

The Creek

VOL.5 NO.2

'Serving False Creek, Fairview Slopes and Granville Island'

FEBRUARY, 1986

BE SURE TO DALLY IN THE ALLEY

Rails spur Alley, that is, on Granville Island, just before the glass blowing workshop.

It isn't just a garbage bin alley. In summer, Alan Miller at Granville Island Woodworking, often leaves one of his wooden rocking horses outside for passing young cowboys to ride.



Right, how can you watch the transformation of George Pratt's 5 ton lump of granite into a mermaid feeding her fish. George reports that only hours after the last Creek appeared, people were stopping by and saying "we just read about this in the paper."

It's fascinating to go by one day and have George show where the spine of the fish seem to lie in the stone, and see them carved out a week later.



FALSE CREEK COMMUNITY ASSOCIATION

At the Feb. 5th meeting Vice-President DAVID OSBORNE agreed to be elevated to the President's position. David did not consider it a promotion!

He knows what's entailed, having been involved in the Community Association for years, but will be spared many of the calls made on the Past President's time simply by not being as get-at-able during the day and not having an answering machine!

Members of the DRAGON BOAT FESTIVAL outlined details of what promises to be a very colourful event. It will take place in the stretch of the Creek off Charleson Park on the weekend of June 14 - 15. Jerry Poole happened to be at the Association meeting that night and was promptly recruited to their organizing committee when the Association endorsed the Festival.

It also approved a contribution of \$1500 for play equipment when the School Green redevelopment proceeds.

False Creek residents supported the Kinsmen's Mother March generously again this year, both in time and contributions.

Pat Nesbitt, co-ordinator for the area east of Charleson Park to the Cambie Bridge will form a new area next year and will need a co-ordinator. If you would be interested in marching or co-ordinating next year, phone Pat at 873-0784 and she will pass the message on to Kinsmen headquarters.

Pat says "my heartfelt thanks to all marchers: Carolyn Fleming, Marianne Worcester, Maureen McMorro, Sheena Bowman, Mary Lightburn, Anna Daniels, Izzat Kara, Frances Kohn, Inis Weatherhead, Kay

Malley, Naidu Diott, Janet Thorn, Vivian Cron, Lillian Nakashima, Adbdulaly Mawji, Ellie Smith and Ann Jarrell. And an extra thanks to Joyce Clough and two young men, Colin McEown and Mike Harrington. Joyce was area co-ordinator last year and joined us again this year as a tireless marcher."

Pat's territory raised a splendid \$1318.00.

Alice Cameron, in the Wellington Building, captained the western end of the Creek. Alice wants to thank Eileen Steward, Margaret Halliday, Peggy Gordon, Marg Montgomery, Laura Dornan, Alf Strand, Leslie Stern, Nancy Fredericks and Diane Kennedy for their fine total of \$630.30.

Spruce Neighbourhood's total isn't available at press time but the canvassers' names are, so we can thank them — Carol Nash, Margaret Young, Cheryl Gavin, Eve Porter, Paul Moriarty and John Webster.

THANKS AGAIN

QUESTION TIME

at a

SITE NEIGHBOUR'S DROP-IN

hosted by



in the

Lounge of the False Creek Community Centre
THURSDAY, FEBRUARY 27 • 4:30 — 9:00 p.m.

In the mad countdown to Opening Day on May 2, the sheer magnitude of the event to take place across the water from us is now beginning to sink in.

EXPO's Public Affairs staff and a great team of volunteer speakers have been touring the town and province for months telling groups about this gigantic happening.

As we watch the site change daily, the questions we have are not the same as those from folk in Kerrisdale, Surrey or Salmon Arm, so we decided a casual coffee-and-chat format would suit us better than a formal presentation.

Whatever your questions, the EXPO staff will try to answer them, but in an undertaking of this size, no two people could know everything.

This was amply demonstrated at the Special Group Briefing for Educators last week. That dynamic and peripatetic Chairman, Jim Pattison, handles the question-answer section and is quick to say "That's a good suggestion; I haven't heard us talk about it; we will", or "I don't have the answer to that; the lady at the back who just stood up is my assistant Fran; give her your phone number afterwards and she'll get an answer for you." (Be glad you're not Fran — at least a dozen people were told to see Fran, and they do these sessions every week!)

If you can't drop in on Thursday, before or after work, but don't mind getting up at the crack of dawn, you can call Tamara Armitage at EXPO Public Affairs (689-1986) and get yourself invited to the next

SITE NEIGHBOURS' SESSION

at the Folk Life Pavilion
(entrance by the EXPO Main Street Gate)

FRIDAY, MARCH 14
8:00 a.m. to 9:00 a.m.



We know what it is ...
DO YOU?



WINDOW ON THE SQUARE

by Frances Kohn



Now that the fog has lifted we can see things more clearly from The Window. We can see again all the things going on across the Creek. After all, only some 70 days to go until Expo opens. The General Motors building stands out prominently, especially when its huge red-lighted grid is turned on at night. Those garish lights seem to intrude somehow into our privacy.

Lately, it's been great weather for ducks. In fact, you might even say it was great only for ducks. At any rate, we couldn't help watching the water birds and their antics. Have you noticed the flocks of flashy black and white ducks? They are Barrow's Golden Eye, with that distinctive white crescent in front of the eye and a ripple of white on the black wings. During that very cold spell we had, when ice patches floated in Heather Bay, large numbers hugged the open strip of water along the seawall just below The Square. It was amusing to see them, along with the gulls, clamber onto the ice and walk on water, so to speak. What a stunning sight to see a large flock of the Golden Eye twist and turn in unison as the sun glints off their sparkling black and white plumage. You wonder if there is an unseen choreographer. A flock will suddenly separate into several smaller groups, each moving in

a different direction, then all coming together again. Some will stand up tall in the water, flap their wings, then bob and dip, as if to bow a thank-you after their performance. Truly a water ballet at our doorstep!

Some of our old friends, the Canada geese, stay around for the winter. Every so often and frequently at dusk, we see a wedge (the experts' term for that "V" formation) of these handsome birds fly out from behind Heather Point, coming, no doubt, from the pond in Charleson Park. They continue eastward up the Creek, honking as they go — a call of the wild.

On Boxing Day there was a gaggle (there we go again, but this also is the term for what you and I would call a flock) of Canada geese around the pond. Also, a hundred or more ducks — mallard, buffle heads, widgeon and others were enticed to that spot by well-wishers handing out some treats — a special delight for little children.

Walking back that way an hour or so later we viewed an amazing sight. A score or so Canada geese were displaying some strange acrobatics. There was general commotion — noise, flapping and total confusion. The odd thing to us was that the geese were tumbling about in the water, rolling over on their backs with feet waving in the air, while beating their wings in and out of the water.

