

The Creek

AUGUST 1987

VOL. 6 No. 8

'Serving False Creek, Fairview Slopes and Granville Island'

Herb Hangs 'em Up!



The familiar tools of a dedicated worker.

Leg-In-Boot Square will seem different for many of us now. **HERB SCHWAB** has retired, ending 32 years with **Stanzl Construction**. He was their first employee and the first on-site worker at **False Creek**. Herb never left and never took a holiday until his retirement on July 31, 1987.

We've watched Herb take care of the maintenance and gardening, yet none of us knew about many of the things he did around False Creek, and for Stanzl, and at home. He was much too private for that. But his highly charged "Good mornings!" revealed a person that was wonderful to be with, although he preferred to

be alone.

For some who have lived around the square, Herb became as important as the maturing trees, the period light standards, the historic names, the boats, or the ever-changing parade of people. Herb gave an attitude to the square. A quiet dignity and joy. Both were ignited when you said, "Good morning, Herb!" His response would brighten the darkness, warm the rain or make a glowing morning become an unavoidable experience to be contemplated. "Oh, good morning, Sir!" he would say in his still rich Austrian accent, "Isn't it a wonderful day?"

And it was a wonderful day,

suddenly brought into perspective with the sparkle of this eccentric man whose major role was to enhance all that was around him. Herb became the humanity the square lacked in the early days of being mostly concrete and stone. With a deep love of plants and gardening, Herb tended religiously to the trees and other greenery. As the square blossomed, Herb became the gate-keeper to the very special place it is today.

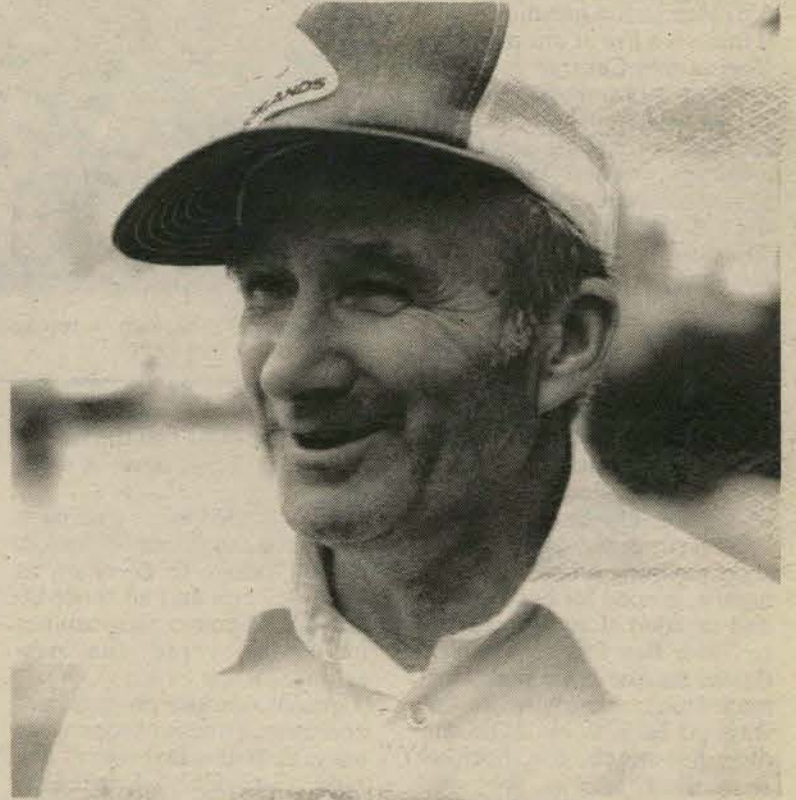
For all who were enhanced by his cheerfulness, his sparkling eyes, the explosive smile, and the motivating minutes at daybreak, we say, "Good day, Sir. And thank you!"

his foul-weather gear on all the others, Herb could be seen cleaning the unique stone-paved square, rain or shine.

'Eccentric' is easily attached to this man who was the first worker on the False Creek site. He has seen the area bloom into a neighborhood that has spawned jet-setters, families, small businesses, and the 'who's who' in evening dining.

Herb is one of the few that saw the Creek come alive with the "liveaboards", John's pub, Pasquale's pizza, the "Pear's" group (False Creek's first-families who built the ten townhouses on Millbank overlooking the marina), Bill and Doris' DORILLS, Beryl's monthly commentary, 'THE CREEK', and the resident "Mayor" (Art Philips), all of whom care so much about the area.

These are some of the original faces of False Creek, but Herb was the first of all.



Pride Pushes the Broom

What makes Herb Schwab such a lovable character? Is it the two day beard, the quickness of his retort, the accent, the t-shirt 'uniform' or the spark in his eye? Is it his irrepressible good humor in the rain? Or is it his overwhelming commitment to be his own man while, along with his lovely wife, quietly raising a family and putting his three children through university.

Is it that unusual to have worked for one loyal employer for 32 years? (Herb came to Canada in July, 1955, joined Stanzl Construction only eight weeks later and never left the company.) Or is it the long hours tending the garden at his home?

To many of the denizens of Leg-In-Boot Square, Herb's eccentricity is simply his pure pride in living as he saw life should be lived. His boss, 'Stanzl' General Manager John Dries, says Herb was never a complainer, never a slacker, never a person who had to be prodded.

And that fits the familiar picture of Herb. It was his pride that pushed the broom, snaked the hose across the square and daily filled the pail with the constant paper and leaves that ensured his work was never done.

