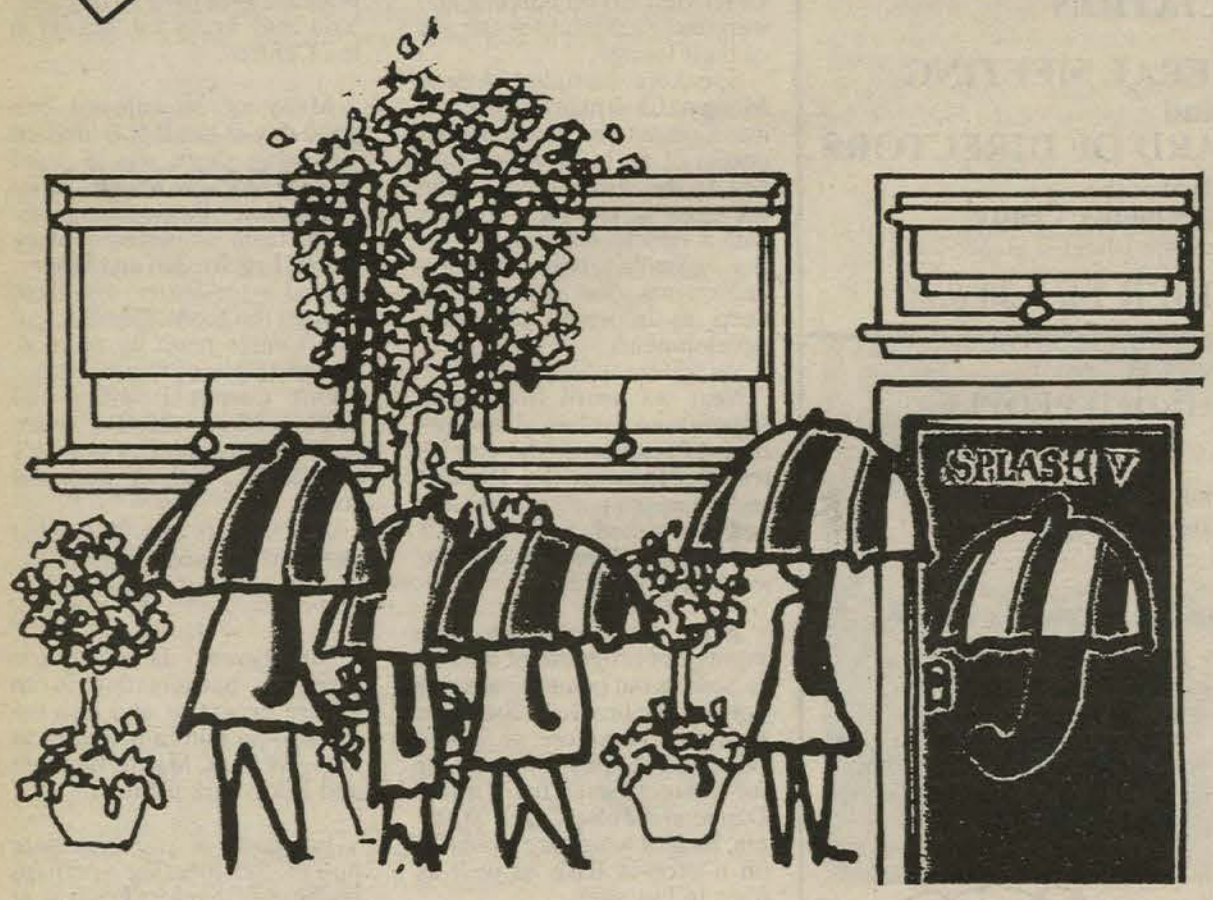
REMEMBER NO 'CREEK' IN OCTOBER Ed. on holiday

The Creek

SEPTEMBER 1987

VOL. 6 No. 9

'Serving False Creek, Fairview Slopes and Granville Island'



SPLASH V

ARTS UMBRELLA
ANNUAL FUNDRAISER
"WINDOWS ON THE WORLD"

Auction of window-framed original art by 39 renown artists including: Jack Shadbolt, Gordon Smith, Bill Reid, Ted Harrison. Silent auction of artistic wearables.
Dinner & Dancing.

Help support Vancouver's only visual and performing art centre for children.

7:00 p.m. October 17

Arts Umbrella
1286 Cartwright Street
Granville Island

TICKETS: 681-5268

Homestay at the Creek

by Naomi Wakan

Picture a teen-ager emerging from a fast food restaurant. Her glossy black hair swings on her shoulders. Under one arm is tucked a Ralph Laurens shopping bag, the other is carrying a plate overloaded with French fries, hamburger and ketchup. Her torso is draped in green and white Benetton and her jeans are the latest style. When told she had left her Pierre Cardin shoulder bag outside on the table, unguarded, she giggles deliciously and covers her mouth with her hand. Inside the bag is several hundred dollars pocket money.

Here we have a picture of a typical Japanese "homestay" student. Exaggerated? Well, only a little! You've probably seen groups of such students on Granville Island and at every other tourist attraction around Vancouver.

The homestay ("Japlish" for staying in people's homes) visitor is here for two to four weeks. Usually the basis is an offer of cultural exchange, the host family having the option to visit Japan and stay in a Japanese home at a later date. Many programs offer E.S.L. classes in the morning and sightseeing trips in the afternoon. The rest of the time is spent with the host family.

My husband and I recently acted as teacher/co-ordinators on such a program. You may have seen us parading around the Creek with our sandwich boards looking for families to host the students. And we found them. 33 in all, including seven warm and wonderful families from the Creek.

The host families showed the students the Vancouver they really wanted to see—Kids Only, Robson St., Harbour and Oakridge Shopping Centres, Kamei Sushi and the Japanese Deli; the familiar with a small dash of the unfamiliar.

We, as teachers, perhaps chose less wisely, for at the top of Whistler the students huddled in the restaurant basement devouring hot dogs, missing the spectacular one-hour scenic walk.

At Fort Langley they congregated in the gift store, blithely ignoring 150 years of fascinating Canadian history.

At the Museum of Anthropology, confronted with magnificent totem poles, the first they had seen in their lives, they retreated to the lobby, where they chewed gum and gossiped.

In Victoria, the Parliament Buildings and the fabulous Provincial Museum merely formed backdrops to their endless group photos.

