

JANUARY, 1991

Vol. 10, No.1

The Creek

'Serving False Creek, Fairview Slopes and Granville Island'

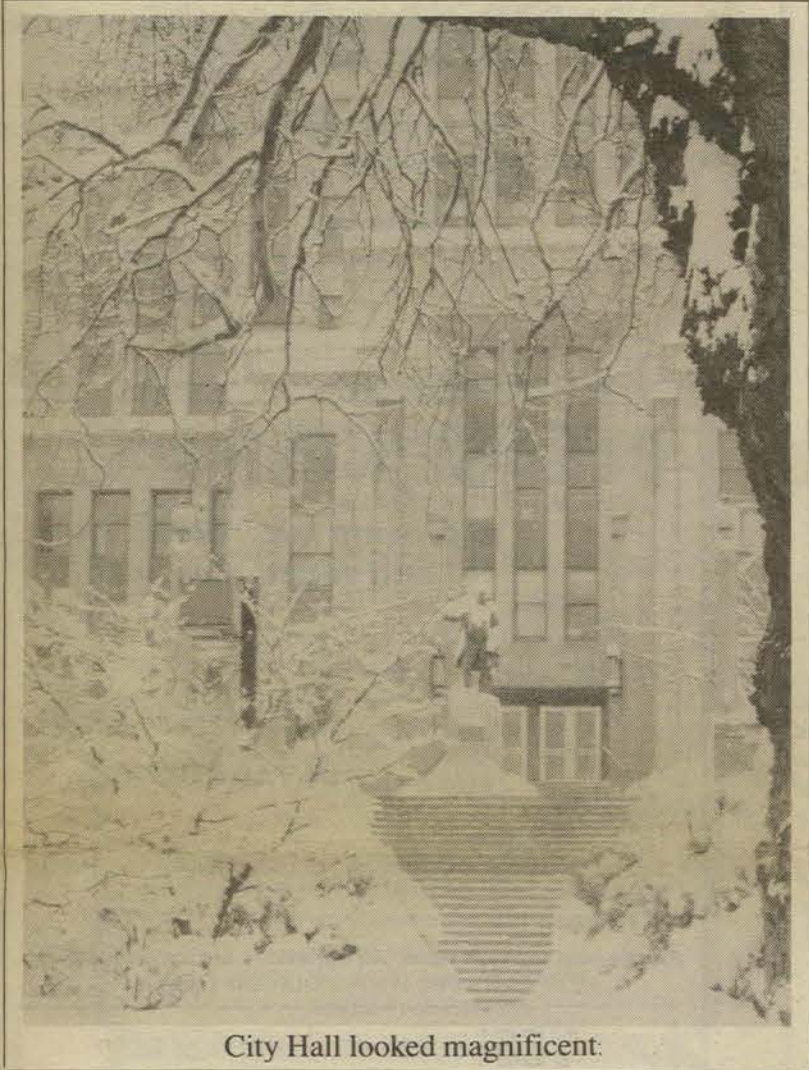
FALSE CREEK FERRIES
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MARITIME MUSEUM
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Snowbound in the Creek

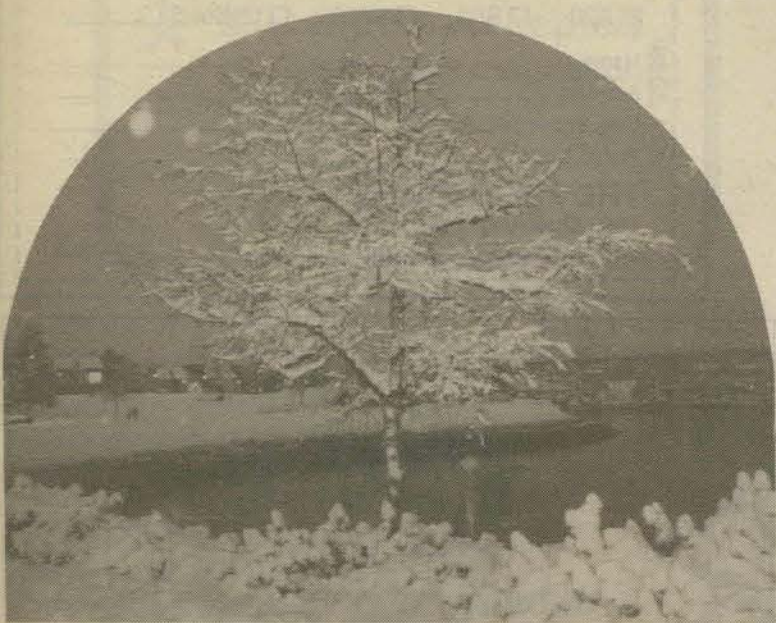
Some cheered, some cursed



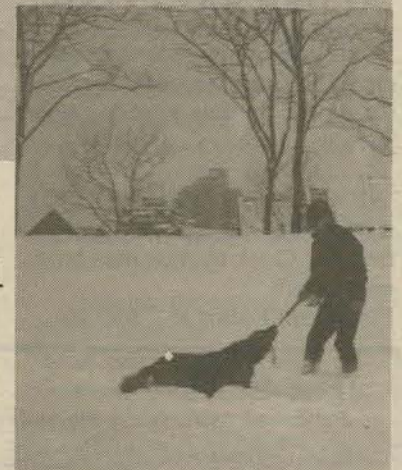
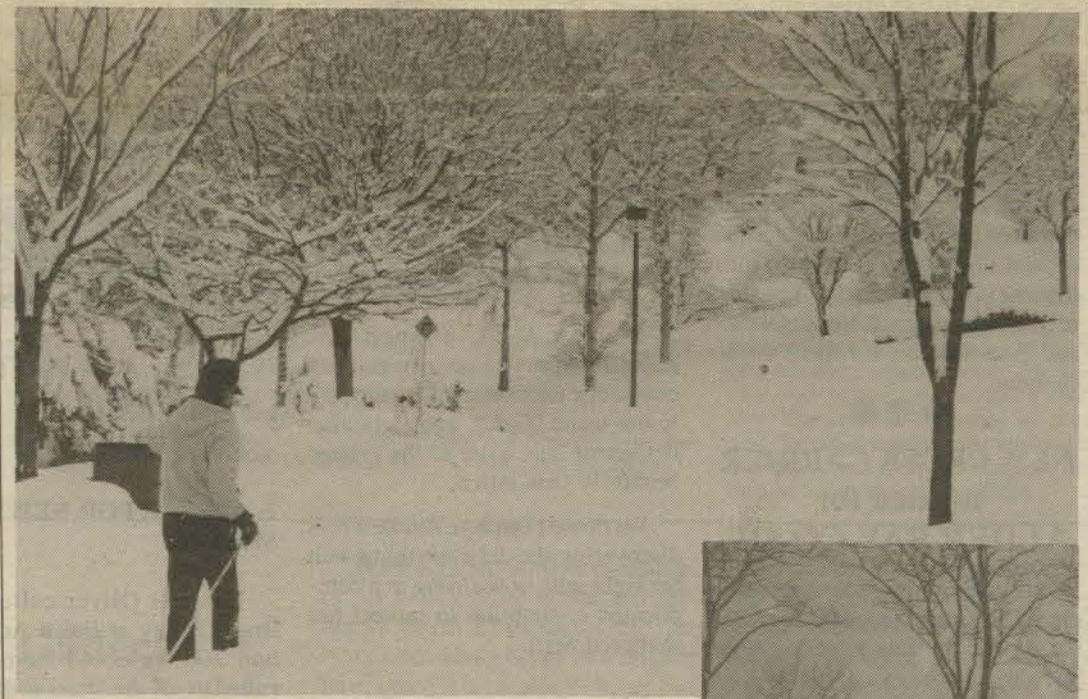
City Hall looked magnificent.