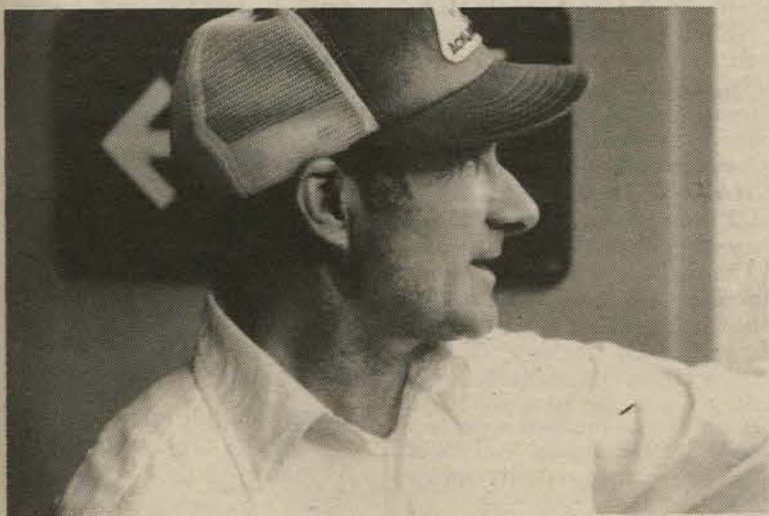
It was his pride, carried with dignity and joy, that made Herb a must encounter for many at the start of a day.

A 32 Year Companion!

In his 32 years with Stanzl Construction, Herb Schwab always drove a truck. For the last several years it was a GMC 3 ton. Not just a work vehicle, it was Herb's only transportation; he never owned a car his whole life. The Stanzl truck was his steady helpmate, his lunch-room, and a trademark announcing that "he must be around here somewhere!"

In 1986, the trademark and the man became inseparable when his employer gave him the truck to acknowledge all his efforts. Herb's pride was expressed when he immediately replaced the Frank Stanzl Construction signs on the door with "Herb Schwab, Vancouver, B.C."

Now both Herb and the truck are retired from active service, but still going strong.



False Creek's Special Face

While the complexion of False Creek continues to evolve, there are some unmistakable faces linked with its very special development and beginnings. One of them belongs to Herb Schwab, the familiar figure that has become a trademark of the Heather neighbourhood built around the

marina and the focal point of Leg-In-Boot Square.

Herb is the tireless maintenance man with hose, pail and broom, seen every morning in the square at day-break or in the morning darkness. Normally a solitary figure in his white t-shirt and peaked cap on nice days or



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

The Editor and Chief Staff Reporter of The Creek like being treated as a serious publication when that means invitations to festive functions. We appreciate people apprising us of local events. But NEVER at 6 o'clock in the morning, even if there is a fire at our precious Community Centre.

What normal people are even up at that hour? Creekview's Joan Abbott is for one and she phoned the Creek Office as soon as she spotted the fire engines at the Centre. The roused-from-deep-slugger staff person mumbled "No I don't want to cover the event at this hour."

Creekview people are certainly watching out for us, for 15 mins. later Irene Wood called. This time the re-awakened body replied "I'll read all about it in The Sun tonight."

Nevertheless, one grumpy reporter flung a coat over her nightie, groped for her camera, and shuffled along the seawall to Alder Bay Pier. No sign of flames and the brain said "Firemen won't want you in the way; go back to bed." So she did. So much for Serious Journalism.

For those who don't know, the fire started in the sauna, which is now black and charred. Part of the beams will have to be replaced. Nothing else was



If you're little enough, a few inches at the Waterpark is enough to pretend you can swim in it.

ruined but there are plenty of blackened walls and the stench of smoke everywhere.

By now the Centre staff have relocated the office to the less smoky lounge to carry on as best they can and all those involved in summer programmes have discovered the new arrangements.

All the outdoor programmes continue; Fitness classes were cancelled; the Day Care, Karate, Tai Chi, Awareness through Movement and Yoga classes have all been moved to Kitsilano Community Centre.

Brad Wood's first comment was "Now we've learned what people use most are THE

WASHROOMS." He added the community response was wonderful. People were quick to offer help; the Netherlands and Creekview Co-op have made their community space available for the meetings that had to be relocated.

Mercifully there were few rental bookings. The one wedding party did not take their cancellation as a sign to reconsider; they found another place.

Planning for Fall proceeds on the assumption the Centre will be fully operational for REGISTRATION on Sept. 12 and programmes start date: Sept. 21st.

Dear Fellow Creekers

The Editor said I could have space this month to hand some bouquets and large Thank You's to the committee members who worked so hard, in a very short time, to pull together the wonderfully successful July 1st we all enjoyed.

To LINDA BUNDRANT, CLINTON HUSSEY & GRAHAM BLEASDAL who

not only purchased the supplies and made the community a splendid, permanent stage (with the generous help of Windsor Plywood) but also provided first class entertainment all day. To SUZANNE STRUTT and again LINDA BUNDRANT who had fantastic children's programming and kept it running smoothly all day. To MARY WHITE and

the Seniors who ran a great Bingo Game and made sure everyone had a super time. To LINDA ABREY, a very talented lady, who organized the Imagination Workshop. Children and adults alike had so much fun they didn't want it to end. To BLUE THADDEUS and SUZANNE STRUTT for the success of the TEDDY BEAR'S PICNIC. To

RICHARD THADDEUS and SHEILA FOLEY who ran the food concession and kept everyone fed and happy. (Sheila's beautiful Canada Day Cake was scoffed before most people saw it!) To RICK BOREGJZA and NANCY McWHINNEY who staged the Bike Parade. (If you wondered who to blame for being wakened early by the bagpipes — me!) To COLIN ATKINSON and his PACIFIC ROADRUNNERS who ran a well organized and successful Beer Garden—and to the Rowing Club for keeping it problem free by acting as security. To PAULINE KOWBELL, CAROL NASH and the SCOUTS who managed to keep smiling despite the line-ups at their Pancake Breakfast. To NANCY McWHINNEY for efficient Treasury duties. Nancy is such a dedicated (i.e. penny-pinching) treasurer I actually witnessed her scavenging garbage cans for pop bottles! To OKSANA MAZUR, DOUG ALEXANDER and BILL POOLE who ran the games all day. A special Thank You to Bill Poole who arrived first thing in the morning, said "What can I do?" and spent all day "doing".

(It's SAID as Oksana had to be on site at 7 a.m. she asked the Parks Board to turn the lawn sprinklers on at that time so she could shower whilst carrying tables across the lawn. Fully dressed!) To DENNIS HENDERSON who did such a wonderful job as M.C. all day To BRAD WOOD who has not yet learned how to paddle his own canoe. To TODD LOWE who spent hours cleaning up the adventure playground. To DONNA, LEYLAND, SONJEFF and all the other people who turned up first thing to say "How can I help?" To the KIWANIS CLUB for their

rate be changed to:
25¢ /hour, 24 hours a day

Yes, your visitors will have to pay to come to lunch or dinner but, with luck, at least they WILL be able to park. Try finding a place on Fairview Slopes now that 7th & 8th Avenues seem to be entirely Permit Parking.

