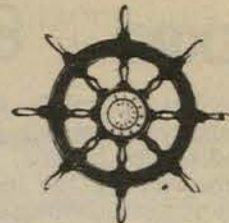


The Creek



SPONSORED by the Community & Recreation Associations

JANUARY 1984 VOL. 3 NO.1



The Carol Parade

by Beryl Wilson

Bundled up in all the clothing they could get on, about 100 hardy folk, as many adults as children (many with lanterns as instructed) nearly froze to death on December 21 - and had a great time!

Shame on those who said they'd have come if it hadn't been so cold. Barbara Angus and Camelia Roberts wheel-chaired all the way from Marina Co-Op and we were delighted to see half a dozen Forge Walk Residence people tucked up snugly in their wheelchairs - they never miss a Creek Event, bless them.

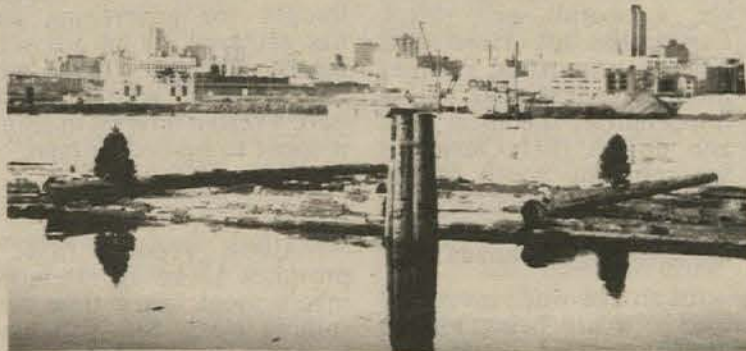
This reporter kept warm by periodically begging a swig from the fellow well equipped with a flask of spiked coffee (highly recommended equipment).

No one voice was loud enough to lead (though

Bullus Hutton was nearly so). Consequently there were usually about seven different carols being sung at any one time as we ambled along the seawall. A large group would gather now and again under a lamp post - risking being frozen solid - for the pleasure of all singing the same carol occasionally.

It looks like becoming a Creek Christmas Tradition as people kept saying "Next year we should..."

To Granville Island Hotel's JIM TAPSON and SANDY PRUNKL we give a hearty vote of thanks for their generosity in welcoming us to a warm room and serving us drinks and goodies. The Vancouver Youth Theatre youngsters were quite impressed at having their first party at one of THE spots in town.



And in years to come, ROY ISAACSON, General Manager of Bay Forest Products, and ED LONG, Superintendent of Log Booms can reminisce "Remember the last year we were in False Creek. That crazy woman from the south shore came over and asked us to put lighted Christmas trees on our log booms for their Carol

Parade the next day - AND WE DID IT!"

Wish I'd been there to see the tug deliver them and hear the exclamations (curses?) of the chap sent to wire them fast to the boom and install a generator. Was it the same fellow who had to make the trip over at 6:30 p.m. to turn the generator on (and presumably return to turn it off)?

Our thanks too to thoughtful Cynthia Crampton of Alder Bay Co-Op who sat down the very next day and wrote this letter to the Hotel.

Dear Mr. Tapson:

I had such a good time last night singing carols with my neighbours, and would like to thank you for your hospitality. It was especially delightful to see so many young people. When there is a strong feeling of community, it benefits us all.

Kindest regards, and thanks again.

WE'RE NOT UP THE CREEK WITHOUT A BUS

To allay the rumors and mis-information regarding our beloved False Creek bus route we checked with B.C. Transit and received the following information, in writing from Glen Leicester, Senior Transit Planner. There will be NO CHANGES until the new schedule on March 23, 1984 at which time instead of going along 3rd Avenue, the bus will go along 2nd Avenue to Fir. This will allow better access for the B.C. Credit Union building.

The frequency and the rest of the route will remain unchanged.