Critics of such programs feel Japanese parents are foolish to send children abroad with so little pre-trip orientation. They feel billets should be paid for since, owing to the high yen, less than 10% of the host families can take advatange of the exchange visit option. They complain that too little of the total cash involved is left in Canada, benefitting the Canadian economy.

But somehow the critics seem to be missing something, something much more important than the dollar-yen exchange rate and the shopworn cliches of 'cultural exchange' and 'international understanding.'

More than Japanese lacquer ware, geta, fans, dolls and packages of unfamiliar food are being left in Canadian homes. Most families agree they miss the youthful giggles, the anxious brown eyes searching for meaning and the fingers stumbling through the dictionary pages, trying to find the right word to ease a misunderstanding.

Most families have been left with many precious moments to remember—Japanese and Canadian teenagers doing their best to communicate and loving it; Japanese kids—many of whom have never lifted a finger in their home kitchens—chopping, boiling and frying in a steam of business, wanting to give their host families a taste of the 'real' Japan; at cultural afternoons Japanese students doing what perhaps they can do best—brushing out on soft white paper, the intricate jet black strokes of the most ancient writing system still in daily use.

And last, but not least, imprinted on many hearts (mine included) is the image of the students tearfully clinging to their host mothers and fathers, brothers and sisters, before they climbed into the bus which took them to the airport, the air full of "Please come again's" and "I want back to Canada."

Perhaps that is what 'homestay' is really all about.

TRIPLETS!!!

Happy snippet from our Pennyfarthing Observer, Margaret Dickau. She tells us Jim Gladstone, of Pacific Yachts on the Island, just got two boys and a girl, all at once.

No doubt Jim and his wife were surprised; we hope they were pleased too!

Summer Holidayitis Delays Expansion Project Survey

Reset for mid-September

The False Creek Recreation Association's survey about the Community Centre expansion project has been postponed until **September 19**.

The survey is designed to gather information from False Creek and Fairview Slopes residents about the type of uses the expanded building should have. It was to have taken place during the latter part of July but a bad case of summer-holidayitis struck the volunteers who were to knock on doors throughout the Creek.

Danny Wong of Arete Projects Limited, a professional surveying firm, designed the questionnaire; later he will prepare the computerized analysis.

The expansion, to include reconstruction of the old building at the north end of the Adventure Playground, will be financed from the $500,000 Parks Board Capital Plan approved last November and additional Federal and Provincial Government grants now being negotiated.

The Association is still looking for more volunteers to distribute and collect approximately 700 questionnaires.

Contact **Arlene Morgan** at **731-1573, Karen Shuster** at **732-9565** or **Carol Sogawa** at the Community Centre, **688-9478**. Arlene Morgan

Calling the Kindly Creek Photographer

Bob & Jane Warden are tickled to death with the great black/white photo of son Tommy selling Koolaid on the seawall. But the kind person who put the print through their letterbox didn't leave a name, much less a tel.no.

So the best we can do is hope he/she sees this

BIG THANK YOU FROM THE WARDENS

FALSE CREEK COMMUNITY CENTRE

by Richard Thaddeus

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

AFTER THE FIRE

Registration is underway and the Centre ought to be back in good shape in time for the commencement of Fall programs.

THANK YOU'S

Kitsilano Community Centre, Creekview Co-op, Je Maintainiendrai Society and Twin Rainbows Co-op all donated space to enable us to continue programs whilst our building was shut down. Their generous help is much appreciated. Belated thanks also to Twin Rainbows for their support of Canada Day.

The fire cost us our Aikido Club who liked the temporary facilities at Kerrisdale so much they decided to stay. However the Children's and Teen's Aikido will still start this Fall and we continue to offer an Adult Beginner's program.

As if the fire wasn't enough misfortune

THIEVES GOT US

Someone walked in and took our Stereo and our Zodiac was stolen after thieves cut their way into our boat pen.

FALSE CREEK RECREATION ASSOCIATION

ANNUAL GENERAL MEETING and ELECTION OF BOARD OF DIRECTORS

will be held at the
False Creek Community Centre
1318 Cartwright St. (Granville Island) Tel. 688-9478

Thursday, OCTOBER 14, 7.30 p.m.

WANTED COMMUNITY MINDED PEOPLE

to serve on the Community Centre Board, who should:

1. Be able to commit time and energy.
2. Have experience and/or ability to work and make decisions in a group.
3. Attend monthly Board meetings.
4. Keep in touch with the needs and concerns of members.
5. Be prepared to serve as an officer or committee member and undertake special tasks.

Knowledge of finances, policy making, programming, fund-raising, mounting special events, are useful attributes. If you don't have them yet, don't be deterred; you soon will.

Call Carol Sogawa at the Centre, 688-9478.

Seniors' Scene

by Marge LeGresley

It was a happy reunion when 30 of our faithful members attended the first monthly meeting on Sept. 2. Due to the damage caused by the fire at the Centre we met at the Creekview Co-op building and were most grateful for the use of their lounge.

Speakers included **Arlene Morgan,** Chairman of the Facilities Committee. She circulated copies of an Information Survey to be distributed within the area in the near future, with a view to obtaining statistics regarding population requirements. She promised to keep us informed of future developments.

Next we heard from **Brad Woods** who explained the current difficulties at the Centre resulting from the fire. Repairs and cleaning-up are progressing and he stated hopefully all activities will commence the week of Sept. 21.

Brad drew attention to a number of programs of interest to Seniors but pointed out some dates in the brochure had been changed. Therefore we should refer to Jean's Newsletter for correct times for Variety Dance and False Creek Walkers, both of which are available on a drop-in basis as well as for a full session.

We also heard from **Doug Hughes** of the V.S.O. who outlined the special series of afternoon concerts **"TEA & TRUMPETS"** at the Orpheum. Many of us enjoyed the first concert held at the Hotel Vancouver and we were eager to sign up for the new series starting on Sept. 29. The cost is $8 for single concerts or $24 for the series of four; special price for groups of 15 or more. You may apply for tickets at the Centre.

Many of us enjoyed one good day at the P.N.E. and on Thursday there was a good turnout to cheer for our 'demonstration' carpet bowlers. Rose's team, consisting of **Mary & Ray Legeist, Jeff** and **Walter**, played excellently together, beating the Lions' Den Recreation Centre team by 16 to 6. Congratulations to all of you.

