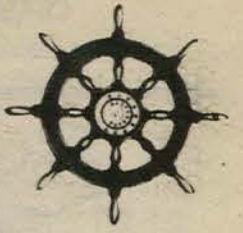


The Creek



SPONSORED by the Community & Recreation Associations

FEBRUARY 1984 VOL. 3 NO. 2



photo by Debra McNeil

Stop fooling about Mairie; Jaime is trying to concentrate

The EXPO box doesn't need much explanation.

The people are MAIRIE SHAW, Expo's Manager of Community & Volunteer Programmes, your Editor BERYL WILSON and JAIME STO. TOMAS a regular seawall jogger.

The question boxes are located at Dorrill's Leg-in-Boot Sq., the School hallway, the Community Centre, Isadora's Restaurant, and Dean's Store on Lamey's Mill Road.

For those who didn't read the December Creek, the purpose of the question forms and boxes is to give False Creek residents - who certainly will be affected by the presence of EXPO across the water - a chance to ask questions, make suggestions, or express any concerns they have.

If the response warrants it an Information Meeting will be held in the Spring when EXPO staff will come prepared to answer all these questions and concerns you've raised.



What are your comments, suggestions and or questions about EXPO 86?

Response:

As we said before - THIS IS YOUR CHANCE - speak now or forever hold your peace.

Hard Hat conducts Symphony

BRAVO MAESTRO, we shouted, as our own Louis van Blankenstein took his bow. The occasion, on January 20, was Louis' premiere performance with the Symphony, conducting Glinka's "Russland and Ludmilla Overture."

Appreciative murmurs rippled through the audience and smiles of pride broadened as it became evident he was enjoying himself and appeared to be in control, not just standing there wagging a stick.

An interesting fellow is Louis. Much of the time he wears a smart suit and a hard hat. Within the hard profession he has gained international note by achieving the almost unheard of feat; bringing a massive project in on schedule and on budget - the Stadium. That was the second remarkable edifice Louis has created in the city. The first was the Robson Square Court House complex.

But he's always wanted to conduct a symphony orchestra. How do you get to do that? Simple. Attend the ENDEAVOUR Auction when the chance to do so is one of the items offered - and bid on it.

The performance went off without a hitch, but not so his private rehearsals. Louis lives in the Granville Island Sea Village floating home community. He was observed practicing, to a recording, with great energy and concentration, when suddenly, without warning, his house tipped to an alarming angle. Most unnerving for a budding Maestro. The call to arms was sounded. Out bounded Sea Village neighbours brandishing poles and chain



saws (Louis' house does this periodically we are told and Sea Village rises to a crisis splendidly. In fact some suspect not too long a period is allowed to elapse without one!) After much shoving and sawing, our hero's house and equilibrium were restored. Nerves were calmed with soothing potions and rehearsal continued.



Louis, we love you, and we're proud of you.

JULY 1st CELEBRATION PLANNING AND BRAINSTORMING PARTY

under the influence of hot spiced cider, and cheese and crackers.

Join us for an evening of ideas and plans. All False Creek residents are welcome. Please phone Karen Shuster at 732-9565, or Elka Baker at 738-2804 (evenings only for both), seeing as how we want to make sure that there is enough to drink. Place: 1303 Shorepine Walk Date: Tuesday, March 6th Time: 7:30 p.m.

YOU WON'T WANT TO MISS THE FAMOUS PERSONS DANCE

SATURDAY, March 3, 8:30 p.m. - 12:30 a.m.

False Creek Community Centre, 1318 Cartwright Street, Tel. 688-9478

Advance Tickets \$3/person Must be over 19 yrs. \$5/couple

PRIZES FOR BEST COSTUMES REFRESHMENTS MUSIC BY FLASHBACK

THE FAMOUS PEOPLE YOU'VE BEEN WAITING TO MEET!!

SCORES ANYONE???

BROCK HOUSE CHOIR is looking for GILBERT & SULLIVAN scores, especially for Pirates of Penzance, the Gondoliers, Iolanthe, and The Mikado. If you have any in your treasure chests that you no longer need, please phone:

ELVA WALTERS 733-6641
OR
JIM MILLER 738-0359

SOME OF THEM OLD SOME OF THEM NEW - INHABITANTS



It's long been our aim to bring you profiles on the businesses in Heather Neighbourhood.

