

'Serving False Creek, Fairview Slopes and Granville Island'

A Stay of Execution? Don't Bank On It

AN EDWARDIAN OASIS

One of Vancouver's few remaining heritage houses, built in the Edwardian era, may yet disappear under a bulldozer.

The James England Heritage House, named after a director of the now defunct B.C. Electric Company, stands at the corner of Birch and 7th Avenue and is eloquent testimony to a gracious, more leisurely way of life. Built of granite blocks with a wooden upper floor, a huge covered deck and lookout turret, it stands today, still, where it was built, relatively untouched by time—at least, from the outside. Inside, the present owners, the architectural firm of Romses & Kwan, have made some alterations, happily without doing violence to the spirit of the building.

Listed by the City of Vancouver's heritage planners as one of the last remaining Grade 'A' heritage buildings, there was considerable local opposition when the owners recently applied for planning permission to convert the house into a 150-seat restaurant. As a result, permission was refused, and the house went on the market.

At a public meeting of the Fairview Slopes Association on February 24th, city heritage planner Linda Moore outlined the likely fate of the James England House if no practical economic alternative could be devised to the owner's restaurant plan. The sad fact was,



she said, that in Vancouver specifically, and Canada generally, a heritage listing tends to be purely cosmetic. The harsh reality is that even a Grade 'A' listing offers little protection beyond the fact that a demolition permit cannot be bought over the counter like a dog license and some stages of consideration are imposed.

CARING IS GREAT—MONEY IS BETTER

At this point in the meeting someone stood up and asked, quite simply, why the residents of the Fairview Slopes didn't band together to buy the building and convert it to community use. The suggestion met

with surprising enthusiasm, and an interim committee was struck to investigate the possibilities and report back. Even more surprising was the fact that more than two-thirds of those present signed their names to a paper circulated to find out how many were willing to contribute. The interim committee met, inspected the house, concluded it is eminently suitable for conversion to community uses such as library/reading room, general meeting place and venue for anniversary celebrations, film and music, possibly even an exhibition area for local artists.

The committee met regularly and came up

with what it hoped was a practical plan to buy the building, with individual contributions as seed money and whatever corporate help might be available.

The plan was to be presented to a public meeting on March 31st and an opportunity for residents of the Slopes to view the building and form their own conclusions was arranged before that date.

On March 10, the committee learned an offer had been made on the building, with a two-week option. In view of this the meetings were cancelled.

DON'T GIVE UP

It may come to nought. Fairview Slopes people should stay alert. Those wishing to join any future action can call **John Parker** (732-7024) or **Geoff Spencer** (738-2622).

PUTTING YOUR MONEY where your mouth is, is not without precedent in this area. Long-time residents of False Creek will recall the **Battle of Caesar's Bridge**.

The planned residential/commercial complex in front of Spruce Harbour Marina looked like a fine idea when the new False Creek community was still a set of architectural renderings. But planners and architects often forget that people will then live in their creations and mess up their concepts.

It was soon evident we'd never control waterfront traffic with that development's occupants as the model. There were other issues but in the end the price tag to buy out lease owner and landscape the area was around \$176,000 (things were a lot cheaper nine years ago).

The City offered a 50-50 deal; a handful of residents tied themselves in knots working out equitable contributions. The ones with the most view to preserve paid the most. People bitched. They always do.

But the principle is sound; the prospect of putting your money where your mouth is focuses the mind wonderfully on just how much you care.

THURSDAY
MARCH 19

Second
Annual

Skateboard Contest

at the WATERPARK

(Registration 11:00 A.M.)
Rain date: March 20

It's a show, it's theatre, it's a lot of actors. About 100 are expected to register. It's open to everyone and you can bet your board you will see the best skateboarders in B.C. strutting their stuff.

Presented by Isadora's Cop Restaurant and the False Creek Community Centre and sponsored by a host of skateboard dealers.

Prizes awarded for each age group 9-16, and trophies for best overall performance.

The event starts at 11 a.m. and is all over by 4 p.m.



It's more than a bunch of weird haircuts on wheels; much more. It's Ranch Style—like a rodeo with prizes for the most "air" off the ramp, quickest around the course, best tricks, best wipe-out, and best dressed (in '80s "street clothes" that is).

It's more male teen-age energy in one place than you have ever wanted to see. It's male consciousness raising—at the very least for those watching.

GRANVILLE ISLAND VOLKS WALK

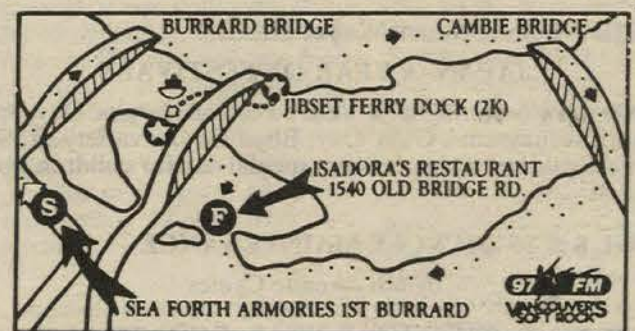
"A Friendly Fun Walk for People of All Ages"

Sunday April 5

9.30 a.m. Start from Seaforth Armouries, 1st & Burrard. Finish by Isadora's Restaurant. \$10 registration fee includes a small daypack and a souvenir coin (\$12 after March 25).

Seniors and young children who only want to do half the walk can hitch a free ride on Aquabus from the Jibset across to Granville Island by presenting the coin.

TO ENTER:



Send cheque or money order, payable to **GRANVILLE ISLAND VOLKS WALK**, 44 West 4th Ave., Vanc. V5Y 1G3.

(Entry forms at Community Centre). For information call Rackets & Runners 733-9211 or Lady Sport 733-1173. **PRIZES**, of course.

Paddle for Rick Hansen

Sunday

APRIL 12

12.30-4.30 p.m.

Scavenger Hunt paddle around False Creek.

The focus is on fun and participation. We encourage everyone with any man-powered vessel (canoe, kayak, paddle-wheeler, raft, etc.) to lend an arm or two.

Start/Finish
B.C. Pavilion dock, east end.

Boatless? If you're up the creek without a paddle, don't let that stop you. The Community Centre has a limited number of canoes available on a first-come, first-served basis.

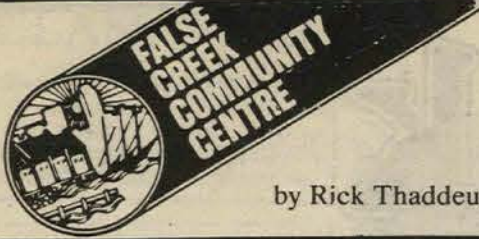
REGISTRATION: \$15 per person (tax deductible)

Two of you—Tandem canoes

Group of 6-10—get yourselves together. We've got a Brigade canoe for you.

DEADLINE: March 31. Late entries will not be eligible for draw prizes.

cont'd. p. 2



1318 Cartwright Street
(Granville Island)
Vancouver, B.C. V6H 3R8
688-9478

by Rick Thaddeus

Janice Le Blond, Gordie Hauka and Wendy Davis are three of our instructors whose high quality classes consistently draw high enrollment.

Janice's **DANCE/STRETCH** classes have benefited those with back problems. Her grace and flexibility belie the fact that she once had a serious back injury. She has evolved techniques, drawing from the Alexander and Feldenkrais systems and her own explorations of movement on land and in water.

Learn how to fix your own back.

BACK CARE
SAT. APRIL 4th
2.00-4.00 p.m. \$8.00

April 13 heralds the return of the man with the winning serve and the winning smile, master of the base line and the one line. Yes, **Gordie Hauka** has his summer job back. Sign up for **TENNIS**, or just go to the courts and watch (no reservations necessary).