Our Carpet Bowling will begin on Sept. 22. For more items of interest refer to Jean's Newsletter, full of personal notes.

All Seniors are reminded their membership may be renewed at any time

Membership is a requirement for participation in all leisure programs and also entitles us to join in activities at Douglas Park, Mount Pleasant and Riley Park Centres.

For those of you who were not at the meeting—perhaps because of Seniors'Festival at the P.N.E.—pick up a newsletter at the Centre and pay your dues at the same time.

Come to the next meeting on Oct. 7 with all your suggestions for Jean to work on.

Coming Up

A change in luck?

Sunday, September 20

Pacific Roadrunners

3rd Annual False Creek Fun Run

Start from Community Centre 7.31 a.m. Lots of prizes

False Creek Bicycle Sunday

11.00 a.m.-3.00 p.m.

Start at Isadora's **10.00 a.m.-4.00 p.m.**

where staff from one of our local cycle shops will discuss maintenance and safety checks —and give your bike a quick once-over and spot safety check.

The **Venture Rovers** will do bicycle identification in the Adventure Playground.

False Creek/Fairview Slopes families and friends are encouraged to come out and ride safely and socially to

Stamps Landing Circle

where there will be a display of bike child trailers, etc.

SAT. SEPT.26
"WOMEN: POWER, PURPOSE, POTENTIAL"
This all-day workshop covers individual freedom, responsibility, relationships, setting and achieving goals.
$60 fee includes parking and lunch.

TUES. OCT.6 7.00-9.00 p.m.
INSOMNIA–WHAT IS IT?
Instructor Elizabeth Ballard is currently doing Ph.D. research on a non drug treatment for "primary chronic insomnia.

TUES. OCT.8-29 7.00-9.00 P.M. Adults: $40. Teens: $35
EMERGENCY MODULAR FIRST AID
4-session course leads to 3 yr. certificate.

SAT. OCT.10 10.00 a.m.-2.00 p.m. Save a life.
C.P.R. "A" Certification. $22. (19 yrs. and under: $17)

TOTAL FITNESS FOR OVER 40's and/or OVERWEIGHT, and FALSE CREEK WALKERS are two programs led by Lois Meyerhoff who believes in a soft approach to fitness, e.g. walking a mile or running a mile is the same amount of exercise. By the way, Lois' group will walk naturally, not the stiff-limbed hip ratcheting style of competitive walkers.

Don't forget one of the Creek's BEST ANNUALS–ISADORA'S OCTOBER PUMPKIN CARVING

An Adventure Awaits You

by Pauline Kowbell

Boy Scouts of Canada

offers challenge, learning and a wealth of adventure to boys 5 yrs. to adult.

ADVENTURE '87 was the title for the recent B.C.-Yukon Jamboree held in Sooke, B.C.

Eleven False Creek boys and three leaders joined 2500 others, including troops from Japan, Australia and the U.S. For seven days the boys participated in sports, crafts and learned many skills that will last a lifetime.

You too can be part of the adventure.

REGISTRATION
for the
53rd FALSE CREEK DIVISION
of
BOY SCOUTS OF CANADA
SEPT. 15, 22 & 29
in the foyer of
FALSE CREEK ELEMENTARY SCHOOL
6.30-8.00 p.m.

FEE: $28 includes price of full insurance coverage.

Beavers

A creative program for boys 5,6 & 7 yrs. old.

This simple, flexible program, based upon the theme of Beavers and the Beaver Colony, focuses on sharing and learning in a group situation in harmony with nature.

Wolf Cubs

An active program for boys 8,9 & 10 yrs. old.

This program emphasises personal responsibility, awareness and concern for the environment and the ability to respond in caring ways.

The Wolf Cub motto is "DO YOUR BEST."

Scouts

For Boys 11,12 & 13 yrs. old.

The goal of this program is to help boys to develop their character as resourceful and responsible members of the community by providing opportunities and guidance for their mental, physical, social and spiritual development.

Fun with Fitness

by Lois Meyerhoff

How many activities we participate in, or really enjoy, help to reduce our daily stress levels, the effects of fats in our bodies (e.g. heart attacks in men and women over 40; breast cancer in women), add years to life by improving the cardiovascular system, help us sleep better, firm and tone our bodies, decrease appetite, keep us at acceptable weight—and provide opportunities to meet new friends in our own community?

Well friends and neighbours, I think I've found one of life's almost free and best things and I'm really excited about sharing these good things

Our Community Centre Programmer, Brad must have (mistakenly) thought I was Super Woman when he slotted our Evening Walk right after the Thurs. **OVER 40 & OVERWEIGHT** Fitness Class.

The walk will be moved to **Mondays** at 6 p.m.

So many have told me they love to walk but hate walking alone. Ours will be fun and full of information, preceded by some stretching.

You will be provided with your own personal Walking Log Book and Manual in which to record the changes you feel and see.

We have asked one of Vancouver's best fitness people to do some simple exploration of your present condition.

We are not promoting the Body Beautiful. You don't have to look (or want to look) like Dana or Ron Zalko to join us. Wherever you are RIGHT NOW is just fine. We're out to have more fun with what we've got, in **low stress, no bounce, total fitness classes.**

False Creek Walkers

TUES. & THURS
9.30-10.30 a.m.
MON. 6-7 p.m.
from the Community Centre

SENIORS' FITNESS
and for those with disabilities and other limitations
TUES. & THURS.
11 a.m.-noon

OVER 40's
OUT OF SHAPE or OVERWEIGHT
TUES. & THURS.
5-6 p.m.

From The Editor's Desk

It was a big decision, to miss an issue of The Creek—first time in over five years. It seemed insane to go to England for only three weeks when the ticket is good for five, so after a long conference with herself, the entire staff decided unanimously that 'tho you'd all miss it, your lives and the world would continue.

Arizona Harold has had a wonderful month in False Creek. (Now we know how to ENSURE a scorching, hot August—make sure we always find him a place to stay in the Creek because he brings up some of that Arizona weather with him. He escapes it at 120° and by the time he gets it here, it's cooled to a mere 80°).

We wanted to prove he really exists, with a photo of him on his daily trudge along the seawall, but he refused to be scheduled for picture taking.

