

# Victoria Beach HERALD

98<sup>th</sup> year • Issue No. 6

A non-profit service of the Victoria Beach Club

Friday, July 28, 2023



**The Children's Masquerade exceeded expectations  
for attendance and creativity this year!**

**See pages 16 & 17 for the full roster of characters and for more photos!**

## VICTORIA BEACH CLUB SPECIAL ACTIVITIES 2023

ACTIVITY	DATE	TIME	LOCATION	CONVENOR
Trivia Night	Fri., July 28	7:00 PM	Clubhouse	Andrika Tittenberger
Kids' Bike Jam	Sat., July 29	10:30 AM - Noon	Village Green	Catherine Delaquis & Maggie Bonnetta
30+ Dance	Sat., July 29	7:30 PM	Clubhouse	Suzy Blunderfield
Swim Races	Sun., July 30	9:30 AM Registration Opens	Clubhouse	Beach Swim Instructors
Teen Movie Night	Thurs., Aug 3	9:30 PM	Clubhouse	Rec Staff

### Congratulations to Sheila Ruben and Ken Capelle, 2022 VB Bridge Tournament Champions

After years of COVID 19, with no Tournament for 2021 and 2022, we were thrilled to resume the Annual Duplicate Bridge Tournament VB .. A total of 22 people attended the evening, organized by Donna Thain and Fran Pollard.

The winners were Ken Capelle and Sheila Ruben, capturing a much-coveted, permanent place on the trophy with dozens of other accomplished players. Congratulations Sheila and Ken.

Helen Forrest, Mary McIntosh



### Letter to the Editor

Leaves are a Friend of the Forest

Isn't it ironic that when the RM posts signs like this one, they don't actually mean it. What they are apparently trying to say is: 'If you insist on raking up the leaves on your lot, please do not pile them in the lanes unless they are bagged.' They should all also be adding that, if you insist on raking leaves and put them in compostable bags. But, of course, that's all too much to put on a sign . . .



In fact, leaves are a friend of the forest and should NOT be raked up at all. Their retention on the forest floor provides all sorts of good things for the environment:

moisture retention, weed deterrence, microorganism habitat enhancement, nutrient provision, pH stabilization, etc., etc.

At our Victoria Beach cottage, four decades of deliberate leaf retention, supplemented by the addition of native fruits, seeds and plants, has converted a sparse, sandy wasteland into a wonderful leafy, greenspace, favoured by wildlife, and providing a calmingly, beautiful aesthetic for us to enjoy.

Ryon Johnston 17 July 2023



Mobile Klinik | AUTHORIZED REPAIR CENTRE

# NEED YOUR PHONE REPAIRED?

Repairs done on-site  
**403.742.4399**

Selkirk Location  
1014 Manitoba Ave.  
Selkirk, Manitoba

CHECK IT OUT

TELUS Authorized Dealer

4 COMMUNICATIONS INC.

4Lcommunications.com/mobileklinik

## A Victoria Beach Builder & Decorator

- Building repair and building leveling
- All types of building and painting
- Design & drafting services available

*Satisfaction Guaranteed*

Scott Thain **Ph: 756-8130**

## Victoria Beach Car Park

“HAVE A GREAT SUMMER”  
from Kevin, Sandra and Parking Lot Staff

Season	Month	3 Weeks	2 Weeks	1 Week	Weekend	Daily
\$50.00	\$42.00	\$40.00	\$38.00	\$25.00	\$13.50	\$8.00

**Season Stickers** valid only if attached to **Left Side Window**

Pin Up For Reference

JULY							2023
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	
23/30 <sup>24</sup> /31	25	26	27	28	29		

# VICTORIA BEACH CLUB

## 2023 SUMMER ACTIVITIES

Membership wristbands are required at all activities.  
Follow us for changes/updates on Instagram & Facebook

AUGUST							2023
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			

### REGULAR ACTIVITIES

#### KIDS ACTIVITIES (All Ages)

<b>Kids Games:</b> (Village Green & Sports Field)	Mon. & Fri. 10:00-11:00 AM	
<b>Family Games:</b> (Sports Field)	Mon. Wed. & Fri. 7:30-8:30 PM	
<b>Arts &amp; Crafts:</b> (Clubhouse)	Tues. drop in between 12:00-2:00 PM	
<b>Bike Hikes:</b> (Leaves from Clubhouse)	Wed. 10:00 AM-Noon (ages 6-11)	
<b>Golf Lessons:</b>	Tues. 10:00-10:45 AM (ages 6-11) Thurs. 5:30 PM (ages 12-16)	(Sports Field) (VB Golf Course)

#### OTHER ACTIVITIES

<b>Duplicate Bridge:</b> (Clubhouse)	Mon. 6:30 PM	Peggy Ansons & Sally Lawler
<b>Art Thursdays:</b> (*Various dates/locations)	Thurs. 12:00-3:00 PM	Barb Pritchard *Other fees may apply
<b>LIBRARY HOURS:</b>	Mon. & Wed. 9:00 AM-Noon, 7:00-8:00 PM Tues. Thurs. Fri. & Sun. 10:00 AM-Noon, 6:00-8:00 PM Sat. 10:00 AM-Noon	Library Assistants

#### FITNESS ACTIVITIES

<b>Yoga (Adults &amp; Teens):</b> (Clubhouse)	Mon. Wed. & Fri. 9:00-10:00 AM, 10:15-11:00 AM	Mairen Kops
<b>Power Hour:</b> (Memorial Stage or Clubhouse *weather dependent)	Tues. & Thurs. 9:00-10:00 AM	Julie McPetrie
<b>Strength &amp; Stretch:</b> (Memorial Stage or Clubhouse *weather dependent)	Tues. & Thurs. 10:15-11:00 AM	Julie McPetrie
<b>Boot Camp:</b> (Memorial Stage or in front of VB Store)	Mon. Wed. & Fri. 9:00-10:00 AM	Julie McPetrie

#### TENNIS COURT ACTIVITIES

<b>Youth Tennis Lessons:</b>	Ages 5-6 Wed. 11:30 AM-12:15 PM & Fri. 12:30-1:15 PM Ages 7-9 Tues. & Thurs. 1:00-2:00 PM Ages 10 & over Mon. 12:30-1:30 PM & Thurs. 2:00-3:00 PM	Tennis Court Attendants
<b>Junior Tennis Nights:</b>	Ages 11-18 Mon. & Wed. 6:00-7:30 PM	
<b>Adult Tennis Round Robin:</b>	Mon. & Fri. (Register) 10:45 AM (Play) 11:00 AM -12:30 PM Tues. Thurs. & Sat. 11:30 AM-1:00 PM (except July 1 & 8)	
<b>Adult GVS:</b>	Tues. & Thurs. July 6:15-7:15 PM / August 6:00-7:00 PM	
<b>Family Tennis:</b>	Tues. & Thurs. July 6:15-7:15 PM / August 6:00-7:00 PM	
<b>10 &amp; Under GVS:</b>	Tues. & Thurs. July 6:15-7:15 PM / August 6:00-7:00 PM	

### VICTORIA BEACH CLUB SPECIAL ACTIVITIES 2023

ACTIVITY	DATE	TIME	LOCATION	CONVENOR
VB Membership Blitz	Sat., July 1	10:00 AM - 1:00 PM	Parking Lot	Yvette Wilson
Summer Celebration Tennis Social	Sat., July 1	8:00 PM	Clubhouse	Joe & Dawn Cyr
Swim Registration	Sun., July 2	10:00 AM - Noon	Clubhouse	Lindsay & Dave Proteau
Beach Events	Sun., July 2	12:00 PM - 2:00 PM	Clubhouse Beach	Andrew Kaul
Big VB Clean Up	Sun., July 2	All Day	Community	Barb Pritchard, Gracey Dubé & Julie McPetrie
Kirbyson Doubles Tennis Clinic	Tues., July 4	2:00-3:30 PM Junior / 3:30-5 PM Adult	Tennis Courts	Geoff Kirbyson
Teen Kickoff to Summer	Wed., July 5	9:30 PM	Clubhouse	Rec Staff
Mega GVS	Sat., July 8	11:00 AM - 1:00 PM	Tennis Courts	Tennis Staff
Book Sale	Sun., July 9	1:00 PM - 3:30 PM	Clubhouse	Library Staff & Families
Soccer Tournament 15+	Sun., July 9	9:30 AM Registration	Sports Field	TBD
Sandcastle Building Contest	Sun., July 9	10:00 AM - Noon	Clubhouse Beach	TBD
Robert Kennedy Singles Tennis Clinic	Mon., July 10	2:00 PM - 4:30 PM	Tennis Courts	Robert Kennedy
Kirbyson Doubles Tennis Clinic	Tues., July 11	2:00-3:30 PM Junior / 3:30-5 PM Adult	Tennis Courts	Geoff Kirbyson
Junior Golf Tournament	Wed., July 12	9:00 AM	Golf Course	Catherine Delaquis & Jon Manness
Girl's Tennis Day	Thurs., July 13	3:00 PM - 5:15 PM	Tennis Courts	Ainsley Clayton
Teen Movie Night	Thurs., July 13	9:30 PM	Clubhouse	Rec Staff
Bike Races	Sat., July 15	10:00 AM	Sports Field	Sylvia Furtado & Laura Hilland
Adult Bike Jam	Sat., July 15	6:30 PM	Village Green	Stephen Carroll, Sylvia Furtado, Jamie Hilland & Aileen Hunt
Masters Tennis Tournament	Fri. - Sun., July 14 - 16	6PM Fri., All Day Sat & Sun.	Tennis Courts	Gavin Adamson, Geoff Kirbyson & Maureen Walker
Children's Masquerade	Sun., July 16	10:00 AM - Noon	Art Vincent Memorial Stage	Dawson Family
VBCOA AGM	Sun., July 16	11:00 AM - 2:00 PM	Clubhouse	VBCOA
Ladies Movie Night	Wed., July 19	6:30 PM	Clubhouse	Rachelle Schott
Teen Movie Night	Thurs., July 20	9:30 PM	Clubhouse	Rec Staff
Men's Golf Tournament	Fri., July 21	TBD	Golf Course	Karl Hutchison
Sports Day	Sat., July 22	10:00 AM - Noon	Sports Field	TBD
Kids Fishing Derby	Sun., July 23	9:00 AM - 11:00 AM	Pier	Pat Yarnell & Tanis Knowles
Volleyball Tournament	Sun., July 23	9:00 AM Registration	Sports Field	Mike Lesiuk
Robert Kennedy Adult Singles Clinic	Mon., July 24	2:00 PM - 4:30 PM	Tennis Courts	Robert Kennedy
Junior Tennis Tournament	Wed. - Thurs., July 26 - 27	All Day	Tennis Courts	Vinh Nguyen, Daryn West, Mike Bru, Mike Lesiuk, Jenny Hasenack & Meaghan and Anders Strom
Ladies Golf Tournament	Wed., July 26	All Day	VB Golf Course	Patti Ulrich
Teen Scavenger Hunt	Thurs., July 27	9:30 PM	Clubhouse	Rec Staff
Trivia Night	Fri., July 28	7:00 PM	Clubhouse	Andrika Tittenberger
Kids' Bike Jam	Sat., July 29	10:30 AM - Noon	Village Green	Catherine Delaquis & Maggie Bonnetta
30+ Dance	Sat., July 29	7:30 PM	Clubhouse	Suzy Blunderfield
Swim Races	Sun., July 30	9:30 AM Registration Opens	Clubhouse Beach	Swim Instructors
Teen Movie Night	Thurs., Aug 3	9:30 PM	Clubhouse	Rec Staff
Karaoke Night	Fri., Aug 4	7:00 PM	Clubhouse	Jane & Jon Manness
Senior Tennis Tournament	Fri. - Mon., Aug 4 - 7	All Day (Starts 6:00 PM Friday)	Tennis Courts	John Heppensstall & John Blair
VB Club Raffle	Sat., Aug 5	10:00 AM - 4:00 PM	Village Green	Suzy Blunderfield & Shannon Bowden
VB Art Show	Sun., Aug 6	11:00 AM - 4:00 PM	Clubhouse	Dianne Cameron & James Culleton
VB Kids Soccer Tournament (ages 8-14)	Sun., Aug 6	9:00 AM Registration	Sports Field	Sergio & Andy Almeida
Kirbyson Doubles Tennis Clinic	Tues., Aug 8	2:00-3:30 PM Junior / 3:30-5 PM Adult	Tennis Courts	Geoff Kirbyson
Robert Kennedy Rogers Tennis Tournament	Wed., Aug 9	2:00 PM - 5:00 PM	Tennis Courts	Robert Kennedy
Duplicate Bridge Tournament	Wed., Aug 9	6:30 PM	Clubhouse	Mary McIntosh & Helen Forrest
Teen Farewell to Summer	Thurs., Aug 10	9:30 PM	Clubhouse	Rec Staff
LWF Bike to the Beach	Fri., Aug 11	12:00 PM	Village Green	Scott McDonald & volunteers
Volunteer Appreciation Night	Fri., Aug 11	7:00 PM - 9:00 PM	Clubhouse	Doug Stewart
Cross Country Run	Sat., Aug 12	9:00 AM Registration	Clubhouse	Johnson & Wiebe Family
Dog Show	Sat., Aug 12	11:00 AM Registration	Village Green	Barb Hansford, Paul Infuso, Trish Nesbitt & Al Keith
Novelty Tennis Tournament	Sat. - Sun., Aug 12 - 13	All Day	Tennis Courts	Brad Nechweduk, Gavin Adamson & Stino Siragusa
LWF Walk For Water	Sun., Aug 13	10:00 AM	Art Vincent Memorial Stage	Brenda Hearson, Janet Sampson & VB Walk for Water Committee
VB Annual Meeting	Sun., Aug 13	1:00 PM-3:00 PM	Clubhouse	Heather Turzak
55+ Golf Tournament	Mon., Sept 11	All Day	Golf Course	Stuart Mcpherson

