

FEBRUARY, 1991

Vol. 10, No.2

The Creek

'Serving False Creek, Fairview Slopes and Granville Island'

FALSE CREEK FERRIES

THE LITTLE BLUE FERRIES RUN DAILY RAIN OR SHINE 684-7781

GRANVILLE ISLAND TO AQUATIC CENTRE DAILY - 7:30 a.m.-8 p.m.

MARITIME MUSEUM WEEKENDS ONLY - 10-5

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Saturday,	February 23	9:00 a.m. to 12 noon
Wednesday,	February 27	6:30 to 9:30 p.m.
Wednesday,	March 13	6:30 to 9:30 p.m.
Saturday,	March 16	9:00 a.m. to 12 noon

Please call one of the following numbers to specify which session you would like to attend. Your name and Tel.No. will be passed on to one of the moderators who will confirm the date.

734-3596 734-3369 666-7820

This is an unprecedented opportunity for us to make our views known

All ideas and opinions we give to the Forum will be fed into its Final Report and if enough of us give our ideas, strongly and clearly, no government will be able to ignore these grassroots citizens' views.

IT'S OUR COUNTRY. IT'S UP TO US.

Leg-in-Boot Square Design Group

The Leg-in-Boot Square (re)Design group is well under way. had an office in the square for several years.

Twenty neighbourhood representatives attended the January 17th meeting when the design team of **PETER CARDEW** and **DON VAUGHAN** was chosen. At some point in the process there will probably be a **SITE OFFICE** in the square to enable residents to examine and comment on proposals.

And a good team they should be. Both are very familiar with the area. Peter lives on Millbank and Don Meantime suggestions can be delivered to **John Dries**, in the office of **FRANK STANZL**, 659 Moberly (end of passage above Budget Foods).



KIDS ONLY MARKET PRESENTS OUR ANNUAL SIDEWALK SALE

BEGINNING THURS. 21st FEB AND FINISHING SUN. 24th FEB -
10 AM - 6 PM

Moberly/Commodore Roads traffic - will the torment never cease?

Open Letter to Murray Brown, Assistant City Engineer, Transportation

As a resident of Moberly Road, and a member of the Heather Neighbourhood Committee, I would like to express appreciation of the Engineering Department's directive to drivers of vehicles from the City's Cambie Street yards **NOT TO USE** Moberly and Commodore Roads as routes to the Cambie St. yard.

The short-cutting through our neighbourhood was adding to the already heavy traffic volumes on these (supposedly local) residential roads.

Over the past three years residents of Heather neighbourhood have been very concerned with the increased traffic on our streets. We have voiced

our concerns to City Council and the Engineering Department by numerous letters and phone calls, and still we wait for some solutions. The absence of the City work vehicles will be a definite improvement.

We would also encourage you to continue exploring other avenues to help reduce the traffic. In the fall of 1989 the City hired an independent consultant to study the traffic problems in this area. The findings of the study disclosed that during the 4 - 6 p.m. evening rush hours the majority of the traffic (66%) was through traffic. This means 66% of the vehicles driving down Commodore and Moberly Roads were not going to or coming from this area, they were

simply short-cutting on their way to other parts of the city.

Why are these vehicles not on 6th Avenue?

This community has great difficulties dealing with the heavy volume of traffic. We would hope that our illustrious City engineers would soon arrive at some solutions that will remove the short-cutting traffic and once again allow our community to be quiet and safer for all our residents, young and elderly alike.

Thank you also for the invitation to call your office - **873-7331** - with complaints about traffic along Moberly and Commodore Roads.

A. Schaepeymeyer

Cursed cyclists

Fine weather will bring back the hordes of maniacal bike riders. **John McBride** is to meet with Ald. Gordon Price in an attempt to have **ALL PRESENT SIGNS** removed and replaced by **two only**.

**CYCLISTS
Max. 10 kpm
PLEASE**

and

**CYCLISTS
YIELD TO
PEDESTRIANS**

City Works Yard trucks still spotted

No sooner had this letter arrived at the Creek Office than a Heather resident bitterly observed he had just spotted a City Engineering truck and back hoe trundling along the forbidden route.

If complaints to City Engineering Dept. are passed on to the Works Yard there is likely to be a lot of wide-eyed innocence from drivers claiming "Not me." "I've never driven that way" etc.

If complaint calls to **873-7331** could be accompanied by truck numbers or licence numbers (difficult though it is to get these from a fast moving truck, admittedly) it would be helpful.

(Murray Brown has transferred to the Projects Division of Engineering Dept. for six months, during which time these calls should be directed to **Ian Adams** in the Transportation Division.)

The constant disturbance and danger from Busters tow trucks barrelling down Lamey's/Moberly/Commodore with their steady and lucrative hauls of over-parked cars from Granville Island is not easily solved.

Appeals for common courtesy and concern for neighbourhood peace and safety are likely to fall on the deaf ears of persons motivated by "the quicker the trip, the bigger the bucks."



WHAT DOES 'THE CREEK' MEAN TO YOU?

Any ideas and suggestions from any Fan (detractors need not apply!) will be greeted with great enthusiasm.

Since our publicity outlet is **THE CREEK** itself it's impossible to do it without the Editor's knowledge, but she has at least **promised not to CENSOR** material.

Call **CAROLE ROACH** at **734-3416**

No-one is more stunned than The Creek Editor to realise when the **9th** birthday of The Creek newspaper rolls around in June 1991 it will be the **100th** issue.

A group is gathering to figure out how best to celebrate this extraordinary event. It should be a **GIANT JUNE EVENT**.

Editor



Beryl Wilson

Subscribers' Mail

We love to get mail from our subscribers

From **Jim Armstrong** of Mississauga, Ont.

(The Armstrongs own a suite in Leg-in-Boot Sq. and hope to "emigrate" to it one day)

"The best of health, happiness and success to you in '91, the year of the Ram if you are of the Chinese persuasion.

This \$15 will pay for our fun in reading your paper for another year, plus you can treat your best friend to a 'cuppa' with the extra.

Ever so pleased to read in The Creek how the Creek community works hard with the various governments and municipalities to enrich our community—frustrating as it is it's the only way to sensibly achieve the community's goals to make the Creek more liveable.