Cold feet and slim pickings for the Charleson pond ducks



Each tree made a unique picture in the way it held the now.



Most of these photographs were taken by **Bob Kohn** of Leg-in-Boot Square who has, by now, a whole album devoted to Life in the Square pictures.

And it was kindly Bob who went down to offer the snowbound Parks Board staff hot coffee.

It's hard to believe just over a week ago we were buried in a winter wonderland land.

"Let's play some more" wagged one dog that loved it.

Rough day for Parks Board trucks



"Thank heaven you got here. Can you tow us out?"



Nothing doing. Now two stuck trucks.



Finally only humanpower did the trick.

Editor



Beryl Wilson

By the time you are reading this the long dreaded conflict in the Middle East may have erupted.

All the talk about conserving and living more lightly on the planet seem hollow words in the face of the potential devastation.

It seemed trivial to plug away at producing our little paper last weekend, yet everyday life has to go on, as best and for as long as we can.

Such greed, such arrogance and anger. What fools we mortals be.



"Is this the Beryl Wilson who knows everything about False Creek?" asked the wiley Merv Therriault from Alder Bay Place.

"No, she gave up being the Information Service years ago," replied B.W.

"The lady next door acquired a piano for Christmas and I was sure you'd know a music teacher in the Creek who makes house calls" persisted Merv.

"Richard Huber. He lives in The Terrace. His number is 734-4365" replied B.W. relenting.

Richard reports Audrey Novada has already joined the large number of pupils he has in the Creek. I must say they learn quietly. Upstairs neighbours Jessica & Nicole Olafson and Ann Ridsen are three of his charges.



NEW CREEK CARRIER needed for ALDER BAY CO-OP

Landon Young, who has delivered The Creek around Alder Bay Co-op for the last year has gone away to school.

NEW VOLUNTEER NEEDED if Alder Bay Co-ops are going to find The Creek by their mail boxes each month.

Please call Editor at 734-3369

Printer sends presents

"Your printer gives you presents, even when you're such a pest?" said The Creek's Paste-up Assistant Doris McKenzie in astonishment while admiring it.

It's always been a floral arrangement. Last year's, sent by Park & Tilford Florists, was so exquisite when none had arrived by Dec. 18th I was cheeky enough to phone WEB PRESS to whine. "I've got your notice about the price increase - but no Christmas bouquet."

"We've sent you something better this year" said Sales Manager Keith Jamieson. And so they had.

A beautiful limited edition fine china plate in the Edwin M. Knowles China Company's *The Stately Owls* collection.

This **Snowy Owl** was painted by wildlife artist **Jim Beaudoin**, who lives in Minnesota, and the series is sponsored by the Society for the Preservation of Birds of Prey.



WATERFIT ON AGAIN

WONDER OF WONDERS

There is a Good Fairy, even for aching, aging Editors.

Blessings on the Community Centre staff for pursuing (what proved in the fall to be) a particularly elusive specimen - a Waterfit Instructor. Even MORE blessings on **Karen Schreurs** for letting them catch her.

Mon. Wed. Fri. classes started **Jan. 14** (11 a.m. to noon).

Your A.A.Ed. popped into Adrelin Sports last weekend to encourage them to crank up the pool to our usual 90 deg. and right after delivering this issue to the printer, blissfully sank into it.

We missed **Daphne Burke** who's discovering she did everything with her right arm, now strung in a complicated contraption to protect her shattered wrist.

Not content to simply complain about losing Waterfit Daph has been enjoying ice skating - until a nasty fall in December.

"That's the end skating I guess" sighed a fed up Daph.

Creek Carol Singers' generous Food Bank donations

The Carol Commandant (a.k.a. Creek Editor) was pretty blunt about insisting on Food Bank donations before handing out a carol sheet at our (coooooold) December carolling event.

The results was a large box full of groceries and \$50 in donations. Thanks people.



CREEK ADVERTISING WORKS

You want proof?

1. APPEAL FOR NEW CAROL SHEETS.

Michael Oliver called to say Roger Roley at Baird Advertising had 200 we could have. A lady called to say the Vancouver Sun had plenty. In the end we acquired a pile from the Sun.

On the carollers' behalf we thank them all.

2. APPEAL FOR TEAPOT LIDS

(No matter how nutty the item, somebody responds!)

A lady called to suggest checking the "end of stock" bin in department store china departments - she's found lids there.

3. GRANVILLE ISLAND TOYS

On being handed the November Creek (which carried her ad for part-time help), Victoria Anderson smiled "I hired somebody this morning."

"Too bad you spent \$12 on an ad."

"NOooooo—she came because of it."

What tickled both of us was that I knew the person, which building she lives in, and that I'd only delivered their pile of Creeks at 7 p.m. the previous night.

City Engineering promises crackdown on City trucks using Commodore Road

There should already be less City truck traffic short-cutting along Moberly and Commodore Roads; The Creek received this letter from Engineering Department mid-December.

With this official acknowledgement there is no excuse for infractions. Residents should be quick to complain, and constant.

Moberly Road and Commodore Road

In reply to the article in the November 1990 issue of The Creek regarding the use of Moberly Road and Commodore Road by City trucks, I just wanted to let you know that we have instructed our crews not to use this route when they are driving to and from the Cambie Street yards.

If your readers notice any violations, it would be appreciated if they would quickly let us know.

Tel. 873-7331

Murray P. Brown, P.Eng.
Assistant City Engineer,
Transportation.

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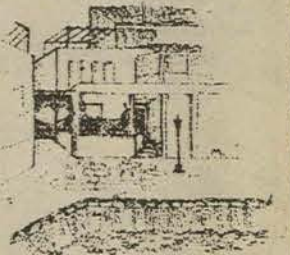
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Tel. 734-3369

Yes, it is The Creek Editor's place.

on the False Creek seawall.