Time and space always seem to be in short supply.

We think it important to introduce new arrivals and welcome two new enterprises in this issue.

And we've decided the way to catch up with everyone else is by observ-

ing their birthdays.

Angela's delicatessen and Pasquali Combatti's Riviera Cafe celebrated anniversaries this month. Interviewing the proprietors was a pleasure.

Would other Leg-in-Booters with birthdays coming up soon like to phone the Creek Office - 734-3369.

ANGELA'S DELI IS FOUR

It's hard to interview a delicatessen lady, between customers. The hazard is succumbing to eating the goodies that sound so inviting as she describes them.

You can sit under the striped umbrella, rain or shine, at Angela's delicatessen. On fine, warm days it's outside; on cold, wet days, it's inside.

Perhaps it's the indoor umbrella that creates the special atmosphere that most European operated establishments have - the same one found in similar places in their home countries. It's - well - it's European.

Angela was an old hand when she opened in False Creek in February 1980 for she had worked in the family business in Rome. The first year was discouragingly slow. The commercial offices were still quite empty and the store fronts were occupied by only Dorrill's Market, Giovanni's Boutique and the Trestle Restaurant. With a small fortune invested in equipment you have to tough it out. Fortunately business picked up in the second year. Most of the customers are local and fine weather usually brings a fair sprinkling of visitors.

Some days are predictable. Monday lunchtime trade is good because people seem to have been too busy on Sunday to make lunch. By Thursday, working women are evidently tired of cooking and glad to pop round to Angela's to pick up supper.

That's not surprising; the hot dishes look especially appetizing. It's a good thing Angela seems to enjoy it, for it's not an easy life, running a delicatessen from 9 a.m. to 6:30 p.m. six days a week.

I wondered if 9 year old daughter Sheila had learned to cook, since it's 8 o'clock before the clean-up is finished. But this business does at least include the advantage of being able to cook the family dinner on the premises.

Although on Saturdays husband Guilo runs the show, with 16-year old son Marko or part-time staff, the weekends are not exactly days of rest. There is all the supply shopping to be done and loaded into the store on Sunday night.

Guilo and Angela Bonaventura must make a good team. They have worked together for many years, first in Guilo's photography studio in Rome and then, when they came to Vancouver 17 years ago, at Mortifee Munshaw (now Western Colour). Angela worked in the technical end, developing, printing, and colour correcting; Guilo is still a professional photographer, and loves it, Angela says.

You are a nice, colourful part of life in Leg-in-Boot, Angela. Stay there.

By the way, if you are looking for a birthday treat for yourself or a good-cook friend, Angela stocks a marvellous gadget for making whipped cream.

Money Penny's

Who would have guessed The Moveable Feast was the name of a boutique? The space at 675 Market Hill that lovely Mary Chapin enlivened for us until last summer has now blossomed into MONEY-PENNY'S. An equally intriguing name and this time it is office services.

RUTH CLEMENTS had been conducting such a business from home for some time and when friend VALE LONG decided it was time to leave the University of B.C., they teamed up.

Like Lisa Wallgram, they find the False Creek business community friendly - people wandered in just to welcome them and wish them well. The response to their initial sales calls has pleased them.

Somebody popped his head in to say "We'll have a 15 page report ready by Thursday afternoon - and we need it by Thursday evening."

"Sure," smiled Ruth, "we can do that."

con't p.3

IN THE RIVIERA

Six years old this month.

Pasquali's favourite customer is 2 yr. old Samantha Phillips who has been to visit almost daily since soon after she was born. His wife Isabella says it's even more fun when she brings her chum Justin Harcourt and they both start rummaging in the cupboards behind the tiny bar. Heaven help the Riviera when the pair can climb on stools and get at the cappuccino machine!

Heather Neighbourhood was a very different place in February 1978 when the Riviera opened. The road outside wasn't finished, almost no other spaces were occupied, but "business was fantastic - the best it's ever been" Pasquali said.

A huge advertising campaign promoting the new area brought hordes of visitors and prospective buyers. As the marketing office was at Stamps Landing they all stopped by the cafe.