Please thank the committee members; we do appreciate their efforts and dedication.

Any "SCUDS" fall on Victoria yet? Oh well, I guess that's why Bill V. wears wooden shoes -to keep the woodpecker away from his head!

Heard a quip the other day: "Yeh, that guy's got the Midas touch; everything he touches turns into mufflers."

Do have a great year and take time to smell the roses. Remember, where there's a will there's a beneficiary!



P.R. star Verkaar scores again

CONGRATULATIONS

to our favourite P.R. lady, **MAUREEN VERKAAR** of All Star Management who had barely recovered from the mammoth job as Publicity Person for the summer long run of *Les Miserables* when she was appointed to do the same job for the May to October run of **THE PHANTOM OF THE OPERA**.

Raging Grannies wow the crowd at Kiwanis Manor

JANET BERRY has made such a difference to the atmosphere and residents of Kiwanis Manor since she arrived as the new manager in October 1989.

After managing Camelia Court on Cambie Street for nine years she thought she was ready for a quiet life in Langley and more time for her daughters and grandchildren. But that didn't last long. Somebody spread the word she was "available" and after only six months she was inveigled to be the new Manager at Kiwanis Manor.

Janet thinks her liking for older people must have rubbed off onto her from her Dad who was President of a *Young At Heart Club* for years.



Janet with one of her five grandchildren.

The all-Seniors home is managed by Crosby Property Management and Janet speaks highly of their Brian Wolsencroft and his cooperation in her aim



The **RAGING GRANNIES** are a hit wherever they appear. Their lyrics are often funny but, whatever the topic, they always pack strong comments and condemnations.

The **GASTOWN GROUP** was especially welcomed at the February 4th Kiwanis Manor Potluck supper as one of them, Renie Marshall is a resident and Eithne Barlow (an occasional Creek contributor) lives across Bucketwheel in Clarke Manor.

The sponsoring **Kiwanis Club** have "joined Janet's act". They bought a TV and VCR for the manor—films are shown twice a month—and two of them came out to man the barbecue last summer.



"There's No Business Like Show (War) Business"

*There's no business like war business
The best business we know.
Never mind the homeless and the hungry
Never mind the people without jobs
Nowhere can you get that special feeling
Like when you're piling up the bombs.
There's no business like war business
The best business we know
Every year the world will spend a trillion bucks
It seems a lot, but golly shucks,
That amount of money could meet people's needs
Our needs - all over the world.*

to "socialise" the home.

She puts poems on the notice board, arranges **BINGO** on Tuesday nights and Pot Luck Supper every other month.

Janet is not shy about asking people to bring entertainment to her residents.

Even the chap who came to tune the piano returned

to play one evening.

The first musical evening was provided by the Brock House Choir.

For the next, on February 21, Janet has a line up of instrumentalists, vocalists and a magician—all professional performers who are members of the Backstage Club of Vancouver coming as volunteers.



There's plenty of talent amongst the residents themselves.

KENT LYONS displayed a fine voice singing 'Ol Man River' and acquitted himself equally well on his mouth organ.

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VANCOUVER ACADEMY OF MUSIC
(Vanier Park)
presents well-known Polish pianist **PAWEL SKRZYPEK** in recital on **Tuesday, Feb. 19** at 8:00p.m.
Adults: \$10.
Students/Seniors: \$6.
(Tel. 734-2301)

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BERYL SEEKS BENEFACTOR

The cost of renting the Adrenalin Sports pool (\$25/hr.) and the fact that the shallow end space limits **WATERFIT** enrollment to 12, makes it difficult for the program to pay its way, especially as most attending are at the Seniors' 30% off rate.

If The Creek Editor is to remain fit and contented enough to aim for a **Bi-centennial** issue of your beloved little paper (isn't it?) **WATERFIT MUST CONTINUE**.

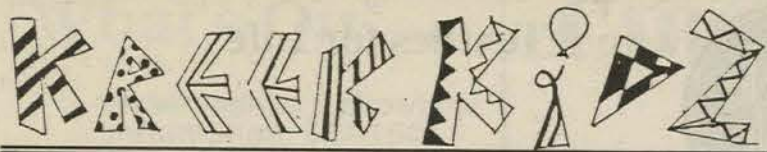
So what's needed is a **BENEFACTOR** who has enough money he/she would happily provide **\$100/month** to pay for the pool to soothe Ye Old Ed's 'rusty hinges.'

THE GRANVILLE ISLAND
TOY COMPANY

Don't miss our Annual Sidewalk Sale
Thursday Feb. 21 to Sunday Feb. 24
includes selected Playmobile and Brio

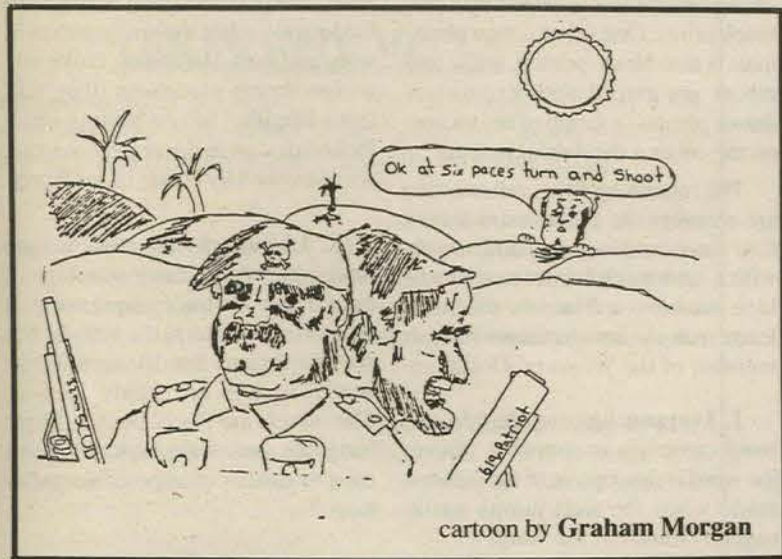
Victoria Anderson - Owner
Former Pre-school Teacher

At Kids Only Market
684-0076



WAR

Are adults setting a good example?



cartoon by **Graham Morgan**

*Hussein, you're a maniac, that's for sure
But you're making it worse by starting a war.
Sure you're not the only one at fault for this battle,
But you're acting like a baby with a polka dot rattle*

A rap song by **Colin McComb**

Most of the time adults have a good influence on kids.