Nelson McLaughlin started off teaching aerobics and has expanded his skills. He has certification for weight training and is currently leading the **WHEELERCIZE** programme. Nelson seems to be making it clear he's not just a pretty face.



Four times a year they come from far and wide for **Wendy's IYENGAR YOGA** classes and overwhelm our office. So this

time, **YOGA REGISTRATION ONLY**, one day early.
MONDAY MARCH 30
6.00-8.00 p.m.

REGISTRATION All other programs
TUES. MARCH 31 9.00 a.m. on



SENIORS SCENE

by Marge LeGresley

February was a short but busy month. The highlights were the afternoon tea at Isadora's, our first and most successful Pot-luck supper made so enjoyable by Thelma leading us in a sing-a-long on the piano, and then the "Mystery" bus tour which took us to a Synagogue, Oakridge, and the Buddhist Temple in Richmond—a lovely day in every way.

On the 24th we welcomed visitors from Mount Pleasant who joined in our carpet bowling and cards. Now plans are well in hand for our involvement in the Community Centre's Country dance, which will be fully reported in our next issue.

Now that we are well into March and already many of you have enjoyed the shopping trip to Bellingham on the 9th. Still to look forward to is another Mystery tour on Thursday March 19th—please note the starting time will be 9 a.m. to allow for our line dancers to get back in time. Then there will be a trip to Tullalip for BINGO on Monday March 30th, leaving at 8.30 a.m.

NOTE THAT THIS IS A CHANGE IN THE NEWS-LETTER.

We will be hosting the Carpet Bowling Pairs Finals on Thursday March 26th from 9 a.m. till noon—the Fours playoffs will be on Monday April 6th at Sunset Community Centre. Our own club tournament is currently being played and the winning team will receive the Challenge Cup at our Spring Banquet some time in May.

In the planning—Jean has arranged for the double decker bus to take us to Harrison Hot Springs on April 23rd—get your names in early for this one! Also a Fantasy Gardens tour on April 27th—details and tickets at our next meeting which will be on April 1st (April Fools' Day!).

To all our friends who have been sick or hospitalized recently, we wish you a speedy and complete recovery—we miss each one of you!



Kaleidoscope on Teens

by Treva Petch

False Creek has many teenagers but only a small portion are aware of and participate in different activities for them.

Every Monday night from 6.30-8.30 p.m. there is a **TEEN CLUB** at the F.C.C.C. The club has all sorts of things happening. Two successful events were the Cake Decorating Contest, a Taco Night, and night skiing which was on Feb. 20th at Cypress.

We must congratulate **Amie O'Connors** for winning the "pick up a ski patrolman" award—and a sprained wrist.

Events coming up are T-shirt painting, baking cookies and cakes, visiting Playland a hike through UBC.

A Fabric Arts course (all ages) will take place on Tuesdays. No time has been figured yet but if you're interested come on down and sign up.

On Wednesdays from 7-8 p.m. at the False Creek Elementary School there is floor hockey and other minor games for spectators. Thursdays, also 7-8 p.m., at the school gym there is open gym where a variety of sports are played. On even days it's boys and odd days for girls. Both are allowed to participate in the other's.

We thank two local teens: **Marion Bleasdale** and **Jenny Elder** for helping with Club Max as regular volunteers.

Happy fourteenth birthday to **Stephanie Dale**.

The teen activities are for kids 13 or older. Calendars on all events are available at F.C.C.C.

Teens also receive a 30% discount on adult courses. If you're interested just drop in on one of the set dates. It's great fun.

friends are invited to the Community Centre for a BBQ and draw prizes donated by local merchants.

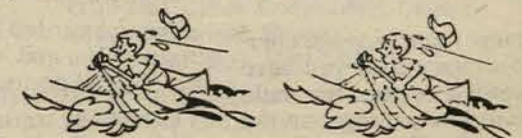
Formed in February 1986, the False Creek Canoe Club, just over one year old, is one of the largest and most active canoe clubs in B.C. Created out of the needs of members to have a canoe club on the Vancouver waterfront, a mandate to meet community needs quickly developed.

Canoe lessons/clinics for both the experienced and in-

experienced, waterfront safety programmes and a High School Voyageur canoe programme are just a few examples of the canoe club's involvement and focus on the community.

It is hoped many from the False Creek community will participate and help make the paddle/BBQ both fun and successful.

Registration forms are available at the Community Centre. For more information call Mhairi at 738-5469, or Heather at 734-4935.



Coming Up -some very interesting stuff

- APRIL 3 PUPPETRY WORKSHOP 2.30-4.30 p.m.
- APRIL 4 BACK CARE
- APRIL 4 SATURDAY MATINEE "TOM SAWYER"
- APRIL 5, 12, 26 PREDATORS and PANHANDLERS

Naturalist **Graham Sutherland**, a man after Audobon's own heart, leads leisurely walks while identifying bird species.

APRIL 6 Most programmes start this week, including **RELIGIONS OF EAST AND WEST**

A 10-part programme covering Animism, Hinduism, Buddhism, Islam, Sikhism, Judaism and Christianity.

The instructor, **Vern Middleton**, a professor at N.W. Baptist Theological College, lived in India for 12 years.

There will be field trips to local synagogues, mosques and temples.

APRIL 7 Elias & Naomi Wakan present **JAPAN-A YEAR OF FESTIVALS**

A slide show featuring New Year's Festival, Adults' Day, Spring Sumo Tournaments, Girls' Day, Boys' Day, a variety of village Fall Festivals and sichi go san (a special day for children aged 7, 5 and 3).

APRIL 8 & 15 BICYCLE MAINTENANCE
by 6th Avenue Cycles

APRIL 14 **FATS THAT HEAL, FATS THAT KILL**

Notice how fads have gone full circle. The cod liver oil that was forced on you as a child is back in favour as a cholesterol preventative. Sort out the myths with Udo Erasmus (see article elsewhere this issue).

Paddle

cont'd.



All Proceeds to "Man in Motion"

Rick Hansen will soon be home.

To show their support for him and his cause, the False Creek Canoe Club and the Community Centre are co-hosting a **FUND RAISING PADDLE** in False Creek on April 12.

As the event is being held in conjunction with **PADDLE FEST '87**, which takes place this year at the Plaza of Nations, paddlers will begin at 12.30 p.m. from the B.C. Pavilion dock, travel a designated route around False Creek as many times as they wish (or can) and finish at 4.30 p.m. at the same place.

Vancouver has a large and increasingly active paddling community and it is hoped that most will participate.

Invitations are being sent to the wheelchair and disabled sports organizations to encourage their participation and support.

The fun doesn't stop at 4.30. At the end of the paddle all participants, their families and

SOFTBALL and T-BALL
For Boys and Girls 14 years
REGISTRATION
SATURDAY MARCH 28
Community Centre
10 a.m. to noon
Parents interested in coaching or assisting in any way can phone:
Don Ruttan 731-1981 or
Tom Nash 732-9904.

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From The Editor's Desk



SMALL WORLD DEPT.

#5,000,000,000

So wrote a friend from Orcas Island. On a one-day trip to EXPO she stopped to watch that wonderful SAK THEATRE COMPANY who performed under Highway 86—and recruited audience members to play. I often wondered if I'd manage to be so marvelously uninhibited if they'd picked on me.

On this day the Princess' mother had a non-working camera and my friend Abby offered to take pictures. In the ensuing chit-chat, with one out of a hundred or two thousand on site that day, it turned out mother knew Beryl Wilson and said she lives nearby. "Her name has vanished" wrote Abby, "you can complete the puzzle."