We all know it's a long way from a City Council approval to Action by Engineering. The person responsible for seeing these things happen is Bob McDonald, Parking Engineer. His tel.no. is 873-7347. Keep phoning.



Polygon Properties Limited

invites

False Creek Residents

to an

INFORMATION MEETING

on the development plan amendments for the vacant lands between Moberley Road and Spyglass Place

TUESDAY, August 25 at 7.30 p.m.
in the
False Creek Elementary School Gym

Polygon representatives and the architect will have coffee and dessert with those who may have questions.

KIDFINDERS programme.

And again to RICHARD THADDEUS who gave so much of his time and expertise to a very green chairperson. He had all the answers and was always there when needed.

These people are unique and special. They care about their community and worked very hard to make a successful July 1st.

My sincere thanks to them all. CAROL ROACH Chairperson.

Even though this scoundrel Carol Roach, holder of the only complete list of July 1st Sponsors To Be Thanked, disappeared on holiday, we managed to thank all but two of them in last month's report. Apologies to 6th AVENUE CYCLES and VIDEO STOP for missing you out. (Toldya we'd getcha, Roach.)

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From The Editor's Desk

Herb's Farewell



If you want a job done right, do it yourself. Yes?

Herb Schwab did. On Saturday, August 8th he threw his own Retirement Party at the Holiday Inn.

He was so determined to have everything just right, a couple of weeks beforehand he even invited a dozen or so people to a Rehearsal Lunch, to test the wines to be served on the Big Occasion.

He invited musicians to play the music he likes, and singers to sing his favourite songs.

He greeted his assembled company: "The first surprise is that I am not going to make a speech." But he did want to talk briefly about SUCCESS. "I started with the company 32 years ago; I started right down at the bottom, and 32 years later... "He's still down at the bottom" chimed in Karen, Stanzl's general factotem

You've all met those Old Country parents who feed you until you're too stuffed to move.

Herb is one. After insisting we all eat at least two desserts, he circulated with trays of fruit.



This was not a mock-up of The Creek front page; it WAS the front page, all completed a week early, courtesy of one of Herb's many fans, Dale Partidge and his EQUITY COMMUNICATIONS staff.

The Square's mailman, John Patterson (who even reads The Creek) was there; Ed Beglaw, who has serviced Herb's trucks all these years, was there. About twenty faces were familiar, from around The Square, but Herb wouldn't be persuaded to introduce everyone. "No, it would take too long. We are just here to eat and drink and have a good time, not to listen to me talk a lot."

Everybody has his own Herb story, like the Stamps' regular who said "I used to see him from my Moberley apartment, at six in the morning. He'd bring great bags and cardboard boxes to tip into the garbage container at Stamps circle—then he'd climb right into it and stomp the boxes down."

Herb's his own man alright. Not only did he upstage his boss John Dries by arranging his own retirement party, when the traditional piece of gold was given it wasn't from John to Herb. Oh no! Herb gave

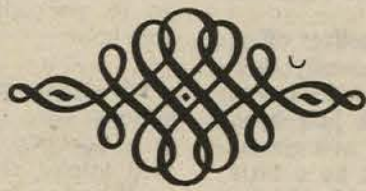
one to John—and not a gold watch, but a hundred dollar gold coin.

In his warm and humorous tribute John Dries said it wasn't all roses. "You did manage to make some people mad, Herb. I never knew a broom could make so much noise at 6 a.m!"

When I sighed to Tom Ashbaugh "To think I've lived in False Creek nine years and never met Herb until I came to his retirement party" Tom quipped "Yeah, this is one of the few places where living on the East Side is living on the Right Side."

No-one has ever had the WHOLE front page of The Creek to himself before, Herb. When you're a legend in your own time, it's no more than you deserve.

In fact, in time to come people will say, "The September '87 issue of The Creek?—oh yes, that was The Herb Issue."



Last month's Creek Carrier Treat was provided by JONATHAN'S RESTAURANT and we decided Linda and the Editor-turned-Distribution Manager deserved it. What a treat it was too.

When our charming waitress learned we were "The Creek Ladies" she was determined we would have their chocolate mousse. Trust us! When next you're there, succumb and make room for the mousse.

Owner Jody Cheung came over to say "hello." Did you know the restaurant is named after his small son, Jonathan, "because I couldn't very well call it 'JODY'S.' But I've told him when he's ten years old he'll have to work in the restaurant; after all he can't expect to have it named after him for nothing!"

This Month's Creek Carrier Treat

From



Broadway & Cambie

"The Creek's getting bigger" so many people have said in recent months.

It's always eight pages, so they must mean it's getting better.

Thanks for the compliments. Some of them go to Linda Bundrant. If it's looked better these last four months that's due to Linda putting in 10-15 hours each month on layout and paste-up. It's a big job for an untrained novice; working alongside someone who's better it can almost be fun. I even buzzed off to some media bash

at the B.C. Complex last time and came back to find Linda had finished it.

But one of Murphy's Laws is All Good Things Come To An End (Murphy doesn't explain why). Just as we're developing into a good team Linda heads back to the school books next month.

If there's another Creek reader out there with a some graphics skills and a dozen hours to spare each month, do call 734-3369.



Baseball Blooper

Of course those of the baseball cognisi knew we blooped last month with the names of our stalwart baseball helpers. There's no such person as Mike Kowbell around these parts. We meant MIKE HORYZA, our splendid neighbourhood

police officer, and RON KOWBELL husband of Pauline Kowbell.

Sorry chaps; our Editor's a fine lady but by her own admission she can't type for toffee.