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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Period Piece

Thirty-six years' residence in Canada have not robbed your Editor of that brand of humour peculiar to the British. The origin of the treasures that emerge in filing cabinet blitzes is a constant source of wonder and mystery.

It was one July in the reign of Edward the Good, *alias* Edward the Peacemaker, and I went for the long weekend to Castle Balch - fine place in Oxfordshire - my cousin Tom's roost.

Tom was a bit of a collector and Eva must take the principal blame, if any: meaning that the people she invited for house parties were excessively what the Yankees called 'high-toned' - artist fellows, M.P.s, celebrities of all sorts; not easy to compete against.

On this occasion Eva had flung her net wide and made a stupendous haul. To wit: Nixon-Blake, R.A., who had painted the picture of the year (do they have pictures of the year nowadays?) and Ratface Dingleby, who had taken his 22' *Ruby* round the Horn that February. Saw his obituary in *The Times* a couple of years ago: lived to ninety, not born to be drowned. And the elephant hunter who won the V.C. in the Transvaal, Captain Scrymgeour. He got killed under Younghusband in Tibet a year or two later. And Charlie Batta, the actor-manager. None of whom I could count as cronies. *Homines novi*, in point of fact.

Fortunately Mungo Montserrat was there; my year at Eton. And Doris, his spouse. A bit stuffy, but a good sort: another cousin of mine. I teem with cousins.

This being described as a tennis weekend, we had all brought our flannels and rackets, prepared to emulate the Doherty brothers, then all the go. Both Castle Balch courts played admirably - gardener a magician with turf - but being July, of course it rained and rained ceaselessly from Friday afternoon to Monday afternoon and the tournament was literally washed out.

We enjoyed pretty good sport nonetheless. Tom had a squash court for fellows like Mungo and me who were too energetic to content themselves with baccarat and billiards. And Charlie Batta sent to Town for some pretty actresses who happened to be seasonally unemployed, or unemployable. Furthermore Eva invented a slot of very humorous wheezes, as the current slang was, to embarrass us - some of them pretty close to the knuckle. But no tennis tournament, though a beautiful silver rose-bowl was waiting on the smoking room mantelpiece to reward the winner.

Forgot to mention the Bishop of Bangalore, who had been invited in error. The fun never started until he had turned in, but fortunately the bishop loved his pillow even more than his neighbour.

On Monday evening then, about 12.15 a.m., in mellow lamp light, when the ladies and the Bishop had retired to their rest, Tom spoke up forthrightly: "Gentlemen, I'm as deeply grieved by this tennis fiasco as you are, and I don't want that jerry knocking around the Castle for ever afterwards to remind me of it. I'll present same to the fellow who supplies the best answer to a question that Eva was too modest to propound with her own lips: "What were the most thrilling moments of your life?"

We all drew numbers out of the Bishop's fascinatingly laced top hat, and spun our yarns in the order assigned by fate. Apart from Mungo and me, every personage present was a born raconteur. I assure you: to hear Charlie Batta, who tee'd off, tell us how he played *Hamlet* in dumb show to a cellarful of Corsican bandits who were holding him for ransom, and how, waiving the three thousand sov.s at which he had been priced, they afterwards escorted him in triumph to Ajaccio, firing *feux-de-joie* all the way in tribute to his art - that was worth a gross of silver bowls.

And doughty Scrymgeour on safari in German East, when he bagged the hippo and the rhino with a right and left. My word, Scrymgeour held us! Next the R.A. He recorded an encounter with a gypsy girl in a forest near Budapest - the exact physical type he had envisaged for his picture *The Sorceress* - whom he persuaded with coins and Hunnish endearments to pose in the nude; after which he painted those Junoesque curves and contours, those delicate flesh tints - and so forth, don't you know - with ecstatic inspiration and anatomic exactitude, careless though her jealous lover had by this time entered the grotto and was covering him with an inlaid fowling piece. At last the murderous weapon clattered to the ground and he heard a strangled voice exclaim:

"Gorgio, I cannot shoot you. I bow before your genius! Keep the girl - leave me the picture - go!"

Finally poor old Mungo, who had drawn No. 13, was prevailed upon to

take the floor. My heart went out to him, me having made a damned mess of my own effort. These were Mungo's exact words:

"Gentlemen, I'm a simple chappy, never had any exciting adventures like you chappies. Sorry. However. If you want to know. The most thrilling moments of my life were when I married Doris - you all know Doris - and well, when she and I ... (Pause) ... They still are, in fact."

Mungo brought the house down. Tom thrust the rose bowl into his unwilling hands, treated him to the stiffest whisky and soda on which I have ever clapped eyes, and sent him crookedly upstairs to the bedroom, where Doris was being kept awake, not by the sounds of revelry from the smoke-room, but by the frightful snores of the Bishop next door.

"What *have* you got there, Mungo?" she asked crossly.

"Rose bowl", Mungo mumbled. "Tom offered it to the chappy who could best answer Eva's question about the most thrilling moments in his life. They all told such capital stories that, when it was my turn, I got into a mortal funk. But we had drawn lots from the Bishop's hat, and this inspired me. I said:

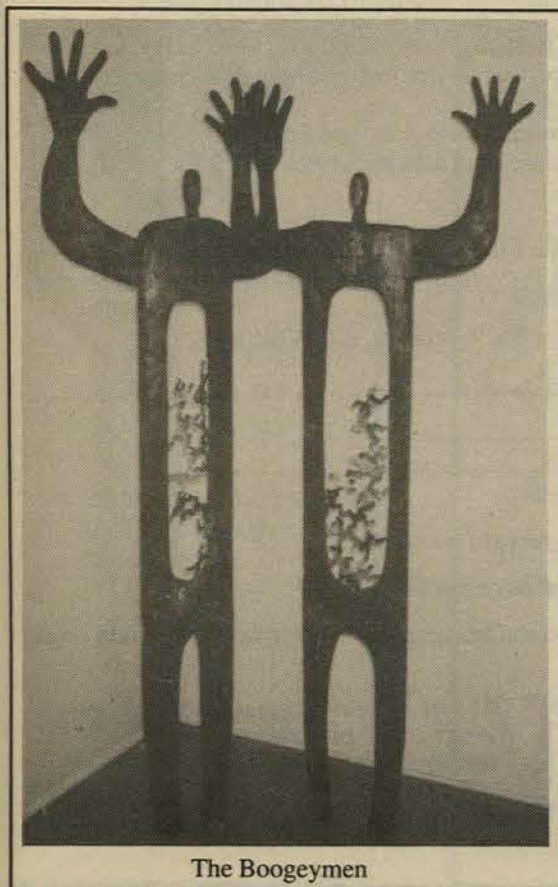
"When Doris and I kneel side by side in church giving thanks to Heaven for all the blessings that have been showered on us." And they gave me the prize!"

