The Creek

VOL. 5 NO. 1 *'Serving False Creek, Fairview Slopes and Granville Island'* JANUARY, 1986

A SCULPTURE DESTINED TO SINK LIKE A STONE

Chips are flying as local sculptor George Pratt hammers his way into a 5-ton block of limestone in Railspur Alley on Granville Island. Pratt expects to chisel away about two tons of stone in the transformation of a rather humble-looking quarry block into an elegant little mermaid, depicted in the process of feeding her pets their lunch.

The work has been commissioned by a group of British Columbia scuba divers headed up by Jim Willoughby of Powell River. They are establishing an underwater park at the western end of the Sechelt Peninsula. When the sculpture is complete, it will be lowered to the ocean floor to rest for all time as a focal point in the new underwater preserve. According to Willoughby, the diving in the area is second to none in the world for a unique undersea experience and he expects the establishment of an ocean-floor park complete with sculptures will attract scuba divers from all over the world.

Pratt expects the mermaid will be ready for her sinking ceremony concurrent with the opening of EXPO. "Granville Island management kindly provided the space down here to execute the work", says Pratt, "And it's a real 'people-pleaser' project." "The public is welcome to drop by and watch the progression of the work from raw stone to lovely little mermaid... and bring the kids!"

False Creek Community Association

People still don't quite seem to believe the Association doesn't have a President since Beryl Wilson declined to be re-elected and refused to be drafted.

At the next meeting, on **WEDNESDAY, FEBRUARY 5** (7:30 p.m. at the Community Centre) the chief items of discussion will be "How to solve the problem of finding a President" and "On what should the Community Association concentrate its energies?"

David Osborne will be outlining the latest proposals for School Green.

At the December (Annual) Meeting, Cameron Gray (False Creek Development Director) outlined plans for the Creekview connection walkway and greening of the surrounding area and for the Vanier Park Link. There was discussion about the Granville Island Village developer's plan to build a connection from that large housing development on 6th Avenue to Lamey's Mill Road, but the plan to construct it immediately west of New Look Interiors (and only a stone's throw from the Alder Street overpass) was considered futile. We were unanimous in saying any connection to enable those stranded people to reach Granville Island should be at the eastern end of their development.

Officers elected for 1986 were:

1st Vice-President — David Osborne
2nd Vice-President — Bob Kohn
Treasurer — Karen Shuster
Secretary — Catherine Gourley

The 1986 **BUDGET** was approved.

Postage	$200
Photocopying	$250
Office Supplies	$100
Meeting room rental	$100
July 1st Celebration Grant	$1000
Creek Newspaper Grant	$3600
Miscellaneous	$100
TOTAL:	$5350

INCOME is projected at $5150 ($5/unit)

A reduction in unit dues was discussed in view of a year-end surplus of $5300, but it was decided to maintain dues to meet the budget and have the surplus available for special Centennial projects.

Get ready Get set...

L-R, John Philippson, Editor, Bullus Hutton

GO

BLAST OFF FOR CAROL CRUISE

THE CREEK STAFF is holding *Open House* at the CREEK OFFICE

Sunday, January 19, 1:00 — 5:00 p.m.

the kitchen of 1124 Ironwork Passage — the place with Christmas lights still up, opposite Spruce Marina.

Come and meet your favourite Creek columnists, who can meet each other.

You may even meet Deesign's Diana who'll explain why your material gets chopped — or left out when you're late.

THE CREEK does not have an entertainment budget, so it's B.Y.O.L. & C. (libations and comestibles).

EXPO 86

EXPO SUPPLEMENT

It's not surprising that a lot of people in this talented community of ours are involved in EXPO.

We have the survey company owner, architects designing pavilions, two Board members, a media staff person, the massive murals designer, B.C. Pavilion PR chap, volunteers, United Nations pavilion designer, the ex-Director of Construction, a fellow in on-site transportation — and pavilion staff living here.

This is the handful the Editor knows about.

The Creek is planning a special supplement to feature all these people. Anyone left out will probably be too polite to say "why was I missed?" but their friends will be mighty quick to let the Editor know she goofed.

We don't *want* to miss anyone. Phone the Creek Office (734-3369) to let us know about anyone you know is involved in EXPO, be it in great or small capacity. NOW.

HEATHER NEIGHBOURHOOD RE-DEVELOPMENT

What's called the CAMBIE CORRIDOR STUDY is now available for public discussion.

To our knowledge, no-one in False Creek was "consulted" by the architects who conducted the study. The then-President of the Community Association complained about this at the November Planning & Development Committee at which the report was presented.

It was agreed City Planning Department would meet with local residents.

The report is 150 pages long. Extra copies are available from Planning Dept. at $8 a copy (which the Community Association will buy for anyone serious enough to work on this project).

MOVING THE RAILWAY LINE

closer to 6th Ave. is one of the main proposals, to create better parcels of land for residential development. That's a **lot** of development.

Another issue of particular concern is the eventual development of the Heather Bus Loop.

Anyone wishing to be involved in the local study group should call **Catherine Gourley at 874-9921.**

A NEW CONTEST

WHY I
LIKE LIVING
IN FALSE CREEK

Tell us why, in 350 words or less (9" of a Creek column), send it to the mailing address (see back page) and we'll print it.

The Rooftop Gardener's Notebook

By Susan Baker

My dear readers, some of the following is a reprint of last (gasp) January's column. The re-cycled stuff is the addresses of those seed catalogues that I mention from time to time in the hope that one of these days you will all spend a stamp in return for the nicest junk mail imaginable.

If you watch the Two Stooges on Sunday mornings **(The Western Gardener),** you will realize that container and patio gardening does not limit one to the live Christmas tree and over priced Geraniums in June. However, since your letters have all been answered (!) I can't assume to know much about **your** problems or indeed, interests so I must blather on about the things that stir my soul and hope that it twigs yours as well.

The Western Gardeners have the entire roof of the CBC building to muck about upon and I nearly fell out of bed laughing to see **David Tarrant** digging the garden rubbish into the soil of an enormous container with the **traditional English trench method!** I guess if your roof holds a container as big as my living room, and you use a wheelbarrow to haul stuff around on it you wouldn't laugh, right? The real reason for laughing was that those two treat the roof like a backyard with all the treasures you'd expect to find in a Surrey lower 40 on it. Stuff like currents, gooseberries, raspberries and goodness knows what else! One of everything I suppose.

You too, can grow all those things if you have enough room and enough direct sunlight. All you need is a good seed catalogue to tell you which seed to use where.

The following list offers four great Canadian Seed catalogues guaranteed to brighten the monsoon.

Stokes Seeds Ltd.
Box 4278, Station A,
Victoria, B.C. V5X 3X8

C.A. Cruickshank Ltd.
1017 Mt. Pleasant Road,
Toronto, Ontario M4P 2M1

Island Seed Co. Ltd.
39 James Street,
St. Catherines, Ontario
L2R 6R6

Dominion Seed House
Georgetown, Ontario
L7G 4A2

Several times a year, **Cruickshanks** will send colourful catalogues which you can take to some local garden shop in order to persecute the unsuspecting clerks with demands for exotica about which they've never heard.

I ordered my bulbs from **Cruickshanks Summer Bulb catalogue** last August and they sent them at the time of planting which eliminated my having to store them for two months.

If you want colour before June you should get the seeds started on the windowsill by the end of February. This is especially true of plants for hanging baskets which need to be big and fat when they are stuffed into the basket.

This year I am going to try some of the wonderful failsafe seeds from **Island Seed Company,** and give up on the vegetables except of course for tomatoes and perhaps lettuce and purple beans and scarlet runner beans (which are wonderful for children from two to ninety-two...), and come to think of it, the parsley and the basil were fantastic as well (sigh).