Unfortunately I don't recognize the daughter, so there's nought for it but to run the picture (pardon poor reproduction).

If Mother or Starring Daughter does, call 734-3369, to collect these momentos of One of Life's Great Moments.

MORE HOMELESS PICS.

The blitz of a year's collections of pictures people have sent for use in The Creek results, astonishingly, in only three being labelled "Owner Unknown".

These are cute kids, but who sent them, or why, escapes the Creek's Photo Librarian (ever know one person to wear so many hats?)

Will the proud parent call (734-3369) to retrieve them?



A TRAVEL WRITER'S DREAM ASSIGNMENT

Roland Wild is writing delightful columns in The Courier. A recent one on the pleasures and pitfalls of journalism in England of bygone days, ended: "The England that I travelled was a writer's dream. In a London club frequented by the writing fraternity, a publisher confronted me: 'Take the train from London to Land's End for three months. Spend 80 or 90 nights in inns in the villages, small towns. Give me 80,000 words and pictures.'"

"Candy for a kid. I rode the trains from village to village, sometimes as much as 20 miles a day. I talked with squires, parsons, publicans and sinners; poachers, grave-diggers, a village femme fatale, dowagers, drunks, schoolmasters.

The Press launching of the book 'Pilgrimage' was held in two dining cars in Waterloo Station."

From one whose heart's desire is to join the Travel Writers' Fraternity, thank you Mr. Wild for a charmer.

A hit in New York and London
I'M NOT RAPPAPORT

starts March 28 at the Playhouse Theatre after a successful run in Victoria.

Stuart Margolin (as Nat) and Sonny Jim Gaines (as Midge) lead the cast in this Tony Award-winning play about a feisty pair of octogenarians



who refuse to settle into the humdrum patterns expected of the old. They take on the muggers, the drug dealers and the authorities—including their families—who would

TRAVEL SECTION

Around the World on 12-Speed Bicycles

Editor's Note: While the rest of us were savouring the delights of EXPO 86, Gerry Taunton and Linda Symes of Ironwork Passage were embarked upon their own transportation odyssey, spending 1986 travelling around the world

on 12-speed bicycles. In this first article on their trip, Gerry and Linda describe the joys of cycling in the Alsace. If you are planning your own trip along these lines, Gerry and Linda would be delighted to talk to you.



After 358 days on the road, covering some 15,000 kilometers in 14 countries, where in the world do you start an article on bicycle touring?

For us, the logical place to start is the Alsace, in the north-east corner of France. The cycling here is amongst the easiest in all of Europe, and the inexperienced cyclist would be better advised to begin touring here, rather than, for example, in Holland.

Alsace is perhaps the most unusual of all the French provinces. From the start of the Franco-Prussian war in 1870 until the end of the first World War in 1918, Alsace was actually part of the German Empire. This heritage remains today, to be seen most vividly in the architecture of the region, in the dialect of its inhabitants (a mixture of French and German known as "frangermal") and in the local cuisine. Even the French tourist must sometimes feel he has entered a foreign country when he comes to the Alsace.

The best place to start a bicycle tour in the Alsace is from Strasbourg, the principal city of the region and seat of the European Parliament. There are good rail connections to Strasbourg from either Paris, Amsterdam or Dusseldorf, all of which are convenient destination points on the continent served by either Air Canada or CP Air. Don't be afraid to take your bicycle on the flight with you from Canada, but don't crate the bike for shipment. Strange as it may seem, you reduce your chances of the bike being damaged in transit by not crating it.

Plan for an initial 1-2 day stay in Strasbourg. Not only is there lots to see, but you will probably have to wait a full day for your bicycle to arrive, since it will be carried on an overnight freight train rather than on the fast passenger trains you will travel on.

The best areas to explore in Strasbourg are around the Place Gutenberg (nearby is the Cathedral of Notre Dame) and Petite France, a district of half-timbered houses with flowered galleries overhanging the Ill river. You can take an afternoon or evening river cruise if you wish.

Exploring should be done on foot as motorized traffic in Strasbourg can be heavy and there is a complex system of one-way streets in the downtown area. When leaving the

city, depart before 7 a.m. or on a Sunday to avoid being hassled by traffic.

Unless you are planning to visit Colmar, the second largest city in the area, leaving Strasbourg should be the only time you will contend with heavy traffic on your trip.

Make immediately for Marlenheim and the start of "La Route du Vin", a 120 km. journey through no fewer than 43 charming Alsace villages en route to Cernay. The attraction of the Wine Route is that you will, for the most part, be bicycling along quiet secondary roads, enjoying the beauty of the regions and looking forward to the surprises the next village has in store.



As you journey south, on your right will be Les Vosges, an escarpment of land high above the river valley below. Unless you plan to visit Haut Koenigsbourg (summer residence of "Kaiser Bill" himself, Wilhelm II), you will not face any really strenuous biking. We met a Canadian couple stationed at Lahr, West Germany, who had not been on bicycles in 10 years and who were easily coping with the terrain.

Alsace was the scene of fierce fighting during World War Two (the "Colmar pocket") and some of the villages have obviously been rebuilt during the past 40 years. Fortunately, some of the older villages escaped bombardment entirely, and in these you can get a sense of what life must have been like in the 16th and 17th centuries.

The "pearl" along the Wine Route is the village of Riquewihr, with its fortifications and old buildings completely intact. Cycling along the cobblestone streets, however, can be a bit jarring—push your bikes through the town. If you are the ghoulish sort, you can visit the Dolder and sample the delights that only a torture chamber has to offer.

Be warned though—Riquewihr in the summertime can be a bit of a tourist trap. This was the only village we saw where a parking lot had been constructed on the outskirts of the town to accommodate the 10 or 12 tour buses that arrived at the same time we did.

Far better to sample the ambience of Alsace in villages further south such as Kaysersberg or (our favourite) Turckheim. Half-timbered houses, profusely adorned with flowers, create the atmosphere that distinguishes the Alsace from the rest of France. After a hard (?) day's biking, there is nothing more refreshing than to sit at a sidewalk cafe, drinking the local wines and sampling regional dishes such as choucroute (sauerkraut), onion tourte and the yeasty raisin cake called kugelhopf.

Being wine lovers, we took special delight in stopping at wine cellars all along the route to sample ("degustant") the wines. It is surprising how sweet the wines of the Alsace can be, considering that only two days bicycling away is Burgundy, home of the Chardonnay and Cabernet grape. The local wines are, however, perfect for lunch or for after-dinner consumption.

Upon reaching Cernay, you have three choices—head south-east for Mulhouse and Switzerland, east for Freiburg and the Black Forest in West Germany, or south-west for Dijon and the Burgundy. All have their attractions, but if you wish to visit Burgundy, take the train from Cernay. As we soon discovered, bicycling across the province of France-Comte is not very inspiring.

Next time: Holland and Belgium

curb their right to live a satisfying life.

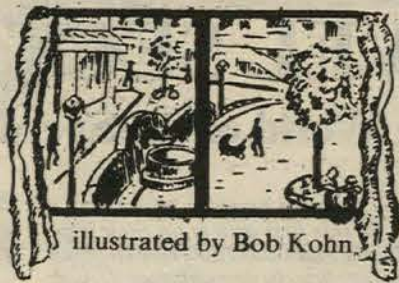
I'm Not Rappaport finds Nat and Midge on a bench in New York's Central Park, devising schemes to keep their independence. Nat's daughter is trying to commit him to what he calls a "home for the ridiculous" because she doubts his

capabilities; he survives by improbable impersonations. Midge's response is to hide behind the boilers he keeps—until Nat inspires him to action.

