

Victoria Beach HERALD

90th year • Issue No. 4

A non-profit service of the Victoria Beach Club

Friday, July 10, 2015



Hundreds of Victoria Beach residents lined the beaches to celebrate Canada Day and this year the weather was great for a fabulous fireworks display.

VICTORIA BEACH CLUB SPECIAL ACTIVITIES 2015

ACTIVITY	DATE	TIME	LOCATION	CONVENOR
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



It was great to see all the familiar faces at Girls Tennis Day this year, and equally fun to welcome many new ones. GTD is all about getting out, giving it a try and believing that you can do it, and I really felt that “go-for-it” spirit with our group this year.

VB’s resident pro Robert Kennedy set the upbeat tone for the afternoon, guiding the girls through drills and games with his boundless enthusiasm. With all the girls on board, the afternoon flew by. Robert’s only real challenge came at the end of the event in the form of a giant Girls Tennis Day tennis-ball piñata. True to form, he kept his calm and I’m happy to report that he hit a blindfolded forehand winner to release an explosion of take-home prizes.

For those prizes, a huge shout out goes to Karen Wehr at String-a-

ma-jig for recognizing the value of girls tennis and supporting our event with a product donation of groovy flower racquet dampeners for all the girls. Check out String-a-ma-jig.com to view their full line of original and fun dampeners.

Thanks to court attendants Julia Lucht and Cara Allardice, as well as Brenda Vielhaber and Kirstie Cook for coming out to help. And I couldn’t have put any of this together without the combined creative forces of François and Lulu.

Finally, to all the girls this year, I hope the positive vibes of Girls Tennis Day will help make your VB summer even more magical.

Keep on hitting and see you at the courts.

Nancy Sarchuk



**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

Pin Up For Reference

JULY							2015						
S	M	T	W	T	F	S	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	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, Laureen 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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Bruce Eyford

President's Message

I hope everyone is now settled in and enjoying your time at Victoria Beach and all the activities that are on offer.

Not being from Manitoba, I never grew up knowing Victoria Beach and all that it has to offer. Marnie and I (along with our kids) rented for a few years and then bought our cottage from a lovely lady (Mrs. McCloy) and family in 2008.

With each passing year I have come to appreciate, more and more, all that VB has to offer to my family and me. I have travelled to many places around the world and yes, there is beauty in most every place, but Victoria Beach is a special place in Manitoba and on earth.

As soon as I see the sign at the gates as I drive up to VB, a sense of calm and peace takes over my body and mind. My thoughts turn from work and other pressures to that of family and friends. I have tried to share my love and appreciation of VB with others (less fortunate than us to have never experienced VB) and find it hard to convey in words what VB has come to mean to my family and me. I always

end up saying "you just need to come and experience it for yourself".

Victoria Beach is special for all the tangible reasons - the beaches, golf, tennis, activities, etc, but it is made exceptional by the intangible elements - friendships, security, sense of community, the relaxed pace, the genuine caring and support for one another, etc.

Before moving here, I knew Manitoba for the mosquitoes, cold winters, constant construction, and bad roads - Now, as a Manitoban, I have come to realize why my wife has such deep roots here and does not want to leave this province - it has less to do with the tangibles and everything to do with the intangibles!

These intangibles about Victoria Beach are what keeps so many of us coming back year after year, even those families that have moved away from Manitoba. We are all fortunate and privileged to be here again this summer, so let us all enjoy the intangibles!

See you on the Avenues,
Anil Kaul

Dr. Office Update

We would like to welcome Doctor Carry Martens-Barnes back to our community. She will be with us at the Doctor's cottage at 124 Birch for two weeks, leaving July 25th. Doctor Martens-Barnes, it will be good to have you with us again.

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, we would like to thank Kathy Brydon and her committee for their continued support of this service. Kathy greets the doctors and ensures that they have what they need.

Council would also like to thank the staff at the Gate for greeting the doctors and for directing people arriving from outside the Vehicle Restricted area who need help getting to the doctor.

RMVB Council and the Medical Committee

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.



Sandcastle Contest: Sunday at Clubhouse Beach!

July 12, and it's already here! Certainly there hasn't been much time to work up your ideas, and practice your techniques, but on the plus side your creativity will be fresh and avoid the derivative! That's right: the annual VB Sandcastle-Building Contest will be held at Clubhouse Beach this very Sunday, July 12, running from 10:00 a.m. until noon. Come down at 10am or just before, stake your territory and register it at the desk, and then you'll be ready to go at 10! Prizes will be awarded to winners in every category, so pick your category and prepare your plans, teams, pails and shovels!

Categories:

Traditional Sandcastles
Animals and Other Creatures
Anything Goes
Super-Structures
Most Decorated

12 & Under age group (adjudicated awards, but no rankings)
8 & Under age group (adjudicated awards, but no rankings)

Official Rules:

No entrant may begin before 10:00 a.m., with the exception of those competing in "Super-Structures."

Those competing in the "Super-Structures" category may begin as early as dawn at the south end (pier end) of the beach.

This is exclusively a human-powered, on-beach contest. No hoses, or any motorized vehicles and equipment may be used or present at the building of a sandcastle.

No props made commercially are allowed in any category except the "Most Decorated" category. Props created by contestants, using only beach-combed natural materials found on or adjacent to the beach itself, are both allowed and celebrated. Think stones, sticks, old bark...everything tied together with reeds, grass, etc, etc., but do your best to leave even minor violations like nails, staples, rubber bands and such at home, or face appropriate levels of judging penalties. Judges' and/or convenors' decisions in grey areas will be made according to the "spirit" of the rules and will be final: e.g., worn beach glass could be considered "returned" to nature; still sharp or last night's brews won't!

AGE GROUP CATEGORIES: No over-age person may enter, or assist in any way, shape or form, in the "12 & Under" and "8 & Under" categories. Illicit assistance might include (but is not limited to) carrying water, carrying sand, assisting with design and engineering suggestions, etc. (Parents: It's tempting to think you know better what will make a "good" castle, or that your child needs your help to overcome even these smallest of life's frustrations. Restrain yourself, and let your child surprise you!)

