot accept #3 or #6 plastics, so please do not put them into the recycling bins. And once again, we can save on transport costs by squashing your plastic drink bottles and boxes. We don't want to be paying to move air.

Remember too that you can drop off your household hazardous wastes and e-waste at the trailer in the Public Works yard. After leaving the parking lot, proceed down Hwy 59, enter the Public Works yard at the first entrance on your left. The trailer is on your left. Just put the goods on the ground there. Our staff will do the rest.

Brush - As most people are aware, we have had some difficulty this year with clearing brush. We have been working hard to correct the problems. Please remember that there will be no pick up until October. Contractors are to remove all brush they create and Property owners are to keep their leaves and branches on their own property until after the Labour Day weekend. Thanks in advance for helping to keep the community tidy.

Welcome to Dr. Joan Swain & Thanks to Dr. Carry Martens-Barnes

Council would like to welcome Doctor Joan Swain to the beach. She will be taking over from Doctor Carry Martens-Barnes on Sunday. She will be with us for the week of July 26 to August 1. At the same time we would like to thank Doctor Carry Martens-Barnes for her two weeks of service to the community. It is reassuring to have a doctor in residence.

As most of you know the Doctor's cottage is at 124 Birch. The phone number at the doctor's

office is 204-756-6305. There are 2 clinics Tuesday through to Saturday. Clinic hours are 9:30 to 11:30 and 5:30 to 7:30. On Sunday and Monday there is one clinic only from 5:30 through to 7:30.

Once again, thank you to Kathy Brydon and the Medical Committee for their work at organizing the doctors and thanks to the doctors for coming.

RMVB COUNCIL

About the Victoria Beach Herald

One of the longest continuously publishing community newspapers in Canada, now in our 90th year, the Victoria Beach Herald is a service of the Victoria Beach Club. The Herald prints ten issues each summer on Fridays from late June to mid August. The Herald welcomes submissions from readers focused on family events, beach happenings, community issues, etc. Letters to the Editor are always welcome.

Submissions should be sent via email to vbherald@shaw.ca. Those without access to email can place written submissions in the VB Herald mailbox behind the cash counter at the Victoria Beach General Store. Submission deadlines are end of day Fridays with the exception of VB Club event convenor submissions for events occurring on weekend days.



Special Events News

WOW! Great weather and a great group of volunteers running all our fantastic events at VB. Thank you to all our volunteer Conveners that made this past week so much fun.

We would like to thank our past yoga instructors Jane Carroll and Susan Marshall. These ladies have been leading us through our yoga practice for years and years. We would like to say a HUGE “thank you” for all of their time and their dedication to VB. We would also like to extend our thanks and appreciation to Maria Erickson who stepped down from her volunteer role with organizing Aerobics. Maria had organized instructors for these classes for many years! Thank you Maria!! For this summer, Julie McPetrie has organized our Fitness Classes. See the Herald for the list of Fitness Classes being offered each week. Come down to the Clubhouse to check out all of our wonderful classes during the weekday mornings.

We have a lot of volunteers to thank this Herald. Friday July 24th has both the Men's Golf Tournament and on Saturday July 25th Doug and Kristie Pollard are once again convening the Children's Masquerade. Come on out to see some VB creativity! Then at 2 PM it's the 800 Metre Open Swim run by the swimming instructors and Tamara Roehr. In the evening Tim Scott is organizing the 30+ Dinner and Dance. What a busy Saturday!!

Then on Sunday, Todd & Sheri Hyra are convening the Bike Race at 10 AM (come earlier for registration). Wednesday the 29th has another Teen Movie Night and also the Ladies' Golf Tournament. We have new convenors for the golf this summer – Heather Willoughby, Lauren Johnstone, and Sally Lawler. Thanks for getting in touch with us to take on the golf tournament. Thanks ladies!

As you can see we have quite a few new convenors this summer. We are able to keep these fun events going because of your volunteer time at the beach. Don't be afraid to step up! It's a great chance to meet new people when you become a convener and you'll feel great about helping out the VB Club. If you would like to get involved with our Special Events or Regular Events, please get in touch with us. We are looking for a new “Beach Events” Convener for summer 2016.

You can contact Shauna at 204-756-6642 or text 204-941-0077 and Jill at 204-756-2879 or text 403-807-1784. It's great to get involved in our VB Community. See you at the next VB Special Event!

Shauna Filuk & Jill Kirbyson
Special Events

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Ladies VB Open Golf Tournament Reminders

Are you all signed up or set for our VB Ladies Golf Tournament on Wednesday, July 29? Note that beginner and experienced players are all welcome!

Here are a few reminders for the day of the tournament. To register and pick up your special tee-gift, please be at the course by 8 for the 8:30 AM draw or 11 for the 11:30 AM draw. Non-members are reminded to bring \$13 for green fees ... plus we're hoping that everyone will support our exciting silent auction! Tickets (ranging from \$5-\$10) will be on sale at the golf course and at the wind-up. All proceeds are being donated to the new Victoria Beach Community Centre on Hwy 59.

At 3 PM all participants and tournament volunteers are invited to our "Golf Wind-up" at the new Community Centre. [For the first group, you will have lots of time to go home and meet us later at the centre. For the second group, just walk or ride down the "Fore Evergreen" trail to the Wind-up at the centre.] If you don't live in the restricted area, remember that there's free parking at the trail entrance. However, if you do live in the restricted area, Karl has kindly agreed to store your clubs at the golf course so you don't have to go home first. You can then pick them up on your way home from the wind-up.

Prizes, draws, and a silent auction will take place at the centre while participants visit and enjoy a complimentary glass of wine ... and appetizers catered by the Merrymakers. Yum-Yum!

We hope you will all enjoy some of this year's changes. We wish

you all a good game and a good time!

Submitted by 2015 Organizing Committee,
Heather Willoughby, Laureen Johnstone, Sally Lawler

Get set for the 2015 VB Bike Race Sunday, July 26!

We are all geared up for another fantastic bike race. Weather permitting, registration will start promptly at 9:30am Sunday morning down at the sports field. Kids ages 4-18 are welcome. All registrants must have their membership wrist bands to register. In order to keep the competition fair, all bikes with gears will be taped at the registration table.

Awards will be presented to 1st, 2nd and 3rd place winners for boys and girls in the following age categories:

- 4 & 5 year olds (short course)
- 6 & 7 year olds (medium course)
- 8 & 9 year olds (medium course)
- 10 to 12 year olds (medium course)
- 13 to 18 year olds (long course)

All the courses will be colour coded with signs along the road for the riders to follow. The course colours will be identified to the riders the day of the race. We are looking for 13 volunteers to be out on the course to make sure the riders stay on track. Please call Todd Hyra at 204-782-8906 to volunteer.

Short Course - starts at the sports field, up Sunset to Arthur, follow Arthur to 8th Avenue at the parking lot, down 8th Avenue only to Centre Street, follow Centre Street to the Village Green turning onto Gibson Street then down to the sports field finish line.

Medium Course - starts at the sports field, up Sunset to Patricia, follow Patricia to 8th Avenue, down 8th Avenue to Gibson Street and all the way back to the sports field finish line.

Long Course - starts at the sports field, up Sunset all the way to the end where it meets up with 8th Avenue, then up and down 8th Avenue to Gibson Street and all the way back to the sports field finish line.

Note of caution to pedestrians and casual bike riders Sunday morning 10am to 11am, please yield to racers along the course paths noted above.