The Combatti's came to Canada 18 years ago from Naples. In 1969 they opened two restaurants on Commercial Drive and later one in Surrey. But Pasquali says he didn't enjoy

that one much. One day he wandered over to False Creek and fell in love with the area (who doesn't?).

We might have had a Chinese run fish-and-chip shop at Stamps Landing, but Frank Stanzl had very definite ideas for this dream development of his. What Pasquali proposed - a European style coffee shop - was exactly what he wanted in this spot.

We're nice

"Do you like this business," we asked.

And Pasquali beamed. "I love this place," he said. "I have never been tired working here and I've never been mad with the customers. They are all nice people; they say 'thank-you'."

and We're Honest

"Nobody tries to cheat me here. In my other places they did. But not in False Creek." Isabella nodded in agreement. "They sit outside a long time with a sandwich - sometimes they take a cup of coffee down to the seawall to sit on a bench - but they never run away. They always come back to pay."

He accepts cheques for his pizzas and he has never had a bad one. He even runs a tab for the regulars who just come in for coffee. He proudly displays his "tab book" with the names of some of our well known locals. "They just come to pay about once a month. I never have to ask them."

Though plenty of us stroll along the seawall in summer to sit with friends, sip coffee, watch the boats and chat, we don't eat enough ice-cream and sandwiches to provide a living for Pasquali's family - and we don't go much at all in winter.

Lunch-time trade is quite good and the pizza-to-go, that we locals evidently order a lot, get the business through the leaner months.

It was such a happy interview. Pasquali must be one of the few business operators who doesn't have to acknowledge a high theft rate. We felt really good about that.

By the way, if you're stopping for a snack on Broadway, drop into Pasquali's other Riviera Cafe in the Broadway Plaza.

LISA'S STUDIO 5

It has taken The Creek so long to introduce STUDIO 5 ESTHETIC that LISA WALLGRAM is comfortably established at 664 Leg-in-Boot Square and already well-known to many local people. She opened on November 25.

Lisa was charmed by the friendliness of False Creek. Even as husband Ernest was painting the studio, people dropped by to find out who was moving in. "The attitude here is just lovely. Sometimes when people do their grocery shopping at the store they come in the chat for a minute, just to say "hello" for the day. You probably don't see that anywhere else."

Lisa and husband Ernest came to Vancouver from Vienna eight years ago because he had a year's posting, as a Chef, at the Hotel Vancouver. By the end of the year, like many Europeans before him, Ernest had been won over by the easy access to sailing and the wilderness that life in Vancouver offers.

Lisa had acquired a degree in fashion design in Vienna, with her eye on the costume department of the Opera House - an ideal way to combine her interests in history, music, and fashion, she thought. But so did many others; the competition was stiff.

There couldn't have been much romance in her next training - cost accounting - but it was practical. She put it to good use for several years in Vancouver, meanwhile taking courses in skin care at the Blanche MacDonald School.

If you love what you do, perhaps it isn't work to continue attending seminars and workshops as Lisa does at every opportunity, especially on her yearly return visits to Austria.

She developed a small clientele on a part time basis at home and after a while she was enjoying the people contact so much "I just didn't want to shuffle numbers any more." So she made the big decision to "go for it".

The search was on for suitable premises in a pleasant location. The Leg-in-Boot Square space was the perfect size and shape, and ideally equipped for her purposes. There's nothing clinical about Studio 5. The chairs are a soft, warm, deep plum colour, the wall painted in dusty pink, pastel greys and blues in a peaceful wavy motif. It is elegant and relaxing.

We talked about the rapid growth of the fitness fashion and interest in skin care. European women have been "taking care of themselves" much longer than North American women. Lisa remem-

bers her mother instilling good skin care habits in her when she was 16.

For those embarrassed to confess to laziness and lack of discipline with daily routines, there is good news. Lisa's approach with a new client is to ask how much time she is prepared to spend on a daily routine and how much money her monthly budget will permit. She then tailors a programme and product accordingly. It can be anywhere from 5 mins. a day and \$10/month to an hour and many more dollars. She offered a Valentine Special (1/3 off the usual \$30 price of a facial) last month and plans to offer more throughout the year to introduce procedure that might be new to people, e.g. leg waxing during the summer to eliminate constant shaving, and after several weeks of sun tanning weather, when skins may be dehydrated, a special on a cheap and effective body moisturising treatment.