He was finally (after four years) bludgeoned into taking the Editor out to dinner.

Contemporaries will recall the days of "packing a bottle". Vancouver has grown up now and our restaurants are all licenced. Yours truly was thus surprised to observe Harold packing a little brown paper bag—but held her counsel.

It turned out that Harold is such a regular at **A KETTLE OF FISH** the staff all know him, and cheerfully let him mix his own dressing for his favourite Dungeness Crab—Thousand Island Dressing, Horseradish and Chili Sauce. They don't have the Thousand Island, so he packs his own.

Creek Carriers

10 year-old **JACOB HUTTON** delivers the paper in CREEKVIEW. When we asked his mother what Jacob would consider a Treat, Marta replied "If you can believe it—a McDonald's Hamburger." Easy. **Laura Koziak**, Community Relations lady for McDonald's, sent us a handful of vouchers for Jacob to reward himself at 8th & Cambie.

SHAWN BOWERS (also 10 yrs.) delivers to the WELLINGTON townhouses. Arriving home latish one night to be greeted with "Where have you been until this hour?" Shawn chirpily said "My pal treated us to a big bowl of nachos and Cokes at **THE KEG**. We had a great time; they were real nice to us."

"Gary, will you give me some $10 vouchers for a young Creek Carrier?" said the Ed. to Keg owner **Gary Alstine** as he passed by the back garden fence one morning at 9.30 a.m. (he lives four days away). "Sure"—and be blowed if he wasn't back with them an hour later.

False Creek's version of Summer at the Lake

The kids had a great summer.

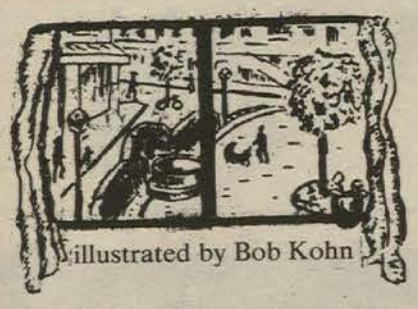
Except for the line-ups at Isadora's washrooms they probably didn't even notice the Community Centre wasn't properly open.

The goings-on in Alder Bay are a never ending source of delight and wonderment. A roving reporter **never** sets off for the Island without a camera.

If whoever tied his raft to the seawall is wondering if it floated across the sea to China—NO! The Alder Bay Pirates liberated it. If they don't get the missing plank replaced it won't even get them over to the Community Centre, let alone China.

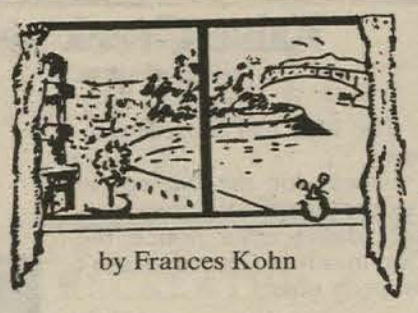
These young devils were preparing to swot their pals with a **very** wet towel.

We have a new School Principal this year and The Creek meant to do a welcoming interview. Time ran out. By the time we meet **Sheila Luetzen** in November she'll be well settled in.



illustrated by Bob Kohn

Window on the Square



by Frances Kohn

CHANGE

What good old Tennyson said about a century-and-a-half ago, "The old order changeth yielding place to new . . . " holds true today right here in Leg-in-Boot Sq.

Changes galore have taken place lately in the commercial units. Office staffs and all their paraphernalia have been either moving out or moving in. All this commotion has been accompanied by copious renovations, including walls being knocked down, new ones going up, painting, carpeting, and installation of new equipment, much of it high tech.

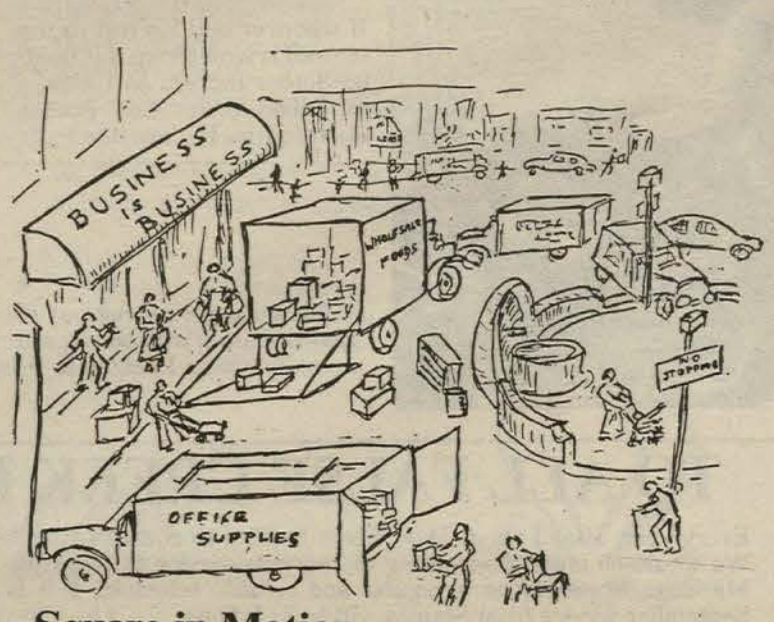
At times our "people place" has been over-run by moving trucks and vans. We residents do appreciate it when business people advise movers to respect the "No Stopping" signs and to use the loading zones provided. Only too often these signs are ignored. In fact, several have disappeared lately from the lamp posts in the Square.

We do rely on the diligence of the city's enforcement officers who have done much in recent months to protect the quiet nature of our neighbourhood. Still, some cowboy drivers ride their heavy machinery over the delicate brickwork onto the sidewalks surrounding the Square.

A significant change that affects most of us is the transition of one of the original businesses from an independent grocery "Dorill Food Market" to a franchise "Budget Foods." The re-birth took about 10 days of hard work, night a day by Bill & Doris Chung's family and staff. The doors re-opened for business on Sept. 2 with a now uniformed staff and a good selection of goods at competitive prices.

Change is sometimes accompanied by not-so-good aspects, a case in point being the sign at the front of the store. The new name, in bold, over-sized print jolts the senses and is totally out of character with the gentle ambience of the Square.

Another problem is the recurring presence of heavy trucks delivering goods at the front door. These problems have been brought to the attention of the management of Budget Foods and hopefully that will settle the matter.