All riders must wear their safety helmets, plus proper clothing and footwear (closed toe shoes). Loose gravel and pot holes can make the courses challenging for all riders, so please ride with control. Important, parents please explain the following information to your riders:

At the finish line all riders will be given a numbered popsicle stick to mark their order, this number does not reflect their category placement. The popsicle stick must then be handed in at the registration desk for a final tally of the winners in each of the age categories.

Trophy winners from last year, if you haven't already returned the trophies, please return them to Todd or Sheri Hyra at 317-3rd Ave by Friday July 24th. Good luck to all participants.

Have fun and race safe!

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Cheryl Demidiuk, BROKER

LWF Walk for Water 2015 Be Part of the Solution!

Support VB's Walk for Water on Sunday, August 9th and help the Lake Winnipeg Foundation (LWF) in its work of helping improve the health of our great lake!

Recent initiatives supported by LWF grants include:
 The Pelly's Lake Watershed Management Project: A main goal of this multi-year project featuring water retention structures is to remove harmful nutrients from the Boyne River System before it reaches Lake Winnipeg.

Floating cattail bioplatforms: This innovative new technology for the removal of phosphorous from natural and waste water is currently being studied at FortWhyte Alive. The eventual goal is to deploy these platforms (which are essentially floating marshes) to Netley-Libau Marsh where they will assist its restoration and its ability to filter out algae-causing nutrients from water that flows into Lake Winnipeg.

Also worth noting is the fact that, in March, LWF became the first local Environmental Non-Governmental Organization (ENGO) to sign the Lake Friendly Accord. The goal of the accord is to improve water quality by reducing nutrient loading to rivers and lakes. (Ontario and Alberta recently joined Manitoba as

provincial signatories to this very important document.)
 Local efforts can create meaningful change, so please take part in our 2015 Walk for Water on August 9th. Registration begins at 9:15 AM at the VB Clubhouse and the Walk begins at 10. There will be 2 routes from which to choose: 2.5 km and 5 km. Pledge forms are available at most VB outlets and at Saffie's, or you can register online at lakewinnipegfoundation.org (Keep in mind that you can also support this event by simply being a pledger or a donor.)

Take note: Members of VB's Walk for Water organizing team will be present at the LWF table at the Victoria Beach Club Raffle on the Village Green next Saturday (August 1) from 10 till 4. Come and see us to chat, get some info, pick up a pledge form, make a pledge or a donation, etc.

For more information contact one of VB's Walk co-organizers: Deanne McDonald (204 756 2911 or deamcd@mymts.net) or Sandy McCaig (204 756 8855 or sandy.mccaig@gmail.com) OR you can contact Stephanie Brick, LWF's Summer Outreach Coordinator, at 204 956 0436 or events@lakewinnipegfoundation.org



Lake Winnipeg Foundation presents

French Baking and Other Treats

*One Day Only
Saturday July 25th
11:00-1:00*

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All profits go to Lake Winnipeg Foundation

8 at the Gate

There are people who ride bikes and there are CYCLISTS. Here are few ways to tell which is your group.

1. Your road bike either shares your bedroom or hangs on the wall in the living room.
2. The total value of the bikes on the roof rack on your car exceeds the value of the car.
3. When passing someone in the aisle at the grocery store you call out "hold your line".
4. Your collection of sunglasses is the envy of your children.
5. You have more cycling jerseys than dress shirts.
6. Your idea of a good time with your beloved (bike) is getting up at 04:00 to watch the "Tour".
7. If you have ever used the phrase "That's not rain its scotch mist".
8. The correct number of bikes is $\langle n + 1 \rangle$. Where n is the number of bikes you currently own.
9. Your "carbon footprint" is based on the amount of carbon fibre in your bike and clothing.
10. Your "happy place" is third wheel in the sprint, behind the tall guy. Riding every morning at 08:00. We welcome new riders. You need a helmet, road bike and a friendly attitude. We provide coaching, encouragement and a great workout.

For further information call Bob Marshall 204 756-8255 land line VB, 204 261-4292 Cell/Text or jmarsha@mymts.net // Find us on face book at "Eight at the Gate"



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Super Soccer Sunday August 9th

It is time for the annual V.B. Soccer Tournament taking place at the Sports Field on Sunday, August 9th. We will kick-off the day with the Kid's Division (7 to 10 years) at 10:00 A.M., followed by the Youth Division (11 to 14 years) and finally the Open Division (15 years and up), starting at high noon.

The philosophy of this fun tournament remains "Soccer Light". The goal for the day is fun and participation. Teams will consist of a keeper and five players on the field with a minimum of two members of the opposite gender on the field at all times. You may have as many substitutes on your team as you like. Individuals who do not have a team need not worry, just sign up and we will find a team for you! It is important to note that bare feet or running shoes will be acceptable footwear for the day, absolutely NO cleats will be allowed! We encourage you to bring water and

sunscreen. Water will be available for purchase at the Sports Field on the day of the tournament.

Please submit your team name, division category and roster no later than 6 P.M. on Friday, August 7th (no exceptions!) You can call either Stino or Rex at the numbers listed below, or feel free to drop off your submission at 311 2nd Avenue.

Are your playing days over but still love the game? Why not come down and volunteer to referee a game or two? We welcome anyone interested in refereeing to come down to the Sports Field on Sunday to help out.

If last year's champions could return the trophies to the Sports Field on the day of the tournament that would be greatly appreciated!

See you on the field!

Stino Siragusa

996-0121

Rex Neuendorff7

56-2504

Round Robin Results

The winners of this weeks Round Robin are, on July 13 we had Nicole Massé and her partner Sylvain Delaquis with a total of 12 points. As well our winners on July 17 were Alan Adamson and Laurie Reade with a total of 17 points!

Julia Lucht

Beach Lawyers

<p>Jeff Hirsch 204.756.2222 jbh@tdslaw.com tdslaw.com/jbh</p>	<p>Adrian Frost 204.934.2327 abf@tdslaw.com tdslaw.com/abf</p>	<p>Hayley Main 204.756.2073 hbm@tdslaw.com tdslaw.com/hbm</p>
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8th and Pine, VB invites you to worship with us
each Sunday in July and August at 9:00 am
in a service of Holy Communion.

Note: September 6th we will meet at 11:30 am

Please join us... all are welcome!

2015 Sports Day Results

SPRINTS

3 and under (mixed)

- 1st Max Bydak
- 2nd Hayley Mann
- 3rd Katelyn Schmidt

4 years (mixed)

- 1st Benjamin Bueckert
- 2nd Harry Potter
- 3rd Erik Johansson

5 years (mixed)

- 1st Charley Goetz
- 2nd Madeline Frost
- 3rd Benjamin Peacock

6 years (boys)

- 1st Colby Bru
- 2nd Will McCaig
- 3rd Kaiden Modala

6 years (girls)

- 1st Sydney Stibbard
- 2nd Leah Orloff
- 3rd Annabella Sime-Surcon

7 years (boys)

- 1st Pascal Schuermann
- 2nd Brayden Boge
- 3rd Carter Goetz

7 years (girls)

- 1st Zinnia Oleary
- 2nd Anastasia Boge
- 3rd Hannah Luke

8 years (boys)

- 1st Bennett Sime-Surcon
- 2nd Parker Brown/
Ayden Hebert (tie)
- 3rd Jacob Chaytor

8 years (girls)