Bullus Hutton



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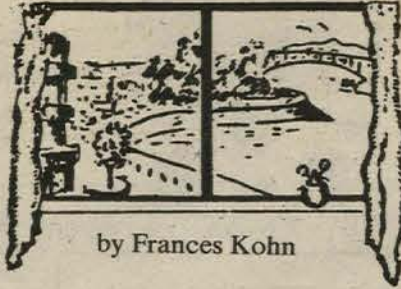
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illustrated by Bob Kohn

Window on the Square



by Frances Kohn

"AUF WIEDERSEHEN" HERB

Your front page farewell is a fitting tribute on your retirement Herb but I must add a few words from The Window, since it overlooks your old stamping ground, Leg-in-Boot Square.

Already we miss seeing you down there—busy, but always with time to offer a helping hand to anyone in need. Only you know how many people enter The Square hesitantly, at a loss to locate an address. How happy they were to spot you to ask for help. In no time you pointed them in the right direction and off they'd go with

confidence.

Remember, too, the blind lady who worked around the corner from here? Each morning you greeted her and kept an eye on her progress as she tapped her way around The Square. One morning she got off the right track and headed for the water. In a flash you reached her and guided her back on course.

One of the first residents of False Creek, **Eleanor Bradley**, summed it up very nicely when she heard you were leaving, Herb.

"He was always so pleasant; helpful and thoughtful too. If it snowed you could be sure the sidewalks were shovelled.

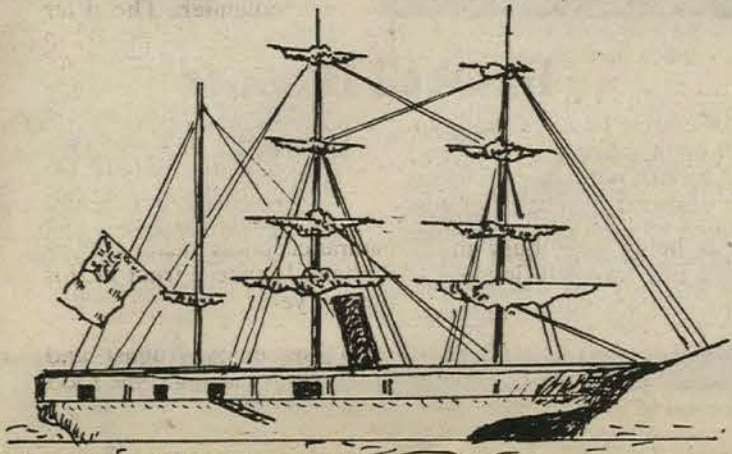
You could always count on him, and when he was around you had a sense of security."

We've enjoyed your friendly banter as we crossed the Square. We've admired how you were able to put your three children through University and we were always pleased to hear how well they were doing.

Herb Schwab, you tell us you feel as good about your retirement as you did when the war was over.

Congratulations and happy days ahead!

To your successor, **Jack Winters**, we say "Welcome Jack."



H.M.S. Plumper

SEA FESTIVAL

Living on the coast, we are treated to many nautical delights, many of which pass right below our windows.

As part of the recent Sea Festival, the **2nd Annual Work Boat Parade** took place on the Fraser River. Whistles, toots, beeps, music and flying pennants announced the approach of all kinds of tugs, fishing boats and barges as they worked their way up the north arm of the Fraser.

One familiar vessel from EXPO days was **The Master**. Others included **Gulf Warrior**, **Evo Crest**, **Aquatic Star**, **Kaymar** and a number of Seaspan tugs—the **Trojan**, **Rustler** and **Prince**.

The Fraser River Park, to be officially opened this fall, was a great place to view this unique parade. Only a short drive from False Creek, it is located just south of S.W. Marine at the end of Angus Drive. The grassy slopes of this park-

to-be, with its clumps of alders and peaceful walkway along the river's edge, invite you to picnic and relax beside the river.

During the Festival two stately tall ships, the **ROBERTSON II** and the **SPIRIT OF CHEMAINUS** nosed into the Heritage Harbour at Vanier Park. Visitors aboard were encouraged. Both ships are part of the Sail and Life Training Society, S.A.L.T.S. fleet. Young people from all walks of life come together in the program to learn to live and work as a team while participating in every facet of shipboard life. The **Robertson II** was one of the last Canadian fishing schooners built.

MARITIME VANCOUVER

Leaving the tall ships, we noticed a crowd clustered around the west wall of the Maritime Museum, watching people on ladders working on



Capt. George Richards

a mural. We knew the well-known artists, **Frank Lewis** was to paint a mural there. Sadly, during the previous night the mural, not quite finished, had been vandalized—splashed with paint before the protective coating had been applied.

Passers-by turned volunteers to help Robin Inglis, the museum's director, wash, scrub and scrape off the offending paint.

Frank Lewis, a graduate of the Vancouver School of Art (now Emily Carr College) and winner of many awards, was formerly a graphic designer for C.B.C. Television. He is known for his gigantic "Portrait of Vancouver" mural painted on 1700 ft. of hoarding around a city construction site. On Vancouver Island his famous murals in Chemainus assisted in revitalising

In "Maritime Vancouver" the artist interconnects images of the people and ships that played a vital role in shaping the history and culture of Vancouver. To us in False Creek it's of special interest to see a likeness of Capt. George Henry Richards, R.N., the man who gave The Creek its name. Next to him is his good ship H.M.S. Plumper.

Buckle Up B.C. A Safety Challenge

A habit, or an irritation? A safe restraint or a restriction of freedom?

For over 209,000 British Columbians in 1985, the use or non-use of safety belts became a more critical factor. These were the people involved in traffic crashes.

Safety belt use became mandatory in B.C. in 1977. The legislation was passed because of conclusive evidence that being buckled up can significantly reduce the seriousness of injuries suffered in a crash.

their level of use in the province has varied over the years. When the law was passed 10 years ago, the wearing rate jumped from 20% to 60%. From 1978 to 1981 it declined to just over 54%.

By the early 1980's officials became alarmed at the growing number of people suffering serious injuries because they neglected to buckle up.

In 1981 ICBC formed its own **Traffic Safety Education Department**. One of its first goals was to improve the wearing rate again.

By the end of 1983, after the first campaign 80% **CLICKS** delivered the safety message across B.C., 67% of drivers and passengers were using safety belts. The wearing rate has since climbed to 75%, one of the highest rates of safety belt use in North America.