Lisa distributed a flier describing her services and products. If you've mislaid it, drop in to pick up another one. And do call and make an appointment for a complimentary skin analysis.

Her hours: 6 p.m. on Mon., 10 a.m. to 7 p.m. Tues. - Fri. and 9:30 to 6 p.m. on Sat. (Tel. 874-1245)

THE COMMUNITY CENTRE

NEW LIONS CLUB

March is just around the corner and more new and exciting plans have been brewing and stewing at the False Creek Community Centre.

During the Spring Break, March 19th to 24th, False Creek youngsters can take part in the **SPRING ADVENTURE**. It starts off with the official opening of the playground on the 19th at 10 a.m. and will be celebrated with hot dogs juice, videos, and a general open house of the Centre. The ping pong table will be set up, the basket ball hoops need to be tried out, the floor hockey area is ready to be used, and this is only the start of a full week of fun and games and entertainment for all youngsters, daily from 9:00 a.m. until 6:00 p.m.

Two special pottery workshops are planned for February and April. On FEB. 25th, Saturday, a **POTTERY DECORATING** class will be taught by Kim Reaperking, a professional potter, who usually works out of her own studio. She will share her expertise in glazing techniques, using oxydes, wax resistance, etc., with all interested potters and potters-to-be.

The Pottery Club is an ongoing program to which everyone is welcome, as long as she or he has had some basic instructions or practice in working with clay. Once a member of the Club, the pottery studio is available any time during the Centre's operating hours. Only \$12 per month buys you studio time seven days a week, all glazes and firing, and the

consultation of the studio manager Sheila Windfield.

Sheila Windfield is also going to teach the second special workshop in April, which again will deal with the use of glazes. The two day course will take place on April 7th and 14th; 2-4:30 p.m., and the cost is \$14 per person.

The Club is looking for new members - you can join at any time. Phone or drop in if you are interested.

The necessary clay can be bought at cost, which makes potting at the Community Centre a very inexpensive and creative hobby.

by Elka C. Baker

To gain an intimate knowledge of your bicycle and learn to care for it and repair it, sign up for the all day **BIKE MAINTENANCE** workshop. It's a **BYOB** (bring your own bike), on Saturday, **MARCH 24th**, from 9:00 - 5:00, with an hour for lunch at noon, or to get some of the grease off your hands.

By evening you will have stripped your bike completely, and with a bit of luck also reassembled it, and be able to do all minor repairs from then on.

Joanne Verret is a new member of the Centre's staff. She is a Langara student of Recreation Leadership, and while gaining practical experience on the job, she is contributing new ideas and energetic involvement and activity to the Centre.

Joanne is in charge of the ongoing survey and its evaluation, she runs the **SUPER SATURDAY** program, and the Famous Person Dance is her brainchild. This promises to be much more than just a dance, and we hope to meet many False Creekers there, enjoying the company of other celebrities, live music, prizes for costumes, and wine and beer, and nibbles. **DO plan on being there!!!**

Every Monday night is **TEEN NIGHT** at the Community Centre, from 7:00 till 8:30. All teens are welcome to drop in for a session of donut making, or ping-pong, or video movies, or skating, or going to the Aquatic Centre, or Trivial Pursuit Night. There never needs to be another Monday Night with nothing to do. Join - and have a great time with other teens from our community.

Just a reminder - there are still tables available for the **FLEA MARKET**. Call the Centre and reserve a table for March 31st, - before it's too late.

VOLUNTEER OPPORTUNITY: The Community Centre's Board of Directors needs a Public Relations Person or small committee to contact our local newspapers and act as liaison between the Community Centre and the media. If you are interested, please phone the Centre and leave your name and phone number. A board member will contact you.

For all enquiries, registrations, or volunteer offers please phone the False Creek Community Centre at 688-9478.

Lions Clubs like to have all communities served by their organization. Realizing False Creek and Fairview Slopes were not, the new Vancouver Broadway Lions Club was chartered on December 10, 1983 with 47 members, about half of whom work in the Broadway area.

They are not letting much grass grow under their feet before becoming active.