- 1st Maggie Sirrell/
Chloe Wilson (tie)
- 2nd Hermione Granger
- 3rd Little Bo Peep

9 years (boys)

- 1st Nick Carlson
- 2nd Sasha Tataryn
- 3rd Harry Hauser

9 years (girls)

- 1st Taylor Swift
- 2nd Julia Ethans
- 3rd Isabelle Frost

10 years (boys)

- 1st Benji Hoole
- 2nd Marcus Zeilstra
- 3rd Jack Clement

10 years (girls)

- 1st Kahlen Wisener/
Emma Turzak (tie)
- 2nd Elise Chushing
- 3rd Marysu Champagne

11 years (boys)

- 1st Matthew Carlson
- 2nd Jackson Sirrell
- 3rd Ryland Nechwediuk

11 years (girls)

- 1st Caitlyn Willison
- 2nd Juliana Zeilstra
- 3rd Amy Edwards

12 years (boys)

- 1st Evan Chudley
- 2nd Declan Bowden
- 3rd Christopher Derksen

12 years (girls)

- 1st Meghan Pidskathy
- 2nd Georgia Wilson
- 3rd Annika Falkenberg

13-15 years (boys)

- 1st Ian Willison
- 2nd Strati Hrousalas
- 3rd Andrew Kaul

13-15 years (girls)

- 1st Gillian Hyra
- 2nd Aidan Pattison
- 3rd Chris Oakley

16-35 years (men)

- 1st Ed Mann
- 2nd Brendan Proulx
- 3rd Jaxin DeRoza

35-39 years (men)

- 1st Run Burgundy
- 2nd Anders Johansson
- 3rd Jay Gaurino

16-35 years (women)

- 1st Tess Poulton
- 2nd Samantha Filuk-Scott
- 3rd Alyssa Willison

35-39 years (women)

- 1st Mia Guenther
- 2nd Sue Hodgson
- 3rd Desiree Scott

40-41 years (men)

- 1st Mike Bru
- 2nd Doug Pollard
- 3rd Dave Wilson

40-43 years (women)

- 1st Lisa Zeilstra
- 2nd Kristie Pearson
- 3rd Libby Stuart

45+ (men)

- 1st Rob Hester
- 2nd Allan Gabriel
- 3rd Philippe Champagne

45+ (women)

- 1st Carla Bizruchak
- 2nd Ashley Mitchell
- 3rd Angela Roehm





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2015 Victoria Beach Golf Course Rates

MEMBERSHIPS:	Seasonal	Monthly	Two Weeks
Family - Adult Couple	\$ 450.00	\$ 245.00	\$ 175.00
Single - Adult	\$ 250.00	\$ 160.00	\$ 120.00
Junior - 13 to 17	\$ 170.00	\$ 110.00	\$ 105.00
Child - 12 & under	\$ 120.00	\$ 80.00	\$ 70.00
Family (Max 2) 1 Adult & 1 Child	\$ 320.00	\$ 150.00	\$ 120.00

GREEN FEES: 9 holes Weekdays - \$ 13.00 Weekends - \$ 15.00
 Children (12 & Under) - Weekdays \$7.00/round Weekends \$10.00/round

LOCKERS:	Lower Locked	Upper Locked	Lower Open	Upper Open
Seasonal	\$ 35.00	\$ 30.00	\$ 30.00	\$ 25.00
Monthly			\$ 30.00	\$ 20.00
Daily -	\$ 2.00			
3 Wheeled Carts -	\$ 40.00			

Manager: Karl Hutchison
PHONE - 204-756-2435

All above fees/memberships include GST. Children 12 & under may not tee off Saturday, Sunday or Holidays until after 10:00 am and must be accompanied by an adult. Small tournaments welcome.

2015 Sports Day Results

FAMILY RELAY

1st heat

- 1st Abi Popel, Georgia Wilson, Linnea Kosokowsky, Julianna Delgrosso
- 2nd Alexis West, Kayla Cote, Dallas West, Kade Cote
- 3rd Troy Martin, Jenna Oakley, Chris Oakley, Aryn Oakley

2nd heat

- 1st Nechwediuk Family
- 2nd Christopher Derksen, Nick Carlson, Matthew Carlson, Nyah Madala
- 3rd Kahlen Wisener Julia Ethans, Piper Hughes, Jessica Preston

3rd heat

- 1st Alyssa, Caitlyn, Ian and Steven Willison
- 2nd Philippe, Xavier, Benji and Maryse Champagne
- 3rd Thomas Partridge, Amy Edwards, Eddie Partridge, Christopher Edwards

4th heat

- 1st Jackson Sirrell, Evan Chudley, Kennidi Stubbs, Brynne Morrison
- 2nd Aria Guenther, Miles Guenther, Lily Masse, Mia Guenther
- 3rd Kiran and Kaiden Medala, Carla and Cathy Eizrucha

5th heat

- 1st Kya, Jared, Sami and Rob Hester
- 2nd Andrew Haul, Gillian Hyra, Dana Poulton, Aidan Pattison
- 3rd Crew Willy

6th heat

- 1st Tia, Andreas and Terry Davison and Strati Hrousalas
- 2nd Jack and Sam Menec, Matthew and Rachel Garret
- 3rd Dana, Bruce, Maggie and Jackson Sirrell

7th heat

- 1st Chloe and Georgia Wilson, Caitlyn Willison and Brooke Oxenforth
- 2nd Amy and Jack Maurer, Emma and Lucas Eftekhar
- 3rd Tess, Dana and Gord Poulton, Darcey Cameron

POTATO SACK RACE

4 and under (mixed)

- 1st Erik Johansson
- 2nd Luke Stibbard
- 3rd Benjamin Bueckert

5 years (girls)

- 1st Charlseay Goetz
- 2nd Madeline Frost
- 3rd Little Rabbit Foo Foo

5 years (boys)

- 1st Ronin Enriquez
- 2nd Ryland Orvis
- 3rd Benjamin Peacock

6-7 years (girls)

- 1st Anastasia Boge

- 2nd Hannah Luke
- 3rd Zinnia Oleary

6 years (boys)

- 1st Kaiden Madala
- 2nd Will McCaig
- 3rd Pascal Schuermann

7 years (boys)

- 1st Carter Goetz
- 2nd Brayden Boge
- 3rd

8 years (girls)

- 1st Maggie Sirrell
- 2nd Chloe Wilson
- 3rd Sophia Lacroix

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2015 Sports Day Results

9 years (girls)

- 1st Isabelle Frost
- 2nd Julia Ethans
- 3rd Emma Turzak

8-9 years (boys)

- 1st Nick Carlson
- 2nd Miles Guenther
- 3rd Bennett Sime-Surcon

10-12 years (girls)

- 1st Juliana Zeilstra
- 2nd Elise Cushing/
Chayse Dube (tie)
- 3rd Kennidi Stubbs

10-11 years (boys)

- 1st Maclean Fish
- 2nd Matthew Carlson
- 3rd Jack Filuk-Scott

12 years (boys)

- 1st Evan Chudley
- 2nd Igot Sacked
- 3rd Matthew Kaul

13-19 years (girls)

- 1st Tess Poulton
- 2nd Dana Poulton
- 3rd Samantha Filuk-Scott

13-19 years (boys)

- 1st Kade Cote
- 2nd Ian Willison
- 3rd Jared Siragusa

20+ years (women)

- 1st Kiera Garagan
- 2nd Hop Tuit
- 3rd Lisa Zeilstra

20+ years (men)