We were also told that proposals have been made (but not confirmed) to extend the eastern route so that better access will be provided to the new residents on the former Johnston Terminals site. However, this is only in the proposal stage. Stay tuned for further developments... (Note: To those who read the No. 50 would be discontinued after 9:00 p.m. and on Sunday - that referred to the BEACH AVENUE service.)

Creek New Service

CALLING SIDELINE SOCCER SUPPORTERS

In four seasons the number of soccer teams has grown from 5 initially to 7 last year and to 10 this year.

About 20 good fellows are already involved as team coaches and managers, but the overall management for 10 teams has become too much for Tom and Carol Nash, especially as Carol is now working.

There will be an

ANNUAL MEETING
of the SOCCER BOARD
in the Netherlands Lounge, 1099 Sitka Square
7:00 - 9:00 p.m.
TUESDAY, Jan. 17

to elect new people and discuss fund raising and organization.

Additional people are needed to:

- act as Field Coordinator
- be in charge of Uniforms and Equipment
- be in charge of Fund Raising
- be Secretary/Gofer

If you are unable to attend on Tuesday (or didn't hear about the meeting in time) please call Tom Nash at 732-9904 to find out what you can do to contribute and how much time you need to make available.



Presenting them each again", to which they replied with a chocolate Santa Claus (did I detect a prayer in their the next day, as a token of voices?) "We hope not." our affection, I said "You Thanks fellahs! You may never be asked to do were great sports. And the anything quite so insane carollers were tickled pink.



After safely transferring the artillery of the GREAT WEST CANNON COMPANY from the flagship Song of Joy to a rejuvenated World War II landing craft, the Company Officers (l. to r. Udo Selbach, Roger Dahlquist and Carl Benson) prepare to fire off the annual New Year's Day POLAR BEAR SWIM. Undoubtedly the best place from which to watch the hijinks is a boat in the bay, with a cauldron of hot toddies on the stove below.

VANCOUVER VANCOUVER VANCOUVER



What is False Creek going to do for CENTENNIAL (1986). Heavens, we're a historic site.

At the January Community Association meeting that wasn't (because only three people remembered and turned up) we started bouncing ideas around. There were dozens! The President didn't list them because she doesn't plan to be Centennial Co-ordinator.

But we decided that we should start with a

BRAIN STORMING SESSION

and somebody else decided that it should be

round the fireplace at
1124 IRONWORK PASSAGE

on
SUNDAY AFTERNOON Jan. 29

So it is. If coffee and tea won't lubricate your imagination, bring whatever does. It could be fun - and we may even start planning. (Copies of Centennial Commission's 100 programme ideas will be available for starters.)

AN EASY ANSWER

If you've been saying "We should get rid of this big coloured TV SET, or PIANO," the Community Centre (688-9478) would love to hear from you, at a modest price.

If you can give it to them they'll bless you a thousand times (and maybe put a plaque on it).

BRIDGE TEACHER NEEDED

for the Seniors Group.
Mondays 1:30 - 3:30 p.m.
Call EVA JOHNSON at 733-7253 or leave a message with the Centre staff (688-9478) for her to call

There are probably a number of people in the Creek or on the Slopes who could teach bridge and have never thought of doing it - until now.

EXPO



Having taken Christmas holidays from our appointed tasks we cannot, at press time, report the location of the promised Question Boxes. That just gives you all more time to ponder on your questions.

We can, however, report that ALISON ROBINSON, our False Creek/City representative on the EXPO Board, has been appointed one of three B.C. representatives on a newly formed federal Tourism Advisory Council.

There are representatives from all provinces and territories on the committee - 30 in total. The other B.C. members are Bill Pattison, President of Delta Hotels (who is the Chairman) and Robert McCauley, Vice-President of Westin Hotels.

The first meeting was held in Toronto on January 10th and Alison reports it was an extremely useful, full and factual briefing session.

The committee has been established by the Minister of Small Business and Tourism, David Smith.

Did you know that

- 10.9% of the work force is employed in the hospitality and tourism business
- this amounts to over a million jobs a year
- that 100,000 small businesses are involved in the industry.