On **SATURDAY, FEBRUARY 18**, they are collaborating on a Burrard Lions Project to raise contributions for the **FOOD BANK**, in cooperation with Safeway Stores. The Vancouver Broadway club members will be working at the 2315 West 4th Avenue store. If you're shopping there that day, be generous.

Before the club can sponsor projects in its territory, the first task is to raise funds. The first function was a 450 person dinner at the Kingsland Restaurant, on February 11, to celebrate the Chinese New Year; members hoped to realise \$4000 or more from this event.

On Friday/Saturday, May 4 & 5 club members will sell Mothers Day carnations along Broadway and on Granville Island.

As a service club's *raison d'etre* is to serve the community in which it operates, Mr. Kim Lai, the



new club's President, is interested to find out from people in their territory

what they perceive the needs to be. As Lions Clubs have been involved in providing housing for seniors in other areas, he is especially interested to know whether the Fairview area is appropriate for a Seniors' housing project. He can be reached at Northridge Realty Ltd., 6586 Victoria Drive, Vancouver, V5P 3X9, Tel. 321-2912, or at home, 4681 Underwood Place, North Vancouver, Tel. 984-8867.

By **BERYL WILSON**

This writer's imagination hardly ever rests; it had several projects to suggest immediately the new club's existence was known.

One of them, to have a Christmas CARE Tree. A fine chap called George Pearson, now 97 years old, started one years ago on Pender Island. As he grew older and the project grew bigger the Pender Island Lions Club took it over. For each donation to CARE that they receive, a light is turned on (white if it is an "in memoriam" gift).

During the fun of promoting the Christmas Carol Parade, I thought how magnificent Leg-In-Boot Square would look with a massive, lighted tree - and one thought led to another.

Kim Lai thought it a great project idea, but pointed out that they would need it to be visible to passers-by. They would probably instal it on Broadway, near their meeting place. It would make a fine addition to Christmas-on-Broadway, but I'll have to find someone else to do a False Creek tree. Darn it!!

New members to the club will be warmly welcomed. Meetings are held at the Peninsular Restaurant at 604 West Broadway on the 2nd and the 4th Wednesdays at 6:30 p.m.

They see much of their clientele being students and people operating a business from home, or in offices without full time staff. They offer first class secretarial services, by the hour (\$10/hour). They will even keep your stationery and take dictation over the phone when that suits you.

Book-keeping services are \$15/hour with others added as the demand develops. Whatever your office needs are - typing, mail service, invoices, resume revision - drop in or call them at 876-7313; they'll handle them.

Money Penny's shares the space with an old friend, Wayne La Carte, whose company has the interesting name First Impression Marketing Ltd. Wayne wouldn't give any information about himself, but he kept tossing two and three word contributions to our conversation. As we discussed clientele - "the 25 - 40 year old professional group" said Vale, from across the room came "YAPS. That's what they're called; Young Aggressive Professionals." He's quite friendly, and very handsome. Perhaps he's really there just to be a nice addition to the furnishings!!

★ ★ ★ ★ ★ ★ ★

WYTT
VANCOUVER YOUTH THEATRE ★ ★

The AUCTION is no longer silent and the date is changed to **MONDAY, March 12.**

ISADORA'S RESTAURANT Granville Island

7:00 p.m. Cocktails
7:25 Entertainment
8:00 Dinner
9:30 Auction
(by a man from Maynards)

Tickets: \$20 were selling well at press time.

Maureen Savereux reports a lively team is collecting auction items. Some to date:

- Energy audit of your home
- 2 nights' accommodation for two at Whistler
- 2 nights' family accommodation for 6 at Mt. Baker
- 3 maid service visits
- 2 nights' Bed & Breakfast for two in False Creek
- A "blast-off" by the Great West Cannon Company
- A week's home-made meals for the busy bachelor (or equally busy working woman)

They are looking for gift certificates for dining or shopping; tickets for plays or concerts, food, travel tickets, sports items, artwork, wine, services. Stretch your imagination and phone Maureen at 732-6986 or Lois McLean at 263-6151.

OSLER SCHOOL held an auction recently and raised **TWELVE THOUSAND DOLLARS**. There was 1400 items! - and of course room for a lot more people than Isadora's can hold. Can you believe it - an Oilers Shirt autographed by Wayne Gretzky went for \$890!!