- 1st Jamie Boge
- 2nd Sean West
- 3rd Kiran Madala

SLOW BIKE RACE

7 and under (girls)

- 1st Anastasia Boge
- 2nd Hannah Luke
- 3rd Charlseay Goetz

7 and under (boys)

- 1st Kai Peacock
- 2nd Pascal Schuermann
- 3rd Matthew Baylis

8-9 years (girls)

- 1st Piper Hughes
- 2nd Chayse Dube
- 3rd Erin Rempel

8 years (boys)

- 1st Keaton Fish
- 2nd Dustin Dewind
- 3rd Bennett Sime-Surcon

9 years (boys)

- 1st Josh Stubbs
- 2nd Sasha Tataryn
- 3rd Aaron Pattison

10 years (girls)

- 1st Jessica Preston
- 2nd Laine Crosser
- 3rd Katy Perry

10 years (boys)

- 1st Braker Mourant
- 2nd Lucas Eftekhar
- 3rd Benji Hoole

11 years (girls)

- 1st Riley Hughes
- 2nd Ella Russell
- 3rd Juliana Zeilstra

11 years (boys)

- 1st Matthew Kaul
- 2nd Ryland Nechwediuk
- 3rd Loring Roehr

12 years (girls)

- 1st Kennidi Stubbs
- 2nd Georgia Wilson
- 3rd Abby Melville

12 years (boys)

- 1st Deelan Bowden
- 2nd Evan Chudley
- 3rd Xavier Champagne

13years (girls)

- 1st Chelsea Diunin
- 2nd Dana Poulton
- 3rd Eat my Dust Bunny

14-15 years (girls)

- 1st Diana Ross
- 2nd Caitlin McDonald
- 3rd Emily Chisholm

13-15 years (boys)

- 1st Vasek Popsicle
- 2nd Strati Hrousalas
- 3rd Jarad Siragusa

16+ years (women - 1st heat)

- 1st Ashley Mitchell
- 2nd Rusty Wheeler
- 3rd Sue Hodgson

SUNDAY AUGUST 2, 2015
VB COMMUNITY CENTRE OFF 59

YACHT CLUB DANCE

LIVE BAND

BROCK STREET BANDITS

DJ

FRASIER

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COMMODORE RYAN VAN BERKEL: 204 291-1775
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VB Community Church

We enjoyed a fine service, today- lots of voices in the choir & an interesting message from Hans Boge. It is nice to see all the folks back at the beach, both locally & from various places in Canada & the U.S. Next week we will have Kris Taylor from the Lutheran Church to give the message. Come & join us at 11 am on Sunday.

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2015 Sports Day Results

16+ years (women – 2nd heat)

- 1st Lisa Zeilstra
- 2nd Maggie Rozzi
- 3rd Amy McCaig

35+ years (men – 1st heat)

- 1st David Popoff
- 2nd Dave Wilson
- 3rd Gord Beazley

35+ years (men – 2nd heat)

- 1st Jeff Hughes
- 2nd Jason Stubbs
- 3rd Patrick Schuermann

4th heat

- 1st Joshua Peacock, Kai Peacock, Benji Hoole, Ronan Lodewyks
- 2nd Mopping Up
- 3rd Anythings Pospisil



EGG TOSS

- 1st Tamara Roehr, Anndrea O'Connor
- 2nd Ryan Wind, Tristan Wind-Sabourin
- 3rd Philippe Champagne, Joanne Prescott

BALLOON BUM BREAK

1st heat

- 1st Martina Berko, Emily Chisholm, Caitlin McDonald, Haley McDonald, Haley McNeice
- 2nd Neil, Chelsea, Kiera and Irena Dinnin
- 3rd Jack Maurer, Lucas Eftekhar, Emma Eftekhar, Josh Peacock, Sasha Tataryn

2nd heat

- 1st Mia, Aria, Miles and John Guenther, Brayden Boge
- 2nd Robert and Cash MacCartney, Kya Mason, Sami Hester, Jared Saragusa
- 3rd Scott Kosokowsky, Ryan Wall, Easton Hyra, Travis Hyra, Cameron Orloff

3rd heat

- 1st Jack Menec, Sam Menec, Xavier Champagne, Matthew Garet, Joe Lawrence
- 2nd Andrew Kaul, Gillian Hyra, Dana Poulton, Aidan Pattison
- 3rd Bumming Around

Attention VB Event Convenors!



The VB Club now has these snazzy Pinnies for you to wear at at your events.
 Contact Bruce Sirrell, Rec Director, if you would like one for your event.
 Thanks for volunteering!



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2015 VB Children's Fishing Derby



The warm rays of sunshine bathed the pair on Saturday morning for the 2015 VB children's fishing derby. 58 anglers baited their hooks and casted their lines in the Lake Winnipeg waters for the two-hour derby. The fish proved to be rather elusive to catch with only a grand total of 9 fish being landed on the day.

Hopes were high when Heather Lamont opened the derby 10 minutes in catching a 12 and a half-inch pickerel but the action seemed to hit the doldrums after that. As the clouds rolled in and the rain began to fall for the final half hour, Lochlan McClintan snagged a big channel cat with five minutes left in the derby. This year marked the first time in a while that no children caught multiple fish. Therefore, no ribbons were handed out in that category. The results for the following two categories and list of participants were as follows:

Saturday, August 1
& Sunday, August 2
11 am-3 pm

Scurfield Glass & Art Show/Sale
301-7th Ave. Victoria Beach



Biggest Fish

1st Place	Lochlan McClintan	22 3/4 inch Catfish
2nd Place	Allisdair McClintan	16 inch Drumfish
3rd Place	Bryn Orvis	16 inch Silver Bass
	Heather Lamont	12 1/2 Pickerel

Smallest Fish

1st Place	Jack Filuk-Scott	8 1/2 inch Perch
2nd Place	Nicholas Carlson	9 1/2 inch Perch
	Geoffrey Ritz	9 1/2 inch Sauger
3rd Place	Harmony Ritz	10 inch Sauger
	Thomas Merriman	10 inch Sauger



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THE Highway

**FRIDAY, JULY 24
SATURDAY, JULY 25
7:00 P.M.**



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Boston, The Beatles, CCR, etc.

**A tribute to
African Orphanage
Founder Charles Mulli**

FREE CONCERT • VILLAGE GREEN STAGE

2015 VB Fishing Derby Participants:



Meghan Pidskalny, Matthew Carlson, Heather Lamont, Kim Lacroix, Sam Alsip, Auvery Salon, Thomas Merriman, Brooke Oxenforth, Ben Lacroix, Branden Lailey, Charlsey Goetz, Logan Mitchel, Ethan Alsip, Ella Maternick, Allisdair McClintan, Cameron Lailey, Pascal Schuermann, Nicholas Carlson, Carter Goetz, Steven Mitchel, Jack Filuk-Scott, Ryan Maternick, Chante Langillis, Alicia Schuermann, Rylan Orvis, Blake Edwards, Marcus Zeilstra, Calvin Hesse, Hunter Thorvaldson, Lauren Stefansson, Ryan Kaser, Bryn Orvis, Troy Martin, Margo Kilbrei, Sasha Tataryn, Ransom Henderson, Lev Haddad, Jacob Chaytor, Aaron Pattison, Shayne Martin, Kate Kilbrei, Jill Doiron, Lochlan McClintan, Etta Haddad, Keaden Brennan, Rylen Giroux, Harmony Ritz, Kiera Wieler, Jackson Sirreil, Johann King, Asher Treleaven, Cedric Schuermann, Travis Hyra, Geoffrey Ritz, Ryan Wall, Maggie Sirreil, Evan Merrimann, Caitlyn Willison.