"How *could* you Mungo! You know that was a dreadful lie. It's not as though prayers and Church are anything to joke about." She enlarged on this aspect of the case for quite a while and Mungo hung his head resignedly. Whisky always made him melancholy.

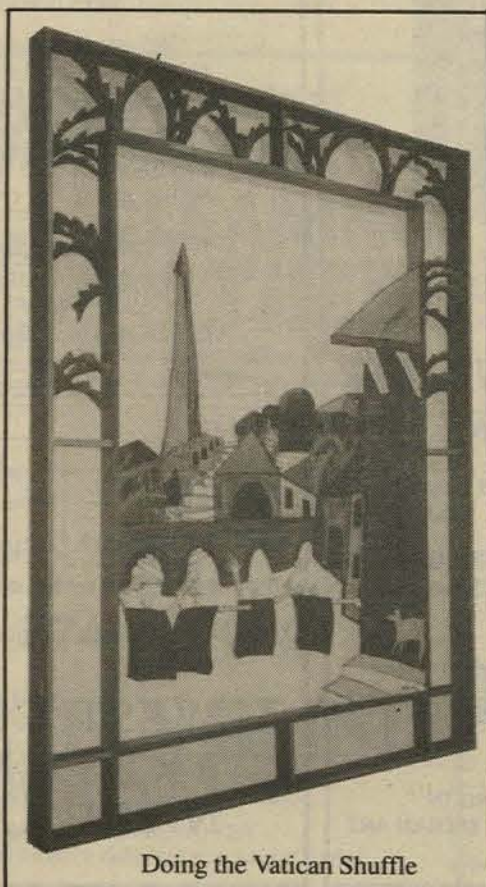
The next morning the party broke up. Doris Montserrat noticed a lot of admiring or curious glances flung in her direction and her conscience pricked her. She stood on the hall staircase and made a startling little speech.

"Gentlemen, I'm afraid Mungo won that rose bowl on false pretences last night. He has only done ... what he said he did ... three times. The first time was before we married; I made him. The second was when we married; he could hardly have avoided it. The third was after we married, and then he fell asleep in the middle..."

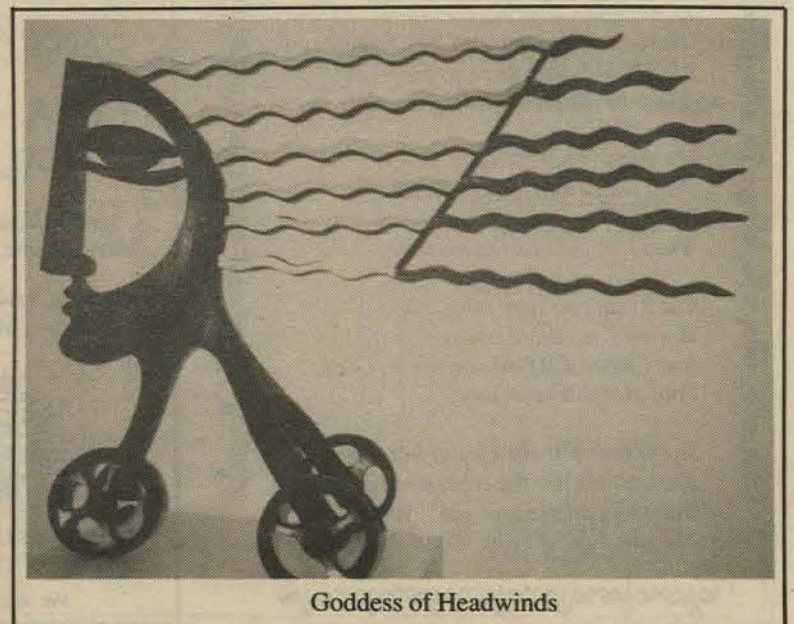
Whimsical works at Bridge Street Gallery



The Boogeymen



Doing the Vatican Shuffle



Goddess of Headwinds

Peter Kiss had a major exhibition of his wonderfully whimsical artworks (with titles to match!) in November. Many happy new owners have taken their treasures home but several remain.

You'll wonder how he thinks up his themes—he trained and worked as a biologist and an architect until he quit them both to have fun with his overactive imagination, and earn his living at it to boot.

So will the other pieces that complete the current exhibit—witty ceramic creations by Carol & Richard Selfridge and comical sculptures by Warren Stratford (reminiscent of Patrick Amyot's wacky works that used to give us a giggle whenever we walked by the gallery window in earlier years.)

Drop into the gallery on your next trip to Granville Island (Old Bridge Street, past the glassblowers' studio). Guaranteed to brighten your day.



Joyful Impressions

Fabric prints by Marilyn Foubert

January 3 - February 5

by Thelma Ruck Keene

Marilyn Foubert's *JOYFUL IMPRESSIONS* on cloth are a result of training in fabric design at Sheridan College in Toronto.

Over time she began wondering how she might be a one-woman business without great capital outlay. Painting cloth is feasible; all you need is a long table, various tools to apply the paint and lots of good cotton cloth. When the work is done the yardage goes to a firm for heat setting so it's washable, after which the seamstress steps in to create jackets, skirt and matching top, tea cosies, pot holders, cushions - which, along with lengths of yardage, make up this show.

The painting technique varies. One utilises different textured sea sponges to dab on two colours (with gradations of shade) to create an overall marbled surface; or broad bands of colour are applied across which flit some slight dancing shapes. Another method - a sort of informed spattering of paint enlivened by distinctive sweeping lines - brought to mind Jackson Pollock's technique of flinging paint at his canvas.

When I commented on this Marilyn admitted she did sometimes think of him when applying the lines because she takes a tube of paint and *shoots* it into the air so that it falls down on the cloth in the shape of its natural trajectory. The result is full of lively movement but the process needed trial and patience to get the right viscosity.

Viscosity is also crucial with another device - placing a metal grid under the cloth over which is run a paint-loaded roller; if the paint is too thin it just splodges all over the place. Stencil shapes come in handy combined with the grids, the whole lot tumbling about like debris in space - black on white cotton, this one; effective.

The painted cotton yardage compounds Marilyn's marketing problems, though it also adds the promise of a wider clientele - interior designers. It's hard work to enter that field but already a firm with a large and elegant showroom are carrying her colour swatches. With luck, this will prove the opening every fabric designer craves.

More After Dinner Stories from British Members of Parliament

compiled by Jack Aspinall, M.P.

