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Saturday, March 30

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FREE

Children's Easter Hunt (6 - 12 years) 11:45 - 12:15 p.m.
FREE

"NOAH'S ARK PET SHOW"

2:00 - 3:00 p.m.

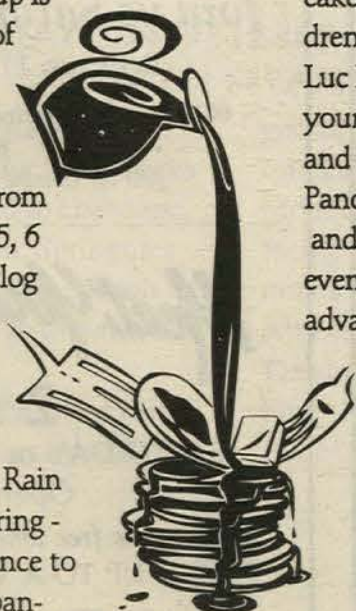
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Enter your favourite pet or create your own imaginary entry!
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COME FLIP OVER OUR FLAPJACKS WITH MAPLE SYRUP.

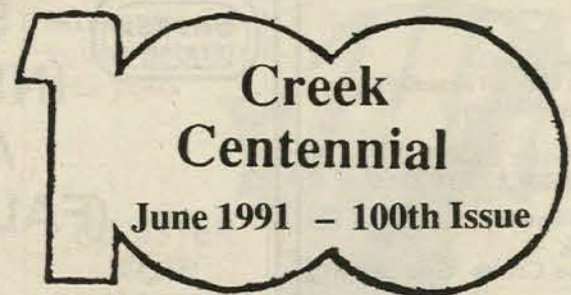
Farm fresh maple syrup is one of the sure signs of spring - so we're celebrating with an old-fashioned sugaring-off! Join the fun from 10 am to 2 pm, April 5, 6 and 7 as traditional clog dancers, spooners and musicians make merry in the courtyard at Granville Island Public Market. Rain or shine, we'll be pouring - so don't miss this chance to indulge in a stack of pan-



cakes, just off the griddle and drenched in maple syrup from Luc Bergeron's farm. Or put yourself in a sticky situation and try our maple sugar taffy. Pancakes served with beans and ham cost just \$4.00 at the event or \$3.00 if bought in advance from LB Maple Treat or the Granville Island InfoCentre.



Granville Island Public Market



Creek Centennial

June 1991 - 100th Issue

Does anyone care?

SHOULD WE CELEBRATE IT?

If we're going to I need to hear from more people. I could do it all myself but my price for being bludgeoned into this illustrious position as **Creek Centennial Celebration Chairperson** was a press comp. to the Juno Awards to see my hero Leonard Cohen - and the Editor didn't come through. All she could produce was a ticket to the Irish Rovers.

Not good enough, Ed. old girl.

One lady actually wrote:

"I already feel excitement about the June CREEK WEEK festivities and the prospect of watching them

from my wonderful waterfront window on the world.

How about the little blue ferries all carrying a calendar of the week's events?

I suppose fireworks are too expensive, but a spectacular release of childrens' soaring (CREEK imprinted?) balloons, with prize coupons attached to a lucky few, always seem to make a hit. (d'you think she's serious?)

Is there yet any formal Festivities Fund to which one can contribute? Nice parties have such a nasty habit of getting pricey despite labours of love from dedicated volunteers."

CALL CAROLE ROACH,
C.C.C.C. at 734-3416.

Editor



Beryl Wilson

Too bad the week before ST. PATRICK'S DAY is Creek production week because **Stamps Landing Pub** spends the whole week preceding March 17 practicing to celebrate my birthday. My only claim to Irishness is a grandmother, and nearly being called Kathleen.

They've had prizes for the Best Irish Legend (real or fabricated), the Best Irish Joke, the Best Looking Leprechaun and surprise "spot" contests.

Missed them all, but if observant readers noticed the little red delivery cart weaving wobbly along the seawall on Sunday, it'll be because 'Creeked' took time out to sample some of the **stouts** 'specially flown in on leprechaun-wings from the Emerald Isle', and some of Sam O'Taylor's Famous Irish Lamb Stew.