Congratulations to everyone who came out and caught some VB fun in the derby. Hopefully the fishing action will pick up for the rest of the summer.

A big thank you goes out to all the volunteers who helped make this year another memorable experience for the kids:

Joanna Bowles for shooting all the pictures, the VB rec staff for helping set up the tables, record results, measure fish, and then take down all the equipment, the Moonlight Inn for providing ice cream to the kids, the Alsip family for their kind donation towards the cost of providing ice cream cones to each angler, John Quinton for taking the time to design and print the certificates for the kids who caught a fish, Mr. Ritz for helping remove hooks and ensuring each fish was returned to the water safely, and Kevin Ateah for providing smooth transportation to and from the pier.

Enjoy the rest of the summer and see you again next year.

Jeff Lailey

Fishing Derby Coordinator

When it's hot

Drink water regularly Protect yourself from the sun Find a cool place for a break

Reduce strenuous activity If unwell, get out of heat & get help Check on others

Too much heat and humidity can lead to dehydration, heat exhaustion, other serious illnesses and even death. Early symptoms of heat-related illness can include: headache, dizziness or fainting, rapid breathing or heart rate or otherwise feeling unwell. Get out of the heat and try to cool down. Seek medical care if needed. Older adults, people with chronic health conditions, on certain medications, or living alone are at greatest risk for a heat-related illness.

To learn more about how you can protect yourself, visit:
www.manitoba.ca/health/publichealth or call Health Links-Info Santé at 204-788-8200 or toll-free at 1-888-315-9257.

~ BEACH PEOPLE ~



I am a life-long VBer and also a member of Grands 'n' More Winnipeg (GnM) which is one of more than 250 Canadian grandmother groups which are part of the Grandmothers to Grandmothers Campaign of the Stephen Lewis Foundation (SLF). It is estimated that there are more than 17,000,000 orphaned children in sub-Saharan Africa owing to AIDS. With resilience and determination, grandmothers in Sub-Saharan Africa are caring for their grieving grandchildren, often with little or no support, mourning the loss of their adult children while coping with their own deteriorating health.

Grandmother groups across Canada have raised more than \$10,000,000 to support the projects funded by the SLF and are working tirelessly to raise awareness of the plight of the African grandmothers and their grandchildren. We have promised our African sisters that we will not rest until they can rest.

The sale of handmade bags by Manitoba volunteer sewers has been a very successful fundraiser for GnM since 2008. We will be on the deck at the Victoria Beach General Store on Saturday, July 25th from 10:00 a.m. – 2:00 p.m. selling all our bags, aprons, balloon balls, etc. All proceeds go to the Grandmothers to Grandmothers Campaign. Hope to see you there!

Laurel Garvie



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~ BEACH PEOPLE ~



and how to roll the top of the pie on, once the fillings were inside, instead of trying to flip it on top. We ate some delicious pies the day of, and stored some of them for later to enjoy at potlucks this summer with friends. Thank you Noni for your patience in teaching us the intricacies of flaky pastry.

Jevian Haywood

Master Class at the Beach

Several of us enjoyed a Master Pie-making class with Noni Reid in her small cottage kitchen on 6th avenue. Flavours of apple, strawberry-rhubarb, and the favourite – fresh-picked V.B. blueberries were folded into pies with flaky dough from Noni's special recipe. Master baking students Dale Reid, Lisa Heffelfinger, Christina Tompkins Allison Guest, Sarah Guest and Jevian Haywood learned proper dough kneading



Beach Banter

As I rode the avenues in the rain, coming home from the market Saturday, I thought to myself, where else in the world would everyone on their bikes, running, or walking, have such happy looks on their faces... despite the stormy weather? As we begin the crest towards mid-summer, more and more friends are arriving from near and far to enjoy time at beautiful Victoria Beach.

Jamie Scott and Scott Haywood, (who always has a project on the go) and daughter Jevian (who is about to head off for a summer jaunt to Indonesia) are here. Dale and Ian Reid are here from Toronto, Dale is fresh on the retirement train from a lifetime of teaching and Ian, always busy as usual, can be found out foraging for blueberries and wild mushrooms. They are impatiently awaiting the arrival of daughter Kathleen, here from Halifax for the long weekend. Daughter Erin will get her V.B. time in early September, coming from Toronto where

CONTINUED on next page

**IN THIS WORLD THERE'S
TWO TYPES
OF PEOPLE MY FRIEND.
THOSE WITH LOADED GLASSES
AND THOSE WHO DANCE.
YOU DANCE!**

SATURDAY JULY 25, 2015

**The Good, The Bad, The Ugly of Western!
VB Clubhouse • 30+ Dance**

.....

Time: 7:30 pm • Tickets: \$40:00
Tickets available at Moonlight Inn. July 6th

CONTINUED FROM PAGE 18

she is in nursing school full time. They are also expecting brother Colin Reid and partner Sharon for a visit any day now.

Allison (who is madly at play on the tennis courts) and Doug Guest, daughter Sarah (a vet assistant) and son John are here as often as they can be. John is working hard for Schooter painting cottages this Summer. Christine McCrady (née Donovan) is here with her father Joe on Sunset . She is expecting her husband Jeff and her children Curtis and Ryan for a quick visit in late July.

Tom Hayward, Linda Nelson, and their brood are currently in residence with their daughter Celene. Daughter Emilie, and her partner Tosh are back and forth from the city, while daughter Amanda Drake (née Hayward) is across the avenue with her beautiful daughters Miller and Davis. (Miller says that she wants to tell people that she was born here...) Mike Drake, who is currently working on a movie in Vancouver, was sadly only here for a quick weekend visit.

Andrew Smith and Kathy Heffernan are looking forward to a longer stay later in the summer. Their daughter Devyn is off to play water polo in Montréal, brothers Aidan and Callum will be here when they can. Along with them, and arriving later in the summer, will be friends Tom Robinson and Connie Macdonald from Banff. Son Casey is busy fighting fires in BC.

Paul Grover and his wife Michelle will arrive soon from Calgary to stay at their cottage on Sunset (The question on my mind is, will it be warm enough for skinny-dipping when they get here?)

We also look forward to the arrival of Margo Langdon with assorted family members, here to spend time with her mother Doreen on 3rd. Old friends like Brian Veitch and his son Walker and girlfriend Sarah are here and gone from Huntsville, Ontario, and spent the week catching up with old friends.

Barb Pritchard and daughters Chayse and Grace are busy participating in every activity possible, husband Kevin is in and out as often as possible. Karen Mitchell, the Hagglunds (Gerry and Michelle) come and go (with short visits from their son Daniel taking a break from his busy life in culinary school), as do assorted other Grovers, Westburys , (we see you...) and the new owners of Deneheys, Cathy Pitfield and Ian Ross.

My own family members, Amanda Heffelfinger and her partner Steve Perks will be here in time for the tennis tournament on the long weekend in August. My daughter Lucia will be here for a

quick turn around at the end of the month taking a much needed break from her management position at Silk Road in Victoria and her busy political advocacy work in that city. My other daughter Eleanor, unfortunately, will not be joining us this year, as she is busy gearing up for university in September.