If children start to fight with each other, adults will tell them to work out their problems by using words and tell them that fighting is not the way to work out any problems

However adults can sometimes have a bad influence on young people. They may drink too much or do drugs and influence you to do what they do.

This month we have been thinking seriously about the war. We wondered if adults are setting a good example, and set out to find what other young Creek people think.

(The team interviewed 100 kids and adults.)

"I think war is a bad way to express feelings towards other countries."

Andrea McClintock, age 12.

"Adults always tell kids not to fight and now they are fighting. Even though they are fighting for our country, they are killing people more than murderers."

Swan See, age 12.

"I think war is no solution for problems. It just creates more problems. Innocent people are suffering for the fault of two very stupid people."

Adriana Pena, age 13.

"Killing people to solve a problem isn't fair. There are no winners in war."

Jessica Young, age 11.

"I think that every country involved is responsible for the Gulf war and for the oil spill."

Robyn Worcester, age 12.

Most young people we interviewed agreed that adults set a poor example by fighting because fighting won't solve problems. Issues will still be there. Fighting may just make the problem worse; it's not worth the loss of lives.

Adults taught us to compromise. If two people want something then they need to work it out. What will they accomplish by fighting? Leaders are setting a poor example for future generations by going to war.

Children, parents and countries must learn to respect each others' rights.

This month's **KREEK KIDS** team: Jessica Young, Brandon Marriot, Matthew Avery, Laura Tosoni, Tania Lekich, Maggie Kelly, Colin McComb, Sally Herdin, Fay Caldwell, Graham Morgan, Jeremy Elder, Brendhan Dawson



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Open 11:00 am

One entree free when a second is purchased.

UP TO A VALUE OF \$8.95

Coupon expires March 17, 1991 - Limit 3 per table



The best spring for many a year is on its way for **Wally & Elizabeth Caird**. They have sold their **BAYSHORE FLOWERS** (in Leg-in-Boot Square) after umpty years in the floral business and are looking forward to the freedom to flit as the fancy takes them for the first time in a long time—even if it's only to dawdle around Granville Island for hours in the middle of everyone else's business day.

The two new proprietors are both Brendas and have all the energy of the much younger. They must have. **Brenda Murray** has been in the restaurant business for 13 years, with **Soda's** in Dunbar and in Gastown.

Brenda Chapeskie has owned **Buffers** Car Improvement Centre in Richmond for 7 years.

"Well, we've done that and it works; let's do something together—and different" seems to be how the floral adventure came about.

Wally will be spending time with them until the official take-over date, March 1st. Drop in to welcome the Brendas to the Square and wish them abundant energy.

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THE VANCOUVER PLAYHOUSE

Denise Coffey's adaptation of George Bernard Shaw's

PYGMALION



Nicola Cavendish plays Eliza Doolittle to Andrew Gillies' Henry Higgins in the Vancouver Playhouse production of "PYGMALION" running at the Playhouse until March 9th. The shadowy figure in the background is Norman Browning as George Bernard Shaw.

We assume there's not a literate person around—certainly not a potential playgoing one—who needs to be told what **PYGMALION** is about, even if s/he knows the story only from the musical "My Fair Lady."

Some of us are such **NICOLA CAVENDISH** fans, never having seen her turn in a poor performance yet, that we'd go to hear her read the telephone book.

Her *Eliza Doolittle* will probably be unlike any other you've seen.

This **PYGMALION** is an adaptation of George Bernard Shaw's master work by Director **Denise Coffey** which brings on stage the whiskered, knickerbocker-suited G.B.S. himself in the process of creating the play.

It was first performed by the **YOUNG VIC** Theatre in London and subsequently at Shaw Festivals in Niagara and Milwaukee.

The Playhouse production has a sterling cast. **Norman Browning** as G.B.S., **Andrew Gillies** as Professor Henry Higgins, **Duncan Fraser** as Doolittle, **Peter Haworth** as Col. Pickering and **Betty Phillips** as Mrs. Higgins.

Not sure what to expect of the promise of an "unusual set"; the production evidently makes great demands on the Lighting Designer, **Sholom Dolgoy**.

This time The Creek Reporter is foregoing the goodies of the after-show opening night reception to check out **SOLO NIGHT** on Monday, Feb. 18—with a companion as garrulous as she is since the purpose of Solo Night is for strangers to talk to each other.

to March 9th
At the **PLAYHOUSE**

SENIORS' MATINEE is **Wed. Feb. 18** at 2:30 p.m. with complimentary tea service at 1:30.

TICKETS through any Ticketmaster outlet or at the **VANCOUVER PLAYHOUSE BOX OFFICE**
7th & Cambie. Tel. **872-6622**.

Reprise

If you were silly enough to miss seeing **Nicola Cavendish** as **SHIRLEY VALENTINE** at the Playhouse, you have a second chance.

As soon as she finishes **Pygmalion**, Nicola hastens to Victoria to play *Shirley Valentine* at the Belfry Theatre. The production then comes back to the **VANCOUVER EAST CULTURAL CENTRE** for a several-week run starting **April 23** and then heads off to two more cities. (Hope she enjoys the role.)

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Textiles for Life

by Thelma Ruck Keene

in the Netloft,
Granville Island

to March 5th

During the opening of this show a member of the Weavers' Guild observed that the Guild is now 55 years old, a span comprising amazing changes. I suspect the greatest change is the accumulation of confidence through attentiveness—the difference between the gifted amateur and the artist.

TEXTILES FOR LIFE beautifully exhibits this quality of attentiveness, that centring where the discipline of skill allows imagination to fly free.

J. Kuwabara put this thought into her own words: "I like my work to be simple and clear." And her *Toss cushions* are just that—small squares or rounds covered in a silky burnt orange synthetic, bound boldly in brilliant combinations of scarlet and aquamarine and green.