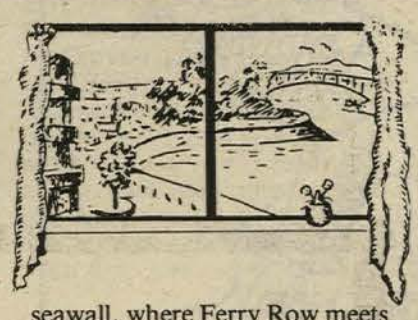
One catalogue which I found to be especially interesting in spite of its lack of colour was the **Territorial Seed Company** flyer which can be ordered from P.O. Box 27, Lorane, Oregon 97451. These seed growers produce seed for the west coast climate only. This is the key to ordering seeds for Vancouver gardens, as no vegetable raised in Ontario is going to behave here as it will in Ontario where the winters are colder and drier and the summers are hotter. All of their seeds are tested for viability and some which are susceptible to fungal infections are treated with a fungicide to assure germination. I am very impressed with their product and their commitment to good service. Use a 39 cent stamp.

Both **Stokes** and **Dominion Seed House** send catalogues with a comprehensive selection while the latter includes the kitchen sink as well. Some of their promises will raise your eyebrows, but I suspect that we could all do with an occasional raised eyebrow by the time January sogs to a close.

Dry stuff, eh. Well I'm looking forward to thinking about something other than the B.C. Pavilion Marketplace Murals which will be finished at the end of the month. The walls are now lined with 12 to 20 foot easels three murals deep! Talk to me in February.

WINDOW ON THE SQUARE

by Frances Kohn



What a wonderful setting The Square is for staging Christmas events! Colourful lights outline the balconies and windows or flash from decorated trees. Red, green, blue and yellow lights bedeck the doorways of townhouses along Millbank. Below, in Heather Marina, the masts and riggings of the sailboats have come alive one after the other as they were festooned with sparkling lights. Looking west, out and over Heather Point, one also catches glimpses of boat lights in Spruce Harbour twinkling and winking at us through the trees.

But that's not all. Yet to come are the illuminated ships, climaxed by the carol ships, each floating phantom-like through the velvety black waters. The first sighting was already in early December when a brightly lit tour boat passed by. One evening, a few days later, an immense Christmas tree, flashing brilliant lights, was towed slowly eastwards up The Creek.

Thanks to the B.C. Pavilion's Plaza of Nations pre-Expo Christmas celebration, we were treated to a series of dazzling sights. On three consecutive nights a flotilla of garlanded carol ships lighted up False Creek on their way to and from the festivities. All the colours of the rainbow shimmered and danced in the inky waters below. A festival of lights, indeed, and all within a stone's throw of Leg-in-Boot Square.

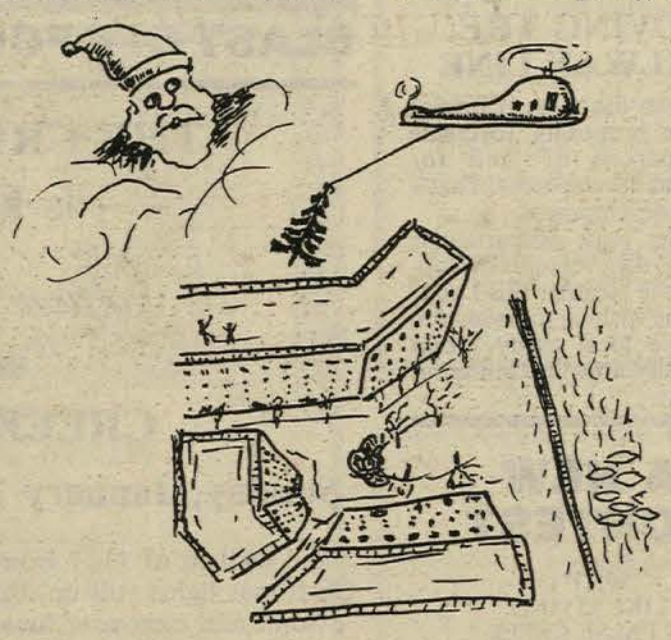
The foggy dew, which was to come, had not yet shrouded our fair waterway. It did though, catch up with our own False Creek Carol Ship parade. Then it was that Mother Nature drew a filmy curtain across The Creek. In spite of this, some 20 boats, ablaze with festive lights, made their way between the bridges and peeped through the shifting vapour to delight our eyes. The strains of carols were not diminished, but carried clearly across the water to The Window On The Square.

On that very auspicious night, a handful of carollers gathered below in The Square. Before long, however, that small group swelled to what must have been several hundred! Young and old, braving the bitter cold, joined together in traditional Christmas chorus, in near perfect harmony. The youngest were rewarded with warming cups of hot chocolate, courtesy of Snapper's Restaurant.

Unusual Christmastime sights there were, too. Have you ever seen a Christmas tree flying? Some days before Christmas, a very large evergreen, obviously on its way to the B.C. Pavilion, was seen dangling in mid-air over The Square. Nor was it wafting through the sky on Santa's sleigh. No. It swayed precariously at the end of a long rope hanging from a noisy high-tech helicopter.

Apart from these exciting festive occurrences, something else attracted our attention. It took place on one of our coldest and iciest, yet clearest nights. From The Window, one saw some mysterious hustling and bustling activities on the seawall, where Ferry Row meets Millbank. What looked like, of all things, an office desk was being set up at the edge of the wall. Next, a camera and spotlight were focused on the scene. What was going on? Curiosity got the better of us. After all, to quote an old saying: "Curiosity killed the cat but satisfaction brought it back." Soooo, bundling up in coat and scarf, off we went along the slippery seawall to the scene of action.

Two young fellows, although busily engaged in setting the stage, very obligingly threw light on the mystery. The two of them had just finished designing and building an unusual desk which they named "The Cockpit." Designed especially for the IBM PC computer, it consisted of three units, all of which could be knocked down for packing. The central unit held the computer (and there it sat to prove the point), and the side units flared out at a convenient angle on either side, somewhat like wings. Sitting in "The Cockpit" you would master-mind, not a plane, but an IBM. Quite ingenious — but why now and why here? Now because they were anxious to market it immediately. Here because Vancouver's brilliant night skyline of office towers was just the right setting for their snappy slogan: "You have the office, we have the desk."



These special events over, one takes note of more everyday happenings on The Square. Take, for instance, the trees. The dogwoods have changed their garb several times these past months. They've gone from a mass of bulging buds to a shower of dazzling white petals. This bride-like gown was shed for the more sedate green of a going-away outfit to last throughout the summer. Brisk fall days sprinkled the green with flecks of red — now more like a checkered housedress. In a final fling though, nature transformed this temporary raiment into a pure wine-red. All these changes we almost took for granted. Then, one day in October was all but gone, we awoke to find the brilliant attire had silently slipped away. A dainty, but sombre habit now graces those slender limbs, to suit the dormant wintertime.

The Square's chestnut trees have performed similar magic. They went from the unfolding of delicate green leaves to the bursting forth of blossom candles, to summer's full green canopy. A glimmering shower of gold greeted us as autumn put a nip in the air. And now, their strong browns arms reach for the sky, with ruddy fingertips outstretched, awaiting the sun's warm rays which come in spring — reminding us of the poet's quote: "If Winter comes, can Spring be far behind?"

With all these thoughts of the past year's changes and happy events in mind, we bid farewell to 1985 amid bursts of brilliant fireworks from the west over the bridges. Then came New Year's Day. With it arrived Vancouver's Centennial, duly piped in along the seawall of The Square by the swirl of a bagpipe. This from one of the many boats pulling out to sea for the holiday. A flypast and the coming and going of all the seacraft entertained the scores of strollers on the seawall along The Square. Even the sun broke through; in all, an auspicious beginning for our Centennial Year.