It seemed like some frenzied drama being enacted. One bystander had seen such a performance before and thought it might be a method of removing salt from the feathers. Maybe some of you have another explanation.

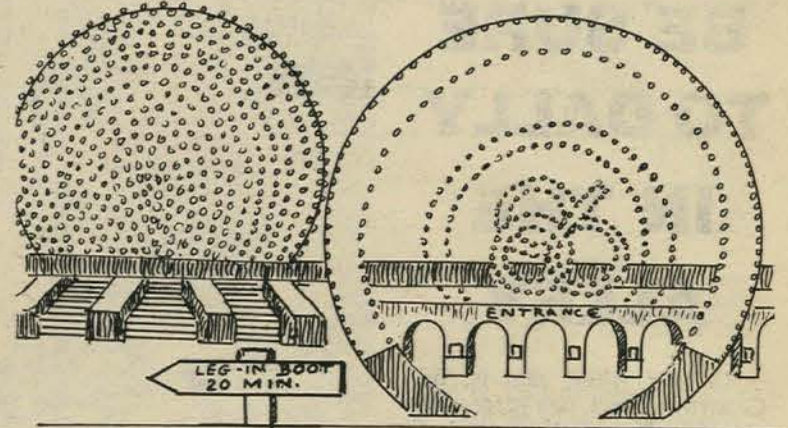
With Spring in the air we can think of pleasant walks again. The Square is a good starting point for all directions. The fun part is discovering things you never see from a car window. The bonus is the exercise you get into the bargain. For all you other health buffs let me toss out a few ideas for walks from The Square. A bit of advice for all you arm chair lovers comes from the B.C. Ministry of Health: "Walk around your neighbourhood for relaxation. Work up to a regular half hour walk each day." A neighbour, Jacquie Anfield, told me that recently she and her husband have been doing some exploring on foot. "Discovery Days" is what she calls these light hearted jaunts. So, what shall we discover, where will we start?

With Expo more and more in everyone's mind, let's head there, starting at the East Gate. It's near Expo Centre, located on Quebec Street at the foot of Terminal Avenue. Did you realize it only takes about 20 minutes to walk there from The Square? That's steady walking, neither particularly fast nor

slow. It's not the most glamorous walk but an interesting one. There are all kinds of industrial and wholesale establishments. From Market Hill we go west on Moberley and Commodore, past Discovery Quay and Newport Quay. The latter, by the way, will, it is said, house some of Expo's bigwigs. The top floors, they say, look out on one of the finest views in Vancouver. That should be so considering the prices they are asking!

tle and anchor girders for the Annacis Bridge.

Other buildings along the way include B.C. Millwork, Sauder Industries (Wood & Moulding Division), Domtar Chemicals Group (Sifto Salt Division), Design Resources. These residual industries along False Creek remind us of our recent past when all the waterfront was lined with sawmills, steel works and the like. Amidst the modern concrete there still remains some of the more picturesque original structures. Until walking along



We pass under the Cambie Bridge and continue along West 1st Avenue, following the railway tracks. The dogs barking on the left belong to the police dog squad. We come to Murphy Stationery at Columbia. There, apart from wholesale, they have a retail section; handy, as this is only about 10 minutes from home. As we continue we pass Canron, Western Bridge Division. A recent article in the papers mentioned that the Canron steel plant in Vancouver is busy filling orders that include steel girders for a bridge in Prince George, steel columns for Seat-

there, I, for one, never realized these places existed.

Between Ontario and Quebec Streets, buses are parked in the False Creek Transit Centre. At Quebec Street we turn left onto a comfortable sidewalk along which we soon reach our destination — the East Gate of Expo. All that took about 20 minutes. Just across from the Gate is the Main Street Station for Skytrain, our new and shiny people-mover. To make a round trip we can return past the stadium and over Cambie Bridge, bringing us back to The Square in about 40 minutes from the East Gate.



IT'S FALSE CREEK DRY CLEANER'S SECOND BIRTHDAY!

It's our second anniversary, here in the breezeway, and we just want to say how much we enjoy being here and how much we value our customers.

The good response to our coupon fliers of Specials tells us we are doing something right, so we will continue to offer them.



FALSE CREEK DRY CLEANERS

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Parin Somani

UNIVERSITY MARTINIZING

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228-9414

Pyarali Somani



CENTRE SELLS OUT-Record Registration

Wendy Davis' **IYENGAR YOGA** leads the way with 6 courses sold out. We had to bring in a second instructor to teach a 7th class.

KIDS KARATE had the usual heavy registration and waiting lists, and the Adult class now includes five women.

The two **SUSHI** workshops and Heather's **JAZZ DANCE** sold out and Allan's **MILD AEROBICS** has the gym overflowing. Also going strong are **Wheelercise, Waterbugs, Kinderswim, Kids' Kung Fu and Arts Fun.**

On the down side, not many turned up to our Trivial Pursuit night. The lounge and fire were cozy and receptionist Natalie's corn-popping and wine-serving was pleasant above and beyond the call of duty. We are going to try another drop-in social evening on **February 21** with a Video night.

If you can type, file, answer the phone and smile through hours of silly questions, you can apply to fill Margo's job. We lost her to the world of travel - she's promoting travel to New Zealand.

NIP and TUCK - Sushi Workshops and Shiatsu Facelifting - can you tell if the Editor went or not? The Shiatsu Facelifting was her idea!

by Richard Thaddeus
& Nancy Reynolds

BUILDING 81 - the one behind the Adventure Playground. The Granville Island Trust has given it to us on the condition we use it for Seniors. Till we renovate, the rowers will store their boats there.

VOLUNTEER CALLBOARD

The Community Centre staff have proved to be resourceful at recruiting on-the-scene members. On the "full house" registration night in January, things were so wild when Sally Vickerstaff descended from the pottery room for a cigarette break she was promptly nabbed to give a helping hand. For **Spring Registration** the staff would like to be sure they'll have some volunteer help. Call Nancy Reynolds.

* * * * *

The Centre is still searching for volunteers for **Wednesdays 6:30 - 7:30 p.m.** to assist with the **WHEELERCISE** programme. It's new and is for wheelchair users and/or people with physical limitations who need upper-body, chair type exercises. Again, call Nancy, or talk to the front desk staff.

WORKSHOPS

The Public Legal Education Society is back with two free workshops.

Starting Your Small Business, March 6th & Changing Your Name (when you need and how you go about it), **March 20.**

Frances Ross, the family therapist practising in Leg-in-Boot Square, is giving more workshops on **Protecting your Child: one on Protecting your Child from Sexual Abuse** and the other on **Family Separation and Divorce Mediation.**

A talk on **Acupuncture and Chinese Herbal Therapy and Acupressure Massage (Shiatsu)** is coming up in March.