The Times Colonist called it "indisputably the best play of the season" and said, "The play is a beautifully written

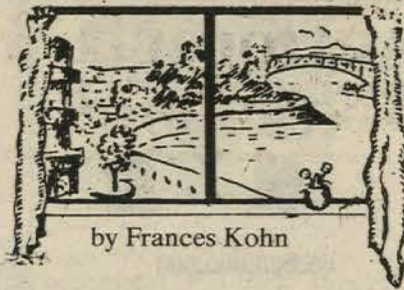
piece of art...stuffed with uproarious zingers..."

Shows nightly except Sunday at 8 p.m. and 2 p.m. Saturday. Call the Playhouse Box Office at 873-3311 or VTC/CBO at 280-3311. Discounts available for seniors, students and groups.



illustrated by Bob Kohn

WINDOW ON THE SQUARE



by Frances Kohn

Bygone Days Around The Creek

Life around False Creek has changed dramatically over the years. Back in 1859 when George H. Richards, Captain of the H.M.S. Plumper, chanced upon this inlet which he subsequently named False Creek, it was a quiet, sheltered waterway.

Douglas fir and other timber that fringed the swampy shoreline sheltered bear, cougar and other wild animals. Perch, flounder and sturgeon abounded in the creek while salmon spawned in nearby streams. At that time, too, an Indian village lay near Kitsilano Point.

All this solitude began to change around 1885 when the C.P.R. made plans to extend their western terminus from Port Moody to Coal Harbour and English Bay. A dramatic explosion in growth followed which eventually turned False Creek into an important industrial and commercial centre.

Following World War I, though, when ship building in False Creek was a significant industry, the area began to deteriorate. Haphazard growth, derelict buildings, squatters' shacks and immense pollution problems plagued the creek and its surroundings. Not until the 1960s were plans initiated to implement a massive improvement project which has made False Creek South the special place it is today.

A Neighbour Looks Back

With that brief sketch of the olden days, let's join a neigh-

bour, Mary Erickson, as she reminisces about her experiences here in the 1940s.



In the fall of 1946 Mary, her husband and young son moved to the False Creek area. Their house was on the south-east corner of 6th Avenue and Oak, where an apartment block is taking shape today. There were many other rooming houses close by, but theirs had seemingly been an old bunk house used for single men working in the mills. Mary thinks the house number was 976 West 6th. Right across the road on the north side was B.C. Forest Products (formerly Sitka Spruce) where Mary's husband worked.

Vancouver, at that time, would not rent to families with young children, so they had to live in this "quite horrible" place. Seven or eight so-called suites comprised the house. There were no sink or bathroom facilities attached to the suites. Shared bathrooms and laundry tubs were located on the main floor. Consequently,

water for dishes, baby's bath or anything else had to be carried into the suite and just as regularly carried out again. As for laundry, everyone had one day a week allotted for the use of the old-fashioned wringer-washer.

"It was terrible," recalls Mary, "sometimes it felt like being a farmer's wife." Two hot meals had to be prepared each day, as living so close to the mill, the men came home for lunch.

Cooking and heating was no simple matter. In the kitchen was the wood stove or range, and in the other room was a wood-burning heater for warmth. With no such thing as storm windows, Mary says it could be cold. Other reminders of earlier times were the chickens in the back yard, and horses used for delivering the ice for the ice box, milk and the Chinese-manned vegetable wagon.

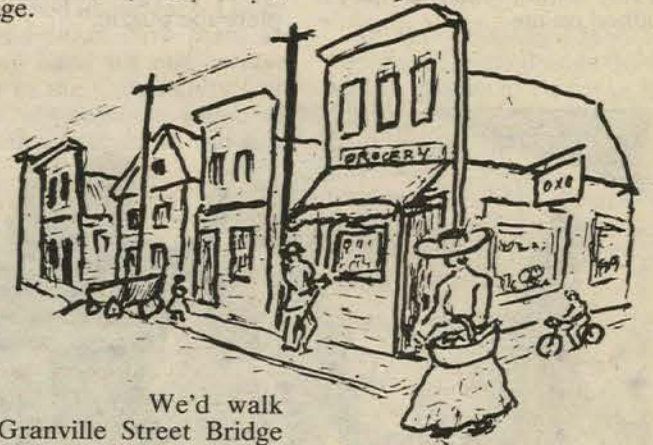
Traffic was a problem on 6th Avenue as trucks and other vehicles used it as a throughway. Mary tells about two occasions in which she heard a great hubbub outside with mad honking. Frantically, she ran out to find her toddler quietly standing in the middle of the street. She snatched him out of the way, and the trucks proceeded. It seems the reason he was unharmed was that he had sauntered out there rather than darting out.

"We walked a lot as we had no car. We'd regularly walk to Main Street to shop for grocer-

ies. There was a grocery at Broadway near Oak called The Piggly Wiggly. Although this was closer, I now had a new baby, and that was a steep haul up Oak Street, pulling a toddler and pushing a baby carriage.

ferries weren't there then so it was a lovely beach. We'd also take a boat to Belcarra Park, up toward Indian Arm.

It wasn't far to walk to Kitsilano Beach, where we'd



We'd walk over Granville Street Bridge on a Sunday, sometimes, for a meal or all the way to Stanley Park for an outing."

On a Saturday night for a little entertainment, they'd go up to Broadway, near Birch, to the White Rose Ballroom. There, with any problems forgotten for a while, they'd dance to the strains of a live band playing "lovely old ballroom music."

"I think Vancouverites have always liked picnics," Mary commented. "We'd take the street car into town to where the little ferries left for the islands and go to Bowen Island for a day trip. We had wonderful picnics. My husband and I would each carry an infant and a bag of lunch—fried chicken and potato salad. We'd go to Horseshoe Bay with friends who had a car. The

often go in the summer. When we had a chance to go in a car we loved to go to places like White Rock and Crescent Beach where the water was warmer." The Great Northern train also ran out to Crescent and White Rock at that time.

Mary recalled with pleasure the many happy times the family shared together in Vancouver, over 40 years ago. She also hastens to explain that although they experienced difficult times, largely because of a lack of household amenities, this was not the norm in Vancouver at that time. As Mary says, "The circumstances we lived under were like a previous generation. But now it's so different. That's why I'm getting such a charge out of living down here. Everything is so nice."



Leona Lattimer

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Found in the Filing Cabinet

As most of have just suffered the annual blood-letting of paying ICBC we need some comic relief.

Describe HAVOC in 25 Words or Less

Anyone who has ever filled out an insurance report on an auto accident knows how hard it is to summarize a disaster in the small space usually allowed. Here are

some explanations submitted to an anonymous property/casualty company by drivers whose writing abilities were obviously not much better than their driving skills.

Coming home, I drove into the wrong house and collided with a tree I don't have.

As I approached the intersection, a stop sign suddenly appeared in a place where no stop sign had ever appeared before. I was unable to stop in time to avoid the accident.

The other car collided with mine without giving warning of its intentions.

To avoid hitting the bumper of the car in front, I struck the pedestrian.

I thought my window was down, but found it was up when I put my hand through it.

An invisible car came out of nowhere, struck my vehicle, and vanished.

I collided with a stationary truck coming the other way.

I told the police that I was not injured but on removing my hat, I found that I had a fractured skull.

A truck backed through my windshield into my wife's face.

The pedestrian had no idea which direction to go, so I ran over him.

A pedestrian hit me and went under my car.

The indirect cause of the accident was a little guy in a small car with a big mouth.

The guy was all over the road. I had to swerve a number of times before I hit him.

I saw the slow-moving, sad-faced, old gentleman as he bounced off the hood of my car.