What do you do when the vacuum cleaner gets sick, the bathroom fluorescent light kaputs, it's cold outside and your car's in hospital? You call Garett (Haynes) the Handyman to come to the rescue.

He had to change the ad from HAYNES THE HANDYMAN because people didn't seem to know what to call him. Guess they thought Garett in "Ask for Garett" was a different fellow who worked for Haynes.

Said to Greg as he finished painting the kitchen: "Why is it when everything's out of the kitchen cupboards and should be washed before going back, the dishwasher breaks down?"

"I don't know" quipped Greg, "but Erma Bombeck would."

THE COMMUNITY CENTRE

by Sharon McNaughton

1318 Cartwright Street, Granville Island 688-9478

Whether your New Year's resolution was to stretch your body or expand your mind, the community centre's got it all! We've got sports, fitness classes, social activities, cultural programs and special events for people of all ages and interests. Come up and see us sometime; there's always lots going on. We've also got facilities available for rent for group events.

KIDSHOPS AND SPECIAL EVENTS

Pizza making, baking and eating is just one of the many activities that get underway January 20 in the centre's program of winter workshops and special events for children. There's also a **bicycle maintenance** workshop to keep Christmas wheels in tip top shape, and a **chocolate making** session to whip up some tasty treats for Valentine's Day. This series also includes a **winter carnival,** complete with games, food and prizes. Flyers giving details of all programs are available at the centre and have also been distributed through the False Creek Elementary School.

ADULT SOCIAL NIGHT EVERY THIRD FRIDAY

This is a social drop-in evening with a different event planned for every third Friday of the month. January starts off with a Trivial Pursuit Challenge on Friday the 17th and coming up February 21 is a movie night. We'll be showing a great flick, serving popcorn and will have refreshments available. In March we're having a wine and cheese night in conjunction with Isadora's Restaurant.

COUNTRY DANCE NIGHT SATURDAY, FEBRUARY 15

No partner needed to dance the night away at our **second annual community country dance.** So come on down and try some easy rounds, reels, lines and square dances under the expert guidance of caller George Oakes. There'll be good music, good food, and good company so it should be a terrific evening. Everyone had a great time last year at this event, which is co-sponsored by the centre's seniors group. The fun gets underway Saturday, February 15th at 7:00 p.m. $3 for adults, $2 for children, teens and seniors and $5 for a family.

SPORTS AND FITNESS

There's still time to get in on the centre's downhill and cross country ski lessons which will be carrying on for another month. But if the great outdoors in winter is not especially your thing, the centre offers indoor sports as well! There's basketball on Mondays, badminton on Wednesdays and volleyball on Thursdays. All three games are played at the False Creek Elementary School. Basketball is at 7:30 p.m., and volleyball and badminton start at 8:00 p.m. New players are very welcome.

Fitness programs are underway again with various levels and times to choose from. There's waterfit, aerobics, stretch-and-strength and dance. A complete schedule of all fitness programs is included in the South Area Recreation Program Guide which has been delivered to everyone in the area. Copies are also available at the centre.

The new **Wheelercise** fitness program starts **January 22** at 6:30 p.m., and runs for 8 Wednesdays. It concentrates on the upper body and is specially designed for wheelchair users or other people with limited mobility.

The running group goes out every Tuesday and Thursday starting at 5:30 p.m. with a stretch and warmup. This is followed by the real thing, an hour long run of approximately 7-8 miles. If you find that a bit daunting you can get started in the beginners run, which is about 2 miles.

CANOE AND KAYAK RACING CLUB

The newly established False Creek Canoe and Kayak Racing Club is now affiliated with the community centre and is looking for new members. The club has some paddling superstars in its midst, including Hugh Fisher, the 1984 Olympic Gold Medalist. They will be giving lessons for beginners and also plan a development training program for children. Although the club emphasis is on competitive paddling they also welcome recreational members. For information please leave a message at the centre (688-9478) for club president, René Roddick.

THE CENTRE CELEBRATES THE CENTENNIAL

False Creek Then and Now will be the theme of an exhibition of historical and contemporary photographs of the False Creek area which the Centre is assembling as part of its Vancouver Centennial activities. If you have any photographs that you think would be suitable for this special collection please call Carol Sogawa at 688-9478. The centre is planning a gala opening for the photo show to start off its March 31 - April 6 week of celebrations to wish our city a very happy birthday.

VANCOUVER 100 city of the century

VOLUNTEER CALL BOARD

The pre-schoolers learn to swim program needs an assistant to the instructor on Monday and Wednesday afternoons. Bronze level swimmer required.

The seniors carpet bowling group would like a helping hand in setting up their games on Tuesday, Friday or Sunday afternoons.

16+ to assist with general recreation program for 6-12 year olds, Saturdays 1:00-2:20 starting January 18th. Program includes outings, baking, crafts.

If you are able to assist please call Nancy Reynolds at the community centre, 688-9478.

SENIOR'S SCENE

by Marge LeGresley

A happy New Year to you all and may 1986 bring you the best of health and much happiness.

It promises to be a most eventful year with EXPO running from May to October and the city of Vancouver celebrating its Centennial, in which we should all participate with great pride. Our Senior's Club had its first meeting on the 8th when reports of our great parties were enthusiastic — the Christmas Dinner arranged by Jean and her sisters was a great success particularly since we enjoyed the musical talents of Thelma Campbell and later, for dancing, the Senior band from North Vancouver. Then the New Year's dinner, with excellent catering by Isadora's Restaurant, was enjoyed by all.

The dates for your calendars now are: **BUS TRIP TO TULLALIP FOR BINGO** on **MONDAY, JANUARY 27th.** Then on **SATURDAY, FEBRUARY 15th** we are sponsoring the **COMMUNITY COUNTRY DANCE** which was such a great hit last year. An overnight trip to **UCLULET** for **WHALE WATCHING** is proposed for **MARCH 10th AND 11th** - please let Jean know if you are interested.

At the meeting we were happy to learn that the proposal for enlarging the Community Centre to provide a possible Seniors' Drop-in facility is well in hand. Also that plans for the re-routing of our #50 bus route will be explained to all False Creek residents before any changes are made.

You will all have received the spring program schedule from the Community Centre which offers many interesting activities beginning the week of January 13th. In particular we would like to add CRIB games to our Monday afternoon Bridge sessions — anyone interested will be welcome between 1:00 and 3:00 p.m. in the lounge. Also **SQUARE DANCING** with Ken Oakley resumes on Thursday 16th — an hour of great fun and easy exercise; once you try it, you'll want to join us.

Some eight of us accompanied Jean to the Bowling Seminar at Sunset Centre on January 6th and benefited from the information given — rule books will be made available for all bowlers as we hope to exchange visits with other clubs and send teams to various tournaments.

In closing, may I extend a club welcome to those new members who have joined us recently? Please make yourselves known to us by participating in the various activities — Jean is always happy to receive suggestions.

CREEK DOC'S

Our abject apologies to Elaine Wynne, whose December column we bumped for want of space.

If there are any particular topics you'd like our Creek Docs to write about, please call column co-ordinator **Karen Buhler** (or Elaine Wynne) at 874-0261.

CHOLESTEROL

Most people know cholesterol as a fatty substance in the blood which has been linked to heart disease and stroke. But what you may not be aware of is that cholesterol is also beneficial to the body: the cell membrane (or outer coat which protects the cell) is composed of cholesterol; cholesterol is important in the manufacture of many hormones, including the sex hormones; and it is also required to produce bile which is essential for digestion. Although we eat cholesterol in many foods, our bodies also produce it, mostly in the liver.

So why is cholesterol so bad for us and at what level is it harmful? Above a certain level in the blood, cholesterol starts to be deposited in the cells which line the blood vessels, resulting in hardening of the arteries, or arteriosclerosis, which in turn impedes the flow of blood and leads to heart attacks and strokes.