MONK McQUEEN'S PATRONS

will be glad to hear **Jacquie Burr** produced a healthy baby girl earlier this month whose name is *Dallas Carling Boyer*.

(Was she really named after a TV show, a beer and a famous film matinee idol?)

The Creek

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More on Bikes – it's likely to be endless

John McBride seems discouraged by the reaction of the Bicycle Advisory Committee when he attended a February meeting to raise our concerns about speeding cyclists on the seawall. He discerned a lack of regard for the local community's point of view.

A speed limit of 10 kph is considered too slow; it's suggested a new sign read **Maximum 15 kph Please**.

The BAC no doubt views the South False Creek seawall the same as the Stanley Park and False Creek north shore paths.

John has written to Gordon Lovegrove of City Engineering formally requesting sign changes for the Seaside Bicycle Route in False Creek South.

His letter also clearly emphasises that the seawall is our local sidewalk and main street, rolled into one. That it probably accommodates more strollers, wheelchairs, trikes, dogs, playing children and seniors than other parts of the bike route. That it's the mix of people and uses that creates the feeling we like. That this doesn't preclude bike riders but does require a **SLOWER BICYCLE SPEED** for it all to work.

Cyclist Responds

To the Editor:

Re: CURSED CYCLISTS

It was with a sad heart that I read the box at the bottom centre of p.1 of your February issue.

How typical, I thought. Speaking as a responsible cyclist who resents the labels "cursed" and "maniacal," I felt it necessary to reply.

While the piece doesn't mention where the signs are, we must assume that the un-credited author is referring to the seawall walk around False Creek.

While a bicycle speed limit might be a good idea, one wonders how it would be policed, since few cyclists, and no pedestrians, have any sort of measuring devices.

The real problem comes when I read of the suggested sign "**Cyclists yield to Pedestrians.**" This seems about as realistic as saying all cars travelling west on 4th Ave. should yield right-of-way to all those going east.

The problem with pedestrian-cyclist interaction on the seawall is this: pedestrians refuse to acknowledge the presence of cyclists. They think nothing of walking in a meandering, unpredictable fashion – stopping, turning and sidestepping without thought and without warning.

They also like to congregate in large groups and walk four or more abreast, completely blocking the route. This is a real problem for a cyclist who is merely trying to pass

slower people and to traverse the path in a considerate manner. Cycles, by definition, move faster than pedestrians, and unless some sort of education is given in proper etiquette, accidents will continue to happen.

One solution would be to designate bicycle and pedestrian sides of the walk with a painted white line, similar to the paths on the north side of the Creek and in Stanley Park. Once again, unthinking pedestrians walking where they shouldn't have rendered this situation little better.

It would be nice if the City could afford to build a separate path for the pedestrians to wander on, but I am willing to bet there aren't enough funds in the budget. The solution lies not in making one entire group have right-of-way, but to educate both groups in proper courtesy.

Paul Norton
2426 West 4th Ave.
Vancouver.

The Editor's only response to Mr. Norton is to say "You're damm right we 'like to congregate in large groups and walk four or more abreast" – as John McBride tells the BAC.

We do our socialising on the seawall; it's why we like living here.

This scribe has no answers. Just keep shouting **SLOW DOWN** to the whizzers-by.



How does bullying affect your community?

Almost every kid has been bullied at one time or another. Many have been bullies themselves. This bullying problem has probably been going on since the beginning of mankind.

The typical bully is big and mean and a boy, although sometimes girls are bullies too.

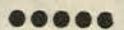
The average bully is usually scared on the inside and tough on the outside. They are nice to you or ignore you when their friends aren't around, but act mean to you when their friends are around. The bullies give in to peer pressure because they want to be popular, cool and liked.

Often, bullies' parents don't spend much time with them, so they spoil them by buying them a lot of things. Bullies sometimes have so much anger they take it out on others. Sometimes they have problems at home, so they express it at school. The bully might be strong, but is not strong in self confidence. The way we act often shows how we feel about ourselves.

The typical victim is male, smaller than the bully and usually one or two years younger. The victims are usually different – because they are from a different country, may wear different clothes, are more sensitive, may be smarter or have different interests. The victim may be envied by the bully. Bullying occurs after school when no-one is around except the bully's friends.