We will have random lookouts checking for those breaking the rules, and offenders will be drawn, quartered and/or otherwise suitably penalized, deconstructed, or even (gasp!) disqualified.

Judging will begin at 11 am, followed by a group photo of all who participated. We hope to see you there ... with your

sunscreen, sun hats, water bottles and—without fail, now—your very own membership wristbands (and/or make sure all your guests get their daily pass)!

The Cook, Meadows and MacRae families

Rec Program this Week

Howdy VB kids!

Another great week we had.

Here is the plan for the Week of Monday July 13

This week's movies are

July 14 Big Hero 6-PG 102 min

July 16 Alexander and the terrible, horrible, no good, very bad day - PG 81 min

Remember movies start at 7:30 at the Clubhouse

Arts and Crafts on Tuesday are Matchbox Creations.

Bike Hike will be to Albert Beach. Please remember to bring a helmet- no helmet, no bike hike! Bring money for a snack at Saffies if you want to buy a treat.

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

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

Remember to get your parents out for family game and don't forget your water for all events to keep hydrated.

See you on the Beach

Bruce Sirrell, Rec Director



The Bike Hike To Albert Beach was another popular Rec event!

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Many thanks from the Membership Team

Thank you to all the dedicated volunteers who gave their precious time last weekend to canvass during this year's door-to-door Membership Drive! Canvassers are an essential component of the membership process. Many canvassers return year after year to help our community maintain the traditions it holds dear. They collect the revenue needed to support the VB Club and all that it offers. Funds raised through the sales of memberships allow our community to offer the scope and variety of programs that makes VB so memorable. Members can enjoy tennis lessons, arts and crafts, family games, bike hikes, movies, bridge, teen nights, aerobics, and yoga, as well as the Special Events such as Beach Events, the Masquerade, and Sports Day (see your blue VB calendar for a full list) and to help publish the weekly Herald.

Our AMAZING TEAM OF VOLUNTEERS for this important event includes: Nancy Hodgson, Rose & Kyle Bushuk, Lisa Lawrence, Doug Pollard and Kristie Pearson, Scott McDonald, Alison Burnett, Rex Neuendorff, Keith Burr, Lise Wall (on two routes!), Allison Guest, Greg Thomas and Sheila Grover, Carolyn Bell, Carol Falkenberg, Karen Kroft, Alice Russell, Clarice Matthews, Lori Edwards, Rosemary Scurfield, Kathy McKibbin, Heather Wallace, Linda Angus, Christine Ateah, Michelle Brownell, Carolynn Osborn, Jeannine Rozzi, Pam Lawrence, Marlene Boyda, Betty Lodewyks, Diane Eyford, Debbie Ritchie, Andrea Moore, Judy Walker, Kae Edwards, Hedy Heppenstall, Nancy Edmond, Darcie Reimer, Carolyn Meadows, Joan Dawson, Eleanor and Dudley Thompson, Donna Plant, Lynne Paterson, Karen Mitchell, and Terry and Dianne Boyce as door-to-door canvassers, Jenny Hasenack-Bru, Mike Bru, and Wendy Derksen who sold memberships at Swimming Registration, Anil Kaul, Suzy Hester, Cathy Finnbogason, and Leslie Sarchuk who sold memberships during the raging thunderstorms on the morning of June 27th, and Suzy Hester and Cathy Finnbogason who came to help us tally-up sales when all was said and done. THANK YOU, THANK YOU, THANK YOU!

For those who missed the drive, memberships are \$50 for the season and can be purchased during the summer at:

The Library and Tennis Courts during their regular hours, and The Information Booth at the VB Gate from 8:00 am – 8:00 pm

We would also like to recognize the staff that will be selling VB Club Memberships for the Club this season. Thanks to Lanette Griffith at Swimming, Annie MacRae and Rachel Hoole at the Library, Julia Lucht and the Tennis Court Attendants and the staff at the Information Booth at the VB Gate.

We would also like to thank volunteer Herald editors Kevin Dube and Barbara Pritchard for their work in conveying Membership news and information in the Herald, and Jim Buchanan of Cohesive Marketing for producing and printing our annual calendar and other membership materials. Many thanks as well to Heather Wallace for stepping forward to “learn the ropes” for 2016 and helping us at each stage of the process this year; Heather and her family are brand new to the beach, and have jumped right in to be part of the community.

We couldn't have coordinated this year's drive without the assistance of our families and friends. Pamela would like to thank her husband Gord and daughters Julia and Rachel for all of their assistance with wristband cutting and stamping, updating the Club Voter's List, message-taking and hauling supplies to the beach. Lise would like to thank young friends Matthew and

Noah Waldman for separating and sorting wristbands for her. Heather Wallace would like to thank her children, Eamon, Robin and Soren for help with the wristbands.

Last, but not least, we want to thank YOU for supporting the VB Club through purchasing memberships and/or making donations! Without this support, we could not deliver the programs and activities that help to make this community so special.

Please remember that memberships are non-transferrable. Each family (parent(s) and children) is expected to purchase their own membership if they wish to participate in the Club's programs and activities. Drop-in fees for non-members are not available at specific events, but individual day-passes may be purchased for \$5 each at either the Tennis Courts, Library or V.B. Gate. Members must wear their blue wristbands at all Special Events and Regular Activities, and day-pass holders must wear their stamped orange wristbands.

Thanks again to all our canvassers for their wonderful help! Please remember that the VB Club always welcomes new canvassers and very much needs one or two people to take the lead role on the Membership Team next year, as both Lise and Pamela must resign. We would be happy to hear from you if you are interested in getting involved!

Have a great summer!

Pamela Beazley (204-756-3682)

Lise Simonsen ((204-791-3852)

Victoria Beach Club Multi-Prize Raffle Saturday, August 1 10:00 AM - 4:00 PM

The annual raffle in support of the Victoria Beach Club will once again be held in the Village Green (across from the Bakery) on Saturday, August 1st. The draw will take place at 4:00 PM. (Rain date is Sunday, August 2nd).

***This is an important fundraiser for the Club and we need your help:**

Donations (by businesses, families, individuals, or groups) of new items/gift certificates would be most appreciated!