Research has shown that people with even mildly elevated blood levels of cholesterol have about twice the risk of developing heart disease as people with normals levels. And the risk increases as the level of blood cholesterol increases.

But some people seem more prone to high cholesterol levels, and therefore heart disease, than others. Why is this? Recent research has revealed that cholesterol is transported through the blood by carriers called lipoproteins, of which there are three types. Of these, one type called HDL (short for high-density lipoprtein) is believed to be a "good" carrier because it plays a protective role by clearing cholesterol from the blood. Some people are better able than others to clear cholesterol from their blood with the help of HDL - and can correspondingly eat more cholesterol-rich foods without increasing their risk for heart disease. Other people tend to accumulate higher levels of cholesterol in their blood and are therefore more prone to heart disease. The exact reason for this difference between people is as yet unclear but we do know that exercise increases our levels of HDL which leads to a corresponding lowering of blood cholesterol.

So, what can you do to reduce your blood cholesterol?

(1) Reduce your daily cholesterol intake to no more than 300 mg. - approximately the amount in one egg yolk.

(2) Reduce fat intake to 30% of total calories. (The average Canadian adult male's diet is 40% fat). This can be done by choosing lean cuts of meat, trimming off visible fat, avoiding gravy, eating fish or poultry at least four times a week, avoiding deep fried foods, and baking, broiling and boiling rather than frying foods. In addition, try to avoid excessive use of high fat dairy products such as cheese, cream, and ice cream, and use instead those with lower fat content like skim or 2% milk, cottage cheese and yoghurt.

(3) Cut down on the amount of saturated fats eaten. Saturated fats are mostly from animal sources although a few vegetable sources such as palm oil and coconut oil are also high in saturated fat. Read labels carefully.

(4) Maintain normal body weight.

(5) Exercise regularly.

So although it is probable that there are genetic factors which determine cholesterol levels it also seems that changes in nutrition and lifestyle can help to lower cholesterol. Given these changes in nutrition and lifestyle, it is estimated that there would be approximately a 10% reduction in blood cholesterol for Canadians and this in turn would reduce death from heart disease by one-fifth.

Elaine J. Wynne, M.D.

Dr. Sidney Kirson, who lives in the Heather neighbourhood and works on Willow St., offered to contribute some articles on Orthodontics.

IT'S NEVER TOO LATE TO SET YOUR SMILE STRAIGHT

Early diagnosis and treatment by a specialist can frequently guide facial growth and tooth development and prevent more serious problems from developing. However, many adults today, for one reason or another, did not have this treatment and it certainly isn't too late to have it now.

Everyone wants an attractive smile, but there are other very important reasons for considering orthodontic treatment. Major orthodontic problems, if left untreated, can severely jeopardize the health of your teeth and gums, and may be detrimental to the health of the jaw joints as well.

Some of these problems include:

TEETH TOO CROWDED- difficult to clean and prone to decay and gum disease.

TEETH TOO FAR APART- if caused by early loss or extraction, tip into open spaces or become loose. Can cause bone loss and difficult for future bridgework.

PROTRUDING UPPER OR LOWER TEETH - in addition to being unattractive, don't meet properly during chewing, resulting in abnormal wear of the biting surfaces and excess stress on supportive bone and gum.

MISALIGNMENT OF JAW JOINTS WHERE THEY HINGE - may result from abnormal tooth position and can cause chronic headaches or pains in the face or neck.

Almost 50% of orthodontic treatment today is being done on adults because they realize that improving the health of their mouths and the beauty of their smile is a change for the better.

In future articles I will try to answer the most frequently asked questions dealing with orthodontics.

SCHOOL NOTES by Richard Thaddeus

Make a liar out of me! The Christmas concert was a little more elaborate this year. Highlights were "Christmas in Mexico", a song about Pablo the Reindeer, by the kindergarten, and the antics of Divisions IV & VI as they mimed to "The Twelve Days of Christmas." A special mention of Savannah Cardew's "Nine Ladies Dancing" is merited. The Grade 5 ambitious counterpoint was so successful (and beautiful) I never figured out the two songs they were rendering. The concert rounded off the old year nicely.

The New Year, inevitably, will be influenced by the Centennial in general and EXPO in particular. The students will undertake a project on a Pioneer Day theme. They will be taping old timers' recollections, seeking sepia photos and plan to build a Pioneer Village in the gym.

Look for the positive resolution to the playground problem at the school, despite the Parks Board. Their position continues to be "give us $30,000 and we'll fix it for you."

The School Green development gives me hope. It creates some old fashioned hard surface playground space which can be enhanced by some play structures at a relatively low cost.

Happy New Year

The lunch time team, Jim and Moneca.

listing the ingredients for "Mr. Graham's pizza."

"Jim's a great boss" said Moneca (who is a landscaper when she's not restauranting). "He never shouts at me and I never shout at him. The most even-tempered cook I've ever worked with — no saucepans flying; no knives over the pass bar — and I've worked with plenty! We do the lunch trade together and we're a great team. All the Siemens' fellows eat here. When I find out who's on a half-hour lunch I give them the "to-go" menu, they phone ahead and lunch is on the table when they arrive. Then I give them a list of good movies to rent from next door."

Such service!

By 9 o'clock, after several scotches and plates of scrumptuous bacon wrapped scallops, Soula made me a Greek coffee (Claire was busy folding pizza boxes) and read the grounds — not much money but good things in store with a person whose initial is S.

Moneca who'd had her coat on to leave since 7 o'clock, doesn't believe this stuff, but pestered Soula to finish mine and read hers.

Claire interrupted her box folding to answer the phone. "Oh thanks a lot" she replied, returning to her boxes in silence. "Is that an order?" Jim asked. "Naw, somebody on West Broadway just phoned to say it was the best pizza he'd ever eaten." "Tell Gus" said Moneca kindly "it will make his day." "Get off with you" scoffed Claire, "he'll only get a swelled head."

I tell you, the bunch at George's are warm and witty enough to qualify as real Creek People. The next time you pick up the phone to order in for the third time of the week (lots do, apparently) pick up your coat instead and go over to eat dinner with them. The company is as good as the food.

— Beryl Wilson

GEORGE'S PIZZA PLUS

is a mini United Nations and they are all a bit nuts. I dropped in at 5:30 and left at 10 o'clock.

Owner JIM KLONARAKIS is Greek — but the place is called George's after his son because Jim says George will live longer.

Daughter SOULA is Greek too, of course and she makes the cappucino.

MONECA TRAYLER is English; if you ask her for cappucino you'll get cafe latte because she can't make the foam.

It takes an Irish colleen CLAIRE LENNON to make the Greek coffee.

GUS the tempermental cook (says Claire) is a Greek Cypriot.

The good-natured drivers, who will drive you home if you go over the limit at the bar, are Irish-Canadian KEVIN CLANCY (who's going to be a journalist) and Korean BO.

Jim has had a GEORGE'S PIZZA at 45th & West Boulevard for seven years. It's a neighbourhood place where the locals linger long after dinner for innumerable coffees and philosophical discussion. When I asked him what prompted him to open a second spot at 6th & Heather. "I had to" said Jim, "many of our regulars moved to False Creek and 45th Ave. was too far to go for their pizza-to-go."

With that they began to rattle off Creek addresses. It sounded as though half of the Heather neighbourhood is eating from George's. In the middle of this in walked **Fred Whyte,** eyes popping at seeing me. "I'm here to work on an ad." I explained. "Just put GREAT FOOD — that's all you need to say" said Fred, whisking off with his box.

Ten minutes later **Bill Gwillim** came in. He comes often and calls himself Ross because he gets tired of spelling Gwillim three times over the phone.

A Mr. Graham orders so often there's a note on the till

From The Editor's Desk

If your item is left out you know why — Gentian's lying on it.