Y. Wakabayashi exhibits the same qualities in a wider range. She shows cushions covered in fine silk, dyed in soft, rich colours and crimped and others in strong natural silk accented by a few block prints. One set of cotton placemats is also block-printed, while two others are graced with exquisitely drawn plants—a group of iris on one, on the other a dandelion in seed.

The remaining four craftswomen are weavers. **A. Hutcheson** shows fine linen and cotton hand towels with a spiderweb border in a *leno* or lace weave—a Finnish tradition learnt many years ago from a Finnish member of the Weavers' Guild.

J. Iverson has two handsome wool coverlets in *overshot* weave; the word is descriptive of the patterns made when the weft jumps across several strands of the warp.

E. Bell reveals the intricacy that a computer can facilitate, not only in design but in practice. The shuttle is still thrown to and fro by hand but patient pre-planning creates a computerized pattern which is linked to the loom to select the realignments of warp and weft. Her sturdy, faultlessly woven cotton placemats (they will last a lifetime) have a teasing interlocked design in *Spring greens*, one set enlivened by bands of mulberry.

S. Lopatecki has two woven hangings with a saucy marriage of media: an abstract impression is painted on the warp, the weft is then woven in and finally errant silk screen images are subtly applied. The tassels are finely bound. These hangings, and all the work described, are expressions of impeccable craftsmanship.

VANCOUVER OUT TO LUNCH
FAVOURITE LUNCHEON SPOTS
Anne Garber & John Crawford

Barbara Quelch and Jan Crerar of **RAINCOAST BOOKS** should give lessons to their colleagues in the P.R. business. Their press releases are models of crispness.

Since the introductions in the nifty little books they are promoting say it all, Mesdames Quelch and Crerar have simply used them in their press releases.

You've set up lunch with an important client, or a favourite colleague. You leave the office, hit the pavement and the inevitable conversation begins: "Where do you want to go? ... "I don't know. Where do you want to go?"

Is life not complicated enough without having to ask these burning questions on an empty stomach?

Anne Garber and John Crawford have raced down the streets of Vancouver on their white steeds to rescue us from the midday crisis by producing the answer to all our prayers— a compact reference guide.

In **OUT TO LUNCH** you'll find analyses of 131 Vancouver restaurants and helpful indices:

- By locale: Open on Saturday, With privacy, Fun with the gang, Speedy lunches, Patio service, Delivery offered, Without liquor licenses, Impress your clients, Romantic rendezvous, Smoke-free (relatively), Not too wheelchair accessible
- By cuisine: Takeout option

RISE & SHINE (Breakfast & Brunch spots)

is even more of a godsend.

With this volume in hand you can:

- Discover the most decadent brunches
- Find the best bacon-and-eggs value
- Explore the authors' secret breakfast spots
- Please a sweetheart
- Plan a breakfast meeting

In addition to indices for locale, to impress clients, for fun with the gang or romantic rendezvous, smoke free, and with patio, there are additional lists of places:

- That open early
- With large portions
- With bargain breakfast
- For leisurely meals
- With buffets
- For Saturday/Sunday brunches
- Where kids are welcome
- With free newspapers & magazines
- Locate the perfect quick meal

These are truly pocket or purse books—both are a mere 1/2" thick and measure a smidge over 5" x 4".

PETE'S PLACE

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	Veggie	Salmon
	Chicken	Schnitzel
	Shrimp	Egg

Other Favourites	Quiche 1.50 sm. 2.85 lge.
	Hot Dog 1.50
	Meat Pie 1.50 sm. 2.50 lge.
	Chilli 1.50 sm. 2.50 lge.

Beverages	Cappuccino 1.25	Hot Chocolate .75
	Espresso 1.00	Soft Drinks .75
	Coffee .75	Mineral Water 1.00
	Tea .75	V8 1.00

Chinese \$4.00	(Includes Chow Mein and Fried Rice)
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	Pasta	Garden
	Cucumber Tomato	

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DR. KARY TAYLOR
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False Creek, Vancouver
Tel. 874-9388



"What's On"

Reservations & showtime information: 687-1644

The latest announcements from the ARTS CLUB are about two very different productions. They sound recommendable sight unseen.

Seymour Street Stage THE ROAD TO MECCA

A production with Joy Coghill, Barney O'Sullivan and Alana Shields in it already has a lot going for it.

Alanna Shields will play Elsa, her opinionated, equally independent-minded young friend.

Although this play, by the powerful South African playwright Athol Fugard, comes from a country with strife and trouble, it is a story of vision and friendship, set far from the war.

Their highly individual examples of the ways different generations react to the expectations of the society and times in which they live are tender, confrontational and, in the end, inspiring.

Joy Coghill's last appearance at the Arts Club was her lovely portrayal of Grandmother in "Amigo's Blue Guitar". (She has since received the Order of Canada.)

Barney O'Sullivan will play Marius Byleveld, a local minister who tries to persuade "Miss Helen" to enter a home for the aged.

In Road to Mecca she will play an unusual elderly sculptress, "Miss Helen", who lived in the Karoo plain of South Africa.

Jane Heyman makes her directorial debut at the Arts Club Theatre with this production.

**Previews Feb. 27.
Opens Friday, March 1st
(to March 9 only)**

Granville Island Revue Theatre

BOUNCERS

BOUNCERS apparently "took Vancouver by storm last year at Richards on Richards."

In this production the four are Ronnie Way, Bill Croft, Thomas Mitchell and Stephen Dimopoulos. It's directed by Michael Boucher and choreographed by Viktoria Langton.

**Previews from Feb. 19.
Opens Friday, Feb. 22
at 8:30 p.m.**

John Godber's comedy takes a wickedly funny look at the nightclub life of working class Britons as four local superstars bring over 30 characters to life.

MONDAYS: 2 for 1 - BOTH STAGES

CAROUSEL THEATRE

presents

William Shakespeare's



ROMEO AND JULIET

February 9th - March 2nd, 1991

and

A Midsummer Night's Dream

Romeo and Juliet

It would take some research to discover whether of all ol' Will Shakespeare's timeless and seemingly indestructible works, *Romeo and Juliet* tops the list for adaptations.