- whilst tourism is increasing on a world wide level, Canada has not attracted as large a proportion of that increase as it should. More importantly, the total time and dollars that Canadians are spending south of the border far exceeds the time and dollars that Americans are spending in Canada.

In an age when more and more jobs are being lost to automation and computers, the tourism industry is one of, if not the only remaining labour intensive ones. It will be a long time before people are willing to be waited on or have room service provided by robots.

The industry is also considered to be fairly recession resilient. People may lower their expectations about vacations but they seldom forgo them altogether. If the cruise ship trade or distant luxury resort loses you as a client, a more modest place closer to home may gain you. The committee's task is to advise the Minister on priorities and planning for what may be the only growth industry.

He has a \$14½ million budget for advertising and has gathered, as his advisors, mostly people from the industry itself who obviously have a vested interest in seeing it spent to best advantage.

Alison reports that it promises to be an interesting involvement but a time consuming one. She will have to bone up on a lot of matters hitherto quite foreign to her. On top of her EXPO Board commitments, which are challenging and time-consuming, she's taken on quite a load.

The Other Side

We promised periodic reports on the activity across the Creek. Dredging of the stretch from west of Granville Bridge to False Creek Marina is almost done. A new contract has been let for dredging of the east basin, beyond Cambie Bridge and this should start any day.

Dumping in the east end is finished. When the sea quietens down, the remaining contaminated junk will be barged out to Cape Flattery.

We keep asking where the 450 boats at False Creek Marina are going. There is still no answer. Whether they are to be relocated temporarily whilst the seawall is built, semi-permanently until after EXPO, or permanently period, is a knotty problem. It will be solved eventually - because it has to be.

BUILDING REPORT

On the Imperial site (east of Moberley) the three buildings nearing completion are the 79 unit CONNAUGHT CO-OP (nr. 2nd/Cambie), a GR. VANCOUVER HOUSING CORPORATION 96-unit non-profit rental building and a 10 storey market rental building (94 units). The first two are scheduled for spring occupancy, the market rental for early fall completion.

Along to Mariner Point (west of Anderson) the brick-faced Pennyfarthing building and three completed low-rises are basically full (all rentals). The remaining two buildings in this set of five should be finished and renting by spring.

Creek New Service

THE SCHOOL COLUMN

Message from David Deane, Principal.

Any time now children may be approaching you to sponsor them in the

WALK-A-THON
on
FRIDAY, Feb. 24

This is the one and only time the school goes to the community for funds. Make it good, please. Proceeds are

spent on such things as trophies, sports uniforms, supplements to camp fees, and other extras. Part of the \$1100 raised last year was spent to buy a monitor for the computer. This year part will be spent acquiring a printer.

All grades, 1 to 7, walk uphill all the way, to Little Mountain - and back. Anyone free and able is invited to join them - it's downhill on the way back.

We haven't heard directly from the wayward Worcesters but they haven't forgotten us. In a Christmas letter to Jan they said when they watched the Grey Cup on TV they cheered every time a helicopter cameraman showed a birds-eye view of False Creek.

During the first term Jan had to spend a lot of time revising his material to fit into Langara's programme. He finds the students older and more motivated. For one thing their fees are much higher than at his home John Abbott College. In Quebec, community college attendance is mandatory for high school students proceeding to University; thus a high government subsidy means fees of only \$45/year.

Not surprisingly Jan is enjoying his time here. He hopes the second term will be easier and permit him more time to explore Vancouver. He plans to arrange another exchange year, though of course this may mean living elsewhere than False Creek.

p.s. to the Worcesters

You could very nearly have had similar experiences in False Creek this winter. Alder Bay was frozen for a while and it was the funniest sight to see the seagulls landing to a skating stop. Needless to say the hockey fiends were out on Charleson and Sutcliffe Park ponds every spare minute.

Beryl Wilson



A most encouraging response to V.Y.T.'s first performance at Kits House in December.

Dear Maureen:

I attended the Sunday presentation of "Changes" and was delighted! The freshness and enthusiasm of the acting and material made a most entertaining evening out. The audience left happy with production.