From Lord Duncan-Sandys, PC, CH

I am told that the Dean of Windsor once asked King George V what he would like him to preach about on Sunday, to which the King replied, 'About ten minutes.'

From Lord Cullen of Ashbourne, MBE

A well-known conductor offered to perform at a concert in a remote country village. On arriving at the rehearsal he was warned that the first violinist had the 'flu but that they had borrowed a good violinist from a neighbouring village. He was, however, warned that though a pretty good violinist, this replacement was very scruffy in appearance.

At the start of rehearsal the conductor looked sternly at the violinist and said, 'Do you know you've got your fly buttons undone?'

The violinist replied, 'Could you hum it?'

From Sir Anthony Meyer, Bt., MP

On his first parachute jump, Mick was told to jump clear of the plane, count ten, and pull the rip-cord. He jumped, counted ten, and pulled. Nothing happened. As he hurtled towards the ground he saw a chap coming up equally fast towards him, with a large spanner in his hand. 'Excuse me,' he called out, 'Do you know anything about parachutes?'

'I'm afraid not,' came the answer, 'I don't know much about gas cookers either.'

From Lord Airedale

A trainer of guide-dogs for the blind remarked that people expect too much of a guide-dog, and told of a blind girl arriving with her dog in Cardiff for the first time.

She asked a lady passer-by the way to her destination. The lady bent down and said to the dog, 'You go to the third set of traffic lights, turn left and it's the second turning on the right.'

From Lord Carr of Hadley, PC, CH

An aging Bishop found himself increasingly wondering whether there were any golf courses in Heaven. He even put the question into his prayers.

One day, while meditating, he received a direct message from above:

'Don't worry,' the Heavenly messenger said. 'There are plenty of the most wonderful golf courses, they are always in perfect condition, and never have any wind or rain to put you off your game, and, of course, there is a great choice of the nicest people to play with.'

'Oh, that is wonderful news,' said the Bishop.

'Yes,' replied the messenger, 'but now for the bad news. You are down to play in a match on Saturday.'

First published in Gt. Britain 1983 & 84 by Buchan & Enright Publishers Ltd., 53 Fleet St. London.

Printed in Gt. Britain in 1985 by Guernsey Press Co. Ltd., Guernsey, Channel Is.

(sadly now out of print)

LAMENT

They've brought you up to date Lord,
Down at St. Cecelia's.
They've pensioned off the organ
And they're praising with guitars.

They do it for the young ones
They want to bring them in
But I do wish they could worship
Without making such a din.

I'm getting rather deaf, Lord,
And now with all that noise
I find it rather hard, Lord,
To hear your loving voice.

They're singing brand new hymns, Lord,
With tunes that I don't know
So I hardly ever sing now
Though I used to love it so.

They're really coming on, Lord,
They're doing Series 3
But the words are not so good, Lord
As the old ones used to be.

They've modernized the Bible,
The Lord's Prayer and the Creed,
But the old ones were so perfect
That they filled my every need.

My mind is not so agile
As it was when in my prime
And it's very plain to me, Lord
That I've overstayed my time.

But it can't be very long, now
Before I'm called above,
And I know I'll find you there, Lord,
And glory in your love.

So till then I'll stick it out here
Though it's not the same for me
But while others call you, 'you', Lord
Do you mind if I say 'Thee'?



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Shares are still available and can be acquired for \$100 each. As a bonus, shareholders receive an **annual food credit of \$25** per share towards a tasty meal at Isadora's.

A great way to participate in your community and to own "more than just a restaurant."

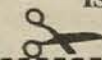
Food credits can be used Monday to Friday (Friday until 5 p.m.) and Sunday after 5 p.m. for any food purchases and catering. Shares must be used by March 31 of each year and are non-cumulative.

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"What's On"

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by David Mamet

Pulitzer prize-winning playwright and Hollywood screenwriter
GRANVILLE ISLAND STAGE Opening Friday, January 18.



Denyse Wilson
 and
 Jackson Davies
 star in
**SPEED
 THE
 PLOW**
 until Feb.16

This searingly humorous Hollywood expose showing the grit beneath the sparkle of tinseltown could only have been written by someone with intimate experience in the film industry. David Mamet was the screenwriter for *The Postman Always Rings Twice*, *The Verdict*, *The Untouchables*, *House of Games* and *We're No Angels* (filmed in Vancouver).

SPEED-THE-PLOW stars Jay Brazeau (winner of a 1990 Jessie Award for his one-man show *Drinking in America*), Jackson Davies (who needs no introduction) and Denyse Wilson (who recently played Stella in the Vancouver Playhouse production of *Streetcar Named Desire*).

THE NECESSARY STEPS

by Morris Panych

SEYMOUR STREET STAGE

Opened January 11th

We've come to expect a little bit of madness from Morris Panych. It seems appropriate this latest "first" from him should be the last officially scheduled Arts Club Theatre produc-

tion at its original Seymour Street stage given the see-saw nature of its current occupancy—"now we're out; now we're not—yet."



Patti Allan
 and
 Peter Anderson
 star in
**THE
 NECESSARY
 STEPS**
 until Feb. 9th

Billed as an absurd and engaging love story, a journey up, down and back again, features **Peter Anderson, Patti Allan, Wendy Gorling** and **Brian Torpe**, who plays "everyone else in the show."

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Commodore Ballroom
Saturday, February 2nd

Martha Reeves
 and the
Vandellas

Live — in concert

MARTHA REEVES, one of the legendary queens of Motown will make a rare appearance in Vancouver, with the inimitable **VANDELLAS**, in a fundraising concert/dance for the Arts Club Theatre.

As if hearing their legendary hits from the 60's weren't enough ticketholders will have the chance for even more "hot stuff" by winning the grand door prize—a trip for two to **Palm Springs**, donated by Canadian Holidays.

For one of the best mid-winter "blues-busters" around, get your ticket at the **Arts Club Box Office** (687-1644) or through Ticketmaster (280-3311).

AMANDA HUGHES

Sunday, February 17 8:00 p.m. \$12.50



IN CONCERT

With her natural flair, a new style added to everything from gospel to rhythm and blues, jazz and reggae, as well as the most avant garde - with her dramatic flair for dress, of her own design, with the color of her dance, the percussive sounds, Amanda Hughes provides an interlude of real truth in your largest dreams, intimacy in the largest room.

Arts Club REVUE THEATRE
 (Granville Island)

"The blend of theatricality and her music is strong medicine indeed" said one reviewer.

Information & Reservations:
687-1644

Tickets from Arts Club Box Office, Granville Island, or Neighbourhood Gym, 1278 Granville Street.



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Selling your home? Reflect before renovating

by Nina Andersen

Renovations. A frightening word to some. While it is true that renovations aren't without their share of stress and frustrations, they can also be challenging, rewarding, and yes, even fun. It all depends on how well you do your homework (excuse the pun.)