Square in Motion

BACKGROUND SNIPPETS

Since Bill and Doris Chung have such a long association with the Square—ten years—I asked Doris how and when she got involved in this business.

Born in Hong Kong, she worked for several years in the British Army after finishing high school. During this time she met Bill whilst doing a temporary stint as a telephonist at the hotel where he worked. In due course they became engaged and were married.

With heavy rioting in Hong Kong in 1967, Doris' job in the army became dangerous. They applied for immigration to Canada and in 1970, Bill, Doris and their two sons arrived in Vancouver.

Through Doris' relatives, already established in Vancouver, they had made plans to try their hand at the grocery business and purchased one available on Granville Street. During their seven years at that location former Mayor, Art Phillips was a regular customer. Through him they heard about Stanzl's development in False Creek South and looked into the possibility of opening a grocery business here. When the late Frank Stanzl accepted their application he took time to explain the type of development he envisaged and his confidence in its future succcess.

That was the beginning of Dorill Food Market, now Budget Foods.

The Rooftop Gardener's Notebook

by Susan Baker

Tonight will probably be the last night of the year we will sleep on the roof.

I'm sitting on the bed in the shade we've rigged up by hanging a stick bamboo blind on the pergola. I put my sun hat over the computer so it won't get sunstroke and think I was hasty in putting up the blind because it's quite cool in the shade on the roof at noon on September 6. Of course I could always put clothes on over my bathing suit, but that would be a negation of SUMMERTIME which I'm clinging to at the moment.

Early this morning Graham, my spouse, was eulogizing over the view of the garden at the foot of the bed. He said this is the most beautiful place in the world for him. The clutter of tubs filled with Petunias, Snapdragons, Allysum, Strawberries and the inevitable Rhododendrons with the Sweetpeas clinging to the wall behind. I think he's telling me this is our substitute for a summer holiday, which is fine if I can hope for a winter one instead.

I hardly ever think about leaving Vancouver during a fine summer. This is now the fourth perfect (enough!) summer in a row and we have spent almost every clear night sleeping on the roof. It is also the first year we have not been chased off it with the first few spatters of rain on our faces.

Ever since we built the roof structure (pergola) and routinely slept on the roof, we've spent Saturday and Sunday mornings reading out loud to one another, punctuated with pots of coffee, bowls of fruit and some kind of crunchy bread that leaves crumbs in the bed.

The first summer we read short stories from the New Yorker, wrote letters or plotted and schemed about business.

The second year, a friend gave us a rather hefty epic written in episodic style with intense, long, descriptive passages that were meant to be read out loud to somebody. So we began the ritual of reading a few chapters of "The Book of the Summer." Sometimes we both read, sometimes we take alternate days. This takes hours; usually two to four, by which time one is beginning to feel dry and a trifle raspy.

We finished the book for 1987 last Sunday at 4 o'clock in the afternoon. It was **One Hundred Years of Solitude** by Gabriel Marquez Garcia. It had a very satisfactory ending and I was able to get up and go to market without that awful feeling of emptiness that a rough ending brings.

I have become the laziest of gardeners. Perhaps it is the strain of the preoccupation with work that leaves me wandering about purposelessly with a watering can and a spray bottle of Safer's soap, noticing this desperate need and that. It has been the dirtiest year for caterpillars on the roof. Once, during July a platoon of nasty yellow and black wire brush style creepy crawlies chomped all the leaves on a shapely, small leafed Azalea (Blue Diamond) in a matter of hours. No exaggeration. Now you see it, now you don't!

I have given serious thought to using one of the deadly liquids I have locked away for the **Final Solution**. However, I resisted the impulse and washed the vile creatures off with soap and water and ground their little furry bodies into the duck boards with my clogs. The plant has re-clothed itself months later and I keep it away from the others so I can monitor its progress.

The gardening routine has been different this year, with more food crops and less energy on my part to wrestle the big tubs around and fuss over them. My first experiment with dwarf fruit trees is very promising. I had to pollinate the blossoms myself because the bees don't frequent the roof at the right time. We had two perfect Red Melba apples on the first of August. I was so proud and the flavour was exceptional. Now I know why hybridizers are so obsessive—they get to play GOD!

Around the Island

Granville Island Gets First Official T-Shirt

To give something back to the Vancouver community which supports the business and arts of Granville Island, in February this year a group of Island citizens formed the **Granville Island Community Involvement Team**.

Throughout the summer Team members **June Crawford, Robert Gerow, Carol Jensen, Yvonne Kari, Heather Rondeau, Mark Simmons** and **Tom Zalm** held barbecues at the Arts Club Theatre. With the resulting funds, Island art publisher Granville Island Graphics were commissioned to produce a fund-raising T-shirt.

With the permission of the Island Trust, the design of the T-shirt incorporates the Island logo, making it the first official Granville Island T-shirt to be available to the general public.

Working with artist Ian B. McLeod and a design concept she developed through consultation with the Team board and the Island administration, art director **Gloria Onley** has produced a design evocative of the Island's waterfront locale and industrial history.

Island activities and ambience are suggested by colourful silhouettes of families and single people shopping, snacking, or just strolling beneath the bridge under a brilliant blue sky with soaring gulls. Floating balloons and street musicians invoke the festival atmosphere of the Island on a clear, bright day.

Young Vancouver couple Val and Bernie Wright, with son Cody, walking on the seawall behind the market, are among the first to wear the new Granville Island T-shirt

Launched at a day table in the market on August 22, while the Island played host to a convention bussed up from Seattle's Pike Place Market, the T-shirt sold well to a surprised public and has already gone into a second production run.

The Granville Island T-shirt, which comes in both summer and winter versions, is now available on a regular basis at **Granville Island Graphics**, across from the main market entrance, and at the Arts Club Theatre. Volunteers from the Team will assist with T-shirt sales when necessary. It will also be displayed at the Information Centre and be available through mail order.

Through T-shirt sales and other fund-raising activities, the Granville Island Community Involvement Team, registered as a non-profit society, will raise money for scholarships in areas of education related to the Island, such as marketing and theatre, and for community events enhancement.

Judie Glick of **Fraser Valley Produce** is in charge of research to determine where scholarships are most needed and would welcome information and suggestions.