If this is the quality of fare and participation that we can look toward then we are fortunate indeed with the birth of the Vancouver Youth Theatre.

I realize that the educational process undergone to mount this presentation was more than 50% of the value of your effort. But this production should do a lot to kindle interest in Vancouver Youth Theatre and its work. You are filling a need in the community and I want to encourage your work. Please call me if I can assist.

Yours truly,

Dennis Tupman,
Performing Arts Coordinator,
Education Services Group,
BOARD OF SCHOOL TRUSTEES

Several False Creek people saw the production and were equally impressed.

LOCATION CHANGES

Senior & Junior Theatre groups will now operate at CANADIAN MEMORIAL CENTRE 16th & Burrard Street Theatre Group will be in FALSE CREEK SCHOOL Wednesdays 4:00 - 6:00 p.m. Phone: Maureen Savereaux 732-5986 or Carol Tarlington 254-6379 for information

FUND RAISING EVENTS

A PING-PONG-A-THON Sat/Sun FEB 4/5 Granville Island. The kids will be looking for sponsors and challengers (what about the Teen Group getting their parents to sponsor them as a Teen Team Challenge?)

SILENT AUCTION

at Isadora's Restaurant Wed/Thur March 14/15

An entertaining evening and big fund raiser (target: \$9000)

What will you offer? Some suggestions:

- invitation for a day's sailing
- a weekend at your Whistler cabins
- a tour of Sea Village floating homes
- windsurfing lessons
- for the undomesticated bachelor - home-made meals (with or without cook)

Phone Maureen (732-5986). We want to publish an impressive list of offers in the February issue. (Thinking up "premiums" can be great fun, as Symphony Radiothon premium canvassers know.)

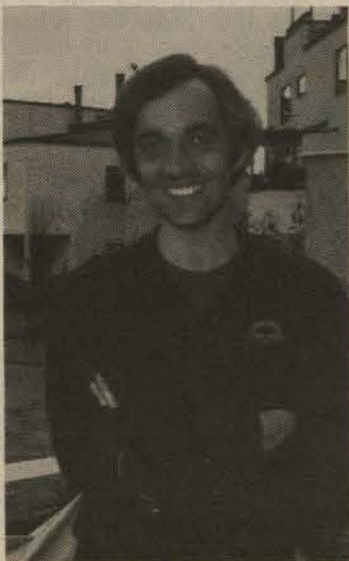
PORT MASTER PLAN

The last weighty document to arrive in the mailbox is the summary of the PORT OF VANCOUVER MASTER PLAN, on which industry, government and public groups are invited to provide final comments prior to the completion of the Master Plan process.

Does anyone wish to see the summary - and comment? Call the Creek Office

Sam Masich is also teaching a Tai Chi class at ABERTHNAU Cultural Centre, 4397 W. 2nd Ave., (224-1910) TUE. & THUR. 7:00 - 8:30 p.m. (same price)

He may add an evening class at False Creek in the future.



JAN SZUMSKI is the handsome fellow who exchanged houses and teaching jobs with Bob Worcester (False Creek Co-Op).

It sounds like a good swap. Jan's house in Beaconsfield, Quebec, is at Lake St. Louis, which is actually part of the St. Lawrence River, so the Worcesters are still only a short walk from the water.

It is an old established suburb, 25 mins. drive from Montreal, with "the right proportion of kids, cats and dogs, and plenty of quaint restaurants and stores," says Jan.

Bob and Marianne tell him they are trying a new restaurant each week. They can certainly have their fill of winter sports. The river is frozen all winter. When it's just ice, they can iceboat or skate; if there's snow on it they can switch to tobogganning and cross-country skiing.

THE COMMUNITY CENTRE

by Elka C. Baker

Let's Fight the Damp Winter Blues...

We all feel it a bit - or a lot - the After Christmas Blues. The Christmas Holidays were planned and prepared with so much excitement and for so many months and then pass so fast until the last reminder, the tree, is hauled out of the living room, the last tinsel vacuumed up, and everything is back in order; too much order.