Frances Kohn has written, in her gentle, charming way, of our Community Carol Sing but your Ed. can't let it go by without observing what a wonderful and touching event it was. Ten minutes after official starting time our 250 carol sheets were almost gone; there must have been 300 people by then. Looking down from the Kohn's 3rd floor window, the sight of the brick circle of the square crowded with lustily singing locals was quite a moving experience. Some say it will grow and grow — to become THE Christmas event in Vancouver. This writer hopes not. It was created as a community event — for Creek people to know everyone there is a neighbour, or a neighbour's friend or relative.

Our thanks to Landlord **John Philippson** who had plenty of hot toddies for carollers, to **The Great West Cannon Company** for another impressive blast-off and especially to the fine fellows at **SNAPPER'S** who, despite a full house of diners, produced a white-clothed table and urn for hot chocolate.

The joy of being A Creeker, and "The Creek Lady" is seeing such a response to a simple idea, simply organized.

REID & LYNN McBURNEY and all the boaters who participated in the False Creek Carol Cruise and the auction at the Holiday Inn afterwards, want to acknowledge the great generosity of all those who contributed goods and services. Their auction raised over $1,000 to be distributed to various charities.

JONATHAN'S SEAFOOD HOUSE
HOLIDAY INN
MULVANEY'S RESTUARANT
TREMBLAY - 16th & McDONALD CHEVRON
BRIDGE'S RESTAURANT
BOARDWALK CAFE
THE ARTS CLUB THEATRE
GRANVILLE ISLAND KEG
SNAPPER'S RESTAURANT
THE LOBSTER MAN
GRANVILLE ISLAND HOTEL
GRANVILLE ISLAND MARINE SUPPLY
STAMP'S LANDING PUB
DORRILL'S GROCERY STORE
ANGELA'S DELICATESSAN
KITS MARINE
JUST SWEATERS
LA BAGETTE
A 1 INDUSTRIAL PROPANE
D C MARINE
D F MARINE
LONDON DRUGS
MONDIAL
WINE MERCHANTS LTD.
URM CANADA INC.
HIRAM WALKER & SONS LTD.
VINTAGE CONSULTANTS LTD.
ADAMS
DISTILLERS GROUP LTD.
OKANAGAN VINEYARDS LTD.
GIBLEY'S/PALLISTER DISTILLERS
BRIGHTS HOUSE OF WINE
GREAT WEST DISTILLERS

BED & BREAKFAST BOOMING

We B & B hosts are going slightly nuts with accommodation requests. It's only mid-January and we are getting at least one long-distance call a day. Callers always ask if we know anyone else in the area, when we say "Sorry, I'm full then."

If you are able to and interested in accommodating some overflow, please call BERYL WILSON at 734-3369 (same number as Creek Office, just a different hat), especially if you could handle 3 or 4 university students for a week in May.

A SKILLAN SAFARI

by Harry Lomax

No sooner had The Creek said it would welcome a first-hand account from one of **David Skillan's** Kenya Safaris than a large brown envelope arrived in the mailbox from Sechelt.

Marlene West, who helps out at Skillan Tours & Travel, was on the same trip and she told us the highlight of the trip for her was watching the wonder and exhuberance with Harry and his friend Wally, entered into every adventure.

We wanted Marlene to record some of her anecdotes about them, but she demurred.

Harry Lomax

Some sixty years ago an English gentleman sent his Canadian grandson a present. It was a book about African animals and was probably responsible for my love of natural history and fascination with the fauna of the so-called dark continent.

For years I dreamt of seeing the animals in their natural surroundings and last year I decided to do something about it.

I wrote letters — boy did I write letters! I wrote to every safari operator and travel agency I had ever heard or read of. To tourist departments in South Africa, Botswana, Tanzania, Kenya and Uganda (no answer on that one). In six months I had accumulated enough brochures, maps and assorted information to stock a small library; and still had not found the agent I wanted to deal with. In some cases the trips were far too short, included too many people or were just too expensive for a pensioner's pocketbook. About the only thing I had decided was that my destination was going to be Kenya.

By this time I was getting a little desperate, my dreams of a safari fading. Then I read a little advertisement of Skillan Tours & Travel and arranged a meeting with this fellow at his home. About the first thing he asked was what I wanted in a safari, and then told me what his trip had to offer. It was pretty darn close to what I was looking for; good accommodation and meals, excellent opportunities for photography (my prime consideration), and he had lived in Kenya and would accompany the group. A week later with the initial deposit paid, the dream was a lot closer.

The next four months were filled with preparations; Skillan Tours sent out periodic bulletins which provided a lot of help.

Finally the big day arrived. The group met at Vancouver International Airport, and boarded the British Airways jet to London. Even the flight to Kenya was exciting — the coast of Normandy, (the last time I saw that was over forty years ago, under far different conditions), the Italian Alps, glowing in the moonlight, the lights of Khartoum and that vast, dark expanse of the Sahara.

We arrived in Nairobi at 6:30 a.m. and by 8:30, breakfast over, we were "on safari" destination The Ark, Aberdare National Park at the foothills of Africa's second highest mountain, Mount Kenya. This area was the stronghold for the Mau Mau terrorists some thirty years ago. It was easy to see the reason as it was one of the very few places containing dense forest, at least that we saw.

In common with all the lodges and resorts we visited, the Ark was scrupulously clean, the staff attentive and obliging and what I thought a refreshing change, it was designed to blend in with its surroundings, unlike similar buildings in North America. July is winter in Kenya and at 7,400 feet the night was chilly, just about the only time we needed a sweater. On returning to our room that evening we found two big hot-water bottles by the door, just another example of the attention Kenya gives its visitors.

Late that afternoon we saw our first animals at the waterhole in front of the Lodge. Two rhino, a giant forest hog, cape buffalo and, what was the biggest thrill, a herd of elephants. Ruled by a giant matriarch, the group contained a six month old "toto" that was born within sight of the Lodge the previous November. Elephants are apparently excellent parents and it was fascinating to see the care the huge beasts gave to the herd's smallest member.

The next morning was typical of the entire trip. After a substantial English style buffet breakfast, we were on the road by 8 o'clock, en route to Meru National Park, crossing the equator and stopping to stretch our legs at a native village. Meru was the site of Joy Adamson's adventures with Elsa the lioness, made famous by her book and the movie "Born Free". That afternoon's game drive yielded water buck, eland, Grant and Thomson's gazelles, zebra,

white rhino and a herd of some 200 elephants, two of which challenged our vehicle with a great bellowing and flapping of

huge ears. Not too bad for our second day in Africa!

After two days in Meru we travelled south again to Lake

Turn to page 6

The Editor didn't draw her own ticket in the Christmas draw — she drew **CATHY GOURLEY'S** name. Cathy didn't win the trip to Florida, but she did get a beautiful floral arrangement.

COOKING THE CREEK CATCH

by Babs

Are men more trouble than they're worth? Depends on who you ask I guess. Pass me up this month. By next month I may be back to my old relationship - Oriental self, but for now, well... how about "relationship - disoriented".

You've noticed how some couples proudly say they are child-free instead of the old child-less? The next time someone asks me "How's your life?" I'm going to smile, look them straight in the eye and answer "Man-free!" Of course the down side of that response is that they will look at me as if I'm crazy. But I bet they'll change the subject fast. People have a hard time dealing with new concepts.

Now I know that in the past I have been known as a "relationship pusher" so why the big change? Simple - TIME. Men take up a lot of time. Now don't get me wrong. It's not just the time one spends waiting for them to call, or even waiting *on* them after they call. And I'm not talking of the time one spends with them. It's the time one must spend plotting, planning, even scheming to get what you want from them. Just doesn't seem worth it.

Well I know how valuable *your* time is, so I offer a simple first course.