KIDSHOPS in March.

March 1st is WINTER CARNIVAL DAY with games, contests, entertainment and refreshments. If you want to set up a booth, call Renai or Doug at the Centre.

START SMALL, THINK BIG is an introduction to banking, money and savings. Please pre-register.

Meanwhile it's not too late to sign up for Session II of **Handknitting for Advanced Knitters**, Art programmes for preschoolers and children, and our Swim Programme at Adrenalin Sports pool - for Waterbugs, Kinderswim and children's Learn-to-Swim.

SENIOR'S SCENE

by Marge LeGresley

Our February meeting was a busy one with 34 members and 2 guests in attendance. Jean introduced **KENT LYONS**, who is our Counsellor in the False Creek area. He gave an inspiring talk on all the help which is available to the elderly through the Vancouver Homesharers' Plan and through the Seniors' Network - a non-profit organization staffed by hard-working volunteers. He cited examples of practical help provided by seniors with special skills as well as moral support in dealing with loneliness and isolation amongst single seniors. Our club will support their efforts by subscribing to an annual membership. Jean reported on past events and announced the following dates for your calendars:

Invitational bowling at False Creek with Douglas Park on **Friday February 28th.**

Shriners' Circus - **Friday, Saturday, Sunday, March 7, 8, 9.**

Whale watching trip aboard the Canadian Princess - **Monday, Tuesday, March 10, 11.**

VANCOUVER'S CENTENNIAL CELEBRATIONS

1. Costume Party at Douglas Park Community Centre, **Saturday April 5th at 1 p.m.**

2. Parks Board party in Stanley Park, **Sunday April 6th** following a pot-luck brunch at False Creek Community Centre starting at 11 a.m.

Our bowlers are presently playing off for the regional Pairs' Tournament - the winning pair will play in the finals early in March.

Of great interest to us all are the plans for the enlarging of the facilities at the Community Centre. Hopefully these will provide additional space for seniors' activities as well as our own Drop-in Centre. To this end it is necessary for the False Creek Seniors' Association to be incorporated as a non-profit organization, with a view to essential fund-raising projects. This formality is now proceeding and our thanks are due to Peggy Gordon, Jim Grainger and other members of the sub-committee for keeping us informed. There is strength in numbers so we should all attempt to introduce new members to improve upon the current total of 150.

Welcome back to Betty Jennings and Jean Kozlowska and Au Revoir to Dorothy and Syd Digby who have moved to Nanaimo. Happy Birthday greetings to six February members - only two of whom were present to enjoy the cake! Be sure to get your pictures taken at our next meeting on March 5th at 1 p.m.



ARTS

UMBRELLA

INSTRUCTORS GROUP SHOW

Arts Umbrella is proud to present an exhibit of artwork by its extremely talented instructors, all of whom are artists as well as art educators.

This multi-media show will continue until **FEBRUARY 28.**

The exhibitors are:

Karen Brumelle, Wendy Burdon, Ann Murray Freeman, Carolyn Kramer, James Lindfield, Sheila Lindfield, Roz Marshall, Pat O'Hara, Connie Paul, Maureen Proctor, Sheila Smeaton, Margaret VanderPant.

Arts Umbrella is Vancouver's visual and performing art centre for children. The visual arts instructors teach classes in painting and drawing, clay sculpture and multi-media sculpture to children ages 2 to 18.

* * * * *

An exhibit of 30 paintings and drawings by some of our students aged 6 to 16 is on display at the Main Branch of the Vancouver Public Library (Burrard & Robson), from **February 17 to March 2nd.**

The paintings represented Vancouver at an international exhibit of children's art from sister cities around the world. Vancouver's own sister city, Yokohama in Japan, hosted this event.

OTHER VOLUNTEER OPPORTUNITIES

VOLUNTEERS ARE NEEDED AS FRIENDLY VISITORS, SHOPPING ATTENDANTS, AND/OR DRIVERS FOR SENIORS MEDICAL APPOINTMENTS IN THE BURRARD HEALTH UNIT AREA. CALL 736-9844 FOR FURTHER INFORMATION.

DRIVERS needed to pick up donations for Food Bank from various areas in Vancouver, Richmond and Burnaby weekdays. Volunteer will be given route, must have own car, mileage given.

ICE SKATING HELPER 16 or older to assist a leader in taking a group of school aged children to Kitsilano Ice Rink from the False Creek Elementary School via public transportation on Wednesdays from 3:30 to 5:30. The volunteer should have ice skating ability, but not essential.

TELEPHONE RESEARCHERS needed by Westside agency to phone young mothers with 4 month old babies and administer a questionnaire on infant safety.

For more information, call: 875-9144.

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February 18th through March 13, 1986

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CREEK DOCS

AEROBICS — WHAT'S IN IT FOR ME

by Zigurts Strauts, B.Sc., M.D.

Once again in that long list of New Years resolutions many of us included the monumental task of losing weight or getting in shape, myself included. Aerobics, or exercise without excessively increasing oxygen debt, is currently the most popular approach and may include activities such as cycling, swimming, jogging, aerobic dance or exercise classes.

Aerobic activity provides a challenging way of modifying lifestyle-mediated health problems such as obesity, heart disease, hypertension, anxiety and depression. It is controversial as to whether longevity is increased; however, there is common agreement that the "three-score years and ten" are spent in better health and with more vitality.

Some of the physiologic changes which affect the above are an increase of basal metabolic rate, of blood flow to the heart muscle and most other tissues; in heart function efficiency, in mood elevating hormones and brain transmitter substances; and decreases in blood pressure, cholesterol and fatty acids in the circulation, in adipose tissue, and in stress producing chemicals.

Some of these positive physiologic changes occur over a long period of time and are often rapidly reversed as the body readjusts to sedentary living. This emphasizes the importance of ongoing physical activity. Remember these are basic physiologic changes; as such, they will affect everyone who participates in much the same way.

There can also be great social benefits. The local health and exercise class has become as much a social phenomena as going to church or community dances.

Psychologically, it makes people feel good. They learn self discipline and time management. They set goals and with increased energy and control over their lives, reap the benefits of successful living. Their health improves and so does their self-esteem.

Everyone can participate. Common sense is the rule of thumb. Those who have been inactive for a long time should start cautiously and consult the family doctor for a routine medical and advice if there are any underlying medical problems. Trained experts in exercise physiology, instruction and counselling are available in many centres and some of them will measure such parameters as the amount of fatty tissue, efficiency of oxygen utilization and baseline physical fitness.