The accident occurred when I was attempting to bring my car out of a skid by steering it into the other vehicle.

I was thrown from my car as it left the road. I was later found in a ditch by some stray cows.

I was on my way to the doctors with rear end trouble when my universal joint gave way causing me to have an accident.

The accident happened when the right front door of a car came around the corner without giving a signal.

NO MONEY TO PAY YOUR BILLS?

A couple of Creek advertisers have the answer.

When asked why they haven't (paid their advertising bill) they cheerfully answered:

"The person who looked after our accounts payable has left."

McIVER'S

APPLIANCE SALES AND SERVICE

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on GRANVILLE ISLAND

ADMIRALTY INSURANCE now offers the convenience of one-stop insurance shopping on GRANVILLE ISLAND. We provide Autoplan, Business, Marine and Personal coverages including homeowners/condo, tenants and pleasurecraft.

For advice or a quotation, drop in and see us next to the Arts Club Theatre or call us at 669-6606.

ADMIRALTY INSURANCE • THE INSURANCE PROBLEM SOLVERS

The Rooftop Gardener's Notebook

by Susan Baker

Have you ever seen such rain? Unremitting, penetrating and cold. It must be our reward for such a soft winter this year. Or a reminder, like in a Greek play, of the sin of pride. Maybe if Vancouverites were not so proud of their city, it wouldn't rain so much—in punishment.

I have a green **Rhododendron Fletcherianum** just bursting into flower on my balcony. It's the colour yellow would be if it were a green and not a yellow, which means that it's not yellow and it's not green, if you catch my drift. When a Rhodo blooms early you are sufficiently pleased to see it so as not to dwell on the perfect beauty of the colour. Unless of course you are one of those pinched types who never feel gratitude for anything much less about a plant imbued with ambiguous colour.

Colour is my great passion in life (next to Beethoven piano sonatas and Cappuccino and several other unidentified objects of adoration). With plants the entire colouration holds my interest: stem, leaf, bracts, flower parts, even the colours of disease, like parrot tulips which carry a virus which produces a psychedelic colouration in the petals.



Have you not noticed the colour of tree trunks in the winter? Most of us enjoy the white or golden bark of Birch trees. **Ponderosa Pine** trees

have a rich chestnut colour in their bark, not to mention the exquisite bronzed purple of the new male cones. Sunburst Honey Locust has a black black trunk in the winter (especially when wet), but the shape is sinuous and uncommonly graceful in silhouette. You can observe these on the little knoll on Granville Island.



Flower colour is important when considering a limited opportunity for planting, a situation we commonly have in our False Creek setting. If you are to have something happening in every season, you soon find the field of opportunity for contrast and variation on a theme becomes rather rarified.

Take, for example, a dark patio garden with high fences all around and a northern orientation. The heart cries out for brightness but most plants require sunlight to bloom. Maybe the solution is a broadleaved evergreen plant with variegated leaves which have a bright yellow or creamy white flash. These variegated plants are usually sun-shy as shown by the lack of pigmentation in areas of their leaves. Like albino ponies, the light coloured areas are easily burned by exposure to direct sunlight.

Thinking about colour in a small garden brings me to consider two colour families in bloom at the same time. For example, early yellow **Rhododendrons** are not very intense

in colour, nothing like **Forsythia**, and might look very washed out teamed up with strong pinks. Light pinks like **R. Cilipenense** are lovely whites blushed pink but they need to be set off with dark greenery and not the competition of another colour too close by.

Against the yellows I prefer blue cast pinks or "blue" Rhodos in the visual arrangement. Blue will complement the yellow and make it appear even more yellow by association.

If you have Forsythia, as I do, snuggle it up to a vibrant, clear pink like **R. Phraecox** or, if you have anything in red this early, or blue **Muscari** in pots, they would look very dramatic around the base of the brilliant Forsythia.

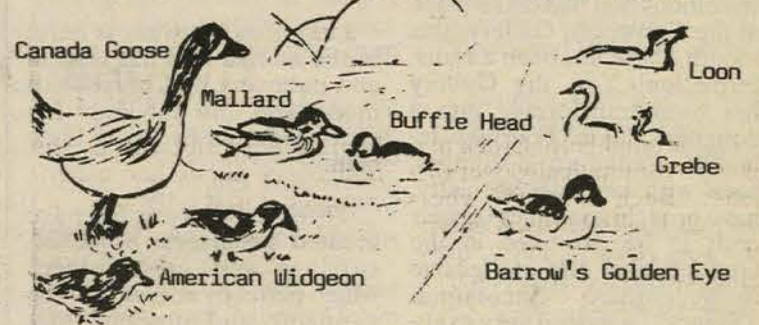
I used to think Forsythia was hopeless in a container garden because of its great size. I also have **Hamamelis virginiana** in a medium tub on the balcony. This plant longs to be 20 ft. tall so the struggle for domination has already begun. The Forsythia wants to be about 10 ft. tall and hang over into the neighbours' patio. These two early blooming, yellow flowering plants will have to be pruned and root pruned regularly and heavily in order to keep them in scale, not to mention in health.

It's really important to purchase trees and shrubs for container gardens in containers. Only a plant frustrated from infancy in a container can be maintained in a container for years on your balcony. I've grown "Forest Giant" seedlings in tubs but ultimately they decline and die in captivity. It usually takes about 5 to 10 years. Leave them in the forest.

Our Winter Visitors

by Julie Campbell

THE POND



Wintering-over on the Creek is something I have in common with some interesting neighbours—the visiting waterfowl.

Among those who stop over for several months each year in the fresh water ponds and the brackish Creek itself are flocks of American Widgeons, groups and pairs of Barrow's Golden Eyes and little Buffleheads. They join the more permanent residents, Mallards and Canada Geese who know a good thing when they find it, and the grebes, loons and gulls that come and go year round.

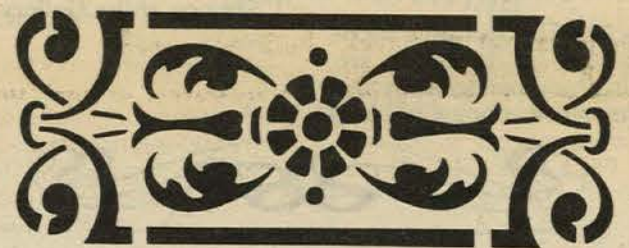
A surprising sighting of scoups, mergansers or surf scoters gives seawall strollers good reason to keep eyes alert.

There is a honking flypast each morning now as pairs of geese survey our decks for

suitable nesting areas. Mallard drakes are chasing drab females around the pond with

purposeful concentration. As we notice these early spring-time capers we may forget to say goodbye to our winter visitors. One day soon there won't be a golden eye in sight, the little buffleheads will no longer be tootling around the pond and the big flock of bald pates (American widgeons) will no longer be grazing on the grassy banks with the Canada geese.

They, like us, are thinking of flying north. Our seed catalogues have come in the mail and, after much debate, the order sent. Soon we will be heading for our island home to dig and mulch and plant and fence against the deer for another season.



ISADORA'S

Co-op Restaurant
on Granville Island

Presents:

a RANCHSTYLE SKATEBOARD CONTEST

Thursday, March 19th
Granville Island Waterpark

Mosey on down for lunch
and check out the ACTION!

P.S. our Take-Out window
will be open and serving hot & cold grits

I'm a paper packrat, the house jammed with piles and files of interesting, thoughtful, entertaining clippings and columns.

LONDON—a reply to the toast:

One of the basic British industries is toast-manufacturing. At the great toast foundries all the toast used by the restaurants in London is manufactured on Sunday nights. Enough is made to last all week. It is cut, dried and stacked. By Monday morning the toast is ready for distribution to the cafes.