Bullying occurs all over the Creek, especially in closed areas where victims can be cornered and can't run away.

Does this sound familiar? There are more victims than bullies out there. One possible solution to bullying is to talk to bullies about their feelings. Bullies need counselling. This isn't happening. Everyone is waiting for somebody else to do something. Kids are powerless here. Adults need to put a program in place so bullies can talk about their feelings and problems.



This month's column was produced by *Colin McComb, Brendon Dawson, Rama Bowering, Sally Herdin, Laura Tossoni, Fay Caldwell, Brandon Marriott and Matthew Avery.*
(Supervising Editor: Wendy Avery)
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There have been Arts Club Theatre productions at 1181 Seymour St. since 1964, when Yvonne Firkins started it – virtually singlehanded – opening with Moss Hart's "Light Up The Sky."

But it was "JACQUES BREL IS ALIVE AND WELL AND LIVING IN PARIS" in 1972 that really put the A.C.T. firmly on the Vancouver theatrical map – and the red side of the ledger.

It made show biz history in our town as the first long running musical. With recent hits like "Angry Housewives" and "Ain't Misbehavin'" notching up more than 1000 performances, a six month run doesn't sound much, but back in 1972 it was astounding.

People saw the show in June, went away for the summer, and returned to find it still selling out every night.

There were replacements during the run (and for a short 1986 remount) but those who saw the original quartet will never forget the magic they made.

There'll be another show or three on the Seymour Street stage between now and June, but **JUNE IS IT. THE END.**

(That's what David Harrison tell us and if it turns out to be a fib we'll never sing his praises again, no matter how much he deserves them).

The present plot is to sing *finis* to 19 glorious years at Seymour Street with a remount of "JACQUES BREL ..." with that Fabulous Four-some.

For the fun of it and as a fundraiser. Tickets prices will be twice the usual and the final night will be a **GALA AFFAIR** in David H.'s customary manner. A dinner of course, and he fancies a **HUGE STREET PARTY**. Close off 1100 block for the night perhaps.

The original "Jacques Brel" was produced by David Y. H. Lui, directed by Richard Ouzounian and Stage Managed by **BILL MILLERD**. No-one's saying whether he did a wonderful or a lousy job but shortly thereafter he became (and remains, almost 20 years later) the Arts Club Theatre's **Artistic & Managing Director**.

Stay tuned.

- ★ LEON BIBB
- ★ ANN MORTIFEE
- ★ PAT ROSE
- ★ RUTH NICHOL



to April 2nd

by Dale Rouleau

Turned Wood Vessels

Netloft, Granville Island

There are times when consideration of a craftsman's work releases a sense of harmonious symbiosis.

In the interests of precisison, here is the Oxford English Dictionary definition of symbiosis:

"Association of two different organisms...which live attached to each other...and contribute to each other's support."

Quite so: and add that we are not talking about money, but life force.

Dale Rouleau is three years out of high school. He has a wife, a daughter and a house, all three of which he supports from his work as a woodturner. His wife committed those first three years to a full-time job so Dale could commit himself of his work. "It was hard," he said. It must have been, for he is self-taught and had to hone his skills through patient trial and error. Furthermore, he lives in Harrison Hot Springs, so advice from other woodworkers was rare, books his only reference.

But now his work is in demand from Vancouver to Ontario. It could not have happened without the special integrity that symbiosis describes.

Dale mostly culls his wood locally – butternut, cherry, locust, maple – frequently using either burls, or wood that is spalted. The burl growths sometimes form round an injury or are a mass of compacted buds (Dale says when they are green they cut like butter). This sort of formation produced wonderfully convoluted grain. Spalting is caused when fungus invades a dead tree and, reacting with existing minerals and water, prints a record of its progress through the natural grain. Once the wood is dried, spalting ceases.



For the woodworker a burl or block of spalted wood contains a landscape traced by nature: to discover and reveal it must parallel the excitement and wonder of an explorer.

Dale's favourite piece in the show is titled "Wind Blown." Cut from a large maple burl, the slice has the outline of a mighty tree: a 'free edge' leaves the rough outer rim with some of the bark intact, completing the

impression of a tree in full summer.