A good aerobics programme is designed around the FITT principle which stands for Frequency, Intensity, Type and Time.

Minimum frequency should be three sessions a week for the beginner or person preferring a maintenance programme. Greater frequency is required for improvement and maintenance at a higher level, but should consist of alternate easy and difficult days.

Intensity should be light to moderate. One should be able to talk while exercising, and pain during or after the activity indicates one has done too much. Activity should be measured over a 10 second period at 60 - 85 percent of maximal heart rate, closer to 60 for the beginner and 85 percent for the advanced. Maximal heart rate can be calculated as 220 minus age, which reflects the decrease in heart rate with age. This is important in decreasing the chance for injury and with increased activity to higher levels, less fat and more carbohydrate are burned.

Type depends on personal preference. It should use at least 50 percent of the total muscle mass, (lifting a beer glass will therefore not do) and should include a warm up, the main menu and a cool down. One should never enter an exercise class late or miss the warm up phase, even when working out alone. The time spent is very important. In the first 15 minutes, one metabolizes primarily carbohydrate

and only after that does fat metabolism occur.

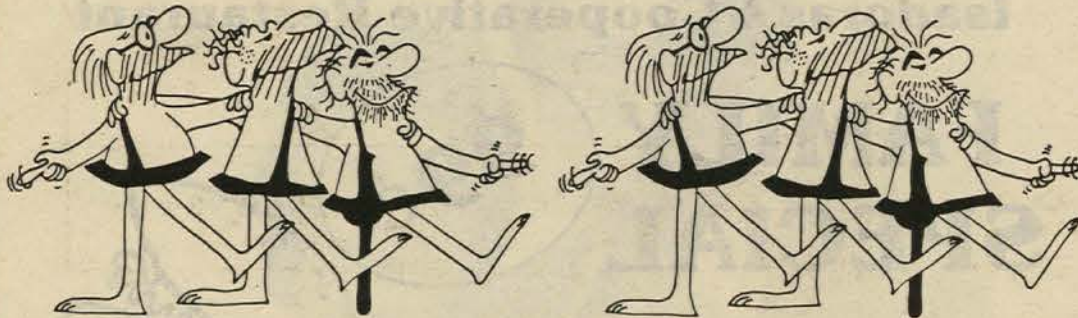
The ideal aerobic workout consists of 30 - 60 minutes of 60 - 85 of maximal heart rate with a warmup and a cooldown. Most exercise classes will divide the workout into a less intense aerobic or cardiovascular component and more intense strength and endurance section. Flexibility and stretching exercises are usually components of all phases.

The main pitfall is overdoing it. This accounts for most injuries and is the reason most people don't have fun and get discouraged. Avoid injuries with the warmup and by slow progression; select soft, level training surfaces; wear well cushioned, stable, comfortable footwear. Avoid certain harmful exercises such as the jumping or ballistic movements found in many aerobic dance classes. Some stretching exercises which hyper-extend the lower back, neck and stress the medial knee joint outward are also dangerous.

Specific areas of injury in aerobics classes are the knee, lower leg, foot and ankle and affect from 25 - 40% of all participants. Similar injuries affect runners. Cyclists primarily injure knees and swimmers experience primarily shoulder and knee problems which are very much related to intensity and type of swimming stroke.

It is imperative to remember, in the acute phase of any injuries, rest, ice and elevation are still the hallmarks of treatment and should be automatically instituted. More severe injuries should be seen by a Doctor familiar with the treatment of sports related injuries as soon as possible.

To re-emphasize and summarize, the most common cause of all sports injuries and thus discouragement is contained in the phrase "too much too soon". The key to enjoyable long term injury-free participation is moderation. Good luck



SCHOOL NOTES

by Richard Thaddeus

Congratulations to the Creek Schoolboard mafia - Carmella Allevato, Chris Allnut and Charles Underleider, with a gentle reminder that the School Board doesn't supply anything towards a playground for our own school.

When you're already \$7 million in the hole, why worry about a few thousand more?

The profits from **JULY 1st** finally showed up — **1136 bucks** — donated to the school. Another example of the educational benefits of beer drinking.

The **SCHOOL RUMMAGE SALE** will be at the Community Centre on **SUNDAY, MARCH 23**. Get your junk to the school so that we can flog it.

THE ANNUAL WALK-A-THON to Queen Elizabeth Park and back will take place on **FRI-DAY, FEBRUARY 28**.

This is the major school fund-raising event, so if any of the children ask you to sponsor them, *be generous*.

Last year's Walk-a-Thon raised \$2900 which helped to pay for a computer, provide a healthy subsidy for the Grade 5 Outdoor Education programme at Camp Capilano, pay awards at the end of the year and at Sports Day. There was even enough to help with field trip costs.

And now, in complete defiance of the copyright laws, we present excerpts from:

FALSE CREEK THIS WEEK

A publication from Grade 6 — a fine effort which puts me

in fear of my job as Creek School Editor.

Editors: Matthew Strand, Nicola Sloan, and Elaine Korison.

EXPO '86

By Jessica Bryenton

Expo is a place very near, Many people will see it this year, Many people from far and wide, We'll show it off with a lot of pride.

NEWS

By Nicola Stone, David Fawkes & Ginger Warden

The Grade 6's are going snow-shoeing on March 13th up on Cypress. There will be many centennial projects. We are going to turn the gym into a 1886 street scene.

It seems like our sign-up soccer games are going down the drain. No one is signing up. If you didn't know, the president and vice-president of our school are Tyler and David L.

The most recent tragic event was the space shuttle disaster which killed 6 astronauts and 1 teacher. The shuttle went down Jan. 28, 1986. They just found a foot bone on the beach of Cape Canaveral.

There is no swearing allowed on the playground. There has been too much of it lately, and the teachers don't like it!

SPORTS

By Marisa Lucich & Salim Adatia

This year the senior girls volleyball team did very well. Each team varied at strength. They came in second place, just behind McBride Elementary.

Hockey has started out great so far. We've already got together three teams, junior boys, senior boys and senior girls. The hockey games will start at the beginning of March.

FASHIONS

By Jamil Hart & Andrea Reid

Some popular fashions are:

- (a) Stirrup Pants
- (b) Lettermans Jackets
- (c) Shakerknit Sweaters
- (d) Tube Skirts
- (e) Baggy Shirts (Silk)
- (f) Flashy Earrings
- (g) Swatches
- (h) Shoes, Pointed, Shiny and runners

PATTERNS

- (a) Lace
- (b) Paisley
- (c) Plaid
- (d) Pastel Colours

GOSSIP

By Dawn Mollerup, Jennifer Thomas & Tana Worcester

Top Five Hits

- (1) That's What Friends Are For
- (2) Party All The Time
- (3) Tarzan Boy
- (4) Spies Like Us
- (5) I Miss You

There might be a Valentines Dance at Preteen. If you go to Preteen you'll find out more about the dance and other special activities.