## Victoria Beach Club BOARD

PAST PRESIDENT  
Suzy Blunderfield

PRESIDENT  
Heather Turzak  
(204) 509-6164

VICE PRESIDENT  
Liz Kaye  
204-588-7498

SECRETARY  
Doug Stewart  
(204) 612-5556

TREASURER  
Dave Wilson  
756-2757

DIRECTOR AT LARGE  
Shannon Bowden

## Victoria Beach Club OFFICERS

VB HERALD PUBLISHER  
Lana Meier  
news@stonewallteulontribune.ca  
204-292-2128 for advertising

HERALD EDITOR  
Barb Pritchard  
Kevin Dubé  
vbherald@shaw.ca

MEMBERSHIP  
Yvette Wilson

SPECIAL EVENTS  
Cathy Bizruchak

SWIMMING  
Lindsay & Dave Proteau  
victoriabeachswimming@gmail.com

TENNIS  
Barbara Hientzsch  
Alice Russell  
Allan Morrish

# VB Club Executive Message

It's hard to believe we are nearing the end of our VB Club programming! We really hope everyone has had an opportunity to get out to enjoy at least one of the many activities on offer this summer. If you have yet to participate and/or your summer holidays have just begun, fret not my friends! There are still 2 more full weeks of programming, events and activities to choose from, so make sure to get involved! This week alone, we've got Trivia Night (brain power challenge), Kid's Bike Jam (fitness challenge), 30+ Dance (brain cell challenge), Swim races (floatation challenge) and, back by popular demand, Karaoke Night (vocal and auditory challenge)! All this in addition to our ongoing programming for kids, families and kids-at-heart of all ages.

Thank you to all the volunteer convenors who lead these amazing and inclusive events. You make VB life better for everyone and we could not function without you! We are always open to new ideas for events, activities and programming, so feel free to reach out to anyone on the VB Club Exec, we would be happy to chat.

If you are interested in being even more involved in VB life, we are still looking to fill a couple of spots on our VB Club Exec team. The Director at Large position and the Special Events Coordinator position are up for grabs, so put your name (or your best friend's name) forward to become an integral part of shaping all the programming, events and activities throughout the summer. We would love to have you on the team!

Enjoy your final few days of July and welcome August with open arms!

Cheers,  
Liz Kaye  
VB Club VEEP

## About the Victoria Beach Herald

One of the longest continuously publishing community newspapers in Canada, now in our 98th year, the Victoria Beach Herald is a service of the Victoria Beach Club. The Herald prints nine 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: they must be signed with the author's name and be written with the understanding that many people read the Herald, including young people.

Submissions should be sent via email to vbherald@shaw.ca. Submission deadline is 4PM Fridays with the exception of VB Club event convenor submissions for events occurring on weekends.

The Herald can be found in bright orange VB Herald boxes throughout the community. Digital issues of the Herald can be found on the VB Club website or by scanning the QR Code. Please also visit and subscribe to the VB Herald Facebook @vbherald and Instagram @victoriabeachherald.



# Council News – VB Herald, July 28, 2023 Edition

The end of July is just around the corner. Summer moves too quickly and we hope our residents and visitors have been able to partake in some of the many and varied offerings in our community. We are fortunate to have so many people willing to step up and provide the myriad of services and opportunities available to us, all year round. Thank you and remember to support local!

**Brush Pick-Up:** Brush pick-up has been completed by Public Works in all areas of the RM. Contractors are responsible for taking the brush you hire them to take down or remove to the Traverse Bay Landfill. Residents cannot leave brush on the roadside during the summer months, keep it on your own property or arrange to have it taken to the Traverse Bay Landfill. Next municipal brush pick-up is October 17-31.

**Dogs:** Every year we get complaints and concerns about dogs off leash, dogs misbehaving and dogs on the beaches. The majority of our beaches are public however dogs are not welcome on the beaches between 10 am and 8 pm and they are always supposed to be on a leash. Not all folks love dogs, some are fearful of dogs, and not all dogs, whether friendly or not, behave in a friendly manner around other dogs or people. Please also pick up after your pets.

**Zoning By-Law Update:** A reminder to residents of the Public Open House this Saturday, July 29, 2023 from 1 to 3:30 pm at the Social Scene, hosted by Landmark Planning. We recently hired Landmark to help us get the Zoning By-Law complete. They have received community comments to date, and they want to hear your concerns and to clarify any questions you might have about the contents of the new Zoning By-Law. Please take the time to attend this informal session and ensure your voices are part of the solution to completing the long overdue Zoning By-Law for our community.

**VB Fire Department Kids Day:** Please make sure your young and young at heart family members make their way to the Village Green on Saturday, August 5 for the VB Fire Fighters Safety Day. Our volunteer fire fighters will be on hand with their big trucks to have some informative fun with your family.

**Council Meetings:** Our August Council meetings will be held on Tuesday, August 1 and Tuesday, August 22 (date change from August 15) at 4:30 pm at the East Beaches Social Scene, #3 Ateah Road. All our meetings are recorded and uploaded to our website. Residents are welcome to attend.

RMVB Council

## Art Thursday Schedule

Name	Class	Price	Date	Time	Location	Contact
Raymond Lyttle	Hope Clouds - Painting	\$50	August 03	2:00 - 4:40PM	VB Clubhouse	ray-lyttle@outlook.com
Cori Jaye	Painting Butterflies	\$59.99	August 10	12:30 to 3:30	VB Clubhouse	corijaye.com
Raymond Lyttle	Write, illustrate & Bind a Mini Book	\$50	August 10	2:00 - 4:40PM	VB Clubhouse	ray-lyttle@outlook.com
Heather Wallace	Sourdough Bread with Heather	TBA	TBA	TBA	TBA	TBA
Raymond Lyttle	Faces and Places - Painting	\$50	August 17	2:00 - 4:40PM	VB Clubhouse	ray-lyttle@outlook.com
Ellie Topnik	Art with Ellie Topnik	TBA	TBA	TBA	TBA	TBA

### Art Thursday Returns!

Each week on Thursday various artists and crafters will be sharing their talents with the community. Each artist/crafter will provide a class description and fee (if applicable) along with how you can register. Watch the VB Herald and the VB Club Facebook page for classes and updates!

On rainy days we will meet in the clubhouse. Otherwise, we will meet beside the Village Green Bakery.

NOTE: Some artists have limited space and some require advance signup on their websites.

We are always looking for new ideas for classes. If you have an idea or would like to teach, please send an email to [artthursdays@shaw.ca](mailto:artthursdays@shaw.ca)

For the latest updates on classes and times you can follow on Instagram:

- @Victoriabeachherald
- @VBclubmb

### Mark your Calendars: Duplicate Bridge Tournament Wednesday, August 9, 2023

The annual Duplicate Bridge Tournament is scheduled for August 9, 2023 at the Clubhouse; games start at 6:30 p.m. Come and enjoy the breathtaking sunset as you play. Details to follow in future editions of the Herald.

For over 25 years we have been blessed to have two amazing coordinators for this special event: Donna Thain and Fran Pollard. They stepped down after the 2023 tournament. Upon hearing of their long-standing contribution, Heather Turzak, Club President, encouraged the Club Board to recognize their contribution to the Victoria Beach Club and bridge in particular. A plaque commemorating their extraordinary years of service was presented to Fran and Donna and now has a place of honour in the Club House.

Effective 2023, Fran and Donna are replaced by Mary McIntosh and Helen Forrest with support from Fran and Donna.

# VB Bike Races 2023

This year's kid's bike races saw a great turnout of over 60 kids eager to fly down the Avenues in pursuit of fun and friendly competition, including some keen young riders who had only learned to ride a bicycle in the past few weeks!

Participants met at the sports field and registered at the check in desk, and then lined up by age at the common starting line on 1st Avenue. All participants were then asked to provide a message of support and encouragement to all the other kids lined up with them, and the crowds lined up along the course loudly cheered on all riders big and small.

Depending on the age category, participants rode down routes along 1st to either Arthur, Patricia, or to the intersection of 8th and 1st, and then down 8th to either Centre of Gibson. Competition was fast and supportive, with lots of laughter and cheering present throughout.

All participants received a snack of their choosing, and an awards ceremony was held for each age category after all of the races were completed to the delight of the cheering crowd in attendance.

Big thanks to the volunteers who make this annual event a reality - Laura Hilland, Sylvia Furtado, Scott Palmer, Trevor Brown, Gavin Broadbent, Heather Neufeld, Amanda Brown, David Silver, Heather Neufeld, Alexis Silver, Tim Neufeld, Jen Ash, Christy Ploegman, Spencer Palmer, Lucia and Page Almeida, Colby and Nick McPetrie.

Here are this year's official results for the 2023 VB Kids Bike Races!

## Victoria Beach Kids Bike Race Results

Girls+ 5 and under

- 1st Kaiya Clayton
- 2nd Mila Clayton
- 3rd Clara Wheatley

Boys+ 5 and under

- 1st Teal Walker
- 2nd Nash Gibson
- 3rd Henry Grauman

Girls+ 6 & 7 years old

- 1st Poppy Sigurdson-Stevens
- 2nd Cali Ploegman
- 3rd Remy Iliff

Boys+ 6 & 7 years old

- 1st Otis Brooker
- 2nd Grayson Walker
- 3rd Alexander Viramoutes-Smith





- Bottle water delivery right to your door!
- Water cooler rentals - 5 gal, 3 gal, 1 gal, & 500 ml
- End of season invoicing
- Serving Victoria Beach Cottages & Winnipeg
- Also available at Local Grocers

**PH: 24/7**  
**204-756-2466 or**  
**204-697-1456**  
**Email: [trainorsprings@mymts.net](mailto:trainorsprings@mymts.net)**

**Building our Community one *Bucket* at a time**




**WAYNE'S BACKHOE & EXCAVATION LTD.**  
 a COR Safety Certified Company

**(204) 756.2553 Office · [waynesbackhoe@gmail.com](mailto:waynesbackhoe@gmail.com)**

**Visit us at [waynesbackhoe.com](http://waynesbackhoe.com)**

**Dine-in and out with us!**

Proud to be continuing the legacy of serving Victoria Beach for over 90 years.