Market Fresh

by Judie Glick

As working marketeers, most merchants rarely take the time to have soulful discussions on the Meaning of the Market in their daily lives. Besides being a great location to be in business, we all love the place for the basic reasons: the fresh food, a place to meet people, see old friends and the feeling that Granville Island is different from any other place in the city.

We finally had the opportunity to talk about how markets enhance and reflect their community at a conference at Seattle's Pike Place Market.

Titled **"PUBLIC MARKETS: TRADITION AND PROMISE,"** the series of workshops provided information on ways to preserve and establish markets. Equally important were the discussions on how to increase the awareness of the social, economic and cultural benefits of markets.

It was a treat to talk markets with architects, planners, public administrators and market managers from around North America and Europe.

Granville Island was represented by Market Administrators **Gary Hiscox, John Hansen, Johanna Earthrowl.** Market merchants included **Mauro Duso** and **Murrey Lawler**. Also present were **Allan Hammond** and**Gerald Thompson**, former Island Administrators and **Norm Hotson**, Island Architect honcho.

Some of the interesting workshops included Current Market Trends; Farmers, Consumers, Fresh Produce and the Marketplace; Ownership Dynamics; Public and Private Aspects of Markets; Anthropology of the Marketplace.

After three days in Seattle the conference participants bussed up to Granville Island for a day of discussion of our Market.

The conference showed that Market Study appears to be a growth industry. The Public Market Collaborative, the sponsoring group, intends to act as a clearing house with a world market data base, including film, video and various publications.

The conference demonstrated how lucky we are to be part of such a successful, modern, "urban fresh food market," to use the lingo of the times. But we can still do more to encourage the opportunity for farmers to better understand consumer needs and consumers to learn more about the food they eat. Markets are primarily about food. We shouldn't lose that notion in all the talk about social conversations (statistically more socialising occurs in markets than in Safeways) and markets as promoters of genetic diversity (in plants as well as people).

The Mayor of Seattle, Charles Royer, spoke about what the Pike Place Market means to Seattle. His main point was that the 80 year-old market has created a culture in the city that thrives, grows and changes.

I think the people of Vancouver feel that way about Granville Island Market. Our traditions are still being made and it's exciting for all of us makers and users of Granville Island to be part of our own growth industry.

So with all that talk, I haven't been cooking much at home. Last month I promised some tips on canning and preserving. Now the weather has cooled the stove beckons. Can anyone re-inspire me with a favourite recipe that's become a standard in your home. I'm always interested in easy, everyday cooking using food from the market.

Any recipes or special thoughts on market food can be left for me c/o "Market Fresh" at the Information Centre.

CARTWRIGHT GALLERY

Of Contemporary & Historical Craft

by Norma Larson

Currently showing at Cartwright Gallery are two exhibitions.

BEYOND THE OBJECT, curated by Brian Gladwell for the Saskatchewan Craft Council, features 10 Canadian craftspeople working in a variety of different mediums. The exhibition is not intended as a national survey, but rather as a selection of work related by the artist's thoughtful approach to the meaning of each object and to its place in a larger scheme of things.

Participating artists include Kai Chan, Laura Donefor, Steve Heinemann, Francois Houde, Paul Mathieu, Gordon Peteran, Vita Plume, Sarah Quinton, Joel Robson and Louis Tortell.

These artists are working in such diverse mediums as porcelain, glass, stainless steel, wood, fibre, bamboo and goat hair, just to name a few. Represented are furniture, jewellery, lamps, ceramics, textile hangings and glass "witch pots" and sculpture.

DAVID LAWSON: CLAY is an exhibition of raku work by Nelson artist, David Lawson. "Non-functional vessels" is how Lawson describes the pieces for this show. Ranging in size from 6½"-13" in height, the works display a marked similarity in shape but reveal exquisite, subtle differences in colouring. Like organic forms, rising from the pedestals, these splendid vessels show a thorough understanding of the media as well as a fine aesthetic sensibility. Having studied at the Sault College and Vancouver School of Art, Lawson has worked exclusively in clay for the past 17 years.

Both exhibitions run until September 20.

FALSE CREEK COMMUNITY ASSOCIATION

by Keith Freer

The Sept. 2 meeting of the Community Association was held at Creekview Co-op due to the renovations underway at the Community Centre.

Prominent on the agenda was a review of events with regard to the Polygon Properties application to amend the development on the open land beside the Cambie Bridge.

The developer, Polygon, held an opening meeting in False Creek Elementary School on Aug.25, and about 70 interested members of of the public attended to get information and discuss the plans. At that meeting F.C.C.A. President David Osborne referred to concerns put forward by the Association in a letter to Polygon, including the importance of adequate parking, the necessity that a marina have controlled access and parking, and the hope that areas called public space would in fact be open to all and would allow pedestrians to reach the seawall.

The next stage was a Public Hearing on the amended by-law plan, held by City Council on Sept.3, which was attended by an Association delegation. The same list of concerns was voiced to members of Council, on the principle that the terms and spirit of the by-law must be followed.

The response from the City indicated that the views of local residents were fully understood and the by-law amendment was approved.

Initital construction will be on the seawall portion of the project. This may be as early as November, so we can see ourselves what develops.

Reporting to the Association on the July 1st celebrations, Rick Thaddeus emphasized the strong support their committee developed and, with a beautiful sunny day, the entire event was a great success.

Each year the Association has made a grant to the July 1st Committee, rain or shine, without strings, to ensure the event can happen. This year the organisers were able to cover costs within the budget and recommended to the Association the surplus funds be used to purchase video equipment for use with Community Centre programs and provide some money to support Music Lessons. These recommendations were approved and the initiative from the July 1st Committee is appreciated.

Nancy Cuddeford from the City's Bicycle Advisory group, attended the meeting to explain the aim of Bicycle Sunday (see p.2)is to create an event of interest to all ages which could be part of a family day.

Another celebration in the making is **Granville Island's 10th Birthday**. This will occur next March when all the people who work around the Island plan to make it a special fun event. John McBride described some of the ideas the committee is working on; it sounds like a good notion to brighten our usual March weather.

A longer term project the Association has on the books is the location and development of a special feature where the Jade piece, acquired in 1986, can be displayed. This plan will involve support from the City and perhaps the Parks Board. David Osborne reported on recent discussions with Cameron Gray and the concept slowly taking shape. The idea is to make it a significant part of the Creek environment, so it will take some time to draw together the elements that will make it worthwhile. There will be more on this as matters progress, month by month.