Tchaikowsky wrote an Overture Fantasy; many composers created operas, the most famous being Gounod. Prokofiev wrote glorious music for a ballet and if there hasn't yet been a *Romeo and Juliet* on ice, it's time someone did one.

The current theatre production by Carousel Theatre, aimed to appeal to teenagers, will tour to schools throughout the province after its run at the Waterfront Theatre.

It is directed by Elizabeth Ball, Carousel Theatre's founder and Artistic Director, who is well known for her unique, modern dress Shakespearean productions especially for young audiences.

Perhaps there have always been gangs of teenagers with "nothing to do" burning off bursting energy in futile squabbling, often leading to vandalism if not death.

Shakespeare wrote for ordinary folk, so his sexual innuendos were not subtle. Nor are the Carousel's cast; teenagers will no doubt roar.

The young cast members have appeared in productions with Belfrey, Kaleidoscope, Green Thumb and Phoenix Theatres, Studio 58, Pink Ink Productions.

Kelt Eccleston plays *Romeo*, Manami Hara really looks the teenager *Juliet* was. Mike Stack is *Mercutio*, Chris Sheasgreen is *Benvolio*, Susan Lehmann is *Lady Capulet*, and James Anderson plays *Tybal*.

To those who picture the Nurse as a plump mature-to-elderly motherly figure. Diane Brown's appearance—spirited, frizzy haired, mini-skirted, under 30—startles for a moment, until one remembers she was probably 13 yr. old Juliet's wet nurse and had to be still child-bearing age.

The sparse set by Douglas Welch is shaped in a simple O and X, reminding one of the noughts and crosses game when usually no-one wins.

Most performances are booked by schools; public performances are limited to four weekends, Feb. 9 - March 2.
Thur/Fri/Sat at 8:00 p.m.



Photo by David Cooper

Manami Hara as Juliet

A Midsummer Night's Dream

The 'Dream' has certainly been getting a workout this past year. Simultaneously last summer there were versions of it at Vanier Park and on the Mound at Granville Island.

In this hour long story theatre production, created especially for elementary school ages, Carousel Theatre is using an adaptation in which a group of workmen, during a coffee break, untangle the subplots of Shakespeare's beloved tale of fairies. Kim Selody has taken the hilarious plot complexities of lovers, magic, fairies and love potions and renders them in a fast-paced story aimed to hold youngsters rapt.

Again most performances are booked by schools and there are only three public performances.

Saturday matinees at 2:00 p.m. on Feb. 16, Feb. 23, March 2.

Could be a great weekend family outing. Reservations from Waterfront Theatre Box Office at 685-6217 (or through VTC/Ticketmaster outlets).

Both productions go on tour to B.C. schools after the Waterfront run, with the same cast alternating. Presumably some days they'll find themselves doing 'Dream' for an elementary school and 'Romeo' for a high school in the same day.

They'll certainly be seasoned performers after a few weeks of that regime. Good luck to them all—and to their stage management crew!

New Play Centre Springrites 91

March 14 to 31

There'll be more news of the New Play Centre's now annual festival of new plays and playwrights next month.

During the 18 days there will be 40 events—public playreadings, panels and forums on the state of theatre.

But for now the N.P.C. proudly announces the four winners from more than 80 entries submitted to their province-wide playwriting competition. These jubilant authors will have their work mounted as part of Springrites '91.

OUR HOLY MOTHER

by Ann St. James
is the story of two sisters reuniting after 20 years of silence, and the past they must come to terms with.

NOTRE DAMN US

by Odette Larame
is a touching love story of two young Canadian parents forced to separate by the Gulf crisis.

CRADLES by Cheiri Uegaki
is the conflict of a young mother coming to grips with her relationship to her child's father, and her child.

JUSTICE

by Katherine Schlemmer
Poetry, passion and revenge mark the key ingredients in this abstract theatrical journey set in a circus of the 1920's.

If you are anxious for more information now, call the New Play Centre at 685-6228.



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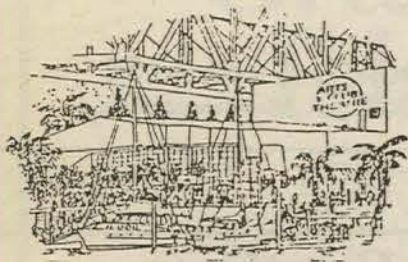
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Magical diets, pills, powders and potions, seeds and seaweeds, herbs, grains and grasses (choose your colour), oils and supplements—you name them, they're on the market. Yes, they are on the market to cure every ailment known to man (and woman); to enliven the listless, empower the weak with muscles, melt away fat from the oversized—during sleep.

Stir them together and what have you got? A veritable witches brew. In all of this, nothing is said about the slimming effect on the bank account.

How can you sort out all these pie-in-the-sky promises? You need to develop a hard head and a very critical and suspicious mind. If the claim sounds too good to be true, it likely is. When someone tries to convince you of the merits of a certain 'nutritional' and 'natural' product, stand back for a minute and say to yourself: "Is this person trained in nutrition or salesmanship?" In other words, how credible is your source of information?

But, you'll argue, "It says such-and-such right here in the book", or "Mr. Know just said it on the radio, the TV, or in the store." Sure, all manner of claims come through the mail and the media, or appear in a pamphlet or book, or are made by salespersons. That doesn't mean they are necessarily true. We do have rules on truth in advertising but they seem to be difficult to enforce and leave a lot of loop holes. Claims do not usually appear on the label itself. If they do, the product must comply with even more stringent regulations.

What is a Fad Diet?

Let's say you want to suss out the latest weight loss diet you saw in the paper last night. You can be pretty sure it's yet another fad diet if it does one or more of the following:

—makes outlandish promises, e.g. enzymes in fruit, such as in pineapples, will eat away the calories. (Don't we wish!)

—assures weight loss without diet or exercise. (But where? In outer space? Certainly not in this world.)

—guarantees weight loss greater than two pounds a week. (Trouble is the faster off the faster back on, usually with a few extra bonus pounds.)

—focuses on certain foods and cuts out whole food groups indiscriminately, e.g. dairy products. (What a shame. There goes your best source of calcium.)

—depends on a secret formula, magic pill or herbal product. (Don't be fooled. It's the near-starvation diet that accompanies the deal that trims away any inches.)