Many others, new friends and old, reconnect. We drink wine, have huge late-night meals, sit on the beach, practice yoga, play tennis and golf, all the while grateful for the time that we have together. It is always Summer in our hearts.

With love, Lisa Heffelfinger

**** GREAT PRIZES ****

VB Club Raffle
Saturday, August 1 • 10:00 – 4:00
Village Green

ONE DAY ONLY!
(Rain date Sunday, August 2)

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Hot, Hot Summer Night at VB!

Come join us for a Latin Dance Party at the Clubhouse on Saturday August 1.

Doors open at 8:00pm

No admission fee

No experience necessary

There will be 30-45 min of basic salsa instruction followed by dancing to the rhythms of salsa, reggaeton and bachata beats!

Don't forget your dance shoes (runners or comfortable sandals) and water!

This is the first time ever this has been offered at the VB clubhouse! Come enjoy and support something new! All you need is a desire to dance and enjoy Latin music. And, if you already know how to dance, come keep the dancing going!

Children's Masquerade



Remember that the Children's Masquerade is coming up this Saturday July 25. We'll get started at 10am and the location is the same - the Art Vincent Memorial at the Village Green. The sun always shines on the Masquerade but, in the unlikely event of rain, we'll use the Clubhouse.

So dig into Grandma's tickle trunk and put together your costume. Assuming we're organized enough, we'll have small prizes for Best Original costume, Best VB-themed and Best Group costume. If anyone wants to take us up on it, we'll even offer up a prize (and a considerable amount of glory) for the Best Adult costume.

If, however, you decide you're too old to dress up we hope you'll still come down to enjoy the show. Aaron Burnett, our favourite musical entertainer, will be playing once again and no one is too old to try to keep up to the Purple People Eater!

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RMVB Garbage Pickup Summer Schedule

Door-to-door pickup is as follows:

MONDAY - Albert Beach, all areas south of Arthur Road and west of Ateah Road, including Ateah Road

TUESDAY - All avenues in Restricted Area north of Arthur Road including Sunset Boulevard

WEDNESDAY - Municipal garbage enclosures in all areas.

Garbage is to be placed in garbage bags and left in containers (preferably bear-resistant ones). Containers are to be placed in the front yard - not on the road allowance - by no later than 8:30 am. **PICK-UP IS FOR HOUSEHOLD GARBAGE ONLY.**

TRAVERSE BAY LANDFILL: PTH#11 - 3 miles east of PTH#11 & #59 intersection. Summer Hours OPEN DAILY - 9 am to 5 pm.

A pass is required, they can be picked up at the gate, public works, or the municipal office.

The VB Swim Program

Congratulations to all the swimmers who completed the first session of Swimming Lessons at VB! And a big thank you to the Swim Instructors for making lessons fun. And thanks to everyone involved for being flexible and gracious about the weather over the past couple of weeks. We've held some classes in the clubhouse during the rain and had to send some classes home early telling the kids to ride like the wind to beat the storm!

Second session starts Monday July 27 and there are still lots of spots available including some private and semi-private and the new Babysitting Course. Come sign up at the Swim Dock any weekday morning between 9:30 and 10:30 with Lanette, our Head Swim Instructor. Swim kids learn all the stuff they do at city lessons plus lake safety and they make friends with other kids their age here at the beach.

Some stories from session one:

From Tess and Spiro: "I (Tess) had my level 5/6 class engage in friendly competition against Spiro's 5/6 class. We challenged each other to a treading water duel. All students were so unwilling to give up that they ended up going for the whole class and were forced to stop only so us instructors could continue lessons. We rewarded all of them the next day with first place ribbons and candy for their 30 minute feat. Even though they all tied, Spiro and I still argue that our own class is better."

From Cameron who is enjoying lessons both at the swim dock and at the beach: "Our Salamanders (some of the youngest of our swimmers) taught us that the distance from the earth to the sun could be measured in trucks."

We can't wait to meet our new classes on Monday! This weekend we hope to see lots of you coming to the 800 Meter Swim on Saturday at 2 PM at the Pier. **NEW THIS YEAR** – 800 Meter Relay – get a team of 4 swimmers together to complete the 800 meter course. (relay takes place after the individual races).

Just keep swimming!

Tamara Roehr
Swim Convener



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25 Crucial Seconds

Statistics show that at both the competitive and recreational levels, tennis players hit the ball approximately 15 minutes of every hour they play a match. The other 45 minutes are spent retrieving balls, toweling off, switching sides, arguing, bouncing the ball before the serve, etc. Despite the fact that the ball is in play only 25 percent of the time a player is on the court, most players devote 100 percent of their practice time to hitting, playing, drilling or other aspects of the game related to the 25 percent of the match where the ball is in play. Are you preparing for the other 75 percent of your matches?

If tennis is 25 percent physical and 75 percent mental, it's critical that players work on the time they have between points to prepare for the next point they are going to play.

Take Time, players like to rush between points, especially if they just had a good or a bad point, taking as little as five or six seconds of the available 25 seconds they have.

First, this is detrimental from a conditioning standpoint. Your body needs time to get rid of the anabolic wastes from your muscles which are produced as your body burns glycogen (carbs) during points. Taking time also allows the body to cool itself down and lower the heart rate. Rushing the next point does not let you assess your situation, evaluate what happened the last point, plan the next point, and analyze what your opponent is likely to do the next point. Taking time allows you to do all of these.

Develop and Practice a Routine

Studies of great players over the years show that they follow the same routines between points.

The 16 Second Cure (Dr. Jim Loehr) is a very good method to regain control of your anxiety and emotions between points. It will help you to structure your time during points or games and to be better prepared for the next point. The 16 Second Cure includes 4 stages:

Positive– Following a lost point, make a quick decisive move away from the mistake as if you say with your body “no problem”. Immediately transfer your racquet to your non-dominant hand with your head tilted up and walk back to your position with shoulders back, head up, and eyes forward and down, projecting a strong, confident image. Many players talk to themselves between points. Some berate themselves, while others pump themselves up. If you engage in negative self-talk, it's crucial that you realize this and see how damaging it is. Using positive self-talk to pump yourself up and prepare for the next point is a significant improvement you can make as a player.

Relax – Once behind the baseline keep your feet moving. Your eyes should be looking at the strings of your racquet or at the ground. Players who are looking into the stands, at the sky or other things are not focused. Shake out your arms if necessary to release tension. Always walk several feet behind the baseline before starting the next point. The more stressful the point, the more time you should take in this stage.

Prepare– Move toward your serve or service return position. Project the strongest, most confident image possible. Now is when you should plan what you're going to do with the upcoming point. Top players quickly evaluate what happened good and bad during the last point without attaching any negatives to this evaluation or carry it with them as baggage. They then begin planning what they will do during the next point.

Rituals – If you're serving, bounce the ball at least two times and pause after the last bounce to gather yourself before starting the service motion. This will guard against hurrying when under pressure. If you are returning fix your eyes on the ball on the other side. Maintain movement by jumping up and down or swaying back and forth. Some players like to spin their racquet in their hand.

If you follow these four stages of Positive, Relax, Prepare, and Rituals or P.R.P.R. you will be giving yourself a chance to master the other 75 percent of the game of tennis!

Adapted from The 16 Second Cure by Dr. Jim Loehr

GET READY ... Senior Tennis Open Just Around the Corner

Get Ready for the Senior Open Tennis Tournament starting on 8:00am Saturday August 1, 2015. This year's tournament will feature great tennis in Singles and Doubles along with an expanded Social presence on Twitter. Follow the tournament by following @HeppenstallJohn or Allan Morrish @amorrish1. Join the conversation - #vicbtennis.