**CALL AHEAD FOR PICK UP/DELIVERY**

**204-756-3224**

**9:00 AM - 10:00 PM EVERYDAY**



**[www.Themoonlightinn.com](http://www.Themoonlightinn.com)**

Girls+ 8 & 9 years old

- 1st Jaelyn Walker
- 2nd Maiya Mendez
- 3rd Violet McAuley, Amy Fast

Boys+ 8 & 9 years old

- 1st Edward Wach
- 2nd Sullivan Palmer
- 3rd Matthew Wach

Girls+ 10,11, & 12 years old

- 1st Anika Ploegman
- 2nd Sofia Lyon
- 3rd Kyah Demetrioff

Boys+ 10,11, &12 years old

- 1st Leven Broadbent
- 2nd Atticus Bolton
- 3rd Spencer Palmer

Girls+ 13-18 years old

- 1st Annabella Sime-Surcon

Boys+ 13-18 years old

- 1st Kalan Clew
- 2nd Nicholas Mendez
- 3rd Declan Preston



Let me help make your financial game plan a winning strategy!

- Take your financial planning experience from typical to optimal
- Create a living plan that shows you where you are and what you need to do to achieve your goals
- Ace your cottage succession planning

*Come find me in VB and present this coupon for a free can of Wilson US Open Tennis Balls*

**Kevin McIntyre** B.A. RRC, CFP  
 Division Manager  
 Investors Group Financial Services Inc.  
 (204) 999-1997  
 24 Mike Bay  
 kevin.mcintyre@ig.ca



# CLEARANCE • CLEARANCE

## 20" Tricycle Blue



# 549<sup>99</sup>

899-6300

## Canvas Bala 6-Piece Sectional Set



SAVE \$500

Sale  
OUR REG \$1399.99 **899<sup>99</sup>**  
88-2042-0

## CCM Hardline 26" Hardtail Mountain Bike, Black



WAS \$449.99

# 159<sup>93</sup>

071-1707-4

## Solo Steel 72 11x11 ft. Slant Leg Canopy - Assorted Co



# 99<sup>97</sup>

899-6542-6

## Kayak, Summit 100



SAVE \$100

Sale  
OUR REG \$549.99 **449<sup>99</sup>**

079-8279-4



### CANADIAN TIRE SELKIRK

1041 MANITOBA AVE., SELKIRK, MB  
204-482-8473 • 1-855-312-8473

## Senior Tennis Open on for the August Long Weekend – CONTINUED NEW FORMAT

The sign-up sheets will be available on Friday morning of **July 28** and removed by noon on **August 2**.

Tournament details on the format, rules, etc. will be posted with the sign-up sheets on **Friday July 28**.

\*\*The Senior Tennis Open is scheduled to start play on Friday AUGUST 4 at 6:00pm. \*\*

This change will allow for just the finals to be played on **Monday** (weather permitting). If you enter the tournament, please be aware that you may have to play a match on **Friday** night.

Draws for the tournament will be put up on the boards at the courts on **Thursday morning August 3** and will be posted on VB tennis social media accounts. Each event will cost \$5.00 to enter and non-VB Club members will be charged \$25 to enter the tournament.

Please pay before you play your first match.

Electronic and cash payment will be accepted at the tennis Kiosk before you enter the courts.

If you are playing in multiple matches, please be prepared to play back-to-back matches.

We look forward to a great long weekend of high-level tennis competition.

Senior Tournament Committee:

John Heppenstall, John Blair, Stephen Dubiensi

## POLLARD banknote limited

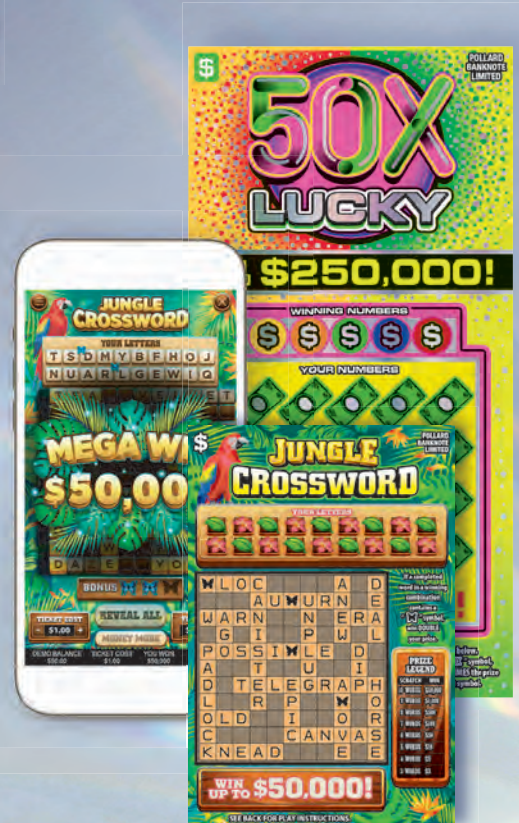
# WE'VE GOT THE TICKET TO A REWARDING CAREER

We partner with lotteries around the world to drive revenue for the good causes they support. Proudly based in Manitoba since 1907, we've grown to have offices in eight countries, serving clients worldwide.



## JOIN OUR TEAM TODAY!

Visit [pollardbanknote.com/careers/](http://pollardbanknote.com/careers/)





# **YACHT CLUB DANCE**



**08.06.2023**

**9:00 PM - 1:00 AM**

**Beaches Community Center  
Victoria Beach, MB**

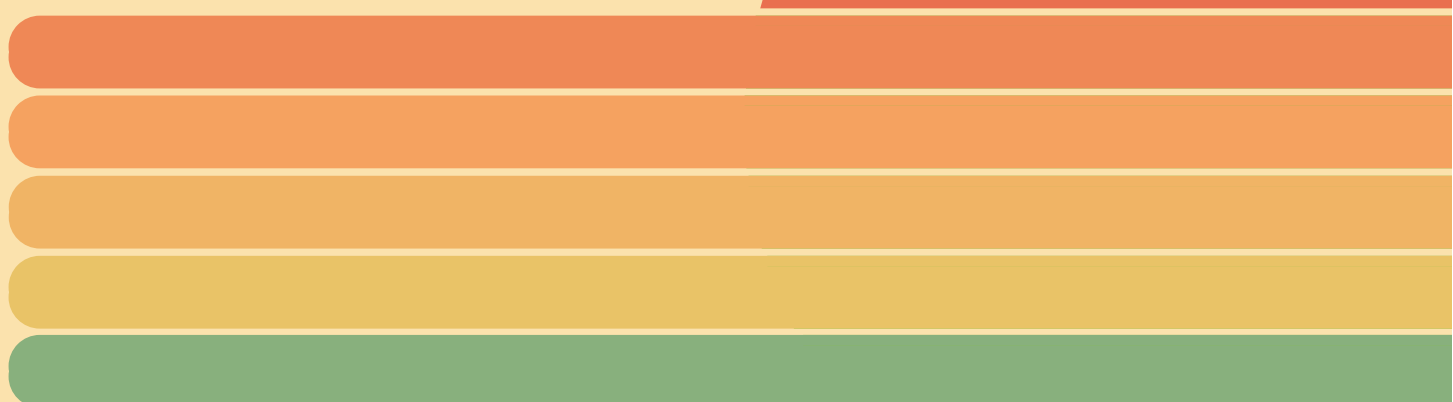
TICKETS \$30

AVAILABLE @ P-LOT/MOONLIGHT/STORE

## **FEATURING**

ST. BEACH BOYS

DJ JPQ



# Sports Day

What a perfect day for sports day. The weather was ideal and in the true spirit of VB many people pitched in to help. The tradition of sports day goes back many years. There were multiple generations represented at the races this year which made it extra special. It is the event that everyone in the family can participate in with lots of laughs and hugs alongside serious competition. This day can only happen with the help of the rec staff who make sure everything is set up and ready for race time. Throughout the day they can be seen selling VB merch and chasing down 1st, 2nd, and 3rd place winners. Thank you all for a job well done.

The very challenging job of recording the winners was done by Lauren Gillette, Taylor and Cole Onofreitti, and Ann Manning. They had a steady stream of winners to record for almost three hours. A huge effort was made to get names spelled correctly. For the parents of the five and under next year, please stay close as your little winners do not know how to spell their names yet!

Big thank you to Gillian and Richard Bradford, Joanna Iliff and Jason Gillette for marshaling the starting line. They helped to keep things running smoothly.

A special thanks to Jenny Hasenack Bru for helping out in every way possible. Her years of volunteering at VB came through in a big way.

Finally we want to thank Gord and Darcy Poulton for making our job so much easier. Gord and Darcy ran sports day for the past five years so there was much for us to learn from them. They were there all day helping out where needed.

It was fun to be back volunteering at VB. We had a bit of a rough start with the microphone so we may consider the old school megaphone for next time! Enjoy your summer and we'll see you on the avenues .

Rick and Jean



More Sports Day photos in the August 4th Herald

# Sports Day Results

## SLOW BIKE RACE RESULTS

		First Heat	Second Heat	Third Heat
Girls 7 and under	1 <sup>st</sup>	Ruby Ateah	Frances Scoles	
	2 <sup>nd</sup>	Amelia Proteau	Isla Bradford	
	3 <sup>rd</sup>	Poppy Sigurdson-Stevens	Harper Bradford	
Boys 7 and under	1 <sup>st</sup>	Noah Cruz		
	2 <sup>nd</sup>	Grayson Walker		
	3 <sup>rd</sup>	Cooper Keith	Grayson Walker	
Girls 8 years	1 <sup>st</sup>	June McAuley		
	2 <sup>nd</sup>			
	3 <sup>rd</sup>	Olivia Phillips		
Boys 8 years	1 <sup>st</sup>	Xavier Souque		
	2 <sup>nd</sup>	Jesse Wilde		
	3 <sup>rd</sup>			
Girls 9 years	1 <sup>st</sup>	Jaelyn Walker		
	2 <sup>nd</sup>			
	3 <sup>rd</sup>	Rose Heiman		
Boys 9 years	1 <sup>st</sup>	Sullivan Palmer		
	2 <sup>nd</sup>	Grayson Mann		
	3 <sup>rd</sup>	Parker Ateah		
Girls 10 years	1 <sup>st</sup>	Lucy Hutton		
	2 <sup>nd</sup>	Payton Peacock		
	3 <sup>rd</sup>	Chloe Owens		
Boys 10 years	1 <sup>st</sup>	Henry Allen		
	2 <sup>nd</sup>	Tripp Peacock		
	3 <sup>rd</sup>	Daitan Poworski		
Girls 11 years	1 <sup>st</sup>	Isla McCaig		
	2 <sup>nd</sup>	Kyah Demetriooff		
	3 <sup>rd</sup>	Taryn Moisey		
Boys 11 years	1 <sup>st</sup>	Sullivan Cushing		
	2 <sup>nd</sup>	Carter Maternick		
	3 <sup>rd</sup>	Rowan Sandelli		
Boys 12 years	1 <sup>st</sup>	Leven Broadbent	Xavier Delaquis	
	2 <sup>nd</sup>	Ben Dyck	Noah Peacock	
	3 <sup>rd</sup>	Ben Peacock	Emmett Hutton	
Girls 13 to 15 years	1 <sup>st</sup>	Juliana Zeilstra		
	2 <sup>nd</sup>			
	3 <sup>rd</sup>	Joslyn Moisey		
Boys 13 to 15 years	1 <sup>st</sup>		Noah Bueckert	
	2 <sup>nd</sup>	Will Sedleski		
	3 <sup>rd</sup>	Noah Barnes	Ronan Lamont	
Men 16 -34	1 <sup>st</sup>			
	2 <sup>nd</sup>	Josh Bueckert		
	3 <sup>rd</sup>	Lee Stevens		
Women 35 +	1 <sup>st</sup>	Brittany Christiansen	Leanna Boyd-Sandelli	
	2 <sup>nd</sup>	Ashleigh Wheatley	Lauren Ferguson	
	3 <sup>rd</sup>	Dorota Zarrillo	Lindsay Moisey	
Men 35 +	1 <sup>st</sup>	Ernie Bueckert	Blair Clayton	
	2 <sup>nd</sup>	Brian Hutton	Brian Walker	
	3 <sup>rd</sup>	Isreal Mendez	Jeremy Walker	Matt Heiman

# Tips for young Victoria Beach Sailors from a Baby Boomer

I happened to drop by the Victoria Beach Yacht Club the other day and was delighted to see so much activity. The youth sailing school was in full swing, some Catamaran racers were enjoying a beverage on the deck after a hectic morning of races, and Commodore Brad Scott and Dan Schott were actively inspecting the impressive renovations to the Junior storage facility.