At the outset, be aware that extensive renovations on a home for the purpose of reselling rarely give you a high return on your money. Although some will add to your home's appeal, save the extensive renovations for a home that you plan to enjoy for a long term.

If you are not sure what renovations would be the most advantageous for you, do not hesitate to consult a professional first. There are many who give advice free of charge, including some of us realtors. Don't be shy.

More and more people are opting to do their entertaining at home. 'Cocooning' is the latest term for it. Personally, I just call it having a mortgage! However, this trend will give you an indication on what areas to improve.

Bathrooms and kitchens are the most common renovations. They can make a vast difference to your home's appeal. AND they can be quite expensive. Make sure you have established a budget for your renovations.

The first thing that springs to mind is a decent kitchen for all those home cooked gourmet meals. A modern, well-planned kitchen is a must today. Keep in mind ample cupboard and counter space when in the planning stage. If you have a small kitchen to work with, make sure your space is well utilised and functional.

People are demanding full ensuites with their master bedroom. If you do not have an ensuite, consult a professional on ways to accommodate one. If you can expand the one you have, great. Bright and luxurious bathrooms will add value to your home.

For those with a smaller budget there are many ways to improve your home without a large cost. For example:
- adding a sundeck for outdoor entertaining

- refacing kitchen cupboards instead of buying new cupboards
- replace single glazed windows with double glazed
- installing a work island in the kitchen
- adding a well placed skylight

The list goes on. use your imagination.

When planning renovations, always keep the character of your home in mind. Don't put an ultra modern kitchen in a heritage house. Keep the flow of the house running smoothly.

In summary, plan renovations carefully, budget your time and money and always, **always**, obtain three quotes for cost and time, in writing.

Until next time, happy selling



P.S.

Can someone out there help me with a dilemma. When I lived on the North Shore I was called a North Vancouverite, and because I lived in Lynn Valley I could legitimately be called 'A Valley Girl', though I found the term slightly insulting.

Now I am a bonafide resident of lovely False Creek I am at a loss for the correct term to use. 'Creeker' seems inappropriate, and 'Falsie' could lead to some rather personal questions.

Help! Would someone please advise this new addition to the fold of the correct term. (The Village People?)

Nina Andersen is a Sales Associate at **False Creek Realty**. She can be reached at 872-6661 with advice on proper Creek nomenclature or questions about her articles.



Beware the G.S.T.

Remember that **USED** residential housing is **not necessarily** exempt from GST.

The vendor's use of the property determines whether the sale is GST exempt, yet the purchaser is liable for the tax.

BE SURE your real estate agent provides you with a copy of the vendor's statement confirming the GST status of the property before you sign any documents.

Food Glorious Food

and health into the bargain

Frances Kohn, R.D.N.

Eating out - but what about the calories?

Eating out and watching calories can be a real challenge, but with a bit of planning you can have fun and still feel good about your diet.

Think of the menu as a game. Your main objective is to choose the low fat/low calorie preparations.

A quick glance at the menu shows your first challenge is the Appetizer selection. You can skip this, of course, but you can enjoy a clear broth or bouillon, a fresh fruit cup, a vegetable tray or perhaps a dill pickle and melba toast. Do stay clear of the high calorie cream soups and chowders, meat or fish appetizers, those with olives, avocado and dips.

Next, Salads. Pick a fresh vegetable or fruit salad. Ask for the dressing on the side; that way you are in control of the amount. Skip the salads dressed up with nuts, bacon bits, avocado and unknown dressings. Potato or macaroni salad and cole slaw have to be suspect because they are usually loaded with high calorie dressings.

Now for one of the biggest hurdles - the main dish. Whether it is meat-based, fish, poultry or vegetarian, your choice will depend, to a large extent, on how it has been prepared. Opt for a preparation that has

been baked, poached, steamed, roasted, broiled or barbecued. Shun those fatty items that have been fried, breaded, sauteed, stewed or served with bacon or gravy.

Don't forget to trim off any extra fat and remove poultry skin. Portion size is important too, but how can you handle that? Share it with your companion or ask for a 'doggie bag'—it's quite in vogue.



Vegetables next. Baked, boiled or mashed potatoes will get you full marks. Thumbs down on all those potato fat traps like the far-too-common fried variety, or the browned, creamed or scalloped creations. Enjoy some green, yellow or other vegetables that have been steamed, boiled or stewed.

So far so good, but the game is not over—not by a long shot—especially if they wheel that dessert

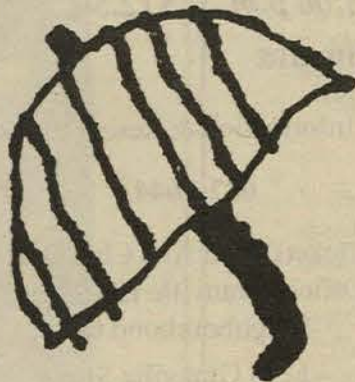
trolley up to your table. The trick here is to have your mind made up ahead of time and be the first to order. You may even prefer a beverage only—tea, coffee (black or with milk, not cream), a diet soft drink, soda or mineral water. Otherwise, why not choose a lovely fresh fruit or a plain-flavoured ice cream, ice milk or sherbet. Or you may select a slice of angel or sponge cake, but no icing, please. Never a second glance will you give to all those fancy pastries, rich puddings, cakes and custards, ice creams with toppings, dessert liquors and concoctions smothered in cream or nuts.

Congratulations. You've made your way through many fat hazards and diet obstacles. Best of all you stood your ground, had a super meal and a healthy one to boot. Now you know you can enjoy a low fat, low calorie meal at your favourite restaurant and come away laughing.

For further diet and nutrition information remember you can call



Monday - Friday 9 a.m. - 4 p.m.



Rick Thaddeus couldn't resist the chance to wear a Teddy Bear costume at the Community Centre's Breakfast with Santa. Presumably he was practising for the Teddy Bear's picnic on July 1st.

Come join the engaging young dancers of the **ARTS UMBRELLA YOUTH DANCE COMPANY** in the fourth of seven in-house performances.

The company will be joined by the **Arts Umbrella Junior Performance "RAP"** theatre who will be premiering their new "RAP" version of *Animal Farm*.

Don't miss this exciting event on **SUNDAY, JANUARY 27. 3:30 - 4:30 p.m.** at **Arts Umbrella on Granville Island**.

Tickets: Adults: \$3.00.
Seniors/Students: \$2.00.
For more information call Helen at 681-5268.

Bob Holden FALSE CREEK HANDY MAN

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Rick Thaddeus



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Noticeboard

by Donna Suttie

WELCOME TO 1991

The Winter Wonderland

This will be a year of change for everyone. Not just in our community, but in the world. With war pending, taxes, cost of living and environment issues, no-one is immune to changes.