SCOUTING INVITES YOU TO JOIN THEM



BEAVERS
BOYS 5-7



CUBS
BOYS 8-10



SCOUTS
BOYS 11-14

BEAVERS meet every Tuesday at the False Creek School at 6:00 p.m. to 7:00 p.m.

CUBS meet every Tuesday at the False Creek School at 7:00 p.m. to 8:30 p.m.

SCOUTS meet every Wednesday at the False Creek Community Centre at 7:30 p.m. to 8:30 p.m.

All groups are actively working towards scouts programme, including badge work in their own groups and involvement in the Kitsilano district.

We have qualified leaders and adult involvement in our Active Group Committee.

False Creek Scouts spent the weekend of Jan. 24-26 at Cyprus, Cross Country Skiing, earning a badge and having a fun time doing it.

If you would like to join, or more information, drop in any Tuesday at the False Creek School Gym or the False Creek Community Centre on Wednesday evening or call Gary Badke at 733-7847.

by JUDI SHEPPARD MISSETT

Jazz Exercise

...the high energy workout that combines the total body conditioning benefits of aerobics with the fun of dance.

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Saturday — 9:30 a.m.

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From The Editor's Desk



Gentian treated his appearance in this space with a cat's customary disdain... Those of us who cannot escape to the sun need light relief to help us through February.

Most of these gems are cribbed from The Piffle Canada page of old Playboard magazines.

A flock of doves is called a "pitying." Considering that the dove is a symbol of peace, and the sad state of peace in the world, it is the right word.

In Olde England, the bride was given the profits from sale of ale at her wedding.

After being touched by a human being, a cockroach cleans itself.

In 1954, the Mayor of Chateaufort-du-Pape in France issued a decree forbidding flying saucers from landing... it must have worked, because not one has landed since.

After the invention of the bathtub in 1842, the city of Boston passed an ordinance forbidding its use except by order of a physician.

In the seventeenth century, chocolate was considered such an inflamer of passion that monks were forbidden to drink it.

Corn flakes were first invented, or concocted, in 1898.

Those of you into tongue-twisters might like to have a go at: "The skunk sat on a stump; the skunk thunk the stump stunk, but the stump thunk the skunk stunk."

During the reign of King Charles II of England, it became the custom in the Royal Navy to toast the monarch sitting down. This came to be after his majesty rose in response to a toast and banged his head on a low beam.

It was an old Saxon custom to make a cut on your forehead and let the blood drip into the cup when drinking to the health of one's loved one... Saxon Romeos tended to be very anaemic.

The saying "mad as a March hare" came from the fact that March is the mating season for hares, which tends to make them a bit jumpy and shy.

Martha "Calamity Jane" Burke had twelve husbands, which may or may not explain her nickname.

Dr. Scholl, of cornplaster fame, was once asked for his philosophy, to which he replied: "Early to bed, early to rise, work like hell and advertise."

Raw rhubarb has only 16 calories per 100 grams. The sugar you eat to get the sour taste out of your mouth negates its value as a diet food.

The gestation period of a rhinoceros is about 560 days.

After the Duke of Monmouth was beheaded in 1685 for rebellion against the crown, it was discovered that no portrait existed of him. As he was the natural son of King Charles II, and as the English believe that the niceties should be maintained, they sewed his head back on his body, dressed him, propped him up and called in a portrait painter. The work, which now hangs in London's National Portrait Gallery, is said to be very lifelike... considering the circumstances.



TAX TIPS FOR THE SELF-EMPLOYED

by Edward Browne

In these time of high unemployment many people drift from being unemployed to being self-employed. Some start a part-time business to supplement irregular employment, some choose self-employment in preference to working for someone else.

Many worry too much at tax time — thinking will have to pay income tax on the total amount received in their business. In fact, often that income is low in the first years of self-employment and may not even exceed business expenses. A business loss may have been incurred.

One client was hesitant about declaring self-employment income of a few hundred dollars. When we added up all his business expenses; he had a loss of \$5,000. We carried this loss back to a year in which he had high income — and he got a refund of \$1,500 from that year.

Business losses may be carried back 3 years or forward 7 years. Of course, the business must have a reasonable expectation of making a profit. Revenue Canada may test this by looking at the amount of time devoted to the business or the extent of advertising.

In computing net income from a business all reasonable expenses related to the business may be deducted e.g. materials, wages, rent of equipment, etc. Wages paid to the spouse or children of the self-employed person may be deducted. This should be for a real job, such as book-keeping or washing the car.

Automobile expenses (gas, maintenance, insurance, depreciation, interest) may be deducted to the extent that the automobile was used in the business.

Likewise, an office may be maintained in the home. This

should be a space set aside exclusively for business use — such as a spare bedroom. A portion of rent, hydro, city taxes, telephone and maintenance may be deducted as a business expense — based on the square footage of the office.

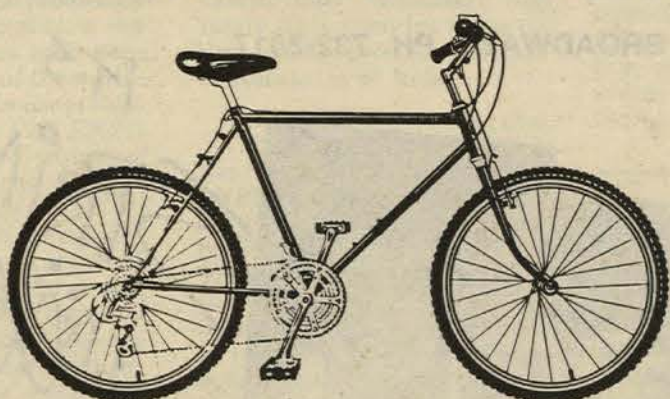
Bank interest that relates to a loan for business purposes is also deductible. Even if the loan is secured on the taxpayer's house the interest will be deductible if the loan is used for business purposes.

In his first year of business a taxpayer may choose any date as year end — as long as the year does not exceed twelve months. Thus a person who started his business in February, 1985 might choose January 31, 1986 as his first year end — if he made a profit. This would defer his first tax payment a full year. If he made a loss he could have December 31, 1985 as his year end — and thus claim the loss immediately. An allowance of 3% of inventory is also deductible — this is the inventory at start of the year, which is of course, the end of the previous year. This may be relevant in choosing a year end. Likewise only 50% of capital cost allowance (Depreciation), is allowed in the year of purchase — so it might be beneficial to have a short year if a major capital asset has been acquired for business purposes.