This increase of 21% over five years means many people have been spared serious injury or death. ICBC calculates the auto insurance savings alone amount to \$116 million.

What of the other 25%? Many feel that safety belts aren't needed if it's "just a short trip" at low city speeds.

Short Trips—

Big Risks

A dazed and glassy-eyed driver says "but I was only going just a short way."

Spoken to a police officer, these words are usually delivered in the aggrieved tones of someone who has just been caught in a safety belt check. Someone about to be a little lighter in the pocket book.

Spoken to an ambulance attendant, these same words are often bewildered, frightened and agonized. The reaction of someone facing weeks or months of recovery from injuries suffered in a collision between their face and head—and the inside of their car.

These scenes are played out day after day in cities and towns across British Columbia. Each year thousands of people learn, sometimes the hard way, that it always pays to wear safety belts when driving or riding.

BUCKLE UP B.C., the safety belt awareness campaign currently being conducted by ICBC, hopes to spare you a fine or something worse. to alert motorists and their passengers to the risk they face on our city streets.

In ICBC conducted research many people said they would wear safety belts on a long highway trip but in town they felt there was little risk at speeds up to 50-60 km./hour.

75% of all traffic crashes last year occurred in urban areas. Two-thirds of all personal injury accidents happened on city streets, often a short distance from the victim's home.

If you're not buckled up, in a crash at 50 km./hour you'll hit the steering column, dash or window with the same force as a fall from a three-storey building. Your car will take 1/10th of a second to crumple and stop. You'll start your "human collision" in just 1/100ths of a second.

How about just 20 km./hour? That's the speed you'll travel cruising through a parking lot.

Imagine how it would feel to run at full tilt, face first, into a steel lamp post. That's the kind of damage you could do to yourself at "just" 20 km./hour.

It's all over in a fraction of a second. One moment you're on a short trip to the store; the next you're at the start of a long road to recovery.



Buckle Up BC!

Use your safety belt
All the time...every time.

INSURANCE CORPORATION OF BRITISH COLUMBIA

A Wales of a Time

You don't have to be Welsh to sing, even in the **VANCOUVER WELSH MEN'S CHOIR**. It includes members from a variety of racial, ethnic and occupational backgrounds.

The "Welsh" in its title indicates its style of singing, and as a tribute to the great tradition of male voice choral singing in Wales. Membership is open to all men who love to sing, whether or not they have had musical training.

In a world of high stress, fatigue and early burnout, sing-

ing can provide welcome relief and relaxation.

A regular programme of concerts and benefits is presented from September to June, with distinguished guest artists such as Leon Bibb, Bruce Pullan, Delia Wallis, Gerald Jarvis, Don Garrard.

The choir achieved first place in the Kiwanis Music Festival in 1986 and sang many times at EXPO. It hopes to appear at EXPO '88 in Brisbane.

Music Director **Robin Thomas** (B.Mus., U.B.C.) has worked extensively with choirs

at the church, college, community and professional levels. He has also studied conducting with some of the luminaries of the choral world—Jon Washburn, James Fankhauser, Margaret Hill and Elmer Iseler.

The choir practices **Tuesdays at 7.30 p.m.** at the Cambrian Hall, 215 E.17th Ave. (at Main).

Men interested in singing with the choir are welcome at all rehearsals. Call **Frank Helgason** at 255-9831 for further details and, **JOIN US FOR A**

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VANCOUVER WELSH MEN'S CHOIR



Around the Island

the first Vancouver International Comedy Festival

Did you manage to get ANY work done the week there was comedy all afternoon on Granville Island and the sun burned down upon us?

There's a comedian lurking only skin deep in most of us - witness the way the soberest looking people are cajoled, unprotesting, into being silly, in public too. You must have seen some who were such hams they upstaged the SAK Theatre actors and 'Arry Pavorotti.

It was a great idea to programme events all over the Island but Festival organizers soon discovered the captive crowd is around the Market—and entertainers DO want a captive crowd.

Co-ordinator Chris Lowe said the Sutcliffe Park pond seemed a perfect spot for a stage. It was, but performers scheduled there quickly learned to improvise; 'Arry Pavorotti hiked off to buy 40 ft. of chain to develop a new routine.



Remember the EXPO Maintenance Men who worked the pavilion line-ups ensuring people were ship-shape: hair neatly brushed, hat on straight, shoelaces regulation length? This year the same trio were

the Granville Island Brewery Boys. So many happy shoppers went into the store laughing "We just saw your show; they are wonderful!" the Brewery should be a soft touch for sponsorship next year.



The Queen of England (Carolyn Sadowska) seems never to step out of character, even when met carrying her own cup of coffee to the Festival office for a break.

We were introduced to Philip who was persuaded to show us how well they dance together.



Market Fresh

by Judie Glick

The newest addition to the market this month is music and comedy in the courtyard at lunchtime. Entertaining and loud, it's another reason people enjoy working and visiting on the Island. My favourite was the Navy Band because they were a big, old-fashioned group who played something for everyone. Real summertime stuff.

Urban reality is that most people in cities have neither the time nor inclination to can, freeze and pickle the way magazines and food sections of the newspapers suggest. Yet there is a primal urge to put up the bounty of the harvest. My advice is to wait until after Labour Day when everything is still plentiful, prices are cheaper and the weather cooler.

On the food front, it's the Okanagan's time to shine. Local tomatoes, finally. My favourite find are the small golden plums, surprisingly sweet. They also make a lovely coloured jam.

If you still have the urge to peel and cut up vegetables, it's important to clean vegetables as soon as you get them home. Fill the kitchen sink with cold water. Soak lettuce, spinach and other salad greens for a few minutes. Drain the greens in a lettuce spinner or let drip dry in a colander. The better the greens, the better. Wrap the damp greens in paper towels, put them in a plastic bag and refrigerate. They should keep up to four days and provide almost instant salads. Do not neglect the local head lettuce when thinking salad. The natural crispness makes untrendy head lettuce a treat at this time of year.