—makes false claims based on scientific mumbo jumbo. (Don't worry, not even a scientist could make head or tail of it.)



—promoted by pseudo-nutrition experts. (Who got their Ph.D. in Nutrition by mail, from a non-accredited institution in New World, U.S.A., for a price—in just six weeks! It takes a qualified dietitian-nutritionist a minimum of five years of rigorous study to obtain a university degree and complete a hospital internship. Many study further to take post-graduate degrees.)

Just remember, if you need to lose weight, slow and steady wins the race. To be successful in the long run—and that's what really counts—you have to take control of your lifestyle. Practise new and better eating habits—a balanced diet, low in fat and high in fibre, with three regular meals a day. But that's not all. Exercise is just as important. It doesn't need to be fancy or expensive. Good old-fashioned brisk walking, for 20 - 30 mins. or more a time, **regularly**, will help do the trick. Walking up stairs is great, too. You'll burn up to three to four times the number of calories per minute that you do when walking. So climb those stairs, or do any other form of exercise that fits into your daily routine.

Fallacies and "Health Foods"

Some food fads, fallacies, myths and "health foods" are as old as the hills, but new ones also appear every day, or so it seems.

Although no scientific proof has been reported for the curative or nutritive properties of such foods or products, their popularity persists. The best advice is Buyer Beware. Be sure to check out the product or service with someone who knows about such things. For instance your free and friendly **Dial-A-Dietitian** service. Here are a few examples:

—**Aloe Vera**, if taken by mouth, is claimed to cure asthma, hemorrhoids, arthritis, cancer, a few other things, even blindness. The trouble is this product can cause gastrointestinal upsets without fulfilling any of the claims.

—**Bee Pollen**. It is claimed to be a 'perfect' food and one that will improve athletic performance. In fact, it contains only nutrients present in your daily diet. The danger is, it can cause severe allergic reaction in some people.

—**Cider Vinegar**, especially when mixed with honey, has been considered to be a cure-all for umpteen years. The scientific literature tells us there is no truth in this claim, although each component may add variety to the diet.

—**Lecithin**, taken as a supplement, is supposed to dissolve blood cholesterol and improve brain power. Even if it did, you don't need the supplement—lecithin is not only manufactured in the body, it is also present in many common foods including whole grains, soy beans and egg yolks.

Just keep in mind, unless your doctor finds you have special needs, the long and the short of it is that good nutrition can be achieved by eating a variety of quite common everyday foods.



Frances has innumerable anecdotes from her days at the end of the **Dial-a-Dietitian** phone line.

Amongst the 50 calls logged on her duty day last week was one from a woman asking if chicken had magnesium in it. An unusual question, but obliging Frances spent some time researching. "Yes it does. Do you have a health problem?"

"Oh no. It's my cat. He's susceptible to urinary problems and if he has too much magnesium they really flair up."

Frances was also tickled to receive a call from far-flung Baffin Island—from a pharmacist who wanted to know about products without gluten.

SIGN IN SAN DIEGO ZOO

Please do not annoy, torment, pester, plague, molest, worry, badger, harry, harass, heckle, persecute, irk, bullrag, vex, disquiet, grate, beset, bother, tease, nettle, tantalize, or even ruffle, the animals.

Creek Seens

by Elaine Sleath

When we three children grumped, grumbled, whined or quarreled over things being unfair, unequal, or generally frustrating, Mother often responded with "Just be thankful for small mercies!"

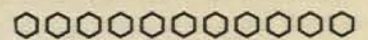
Her phrase came to mind January 22 when, glooming shivering along the salted icy walk to our garage, I suddenly was aware of the witch hazel bush by the path—a bush in bloom on that frigid morning in mid-winter—gold and maroon blossoms glowing even in the sombre grey light. Breaking off three tiny sprigs at the back where, hopefully, no one would miss them, I carried the treasure along on my visit to an elderly relative confined to her "Inn" as she calls her old folks home in Richmond. She too was astonished and entranced by their beauty and daring.



While telling a friend at Brock House about this find the following morning during coffee time in the Conservatory/Restaurant, I happened to glance at a bush immediately outside the tightly closed doors nearby. There again were the 'small mercies'—tiny yellow flowers sprinkled sparingly along the wispy wands of Jasmine stems. Exquisite yellow trumpets of Spring heralding new life in the midst of bleak (and dirty) winter snow drifts.

Having had one of those debilitating two-month coughs so endemic this year, I'd quite become resigned to winter forever, but twice in twenty-four hours 'small mercies' rescued me.

If flowers can bloom in a snow-drift, maybe there's hope for this wretched old world after all?



Having gained nothing by our plaint except added frustration and no little fury, we transferred our energies (and quarrels) elsewhere, which achieved her objective, at any rate.

It may interest some to know this is not one of Elaine's drawings. It's a laser print photocopy of the original twig.



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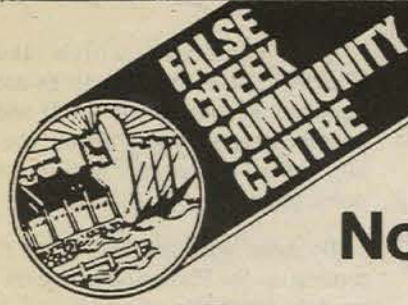
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Noticeboard

Future Workshops

TRAVEL to the U.S.S.R.

MONDAY, FEB. 25
7:00 - 8:30 p.m. Cost: \$1.00

This one-evening workshop will include a slide-show presentation by Donald Gibbard of U.B.C.



PEER PLAY and SOCIAL SKILLS

THURSDAY, FEB. 28
7:00 - 8:30 p.m. FREE

Peer pressure and social development both play an important role in personal skills. Join Sally Rogow of U.B.C. for this evening lecture.



CHILD SAFE

SATURDAY, MARCH 9 & 16
9:00 a.m. - 12:30 p.m.

This program, presented by the Red Cross Society, is designed for parents, guardians, daycare workers and leaders who work with children from infants up to 10 yrs. of age.

Cost:
\$31 (individual)
\$52 (couple)

FAMILY ICE-SKATING PARTY

SATURDAY, FEBRUARY 23
7:15 - 8:45 p.m.