SALMON CRUDO (8 - 10 people as a first course)

1 lb. salmon fillets (make sure market vendor removes skin & pin bones)
juice of 2 lemons
juice of 2 limes
1 tbsp. olive oil (no substitute)
3 tsp. fresh basil (minced)
Fresh ground pepper

Use thin, sharp knife to cut salmon into diagonal, paper-thin pieces. Spoon lemon and lime juices over salmon, let marinate in refrigerator until ready to serve. Arrange slices on serving platter and drizzle with olive oil. Sprinkle basil and grind pepper over fish.

FROM WHERE I SIT . . . WE SHOULD BAN TWELFTH NIGHT!

by Sally Vickerstaff

Twelfth Night (the night on which we take down our Christmas decorations) should be banned! I had a look at my apartment and realized how bare it looked without the Christmas tree and decorations. I miss the fairy lights, don't you? I want the Christmas "feeling" back — somehow when you remove the tree, you also remove the whole feeling of Christmas. My apartment looks positively clinical now. How about yours?

As a visitor to Vancouver, I was struck by the very Christmassy feeling here — somehow Christmas in deepest dark Africa is not the same. Probably due, in part, to December being the height of summer there!

I couldn't wait to put up the tree. The man in my life informed me that I was forbidden to buy a tree until he returned from his trip to the Far East —a trip I would *thoroughly* recommend you allow the man in your life to do just before Christmas! "Christmas trees" he told me "are things you buy together". Who am I to disagree? Out of spite, however, I decorated his favourite Wild Fig tree until his return! Sulk, sulk.

When he returned we went out to buy a tree together. "How romantic" do I hear you say? Yes. I thought so too. The negotiations went well and it was only when we drew up in front of the entrance to our apartments that I realized that my partner had dressed himself in his best three-piece suit for the occasion. Who said men were stupid? They tell me my back will recover in time for Christmas 1986.

Then came the difference in cultures. I had been used to Christmas trees covered in tinsel and, apparently, Canadian Christmas trees are more simply decorated. I agreed to take the tinsel off the Wild Fig (but only if I could put it back on the Christmas tree).

So Christmas came and went. I got horribly spoilt, didn't we all? I was just getting into the swing of Christmas and New Year when it stopped. With a bang. It's Twelfth Night. So take down the tree. Forget the good tidings. Forget the fun evenings discussing anything and everything. Forget forgiveness. Forget warmth, caring and love for mankind (or is that personkind?!) It's time to get on with 1986. Isn't it sad? Why can't we have the fairy lights in False Creek windows ALL year round? They looked so warm and friendly — the epitome of all that holds true in this neighbourhood. I think we should ban Twelfth Night next year.

May 1986 brings us all a beautiful new start to the rest of our lives. May we all be as happy as we make ourselves, as healthy as we deserve and as loving to ourselves as we mean to be to others!

SAFARI FROM PG. 5

Naivasha by way of Thomson Falls. The lodge at Naivasha, once an English country club, has beautiful gardens and a huge green lawn where afternoon tea was served every day. This area is famous for its bird life and we had ample oppportunity to admire some of Kenya's 450 odd varieties, during our visit to Crystal Island in the middle of the lake. This part of the trip was the only time we had the opportunity of wandering about on foot. There are no dangerous animals on the island but plenty of giraffe, zebra and birds.

From Naivasha we headed for Masai Mara Park, actually an extension of Tanzania's famed Serengeti. The long drive was tiring and the cool drink which we were given at Kishwa Tembo Camp was very welcome. The Masai are very interesting people. Their sole occupation seems to be the acquisition of cattle, which represents their wealth. They are a tall, handsome people with a somewhat haughty bearing. They do not like having their pictures taken, although they will sometimes unbend a little if a few shillings change hands.

Here we saw our first lion. On the game drive that afternoon we saw 22 of the magnificent animals, an excellent reason, by the way, for not being permitted to leave the vehicles during a game drive. The following day we saw a cheetah and ostrich and the usual quantity of plains game.

That evening we were treated to what we were told, was an impromptu display of dancing by one of the local tribes. The dancers were unaccompanied by any musical instrument, not even a drum; but rather a low fluctuating humming by the dancers themselves. One individual appeared to be the director, uttering low instructions. From out of the darkness they circled the garden of the lodge, the humming was almost hypnotic in its intensity and then, almost before we could appreciate the actual dancing, they disappeared into the African night. It was an eerie experience and that night I awoke still hearing the music in my mind. Perhaps it could be best described as the mystery of Africa.

The following day saw us enroute to the Amboseli National Park, stopping enroute for lunch in Nairobi and arriving at Amboseli Lodge late in the afternoon. On the game drive the following morning we saw six black rhino. The rhino is a prehistoric looking creature with an unpredictable temper and very poor eyesight, a reassuring fact when one female accommpanied by her chubby offspring, took a rather blustery run at our vehicle.

The African drivers were marvellous at spotting game and a short time later we realized how well they knew the animals. They spotted a group of buzzards in an acacia tree and on further investigation we discovered two lionesses and a magnificent male feasting on the remains of a young wild beast they had killed. Father had finished his breakfast and was sound asleep but his two lady friends were busy at their meal. As we watched, we saw a movement in the tall grass nearby and five tiny cubs, about two months old, came out to join their parents. Like all young animals they were cute little devils and one of the ladies in our safari said she would "love to take one home." Needless to say one look at the proud parents discouraged the idea.

It was in the Amboseli that we first saw Mount Kilimanjaro. Many people who visit the area never get a good look at the strikingly beautiful mountain. 19,340 feet high, it creates its own weather and is usually obscured by clouds. It is the highest mountain in Africa, in fact the highest in the world that is not a part of a mountain range. Over 50 miles wide at the

base it dominates the whole area. Even after days of travel one cannot escape its presence and it is easy to see why it has been a source of native superstition and folklore for centuries. Many African tribes worship it and for me, after reading about it for so many years, seeing it was one of the biggest thrills of the trip.

The next morning our two vehicles again headed westward, to Tsavo National Park. Actually there are two parks separated by the infamous East African Railway from Mombassa to Kampala in Uganda. Infamous because it was during construction of the line that progress was virtually halted when the local lion population developed a taste for the East Indian construction workers. The story is well documented in the book "The Man-Eaters of Tsavo." We overnighted in Kilaguni Lodge, then moved into Tsavo East to spend two days at Saltlick Lodge. This a truly beautiful complex. Built on pylons, it faces a waterhole, and it is not unusual to find impala and bushbuck quietly feeding beneath your room.

The volcanic nature of the country is very evident in this area — lava flows, cinder cones and extinct volcanoes. Especially is this seen at Mzima Springs. Here 50 million gallons of water, crystal clear, gush out daily from beneath a lava ridge and it is home for a number of hippo and shoals of barbels. We were told that this is the only known area where the huge beasts are found in clear water. I think hippos are the least interesting of all the African animals. They spend most of the day in the water which helps to support their vast bulk. They look like big grey sausages; pink ears at one end with an absurd little tail, which seems to be continually switching, at the other.

Our safari was rapidly drawing to a close as we left Tsavo and again headed westward to Mombassa and the Nyali Beach Hotel on the Indian Ocean. This area is the European equivalent of our Hawaii. As well as three excellent restaurants, the hotel has a swimming pool, a recreation area and nightly entertainment ranging from acrobats and contortionists to native dancers. Mombassa itself is a mixture of ancient and modern and is said to be among the most interesting, beautiful, picturesque and historical centres in East Africa. Founded as a town in the 7th or 8th century by the Arabs, it is believed to have been the first visited in the 3rd or 4th millenia B.C. Fort Jesus, at the mouth of the harbour, was built in 1595 and is now a museum. The Fort together with a tour through the old section of the City provides a fascinating glimpse into the area's younger days.