This vibrant sailing scene reminded me of my early years sailing at Victoria Beach in my beloved, and now very leaky, Laser. As there are a number of young parents now actively engaged in the weekend races, I thought I would offer several tips and practices that I followed when I engaged in the weekend races when I was a father of 3 young children.

In the 1980s and 90s there was a comparatively large fleet of Lasers, Hobie Cats and assorted dinghies engaged in the racing series every Saturday and Sunday mornings. My guiding principle on most race days was to minimise my front-end preparation before the race meeting, usually held at 10 AM. After a raucous family breakfast, I would bike quickly to the sailing compound, grab my sailing gear from the locker, and bribe my eldest child Jamie to help me with the rigging. This usually meant skipping the race meeting which was no big deal because I never understood the tactics in the first place.

My fundamental tip for racers today, like in anything, is to acquaint yourself with the practises of the most accomplished practitioners. In my racing career, my hero was a superb sailor named Orest Dackow, who was always immaculately prepared. I would pull my Laser alongside Orest's and duplicate his rigging as closely as possible. Following the Skipper's meeting, I would

ask Orest to have a look at my setup while I retreated to the bathroom.

If my children were on the beach at this stage, which was rare because they far preferred all the Victoria Beach activities, I would play with them on the shore until it was time to head for the starting marker • from time to time offering encouragement to Orest as he re-rigged my boat.

And then, into the Laser I hopped.

Sailing a Laser on Lake Winnipeg on stormy days was thrilling and sometimes outright frightening. Another tip that I would offer young racers is to be extra friendly, polite, and considerate to the folks in the crash boat – bribe them, if necessary. On more than one occasion, I would find myself tipped over, my rudder floating away, and my life jacket stuck on my head. Thankfully, the rescue vessel was always there to get me straightened out. I loved those guys in those crazy moments.

On the other end of the weather spectrum, when the wind died, I had a fundamental rule: get back to shore. There is nothing worse as a young parent to be becalmed, far from shore, and wondering if you would make it home to help out with the kiddos – and also for lunch. If I got any hint of dying breezes, I would abandon the race and, using my rudder as a scull, head back to the sailing club. Upon landing, I would derig my boat (in a detailed, organized manner, mind you – so as to be well-prepared for the next weekend's race), haul the Laser back into my berth, and skedaddle back to the cottage as fast as possible.

Yes, those races bring back fabulous memories. While I never won any races, the camaraderie of my fellow sailors and the unique thrill of being totally out of control as you jived around the leeward mark, made it all so worthwhile.

## The Paying Forward Pin

By Brynn Dawson

This beautiful pin of a Robin was given to me by a man named Doug who was selling his art in the Village Green. Doug told me and my cousin “those pins were made by my good friend Will who unfortunately passed away from COVID”. We were sad that we hadn't brought any money so Doug kindly proposed that “if we did a few good things for somebody then the pin would be free” - like paying forward. Doug told us some examples of a few good things that he had done for people who needed help. He is a good man and I wear the pin as a reminder to be kind and helpful to everybody I see and especially for people who look like they need help.

My goal while writing this article is to inspire people to be kind and not to expect something from doing good things but just to do them. It feels like a reward when you do it I promise. Plus Doug if you are reading this I just want to let you know that you have inspired me to be a better person. Thank you for the pin and I will pay it forward.

All kids born in  
2010  
and earlier  
welcome!

*the*  
**FAREWELL  
SUMMER**  
*TIKI PARTY*

AUGUST 10  
9:00PM

@Clubhouse

**2023 VB  
Teen Events!**

**Scavenger  
Hunt**

**July 27**  
9:00PM  
Clubhouse



**Movie  
Night**

July 13  
July 20  
Aug 3  
9:00PM  
Clubhouse



### Volleyball action was intense last weekend. Full results and more photos in the August 4th Herald



# Girls' Tennis Day

Thank you to all the wonderful girls who came out for girls' tennis day! We had a great turnout and the sun was shining! A special thanks to Jane Turk and the female tennis staff, Izzy, Jessica and Erin for all of their help! We had so much fun! See you all next year!

Jocelyn Keith and Aynsley Clayton



**PROVIDING**  
**DUST**  
**CONTROL**

to Victoria Beach for over 30 years!

**FORT**  
 Distributors Ltd.



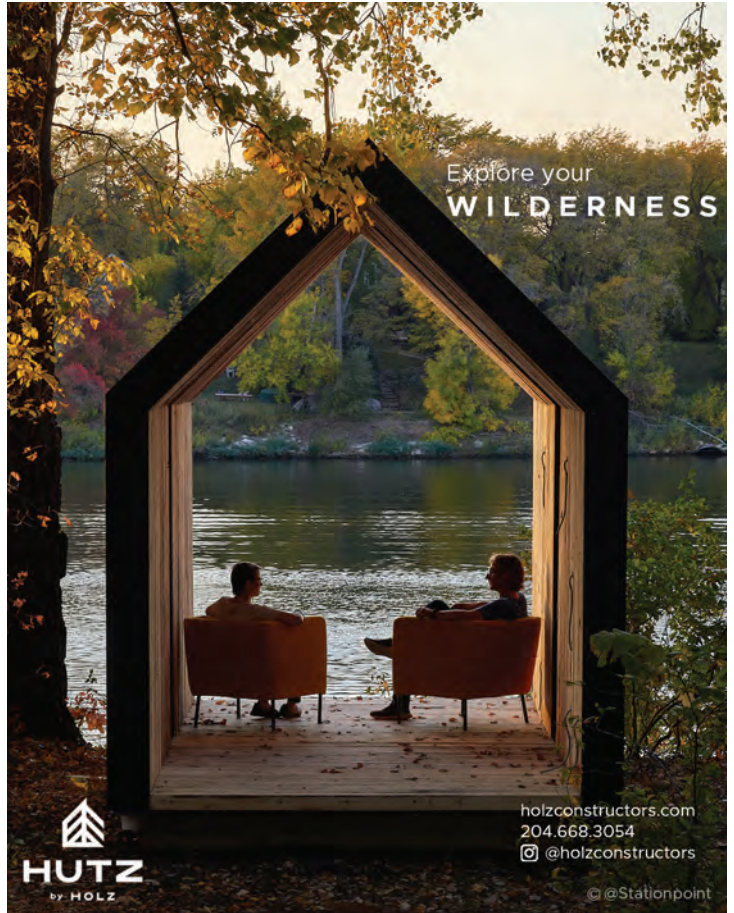
938 McPhillips Rd., St. Andrews  
 (located at on the corner at Hwy. 67 & 230 Near Selkirk)  
**Selkirk (204) 785-2180**



**Do it Yourself**  
**Dust Control Bags**

**Dust Control For Your Community**

Explore your  
**WILDERNESS**



**HUTZ**  
 by HOLZ

holzconstructors.com  
 204.668.3054  
 @holzconstructors

© @Stationpoint

# Cross Country Run

One of the last events on the calendar so you have had all summer to train! We have run this event for a zillion years and are ready to pass the torch – if you are interested in running this illustrious event and want some guidance as to how we do it – let us know!

Date: Saturday August 12th  
Time: 9:00 am Registration at the clubhouse

If you have a trophy, please bring it to the race or drop off at the Johnson cottage - 309 3rd avenue

Looking forward to VB's own Chariots of Fire!

Cheers – Grace, Shannon + Paul

## Rural Municipality of Victoria Beach

**Mayor:** Penny McMorris

**Councillors:** Graham Randle, Steve Axworthy, Irwin Kumka, Ian Chadsey

**CAO:** Lon Turner, 705-1661 Portage Ave, Winnipeg Phone: 204-774-4263

**Toll Free:** 1-800-513-3839 (MB only) Fax: 204-774-9834

**Police Chief:** Kevin Pawl 204-756-2322

**Public Works Lead Hand:** Trevor Halgren 204-756-2286

Public Works (after hours emergency): 204-756-2568

**Building Inspector:** Curtis Beaudoin Wpg Cell 204-291-8207

**Website:** [www.rmofvictoriabeach.ca](http://www.rmofvictoriabeach.ca)

**Email:** [info@victoriabeach.ca](mailto:info@victoriabeach.ca)

**PRACTICE WATER AND FIRE SAFETY. PLEASE STAY OFF THE BANKS  
& EXERCISE EXTREME CAUTION ON LAKEFRONT PATHS**

We all deserve compliments

**SAFeway**

**MANITOBA AVE. AT MAIN ST. SELKIRK 204-482-5775**

**ROOFING**

**FRONTIER**

**EXTERIORS**

**All types of roofing,  
metal, asphalt shingles,  
wood, cedar shakes  
and ceramic tile**

**FREE ESTIMATES/QUOTES**

*We get excited  
about exteriors.*

**Phone 204-421-7474  
www.frontierroofing.ca**

**Contact Chris at 204-421-7474 or chris@frontierroofing.ca**

# Masquerade

Despite cold weather, 105 creative participants showed up for the 2023 Children's Masquerade. Wow, what a turnout! Aaron Burnett entertained with a few tunes while everyone patiently waited their turn onstage. Thanks to Joan and Heather for keeping up with the lines at the registration table, and to the rec staff, Katie and Kalan, for handing out ribbons and prizes. Also a big thank you to all the family members and friends who helped the participants with their costumes - the behind the scenes teamwork is what makes the dream work!

Best VB-themed costume goes to Sofia Lyon who dressed up as our beloved VB Herald, with honorable mentions to Connor Straus who was celebrating the VB golf course's 100th anniversary by dressing up as Frank Sprague (the VB Golf Course Founder), and Brynn Dawson who dressed as an unwelcome VB visitor, Algae.

There were so many creative ideas to choose from - super heroes, fairies, professional athletes, bakers (and baked goods!), and Barbie dolls to name a few. The Three Little Pigs (Kaiya Clayton, Mila Clayton and Tori Clayton) were not blown away by the big VB wind and won best group costume. Best original solo costumes go to Cali Sothers who dressed as a paintbrush with a paint palette and Ruby Ateah and Parker Ateah who both dressed as Life Savers. Finally, we'd like to extend a special masquerade welcome to our youngest participant and cutest little fairy, Emry Richards, age 3 weeks.