Being practically indestructible, any toast that has not been used or carried off by the following Saturday night is taken back to the toast foundry. Here it is given a second hardening. This double-duty toast is then taken to the restaurants and put out with the ordinary iron-clad toast. Should any of it remain unconsumed or unstolen by the following weekend it is again taken back to the foundry.

Long-time Vancouver residents will remember delightful Sun newspaper columns by **Barry Mather**, MATHER'S NIGHTCAP. This one, yellowed with age, is still worth sharing. Ed.

Here that date is stamped on it. The degree of prevailing hardness is chiseled onto it. It is then triple-toasted. This is done by having slices of it raised to a great height and dropped to the ground. All the toast that survives unshattered is then collected and piled outside the rear of each restaurant. Here it is left for weathering. At the end of another week the toast is ready for service as roofing on government buildings. Either that or it is broken up by pneumatic drills for use as concrete paving at British penitentiaries.

The only mishap that befell any of us on this TCA trip occurred yesterday. One of our men was trying to lift a piece of British toast. It slipped off the table and struck him painfully on the foot. His foot will never be the same. However, the toast will.





Cartwright Gallery (Granville Island)

by Barbara Drew

Last month, we reported transitions that had taken place at the Cartwright Gallery; this month, there has been a transformation! Yes, the Gallery has been transformed into a designer's salon! Fourteen talented Canadian designers, each with her own specialty, have brought examples of their craft to be exhibited in the Gallery and the collective show, entitled "Uncommon Threads", is indeed very exciting.

Let me tell you about some of the pieces which, by the way, are for sale.

The woven inlay of designer Jill Couch's kimonos subtly suggests three seasons: snowflakes sparkle, brilliant leaves float and delicate blossoms triumphantly emerge. Two- and three-piece ensembles, shawls, scarves, belts and yet another kimono are variously represented in the work of other designer-weavers: Pirjo Raits, Kathy Robertson, Diana Sanderson and Mienke Mees. There are colours, both vibrant and delicate, to please all tastes.

Rosie Godbout's hand-woven and hand-dyed chenille de velours garments combine exquisite style and colour to achieve unmistakable high fashion.

Michèle Hardy, Leslie Richmond and Liz McIntyre are showing hand-painted silks and you have your choice of stun-

ning coat or graceful gown.

Luxurious knitwear is here, in the mohair and felt jackets and pullovers by Cheryl Redmond and the fabulous fur coats and hats by Paula Lishman.

Three jewellery artists have created necklaces, brooches, earrings and other pieces which perfectly accessorize the garments and produce that important "total look". Lynda Hickenbottom-Lord's designs, executed in enamel on copper, include elegant, asymmetrical neckpieces, belt buckles and unmatched earrings. Paula O'Keefe, using dyed rayon fabric combined with metal, has designed and crafted cuffs and anklets in addition to more conventional jewellery. Meg Hannan is showing innovative earrings, brooches and bola ties. These "minicanvasses", made of painted fabrics, are lightweight and treated to be water resistant.

Finally, I suggest that you must see for yourself the extraordinary neckpieces by Michèle Hardy.

"Uncommon Threads" will continue at the Gallery until April 5th, but do come in soon, because you will surely wish to come more than once.

See you at the Gallery.

FALSE CREEK COMMUNITY ASSOCIATION

The March 4th meeting was attended by Rod Malkin (City Engineering) to discuss the long promised False Creek Traffic Study.

Monitors will be stationed at Lamey's Mill Rd./Anderson, 6th/Alder, Moberley/6th, Commodore/under Cambie Bridge and 1st/Quebec. Licence plates will be recorded to determine the volume of local and through traffic, on a Tues. Wed. or Thurs. for a two or three-hour period ending at 5.30 p.m., thus including normal day-time and rush-hour traffic.

Mr. Malkin will present the results to a subsequent Association meeting to discuss feasible remedies if these seem indicated.

At the April 1st meeting another member of Engineering staff will attend to discuss Granville Island traffic.

NAME CHANGE

What we've referred to as "The Imperial Site" has a new owner. We should now refer to it as **THE POLYGON PROPERTY**.

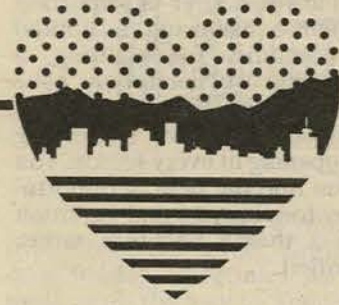
Many people have been mystified at Monk McQueen's being able to use waterfront land for parking when the City refused to permit similar legal use of other sections of the vacant site.

Rod Malkin explained that an "abutting landowner" can be granted temporary use

of adjacent land. Monk McQueen's have such a lease until April 30. Thereafter a renewed lease can be terminated on 30 days' notice.

Mike Bocking from the **Beach Avenue Marina** was welcomed to the meeting. About half of the 50 slips are occupied, mostly by live-aboards, some of whom have discussed concerns about the eventual development of the north shore.

Mike Bocking attended the meeting to find out about the Association's structure and purposes and to see if organizing to affiliate with it would be useful.



On behalf of the Council of the City of Vancouver
I hereby recognize

FALSE CREEK COMMUNITY ASSOCIATION

with thanks and appreciation
for contributing to the betterment of our City
as it enters its second century.

Mayor



The Vancouver Gifts Program is a Centennial Project of the City of Vancouver, and is supported by VanCity Credit Union.

Mr. David Osborne
President,
False Creek Community Association.

Please find enclosed the Certificate of Recognition from the City of Vancouver for the False Creek Community Association's contribution to the School Green playground. All the comments I have received have been positive, and I thank you for your patience and co-operation.

Yours truly,

CAMERON GRAY, Property Development Officer

Note: The Association contributed \$1500 for the basket ball hoops.

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Make-Up

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20% OFF until April 30/87

SCHOOL NOTES

by Debby Meyer

Our school's Safe Arrival Program has been in place since mid-January.

Thirty parents volunteer their time daily on a rotating basis to provide a "safety net" which ensures our children's safe arrival to school each morning. About 70% of the school's children are involved in the program. The parents of any child absent from the classroom without a notification phone call will be contacted by the Safe Arrival volunteer on duty that day. Mrs. Learmonth (school secretary), Mr. Deane and the teachers all contribute to the ongoing success of the Safe Arrival Program, as well.

He spoke about "The Productive Use of Television: A Focus for Parents". The subject matter was certainly of interest to the 25 parents attending the lecture and Dr. Ungerleider brought up many points for us to consider when dealing with our children and television.

He had two rules when answering the question, "What should we let our children watch on television?"

- 1) let your children watch only what you can explain to them in their own words, and
- 2) let them watch only what you are willing to explain to them.

Regarding violence, he stated that hockey and football were the most harmful programs for children to watch because the violence in both sports is socially supported. The closer the television violence is to real life the more likely it is that children will model the behaviour, especially when the violence is accepted by society.

On February 10th we had a special evening presentation by Dr. Charles Ungerleider. Dr. Ungerleider is an Assistant Professor at UBC in the Department of Social and Educational Studies and a False Creek resident.

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RE/MAX Realty Associates



Heartfelt thanks to all who contributed so generously to the Heart Fund during this year's campaign. We raised approx. \$2,500 in False Creek.