We learned of the Shimba Hills National Reserve some 35 miles south of Mombassa and three of us hired a mini-bus and driver and spent a full morning there. The Reserve is famous for its Sable antelope, and is the only reserve in which these beautiful animals are found. We were fortunate enough to locate a herd quietly grazing in a little valley and spent some two hours watching and photographing them.

After two more days relaxing at Nyali Beach we boarded the Kenya Railway for the trip to Nairobi. The overnight trip takes about twelve hours although the porter told us it might take a little longer because "perhaps elephant stand on track." Fortunately there was no delay.

It is not easy to cover all the interesting points of our 23 day trip. Our two drivers Jacob and Lucas were a never ending source of information. Native Kenyans seem to like Canadians; we do not laugh at them or consider them inferior as do some other nationalities. We were often privy to bits of folklore that, at least for me, were quite fascinating.

Like most native peoples throughout the world, many of their stories dealt with the animals. One I particularly enjoyed concerned the untidy appearance of the rhino's skin, hanging as it does in great folds from the animal's huge frame. It seems that when the Great Spirit made the animals it was necessary for Him to sew on all their skins. Towards the end of this monumental task the Spirit was getting tired, and as the rhino was one of the last animals to be completed, it was given the needle and thread and told to do the work itself. Being so short-sighted it did a very poor job, thus the animal's untidy appearance.

It was little stories like that, coupled with the opportunity of meeting and talking with so many people, that made the entire safari so unique and interesting. Undoubtedly David Skillan's knowledge and expertise made much of this possible.

With a short stop-over in London we returned to Vancouver and the trip of a lifetime was over.

It is said that once one sets foot on African soil, the traveller must return. To which I can only add, I hope so.

If Harry has whetted your appetite for a KENYA SAFARI you have three chances this year — July, August & October. Call that nice man David Skillan, at Skillan Tours & Travel (879-9377).

Cartwright Gallery (Granville Island)

by Barbara Drew

The last month of 1985 at the Cartwright Gallery was just what December is supposed to be; busy and exciting.

Our friends from the Crafts Council of B.C., who had shared our premises since the founding of the Gallery, moved to their new house across the street. The ensuing structural changes and repainting in the Gallery caused a certain amount of chaos, but what a joy it was to see our Christmas show installed in the enlarged space! Maija Wilson's "Festive Treasures" composed a stunning Christmas showcase in which tradition, celebration, humour and whimsy were represented in soft sculpture figures. Constructed of rich fabrics in glowing colours and extravagantly decorated with baubles and beads, these lovable characters inspired the Christmas spirit in everyone. We hope that you were able to share the enjoyment of this very successful show.

Now we have entered 1986 and the Gallery extends best wishes for this new year to all readers of The Creek.

Our first exhibition of 1986, "The Basketry Link", will be presented at the Gallery from **January 16 to February 16.** This exhibit comprises more than 100 baskets in forms ranging from traditional through contemporary to innovative, and from functional to highly personalized statements. Osiers, canes, rushes, splints and other flexible materials are used and techniques include twining, coiling, folding, plaiting and knotting.

Sagar Fired, Dyed, Coiling, Clay, Pine Needles, Waxed Linen.

A coloured poster of the award winning baskets is available at the Gallery. This major international travelling exhibition is the very first of its kind and calibre ever to be presented in Canada, so don't miss it.

See you at the Gallery.

The Fast Fork

by Cyril Belshaw

The Fish That Get Away

The sudden upsurge of fish restaurants in Vancouver is long overdue, complimenting some of the very old standbys. But perfect fish presentation seems to elude the specialty fish houses, though the elite non-specialty top places, and some of the oriental restaurants do a good job. Nevertheless I have failed to find the delicate fish cookery characteristic of France. If anyone has made a discovery, PLEASE LET ME KNOW.

I've been trying to complete the picture by checking the older establishments and trying the new. So far I think **Tasca** (reviewed last month), **Cherrystone Cove** (reviewed in October) and **La Cantina** (1376 Hornby, Tel. 687-6621) come out ahead, in that order — all are three star in my four star scale — with **Bridge's** on its better days. It was a pleasure to be back at La Cantina the other night — I've had little chance to re-sample Umberto's fare since trying to keep up with other establishments. The atmosphere is warm, socially and literally — dress light. I observed the way the maître d' welcomed single diners, diners without reservations, and even a visitor who did not realize it was pesce only. (He was told about the menus in the other Umberto restaurants, and served a veal selection from one of them, without having to change his place.)

I chose the daily specials, in this case a chowder with clams and saffron, creamy like a bisque, without any of the horrid farinaceous filling so common locally; and an excellently flaked snapper with hearty, homey, but well herbed vegetables. Alas the lemon sauce was too strong for fish, being almost identical with such a sauce as used for veal. (I find Umberto's sauces very much on the over-strong side, especially in his new pasta fast food outlets — and, unlike **Duso's,** thickened unacceptably). But La Cantina is a lovely place to dine, just the same.

Simply Seafood,** 717 Denman, Tel. 669-4595 is uncomplicated with plain, neat tables and a bright atmosphere. A unique feature is that all wines are $9.95 a bottle, and all may be consumed by the glass, with a reasonably good range. The printed menu is for hors d'oeuvres and drinks, the main dishes, about four, being posted on the blackboard. The produce is fresh and mainly local. The taste blends are delicate and admirable. Sampling, as I did, at lunch, may not be fair since the portions we chose were the least demanding, and it may well be that a dinner could cause me to raise the evaluation to three stars.

A Stew by Any Other Name

There is an enormous range of fish stews along the Mediterranean, of which the bouillabaisse is only one. In the past, Vancouver restaurants have called almost any fish stew a "West Coast Bouillabaisse." To qualify for this title, however, the dish *must* be served in two portions (like Beijing Duck), one the broth, and one the removed fish. It *must* be seasoned with Pernod and Mediterranean (NOT North American) saffron, both in minute quantities. It *must* contain a combination of "rich" fish and "light" fish, and may have crustaceans. Shellfish should not be included, although some restaurants put them in.

If these conditions are not met, it is NOT A BOUILLABAISSE, and you should state that to the management. After all, there are many excellent fish stews which do not have this title. The idea of using West Coast fish instead of Mediterranean is, in my book, fine, since, we should encourage local fresh produce.

EXPO-POURRI

by Bobby Mackin

Occupying 87th spot at the 97th Annual Pasadena Tournament of Roses Parade on New Year's day, was the 20 metre long float which represented B.C. and EXPO at the world famous parade known as the "grand-daddy of them all."

40,000 chrysanthemums, 20,000 roses, 6,000 orchids and 1,000 daises covered the float, which featured several larger than life variations of EXPO Ernie. After several months of preparation, the float, designed by Vancouverite **Frank Mansueto,** finished in 2nd place for the best international entry while an estimated audience of 125 million from Japan to Britian watched on television. The winner was an entry from the Calgary Stampede which featured an animated cowboy falling off his saddle!

A contest sponsored by the Disney Channel in the U.S. to promote EXPO '86 and the CBC-Disney joint venture **DANGER BAY** made a mistake on the size of Vancouver when the ballots were printed recently. It turns out that the panoramic picture of Vancouver, which can be seen on this year's edition of B.C. Tel's White Pages, was printed backwards.

When the Prince and Princess of Wales officially open EXPO, they will presumably make their way to the opening ceremonies via the chilly waters of False Creek. Since Charles and Di will arrive in B.C. by air instead of the Royal Yacht Britannia, rumor has it that the **Nova Springs** (EXPO Chairman Jim Pattison's yacht) will transport the couple from their suite in the Pan Pacific Hotel in Burrard Inlet to the Plaza of Nations in the B.C. Pavilion complex.