Awesome job this year everyone!  
Ashley Hearn and Jaimie Dawson

Here are the participants in order of appearance:

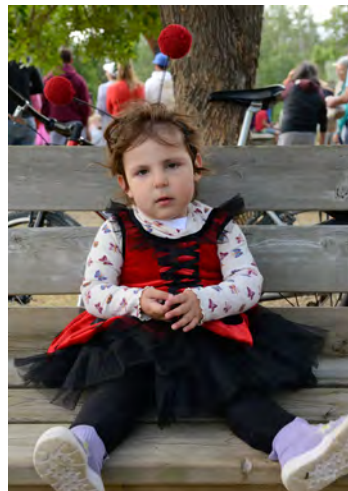
Name	Age	Costume
Garrett Dawson	8	Future Winnipeg Jets Player
John Dawson	8	Future Winnipeg Jets Player
Brynn Dawson	9	Algae
Nash Gibson	5	Dogman
Connor Straus	9	Frank Sprague - VB Golf Course Founder
Cali Stothers	8	Paintbrush
Radler Carroll-Biebrich	9	Random Mandelorian
Alice Darling	5	Love Unicorn
Renee Hopper	6	Tiger
Rielle Hopper	9	Space Bunny
Rose Darling	8	Space Bunny
Henry Allen	10	Ladybug Bumblebee Dragon
Romi Suderman	2	Princess Romi Rella
Quinn Pollard	2	Queen Quinnie
London Iliff	10	Barbie
Chloe Gillette	10	Barbie
Harry VanBerkel	1 1/2	VB Pirate
Remy Iliff	7	Pinkalicious
Piper Iliff	6	Belle
Mack Iliff	4	Spiderman

Alex Viramontes-Smith	6	Mario
Oliver Viramontes-Smith	4	Luigi
Nora Greenhalgh	1 1/2	Bug Catcher
Blair Humpareys	2	Ladybug
Harper Bradford	6	Spider
Alexander Clapham	9	Avatar in Roblox
Benjamin Ekelund	10 mths	Benjamin Bunny
Robert Siddall	5	Sir Robert of VB
Leo Siddall	2	Elephant
Julie-Anne Vanderhooft	7	Princess of the VB Kingdom
Genevieve Vanderhooft	5	Unicorn
Jacob Vanderhooft	3	Dragon
Kyah Demetrioff	12	Enchanted Elves in the VB Forrest
Kayla Clapham	12	Enchanted Elves in the VB Forrest
Leith-Ferris Martin	9	Doug Martin
Cali Ploegman	7	Smile Cookie
Sadie Ploegman	6	Chef Sadie
Leo Popoff	6	Astronomer
Teal Walker	4	VB Fireman
Tesa Radulovic	9	Daughter Nature
Poppy Sigurdson-Stevens	6	Blue Peacock
Winnie Sigurdson-Stevens	4	Alicorn (Pegasus Unicorn)
Rowan Travis	6	Batgirl
Bennett Travis	5	Captain America
Elin Shupeniuk	6	Spider Girl
Freyja Shupeniuk	6	Super Girl
Maya Mendez	8	Snow Princess
Taryn Moisy	11	Happy Face Cookie
Haelyn Moisy	7	Happy Face Cookie
Geoffrey Oliver	5	Spiderman
Kaiya Clayton	5	Three Little Piggies
Mila Clayton	4	Three Little Piggies
Tori Clayton	2	Three Little Piggies
Hugh Allen	7	Medo Spider
Beau Potter	1 1/2	Ballerina
Indie Gorlick	6 mths	Ballerina
Amelia Proteau	6	Princess Peach
Ben Proteau	4	Mario
Ryker Stick	8	Rugby Player
Harvey Stick	3	Happy Face Cookie
Mia Barkman	7	Bakery Garden Fairy
Clara Laporte	4	Bakery Garden Fairy
Emily Tonopa	7	Mother Nature
Stella Schott	6	Snorkeler
Jack Schott	8	Hockey Player
Georgia Lodewyks	7	Dalmatian





Jake Lodewyks	5	Baby Yoda
Nola Wilson	11	Forrest Elf
D.J. Sivam	4	Captain America
Chancellor Cushing	9	Head Chef of "This is the Beach" Restaurant
Lillian Nagy	8	Water safety superhero
Ella Nagy	5	Water safety superhero
Llewyn O'Conner	17 months	Explorer
Sofia Fattouche	3	Fairy
Isabella Fattouche	10 months	Clown
Oscar Mathew	5	Batman
Bruno Mathew	2 ½	Spiderman
Lucas Lorange	10 months	Pirate
Eddie Deschouer	1	Cowboy
Sofia Lyon	11	VB Herald
Henry Gravman	4	Easter Bunny
Rosie Gravman	2	Paper Bag Princess
Clara Cosby	5	Happy Sister
Helen Cosby	3	Happy Sister
Ollie Gagnon	2	Dorothy
Charlie Gagnon	4	Unicorn Princess
Georgia Gagnon	1	Fairy
Leo Tutt	3	Master Angler
Alice Wheatly	7	Ghost Spider
Clara Wheatly	5	Ghost Spider
Ruby Ateah	7	Life Saver
Parker Ateah	9	Life Saver
Braya Richards	3	Butterfly
Emry Richards	3 weeks	Fairy
Isla Mccaig	11	Bumblebee
Libby Parkinson	2	Disney princess
Daitan Powarsky	10	Blue Bomber
William Parsons	3	Firefighter
Sophie Evans	5	Princess Fairy
Ella Evans	3	Tiger
Winona Kuzina	4	Princess Moth
Linden Kuzina	1	Little Monster
Josie Oliver	8	Silly Person
Sam Urgan	5	Fox & The Hound
Rosie Urgan	2	Fox & The Hound



**Stop and Get "Fuelled-up" on the way to the beach!**

**Red Barn**  
COLD BEER STORE AND BOTTLE DEPOT

**SELKIRK MOTOR HOTEL**  
219 Manitoba Ave, Selkirk  
204-482-1900

**Roni's by the Red**  
UPTOWN CAFE

**ateahrealty**  
professional service, professional results  
ateahrealty.com

**Susan (Gee) Thomas REALTOR®**  
CELL 204.754.7677  
email susan@ateahrealty.com  
Office 39004 Hillside Beach Road  
OFFICE 204.756.3749 or 1.866.755.5406

REALTOR  
MLSP  
MULTIPLE LISTING SERVICE  
INDIVIDUAL REALTOR  
2022

**EDMOND FINANCIAL GROUP**  
www.efgi.com

INVESTING IN COMMUNITIES  
**TOGETHER**

EDMOND FINANCIAL GROUP  
420 Academy Road  
Winnipeg, MB R3N 0B9  
Paul Edmond, B.A.(Econ), CFP

SOUND FINANCIAL PLANS  
CUSTOM-DESIGNED INSURANCE SOLUTIONS

toll-free 1.866.478.8500  
phone 204.478.8500  
fax 204.488.6575

*Proud Sponsor of Summer Winds*

# Advocacy Success!

Renewed federal funding for Lake Winnipeg – and how you can help ensure new spending delivers results

People working together have great power to influence change. And, as we saw this spring, our collective efforts to protect Lake Winnipeg are making a difference.

The 2023 federal budget was released on March 28, and included a commitment of \$650 million over 10 years for a national Freshwater Action Plan aimed at protecting Canada's freshwater lakes and rivers, Lake Winnipeg included.

This announcement answered the call for renewed federal investment made last summer by members and supporters of the Lake Winnipeg Foundation (LWF) who sent postcards distributed by LWF to Canada's Environment and Climate Change Minister Steven Guilbeault.

A huge thanks to everyone who took the time to fill out a postcard at the 2022 Walk for Water, or who mailed in the postcard included in your LWF newsletter. Your actions made this success possible!

Budget 2023's funding commitment is significant – but it's also just the beginning.

Still unknown is exactly how much of the total funding announced in March will be allocated to support regional efforts to protect Lake Winnipeg. Equally important? Ensuring that federal money is invested in ways that will generate measurable phosphorus reduction and long-term impact on the health of the lake.

LWF is calling for a federal funding program for Lake Winnipeg that:

- uses data generated by the Lake Winnipeg Community-Based Monitoring Network to target phosphorus-reduction projects in phosphorus hotspots
- supports Indigenous peoples in reclaiming and restoring their relationship with water; and
- effectively monitors progress to make sure funded projects are achieving expected results.

**HOW YOU CAN HELP: JOIN US IN THANKING MINISTER GUILBEAULT**

*Continued on page 17.*

**Cottage Country Counsel**

**Charles Sherbo** (204) 957 8332  
**Daniel St-Jean** (204) 957 8344  
**Kelly Beattie** (204) 957 8342  
**Doug Fawcett** (204) 957 8354

FILLMORE RILEY LLP LAWYERS AND TRADEMARK AGENTS  
**FillmoreRiley**



*“Pick up a federal advocacy postcard at Aug. 13’s Walk for Water and help advocate for evidence-based decision-making. Photo: Kendi Dyck.”*

LWF has created another postcard for you to send to Minister Guilbeault. This time, we’re thanking him for Budget 2023’s funding commitment. We’re also reminding him of the importance of evidence-based decision-making.

We’ll be bringing our new postcard to the education evening, Advocacy and Action for Lake Winnipeg: An Evening with Alexis Kanu Walk on July 27th, 2023 at the Social Scene and the 2023 Water on Water on Sunday, Aug. 13th AM. Pick yours up at LWF’s outreach table – and consider grabbing a few extras to share with your networks!

You can also find the postcard in printed copies of LWF’s Spring & Summer newsletter, The Watershed Observer.

Prefer to send your own personalized letter or email?

- Send letters to: The Honorable Steven Guilbeault, Minister of Environment and Climate Change, House of Commons, Ottawa, Ont., Canada, K1A, 0A6. (Reminder, no postage is required to send mail to the House of Commons.)
- Email Minister Guilbeault at: [ministre-minister@ec.gc.ca](mailto:ministre-minister@ec.gc.ca)

There is no stronger force in politics than the force of public opinion. This spring’s funding announcement is the result of the untiring advocacy of LWF members. Thank you for adding your voice to the call for a healthy Lake Winnipeg.

## Local LWF events – mark your calendar:

### **Advocacy and Action for Lake Winnipeg: An Evening with Alexis Kanu**

July 27, 2023, 7:00pm @ the Social Scene

An free education evening for all to learn more on this topic!

### **Bid for Lake Winnipeg Art Auction: July 14 – Aug 13, 2023**

Art displayed in various locations at VB, Albert Beach and Grand Beach

### **Bike to the Beach: August 11, 2023**

Cheer on this determined group of cyclists who will pedal from Winnipeg to Victoria Beach raising funds for a healthy Lake Winnipeg!

### **Walk for Water: August 13, 2023, 10:00am, VB Village Green**

We encourage everyone to Join us at our annual fundraising walk – all ages!

### **For more info:**

[lakewinnipegfoundation.org](http://lakewinnipegfoundation.org)

Janet Sampson (204) 756-8276

Brenda Hearson (204) 792-6186

**SHOP ONLINE @ [homehardware.ca](http://homehardware.ca) & PICKUP AT OUR SELKIRK STORE**



**WE DELIVER TO VICTORIA BEACH**



**or**

**Here’s How.**

**Selkirk Home Hardware Building Centre**

**1-888-755-2773**      [homehardware.ca](http://homehardware.ca)

**LUMBER • TOOLS • HOUSEWARES**  
**• BBQ • PLUMBING • ELECTRICAL**  
**• PAINT • WINDOWS & DOORS**  
**• MOULDINGS, TRIM & FLOORING**  
**• & MUCH MUCH MORE**

**Quadrant**  
Private Wealth

Proud sponsor of *Bike to the Beach*, a fundraiser in support of the Lake Winnipeg Foundation.

**Bike to the Beach 2023**

Grand Beach  
Victoria Beach

Quadrant Private Wealth is an independent wealth management firm committed to your financial well-being and peace of mind.

Scott McDonald, *Private Wealth Manager*  
smcdonald@quadrantprivate.com  
204-230-3800

\*Services provided through Blueridge Consulting Ltd.