I find the middle of August to be a busy time of visiting relatives, right at the height of the market season. When all the local fruit and vegetables are at their best, frantic foodies want to can, pickle and freeze in some large, cool, country kitchen of their dreams. My reality is being very busy in the Juice Bar trying to juggle schedules before school starts, dealing with inevitable equipment breakdown and visiting friends and family who want to roar around in the heat.

So just enjoy August and think about putting some food up next month.

Arts Umbrella Theatre Performance Teen Workshop—a Winner

In June, Arts Umbrella produced **SOUND NEW WORLD**, a pop/rock musical directed by Robert Garfat, with music composed and directed by Sherilyn Fritz.

Arts Umbrella programme. I auditioned and was accepted into an original musical **DRA-GONS DON'T GET DRUNK**, in 1986. The first experience whet my appetite and I looked forward to Arts Umbrella's fall theatre programme. I was really excited to be part of the group forming this new play about peace.

age, I want the chance to express what I think, and be heard.

Being in a play which is collectively shaped meant everybody in it would have their ideas represented and together we would arrive at a whole representation that expressed our conclusions.

The play examines the idea of peace, evolving from the thoughts and expressions of its teen players, promoting peace as an ideal in itself, rather than an alternative to war. The show played at the Vancouver East Cultural Centre to very responsive audiences.

MB: Did the collaborative concept of **SOUND NEW WORLD** appeal to you?

Having a script, characters and songs formed from your own ideas and words is the most exciting and satisfying feeling you could imagine. When the play was scripted and we were in rehearsal, I really felt that I had shared in creating a major group effort where everybody had a piece of themselves in it—their scene, their song. And it all worked! It was thrilling.

I asked Nancy Singh, one of the performers, how she became interested in Arts Umbrella's Theatre Programme:

Nancy: Yes. When you are growing up, adults are always telling you what they think; how things are and how things should be done. Being part of this original theatre production meant that teens could tell how they felt. I have ideas about peace that are important to me and, like other kids my

MB: How did the individual ideas about peace come together into a completed musical script?

Nancy: During a drama class at John Oliver High School, two years ago, my teacher mentioned auditions for the

Nancy: Our ideas were very different. We discovered the idea of peace can be on many levels and we decided to explore three. Inner Peace, which we find within ourselves; Social Peace, which is between us and our environment, family, friends, fellow cast members, etc., and World Peace, which is on a very large scale and is against "W" war.

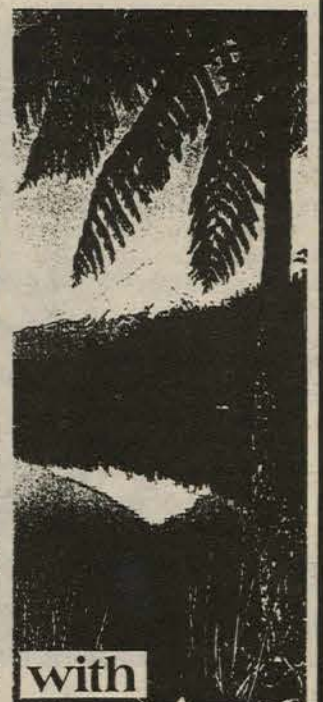


(Left to right) Nancy Singh, Tiny Overbury, Carolyn Pritchard, Jason Pawson, Chrissie Reid

Sherilyn and Robert used the best of our dialogue and constructed a cast of characters, a scenario and about 20 songs. All the cast members felt their characters fit their personalities, feelings and strengths. The music was scored to the individuals so the best of everyone came out. □

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THE TRAVEL COLUMN

Around the World on
Bicycles

by Gerry Taunton and Linda Symes



The Black Forest to the German Alpine Road

This article, the fourth in our series, focuses on cycling in southern Germany from **Baden-Baden** on the west to **Berchtesgaden** on the east.

If you are fit and have the proper gearing on your bikes, it will take you about two weeks to negotiate this stretch. Be warned though—while the scenery is amongst the best in Europe this is not easy cycling.

Our departure point, Baden-Baden on the edge of the Black Forest (Schwarzwald) is a world-famous resort, complete with spa and casino. Queen Victoria liked the place so much she bought a summer house here. However we were not amused by the high prices and quickly moved on.

From Baden-Baden it is a continuous climb of 28 km. along the Crest Road (Hochstrasse) up to **Mummelsee**, a small, dark lake which is a classic halt for tourists. After labouring the entire morning to reach the lake we elected to lunch there before undertaking the wild ride down to **Baiersbronn** and up again to **Freudenstadt**.

From here you can head directly south across the Kinzig and Gutach Valleys to **Freiburg**. Alternately, by taking a more circuitous route via **Oppenau** you can make use of the broad expanse of the Rhine River Valley to reach the city. We chose the latter, to the great relief of our knees, but probably sacrificed some great scenery in the process.

Freiburg is one of the more attractive cities in southern Germany, with an imposing cathedral and, across from it,

the Kaufhaus, one of the most interesting Gothic buildings we saw on our entire trip. We couldn't linger in Freiburg as we were due in **Titisee**, a popular lake resort about 30 km. distant. Needless to say we faced yet another continuous climb in heavy traffic (no secondary roads in this area) and blinding heat to reach our destination—only to be swept away once again by the high prices!

Another energetic day's cycling (90 km.) brought us within reach of the **Bodensee**, the second largest inland lake in western Europe. Better known in North America as Lake Constance, this lake forms the border between Germany and Switzerland. There are a number of attractive towns along the shoreline—**Überlingen**, **Meersburg** and **Lindau**, for example. The highlight for us was taking a steamer ferry across the lake to visit **Mainau Island** where we toured the gardens and the Church of the Knights of the Teutonic Order, the interior of which is entirely in gorgeous pastel colours.

Lindau is the start of the German Alpine Road (Deutsche Alpenstrasse). The road skirts the Bavarian Alps for 1150 km., passing through some of the best scenery in Germany. There are relentless hills to be cycled up but the grades are usually better than in the Black Forest.

We cannot possibly detail all the sights encountered on the way east towards Austria so we will confine ourselves to three points of particular interest.

FUSSEN

We arrived here during a beer festival and made the most of drinking the best beer in the world—draft Bavarian beer. They sell the stuff by the litre, in heavy glass mugs that require two hands for lifting.