If you are in search of new ways to preview the EXPO site from the outside, four months before you will be permitted to enter, I have a few solutions. For those of you with money to spend, who want a perfect bird's eye view of the sprawling 70 hectare site, a bevy of helicopter companies are listed in the yellow pages; but for those who wish to stay a little closer to the ground, the east side of the Granville Bridge, both sides of the new Cambie Bridge and the Georgia Viaduct are all prime vantage points. The fastest and most exciting peek inside the chain link fences has to be from the SkyTrain which opened last month. For the same fare as the bus, you get an inside look at the world's tallest flagpole and hockey stick, the Screech Machine roller coaster, several of the pavilions, the various people movers (Japan's HSST trains, France's SOULE Monorail, and the Swiss-made gondolas), and a lovely view of the Creek.

Board the SkyTrain at Main Street Station for the 3 min. ride to Stadium Station and you will experience what I believe is the most exciting stretch of track on the 21.3 km. line.

See you next month.

CLASSIFIED

FOR SALE

1971 VOLKSWAGEN VAN. 2nd owner has maintained it last 11 years as family auto. $1750 to good home only. **731-3901.**

Little Girl's White Colonial Single-Pedestal Desk and 4-drawer Dresser with mirror (twin white headboard free). Opening bid $150. **731-3901.**

10 pin Bowling Ball 7 Case, 14 lb. size. $25. **738-8088.**

Toshiba Microwave Oven, mid-size, full power. Model ER-155 BTC. 1 year old, 1 year warranty left. Exc. condition. New price $425. Selling $300. Call Barbara: **687-4124.**

FOUND

(Found notices listed free of charge)

At School Green & Scantlings. Beautiful 100% wool muffler - Christmas Gift? Identify and claim at **731-3901.**

WANTED TO BUY

Desk Lamp, Toaster Oven, Tel. **734-3369.**

SERVICES

Hand taping & texturing, sanding, painting, repairs to damaged walls & ceilings. Refs. available. **734-2170.**

SEWING - MENDING SERVICE. Hems, patches and other repairs done at low price for you. Pick-up and delivery. Call **Danielle 736-2203.**

ANOTHER WAY TO TREAT YOURSELF. Call someone who will take care of your home with a personal touch. $9/hr. Call **Vitgyan 736-2203** after 6 p.m.

HOUSE EXCHANGE
Goodbye EXPO. Hello Nova Scotia. Family offers 19th century, 3 bdrm. home near sand beach park in fishing village. Want 2 or 3 bdrm. apt. for late June/early July. Tel. **738-7587.**

VOLUNTEER CALLBOARD

LIBRARY ASSISTANT, 18 or older to help in a small, specialized health library located in the Broadway/Granville area. An interest in holistic health helpful. Also needed is a receptionist to answer the phone and give referrals on weekdays between 10 and 3.

CRAFTS VOLUNTEER 19 or older, working under the direction of the Psychiatric unit in a local hopsital, to provide a range of craft activities for children from age 3 - 12. A knowledge of craft activities and a understanding of developmental needs of children helpful. Volunteer should be mature, responsible, flexible and have a good sense of humour. Program to be held weekdays from 9 to 10 a.m.

TETHERER, 20 or older to assist disabled skiers on the chairlift and slope. The volunteer should be a good skier. The program will be sponsored 7 days a week from 9 to 5 p.m. There is a two day training session and a day's skiing expenses will be paid for the volunteer.

TOOLS FOR PEACE WAREHOUSE in the South Main area, needs volunteers to unload supply trucks, check inventories and pack goods. Also needed is a volunteer with lots of experience in evaluating office equipment who can assess problems and decide what is worth fixing. Goods are bound for Central America.

FRENCH speaking volunteers, 18 and older, needed in Fairview area Sunday mornings to assist with a breakfast program. Office assistants and library aides needed weekdays.

LUNCH COOK to prepare simple lunches of soup or salad and sandwiches for 10 - 15 ex-psychiatric clients in the False Creek area, Tues. or Wed. 9:30 - 12:30. The volunteer should have had cooking experience and be comfortable with ex-psychiatric clients.

OUTING ASSISTANTS, 18 and older to help seniors on Friday afternoon excursions, departing from the Cambie area. Prefer female volunteers and must be able to push wheelchairs.

CHILDMINDER, 16 and older to assist in supervising children while parents participate in a Mt. Pleasant area support group held on Thursday evenings from 6:00 until 7:30.

WOODWORKER, 18 and older to assist elderly patients with small woodworking projects on Fridays from 10:30 a.m. until 12:30 p.m. at an extended care facility in the Fairview area. Also needed for an intermediate care facility in the downtown Eastside area. Time to be arranged.

ASSIST IN ESCORTING patients to treatment at a clinic in the Fairview area who are out of town patients. Other volunteer responsibilities include maintaining the library and activity room, playing cards with patients, answering phones and distributing messages. Openings Sunday through Saturday between 8:45 a.m. and 9:00 p.m.

VISITOR, 21 or older to visit during the day an alert elderly lady, who enjoys scrabble, crib and music. She is in an Extended Care Facility in the Cambie area.

For more information, call Jean Pastore at 875-9144.

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CLIP THIS COUPON

FOR SALE _____

_____

WANT TO BUY _____

_____

NAME _____ TEL. _____

ADDRESS _____

_____

Deliver to the Community Centre or 1124 Ironwork Passage, BY 8th OF MONTH, Include cash or cheque payable to: **The Creek** 20 words $4.00 (min.) 30 words $6.00

WHERE IS THE COMMUNITY CENTRE

The Community Centre is at 1318 Cartwright Street on Granville Island (604) 688-9478.

BY ROAD

Take Anderson St., the only road on to the Island. Turn right at the Brewery. It's on your right and the entrance is on the east side, facing the tennis courts. If you are at the Granville Island Hotel you've gone too far (as anyone who's been to Pelican Bay can attest).

BY FOOT OR BIKE

Follow the seawall and look north. The Community Centre is the blue corrugated metal structure with the red neon sign occasionally visible, about a block-and-a-half east of the Granville Bridge, facing the tennis courts.

BY BOAT

Moor at the dock at the eastern end of Alder Bay, climb the ramp. You are now at the tennis courts. The Community Centre should be right by them.

At the office you may be informed your class is held at the School Gym, which is nowhere near the tennis courts. It's on School Green, which isn't really a street. It's by a park, where 4th & Oak would be if they'd kept things sensible in the Creek.

You can avoid some of this by registering by phone and Visa.

The advance orienteering is very popular.

HEART FUND and KINSMEN'S MOTHER MARCH

CANVASSERS NEEDED

Jane Murphy (732-5836) and **Marg Drisch** (732-9013) are still looking for HEART FUND canvassers for February.

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Jan Browning of the KINSMEN Office (733-1424) says False Creek is divided into 5 areas for MOTHERS' MARCH, JAN. 25 — FEB. 5

ALDER BAY (Anderson St. to The Castings) is being captained by **ALICE CAMERON** (736-1721).

HEATHER SECTION is being captained by that indefatigable **PAT NESBITT** (873-0784).

MARIMER POINT (west of Anderson St.), SPRUCE SECTION (The Castings to School Green) & the IMPERIAL section (east of Moberley) need Area Captains as well as canvassers.

BINGO

THURSDAYS

at
DABBERS, 100 Beach Avenue
Tel. 669-0606

(across from Granville Island Market by ferry)
Play to win cash prizes
Games Start: 6:45 p.m. Doors Open: 5:00 p.m.

A FERN HALO?

What the h--- has she got on her head, you said as you looked at the Bayshore Flowers ad.

It wasn't ON the Ed's head, it was on the wall behind.

NEED A TYPIST?

To:
Make your material look good, correct your spelling, grammar and punctuation

NEARBY, on the
LAST MINUTE

Now it's cold and the garden doesn't need tending

BERYL WILSON
has more typing time
Ironwork Passage
(opp. Spruce Marina)
Tel. 734-3369