We will be looking at our lifestyles and priorities and asking if this is what we need and want for ourselves, our family and our community.

Your Community Centre looks forward to the New Year with changes, and new programs to suit the times.



We are under construction - finally.

In November the Community Centre held a ground-breaking ceremony and demolition of the site began shortly afterwards. Progress can be seen each day and very soon they will be coming through into the existing building.

During the coming months further disruptions are anticipated and may cause some unplanned interruptions. We plan to continue services and programs throughout the construction and hope that you are looking forward to the new and improved facilities as much as we are.

Please drop by to watch the progress - and thanks for your continued support.

Carol Sogawa,
Coordinator

NEW HIGHLIGHTS FOR WINTER '91

PRESCHOOLERS

Toddler Science (2½ - 3 yrs.)
Mondays 9:30 - 10:15 a.m.
\$28 - 5 sessions

Young Explorers (4 yrs.)

Mondays 11:15 a.m. - 12:15 p.m.
\$28 - 5 sessions

CHILDREN

Art With A Twist (5 - 8 yrs.)

Thursdays 3:30 - 5:00 p.m.
\$32 - 6 sessions

Let's Do It Together (5 - 8 yrs.)

Tuesdays 3:30 - 5:00 p.m.
\$32 - 9 sessions

Creative Construction -
(7 - 10 yrs.)

Sundays 1:30 - 3:00 p.m.
\$21 - 4 sessions

ADULTS

Secrets of the Spellbinders

Don't let fear of public speaking stand between you and what you want to achieve. Learn the secrets of the spell-binders and express your ideas with impact and clarity.

Thursdays 7:30 - 9:00 p.m.
\$20 - 4 sessions

Waterfit Class

Mon/Wed/Fri 11:00 a.m. - Noon
Register or Drop-in

French for Fun & Travel

Tuesdays 7:30 - 9:30 p.m.
\$40 - 10 sessions

WORKSHOPS

DOLPHIN/TUNA CONTROVERSY AGE

Sat. Jan.26 10:00 a.m. - Noon
Fee: \$2.00

Find out the truth about one of the most talked about and least understood issues in the agenda of Animal Rights Groups

AIDS: THE FACTS

Mon. Jan.28 7:00 - 8:00 p.m.
FREE

Guest speaker:
Dr. David Patrick of V.G.H.

UNEMPLOYMENT INSURANCE PROGRAM

Wed. Jan.30 7:00 - 8:00 p.m.
FREE

There are changes in the 1991 program that will enhance the maternity, sickness and parental benefits. Join us and learn about them.

ATHLETIC INJURIES

Mon. Feb.11 7:00 - 8:00 p.m.
FREE

Join Professor Barry Legh of U.B.C. for resource information on athletic injuries and prevention.

POWER OF THE BREATH

Tues. Feb.12 12:30 - 2:30 p.m.
Fee: \$7.00

Gain an understanding of the breathing process and experience breathing exercises that will help relieve mental and physical stress.

FACTS ON EARTHQUAKES

Wed. Feb.13 7:00 - 9:00 p.m.
FREE

Regional information will be discussed with an emphasis on the False Creek area.

AEROBATHON '91

CALLING ALL FITNESS ENTHUSIASTS

The Centre invites you to help us kick off the Winter Season in "Marathon" style, featuring our super 100 minutes of non-stop aerobic fun.

ALL LEVELS of fitness ability are welcome to join the instructors of False Creek Community Centre.

Refreshments available plus special door prizes

You may register in advance

Sat. Feb.16

9:30 - 11:30a.m.

at False Creek Elementary School

\$3:00 Drop-in
\$1.50 Fitness Chip holder

KARATE PROGRAM

CHILDREN (starts Jan.17)

Level I - Thurs.
5:30 - 6:30 p.m.

Advanced

Thurs. 6:30 - 7:30 p.m.
Sat. 11:30 a.m. - 1:00 p.m.

Adults (starts Jan.17)

All Levels

Thurs. 6:00 - 8:00 p.m.
Sat. 11:30 a.m. - 1:00 p.m.

ALL KARATE PROGRAMS
held at
FALSE CREEK ELEMENTARY
SCHOOL

Seniors' Scene

by Marge LeGresley

There is very little news to report but I wish you all a happy and healthy New Year and that 1991 may bring us all closer together in the activities we share. Programs at the Centre are continuing as listed in the Spring program in spite of necessary disruptions caused by the construction going on.

As I wrote this the unusual snow-storm was at its worst and we were all housebound, or being very cautious about venturing out when necessary. Our phones have been a blessing and it is wonderful to receive so many concerned calls about Jeff's progress, which is slow but certainly showing improvement. He hardly had time to miss me when I went on my cruise, as so many good friends visited him and cheered him up. For your support I am sincerely grateful.

My holiday in the Caribbean Islands with my family was a dream come true and the memory will keep me going through the months ahead. I hope to be able to share my many pictures with you soon.

Work at the Centre is progressing and will disrupt our Carpet Bowling

sessions. However, Mary White has arranged for us to use a room at Branch 44 of the R.C. Legion, 530 West Broadway—just opposite the No.50 bus stop. Upon entering the front door, take the elevator to the 3rd floor, where there will be room for one carpet. The starting date will be announced as soon as our equipment has been transported there.

Our card games on Monday afternoons will continue and Ruth Powers has arranged for us to use a room at Creekview Coop if the noise at the Centre is too great.

Meanwhile Jean asks me to remind you of our meeting on **Wednesday, February 6**, when all these alternatives can be set up and plans made for future trips.

I have just received the news that **Betty Carson's** operation is over successfully and after her recovery days in V.G.H. she will soon be back with us. Your friends have missed you Betty.

There are many happy pictures of our Christmas Luncheon which a good crowd of members and guests enjoyed so much.



Jenny Henderson, Annie Hassell, Mollie Jackson, Susanna Klaver, Marge LeGresley, Mary and Ray Legiest were the specially honoured guests at the Christmas luncheon. They declined to acknowledge the significant age which qualified them for this special status!



Rose Inglis (rt.) and Mary White handed out draw prizes at record speed as the scene outside was rapidly whitening with fast falling snow. Bus. 873-2288 Res. 325-3300

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SIGN IN
RICHMOND DANISH
BAKERY

Please note we are open on Sunday but Hans can't get out of bed early on Sunday, so everything is baked on Saturday.

CLASSIFIEDS

20 words: \$4 (min.)
30 words: \$6.

Deliver copy to CREEK mailbox at Community Centre by 8th of month.
PAYMENT (cash or cheque) MUST ACCOMPANY ad.