Margaret Drisch and June Murphy, area organizers, thank the following False Creek Canvassers:

Thomas Kirk, Beryl Wilson, Sandra Gilmour, Thelma Campbell, Pat Westell, Mrs. Houston, Yvonne Loudon, Sylvia Sanchez, Marilyn Turner, Sabrina Marshall, Mrs. Alford, Kathy McAuliffe, Rosemary Aikman, Pat Nesbitt, Anna Daniels, Nancy Clarke, Joyce Clough, Mrs. White and Robin Pearce.

Special thanks to our invaluable phone person Evelyn Cruly.

In Fairview Slopes, the canvassers were: Mr. & Mrs. Sam Stewart, Joni Johnston, and Alan Acott.

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\$45/double
\$30/single

"on the False Creek Seawall"

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The Food Page

Fats that Heal, Fats that Kill

Why a book on fats and oils?

Several steps led Creek resident **Udo Erasmus** to write **FATS AND OILS: the complete guide to fats and oils in health and nutrition** (Alive Books; hardcover; 363 pages; \$29.95; available in health food stores and bookstores).

"First, I got sick," he says. "Doctors could not help me. That forced me to take responsibility for my health and sparked my interest in nutrition."

Second, I discovered how many degenerative diseases involve fatty degeneration (cardiovascular disease, cancers, diabetes, arthritis, premenstrual syndrome, and many others). Third, I got angry at the confusion around fats and oils in books about health and nutrition. I decided to get to the bottom of it. My background in Life Sciences proved helpful.

Fourth, I met some people who encouraged my

interest, and a woman who knows how to apply fats and oils in the treatment of degenerative diseases. Last, because I feel a great love for molecules and for people, I wanted to help inform the latter with my knowledge of the former."

The book is aimed toward two audiences: interested non-professional readers and health professionals. The writing style is lucid and the language non-technical. For professionals, a few biochemical diagrams have been included. These can be ignored without losing the story.

FATS AND OILS gives us the big picture: the cast of players in the fats and oils drama; processing, the industry and advertising; fats' functions in the body; the kinds and quality of fats found in foods; research breakthroughs and therapy with oils; diseases of fatty degeneration; and an overview of health. History, tradition, science and common sense are woven together into

an informative, readable narrative. **FATS AND OILS** shows us simple ways in which we can protect ourselves from fatty degeneration.

Because each chapter (59 in all) can stand on its own, **FATS AND OILS** can be started from the front, middle or back, depending on the reader's specific interest.

FATS AND OILS has been well received by doctors and researchers in the field and by non-professional readers. It is attracting good media coverage. Everyone can benefit from the information it contains.

Udo Erasmus is giving lecture presentations this spring in Community Centres and other Lower Mainland locations.

The False Creek Community Centre presentation takes place on **TUESDAY, APRIL 14** from 7.30 to 9.30 p.m. Call the Centre for details (688-9478).

LOW FAT COOKING

by ORIANA

For me it started after I experienced a traumatic accident and was suffering from arthritis.

I went to live in Australia for four years, to escape Vancouver winters, determined to restore my health. Discovering a new Low-Fat method of cooking changed my life for the better.

Back in Vancouver feeling healthier and happier I am

operating my own business offering Low-Fat Cooking Classes and Catering Services.

I hope to offer a short course or workshop at the False Creek Community Centre. Meantime, try this recipe.

For more information, write **ONLY ORIANA** #271-810 West Broadway Vancouver, V5Z 4C9

HERBED TOMATO CHICKEN BREASTS (Serves 4)

- | | |
|------------------------------------|-------------------------------|
| 4 Chicken Breasts, skinned & boned | 3 carrots, peeled and chopped |
| 1 large onion chopped | 1 cup dry white wine |
| 2 cloves garlic, chopped | 1 tsp. thyme, basil, oregano |
| 1 stalk celery, chopped | 1 Tbsp. fresh chopped parsley |
| 1 14 oz. (398 ml) can tomatoes | ½ bay leaf |
| ½ cup tomato puree | Black pepper to taste |
| 2 green peppers, diced | |

Wash chicken breasts, remove any excess fat and cut into bite sized pieces. In a large frying pan, heat 1 cup water to boiling.

Add onion, garlic, celery and simmer for 3 min. Add tomatoes, chicken pieces, and bay leaf.

Cover and simmer 10 minutes. Add peppers, carrots, white wine, tomato puree, thyme, basil, oregano, parsley, and black pepper to taste.

Simmer for another 10-15 minutes or until chicken is tender. When ready serve on a bed of rice, with a green salad.

HERBAL TEAS: THE SAFE ALTERNATIVE?

Are you overwhelmed by the number of herbal teas available? No wonder. There are literally hundreds of herbs and spices that are used to concoct brew mixtures. One popular Swiss herbal tea alone lists over 50 ingredients.

WHY ARE HERBAL TEAS SO POPULAR?

Because they claim to pick you up, calm you down, speed up or slow down the bowels, and even improve your sex life. Many are taken to escape "the evils of caffeine" and some exist solely for the pure sensory pleasure of their colour, scent or taste.

ARE HERBAL TEAS SAFE?

Most of our foods come from plants, many of our drugs come from plants and so do our poisons. The dangerous leaves of the rhubarb and poinsettia, the "high" the family kitty gets from catnip are well known. But who would suspect plant poisoning as close to home as your tea cup? With the growing popularity of herbal teas, poisonings from plants are increasingly more common.

Currently in Canada, there are no government regulations controlling the sale of herbal teas. Some ingredients are safe, some are not. Therefore, knowledge is your best protection. Know your herbs and how to use them.

USERS GUIDE TO HERBAL TEAS

Treat herbs as drugs: Because teas are beverages and often taken with meals we tend to think of them as food. They may, in fact, have ingredients that are foreign and therefore toxic to the system in the same way that caffeine and alcohol are toxic.

The toxic ingredients are usually present in low concentrations so drinking a little presents no problem. Some teas, though, are combinations of herbs that may "potentiate" or increase the toxic effects of each other. The tea may also increase or decrease the effect of a drug being taken.

Introduce a new tea slowly:

Brew weak at first. Allow the tea to steep for a few minutes then remove the herbs. Drink only in moderation until the tea's effect on you is known to be safe.

ARE ALL HERBAL TEAS CAFFEINE-FREE?

No. Herb or spice blends that contain black tea, green tea or mate have caffeine. Read the label.

IS IT SAFE TO TAKE HERBAL TEAS DURING PREGNANCY?

Why take chances, herbs are drugs and should be used with the same caution as any other drug during pregnancy. Teas considered safe during pregnancy are listed here.

SHOULD YOU GIVE HERBAL TEAS TO INFANTS?

Once again, herbs are drugs and are not appropriate for infants and may even be harmful. An infant has little defence against allergic or toxic reactions. Giving chamomile or fennel tea for colic is not recommended.

MIND-ALTERING

These affect the central nervous system. Typical symptoms are blurred vision, dry mouth, inability to urinate, bizarre speech and behaviour including hallucinations.

- | | | |
|------------|----------------------|----------|
| Hyssop | Juniper | Catnip |
| Hydrangea | Kavabava | Lobelia |
| Jimsonweed | Nutmeg in high doses | Wormwood |

ALLERGIC REACTIONS

These should be avoided by sensitive persons such as those allergic to ragweed. For all persons they should be consumed in moderation only (not more than 2 cups/day and not on a daily basis).

- | | |
|----------------------------|-----------|
| Yarrow | Marigold |
| German and Roman Chamomile | Goldenrod |

OTHERS TO AVOID Ginseng Fennel

These two have hormone-like affects such as painful or swollen breasts even in men. Prolonged use (over 6 months) may cause insomnia, diarrhea, and depression.

Licorice Root

In large amounts may cause water and sodium retention, possible hypertension and even cardiac arrest.