If you would like to make a monetary donation, we will be happy to purchase items on your behalf.

All donations will be acknowledged.

Please give us a call if you have a donation for the raffle; we would be happy arrange pick up.

Many thanks!

Arroll Stewart 756-2046

Judy Walker 756-3101

VB Library News

Hey all you VB Bookworms! The library is open and ready for some visitors who are eager to dive into some summer reading! All are welcome to join us on Wednesday mornings from 11:00 to 12:00 for story time reading in the Village Green.

A special thanks to all the lovely book sale volunteers and everyone else involved in making the book sale happen!

Happy reading,
Annie and Rachel

Duplicate Bridge

We had 7 couples out to our first duplicate bridge (Monday evening) session of the season on June 29th.

Congratulations to Sally and Bob Lawler (first) and Lillian Hancock and Elsie Hughes (second).

Join us for duplicate bridge Monday evenings starting at 6:20 PM. Cost is \$1.00 and we also sell cold drinks for \$1.00. Come with a partner or if you don't have one call Ken at 756-3612.

Please buy a Victoria Beach membership - support our Club!



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*Going into our
15th Year!*

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Blue Water Lawn Services

Support VB's Walk for Water!!

When? August 9th; Where? the Victoria Beach Clubhouse (registration begins at 9:15; the Walk begins at 10); How far? 2.5 km or 5 km -- you decide.

The big question is WHY? This annual campaign is a fundraiser in support of the Lake Winnipeg Foundation, the organization whose mission is to seek solutions to ensure a clean, healthy Lake Winnipeg and watershed now and for future generations. (Yes!) To this end, LWF has established an 8 action Lake Winnipeg Health Plan which its work focusses on and which makes a great deal of sense:

-  1) Keeping Water on the Land (Wetlands filter out excess phosphorous)
-  2) Conserving the Boreal Forest (Manitoba's boreal forest supplies some of Lake Winnipeg's cleanest water)
-  3) Setting the Standard for Water Waste Treatment (It's important that the water we flush is clean when it reaches the lake)
-  4) Monitoring our Waterways (Collecting the right information ensures making smart decisions)
-  5) Managing Shorelines (Development and protection should be balanced)
-  6) Promoting Agricultural Water Stewardship (It's necessary to keep phosphorous on our fields and out of our lake)
-  7) Investing in a Clean Water Economy (Smart policies and innovative technologies can save our lake)
-  8) Taking Responsibility (Each one of us needs to do this!)

So, please support VB's Walk for Water campaign – and keep in mind that, though walking is great, it's not the only way you can be a supporter. You can pledge \$ to a walker (or 2) or you can simply make a donation to the Lake Winnipeg Foundation.

The Walk posters are up and pledge forms are available at all key Victoria Beach locations as well as at Saffies in Albert Beach. You can also register online at lakewinnipegfoundation.org.

For more information, contact one of VB's Walk for Water co-organizers: Deanne McDonald (204 756 2911 or 204 232 2656 or deamcd@mymts.net); Sandy McCaig (204 756 8855 or sandy.mccaig@gmail.com) You may also contact Stephanie Brick, LWF's Summer Outreach Coordinator (204 956 0436 or events@lakewinnipegfoundation.org).



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ONE BORDER ■ ONE BROKER

VB Community Church Update

It was super to see our friends again, both old & new. Paul gave us his usual interesting message as well as treating the kids with his VB cookies. A social time was held after the service & we all enjoyed our annual Bakery cake.

This Sunday we welcome Pat Wooten at our 11 o'clock service. Come early if you love to sing - the choir practices at 10:20 & would be happy if you would join us.



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Tee 'em up: it's Golf Tournament Season

Hello golfers, I hope everyone is enjoying the hot weather. Just a friendly reminder the men's golf tournament is July 24th and the ladies the 29th. You can sign up at the club house, don't be late as limited space is available. Everyone is welcome!

Come down and check out our patio. The golf course is in great shape. Looking forward to seeing you here.

Karl Hutchinson
Golf Course Manager



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Bait your Hooks!

Get ready for the annual Victoria Beach Fishing Derby Saturday, July 18 at the Pier. Come and see if you have what it takes to be a Master Angler and compete for bragging rights at the Pier. The fun begins at 9:00am and wraps up at 11.

It's Sports Day!

Lace up your running shoes and dust off your slowest bicycle as Sports Day will be held at the Sports Field on Saturday, July 11th. We'll be starting promptly at 10:00 a.m. Don't forget your wristbands!

Thanks, Leah Kosokowsky

Teen Movie Night

Hi Teens!

This week will be our first teen movie of the year

When: 9:00 PM on Wednesday, July 8

Where: The Clubhouse

What: 22 Jump Street

All teens welcome! Free admission and popcorn for all movie goers!

See you there!

Bruce and the Rec Staff

Get Ready for the Masters Tennis Tournament

The VB Masters Tennis Tournament is back again! It is a F.U.N! competition open to all skill sets, so start practicing and come on out! This year the tournament will be held on Saturday, July 18 and Sunday, July 19 and, if you turn 40 by December 31, 2015, you qualify to play!

Please note: you must have a Club Membership and a tennis shoe tag for each family member wishing to play.

Registration is \$5.00 per event, with a maximum of three events per player. Entry sheets will be posted at the courts on Saturday, July 11, and remain there until Thursday, July 16. No entries after this time -- thank you!

The draw will be posted at 7:00pm, Friday, July 17. In the event of inclement weather, it will be up to the entrants to check with the convenors for re-scheduled draw times. The "default rule" will be in place, so if you are late (15 minutes after posted game time) you or your team will be defaulted.

Last year's winners -- please return any trophies to the courts on Saturday, July 18. Thank you!

Good luck -- and see you on the courts!
Steve Cook et al



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VB Ladies Open Golf Tournament Wednesday July 29, 2015

The annual Ladies Golf Tournament is on Wednesday July 29th with some new and fun twists! There will be 2 draws 8:30 AM and 11:30 AM with a "Golf Wind-up" from 3 to 5 at the new VB Community Centre on Hwy 59. Prizes, draws, and a silent auction will take place at the centre while participants visit and enjoy some refreshments including an array of appetizers catered by the Merry-makers in a more comfortable setting.