## VB YOGA

We hope you are enjoying yoga so far! Reminders: There will be 2 classes on Monday, Wednesday, Friday at 9am-10am & 10:15am-11:15am in the Clubhouse. Be sure to add-on your yoga wristband to your VB club membership. You can also do a drop-in class anytime for \$5 cash at the door. Remember to bring your own mat!

### Instructors July 24-28:

**Monday July 24** - Kelly Cowan's classes are strong yet graceful, fiery yet fluid, she considers all levels of asana, and is driven to have her students feel the flow, gain personal perspectives, & deepen their relationship with themselves.

**Wednesday July 26** - Noah Krol is the founder of Peg City Yoga and co-founder of the methodology of Sivatantra Yoga in Winnipeg, Canada. His practice and teaching have a specific focus of Shaivite Philosophy for its simplicity and elegance. With a depth focus on the philosophy of Kashmir Shaivism & the Therapeutic applications of Restorative Yoga.

**Friday July 28** - Ash has been teaching yoga for over 12 years. Her classes will be an all-levels flow and will close with a deep stretch and a long savasana. You can find her teaching in Winnipeg, on the water with Kendricks outdoor adventures at Fort Whyte, at South Studio and Shapes. Ash adores her dogs, nature and is excited to be back at the beach. IG: @wldpath

**TAYLOR McCAFFREY**  
LAWYERS

tmlawyers.com

**Working in Beach Mode**

**Katherine Bayer**  
204.988.0462  
kbayer@tmlawyers.com

**Remo De Sordi**  
204.988.0362  
rdesordi@tmlawyers.com

**Alex Nordal-Budinsky**  
204.988.0390  
anordal-budinsky@tmlawyers.com

**Direct Connect**  
ELECTRIC Inc  
*Get Connected*

WE WORK EVERYWHERE YOU NEED US EVEN AT THE LAKE!

• Commercial & Residential Installations  
• Large or Small projects  
• Security—card access and/or camera systems  
• Monthly Alarm Monitoring

**From business, home or cottage we have you covered.**

**For all your needs no matter how large or small.**

204-774-0514  
info@dirconn.com

**www.dirconn.com**

# Masters Tennis Results

The Masters tournament played out under five rain delays and four of nine draws couldn't finish before the final rain stopped play on the evening of Sunday, July 16.

Still, with lots of patience and good faith, competitors set and sometimes re-set matches through the week.

Full results below. Thanks to all the participants for their persistence through the rain, and especially to volunteers like Anil Kaul, Jane Turk, Joe and Dawn Cyr and Hans Wasmeier who oversaw the clipboard and the draw for long stints.

## Women's singles

Kim Willoughby d. Jane Turk 9-3

## Men's singles

S. Dubiensi d Roland Burrell, 6-1, 6-3

## Women's Doubles 40+

M. Brownell/L. Lucht d. A. Bishop/  
K. Willoughby 9-8 (11-9)

## 55+ Women's Doubles

A. Heffelfinger/  
B. Pritchard d. C. Forsythe/  
M. Walker 7-6, 5-7, 6-4

## Mixed Doubles 55+

A. Heffelfinger/  
S. Perks d. S. Filuk/  
A. Kaul 9-7

## Men's Doubles 40+ -

S. Dubiensi/  
M. Lodewyks d. R. Burrell/  
A. Strome 6-4, 6-1

## 55+ Singles -

G. Kirbyson d. S. Clendenan

## Men's 55+ Doubles -

G. Kirbyson/  
M. Lesiuk d. E. Bueckert/  
S. Clendenan 9-3



*Stephen Dubiensi and Mike Lodewyks beat Roland Burrell and Anders Strome (6-4, 6-1) just before the fifth rain delay on Sunday.*



*Amanda Heffelfinger and Barb Pritchard edged out Carol Forsyth and Maureen Walker 7-6, 5-7, 6-4 in the Women's Doubles 55+ match played over two days and 3.5 hours.*

Summer Fitness at Victoria Beach 2023

Police CSO

Hello everyone.

In issue number 2 of this season's Herald I provided information regarding e bikes from BILL 36;THE HIGHWAY TRAFFIC AMENDMENT ACT.

SECTION 145(4) states :

HELMET REQUIRED : POWER ASSISTED BICYCLES.

NO PERSON SHALL RIDE OR OPERATE A POWER ASSISTED BICYCLE ON A HIGHWAY OR BICYCLE FACILITY UNLESS HE OR SHE IS WEARING A PROPERLY FITTED AND FASTENED PROTECTIVE HELMET.

There has been some confusion about what constitutes a "highway".

The TRANSPORTATION ACT defines a "highway" as follows:

HIGHWAY INCLUDES (a) every highway within the meaning of the Transportation Act (b) every road, every street, lane or right of way assigned or intended for use for the general passage of vehicles.

I hope this clarifies the matter.

On another note I would like to share my observations of late with regard to cyclists in general.

After observing a few cyclists disregarding a traffic device, in these cases a stop sign, I monitored cyclists at 3 different locations in the VB Restricted area to get an idea of how common or not this was.

50 of 50 cyclists observed failed to stop and the majority did not attempt to slow down. In several instances children were accompanied by one or both parents.

Vehicular traffic is suspended in the Restricted Area at this time of the season as we all know, however there are contractors , public works, police vehicles that still access the Restricted area.

I will speak directly to the parents and appeal to you to lead your children by example.

Accidents are usually preventable.

Cycle safely!

Tony Ayre  
CSO Manager

Bootcamp

9-10am (Mon, Wed & Friday)

Date	Instructor
Friday July 28 <sup>th</sup>	Julie
Wednesday August 2nd	Julie
Friday August 4 <sup>th</sup>	Laurel
Monday August 7 <sup>th</sup>	Julie
Wednesday August 9 <sup>th</sup>	Julie
Friday August 11 <sup>th</sup>	Julie

Power Hour

9-10am (Tuesday & Thursday)

Date	Instructor
Tuesday August 1 <sup>st</sup>	Julie
Thursday August 3 <sup>rd</sup>	Julie
Tuesday August 8 <sup>th</sup>	Laurel
Thursday August 10 <sup>th</sup>	Laurel

Seniors Strength & Stretch

10:15-11am (Tuesday & Thursday)

Date	Instructor
Tuesday Aug 1 <sup>st</sup>	Julie
Thursday Aug 3 <sup>rd</sup>	Karen
Tuesday Aug 8 <sup>th</sup>	Julie
Thursday Aug 10 <sup>th</sup>	Karen


**VICTORIA BEACH GOLF COURSE - 1923 - 2023**  
CELEBRATING 100 YEARS OF FAMILY FUN

MEMBERSHIPS:	Seasonal	Monthly	Two Weeks
Adult Couple	\$ 700.00	\$ 385.00	\$ 290.00
Single Adult	\$ 396.00	\$ 260.00	\$ 160.00
Junior - 13 to 17	\$ 220.00	\$ 150.00	\$ 145.00
12 & under	\$ 160.00	\$ 115.00	\$ 100.00

**GREEN FEES:** 9 holes Weekdays - \$ 18.00 Weekends - \$ 20.00  
Children (12 & Under) - Weekdays \$7.00/round Weekends \$10.00/round

LOCKERS:	Lower Locked	Lower Open	Upper Open
Seasonal	\$ 40.00	\$ 30.00	\$ 25.00
Monthly	\$ 35.00	\$ 30.00	\$ 20.00
Daily	\$ 5.00		

*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. GIFT CERTIFICATES & DEBIT PAYMENT AVAILABLE. GOLFERS CAN DRIVE INTO THE GOLF COURSE MAY, JUNE, SEPTEMBER & OCTOBER.*




**Residential & Cottage Property Valuations**

Mortgage Financing, Estates, Capital Gains,  
Division of Assets, Tax Appeal, Investment Analysis




**Laura Kemp, P.App, CRA**  
Residential Appraiser  
204-791-1746  
laura@kempappraisal.ca  
www.kempappraisal.ca

Eastern Beaches Specialist  
Trust a local's expertise!

A Designated Member of  
Appraisal Institute of Canada  
Institut Canadien des Évaluateurs



Professional Appraisers  
Know the value

							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
25	26 11:00-12:30 Adult RR <sup>6</sup>	27	28	29	30 11:00-12:30 Adult RR <sup>6</sup>	1 Happy Canada Day! 	
2	3 11:00-12:30 Adult RR <sup>6</sup> 12:30-1:30 10+ Lesson <sup>3</sup> 6:00-7:30 Junior GVS <sup>3</sup>	4 11:30-1:00 Adult GVS <sup>3</sup> 1:00-2:00 7-9 Lessons <sup>3</sup> 2:00-5:00 Kirbyson Doubles Clinic <sup>2/3</sup> (sign-up required) 6:15-7:15 Family Tennis & 10 and under GVS <sup>3</sup>	5 11:30-12:15 5-6 Lesson <sup>2</sup> 6:00-7:30 Junior GVS <sup>3</sup>	6 11:30-1:00 Adult GVS <sup>3</sup> 1:00-2:00 7-9 Lessons <sup>3</sup> 2:00-3:00 10+ Lessons <sup>3</sup> 6:15-7:15 Family Tennis & 10 and under GVS <sup>3</sup>	7 11:00-12:30 Adult RR <sup>6</sup> 12:30-1:15 5-6 Lesson <sup>2</sup>	8 MEGA GVS 11:00-1:00	
9	10 11:00-12:30 Adult RR <sup>6</sup> 12:30-1:30 10+ Lesson <sup>3</sup> 2:00-4:30 Robert Kennedy Singles Clinic <sup>2</sup> (sign-up required) 6:00-7:30 Junior GVS <sup>3</sup>	11 11:30-1:00 Adult GVS <sup>3</sup> 1:00-2:00 7-9 Lessons <sup>3</sup> 2:00-5:00 Kirbyson Doubles Clinic <sup>2/3</sup> (sign-up required) 6:15-7:15 Family Tennis & 10 and under GVS <sup>3</sup>	12 11:30-12:15 5-6 Lesson <sup>2</sup> 6:00-7:30 Junior GVS <sup>3</sup>	13 11:30-1:00 Adult GVS <sup>3</sup> 1:00-2:00 7-9 Lessons <sup>3</sup> 2:00-3:00 10+ Lessons <sup>3</sup> 3:00-6:15 Girl's Tennis Day <sup>3</sup> 6:15-7:15 Family Tennis & 10 and under GVS <sup>3</sup>	14 11:00-12:30 Adult RR <sup>6</sup> 12:30-1:15 5-6 Lesson <sup>2</sup>	15 Masters Tennis Tournament	
16 Masters Tennis Tournament	17 11:00-12:30 Adult RR <sup>6</sup> 12:30-1:30 10+ Lesson <sup>3</sup> 6:00-7:30 Junior GVS <sup>3</sup>	18 11:30-1:00 Adult GVS <sup>3</sup> 1:00-2:00 7-9 Lessons <sup>3</sup> 6:15-7:15 Family Tennis & 10 and under GVS <sup>3</sup>	19 11:30-12:15 5-6 Lesson <sup>2</sup> 6:00-7:30 Junior GVS <sup>3</sup>	20 11:30-1:00 Adult GVS <sup>3</sup> 1:00-2:00 7-9 Lessons <sup>3</sup> 2:00-3:00 10+ Lessons <sup>3</sup> 6:15-7:15 Family Tennis & 10 and under GVS <sup>3</sup>	21 11:00-12:30 Adult RR <sup>6</sup> 12:30-1:15 5-6 Lesson <sup>3</sup>	22 11:30-1:00 Adult GVS <sup>3</sup>	
23 <b>Note:</b> The superscript 23 number following the event indicates the number of courts that will be used for the event	24 11:00-12:30 Adult RR <sup>6</sup> 12:30-1:30 10+ Lesson <sup>3</sup> 2:00-4:30 Robert Kennedy Singles Clinic <sup>2</sup> (sign-up required) 6:00-7:30 Junior GVS <sup>3</sup> 6:00-7:30 Junior GVS <sup>3</sup>	25 11:30-1:00 Adult GVS <sup>3</sup> 1:00-2:00 7-9 Lessons <sup>3</sup> 6:15-7:15 Family Tennis & 10 and under GVS <sup>3</sup>	26 Junior Tennis Tournament	27 Junior Tennis Tournament	28 11:00-12:30 Adult RR <sup>6</sup> 12:30-1:15 5-6 Lesson <sup>2</sup>	29 11:30-1:00 Adult GVS <sup>3</sup>	

# Kickit dance studio

2 LOCATIONS!

ISLAND LAKES 204-254-2277 UNIT 3-20 ISLAND SHORE BLVD  
STERLING LYON 204-269-9003 UNIT 3-986 LORIMER BLVD

BALLET | JAZZ | TAP | HIP HOP | POINTE  
ACRO | CONTEMPORARY | MUSICAL THEATRE  
LYRICAL | PRESCHOOL PROGRAMS

REGISTER ONLINE AT: [KICKITDANCE.COM](http://KICKITDANCE.COM)

VOTED TOP DANCE SCHOOL IN WINNIPEG FOR 10 STRAIGHT YEARS!