Read Labels: If the herbal tea package doesn't list ingredients DON'T buy it!

INGREDIENTS CONSIDERED SAFE

- | | |
|--------------|-------------------------|
| Peppermint | Red and Black Raspberry |
| Dandelion | Ginger |
| Slippery Elm | Mellissa or Balm |
| Spearmint | Cayenne |

None of the above teas have been known to cause birth defects.

INGREDIENTS TO BE AVOIDED

DEADLY

- | | |
|-----------------|--------------|
| St. John's Wort | Sassafras |
| Golden Seal | Calamus Root |

SEVERE DIURETICS OR STRONG LAXATIVES

- | | |
|--------------------------------|-------------------------|
| Juniper Berries | Alfalfa Tea (in excess) |
| Seena Leaves, Flowers and Bark | Buckthorn Bark |
| Shave Grass (horsetail) | Aloe Leaves |
| Dock (Burdock) | |

Nutrition Hot Line



Monday to Friday
9.00 a.m. to 4.00 p.m.

Now you can find out everything you always wanted to know about diet, nutrition and food—and were afraid to ask! And it's free!

DIAL-A-DIETITIAN is funded by the B.C. Ministry of

Health and is affiliated with the B.C. Dietitians' and Nutritionists' Association. Ask about fad diets, calories, special diets, cholesterol, calcium, caffeine, food storage, etc.



And from our man in Victoria, **Ron MacISSAC**

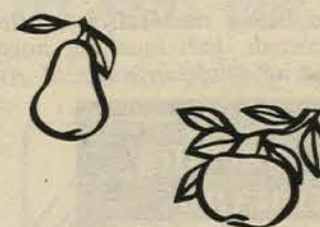
Wild Food

Now is the time to eat the wild foods. The tomatoes coming up from the south have no flavour or significant nutrition. A piece of kelp in your soup or stew will add the flavour of the equivalent of five spices. All of the sea vegetables are edible.

Spring fiddle heads are a popular gourmet food but they have recently been discovered to have some small element of a cancer causer. Mind you, too much of any vegetable is often poisonous. People have been known to die from eating too many apple seeds!

The first bullrush shoots and fireweed shoots are much tastier than their similar domestic vegetable, the asparagus.

Do not think because you see a bird eating a wild berry it is safe for you. The holly berry is consumed by birds safely but poisons mankind. Other berries that will poison you are the yew, daphne, privet, laburnum and lily of the valley. The tastiest jam that you can eat, better even than strawberry or raspberry, is the jam made from salal berries. They will be out soon.



CLASSIFIED

Deliver copy to the Creek mailbox at the Community Centre by 5th of the month. Include cash or cheque, payable to THE CREEK. 20 words \$4 (min.) 30 words \$6.

ADVERTISING REPRESENTATIVE

The Creek needs ad. sales rep. This is a part-time, commission job. Call Creek Office 734-3369.

7th Ave. MUSIC STUDIO

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SEA VILLAGE FLOAT

SEA VILLAGE FLOAT HOME

(the one with the fish vane on top) \$1250/month Tel. Barbara McGuire 687-4124

HELP WANTED

Part-time Medical Office Receptionist required for doctors' office in False Creek. Send resumes to 659B Moberley Rd., Vancouver, V5Z 4B2.

When you SUPPORT CREEK ADVERTISERS (without them you wouldn't have it) remember to say you "saw it in The Creek".

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Bianchi Grissly	\$619	\$569

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THE ARTHRITIS SOCIETY

FROM THE MacISAAC COLLECTION WORD ORIGINS

To Stand the Gaf: from the Scottish, gaf, meaning noisy and insulting language.

frequently sends Helpful Hints information for arthritis sufferers.

ON BUYING GIFTS

Wondering what to buy for someone with arthritis?

How about a wheeled trolley, a book-stand, a hand-held shower attachment, or kitchen shears? Elasticated gloves (Iso-toner or similar) can gently massage chilly hands, and hands too swollen or tender to fit into gloves can be tucked into a muff.

Lightweight telephones, irons, pots, pans and dishes are a boon; a duvet is easier to handle during bed-making.

Vacuum cleaners are heavy and awkward. How about an Elektrikbrook, or a hand-held device such as a Dustbuster?

A card-shuffler and/or holder would be a nice surprise for a card-sharp.

The nicest gift of all is time. If you know someone with arthritis, why not volunteer to address their Christmas cards next year, or prepare a dish to take along when invited for dinner?

If you are the one with arthritis, don't be afraid to let friends and relatives know what they can do to help you.



Taking the Pain Out of Travelling

If you have arthritis or some other disability, the thought of vacations probably fills you with dread. Yet today, travelling with a disability is very feasible.

First, decide what type of vacation you want. Where do you want to go? How do you want to get there? Where do you want to stay? During this crucial planning stage, ask questions—lots of them—no matter how insignificant they might seem. They are the key

BY RAIL

If mobility isn't a problem for you, rail travel might provide an economic vacation. Advantages include downtown-to-downtown stops and a variety of scenery. Your questions might include:

- Can you easily transfer from one car to another if necessary?
- Is it feasible to change trains at a station if necessary?
- Can you get up and move around, if you find sitting for long periods of time uncomfortable?
- What special services are available to the disabled traveller?

BY BUS

The bus may be the most practical form of transportation for those hard-to-get-to-places. Buses also may offer discount fares, or other special services to the disabled traveller, but ask these questions:

- Will I need to change buses? If so, will I need someone to help?
- Are there enough rest stops to accommodate my rest-room needs?
- How long is the journey? Can I sit comfortably for that length of time?
- What's available in the way of refreshments, meals? (Bus terminals food facilities are not always easily accessible.)

BY PLANE

With so many airlines offering competitive prices, air travel has become an option even for those on a limited budget. Your questions might include:

- If I need a wheelchair, can I make arrangements in advance? Can I board on an airline wheelchair and store mine with my baggage?
- Can my cane or walker be stored during the flight?
- Do connecting flights allow enough time for me if I'm moving slowly or require airline assistance?

BY OCEAN LINER

Cruises offer a wide variety of experiences for the dollars you spend, including good food, good service, and great sightseeing. If you're thinking of a cruise, ask about:

- Where is point of origin? How feasible is it for you to get to and from that point?
- Ports of call. Will the ship dock at the port or anchor off-shore? If it's off-shore, will that pose a problem for you?

Once you've decided how to reach your destination, think just as carefully about where you'll stay. Does the hotel have rooms that are accessible to people with special needs? Are there better rates for mid-week stays? Always call, inquire, and make reservations well in advance.

If you're on your own, it's worth considering travelling with a group, especially if you're venturing abroad. Customs and immigration procedures—often lengthy and tiresome—are often much simplified, and best of all—someone else does all the planning! Be sure, though, to investigate all other services available for your particular needs.

A pleasant, relaxing trip is within your reach. Just remember to plan ahead and ask lots of questions—you'll be glad you did!

The Creek

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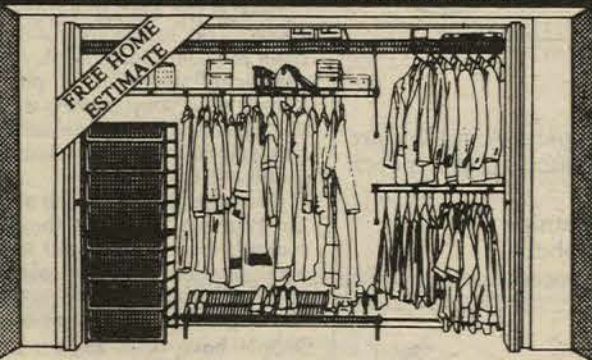
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