After the tournament, 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 is 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 can then pick them up on your way home from the wind-up.

Sign up starts July 1st at the Golf Course, so first come, first served. Cost per person is \$15.00 plus green fees \$13.00 (if you are not a member of the VB Golf Course).

In honour of the opening of the new Victoria Beach Community Centre, we have chosen to donate all proceeds from our tournament to this facility which we are so lucky to have within our East Beaches community.

Any prize donations would be greatly appreciated and they can be dropped off at the golf course.

So sign-up individually or as a foursome for a day of fun, food, and festivities... and oh yes, golf too!

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



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!

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.

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~ BEACH PEOPLE ~

Some of VB's youngest readers are checking out the Free Little Library at 167 Victoria Blvd. Stop by and select a book or two or donate a few of your own! (The library was made for me by my brother-in-law Mike Muirhead for my birthday last year and it is finally in the ground and ready for business!)

Jessica Stewart



Beach Buds

Audrey, Adele and Juliette making sandcastles on Clubhouse Beach.

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~ BEACH EVENTS ~



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:
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~ **BEACH EVENTS** ~



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VB FLEA MARKET “Reuse, Renew and Recycle” Record Breaking \$3,686.35 raised for VB Club!

Once again our Victoria Beach Community came together in fine style this summer raising \$3,686.35 (our best ever by \$833.00) for our club. As your Flea Market Team this year, we want to thank all of our 111 committed volunteers, 10 terrific truck driving teams, 7 caring charity van volunteers, our remarkable Rec. Assistants and their loyal leader Brendan, our courageous clean up crews, our generous VB business sponsors, Mike Mason and the VBCOA and awesome Al's very patient RM workers for your outstanding support of this important community event.

OUR COUNTDOWN TO SUCCESS:

Months Before:

Charities are approached, emails requesting community support are sent to VBCOA, articles are written for The Herald.

Days Before:

VB businesses are approached for donations (Einfeld's Bakery – bread, Moonlight Inn – sandwich fillings, VB Grocery – drinks and ice, Trainor Springs –bottled water. Signs are posted around the beach.

Day Before:

Vehicle information is given to the gate. Equipment boxes are transported to the club. Flea Market Team and Rec. Assistants set up tables, signs, truck routes, etc.

Prior to Opening:

8:00 am: Truck teams arrive, sign in, read the new Timeline Sheet, pick up their routes and head out. Mystery glove man, Jerry H. magically appears with a most generous donation of latex gloves just as more volunteers begin unloading trucks, sorting goods and pricing treasures. Old and new acquaintances are shared once more as we begin again our labour of love for our club.

9:00 am: Kathy Brydon works on behalf of the Doctor's Office, selecting some dearly needed articles for their cottage. The Sirrell Family accept our invitation to select a few treasures to better equip the Rec Director's cottage. Barb Pritchard finds

many treasures for our Arts & Crafts and Sports programs. We especially appreciate her great idea to secure some fabulous fans for our clubhouse as the heat is rising inside.

11:00 am: Donations of cold drinks, ice and water arrive. Our super sandwich makers march in proudly with a dozen trays of sensational sandwiches. Hungry and thirsty as we may all be, we wait patiently until 11:30 am so that the truck drivers and their teams may join us for lunch.

11:30 am: Sandwiches and drinks are served to all our hard working volunteers.

12:00 pm: Kevin Dubé takes our group photo for The Herald.

12:15 pm: Price Check

12:20 pm: Our Flea Market patrons have begun to line up outside.

12:30 pm: Price Check is followed by our volunteers finally being able to select one large item or a few small items. Volunteers competing for the same item are asked to decide who will be the lucky buyer by flipping a coin, playing “Rock, Paper, Scissors” or our favourite tie breaker choice Who is willing to offer the best price for the Club? All our volunteers battle in good faith. One young man becomes the proud owner of a new canoe.

12:45 pm: The clubhouse has now been transformed into our traditional trading post. The cashiers take their places, the Flea Market bell rings a second time and all our volunteers can begin shopping for all their treasures.

12:50 pm: Lollipops are distributed to all the children who have been patiently waiting in line. The line up is getting now pretty long now, actually heading its way around the corner.

After Opening:

1:00 pm: Our Flea Market officially opens to all.

2:45 pm: Our guest charity, Spence Street Thrift Shop arrives. They are an inner city agency that offers pregnancy and family support services in the Winnipeg area.

3:00 pm: Our Flea Market officially closes. Mavis Whicker and Lorraine Cook meet briefly with our very committed and caring clean up and charity crews and our wonderful Rec Assistants.

The lineup for the Flea Market stretched all the way down the road in front of the Clubhouse this year. In the foreground, volunteers size up the trove of beach treasures awaiting new homes!



Amazingly within the next 45 minutes, 7 vans will be loaded with furniture and needed goods and will head for Spence Street and other Winnipeg charities in the days to come. These dedicated volunteers have gone above and beyond the call of duty to help those in need and to prevent our items from going into the landfill. Hopefully next year, more volunteers will support Mavis and Lorraine's efforts to "Reuse, Renew and Recycle" so that nothing of value goes into the landfill.

3:30 pm: After some interesting car juggling (... we will get it right yet!) and with the threat of a lightening and thunder storm, our RM arrives with 3 trucks to assist us, one for wood, one for metals and one for garbage. Again amazingly, our clean up is completed by 4:00 pm and the book sale volunteers are able to prepare for their upcoming sale on Sunday. Thank you book sale partners for giving us the extra time for cleanup.

Our Flea Market Team (Deb, Joanne, Jane, Lyndsi, Mavis and Lorraine) wish to thank everyone for their incredibly generous donations of time, expertise and financial support for our club. To all our volunteers and patrons, we extend our most sincere appreciation for all your support. If you wish to consider being part of our leadership team next year, please call Joanne and join the fun.