When the self-employed person reaches the happy position of earning about \$35,000 per annum from the business, it may be worth the expense of forming a limited company in order to defer taxes.

To summarize, if you drifted into self-employment and have not filed your income taxes, bite the bullet and compute your net income. You may even have made a loss — and qualify for a refund.

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COOKING THE CREEK CATCH

by Babs

Birthdays are grim.

Birthday cards are worse.

I recommend a careful look at each card you receive because they give clues to the personality flaws of the sender. Take this card for example: "They say that youth is wasted on the young. Did you enjoy it?"

Sadistic, right? Or how about the card that reads: "You can never be too rich, too thin or too beautiful."

Clearly discriminating. Would that card be sent to a man? Certainly not.

Most men don't care about being rich (more's the pity) or thin and those who want to be beautiful have problems of such significance that birthdays pale in comparison.

My best advice is to ignore a birthday if it's yours. If it's your friends' invite them over for a fancy dinner and forget the card. Hopefully they will return the favour.

SWEET AND SOUR LEEKS (Serves 2)

- 1 bunch leeks
- 1 tbsp. pine nuts
- 1/8 cup olive oil
- 1-1/2 tsp. currants
- 2 medium tomatoes (peeled, seeded, chopped)
- 1/8 cup vinegar (or to taste)
- 1 tbsp. brown sugar (or to taste)
- salt

Trim and clean leeks (any cookbook will tell you how). Saute pine nuts in a bit of olive oil in a large skillet. After nuts begin to colour, add currants and tomatoes. Saute over medium heat until tomatoes break down and become saucy.

Add leeks to pan, then add remaining oil and enough water to come halfway up sides of leeks. Simmer, partially covered, for 15 mins. or until leeks are tender.

Remove leeks to small platter, turn heat to high and reduce remaining sauce. Add vinegar, brown sugar and salt. Continue reducing sauce until thick (stir often). Pour sauce over leeks, cool and serve at room temperature.



Meeting my neice and husband enroute for their weekly Isadora's Caesar Salad I said "Try the new George's place at 6th & Heather the next time."

"I've been going to George's Pizza in Kerrisdale for years" Bill replied.

"The owner is called Jim and he makes a marvellous Greek pizza. He used to save bottles for me when I was making wine. Great place." "Same fellow" I said, "Let's all go for supper some night."

So we did, last Friday and Bill got a great welcome.

This time I met Gina who takes over from Monica in the evenings. She's a lovely lady who will talk you into eating Black Forest cake when you

shouldn't and has a good taste in beer. Leave it to Gina to choose and she'll serve you Labatt's Classic.

Found out it's little wonder Jim is a good cook. At age 21, he was cooking for 600 miners and went on to cook on the Alaska Highway, at Kemano and lots of logging camps.

Jim wants those False Creek health freaks who told him he should use a whole wheat pizza dough that he is. We vouch for it - its scrumptious.

If you're joining friends over there for supper, don't be late like I was, or they'll greet you with "We've eaten all the Greek salad; it was so good we knew you wouldn't mind."

B.W.

LIVE FROM STAMPS

During this Toby's long "time out" his pen ran dry and it's taken a good month to refill, so these observations from the pub are not all hot off the press, but good comment, like the wine that fuels it, usually improves with age.

No sooner had Toby comfortably resounded to his recall to the bar one Saturday late in December than the Stamps' Male Chorus broke into a tearful rendition of "We'll Meet Again," and the whole pub, with lump in throat, watched as Big J. served her last pint.



One of the qualities that sets a good neighbourhood pub apart is the personalities of the staff. Unlike fast food chains where individuality is suppressed with an efficiency that would be the envy of any totalitarian regime, (Orwell's non-persons emerged on schedule as McPeople) or formula restaurants where the staff wear designer personalities, (Hi, I'm Calvin; I'm your robot for tonight") Stamps is staffed by real live individuals and Janet was one of the liveliest. From the encroaching McWorld we take refuge in Stamps where Janet and her colleagues know us by

name, remember our wants, and tolerate our faults.

And now she's gone; she's enrolled at S.F.U. We lose a little craziness, academia gains a lot of smarts.

What will replace the eager anticipation around the bar waiting for the Great Dane's latest outfit as she sweeps in for her shift? (Incidentally those hungry for a football team, forget it. Toby has it on good authority that she intends to retain ownership of her beloved Colts). Good luck Janet. Drop in on your way up.

Talking of football, Jimbo (where was his Stamps headband John?) and the refrigerator helped Big Bill McGrogan clean up at the Superbowl which, because of our dated B.C. liquor laws, we were not able to watch in our home ground. The numerous prizes were ceremoniously and riotously distributed in the pub on the first Saturday in February as the Monday Knights wound up the season and started a movement to replace Rozelle with Hutton. (If you want to give meaning to your Mondays watch for notice of the draft meeting in July).

Other absentees, besides Toby, returned to Stamps from exile in the east for the festive season. Noel O'Reilly was back as well as Bill Hughes and Wolfgang, all checking to make sure we were keeping their places at the bar and promising to return for good before long.

A new year reminds us that historically it has proved necessary, every 50 years or so, to teach the Germans a lesson

and ensure they know their correct place in this world. That time is coming again and Stamps, because of the collapse of the Atlantic Alliance, will take on the task singlehanded.

Informants tell us that a plane load of Germans is planning an attack in June. We'll let them land this time, but they will be intercepted on the soccer field by the noble seagulls. Come watch the third defeat in 70 years and join us afterwards to celebrate the armistice which, because of the anticipated crowds, has been moved from the usual railway car to the pub. (Doubtless a couple of American substitutes will try to join Stamps for the last half and again claim responsibility for the victory.)

Finally, B.C.'s top event of the year is scheduled for Saturday, May 3rd (the day after EX-PO opening). The THIRD ANNUAL FALSE CREEK PENDELAKON will again attract many nationalities and it is rumoured from Vegas that Jimmy the Greek is quoting odds on a Kiwi regaining the laurels. Speculation is starting in sporting corners of the pub: will the Czech be a one-shot wonder? Will a dark horse gallop home? Will Marco finish? Will Bullus finally make a decent showing?

Apparently in anticipation of the great event a representative of the pulp press talked recently to the Master of the race and questioned the stated distance, only to be rebuked with the immortal retort attributed to Oscar Wilde: that a gentleman never discusses money, sex, or the distance of the Pendelakon!

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Cartwright Gallery (Granville Island)

by Barbara Drew

A-tisket, a-tasket... have you seen our baskets?