The daily routine can be quite depressing, after all that fun, and the everlasting rain does not help. But don't let it get you down. Do something new and different in January. Allow yourself a break from the daily routine; get involved in something cheerful and exciting; something you always wanted to do but never got around to, or something completely different, something you never thought of.

If you can't afford a cruise to the Caribbean or don't have the time to climb Mt. Everest, come and have a look at your Community Centre, and see what it has to offer. The Centre's new Winter Recreation Schedule has some new and some familiar programs, which promise a lot more fun and inspiration than counting raindrops, watching television or eating leftover Christmas cake.

If you did not receive the new Winter Program in the mail, pick one up at the Community Centre, and browse through it. You'll find a diversified selection of courses, classes, and special events, which can make all the difference between

another wet and boring January and a season of entertainment and excitement.

The False Creek Community Centre can help you quit smoking, get in shape, sing, play the drums, fix your bike, or throw clay pots, and at the same time meet other False Creek residents. An intriguing mix of entertainment, education, and creativity.

Registration was on January 11th, but will continue until the first week of classes, provided there are still openings.

Some special events and workshops may tempt you even more as they promise to introduce you to completely new activities. Bring a chicken, (a dead one, please) to the CHINESE COOKING CLASS on February 6th, and learn to prepare it the Chinese way, while mastering the art of handling a cleaver.

Rummage through your trunks and closets, or borrow from your friends, and don the clothes you always were afraid to wear to the MID - WINTER FAMOUS PERSONS DANCE. Come in costume - be gutsy - and dance to the music of the 60's on March 3rd.

A special treat for girls is the PAJAMA PARTY at the Centre on Feb. 24th. A sleep-over, with snacks by the fire place - and a movie.

All pets will be welcome to the first annual FALSE CREEK PET SHOW. - (let's hope not too many elephants or tarantulas show up) - where kids can show off their pets, and may even win

a prize. So - start grooming your pet spider now and make sure your turtle or goldfish looks its best by March 17th!

If your wallet is slimmer than ever after the holidays, the Community Centre may have the answer. A FLEA MARKET will be held there on March 31st, and somebody might just want to buy the hand embroidered toaster cover that you got for Christmas, seeing as how you don't have a toaster, or your three year supply of silver polish that you have had for six years now and never use.

Don't forget that you have to pre-register for all these events. Information regarding times and admission ?? Phone 688-9478.

The False Creek Community Centre still needs people with new ideas, energy, and some spare time. The Fund Raising Committee is going to be very busy and hopefully innovative in raising money to make the plans for the future become reality. If you have ideas and like to help other committee members, please phone 688-9478.

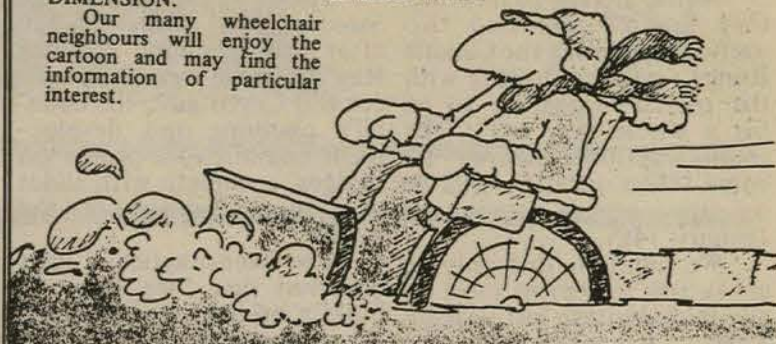
Preparations for the July 1st celebration are about to start. Eager volunteers are needed to make the traditional False Creek Birthday as successful as it was in the past. Make it more fun for yourself by actively being involved in the planning and preparation.

Hope to see YOU in 1984 as an active member of False Creek Community Centre. In the meantime - have an exciting January, laugh at the rain, and keep moving!

DASHING THROUGH THE SNOW

That freezing spell and sprinkles of snow prompted Merv Therriault to send us this item from SCIENCE DIMENSION.

Our many wheelchair neighbours will enjoy the cartoon and may find the information of particular interest.