**CONGRATULATIONS TO ONE AND ALL! ...
A RESOUNDING SUCCESS!**

Thank You Valued Volunteers:

Erin Petreny, Brandon Walker, Kevin Ateah, Jane Turk, Sheila Grover, Greg Thomas, Brad Marr, Gary Wall, Zac Butler, Alison Burnett, Gerry Hagglund, Chris and Tamie Archer, Ron Robertson, Kevin Storry, Debbie Ritchie, Carole McGretrick, Kathy Brydon, Lise Wall, David Gibson, Michel Messier, Dominique Messier, Scott Thain, Kim Olynyk, Doug Guest, Andrika Tittenberger, Mike Howell, Kathie Gagnon, Laith Gagnon, Tracey Popel, Barbara Riess, Sandy McCaig, Liz Alsip, Wayne Alsip, Linda Fox, Ian Willison, Luke Chartrand, Kyle Velestuk, Laurel Mollison, Ken Dryden, Betty Hansford, Mary and Gordon King, Grayce Dubé, Chayse Dubé, Barb Pritchard, Kevin Dubé, Sam Andersen, Evelyn Armstrong, Joshua Bueckert, Gabe Podivinski, Cooper Anderson, Lisa Yagi, John Warkentin, Carol Loader, Ilsa McLandress, Donna Miller, Colleen Loewen, Arroll Stewart, Paul Lourenco, Paul Ruban, Neil Carroll, Sharon



Hollins, Frances Woolison, Pat Captain, Grace Johnson, Joan Irving, Maureen Neuendorff, Helen Forrest, Ruth Veitch, Pamela Borutski, Peter Heese, Gail Archer Heese, Bill and Betty Jennings, Evelyn Russell, Jody Willison, Marlene Rae-Leslie, Caitlyn Willison, Laura Wall, Rhys Jenson, Judy Bailes, Taylor Holfeld, Cathy McInnes, Garth Woolison, Jim Palmquist, Georgine Palmquist, Lillian Hancock, Barbara Sudermann, Terri Tataryn, Jenny Hasenack Bru, Alexis Bru, David and Sophie McGoey, Rex Neuendorff, Logan Kliewer, Andrew Kliewer, Kristina Ruban, Hedy Heppenstall, Stuart Juzda, Steve Willison, Mavis Whicker, Sharon Bauman, Stephanie Schultz, and Peggy Ansons.

See you on the beach!

Deb Covernton, Joanne Parker Gibson, Jane Bachart, Lyndsi Da Roza, Mavis Whicker, Lorraine Cook

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~ BEACH EVENTS ~



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Another Great Beach Events Sunday

Thank you to everyone for coming out to another great Beach Events! We saw so many kids and families hanging out and catching up - always a fun morning!

A big thanks to our amazing volunteers and Rec team who help put this together in the morning and truly ensured all the kids had a great time.

With this in mind, thank you to volunteers (in no particular order and apologies if we missed anyone!): Dana, Aidan, Grace, Aaron, Hayley, Haley, Caitlin, Molly, Ben, Sadie and Annie; and Rec crew: Rachel, John, Brendan, Sam and Tess. We're looking for a NEW FAMILY TO TAKE OVER BEACH EVENTS next year. It's a great event to do and your kids will love being part of it! We're happy to help you with the transition next year. Call or text Laura at 204-230-1300.

Wishing everyone a great rest of the summer! Laura & Scott

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~ CANADA DAY ~



Kids of all ages enjoyed some Canada Flag cake at the bakery on Canada Day.



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Swim News

Thanks to our fabulous Swim Staff and to all the enthusiastic swimmers for a great start to the VB Swim program. The first week of swimming is over but we have 5 great weeks still to come and we are taking registrations every morning at the Swim Dock between 9:30 and 10:30. See our Head Swim Instructor – Lanette – to get your children signed up.

This summer we introduced the Babysitting Course. Kids 11 years and older are invited to take part. The class meets at the Swim Dock three times a week – Monday/Wednesday/Friday from 1:30 – 2:30. It's the regular Red Cross Babysitting Course plus a little extra about babysitting at the beach. Sign up now to get the remaining part

of Session One or sign up now for the full course in Session Two starting July 27. (see registration info above).

Come out this weekend – Saturday July 11 2 PM – for the 200 Metre Swim. Everyone is welcome to come to the Pier to join in – and any and every stroke is welcome! Swimmers please arrive at 1:30 to sign in so you can get your name in the Herald! This is a great way to cool off after Sports Day! (Last year's winners please return your trophies).

And save the date for the 800 Metre Swim – Saturday July 25 at 2 PM at the Pier. Again – everyone who is welcome. Life guards will be on duty.

Keep Swimming!

Tamara Roehr, Swim Program Convener

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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.

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Summer Yoga at VB

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Advaita is a word that means non-duality in English. Non duality means not separate. Not separate means infinite love. There is only love and there is only consciousness. The ego is a fear mechanism designed to keep the human animal safe.

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During Jordan's classes, you will be withdrawn from your ever day life story to drop deeply inside your heart and ask the profound soul question "Who am I?"

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Each yoga class is 90 minutes long and is fully accessible to students of all ages, and of all shapes and sizes. The postures are accessible to everyone.

Please bring a yoga mat to class. Water drinking is also an important ritual in the practice and designated water breaks are built into the spiritual template of the classes.

It's an honour to share this practice with you. Let's build community. Let's uncover our true kind Self together with the ancient wisdom of Tantric Hatha Yoga.

Thank you, Jordan Bellan, Yoga Instructor

Special Events News

This coming weekend is packed with fun activities and fantastic volunteers running the events. The first Rogers Rookie Tournament of the season is Friday July 10th at 1 PM. The Clubhouse will be busy with LOTS of movies! The first Teen Movie was July 8th, followed by a new Gentleman's Movie Night on July 10th at 9 PM. Thanks to Rob Hester and Bruce Sirrell for convening this new event. The Ladies' Movie Night is still at the earlier time of 7 PM on Wed. July 15. Thanks to new convenor Brenda Vielhaber for taking on this event. The weekend has some popular activities as well - Sports Day (July 11th) and Sandcastle Building (July 12th). Thanks again to Ted and Leah Kosokowsky for convening Sports Day. We also have some retiring convenors who have done the Sandcastle Building for a number of years. Thanks to the MacRae, Cook and Meadows families. Get ready for the first swim race of 2015! It's the 200 Metre Open on Sat. July 11th at 2 PM. Come out and cheer on the swimmers! So many of the convenors mentioned above have been volunteering for the VB Club for many years. Thank you! Thank you!