★ ★ ★ ★ ★ ★ ★

DO YOU HAVE A HAPPY MARRIAGE?

If the answer to the above is No, the following comments are probably not for you. This is the time of year when everyone becomes so inundated with RRSP information it appears to lead to saturation overkill, so I have decided to make just a few comments about a subject which is often not completely understood. **SPOUSAL RRSP'S**, the main ingredient of which needs to be a happy marriage. **WHY?** Once you have made a contribution into a spouse's plan that asset no longer belongs to you. If you have been making contributions into a spousal plan and a marriage break-up takes place, any redemption made by the spouse within three com-

pleted taxation years will return the tax consequences to the contributing spouse.

by Ann Grainger

If your marriage continues happy and fulfilled, however, there are some real advantages. A non-working spouse can have an RRSP built up in his/her name so that at 65 an annuity or RRIF may be purchased to produce pension income. Since there is a tax free pension income deduction of \$1,000 it makes sense for a husband and wife to each get this tax advantage which leads us into the whole area of income splitting and we will leave that discussion for another time.

ANY RRSP SAVES YOU MONEY;
OURS BUILDS IT.

OVER 494% in 10 YEARS

This is the return of INDUSTRIAL GROWTH.

Just one of over 30 R.R.S.P. programmes which we can offer you. Which one will best suit your needs?

For an information pamphlet,
phone 669-1143 or return this coupon to:

Ann Grainger,
GREAT PACIFIC MANAGEMENT CO. LTD.
1010 - 1200 Burrard Street, Vancouver, B. C.
Phone: 669-1143

NAME _____

ADDRESS _____

PHONE _____

A GROSS OF FUNDRAISING IDEAS

For 144 ways to help your unbalanced budget, send \$2 and 75 postage to Fraser Regional Arts Council, 6512 Dogwood Dr., Sardis, B.C. V0X 1Y0

People who enjoy knitting, crocheting, sewing, or making toys are needed by international organization. Call VVC, 731-6168.

"Chrometophobia" is the fear of money. It is very rare, particularly in government taxation departments.

"Atephobia" is the fear of ruin. It is very common, particularly at income tax time.

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

ADVERTISING RATES

	One-Time	3 Insertions (10% discount)	6 Insertions (15% discount)
FULL PAGE	\$350	\$315	\$297.50
1/2 Page	\$200	\$180	\$170
1/4 Page	\$105	\$94.50	\$89.25
1/8 Page	\$55	\$49.50	\$46.75

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

For information on advertising and
FLYER DELIVERY, call 734-3369

THANKS MARCHING MOTHERS

Blessings on DIANE ALLAN (Heather Neighbourhood), BERTHA BERTRAND (Spruce Neighbourhood), and PAT REYNOLDS (Alder Bay) from the Kinsmen's Mothers March. Diane sent us a note: "Heather Neighbourhood is proud of this year's contribution. We collected \$1061.65, almost double the 1983 amount. My super canvassers were:

Diana Herbst
Patricia Nesbitt
Charlotte Flitton
Julia Shotsky
Karen Diaz
Nancy O'Higgins
Carolyn Fleming
Marta Hutton
Dorothy Carson
Kay Malley
Joyce Clough

The Seniors in the Kiwanis home once again responded so generously. Many thanks to everyone, but particularly the volunteer canvassers."

Bertha Bertrand sends her thanks to

Betty Emmett
Susan Sloan
Lois Meyerhoff
Betty Thompson
Margaret Young

who canvassed Spruce Neighbourhood

In Alder Bay, Pat Reynolds' rambling territory had a large contingent. Her thanks to

Diane Aho
Laura Dornan
Lesley Cruikshank
Eileen Steward
Margaret Halliday
Alice Camerson
Amanda Hunt
June Murphy
Jane Davis

A grand total of \$2,069.95 from False Creek, a fine increase over the 1983 total of \$1786.85, especially since Marina Co-op was missed this year - and all the new Mariner Point buildings.