The condominiums, co-operatives and similar residents groups who pay an assessment for each household unit to the Association have a representative who attends the Community Association meetings. Copies of minutes are sent to member groups. Representatives can make reports to their Strata Councils, Board of Directors or individual residents, at the same time picking up any questions residents have. Within the limits of a Residents' Association it is the way to keep local government aware of what we think about the quality of life in our neighbourhood.

The next Association meeting will be the first Wednesday in October in the Community Centre Boardroom

Creek Seens

by Elaine Sleath

September! Already the vine maples have turned to ruby red like too-early shop windows showing winter styles and colours.

Sitting on my favourite bench beside the waterfall, it seems hard to believe that just a year ago this peaceful view was so different; the Creek bustling with big and little boats, all going somewhere in a hurry.

The empty EXPO site looks bleak in the early sunshine. Even the efforts of the busy little ferry still bravely putting back and forth can't stitch together the remaining shreds of the once vibrant fabric of the Fair.

How can a year have gone so quickly?

Change! How to handle it? Adopt. Adapt. Adjust.

One hot July morning, after a brisk walk uphill to "my" waterfall bench, I was musing about the quality of golden early morning and dusky evening lights when a quick turn of my head revealed a beautiful, irridescent, multi-coloured, jewel-like pattern on the sandstone rock near my shoulder. Tiny particles of shimmering coloured light refracted back from the rough sandstone face like the glints from a crystal or diamond. A track of colour about 1/4" wide trailed down from the main triangle of the design, abruptly ending where a minute bulge of rock interrupted its course. At first I thought it was perhaps a child's crayon mark made with one of the new wonder felt pens. With time, however, the rising sun reaches a different angle and my magic jewel became a slime trail left by one of those little white slugs which love to eat my lettuce.

Two days later I returned to check on my fairy jewel and discovered that it was now much larger and almost solid looking. Still a myriad dancing colours—blue, green, gold, yellow, cerise; the morning light seemed to pour into tiny cups of the gel as it flowed over the grains of the sandstone, each little pocket giving off its own special ray.

Overhead, two Camberwell Beauty butterflies courted in the sunshine, gleaming brown and white and scarlet as they dipped and soared

Butterflies and flowers, snail-trail jewel and music from the waterfall, all made the peace and beauty and harmony of an unforgettably magic moment.

It rained that weekend. When I went back the bush had gone to seed. There were no butterflies. The snail or slug had long since departed, as had his magic carpet. Some other bench sitter had scratched geometric lines upon the soft rock face, together with a name and "was here" in child-like script.

Change!

The one hundred and thirty-one geese I counted on Charleson Park one morning have raised their babies and scattered in smaller groups to graze the schoolyard lawn and baseball diamond. The moult is over and two pairs flew over my head this morning, calling.

September sunsets are special, just made for evening strolls. The tides come and recede, the mountains hush the evening swells as our nautical friends return from outings we land folk cannot share.

We smile at each other in passing and the geese bob on little swells from the passing boats and beg from those at anchor in the bays; the peace and harmony of the Creek do not change.

The lights are lovely on the water when it's night. ●

Controlling your Asthma and Other Allergies

by Dr. Ludmila Vacek

Self-management techniques may help to bring life back to normal for people suffering from asthma and other allergies.

Determining the cause of an allergy may not be a simple task. If you break out in hives when you eat tomato, or your eyes redden and the sniffles start when you are around horses or cats, the cause of your problem seems obvious. But as everything in our lives, the situation is usually more complicated and several factors are always in play.

Although the mechanics of asthma and some allergies aren't fully clear, a few materials such as pollen, animal dander, dust and molds are known causes. So is sensitivity to foods (e.g. milk, wheat, egg, oranges), drugs (e.g. aspirin and its relatives), food preservatives (e.g. MSG or sulphites) or some industrial chemicals; even heat, cold or exercise. Cigarette smoke and strong-smelling colognes are also known triggers.

To that long list we can add stress which can seriously influence any person with allergic problems, mainly asthmatics.

Not all of these set off reactions in everyone with allergies. Identifying your personal triggers is the most important step in self-care. Whether your allergies mean stuffy nose, runny eyes, wheezy lungs, headache or itchy skin, avoidance is always the first step. But this isn't the whole story. You must stay in good shape to avoid common colds and minor viral infections (other triggers), understand your medication, avoid obvious food and chemical triggers.

Understanding your problems and avoiding suspicious triggers are important parts of the battle, but there is at least one more option—exercise. Sensible and specially designed exercise gives asthmatics and other allergics more emotional independence and self-confidence; makes them fitter and more resistant to attacks; encourages socialising and willingness to take an active part in being in the "driver's seat."

All self-management programs, formal or informal, stress five basic factors:

1) understand allergies and know effects;
2) identify and avoid triggers;
3) use medication properly,
4) learn breathing exercises for maximum use of respiratory muscles (for asthmatics);
5) improve total fitness level

Because asthma and allergies are most common in children, initial self-care programs were designed with tots in mind. Follow-up studies of pilot programs for adults are showing similar and very promising results.

If you are serious about controlling the disease, ridding your life of triggers and achieving a better life, try it. You will have an opportunity to see such a self-care program in our neighbourhood in the near future.

Second Allergy Run (5 km.)

SATURDAY, OCT. 3 Start: 9.30 a.m. near Isadora's

Route: Along seawall and Charleson Park

Features
Uniquely designed T-shirt
Mini health screening before run
Awards for first finishers
Souvenirs for everyone
Information Bulletin on Allergies

Entry Fee: $10 with T-shirt, $5 without

Mail entry forms (available at Community Centres, Sportiv, YWCA, Granville Island, UBC) to **Allergy Improvement Ass., 430-810 W. Broadway, Vancouver V5Z 4C9**

For more information: 736-9362 (5-7 p.m.)

CREEK PETS

Dear Beryl:

As you well know, to share one's home with a cat is a mixed blessing. When the dear creature brings to it an infestation of fleas one's tolerance is sorely tried.

Allow me then to report on a remarkable discovery which has restored good relationships in several households here in False Creek.