If you would like to get involved with our Special Events or Regular Events, please get in touch. You can contact Shauna at 204-756-6642 or text 204-941-0077 and Jill at 204-756-2879 or text 403-807-1784.

Shauna Filuk & Jill Kirbyson
Special Events

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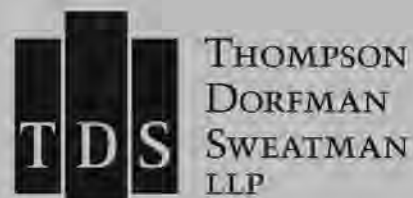
The Anglican Parish of St. Michael 8th and Pine, VB invites you to worship with us each Sunday in July and August at 9:00 am in a service of Holy Communion.

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

Please join us... all are welcome!

Beach Lawyers

Jeff Hirsch 204.756.2222 jbh@tdslaw.com tdslaw.com/jbh	Adrian Frost 204.934.2327 abf@tdslaw.com tdslaw.com/abf	Hayley Main 204.756.2073 hbm@tdslaw.com tdslaw.com/hbm
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Council Corner

The summer had not even officially begun when we had our first near miss between a boarder and a swimmer. The kite surfer was too close to the shore. Then the surfer lost control, missing a swimmer by less than two feet.

In years gone by the municipality tried to limit sail boarders, requiring them to launch from the far end of Clubhouse beach and sail out in the lake farther from shore. But those rules created their own risks.

Now with the development of kite surfers, the proliferation of paddle boards, kayaks, and boogie boards we all need to be cognisant of our actions in the water. This community is very active. Children play along the shores,. People of all ages and skill levels are in water craft of all types.

Manitoba has speed restrictions for all types of watercraft operating in the province. In the RM of Victoria Beach we do not have posted speed limits; therefore, according to provincial law the rule for unposted speed limits apply. That limit is 10km/h (6 mph) within 30 meters (100 ft) from the shore. This limit applies everywhere in the RM. Motor boats, water skiers, wake boarders, jet-skis, windsurfers and kite surfers must not operate within 100 feet or 30 meters of swimmers and the shoreline.. (The only exception is a motor boat pulling a water skier.)

So please, while you are enjoying yourself in the water, we aware of the speed limits (and they do apply to boards as well as boats) Stay away from the shores and the places where children play.

Reduce, reuse, recycle

The RM does have garbage pick up during the summer in Albert Beach and in the Vehicle Restricted areas, but we do not have our own land till. Our garbage must be hauled out to the RM of Alexander. We must fuel our truck to haul away the garbage. You can help reduce the costs by reducing the amount that you throw away. In the past 25 years, there has been a growing number of people who actively try to keep their garbage to a minimum. While few of us use the linen napkins that our grandparents used, we can find other ways to keep garbage to a minimum. Have a family challenge. Think of ways that you can reduce the amount of garbage that you put out.

We hope you all enjoyed the annual flea market last week and did your bit to reuse. If you have another purge later in the summer, remember that the Sports Club has a flea market. You can send things to those sales too. Or post your give-aways on the notice boards in the beach. One man's trash is another man's treasures.

Larry Ateah is working in high gear removing our recycling to Lac du Bonnet to the regional recycling centre. The goods are hand sorted, so please help the workers there out. Rinse your cans and bottles. Remove the lids from plastic bottles. Squash your plastic bottles and drink cans so that Larry isn't transporting air. Collapse your milk cartons, juice boxes and cardboard boxes (It is also easier to ride flattened paper products to the bins, so it helps you too.)

Bears and garbage – We have bears here this year. We are in their habitat. Please do not feed the bears. Keep your garbage inside your home. Take it to the big green bins. Do not leave it out when you leave the beach. You are encouraging the bears to come for dinner and endangering your friends and neighbours.

RMVB COUNCIL

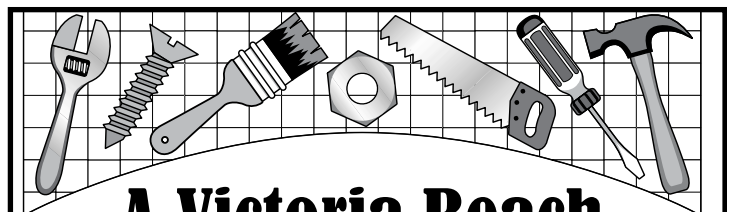
Hit with a Pro

Wednesday,
July 15

Jared Connell



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Scott Thain **Ph: 756-8130**

Your Highest Percentage Shot

Too many times when we are in a crosscourt rally we try to go for the lines or down the line, when the smarter shot is back crosscourt. Three reasons why crosscourt is your best shot:

Lower net: The net is 6 inches lower in the middle than at the sides.

Longer court: The court is 8 feet longer when hitting diagonally than hitting straight end to end.

Highest Percentage Shot: 60% of errors are made when you try to change the direction of the ball; hitting straight back is the easier shot while changing the direction of the ball requires much more control.

Next time you are in a crosscourt rally, keep hitting straight back to your opponent.

c/o Tennis and Life Camp

This Wednesday, Victoria Beach will be hosting tennis teaching professional Jared Connell. Jared, a level 3 coach, is the head pro at Taylor Tennis Club and head teaching pro and director of player development with Tennis Manitoba. Jared will be teaching small groups of four on the areas of their choice. Team up with some friends or just sign up for this great opportunity.

Thank you to:

Mike and Bev Lesiuk for 300 practice tennis balls, Lisa Lucht and Greg Thomas for feeding at GVS, Nancy Sarchuk and Robert Kennedy for Girls Tennis Day, and Tennis Manitoba for training our court attendants and giving free tennis singles and doubles lessons to our members. Finally, kudos/thank you to the tennis

court attendants who came to the aid of the child who fell at the play structure. I am sure it reassures parents to know that you are always looking out for their little ones.