Restrictions imposed on the handicapped by the Canadian climate have been partly overcome by a new wheelchair design.

Everest & Jennings Canadian Ltd., of Concord, Ont., are manufacturing a self-propelled chair originally developed at the Ontario Crippled Children's Centre. With support from the National Research Council's Industrial Research Assistance Programme, the company completed the design proposal and is now producing the wheelchairs.

Security, comfort and control are the chief elements in the new chair, dubbed the "OC 3 Flyer" due to its origins. It utilizes a new drive system, enabling it to contend with snow, mud, and even gravel.

Direction and speed control are provided by a "joystick" requiring minimum hand strength. It is coupled to a feedback system that brings the chair to a smooth stop if the user releases or loses his grip on the control. With electronic control of the drive, the jerky starts and stops characteristic of earlier self propelled designs have been eliminated.

The Everest & Jennings development of the chair introduces a new research capability in Canada. Until now wheelchair designs were primarily imported. From this start, the firm is already working on an improved control system for cerebral palsy victims and on other children's mobility aids.

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TAI CHI BY THE SEA

by Sam Masich



Ever see the old Chinese chap on TV's milk commercial? Then you've probably had at least some exposure to the colorful and ancient art of Tai Chi Chuan.

Although practised by millions of Chinese in the Orient, North Americans are fairly uninformed about the remarkable benefits that regular practitioners of Tai Chi experience daily. This is changing.

You can probably find at least one way that Tai Chi Chuan practice will benefit you. The average person begins Tai Chi as a form of recreation and soon realizes its far-reaching effects in the areas of fitness, relaxation, health and self defense.

While limbering up the body, the slow, graceful movements of the 'form'

quicken the blood flow, building the heart muscle without putting it under duress. The sweaty, knee crushing, huff and puff indicators of other exercise forms are nowhere to be seen.

As well as exercising muscles and massaging internal organs, Tai Chi quiets the nervous system, as a relaxed and meditative state pervades the mind's stressed recesses. It is indeed 'meditation in motion.'

Although many people are not aware of it, and although most practitioners do not study it as such, Tai Chi Chuan is an excellent form of self defence. Based on the principle of softness overcoming hardness, its boxing forms have earned number

one place in the world open style martial arts competitions. Tai Chi Chuan means, literally, Grand Ultimate Fist. It is an excellent way to augment harder styles.

If you can think of any benefit you might derive from the practice, you may be in luck. The False Creek Community Centre has just obtained a qualified instructor to teach the art. Typically Tai Chi clubs charge \$40 - \$50 per month for instruction. This has caused some injury to its popularity and makes it difficult to reach more of the Western populus.

Not so in False Creek. Classes are very affordable. Another excellent feature of the Centre's program is that it is available during the mornings, for people who either do not work or work in the evenings. The daytime idea and lower course fees was designed originally to provide something for Emily Carr Art School Students.

Tai Chi Chuan's movements, which can be practiced by even the very aged, may be a good way to fulfill some New Year resolutions. As the Chinese say, "He who practices Tai Chi will have the robust health of a lumberjack and the pliability of a child."

For information, phone the Community Centre at 688-9478 or Sam at 681-4907.

Classes WED. & FRI.
10:00 - 11:30 a.m.
\$20/month
Starting Wed., Jan. 18

Of course, you all know that you had no need of an RHOSP at the end of December. After all, you say, we own our condominium, or live in a co-op and we are not eligible. What about your student teenagers? Are they 18 or over, at college, and working part time? If they were fortunate enough to earn \$2450 or more you will not be able to claim them as a dependant.

If, however, by giving them a gift or interest free loan of \$1,000 they had purchased an RHOSP and brought their taxable income below \$2450 you would once again have been able to claim your child as a dependant. If you had been able to get your child to contribute his or her own savings to the RHOSP you would have been

twice blessed. A thrifty child and a tax saving. Who could ask for anything more?