Sign up sheets will be posted with player's code of conduct on Saturday July 25th. Draws will be posted Friday 3pm July 31, 2015. Maximum 3 events per person (\$5 per event). Non - Victoria Beach members must pay \$20 entry fee plus event fee.

Let's have fun and play well

John Heppenstall Chair

Allan Morrish - Co - Chair



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The Tossing Arm on the Serve

The non-dominate arm plays an important role on the serve. The most obvious being used for the toss but it can also help your balance and serve consistency.

When tossing, the tossing arm should be kept straight and lifted from the shoulder, parallel to the baseline. The palm of the tossing arm should face up, lightly holding the ball, releasing the ball at eyelevel. The tossing arm should then follow the path of the ball. Extend the arm up as you release the ball and keep it there until you see the ball beginning to descend. This will help

your balance, body control, and your serve consistency.

Players often tend to drop their head through the contact because they want to see where the ball is going. When you drop your head, your racquet tends to hit down at contact. By extending the tossing arm up, your head will not drop through the serve. A still head helps you with balance and consistency.

So keep the tossing arm up longer for a more consistent serve.

C/O Tennis and Life Camps

Tennis Lessons with

Robert Kennedy

Mondays July 20, and 27



Ages 8-10	8 students	1 hour	1:00-2:00	\$5.00
Ages 11-13	4 students	1 hour	2:00-3:00	\$10.00
Adult beginners	4 students	1 hour	3:00-4:00	\$10.00
Adult beginners	4 students	1 hour	4:00-5:00	\$10.00
Adult intermed/advance		1 hour	5:00-6:00	\$10.00

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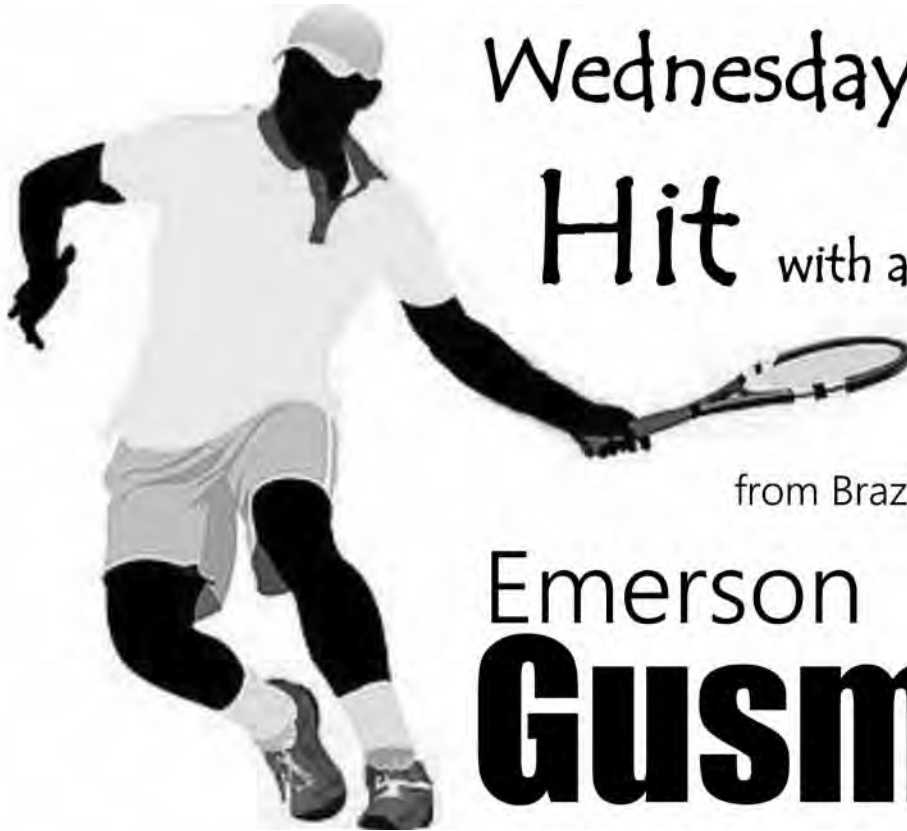
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Wednesday July 29

Hit with a Pro

Sign up at Kiosk

from Brazil, high energy,

Emerson
Gusmini

Full Master's Tennis Tournament results in *the Herald* July 31

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Free Estimates

Tennis this week

Robert Kennedy Tennis Lessons, Monday July 27, 1:00-4:00

Adult Tennis Drills, Friday July 31

Sign up for the Senior Open Tournament Aug 1-3

Hit with a Pro, Emerson Gusmini, Wednesday July 29

Emerson Gusmini is a former professional tennis player from Brazil. As a Master Tennis Coach (Brazil), Tennis Coach Level 3 with Tennis Canada, Emerson has more than 25 years' of coaching experience with all levels of players. As a bonus, Emerson's brother who is visiting from Rio de Janeiro, a tennis coach with the Brazilian National team, will also be in VB with Emerson. Ok, ok, ok ladies..., although I have never met Emerson, I hear he is a Carlos Moya look-a-like. Google it. How is your Portuguese?

Thank You

Thank you to Sheila Grover for ridding our water fountain of a wasps nest; to Jared Connell for the very professional tennis lessons and for accommodating an extra group of juniors on the waiting list; to Stephen Dubienski for leading a very successful junior tennis camp; to Tam Scott for keeping our grounds so tidy and well-manicured.

Duplicate Bridge News

Our annual Victoria Beach Duplicate Bridge tournament will be held on Wednesday, August 6th.

Please arrive by 6:20 PM at the clubhouse. Cost is \$5.00 per person. Come with a partner or if you don't have one, call Donna at 2733.

We had five tables of duplicate bridge on Monday, July 21st.

Congratulations to Bev Underhill & Bob Laumeyer who came first in the North - South position and Fran Pollard & Donna Thain who came first in the East - West position.

Please arrive Mondays at the clubhouse by 6:20 to play duplicate bridge. Cost to play is \$1.00 and cold drinks are also sold for \$1.00. If you need a partner, call Ken at 3612.

Please support the Victoria Beach Club by buying a seasonal membership as we would not have bridge if it were not for the Victoria Beach Club.

See you Monday at 6:20

Rec Program This Week

Howdy VB kids!

Another great week we had.

Here is the plan for the Week of Monday July 27:

This week's movies are:

July 28: Book of Life PG 95 min

July 30: Earth to Echo PG 89 min

Remember movies start at 7:30 at the clubhouse.

Arts and Crafts this week is Tie Dye. We will be selling a limited number of white tshirts for \$5. Feel free to bring your own if you like. We will also have dry dye and fabric paints as well.

Bike Hike will be to Highway Beach. Please remember to bring a helmet- no helmet, no bike hike!

Don't forget your bathing suit and towel if you want to swim at the beach.

We meet at the clubhouse just before 10 and are back usually just before noon. Parents and grandparents are always welcome and appreciated on the hike!

Social Bridge Update

We had 5 tables of players out to enjoy an afternoon of bridge this week. Fran Pollard was the big winner with a score of 6100! Patty Johnson and Donna Thain placed second and third respectively. See you at the Clubhouse next Wednesday at 1:15 sharp.

Fitness Classes/ Summer 2015

Here is our line up for this year!