Tennis this week

Rogers Rookie Tournament

Friday July 10, 1:00-3:00

Robert Kennedy Tennis Lessons

Monday July 13, 1:00-4:00

Youth Tennis Camps, Intermediate and Advanced

July 13-17

Jared Connell Tennis Lessons

Wednesday July 15, 11:00-4:00

Masters Tennis Tournament

Saturday and Sunday, July 18-19

Tennis Round Robin Results

This week on June 29th Ken Dryden won the Round Robin with a total of 15 games! As well our winners on July 3rd were Paul and Karl Ruban with a total of 18 games!

Julia Lucht

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- Window washing

Anything else?
Call and Ask!



Free Estimates

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
Aerobics	Janice	July 10
Dance Aerobics	Linda	July 13
Aerobics	Janice	July 15, 17, 20, 22
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 at 204-979-2707

Victoria Beach Community Church

Can hardly believe that the summer activities are starting again. We are looking forward to a busy summer at St. Michaels. Last year, we had a variety of ministers & lay preachers for every Sunday. People ask us what our collection is used for and the following is some information. After regular expenses we donate the rest to various charities & these include Agape Table, Child Evangelism Fellowship, Faith Bible Camp, Lord Selkirk School Division - Walter Whyte Snack Program, Mully Children Family Foundation, St. Michaels Church, Teen Challenge, Wings of Power, breakfast program & Youth for Christ.

Our services start on July 5, at 11 am. The speakers for the first two services are Paul Boge, Mennonite July 5 and Pat Wotten, United Church on July 12th. The first Sunday we have refreshments after the service, which includes a yummy Bakery Cake. We would love to have you join us.

Wednesday Bridge Update

We had 3 tables of enthusiastic bridge players out to play on July 1st - Canada Day. Bob Laumeyer visiting from Montana came in first with a score of 3500. Second place was Marlene Rae-Leslie with 2790 points. Marlene recently took up the game of bridge tutored by Bev Underhill. Congratulations to both student and teacher! Third place went to Fran Krahn with a score of 2400. Remember - we meet at the clubhouse every Wednesday at 1:15. It's a loonie to play and no need for a partner.

Who gets the cottage?



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- Minimize Capital Gains
- Principal Residence Exemption
- Transfers, Trusts and Joint Ownership
- Gifting vs. Selling



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Season	Month	3 Weeks	2nd Car	2 Weeks	1 Week	Weekend	Daily
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Season Stickers valid only if attached to
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The Basics of Teaching Tennis to Kids

Tennis is one of the most versatile sports out there; kids and adults can learn at any age and pick up the game quite quickly with practice. With the right teaching techniques applied, young children can learn to love the sport. Tennis can be quite frustrating for children, but if you make the game fun and give them the right exercises they will want to keep playing.

It is important for kids to learn the basics of tennis first. The basic part of tennis is rallying, or groundstrokes. With young kids you want to start off quite simple, for groundstrokes you could start by positioning the child close to the net and drop feeding a ball to them. Have the child use a shortened grip and

back swing to hit the ball over the net. This enables the child to develop better accuracy and will build up their confidence. Once they develop consistency move to the regular grip, transition into a farther distance from the net, and introduce a full grip and back swing. Once they have a feel for the swing, feed them balls so they are forced to move. This will encourage the right footwork to get around the ball. Footwork is key to rallying as the ball rarely comes directly to you. With plenty of practice the kids will become more accurate and consistent with their shots.

For volleys, you want to start off the same way. Have the kids at the net and feed them a soft ball to start. In the beginning have them use only their forehand, as it will be easier for the kids, and then introduce the backhand grip. For your feeds you should start off soft and close to the net on the opposite side. Gradually you can work your way back to the base line and have the child move a few steps off the net on the other side. Once they have mastered the forehand and backhand volleys with a soft feed, introduce a harder feed. Make them move more to one side or the other for footwork practice. With practice in these areas the kids will improve their reaction time, and ball contact dramatically.

Another big part of tennis is the serve. To teach kids serving you want to wait until they have mastered the rallying portion of the game. Once they are ready to move on to serving, you can start by practicing their overhead hits. Have the child one step back from the net and feed them an overhead ball. Have them point at the ball with their non-dominant hand and let them swing through with their dominant hand. The pointing action will help them with their timing and as well it will force them to watch the ball hit their rackets and develop a better contact. Once they are consistent with their shots, move them back to the service line and feed them so they have to adjust their feet to get under the ball. Once they have practice with overheads they will be able to apply their knowledge to their serve. Start by having the kids practice on a wall. Let them toss to themselves, and catch the ball with their rackets on the wall at their contact point. This will show the kids where they need to contact the ball and will help them later with their serves. Once the kids are confident have them start serving at the service line, and gradually move backwards to the base line as they become more consistent.

Tennis can be frustrating for children especially if they start at a young age, to keep the kids involved in the game you constantly have to switch things up. Get them doing tennis games, or drills that keep them actively involved and they will want to continue learning. Every comment should have an element of praise in it to keep the kids encouraged. The most important thing is to keep them having fun. If they have fun they will want to keep playing the game. Here at Victoria Beach we offer tennis lessons for kids of all ages. We have the 5-6 year olds on Wednesdays from 10:30-11:15 and on Fridays from 12:00-12:45. On Tuesdays and Thursdays, 11:30-12:30 are the 7-9 year olds and finally we have the 10+ lessons on Monday's 12:00-1:00 and Thursdays 12:30-1:30. We play games, do drills and most importantly have fun, so come on out and join us!

Julia Lucht

VICTORIA BEACH TENNIS CLUB

YOUTH TENNIS CAMPS



July 13-17

Intermediate Camp

1:00-2:00p.m. daily

Maximum 10 students/session,
Building on the basics. 1 hr/day
\$50.00 per week

Advanced Camp

2:00-4:00 p.m. daily

Maximum 8 students/session,
Power and control. 2 hrs/day
\$100.00 per week.

with Stephen Dubiensi

Tennis Manitoba youth coach, Masters in Sports Psychology, Open level tennis player.