I am sure that those of you who bought a boat to live on this year know that you can use RHOSP savings toward the purchase and those of you who collapsed an RHOSP up to three years ago without buying a home can bring forward a tax saving if you have bought a home since then.

Not all the above points are widely known but we should always be aware of any tax savings that Revenue Canada offers us. I'll come back to thrifty teenagers (and adults) in a later article but next month is RRSP time and that should be a major part of our investment planning.

Ann Grainger

HI HO THE CAMBIO

At its January 10 meeting, City Council discussed two motions regarding the Cambie Bridge - whether to stay with the partial bridge, or to go for a whole new one. The result was inconclusive - tie votes. The question will be on the agenda again on January 24th.

We mention this only as an excuse to reprint most of an article written last year by Karen Krangle for the Vancouver Sun.

...building a new Cambie Street bridge has inspired more creative thinking in the past year than this city has seen for some time.

The list of people indulging in bridge-building fantasies ranges from architects and planners to politicians to ordinary citizens.

Not all their ideas are practical, of course... but if you could have a say in the building of a new bridge in the heart of the city wouldn't you get just a little carried away?

After all, that's how this whole thing started.

First there was the new stadium, built just a goalpost away from the northern end of the bridge and traffic experts said that it wouldn't do; it must be realigned away from Robson Street... So the City and B. C. Place agreed to renovate the north end and realign it with Smithe and Nelson... Meanwhile, someone noticed that the old wooden bridge was not exactly a masterpiece of engineering and certainly not a gem of architecture: why not build a splendid new one instead of patching the old?... suggestions and comments on a whole new bridge - and possible embellishment of it - poured in and out of City Hall.

The Design-a-Bridge Sweepstakes really began after city planning director Ray Spaxman and city engineer Bill Curtis gave the council's planning and development committee a primer on bridges, complete with slides of famous bridges of the world.

The ever-practical Curtis observed that "we have to build a bridge that is suitable for now and in the future as well," while Spaxman waxed eloquent with phrases like "street ambience," "a sense of arrival and exit," "urban experience," and so on.

And that gave the cue to the armchair architects.

Among the most creative have been members of the B. C. Place citizen's advisory committee, another group of council appointees, who spent a whole evening dreaming about the bridge, spurred on by the suggestion that the bridge's east side - facing the stadium, of course - would have an extra-wide sidewalk.

Benches, planters, and cycle paths were just lukewarm ideas; others included sidewalk cafes, ferry slips, space for buskers and barrow boys, and even small shops. And as the talk became wilder, two members sarcastically suggested the West End's prostitution trade be moved on to the bridge.

When, in March, the council held a well-attended public meeting on the proposal, more ideas surfaced. One speaker, who described the bridge as an "urban balcony," suggested the city install public washrooms on it.

Another recommended it be strung with overhead cables to allow gondolas to glide across it. One West Ender wanted the bridge to

be out of bounds to cars to encourage its use by cyclists, pedestrians, and equestrians.

In April the city planning commission sponsored an evening workshop to discuss a replacement for the bridge. Apart from debating whether the bridge should be built low to the water or high above it, the group discussed the merits of tourist-information kiosks, viewing platforms, ornamental lighting and railings, multilevels, and making the bridge "a place for lovers and strollers."

Other ideas have included covered walkways, color-coordinated railings and spans, special lighting, and living accommodation (as in the old London Bridge), as well as more practical recommendations for off-ramps, pedestrian crossings, and guard rails.

But I think the most interesting suggestion has come from Toronto architect George Baird, who was retained by the city last year to study ways of beautifying Georgia and Robson streets.

Noting that the bridge, new or old, will soon link up with Nelson and Smithe, Baird suggested the old Robson approach not be demolished, but be used as an arcade - or as he put it, "retained as the Ponte Cambio."

Obviously the idea comes from the famous Ponte Vecchio in Florence, a bridge lined with small shops on both sides.

But the Ponte Cambio, or the "bridge of change," as translation has it?

Hi ho the Cambio, a-planning we will go.

!!! !!!

We never cease to marvel at the power of advertising in The Creek - a 24 hr. (or less) response time.