Fussen is really a base for visiting the nearby Royal Castle of Bavaria. Leave your panniers in your rooms at Fussen and cycle out about 5 miles to **Hohenschwangau**. This castle was built in the 1830's as the royal residence for the Bavarian monarchy. While interesting, it is no match for the extravagantly romantic neo-feudal **Neuschwanstein**, built by poor old mad King Ludwig II. After it was completed in 1885 the King lived here for just 100 days before being deposed, dying three days later by drowning under mysterious circumstances. Neuschwanstein is probably the only castle in the world with an artificial stalactite grotto (on the third floor, next to—what else?—the winter garden). Small wonder that it was the inspiration for the castle in Walt Disney's "Sleeping Beauty."

GARMISCH-PARTENKIRCHEN —'GAP' for short.

These twin towns were the site of the fourth Winter Olympics in 1936. Although renowned as a winter resort there is still lots to see in summer. We especially recommend taking the cable car up the Wank for a sunny view of the Wetterstein mountain chain and the entire Garmisch basin. Alternately you can take the electric track railway for a half-



day excursion to the Zugspitze summit for perhaps the best panorama anywhere of the Bavarian Alpine chain.

GAP holds special memories for us as it was one of the few towns in Europe where we found a **Wendy's Restaurant**. After two weeks of dieting only on schnitzel, a Wendy's salad bar can be heaven on earth. Not to mention banana milk shakes!

BERCHTESGADEN

Located at the eastern end

of the Deutsche Alpenstrasse Berchtesgaden is such a prime tourist destination in summer the village streets are literally clogged with traffic. To reach Berchtesgaden is not a very difficult cycle but you should consider other means of transport if you want to visit the surrounding area, such as the famous Eagle's Nest.

The end of the German Alpine Road means Austria is the next stop, specifically Salzburg, the city of Mozart—more of this next time.



Live at Stamps

Toby may have tossed his quill out the window forever, but there's no shortage of LIFE AT STAMPS.

When C.B.C. wanted a spectacular site to interview that spectacular pair of blond bombshells from Norway, **DOLLY DELUXE**, they chose Landlord John's patio. Bet the crowd gathered fast.

As we sipped a quiet pint an exotically attired young man swept by and up the stairs, to enliven what Heather live-boards **Gina** and **Dan Young** thought was to be a quiet pre-wedding gathering with friends. "You guys are not very nice" Gina accused as her crowd showered her with \$2 bills to stuff in his belt and she was dragged up to dance.



Just When You Thought You Couldn't Eat There—ESTIA

by Bill Landstrom

It was a monumental undertaking, the construction of this multi level building on 2nd Ave., just east of Pine St., but as a restaurant Emilio's turned out to be a monument to mediocrity.

I ate there once. Have you ever had a clam pizza? It was littered with the shells.

Through a series of changes the restaurant ended up as Calender's. The few False Creek residents who ventured in to give it one more try wished they hadn't and Calender's didn't even survive one whole calendar.

Is this restaurant now haunted by the Ghost of Bad Reputations?

Enter **Mike Rethimiotakis**, a Green exorcist who is ridding the building of these ghosts.

Last spring a friend of mine, **Bill Irwin**, a gourmet in his own right, wandered into what is now **ESTIA**, either because he was lost or unaware of its past, and settled into a meal of roasted lamb on a spit (**Arnia Souvla**). He said it was the best lamb he had eaten in any Vancouver restaurant and re-

commended I go. "But I don't like lamb, and besides, as a long-time False Creek resident I am forbidden to go there." He insisted. I've been going there at least once a week ever since. I've even tried the lamb—mmmm.

Mike took over in February of this year and gave the building a face lift before opening. It is quite lovely inside; bright and spacious with lots of plant life and a pond with beautiful and friendly fish.

It is a family affair with Mike as manager and chef; son **George** as head waiter and daughter **Helen** to greet you at the door.

The most important change is the food. It is very good and well presented. I recommend the **Kota Psiti**, half a chicken marinated and charbroiled. This bird has not been sitting around all night, cooked and waiting, so you may want to sit and enjoy one of the many fine **Mezethes** (appetizers), both hot and cold, a few of the evening special \$1.49 refreshments.

Mike especially wants to cater to False Creek residents. You can safely forget about the Ghost of Restaurants Past and give **ESTIA** a try; I'm sure you will not be disappointed.

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CREEK PETS Early Fleas the Price for a Mild Winter

A cold winter that freezes your spirits **ALSO** freezes fleas to death. Our mild winter meant that few fleas perished.

Harrassed pet owners and their flea ridden animals don't usually appear on the doorstep of our nearby veterinarian until Fall; they started to arrive early in August.

We decided it might be helpful to re-run part of Dr. Rhonda Shewfelt's September 1986 Flea article.

Fleas are small, flat, dark reddish-brown to black, wingless insects.

The time taken to complete the four stages of their life cycle (egg, larva, pupa, adult) varies from three weeks to a year, depending on environmental conditions. Unfortunately our moderate Lower Mainland climate provides almost ideal conditions for fleas during the summer months.

Most dogs and cats will develop a skin eruption at the site of a flea bite, frequently around the base of the tail.

Not all animals that harbour fleas will scratch, but many do scratch and bite themselves repeatedly. The pet's coat becomes soiled and roughened; the skin becomes inflamed and irritated. Some animals develop "hot spots" or lose hair where the skin is severely inflamed and weeping. Others develop an allergic reaction to flea saliva contacted during bites. Their skin becomes extremely itchy and irritated and they scratch, chew and bite almost continuously.

Fleas are also implicated in

other problems. Kittens and puppies can lose enough blood from flea bites to become seriously anemic. Fleas also act as an intermediate host for one of the common tapeworms of dogs and cats and transmit these worms to your pet.

If your pet spends time outside or in contact with other animals, it will be re-exposed to fleas at some level each time.

Only adult fleas feed on blood. After taking a blood meal from its host (usually dogs or cats, sometimes humans) the female begins laying eggs, which may be found on the animal fur, more frequently in bedding, furniture, carpets and yards. The eggs are very resistant. Adults emerge from the pupae and are then ready to parasitize our pets again.