SIGN UP AT THE TENNIS KIOSK.

SPACES ARE LIMITED. SIGN UP EARLY!

Yacht Club News

The Red Eye Regatta was held on the weekend of June 27-28. Being the first regatta of the season every year, the name makes light of the after effects of winding up in the lake in the early

summer. Not this year, as the water has warmed up surprisingly fast. Among the tasks before the first race: re-learn how to rig the boat (very important), determine if that repair can wait another year (yes, yes), and find out if your wetsuit dried out over the winter and if it will last another season (of course it will).

Such is the excitement of the first sailing of the season that all or most caution is thrown to the wind. In this case, predictions of thunderstorms, lightning, and ominous clouds and reverberating rumbles couldn't quell the optimism to race. We hummed and hawed, discussed the wind and forecast endlessly (as sailors are wont to do anyway), and tried to overrule our own scepticism and good sense about what we should do. Common sense prevailed and we had to postpone, but three races were held the following day in clear skies and moderate wind. And with that the season is underway!

For your information, the following programs are available this summer:

We offer four weeks of Sail Canada OPTI and CanSail programs for kids, youth, and adults. So go online and follow the link at www.vbyc.ca to register and book a spot. This year our programs are running the weeks of:

July 13-17

July 27-31

August 3-7

Junior racing is offered on weekends for youngsters wishing to hone their skills. It is subject to availability of coaches and interest of participants so please email Ryan Van Berkel: vbyccommodore@gmail.com to let him know you are interested.

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.

Want to get out on a sailboard? Sail Manitoba is offering windsurfing clinics this summer at VBYC. Dates are TBA but please visit www.sailmanitoba.com for more details.

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

The Victoria Beach Yacht Club is hosting a fundraising event August long weekend! There was a time when a summer dance was a regular occurrence at VB but lets just say they became less about the spirit of a community social event and more heavy metal mosh pit.

More importantly, hosting a dance was an important and now sorely missed revenue stream for the VBYC to fund programming, purchasing sailing school boats, and maintaining what we have. We feel the time is right to hit the reset. This is not the 'old' VB Dance. It is a community fundraiser where everyone should be able to have fun, be respectful, and wake up in the morning with the community intact.

With all that said, we know it's going to be a great time! 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 3x DMC champ 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 will go fast so get while the getting is good. Tickets are \$20 available at the VB Parking Lot, VB Store, and Moonlight Inn.

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

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

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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, Senior Scene, Sat. July 11, 10 am - 4 pm, Tables \$25. Contact Judy 204-754-3800.

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.

VB Country Market

Welcome back! We are ready to go! And guess what's new!

Vendors are a hardy bunch. Opening week 10 of them weathered the storm and we took shelter inside! And for entertainment folks tried the new Pickleball courts and listened to our Jr. Buskers. Last Saturday, with a promise of sunshine we registered 20 vendors plus 2 different Junior Entrepreneurs. Having volunteers inside the VB Sports Club serving a pancakes & sausage breakfast, toast or just coffee has been a great addition.

Your enthusiastic support for the market last year has brought many of the same vendors back, joined by some new talented crafters, home business operators and retailers. No two weeks will be the same.

Make a visit to the market part of your week-end routine. Tell your friends to "Meet me at the Market". We are depending on your support and feedback. For information, contact Margaret at 204-756-2181. See you there!



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Welcome back everyone – for another great summer!

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219 3rd Ave PENDING \$174,900	Lots, Land & Acreage
315 3rd Ave REDUCED \$224,900	Clearwater Cove Lakefront 5.76 acres, driveway in, cleared \$199,900
218 6th Ave PENDING \$162,900	4 Birch Haven+1650 gal holding tank, driveway in place \$39,900
3 Thomas Dr. \$159,900	7 Birch Haven+1650 gal holding tank, driveway in place \$39,900
3 Juniper Ave \$183,900	29 Evergreen Rd Free gravel drive & lot clearing till July 31 \$31,900
5 Juniper Ave \$154,900	26 Lakeview Sandy Bay 20' walkway beside+public res behind \$40,000
6 Beech Ave REDUCED \$335,000	20 Evergreen Rd in beautiful Pine Glenn \$29,900
138 Centre SOLD \$189,000	6 Evergreen Rd Free gravel drive & lot clearing till July 31 \$29,900
342 8th Ave SOLD \$184,900	6 Eastshore Dr surveyed, cleared driveway in place REDUCED \$28,000
207 8th Ave SOLD \$199,900	4 Evergreen Rd Free gravel drive & lot clearing till July 31 \$29,900
116 8th Ave \$99,900	23 Lakewood Dr Free gravel drive & lot clearing till July 31 \$29,900
1 Elm St. \$154,900	339 8th Ave Rare, vacant lot backs on to golf course REDUCED \$85,000
309 1st Ave \$524,400	
Victoria Beach Non-Restricted Area	
45 Lakeview Dr SOLD \$165,000	
13 Clearwater REDUCED \$149,900	
10 Arthur Rd SOLD \$149,900	
Victoria Beach LAKEFRONTS	
419 Sunset Blvd \$275,000	
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417 Sunset Blvd \$259,900	

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8 at the Gate

Just a few of our group from the Canada Day ride. We ride every day (weather permitting – no rain) at 08:00. Our route takes us down highway #59 to Albert Beach, through to Hillside Beach and down Lakeshore Road to Lester Beach. The pace varies with the riders out, wind speed, and whether the couple from Sandy Bay is out with their tandem as well as the discussion topic of the day. We are usually back in two hours.

This season we have set up a new “ride” to train and encourage riders that have not ridden with a group. We start at the same

time, and follow the same route but will go at a more relaxed pace and possibly a shorter distance. As with our main group you will need a road bike, helmet and a positive attitude. We will supply: tips on bike fit, a friendly riding environment, coaching and encouragement.

For further info check our face book page “Eight at the Gate” or call Bob Marshall 204 756-8255 or text 204 261-4292.

See you on the road!

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