# VILLAGE GREEN BAKERY

Visit us on Social Media or on our Website for updates on Hours of Operation.  
Open 7 days a week.

Accepting Online Orders  
24 hours notice required.



## Beach Lawyers

Jeff Hirsch (204) 934-2336 [jbh@tdslaw.com](mailto:jbh@tdslaw.com)

Adrian Frost (204) 934-2327 [abf@tdslaw.com](mailto:abf@tdslaw.com)

Terra Welsh (204) 934-2383 [tlw@tdslaw.com](mailto:tlw@tdslaw.com)

Tanci Smart-Carvalho (204) 934-2567 [casc@tdslaw.com](mailto:casc@tdslaw.com)

Keira Hasenack (204) 934-2350 [khasenack@tdslaw.com](mailto:khasenack@tdslaw.com)




THOMPSON DORFMAN SWEATMAN



LexMundi Member



Jackie Traverse  
Mitchell Fenton  
Robert Taite  
KC Adams  
James Culleton  
Chris Pancoe  
Jane Gateson  
Roger Gateson  
Andrew Stelmack  
Alan Adamson  
Nancy-Lou Ateah  
Pamela Jeffrey

Alan Mutch  
Rachel Goossen  
Michelle Pereira  
Lukas Kost  
Miriam Rudolph  
Leif Norman  
Aaron Vincent  
Toludare Toluwalope  
David Macri  
Charlotte Sigurdson  
Huguette Gauthier

North 59 Artist Collective proudly presents ART@VB fine art sale and exhibition. Selection includes works from prominent, established and emerging Manitoba based fine artists.

**ART @VB** Sunday, August 6, 2023 . 11 am - 4 pm . VB Clubhouse

## DUPLICATE BRIDGE

PLEASE NOTE: Please arrive at 6:15, game will start at 6:30

Monday evening bridge on July 17 was well attended with 32 players!

Congratulations to Sheila Ruban & Ken Capelle who placed first North/South and Fran Pollard and Donna Thain who placed second North/South, Fran Krahn and Henry Krahn who placed first East/West and Mary McIntosh and Rod Bollman who placed second East/West.

Please bring a partner and your own beverage. Cost is \$2. See you Monday at 6:15 at the VB Clubhouse. Sally and Peggy



Welcome to Victoria Beach

**JAMES BEZAN MP**  
SELKIRK—INTERLAKE—EASTMAN

228 MANITOBA AVE, SELKIRK, MB R1A 0Y5 | 204-785-6151  
WWW.JAMESBEZAN.COM | OFFICE@JAMESBEZAN.COM



**Wayne Ewasko**  
MLA for Lac du Bonnet

204.268.3282  
wayne@wayneewasko.com

### RMVB Garbage Pickup Summer Schedule

Door-to-Door pick-up is as follows ((June 26 to Sept. 5, 2023):

**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 bear resistant containers. Containers are to be placed in the front yard near 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 - 9:00 AM TO 5:00 PM

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



Shanna Karle, Owner/Broker/REALTOR®  
Susan (Gee) Thomas, REALTOR®  
Sherri Feakes, REALTOR®

Office: 39004 Hillside Beach Rd  
204.756.3749 ateahrealty.com



Resident agents serving Victoria Beach, the shores of Lake Winnipeg, Pine Falls and surrounding areas.

**Welcome back everyone - for another great summer!**







# HOWDY VB KIDS!

Rec Program July 31-Aug 5



## Arts & Crafts

### Lighthouses

Tuesday at the Clubhouse  
drop in between  
12:00-2:00



## Golf Lessons

Tuesday: 10:00–10:45  
am ages 6-11 at the  
Sports Field

## Bike Hike

to  
Albert Beach

We leave from the  
Clubhouse at 10:00 Sharp  
Wednesday

Don't forget a helmet!

## Kids Games

### Morning

Monday/Friday  
10-11 AM



Thursday  
ages 12 & up  
5:30pm play  
a few holes  
for free at  
VB Golf  
Course

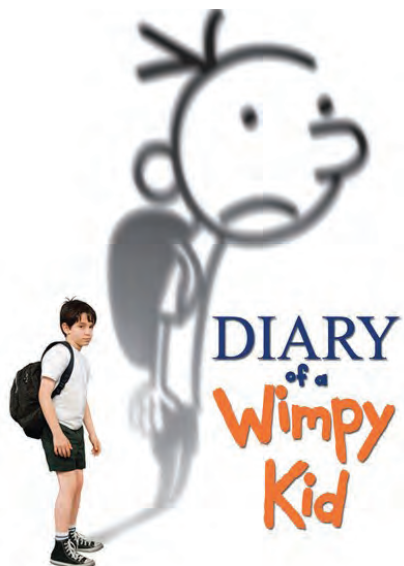


### Evening Games

Monday/Wednesday/Friday  
7:30-8:30 PM

## Kids Movies

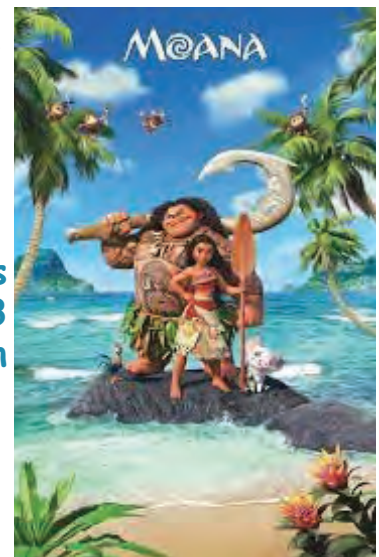
Tuesday & Thursday  
7:00



Tues  
PG13  
95 Min



Thurs  
PG13  
102 Min



## Victoria Beach Dog Show

Saturday, August 12, 11:00 am

Art Vincent Memorial (Village Green)

Please join us to celebrate all the wonderful dogs at Victoria Beach! Show off your furry friends, grab a loot bag and enjoy the fun. Enzo and Philly hope to see you on the 12th!

**If you are bringing a dog for the show, please arrive at 10:45 to register.**



## Victoria Beach Fire Department presents FIREFIGHTER FOR A DAY a fire safety event for kids



10 am on Sunday, July 30th at Charlie Wall Park, Hillside Beach  
10 am on Saturday, August 5th at The Village Green, Victoria Beach

## 30+ Beach Party Dance

Hit Boss band back again!

8:00 pm - 1:00 am Saturday July 29th

There will be a snack mid dance.

Contact Suzy Blunderfield for tickets (204) 292-0397.

NICOLA GUTTORMSON  
REALTOR®

And just like that...

**SOLD**

204.793.1457  
NICOLA.GUTTORMSON@GMAIL.COM  
@NICOLA.AND.CO

RE/MAX EXECUTIVES REALTY

204.987.9808  
5-986 Lorimer Blvd.  
Winnipeg, MB R3P 0Z8

community.  
health.  
fun.

order yours today:  
info@saunawinnipeg  
204.771.9456

Modern Cabin Sauna

sauna | WINNIPEG

GHY  
WE FREE TRADE™

Since 1901 and now in its 4th generation, GHY has been serving the cross-border trade needs of thousands of North American companies. Our personalized and professional customs services are critical to the success of the importers and exporters that we serve.

We Free Trade™ so that businesses can focus on their possibilities.

Loving VICTORIA BEACH Since 1950!

www.ghy.com | 1.800.667.0771 | CARE@ghy.com

## In Memory of Betty Hansford

Mom loved Victoria Beach. She travelled the world with dad but they always came home to her beloved VB.

Mom started coming here when she was a child. Her parents, Ida and Dave Brown, took the train and rented for the summer. In 1959, they bought land on 8th Ave and my dad and grandfather built our family cottage.

The cottage transitioned from my grandparents to my parents. In 1993, Betty and Ab retired and moved permanently to the cottage. They spent summers here and winters in Arizona. They did spend two winters at Victoria Beach and soon realized chopping wood at 80 years old wasn't fun, so they moved into the city.

Mom loved her Victoria Beach family. We always had a steady stream of people dropping in to say hello! Mom loved to volunteer with the VB Club, the East Beaches Community Centre, and so much more. She golfed until she switched to tennis. She probably played tennis too long, but the tennis folks were so nice to my mom and we thank all of you for giving her so many fun times at the courts.

We always called her "the mayor of Victoria Beach" and a short outing would turn into an hour because she ran into so many people she knew and had to stop and chat.

She's left a tremendous hole in our lives and the sound of her crazy laugh is missed around the avenues. We love you.

Barb Hansford



**EAST BEACHES  
SEPTIC**

Box 30, Belair, MB ROE OEO

**204-880-3555**

**Eastbeachesseptic@gmail.com**

Stephanie Jeffrey Real Estate Agent  
Stephfindshomes@gmail.com  
**204-292-5100**  
Free Home Evaluation

 I'll make it easy...  
doing everything  
but the packing!



# Karaoke at the Klub

## 2nd Season – August 4th

Karaoke at the Klub is back for Season 2! We know that you've been practicing hard, belting out your favourite anthems in the car while driving to work. We get the time spent in the shower working on getting the perfect pitch. Don't let that hard work and commitment go to waste! Join us at the VB Clubhouse on August 4 for another unforgettable night of singing, dancing, and cheering. The night starts at 8:00 pm and the music won't stop until 1:00 am. We limit the number of tickets so that everyone has the chance to sing.

Once again we will be rocking with a cash bar, snacks, and an endless list of songs to choose from. As always, we reserve the right to deny lullabies (for everyone's sake). This is an 18+ event and tickets can be purchased by visiting <https://tinyurl.com/4bv5h24>

So mark your calendars and join us at Karaoke at the Klub 2023 for an evening of unforgettable karaoke fun. You don't have to have a great voice to participate - just a great attitude. Karaoke night is about having a fun time and supporting VB Club while doing it.

# VB Library Update

Hi everyone! As usual, the summer is flying by fast! If you haven't had the chance to visit the library yet this year, we've got lots of new arrivals that you're sure to be interested in! Among our new titles, you can find books such as: *A Good Girl's Guide to Murder* by Holly Jackson, *Spare* by Prince Harry and *The Invisible Life of Addie Larue*, by V.E. Schwab. We've also received lots of kids' books and graphic novels, and we've even got some new French novels and graphic novels to add to our French section!

On the topic of kids' books, it's not too late to join our youth book club! Every Friday from 11:00 am to noon, anyone ages 10 to 14 is invited to join us in playing games and discussing our first book club novel of the summer: *The Blackthorn Key* by Kevin Sands. If you love reading a thrilling mystery, you'll love this book, so come read it with us on Fridays at the library! It's a ton of fun, and a great way to discover new favorite books, and make some new friends, too!