Flippant appeal for a choir leader for the Vancouver Youth Theatre kids brought a swift and enthusiastic call from PETER DRIESSEN on Moberley Road. Don't think they actually managed to get together, but if you're here to stay Peter, offer again in December and we'll get carolling a bit more coordinated.

Delivered The Creek on Fairview Slopes between 11:00 & 2:00 p.m. one day. By 4:00 p.m. there was a message on my tape from ILANDA who said she lives at 7th/Laurel, prints and draws nicely and would love to help!!

Unfortunately, but not surprisingly, requests for response on more serious matters meet with a deathly hush.

I didn't get any offers to replace me as organiser of KINSMEN'S MOTHERS MARCH Jan. 24 - Feb. 1

However, I hope you'll agree to continue covering your territories when someone else phones to recruit you.



Are there any DENTAL HYGIENISTS in the area? Please call 734-3369

The Creek is published on the 15th of every month.

Editor: Beryl Wilson
Creek Office: 734-3369

Mailing Address:

The Creek
c/o False Creek Community Centre
1318 Cartwright Street,
Vancouver, B. C. V6H 3R8

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Small boxed ad \$6/col. inch
Announcements \$4/col. inch

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*Why not
Act it out?*

A new way to have fun but finds the standard text- and learn French at the same book methods unsatisfying and ineffective.

No theatre experience necessary. Paul wants his students to be conversing comfortably and correctly - before they get down to writing, which he teaches by dictation.

Act out whatever you want, however you want - in French. It does sound like fun.

No boring grammar, no tedious drill, no dull text! It turned out that Paul

Your small group (4 - 6 people) suggests the topic or script for each session. was a neighbour for several years and even now is not far away. He enjoyed living in the Creek and would like to spend time back here by enrolling a group or two.

I'll tell you what the French would say, and do, and how they would react in the situation you've suggested. For absolute beginner to advanced. Day or evening sessions (one hour each).

Then you'll pretend that you are French. You won't be like a dummy, stuck on a chair, opening its mouth and mechanically repeating French sentences. * adults - 10 sessions \$48/adult

Together you'll stand up and act it out. * children - 10 sessions \$38/child

So says Paul Thomas, whose flyer came through the letterbox this weekend. * family group - 10 sessions \$48/family (parent and child)

We had an interesting talk about his novel approach to teaching language. He has all the appropriate credentials * individual - 5 sessions \$98

For information and registration, phone: Paul Thomas 732-9125 734-0513

NEW CONVENIENCE STORE
IN FALSE CREEK

DEANS FOOD STORE

1399 Fountain Way,
Wellington Building - False Creek,
Vancouver, B. C.
Phone: 734-1233

HOURS

Mon. - Fri.: 9:00 a.m. to 9:30 p.m.
Sat. - Sun. 10:00 a.m. to 10:00 p.m.

YOGA at THE PHOENIX CENTRE
645 West 8th Avenue, Vancouver

ANNE GREGORY'S

Ongoing Yoga class is full but there is still room in
INTRODUCTION TO YOGA
Tuesdays 7:30 - 9:30 p.m. until March 13 \$4.50/session

The courses are based on the teachings of B. K. S. Iyengar and introduce the student to asanas, teaching flexibility, strength, endurance, relaxation, and body - mind awareness.

YOGA FOR BACK PROBLEMS

- using simple exercises, biofeedback, video and relaxation started on Mon. Jan. 9 7:00 - 9:00 p.m.

Because she works with this group (preferably only 6) so individually according to each person's needs, Anne has decided it can be done on a drop-in basis (at \$10/session) and continue as long as there are clients.

Call her at 263-7991 for more information and to register.



Several people wanted prices on Martha Hendrickson's drawings. Here they are:

8" X 10" framed water colour - \$135
with 100 black/white notecards - \$100 additional
100 notecards only (no original) - \$115



"on the False Creek Seawall"

1124 Ironwork Passage
Vancouver B.C. V6A 3P1

734-2369

Quick sketch for 100 calling/business/change-of-address cards - \$55