CHILD CARE

AFTER SCHOOL CARE REQUIRED

I am seeking a reliable person (parent preferred) to pick up my son from False Creek Elementary School every day after school and take care of him in your home until 6 p.m. Pay is negotiable. Start A.S.A.P. Call: Maureen at 877-0921

NEED A BABYSITTER? False Creek area

Two 12 yr. old babysitters available, who have Red Cross Babysitting Certificates. Call Jason or Chris at 732-9985.

Jason and Chris must be nice lads. They delivered a Christmas card to say how much they are enjoying games on the old TV they took away from me. (Ed.)

THE HEALTHY HEART

A talk by pharmacologist Sharon Fong on the effect of diet, exercise, smoking and cholesterol on the human heart, focussing on problems of those over 50 years of age.

WED. JANUARY 30
7:30 p.m. FREE

St. George's Anglican Hall
2950 Laurel Street.

Sponsored by South Granville Branch of the Vancouver Public Library and the Heart Foundation.

Carousel Theatre NEEDS YOUR BOOKS

Keep a Book Bag to toss your already-read/never-going-to-be-read books into and whenever it's full drop it off at Carousel Theatre's office (in the pointed end of the building opposite the cement works on Granville Island). EVERYTHING EXCEPT TEXT BOOKS

FREE FOR THE TAKING

RE-USE instead of DISCARD

The Creek was delighted to receive instant response to the (November) offer of FREE SPACE to advertise items you no longer want (but can't be bothered to sell) that might find an afterlife in someone else's home.

Unfortunately the item was missed out of the December issue.

BABY CRIB

In excellent condition. Over 9 yrs. old and may not have all the newer safety requirements. However it was sound and secure for our two children. Call 734-2998 anytime after 10 a.m.



The Creek also offers the same service of free space for advertisements about LOST ANIMALS and other valuable items readers might find. Leave details in The Creek mailbox at the Community Centre.



Jan. 15 - 31

Daria Grant and Lynn Stevens will canvass False Creek Co-op (west) again; Dana Patrick and Helen Rosebush will cover Marine Mews and Spruce Village - again, bless them all.

HELP NEEDED PLEASE

to cover The Netherlands. Call Area Captain Beryl Wilson at 734-3369 SOON.

Other Area Captains might have phoned in similar S.O.S.s if they'd known they could.

If they want to send along Thank-you lists to The Creek afterwards we'll be happy to acknowledge their valiant volunteers.

HOW YOUR GIFT WORKS

\$50 buys a simple walking aid. This allows a disabled person to walk with less difficulty.

\$100 buys a child a special walking aid.

\$200 buys a simple telephone system which allows a disabled person to communicate with the outside world.

\$300 buys a simple electronic device for a quadriplegic person to operate lights, TV, and radio.

\$450 buys a specialized therapeutic cushion which prevents and alleviates bedsores and compression wounds.

\$500 buys a simple device which allows a person to once again communicate with family and friends.

\$1000 buys a simple wheelchair for someone who otherwise couldn't get around.

\$5000 buys a sophisticated wheelchair enabling a disabled person to regain mobility and a sense of independence.

These are some examples of the equipment available. A vast variety of additional equipment is adapted by the Kinsmen Rehabilitation Foundation to suit personal needs. Equipment varies in price up to \$20,000.

STOLEN TAPES RESTORED TO OWNER

Alan Laude the cheerful City Engineering Dept. bench painter we featured in the fall will be happy to see this item. On finding the case of tapes in the bushes of Laurel Landbridge in late October he decided the sensible thing to do was bring them to 'the newspaper lady.'

A Lamey's Mill Rd. resident, reading the item in the December issue, thought they might belong to a brother on Saltspring Is. They did.

But he may not be keen to visit relatives in inhospitable False Creek again.

The case of tapes is the least valuable of the items stolen from his completely ransacked truck in late October.

It is more than likely that the truck break-in and robbery of thousands of dollars of equipment was perpetrated by locals and, more sickeningly, by people who are not in need and do not depend on the Food Bank for their groceries.

How did so many people grow up to be so plain rotten?

Editor's Choice

Tues. Jan. 29

Chamber Music Society of Lincoln Centre

Works for Oboe & Strings by Knussen, Mozart and Takemitsu. Q.E. Playhouse 8:00 p.m. Tickets from Ticketmaster and at door.

VANCOUVER CHAMBER CHOIR

with Linda Lee Thomas, piano

Sat. Jan. 19 8:00 p.m.

CANDLELIGHT & WINE

Enjoy the sublime sounds of the choir while sitting cabaret style (tables of 10) with bar service and complimentary coffee and French pastries at intermission.

Sun. Jan. 20 2:30 p.m.

SINGERS' SINS

A light-hearted look at the typical vices of two decades of Chamber Choir singers. Wine, women, song and food are all examined through the music of John Rutter, Leonard Bernstein, PDQ Bach and others.

Hotel Vancouver Pacific Ballroom

Tickets from Ticketmaster

DENTAL FACTS

A local dentist sent a collection of articles for The Creek to print from time to time. Here is the first.

What is TMJ Syndrome?

TMJ stands for Temporal-Mandibular Joint, the joint located on both sides of the head, in front of the ears. It is the joint that allows your lower jaw to move when you chew or speak. Ligaments and muscles are attached to the TMJ. Pain or discomfort associated with the TMJ region is often referred to as TMJ syndrome.

The most common symptoms of TMJ syndrome are:

- Headaches
- Tenderness of the jaw muscles
- Pain in and around the ear that may spread to the face.
- Clicking, popping or grinding when opening or closing.
- Difficulty or pain during chewing, yawning, or opening wide.
- Jaws that "lock" into any position.
- Ear ache or pain where no infection is present.
- Dizziness

There are often many causes of TMJ syndrome, some of which are not well defined. Sometimes the chewing muscles may cramp up causing pain. Trauma to the face or jaws may also contribute to TMJ pain. Some patients may clench or grind their teeth together subconsciously while they sleep. This is called bruxism and it can cause muscle spasm and ultimately pain.

The primary goal in treatment of TMJ syndrome is relief of pain. Occasionally the muscle spasms can be eliminated by moist heat packs, facial muscle massage, or switching to a softer diet. Sometimes mild muscle relaxants and pain medication are prescribed. Changing the way teeth come together is another way of treating TMJ syndrome. In this case a mouth guard is worn at night to relax the jaw muscle.

(Taken from Semantodontics Inc., 1987)



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A small boy, on being told by his teacher that one rabbit could reproduce itself a hundred times in a year, said, 'My word, I wonder what a married rabbit could do!'

THE TIME JUST BEFORE SPRING

recent assemblages by POLLY BAK

January 3 - February 3, 1991

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