And if you're a bit younger and looking for a way to get into reading, we've got just the thing for you! Children's story time is every Thursday from 10:00 am - 10:30 am. We read about four books to the children, and they're always so excited to listen in and learn from the books we choose.

Lots of people like to read to their kids on their own, which they're welcome to do any time we're open! We're open from 9:00 am - noon and 7:00 pm - 8:00 pm on Mondays and Wednesdays, 10:00 am - noon and 6:00 pm - 8:00 pm on Tuesdays, Thursdays, Fridays and Sundays, and 10:00 am - noon on Saturdays. Although we aren't open the whole day, you're free to return your books to us any time! Please put them through our mail slot on our front door. We encourage our readers to return their books on time - you have two weeks to read your books before they're due back.

Hope to see you soon!

Your librarians, Izzy and Mililani

## Victoria Beach Community Church

Please join us on Sunday Mornings at 10:00 a.m.  
St. Michael's Church - 8th Avenue & Pine Road  
July 30, 2023

Speaker: Oliver Meads (Baptist)  
Masks are Optional

**INSURANCE QUOTES**  
HOME, COTTAGE or BOAT

1-888-452-4913

[info@pembinainsurance.com](mailto:info@pembinainsurance.com)

[www.pembinainsurance.com](http://www.pembinainsurance.com)

**PEMBINA**  
INSURANCE SERVICES

representing

**Red River Mutual**



## ATTENTION BOOTCAMPERS!!

Please note the following class which has been cancelled and Rescheduled (date & time change) due to the instructor's availability & the space of the location provided. Sorry for the inconvenience.

**Bootcamp**

Cancelled	Rescheduled	Instructor
Wednesday July 19 <sup>th</sup> 9-10am	Sunday July 30 <sup>th</sup> 10-11am	Julie
Monday July 24 <sup>th</sup> 9-10am	Sunday August 6 <sup>th</sup> 10-11am	Laurel
Wednesday July 26 <sup>th</sup> 9-10am	Sunday August 13 <sup>th</sup> 8:30am-9:30am	Julie

## Unlocking the Sport of Tennis: Mastering the Four Games within High-Level Tournament Tennis

In the electrifying realm of high-level tournament tennis, where the margins of victory are often razor-thin, players who truly stand out are those who master the four games within the game: The Mental, Physical, Emotional, and Tennis Skills domains. I will delve deeper into each aspect and explore the profound impact of winning these games on opponents, a tapestry of excellence begins to unfold. Tennis is not just a battle of physical prowess and tactical finesse; it is a multifaceted game encompassing four distinct games within the game. In this article, we will explore the top five aspects of each of these categories and understand how players can attain victory by winning in each domain.

Tennis is a sport where athleticism meets strategy and emotions collide with mental prowess, players embark on a journey to conquer not just one game but four distinct games within the game. These facets interweave to define their triumphs, shaping champions who transcend mere athletic prowess to embody the essence of true greatness on the court.

### The Mental Game:

**Resilience** - High-level tennis demands unwavering mental strength to bounce back from setbacks, cope with pressure, and maintain focus amidst distractions.

**Confidence** - Believing in one's abilities is paramount. Confidence breeds self-assurance and enables players to execute shots with conviction.

**Mental Imagery** - Visualization of successful shots and scenarios enhances muscle memory and fosters a winning mindset.

**Mental Regulation** - Keeping thoughts in the present moment prevents impulsive decisions and maintains optimal performance during intense moments.

**Adaptability** - The ability to adjust strategies on the fly and analyze opponents' weaknesses is crucial to staying ahead in the match.

**Mental Toughness:** The mental skill of resilience and tenacity in crucial moments can turn the tide of a match.

### The Physical Game:

**Endurance** - Tennis matches can be grueling, and elite players must possess superior stamina to endure long rallies and matches.

**Speed** - Quickness in footwork and reactions is essential to reach the ball on time and execute shots effectively.

**Strength** - A strong physical foundation helps players generate power in their strokes and resist fatigue.

**Flexibility** - Tennis requires players to move in various directions quickly, making flexibility vital for injury prevention and overall performance.

**Recovery** - Proper post-match recovery strategies, including rest and nutrition, are crucial to maintain peak physical condition throughout a tournament.

### The Emotional Game:

**Passion** - A deep love for the sport fuels players' dedication and sustains their drive to excel.

**Focus and Presence** - Being fully present on the court allows players to immerse themselves in the game, shutting out distractions and maximizing concentration.

**Emotional Intelligence** - Understanding and managing one's emotions, as well as empathizing with opponents, facilitates better decision-making.

**Emotional Regulation** - Keeping emotions in check prevents impulsive decisions and maintains optimal performance during intense moments.

**Embracing Pressure** - Embracing high-pressure situations as opportunities rather than burdens empowers players to perform their best under stress.

### The Tennis Skills Game:

**Serve** - A powerful, well-placed serve can dictate the tempo of the game and set up points for players.

**Groundstrokes** - Forehands and backhands form the backbone of a player's offensive arsenal, allowing them to control rallies.

**Volleys** - Mastering net play enables players to finish points efficiently and capitalize on weak returns.

**Tactical Acumen** - Understanding opponents' weaknesses and formulating effective game plans to exploit them is essential for consistent success.

**Look for Part 2 in the Herald next issue: Winning the Four Games within the Game of Tennis:**



• Hazardous Tree Removal  
 • Tree Felling  
 • Storm Clean-up  
 • Stump Grinding  
 • Brush Removal  
 • Pruning  
 • Firewood, Mulch & Wood Splitting  
 • Fully Insured

**www.treeworxpro.com**  
 24 HR  
 Emergency Service  
 Call Jeff Hughes at 403.554.2370

## TRIVIA NIGHT SOLD OUT!!

Sharpen your pencils and stretch your brain for Trivia Night – this Friday, July 28th! Doors will open at 6:30pm and the questions will start at 7pm. There will be a cash bar, door prizes and 50/50 tickets sold throughout the evening, as well as a short intermission. Looking forward to seeing you there.

Andrika  
Trivia Night Convener

**CLASSIFIEDS**

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 \$15 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:news@stonewallteulontribune.ca before Friday 4 p.m.

**NEED A HANDYMAN?** For prompt, courteous and reliable help, call Mike's Handyman Service at 204-799-1703.

**RECYCLED GOLF BALLS.** \$5/dozen, premium \$8/dozen. All proceeds to the Lake Winnipeg Foundation. Will deliver in Victoria Beach area. 204-475-6216.

# VB Medical Clinic

Thanks to Dr. Paul Chochinov and Dr. Jonathon Brown for covering the first 3 weeks of July!

THERE IS NO DOCTOR FROM JULY 23 - 30.

The next doctor is Dr. Ming Minaker from July 30 - August 6th.

August 6. - 20 THERE IS NO DOCTOR AT THIS POINT.

August 20 - 27 Dr. Selena Papetti will be in residence.

## VB SWIM RACES - Sunday 30 July!

Get Ready, Get Set, RACE!

Please come to Clubhouse beach and join us for this year's swimming races.

Registration begins at 9:30am

200 meter heats begin at 10:00am

Family Fun Floatie Race at 11:00am

800 meter heats at 11:30am

For the Family Fun floatie race, a child and a parent/guardian/adult sibling will be paired up to race 25m on their favourite family floatie (air mattresses, pool noodles, etc). Kayaks, paddle boards or any other similar devices will not be accepted.

We have great prizes from Pepsi and Village Green Bakery, so join to race or cheer on the swimmers!

## The VB Club Raffle is Saturday, August 5!

Make time on Saturday, August 5th to come down to the Village Green to admire our fantastic prizes and purchase tickets from 10:00am till 4:00pm. Our famous "VB Extravaganza" is back, along with the tower of games, a beer fridge, cruiser bike, paddleboard and so many other prizes that are perfect for cottage life.

Draw is at 4:00pm sharp and as long as we have your contact info, we will find you! **At draw time, please answer your phone and pick up your prize promptly as we have nowhere to store them.**

**This is the major fundraiser for the Club** so we are relying on our Victoria Beach community to come out and support us! **ALL proceeds** go towards funding the VB Club activities that we all enjoy.

We thank everyone who generously donated funds that went towards purchasing all the amazing prizes!

Thanks in advance for your support and see you on Saturday, August 5th.

Your raffle conveners:

Suzy Blunderfield and Shannon Bowden

**THANK YOU SO MUCH TO OUR RAFFLE PRIZE SPONSORS!**

Allan Morrish

Andrew Stelmack

Audrey Bennigen

Darcey Cameron & Gord Poulton

Dawn Kirbyson

Duncan & Judy Jessiman

Eleanor & Harvey Cramp

Gord & Pamela Beazley

Heather Jessiman

Holly & Cory Chernick

Leslie Sarchuk

John & Hedy Heppenstall

Judy & Phillip Klassen

Kae & Perry Edwards

Keri Wersh

Kevin McIntyre

Kim Powell - Rock Star Jewelry

Kristie Pearson & Doug Pollard

TENTEN Kitchens

Trish Nesbitt & Paul Infuso

VB Parking Lot

**COTTAGE PROTECTION**  
 ✓cottage ✓home ✓business

**ROLLING SECURITY SHUTTERS**

FREE estimates  
 Ideal security and weather protection for windows, doors and screen rooms

**Kiwi Installations**  
 WINNIPEG  
 (204) 229-6642  
 www.kiwiinstallations.com

<p><b>Bacon &amp; Egger® and Small Coffee for \$3.99</b></p>  <p><b>Bacon &amp; Egger® Served All Day</b> Expires Sept. 30/23</p> <p>Coupon valid only at </p> <p><b>238 Main St. • Selkirk</b>  <small>© 2023 A&amp;W Trade Marks Limited Partnership</small></p>	<p><b>2 for \$9.99 Teen Burger®</b></p>  <p>Expires Sept. 30/23          Coupon valid only at </p> <p><b>238 Main St. • Selkirk</b>  <small>© 2023 A&amp;W Trade Marks Limited Partnership</small></p>
--	--

# Eight at the Gate

## Bob's Basic Bike Mechanics

### First Session – Tire Change Thursday

The first of a series of workshops held to support the LWF Bike to the Beach 2023 for our riders was held on short notice on Thursday July 20th. We have followed up with “Maintenance Monday” and “Wash Your Bike Wednesday”. A few more sessions may be repeated as needed to help our riders understand and complete some basic procedures to keep their bikes working smoothly.

The first session, also known as “What’s in your emergency kit?” allowed people to practise changing road bike tires. It is a lot easier to do this job sitting on a deck in the shade rather than on the side of #59 highway at 30C with horse flies and traffic zooming by.

For further information please contact Bob Marshall cell: 204 261 4292, email [rmarsha@mymts.net](mailto:rmarsha@mymts.net) or find us on Facebook at “Eight at the Gate”.

See you on the road.



## Beach season has its priorities

Focus on what matters, now. Rest easy knowing that your recruitment needs are covered.

**Contact us for your executive recruitment needs.**

Karen Swystun · *President and CEO* · 1-204-229-5494 · [waterfordglobal.com](http://waterfordglobal.com)





TD Wealth



# Invest in your future.

Because this view should last for generations

Our multi-talented team has the resources, experience and knowledge to support you through uncertain markets and evolving life goals.

**Contact us today to see how our deep commitment to our clients can help you build a transformational legacy.**

[td.gebhardtpaquin@td.com](mailto:td.gebhardtpaquin@td.com)

204 988 2863

[gebhardtpaquin.com](http://gebhardtpaquin.com)

**Gebhardt Paquin**

Family Wealth Management



Gebhardt Paquin Family Wealth Management is part of TD Wealth Private Investment Advice, a division of TD Waterhouse Canada Inc. which is a subsidiary of The Toronto-Dominion Bank. \*The TD logo and other trademarks are the property of The Toronto-Dominion Bank or its subsidiaries.