Join us for a night on the ice at **Kitsilano Ice Rink** (at Kitsilano Community Centre). Bring your own skates or rent them at the rink. Refreshments will be available.

Adults: \$2.00
Kids: \$1.00
(Register at the Centre or pay at the rink).

A FOOD BANK BOX will be on-site for donations - please.



FITNESS UPDATE

With ongoing construction and schedule changes, the Centre has added one more class to the scheduled classes already in progress at **False Creek Elementary School**.

Mon. 6:00 p.m. Strength & Aerobics
Wed. 6:00 p.m. Strength & Aerobics
Thur. 6:00 p.m. All Levels
Sat. 9:15 a.m. Sports Condition

Drop-in Fee: \$3.21
Book of 10 tickets: \$26.75
One Month Pass: \$26.75

(Those funny figures are, needless to say, caused by GST.)

Seniors' Scene

by Marge LeGresley

We had an excellent turn-out at our February meeting, everyone anxious to learn what Jean had arranged for us.

The special events listed in her newsletter, as well as future dates, are:

FRIDAY, FEB. 15

Lunch with **Dame Vera Lynn** at the Westin Bayshore. Quite a few 'Brits' attended in support of the Variety Club of B.C. fund raiser.



SATURDAY, FEB. 16

Chinese New Year celebrations with Dim Sum Lunch and visit to Sun Yat Sen Gardens, etc.



WEDNESDAY, FEB. 20

Canada—U.S.S.R. Fit Trek.

This is our way of showing that seniors are walkers too. Meet at the Centre at 12:15 for a tour of Granville Island, followed by refreshments at Isadora's.



THURSDAY, FEB. 21

Lunch at West End Community Centre, followed by the film "COMPANY OF STRANGERS" at the Starlight Cinema on Denman St.

MARCH 8,9,10
SHRINE CIRCUS
at the P.N.E. Coliseum.
Tickets free for Seniors and families.



FRIDAY, MARCH 21

Bus trip to Bellingham from 10 a.m. to 4 p.m.
Further details at March meeting.



"THE MIKADO" is coming to Richmond's Gateway Theatre in March, after a most successful run in North Vancouver. Jean is arranging for a bus to take us there and exact details will be announced at the March meeting. However you can put your name in now to avoid disappointment.

No wonder our meetings are so hectic with all these arrangements to be made for keeping our club together while renovations at the Centre are proceeding.

Our carpet bowlers are turning out regularly at the Legion on Broadway and we are most grateful for the Legion's hospitality.

It was wonderful to welcome back two dear friends recently - **May Boyd**, who remembered many of us, and **Ida Joyce** whose bowling is as good as ever.

We shall be saying *au revoir* to quite a few friends this month. **Mary White** and **Audrie Inglis** are both leaving on the same day; **Ruth Powers** and **Ruby Phillips** are off to Palm Springs for the month of March. We wish them all happy holidays.



Our thoughts are with **Vi Lewers** who was hospitalised recently but is home now and hopefully regaining her strength.

Please let **Betty Ibbetson** know of any friends on the sick list. We have kept her busy during the winter months but she hopes there will be fewer now that spring is on the way.

In answer to your many enquiries, my husband **Jeff** is now back in the Heather Pavilion (Ward C6, which is a Discharge Planning Unit) until he can get into Banfield. He is making wonderful progress physically and now uses a walker daily. However, speech therapy is a slow process and quite frustrating at times, so we are all trying to help him with this.

See you all at cards, bowling and all the outings listed. Our next meeting is on March 6th.

Two boys, aged 11 and 12 would like to volunteer a couple of hours a week to help Seniors with odd chores. There is to be NO monetary exchange. Call Carole at 734-3416.



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For as long as people inhabited the earth, fish has been a prized source of food. Artifacts from the Columbia River watershed indicate that North American native people living there around 11,000 B.C. cherished salmon both as a basic food and mythological creature.

From MARCH 4th to 22nd

Isadora's brings you specially prepared native dishes. With this menu we celebrate this year's bountiful harvest and "Give thanks to a force bigger than ourselves."

APPETIZERS

Salish Smoked Salmon Belly Strips
Served on cedar bows with bannock \$4.95

Sta'mish Salad

Watercress, spinach, lettuce, red onions and hazelnuts \$3.45

ENTREES

Khatsah'ano Burger

Salmon on bannock, served with salad \$6.95

Halibut Stew

Fennel, leek, potato and seaweed, served with bannock
Lunch: \$7.45 Dinner: \$8.65

Steamed Kippered Salmon

Seaweed and rice with vegetables \$8.95

Braised Rabbit

With juniper berries, celery, carrots and leeks
Served with wild and white rice and vegetables
Dinner only: \$11.45

Potlatch Potion

Freshly pressed apple cider spiced with ginger, cranberry and native berry flavours. Steamed or chilled. - \$2.45

WEST COAST FRESHNESS NATURALLY 681-8816
AT THE ENTRANCE OF GRANVILLE ISLAND, JUST PAST THE KIDS ONLY MARKET, TURN RIGHT.

Chinese New Year on Granville Island



Join the fun Saturday, February 16th as Granville Island Public Market celebrates Chinese New Year. Festivities for the Year of the Ram begin with fireworks at noon in the Market Courtyard. Then, follow the dragon as it dances through the market to bestow good fortune on everyone.
It's an afternoon of fun and celebration—don't miss it!

 Granville Island Public Market

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.

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KEEP THOSE FREEBIES COMING for a second good home.

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15th FIELD REGIMENT ROYAL CANADIAN ARTILLERY BAND

Often we don't hear about the 15th's concerts in time to publicise them, but if you spot announcements about future concerts, do go.

In November they gave an enjoyable concert with the Welsh Men's Choir.

On February 10th they were joined (sometimes all on stage together) by the Band of the Princess Patricia's Canadian Light Infantry, the Band of the U.S. Army 9th Infantry Division and the Pipes & Drums of the Seaforth Highlanders of Canada. (I suspect men enroll in the latter just for the glorious costumes they get to wear. And what is it about the Pipes & Drums that always brings a tear to the eyes?)