The use of **PROBAN**, *available at your local veterinarian, will ensure a flea-free environment. Administered orally (try hiding it in Gentian's food) it will make short work of a nasty problem. I admit to initial skepticism. My one regret is not having tried it sooner. I hope this tip will improve the quality of your life, as it has mine.*

Karen Shuster

Dear Karen:

Fat chance I've had to cart my fleas into MY house this summer. My mother is so obsessed with her refurnishing project she barely lets me beyond the kitchen door. I'm not allowed on the new furniture—and can you **believe** a supposedly-doting mother would have the Goodwill men take away my big old armchair as I stood watching?!*#*#? I still sidle in for a lie on the carpet, though pity on me when the new one arrives.

It'll be chilly on the garden table this winter. I may just look for a new home; handsome as I am it shouldn't be difficult to find a hospitable one, hopefully where I don't have to endure the ridiculous performance of a "morning cuddle" before I get my breakfast.

If there are other False Creek Felines living with women who acquired their first Cats "late in life" (the women, not the cats) and thus not Properly Trained (the women, not the cats), I'd be glad to hear how they deal with this Woman Compulsion to make us finish the can of food.

Drop me a note to: **GENTIAN**, c/o The Creek. Mark it **Personal & Confidential.**

DOORS

by Art Thompson

This magnificent door, carved by Native master carver **Art Thompson,**, represents a split or mirror-image wolf.

Four such doors can be seen at **Leona Lattimer's NORTHWEST COAST GALLERY.** The door motifs include split thunderbird, raven and eagle. They are characteristic of Thompson's work, being bold and strong in design and execution. The doors are made of laminated yellow cedar and have been carved in both interior and exterior sizes. While reminiscent of traditional wood panels, these doors are an example of traditional design adapted to a contemporary function.

Vancouver art lovers will already be familiar with carved doors at the Museum of Anthropology and the wood panels at the main branch of the Royal Bank.

Art Thompson was born at Nitinat Lake on the west side of Vancouver Island. He is a member of the Westcoast cultural group (a name chosen by the Indians to replace the title Nootka, a name given them by white traders). He is at present carving a pole at the Provincial Museum in Victoria before leaving for a show in Denver, Colorado. In Vancouver his work is sold exclusively by Leona Lattimer.

Marilyn Wallace

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.

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).

FOR RENT

EDITOR'S WATERFRONT TOWNHOUSE

OCTOBER

734-3369

BABYSITTER

needed for our infant son 1-2 days/week, Nov.-Jan. Call: 873-1763

PROSPERITY FOR THE 80's SEMINAR

with Dr. Ruth Ross,
author of book
"PROSPERING WOMAN"

Oct. 2 & 3
Mandarin Hotel
Vancouver
$80.
Call: Anne 733-8594

VOLUNTEERS NEEDED at ARTS UMBRELLA

A visual and performing art centre for children on Granville Island. Interest/background in the arts desirable. Must enjoy working with children. Hours and age range flexible. Contact **Melanie Gold**, 681-5268

11 East 4th Avenue
Vancouver, B.C. V5T 1E9
Telephone: 873-3711

It was easy to make regular contributions to the Food Bank when KWIKSAVE were on the Island. Since then there never seems to be a Food Bank Box under my nose wherever I shop. So now and again I send them a cheque. You can do the same. You can also volunteer.

Many of the Bank's regular food contributions from churches, clubs, schools, community associations, unions and similar groups fall off in the summer. Right now, before the Christmas Spirit of Generosity strikes, the bins are lean, but people are just as hungry. B.W.

BUDGET TIPS

For those with no dental plan, one way to get a thorough cleaning job and check-up (for about 1/3 of the usual cost) is to sign up for the DENTAL HYGIENE programme at Vancouver Vocational Institute. The hitch is the time commitment. It can take five whole-morning sessions, over four months. The students' work is supervised so thoroughly you KNOW the job's being well done. If you're lucky the Instructing Dentist will say no dental work is needed; if you're unlucky you'll be told what needs to be done.

Students in the two dental dental programmes see 1500 people a year. The Dental Hygienists treat 500 and the Dental Assistants see 1000—mostly children who receive a check-up and clean for $10.

These training programmes are a boon to limited income people. A haircut for $3.00; a facial, manicure or pedicure for about the same.

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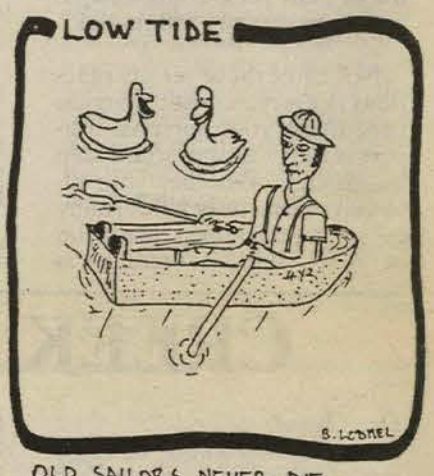
Nearly missed him

Nearly didn't cross the road to deliver last month's Creek to **TAMAS**, the studio at 8th/Alder that sells exquisite floor and wall coverings. But the little voice said "You never know; never leave anyone out"—and a tired Editor-Carrier got her perk for the day. **Tamas Brummer** emerged right then, plucked the paper from his mailbox and said "I do enjoy The Creek; I always read it to find out what's going on."

He certainly does read it.

Every line! Arrived home hours later to hear the first message on the answering machine: "This is Tamas; we just met a little while ago. I see you need help with paste-up. I'll be glad to give you some help."



OLD SAILORS NEVER DIE...
THEY JUST GET LITTLE DINGEYS.

From the **MacISAAC** Collection

The practice of using ten pins in the game of bowling originated in colonial America as a means of circumventing a gaming law. An 18th-century ordinance in Connecticut ruled that "bowling at nine pins" was illegal, and offenders were often jailed or placed in stocks. To get around this law, bowlers added an extra pine to the game, so that they would be playing "ten pins" rather than "nine pins." The name stuck, and so did the number of pins.

The principality of Monaco consists of only 370 acres. Stanley Park in Vancouver, B.C. is 1000 acres.

Residents (man, woman and child) of Nevada bet an average of $846 a year in gambling casinos. Legal gambling does infect the locals.

Paying through the nose: a slit nose was the punishment exacted on the capture Irish when they refused to pay tribute to the Vikings.