I mean, of course, the ones on display now in the International "Basketry Link" exhibition at the Cartwright Gallery. There are more than 100 baskets in a great variety of shapes, colours and designs, fashioned from materials ranging from traditional to unusual.

Comments from viewers run the gamut from a conservative "wonderful" through "stunning" and "outrageous" to "wow!" Hurry on in and test your own reaction.

"The Mask", a definitive National Exhibition of work which explores the art of disguise, facade and persona, will be presented at the Gallery from February 20 to March 23. Fourteen artists across Canada are featured in this exhibition. Two of these artists, Nels Holm and Adrian Ross, live in Vancouver.

A description of the masks made for a theatrical production of "RA" in Toronto helps us to form an impression of the concept of this art form. For example, the mask of Ra, the Sun God, is intricately constructed with the face of a hawk inside a ram's head; at dawn, Ra

enacts his transformation by removing the ram's head to reveal the hawk-headed god of the daytime sun.

The Golden Faced Man, child of Horus, wears the image of the cobra Buto on his head. Buto protected Horus at his birth and destroyed the foes of the afterworld's human inhabitants.

A Crocodile Dance Mask, a Jackal Mask and a Baboon Mask all have articulated jaws, painstakingly constructed. The mask's jaw must be hinged at exactly the same place as that of its wearer and carefully fitted so as to move smoothly and realistically.

Other masks are just as fascinating. Materials used include wood, resin, leather, rice paper, paper maché and fibreglass. This promises to be another extraordinary show.

Just a reminder about the Cartwright Gallery tour planned for early October, 1986. Anyone interested in the Indian Art of New Mexico and Arizona is invited to call 687-8266 for information about this six day conducted tour.

See you at the Gallery.



EXPO-POURRI

by Bobby Mackin

The latest B.C. Invites The World mailing list figure is 1.37 million.

Although the contest portion of this international promotion ended in mid-December, it still continues as letters have been sent to all corners of the world. Patterned after a similar promotion staged by the 1962 EXPO in Seattle, the flow of letters has been consistent ever since it began last September 10.

All of the on-site participant pavilions, with the exception of the B.C. Pavilion and a few others, are built using the same innovative modular design which can be assembled or disassembled in a matter of weeks. Last year it was decided that after the conclusion of the fair, communities in B.C. would receive them as a gift from the government, but now the future of that plan is in doubt.

The first pavilion was completed three years ago and is now destined to become the BCTV Broadcast pavilion. It served as the EXPO Preview Centre between 1984-85.

Various participants have customized the exterior of their exhibit pavilions, including the Alberta and Saskatchewan pavilions, which are replicas of grain elevators. The North West Territories pavilion is in the shape of a glacier, while the Hong Kong pavilion will be surrounded by bamboo scaffolding. Throughout the fair, Chinese craftsmen will showcase this ancient mode of construction.

At the Sri Lanka pavilion, futurist Arthur C. Clarke, author of the acclaimed novels "2001: A Space Odyssey" and "2010: The Year We Make

Contact" (both of which became blockbuster movies) will communicate with visitors via computer-satellite hook-up. Clarke will "forecast" the future daily from his home on the island located off the Southeast tip of India.

The incredible Omnimax film "A Freedom to Move" which was featured last summer at the EXPO Centre, recently crossed the 49th parallel and is currently playing at the Aquarium Theatre Omnidome in Seattle. But don't despair, it will be back for opening day. The wait is probably worth it as our dollar could soon be the value of an American postage stamp.

There will be 5 amusement rides at EXPO, which are all connected in some way to the themes of transportation and communication. The tallest structure on the site is the Space Tower ride. You will travel up the yellow pole on a circular elevator. Your descent will be on a parachute which will free-fall for 200 ft. The Caribou Log Chute is a flume ride which puts you in a log travelling down the rapids of a mighty river (bring your towel!). Bring a bag to vomit in after riding the Scream Machine Roller Coaster which makes 2, count 'em, 2 corkscrew turns, and for the Looping Starship, a space shuttle "swing" ride that does a perfect 360° turn. But, the 1907 Philadelphia Toboggan Company Carousel is a more traditional ride. Actually hand-crafted 79 years ago in the "city of brotherly love" this merry-go-round is part of an endangered species.

Til next month.

The Fast Fork

by Cyril Belshaw



Eating Away

If you are planning to travel abroad in the next short while, you might be interested in a few discoveries.

I tend to overnight in AMSTERDAM en route to European spots, and find that it is gastronomically under-rated. Admittedly you can get dreadful meals, and those often in places highly touted for atmosphere, and at weekends it is often difficult to get into good places, or you have to wait in line. I've had some very bad seafood. But, at Oesterbar, Leidesplein 10, the fish is fresh and you can sit at the bar drinking genever with appetizers, watching the fish being enthusiastically prepared, before sitting at a table. The service is gruff and direct, the place is crowded, and lives only for fish, fish, fish. I've never been let down at Dikker en Thijs or the Boederji, and Indonesian food at the upstairs Bali, Leidsestraat 89, is about the best. But the restaurant at the airport outside the check-in areas on the third floor, has a magnificent rijstafel with a good range of Indonesian dishes served buffet style. Alas most planes to Canada leave at an hour which makes it impossible to sample (I think the restaurant opens at one o'clock).

FRANKFURT airport restaurants are mainly run by the Steigenberger hotel group, which is synonymous with quality and, except in the drink bars, has by far the best airport food I have encountered anywhere in Europe, or anywhere else for that matter. The group's Airport hotel has a wonderful rustic restaurant in the garden specializing in game and similar products, called the Waldrestaurant Unterschweinsteige, and in the basement of the posh Frankfurter Hof, also Steigenberger, marvellously light food is served in the Frankfurter Stubb. Both places represent top quality German food well away from the tradition of wurst and schnitzel, which, despite our first class German chefs, cannot be found

Sherry Scott doesn't live in False Creek but she says reading The Creek newspaper, in her Fairview Slopes "window-on-the-Creek" office, makes her feel like a local.

Sherry even brought her family down to join the carol singing in Leg-in-Boot Square.

She values her downtown and Broadway clients but decided she should let Creek people know she's there and will be glad to see them — and how else to do it but in The Creek?

It's quite fun being an advertising rep. You meet a lot of pleasant, enterprising people, and learn a lot about small business.

P.S. Occasionally Creek readers tell local business people "You should advertise in The Creek; everybody reads it". BUT it took two new business owners three months to track down yours truly last fall. So READERS PLEASE: the next time, do take a copy of the paper in, or tell the Editor to put on her Advertising Manager hat and toddle over to see the nice new people. B.W.

in Vancouver, at least to my knowledge (unless in non-cuisine nouvelle style at the Jagerhof on Lonsdale).