Please bring a mat and water with you to the classes.

Class	Instructor	Dates
Dance Aerobics	Linda	July 24, 27, 29
Aerobics	Janice	July 31
Total Body Conditioning (TBC) *Tubing bands required for TBC	Julie	August 3, 5, 7, 10, 12, 14

If you are interested in being a part of our fitness line up for next year please contact Julie McPetrie 204-979-2707

Teen Movie Night

This week is scary movie at the clubhouse featuring "The Conjuring"

It takes place on Wednesday July 29th -- bring your friends down to Clubhouse for 9pm if you dare!

Free popcorn for everyone that attend. All those kids 13 and over welcome.

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Sunrise Wellness offering PEMF, Reiki, Chakra Balancing, LOA & Lifestyle Coaching, Anti-aging and more. 204-756-2387.

Sun Country Arts & Crafts Inc. Arts, Crafts & Collectibles Sale, Victoria Beach Rec. Ctr., Sat. August 8, 10 am - 4 pm, Tables \$25. Contact Judy 204 754-3800.

Perennials, hostas, delphiniums, succulents, lilies, etc. Floral arrangements upon request. Also fair garden classes every Monday at 10 a.m. (pre register). Ongoing till September. Phone 204-756-2952, 428-7th Ave.

Classified ads are an affordable way of selling new or used items; Expanding your business; Sending your loved one a congratulations message or announcing the birth of your baby, grand baby or engagement. Cost is \$10 for 25 words and \$.25 for each additional word and can be paid by visa or m/c. Please contact Lana at 204-292-2128 or email: jmeier@highspeedcrow.ca before Friday 4 p.m.

IN MEMORY



Memorial Service

Warren Ralph Purdy

passed away in Winnipeg on March 13, 2015. A memorial service to celebrate his life will be held Sunday, July 26 at 1:30 at the Senior Scene on Ateah Road.

VB Country Market

It doesn't get much more local than the VB Country Market. If you like to support the local economy and the gifts of this area, this might interest you. At our market we have some vendors who are here because of generations of being VB'ers or first generation cottage owners. For example, we have Michalle Bowles (Norwex), Carolyn Cameron (Celtica) & her 2 boys (A&L Dog Treats & Refreshments). Brenda Green (Don & Gail's daughter bringing her Metal Art), and Ashley Recksiedler (Go Natural Beauty products made from Goat's milk) who come back to visit parents in VB. Nancy Blokland (pottery) brings her son to see his cousins. Grandpa Lester is proud of his grandson, Jay, who is selling his local veggies along with his Aunt's award-winning Canadian Gourmet Birch Syrup, produced in Beaconia. Ruth Cooley (plants), and Lizzie & Co. (Fashion accessories) also have roots in this area.

Grand Marais sends us Demetra Penner (Sweet Spirit Apothecary), and Marvin Tanasychuk (Nepal Imports) who has a friend who puts up with him there. Traverse Bay is the home of Jaidyn Kelly (Busker) and she brings with her Emily Green (talented musician from Belair). Also from Belair are Anita (Anita's Kitchen), Ann Ferchuk (handmade wool gifts). Diane Silverthorne (Chickadee Photography) and Rick Dreger (Honey) who come from Hillside properties, join several vendors who come from Pine Falls &

St. Georges. The Knights of Columbus member who brings tree stump stoves, Bob & Loretta who bring Wild Rice and local preserves, join the much awaited Veggie Wagon.

And that is not even all who have come in July. We have a few additions in August, and the vendors will come back again if they are supported. And speaking of support, thanks to all the local volunteers who are running the Friday and Saturday morning canteen. It adds a whole new "tradition"...just outside the gate. Possibilities are endless. So, if you know of anyone wanting to join the market, please have them contact Margaret at 756-2181 or mmurrayhaddad@gmail.com. See you there.



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Welcome back everyone – for another great summer!

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318 4th Ave	Lots, Land & Acreage	
219 3rd Ave PENDING	Clearwater Cove Lakefront 5.76 acres,	
315 3rd Ave REDUCED	driveway in, cleared	\$199,900
218 6th Ave	4 Birch Haven+1650 gal holding tank,	
3 Thomas Dr.	driveway in place	\$39,900
3 Juniper Ave	7 Birch Haven+1650 gal holding tank,	
5 Juniper Ave REDUCED	driveway in place	\$39,900
6 Beech Ave REDUCED	29 Evergreen Rd Free gravel drive &	
138 Centre SOLD	lot clearing till July 31	\$31,900
342 8th Ave SOLD	26 Lakeview Sandy Bay 20' walkway	
207 8th Ave SOLD	beside+public res behind	\$40,000
116 8th Ave	20 Evergreen Rd in beautiful	
1 Elm St.	Pine Glenn	\$29,900
309 1st Ave	6 Evergreen Rd Free gravel drive & lot	
Victoria Beach Non-Restricted Area	clearing till July 31	\$29,900
45 Lakeview Dr SOLD	6 Eastshore Dr surveyed, cleared	
13 Clearwater REDUCED	driveway in place REDUCED	\$28,000
10 Arthur Rd SOLD	4 Evergreen Rd Free gravel drive &	
Victoria Beach LAKEFRONTS	lot clearing till July 31	\$29,900
419 Sunset Blvd	23 Lakewood Dr Free gravel drive &	
47 Hampton on 1 acre	lot clearing till July 31	\$29,900
417 Sunset Blvd	339 8th Ave Rare, vacant lot backs on	
	to golf course REDUCED	\$85,000

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IN MEMORY



**ROBINA (BOBBIE)
CLARE GRANT
(nee MACLEOD)**

It was with great sadness that we said goodbye to Bobbie who passed away December 2, 2014 at the age of 91.

Bobbie was a long time summer resident at Victoria

Beach and spent her childhood years with her Mom and Dad, George and Mabel Macleod and her sister Audie (Nutter) at the Macleod family cottage at 223-5th Ave. Bobbie met her husband David Grant at one of the Victoria Beach summer dances and they eventually took over the Grant cottage at 126 Birch Ave. where they spent many wonderful summers with their children Jamie and Susan. In later years, Bobbie and Dave treasured summer visits from their four grandchildren (Victoria and Macleod - from Calgary; Callum and Tiegan from Auckland, NZ).

Bobbie's passion was being at Victoria Beach with her family, living the beach life and playing tennis with her friends. Many a Thanksgiving dinner was shared with the Quinton family, a very special beach tradition that lasted for years.

Bobbie was laid to rest July 3, 2015 at the Victoria Beach Cemetery beside her husband Dave, who predeceased her in 2012. The service was officiated by dear friend Helen Trainer.

The family is planning a celebration of Bobbie's life and asks friends to join on Thursday, July 30, 2015 from 1:00-3:00pm at the Qualico Family Centre (Tamarack room), 330 Assiniboine Drive (Assiniboine Park), Winnipeg, MB.

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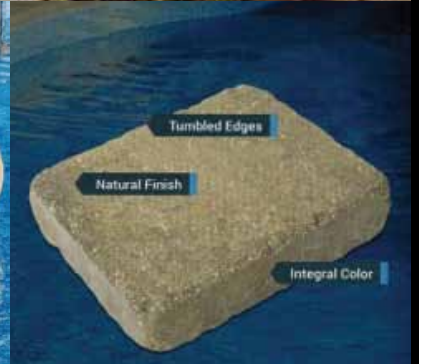
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