The
Granville
Island Barge

1295 Johnston Street, Granville Island, Vancouver, B.C. V6H 3R9

Telephone: 604 685-0729

Come join us at the Barge! Looking out onto the Expo 86 development from Granville Island, we are the workshop centre in the centre of town. We offer a wide variety of services ranging from workshops, counselling, and business consulting, to meeting room space for groups up to 40 people. And although the location has a "resort-like" atmosphere, there is a full range of dining and shopping facilities within a few short minutes walk.

Events being offered out of the Granville Island Barge from February 1 to June 30, 1984 are:

MONEY IN YOUR LIFE (James Pryor, Training Group Institute)

Your opportunity to change your attitudes and effectiveness about money. If you feel uncertain about money in your life, this workshop is for you! Telephone 685-0729 to register for:

Apr. 14 - 15 \$175.00

The following workshops are to be held at Haven-By-The-Sea on Gabriola Island. Telephone 112-247-9211 to register for:

Feb. 22 - 24 \$220.00 (Room & Board incl.)
June 29 - July 1 \$140.00 (Room & Board extra)

THE COMPUTER BARGE (Jared Finesmith and various instructors)

Offers micro-computer training to individuals and special interest groups. The emphasis here is on 'hands-on' experience, both in class and in low-cost scheduled practice time.

Over the next six months there will be a wide variety of courses offered. Telephone 681-4962 for more information on any of the following:

Computers for Non-computer People	Introducing CP/M
Computer Options for Small Business	WordStar Introduction
Computers for the Unemployed	WordStar Advanced
AppleSoft BASIC Introduction	Starting out with dBASE II
AppleSoft BASIC Intermediate with Graphics	dBASE II Advanced
LOGO Instruction	Computer Communications
6502 Assembly Language	Software Copyright & Sale
Computer Accounting	Holiday BASIC for Computer Kids
VisiCalc	Holiday LOGO for Computer Kids

ALL YOU CAN BE / SELF-IMAGE DEVELOPMENT THROUGH VIDEO (Maureen McDowell)

Through the magic of Video, set out on an exciting Treasure Hunt for the many unknown images of YOU. Explore your full range of creative expression in physical appearance, feelings, behaviour, skills, and talents. Telephone 688-7148 to register.

Jan. 28	9 a.m. - 6 p.m.	\$45.00
Feb. 11	9 a.m. - 6 p.m.	\$45.00 (Victoria)
Feb. 25	9 a.m. - 6 p.m.	\$45.00
Mar. 10	9 a.m. - 6 p.m.	\$45.00 (Victoria)
Mar. 24	9 a.m. - 6 p.m.	\$45.00
Apr. 14	9 a.m. - 6 p.m.	\$45.00 (Victoria)

JOYCE FRAZEE'S DREAM DISCOVERY (Joyce Frazee)

Learn how to use your dreams for personal growth, insight, creativity, and problem solving. Participants will discover an entry to a new world of insight. Telephone 266-2431 to register. Workshop to be held at the Weaver Institute in Vancouver.
Feb. 24 - 26 \$80.00

VIPASSANA MEDITATION WEEKEND RETREAT (Jamie Barav)

Vipassana (Insight Meditation) is a simple and direct practice. It is the moment to moment investigation of the mind-body process through calm and facing awareness. Telephone 872-0431 to register early. These classes fill up quickly!
Mar. 9 - 11 \$30.00 (Meals included).

COME ALIVE (Drs. Bennet Wong and Jock McKeen)

Anxiety, fear, depression, and confusion produce energy blocks that deaden our feelings of being creative and full, interfering with our relating to others and our work. Through the use of a wide variety of approaches, these blocked energies can be released. Telephone 112-247-9211 to register.
May 18 - 21 \$400.00

WOMEN AND SELF-IMAGE (Maureen McDowell)

Women's Workshop with a difference! Experience your own personal power and freedom to be, to do, and to have what you want in life. Through Video, costume changes, music and movement, try on new images of you as Woman. Telephone 688-7148 to register.
Mar. 2 - 4 \$95.00

MEN AND SELF-IMAGE (Maureen McDowell)

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Judy Lee	688-7148	\$30 - \$45.00

(Note: Ms. Lee will be available from Mar. 12 - 17 and May 1 and onwards.)

TRAINING GROUP INSTITUTE

James Pryor	685-0729	On request
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