NAIROBI is a fine city for culinary exploration, the best I have found in Africa (I have not visited anywhere south of Zaire). It is also the subject of one of the most effective restaurant guides outside of Europe, Kathy Eldon's "Eating Out in Kenya", well worth the modest investment. There is an unbelievable variety of East Indian cuisines, in settings from the supremely elegant to the chummy.

European fare, even in the best places, is poor, and some places go heavily for the salt bottle, especially in hotels, a hangover from colonial pre-air conditioning days. There are a number of coastal African kitchens, of which Malindi Dishes is an outstanding example, with friendly service (and friendly people on the way to direct you there). But for me, Nairobi's most exciting restaurant is The Carnivore, near the local-traffic airport (the taxi will wait for you there), built in open-air style. It has borrowed its techniques and menu from Brazil. You sit at round tables equipped with a two tier Lazy Susan, one tier holding a variety of sauces, another a variety of salads and appetizers. The menu is prix fixe, and although they will serve a vegetarian menu, the forte is the grills. Well within view of diners, there is a blazing fire. Spits hang vertically from above, each holding its own pieces — antelope, goat, beef, lamb, sucking pig, pigeon, chicken, chicken livers, and on and on. After your soup, waiters periodically bring a spit to each table, where à la dim sum, you choose pieces to be dropped with sizzling excitement onto your stoneware plates that stay fiercely hot all through the meal. I reflected how fantastically successful an operation like that would be in meat-loving B.C.

Egypt is not noted for good restaurants, and I have not found adequate guides. Even

the best hotels, of which there are some spectacular examples, respond to the pressure of tour groups with enormous buffets or banal coffee shops, and it takes an adventurer to find the small places, most of which are not good anyway. In CAIRO the Hilton coffee shop in the hotel opposite the National Museum (worth two days of exploration), has well prepared Egyptian dishes, and there are stalls on the patio outside... But probably the easiest and best introduction to Egyptian food for those who don't know it, is the set menu in the Kasr El Rachid of the Meridien. For sixteen dollars Canadian you get about six appetizer plates, half a dozen main course samplings served on two dish plates, dessert, coffee, and a belly dancer. The main dishes can include marinated pigeon, duck, kebab and kofta, lamb, meshwy, chicken in walnut sauce with perfumed rice. Mind you, I find the Egyptian grills very dry with little juice left, but the appetizers can be sheer heaven. The coffee shop of the Ramada hotel in ALEXANDRIA serves very tasty dishes, including a luscious chouchouah rather like a casserolled ratoutouille with an egg on top.

The Mena House hotel by the Pyramids has an elegant, beautifully decorated East Indian restaurant, with delicately flavoured dishes presented à la cuisine nouvelle — the best I have found anywhere in the Indian-owned Oberoi chain.

And at Home...

I have not found any four star East Indian restaurants in Vancouver. But for a conventional menu very well presented with delicate flavourings in and out of pepper-hot, try RUBINA TANDOORI**, 1962 Kingsway, Tel. 874-3621. Pleasant, effective service, simple decor; the accent is on the food. Mouthwatering samosas, delicate potato parathas, tasty papadums, hot vindaloo, tandoori chicken that actually retains its moisture as it should, and so on.

Sherry L. Scott

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Short Sayings

The boy who believes that his parents owe him a living will wake up one day and find himself working for the boy whose parents made him shift for himself.

Divorce

No woman has ever been known to leave a repairman. They leave doctors, lawyers, dentists, but never a man who can fix things.

Idealism

If you want to be a lawyer, you cannot expect to make your living defending innocent people. Not enough innocent people are arrested. You also have to defend the guilty.

Water Lilies

Water lilies absorb minerals, toxins and industrial waste. In Brazil, polluted industrial water is released into water lily pools and when it is purified it is used for irrigation.

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The next time you should bear a small gift to your hosts and want a change from the always-welcome wine or flowers, pop in and pick up one of them.

From
"The Art of Smiling at Yourself"

By Sally Vickerstaff

FRUSTRATION . . .

*Frustration is, or so I hear say,
That nasty feeling of not getting your way.
When no one will listen to your bright ideas
(Maybe because of their own little fears)
And then you walk around angry and sad
Hey, my friend, life's not that bad.
They had the right, and they've had it of old,
Not to agree if the idea's not "sold".
When you get right down to it
Did you show them a benefit?
Or did you lecture and strut around
Trying to convince them your idea was sound?
Frustration, you see, is not just yours
It comes to anyone persuing a cause.
So next time you feel it, would you smile and say,
"I didn't get my way today☆"*

FEAR . . .

*Whenever danger comes very near
We get a reaction, one called fear.
It isn't pleasant I must agree
And there are plenty of times it has threatened me.
Fear, I believe, comes about
When, in our minds, we have some doubt.
Will it happen? Will it go wrong?
Should I be here? Do I belong?
Fear, you see, is a lack of belief
Bringing with it untold grief.
So next time you feel that emotion arise
Laugh out loud (to dry your eyes)
And smile at yourself a little and say
"I didn't believe in myself today☆"*

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CHAMBER MUSIC

Cascade Soloists - Tues. Feb. 25th

Unusual combination for visiting chamber music groups - piano, cello, viola and clarinet.

Alexander Quartet, with Guitarist Michael Newman - Tues. March 11th. Both at Q.E. Playhouse. 8:30 p.m. Tickets: VTC.

Several Creek people sing in the **Vancouver Bach Choir**. They are singing in what's billed as a unique choral event - with soloists **Judith Forst, Mark Pedrotti**, and CBC's National news-reader **Knowlton Nash** as narrator.



Friday, Feb. 28 at the Orpheum. Tickets: VTC.

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Pat Quail, magician extraordinaire, **Gumboot Lollipop**, an exceptional clown and **Norman Foote** and all his friends are helping them do that by keeping you laughing, singing and mystified.

The Creek

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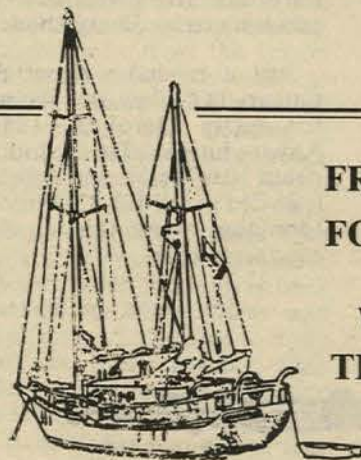
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B. Ed.



FRANK ADAMS
B.Comm., C.L.U.



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LL.B



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2410 Nanaimo Street
Vancouver, B.C. V5N 5E4