Management programmes in-

volve treating the pet and, just as importantly, treating the environment or premises. Regularly check all pets for evidence of fleas or flea dirt (small black specks in the hair or on the skin, which are flea bowel movements). Treatment consists of flea baths, drips, powders and sprays, all available from veterinarians, who can advise correct procedures and protocols to follow. Flea collars can be helpful but are rarely the total answer to flea control.

All animals in the household must be treated. It is not only the pet that scratches that has the fleas.

Much of the flea's life cycle is spent off the animal. It is essential to control the egg, larva, pupa stages before the adults emerge, ready, willing and able to reinfest our pets.

Treatment of the premises, especially where the pet sleeps,

is important. Repeated vacuuming is necessary to remove immature forms of fleas. Flea powder or moth balls can be added to the vacuum bag before beginning. The bag should be sealed in a plastic bag and discarded. If these precautions are not taken, the vacuum bag becomes a source of fleas.

Some of the powders and sprays can also be used to spot treat areas of the house (always check for staining first). Special premise sprays are also available from veterinarians and, when used properly, can provide long term control of emerging adult fleas. For extensively infested premises, professional exterminators may be needed.

Fleas are a fact of life for the majority of pets and their owners in this part of Canada but with the right information, patience and persistence, they can be controlled.

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PART-TIME BOOK-KEEPER

wanted for False Creek Community Centre, starting Sept. 1st. Contact Carol Sogawa, Centre Co-ordinator at 688-9478.

CHILD CARE NEEDED

For September: Energetic, non-smoking dependable adult to look after 8 yr. old child 7-9 a.m. & 3-7 p.m. Driving licence required; some house-keeping. Option for extra nights' child care. Pay reasonable. False Creek area.

Call Peter: 736-1971 or 875-2036

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In Sitka Sq. area
Call Peter 736-1971 or 875-2036.

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EDITOR'S WATERFRONT TOWNHOUSE

Between Sept. 22-Oct. 30
Rent negotiable depending on period. 734-3369

WANTED TO RENT

Ontario resident, non-smoker, would like to rent a furnished townhouse or apt. in False Creek area for the winter months, to be near her new grandson. Am willing to consider any stay of one month or longer, after Oct. 15. Please call 873-1763 (daughter).

Renovation Sale

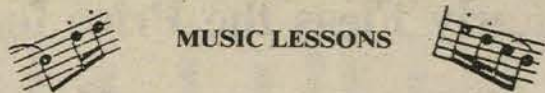
EVERYTHING MUST GO

It's not often you see that on a GROCERY store window. DORILL'S in Leg-in-Boot Sq. marked everything down 20% on Aug. 10 and need to have every last item gone by Sat. Aug. 22.

People suspected the Chungs were really leaving and just not saying so. But Bill assures The Creek it's not true. After all these years as an independent Dorill's is now joining a chain to bring the benefits of bulk buying to their customers.

Bill wants the renovations completed by the end of August (good luck to you!)

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September Spells End to Summer Sloth

Not content to let us loll about just enjoying the summer, the Fitness Freaks and Participation Pushers have sent advance warning they'll be after our bodies next month.

We're not sure whether the increasing amount of treats and entertainment accompanying these events are bribes or rewards. There will be three TERRY FOX RUNS within Vancouver alone (seven all told in the Lower Mainland).

Diane Clairmont lives in False Creek; as Advertising & Promotions Coordinator for one of them naturally she wants to attract Creek and Slopes runners to her run

Terry Fox Run

SUNDAY SEPTEMBER 13

It starts at the Jewish Community Centre (41st Oak) at 8 a.m. and is subtitled "MUSIC TO RUN BY"

There will be entertainment all along the 10 km. and 3 km. routes through Oakridge and Kerrisdale; everything from Lance Harrison's Dixieland Band, White Spot Pipe Band and Highland Dancers, to B.C.

The Creek

Published monthly on the 15th of every month.

Circulation: 5,000 — False Creek, Fairview Slopes, Granville Island

Publisher/Editor: Beryl Wilson Creek Office: 734-3369

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

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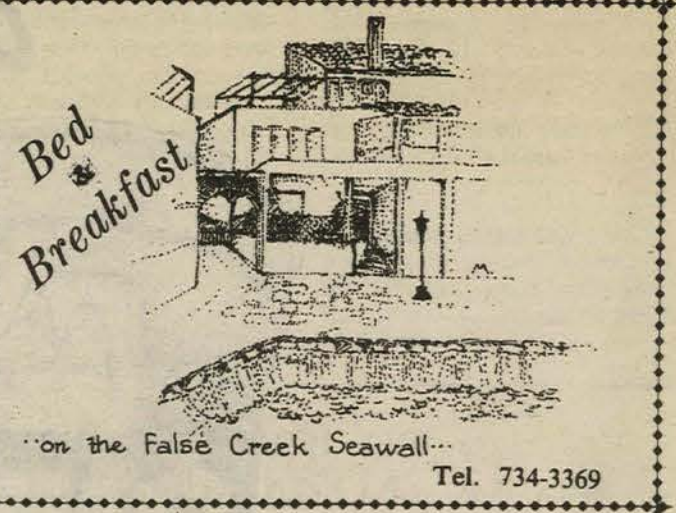
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SUNDAY SEPTEMBER 20

LOTS OF PRIZES & MEDALS

Registration forms will be available at FORERUNNERS, 3504 W. 4th Ave., other sports outlets, the Y's, Kits Community Centre and our own Centre. Remember registration after Sept. 6th costs you more.

The run and prize-giving will all be over by 10 a.m. in time for the families of cyclists to use the seawall starting at 11 o'clock

FINAL TENNIS SOCIAL SUNDAY, SEPTEMBER 13

Champagne Doubles Tennis for Members Only 3.00-5.30 p.m.
BARBECUE 5.30-8.00 p.m.

All F.C. Community Centre Club members are invited to attend the final Pot Luck Dinner and B.B.Q.

Bring a dish to share and your own meat to barbecue. Pick up tickets (\$2) from the Centre before Sept. 13, or at the tournament. IF IT RAINS the B.B.Q. will be cancelled but the tournament will proceed.

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