The evening was a **ROYAL SALUTE** in celebration of the 90th Year of Her Majesty, the Queen Mother. Not only did the bands play many pieces known to be favourites of the Queen Mother, we all signed our names on sheets of paper to be sent the Queen Mum.

The 15th Field Regiment Band plays over 70 concerts a year across Canada.

As the appreciative audiences consist mostly of 'golden oldies', undoubtedly many of them veterans, we wondered who will comprise the audience when they've died off.

Young 'uns in their 20's and 30's should start attending; they're grand evenings of the stirring and the sentimental.

Who would steal a cookie monster?

Some rotter did, around midnight on Feb. 6th.

Christie La Liberté's bike, with its novel cookie monster child seat brought many a smile from passers-by as Christie pedalled young Zoe to and from Over the Rainbow day care. Naturally angered by the loss of the bike so indispensable to the way they conduct life, Christie and Zoe are even more upset at the loss of (not available here) Cookie Monster. Should anyone spot it, please call Christie at Tel. 874-6000

1st
 Quality Service Dependability

The Creek's clock is not on automatic. We missed clicking over McIver's clock last year—hence the jump from 26 to 28 that avid advertisement readers will have noticed.

While we are 'clocking' we thank proprietor **Jack McIver** for his faithful support - 4-1/2 yrs. We trust a respectable number of Creek readers patronise **McIver's Appliances Sales & Service** - after all that's why local businesses spend good money on advertising in The Creek.

THE VANCOUVER PLAYHOUSE INTERNATIONAL Wine Festival

No wonder other organisations are emulating the Vancouver Playhouse's Wine Festival as a fundraising event.

It takes all year to organise their huge Playhouse event but it results in a much needed \$100,000 nett in the Playhouse coffers.

There will be hundreds of fine wines from 10 participating countries and, the ultimate convenience, an on-site Liquor Board wine store with special order desk for case quantities.

The room in which the Thur/Fri/Sat evening tastings are held can accommodate 1500 and over the three sessions there are usually some 4000 people testing the noble grape.

By now, with the 13th festival coming up, the Playhouse has developed the reputation around the wine drinking world for holding **THE BEST ONE**.

If you plan to taste A LOT, take the bus, or a taxi and **Molsons** will again host **TAKE CARE**, a complimentary taxi ride home—up to a \$15 distance.

Late Harvest Botrytis Semillon Tasting

This is your opportunity to taste last year's Best Wine of Class and Best Wine of Show: DeBortoli's 1984 Botrytis Semillon as well as the very rare original 1982 vintage which stirred up all the excitement. Since the original release this wine has gained international recognition as one of Australia's great wines. Leon Wolman, Export Director for DeBortoli Wines, hosts this tasting which includes a 1982 through 1986 vertical tasting of the Botrytis Semillon and the rare Australian Pedro Ximenez. **Fri. March 8 5-7 pm Meeting Rooms 2 & 3 \$26.00**

West Coast Meets Mediterranean A Profile on Women

Kim Boyson, the talented chef at Vancouver's latest Mediterranean style restaurant, will thoughtfully match the best fresh ingredients with the best West Coast wines. Meet the women behind the labels from De Loach, Grand Cru, Lange, Domaine Chandon, Pine Ridge and Calona. Then taste their wonderful wines and see how well they complement the cuisine. CinCin is located at 1154 Robson Street. **Sat. March 9 Noon CinCin Restaurant \$57.00**

The Mystery Wine Game

Imagine a blind tasting of 10 outstanding wines highlighted by amusing, courageous, yet logical views courtesy of the "Gonzo Wine Panel." Those few brave souls will provide insight into how to peg the mystery wine. Discover the method to the madness and make your choices as the expert panel systematically applies logic to what most think is just a guessing game. The Mystery Wine Game will be the most theatrical and unconventional wine tasting you will ever attend. **Sat. March 9 4-6 pm Meeting Room 1 \$26.00**

International Festival Tastings

Here is your opportunity to capture the vastness of what the Festival truly has to offer. One hundred and three wineries from all 10 participating countries do their best to entice you to their booth. Cabernets, Chardonnays, Sauvignon Blancs, Pinot Noirs, the list goes on. The challenge is what wines to focus on. We provide you with a Tasting Program of what is available. It's up to you as to how you make your selections.

Thurs. March 7, Fri. March 8, Sat. March 9 7-10 pm Ballroom B \$39.00

Vintners' Brunch

Chefs on the cutting edge of contemporary local cuisine, together with notable winemakers from around the world, provide a spectacular forum for people who appreciate fine food and wine. Fifteen of the finest festival wines are paired with epicurean delights prepared by nine of Vancouver's most recognized chefs. **Sun. March 10 11:30 am - 2:30 pm Ballroom A**

Here's How To Order . . .

In Person The Vancouver Playhouse Box Office: 543 West 7th Avenue. Monday through Friday 9:30 am to 4:30 pm.
At the Festival Tickets for events not sold out will be available on the event site.

We hope all other areas of False Creek topped their previous totals

The section comprising False Creek Co-op west, Marine Mews, Spruce Village and the Netherlands raised:

- \$581.30 in 1988
- \$413.00 in 1989
- \$522.30 in 1990

and a **WHOPPING \$846.00** in 1991.

At the risk of being tactless we congratulate and given special thanks to **MARINE MEWS** residents (50 units) who gave so generously **Dana Patrick** turned in \$315.00.

The plea for a volunteer canvasser for The Netherlands fell on deaf ears but wouldn't you know, that brick of a lady **THELMA CAMPBELL** (who canvasses for everything) turned up trumps and shared the 126 units with yours truly, B.W.



Dear **JOYCE CLOUGH**, who lives in Kiwanis Manor, decided as she turned 85 this year she could retire as a canvasser. She's lost count of the number of years she's canvassed for the Kinsmen Foundation—we're sure it's **TEN** (some of them as Area Captain too).

Bless you Joyce—and yes, you're entitled to decline.

She certainly hasn't retired from life though. Joyce was all spiffed up in a peach pantsuit for the Kiwanis Manor's Pot Luck Party on February 4th.

Bob Holden FALSE CREEK HANDY MAN

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