Dale prefers the 'free' to the 'controlled' edge, such as the smooth rounded lip of his classic "Bottle Vessels." But 'finish' of whatever category is the mark of his professionalism.

The rim of a small bowl (unusually in cocobolo wood) is discreetly etched with decorative strokes: his group of graceful vases stand on small, rightly proportioned feet. These vases, by the way, have a special exterior quality: pick one up and turn it to the light. The grain is slightly iridescent – a quality called *chatoyance*, which means to glisten like a cat's eye.

A final comment. One special aspect to be aware of in the show is the excellence of the way in which a chunk of wood is hollowed out ('hollow turning'). Put your hand inside the large piece of maple called "Burl Form" and feel how smoothly it follows the outer curved shape; imagine achieving this with the wood spinning at 1500 revolutions a minute. Symbiosis comes in handy here.

See this show without fail. Dale Rouleau's work has a future.

Thelma Ruck Keene

ARTS UMBRELLA YOUTH DANCE COMPANY

1286 Cartwright Street Granville Island

Sunday, March 24

3:30 - 4:30 p.m.

The contemporary based Company, now in its sixth season, is for young people aged 9 to 20 who are interested in a career in dance.

Original in its scope, opportunity and intensive training, the company is unique to the Lower Mainland. The company, presently comprising 11 senior and 7 junior members, promotes a sense of comraderie and healthy group dynamic in a non-competitive and supportive atmosphere.

For this sixth in-house performance of the season the dancers will be joined by the Arts Umbrella **SENIOR THEATRE COMPANY** who have written and created a piece which gives voice to teens and their concerns. An exciting family event.

Information: Helen at 681-5268

Adults: \$3.00
Seniors/Students: \$2.00
Children under 6 yrs: Free



SPRINGRITES '91

THE NEW PLAY CENTRE IS BREAKING THROUGH!
MARCH 14 - APRIL 6

New plays in every stage of development make for three weeks of theatre guaranteed to challenge, excite and entice you. Springrites '91 kicks off **Thursday, March 14th** and runs through to **Saturday April 6th**.

See the winners of the new Play Centre's One Act competition, hear

guests from Playwright's Union of Canada and Playwright's Workshop Montreal, join the forums on issues facing the theatre community. Don't miss a minute.

All events are at the Waterfront Theatre on Granville Island.

For information and reservations, call 685-6217.



Granville Island

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THE VANCOUVER PLAYHOUSE

OTHER PEOPLE'S MONEY



JAY BRAZEAU

posing for his role as Lawrence Garfinkle, the cunning Wall Street 'takeover artist' who manipulates the proxy battle at a small New England public company. The Vancouver Playhouse production of "OTHER PEOPLE'S MONEY" runs at the Q.E. Playhouse March 19 - April 13.

A 'fast-paced comedy' it assuredly will be if **Jay Brazeau** maintains the same heart-attack-threatening energy level he did in *Speed the Plough* at the Arts Club Theatre recently.

Kathryn Shaw directs this frank look at today's business morals in Jerry Sterner's humorous glimpse into the back room subterfuge of the

contemporary business world.

Also part of the action will be **Leslie Carlson** as company chairman **Andrew Jorgenson**, **Donna Carroll White** as his assistant **Bea Sullivan**, **Suzanne Ristic** as her daughter **Kate**, an unscrupulous young female attorney and **Allan Gray** as company president with the stocks that can sway the balance.

SOLO NIGHT is Mon. March 25. Reception at 6:30 p.m. *Lecture at: 7:00 p.m. Show: 8:00 p.m. (*optional - if you'd rather talk in the lobby, carry on).

A **SPECIAL "WALL STREET" box lunch matinee** for stock brokers, executives, and the general public on Wed. April 10. Lunch from 1:30 p.m. Show: \$2:30 p.m. \$25 Gen. Adm.

Tickets: Playhouse Box Office (7th/Cambie) 873-3311 or Ticketmaster outlets.

The Greening of Granville Island

by Catherine Skelly

With so many Creek children playing in the green spaces on Granville Island, it's comforting to know the materials used to keep those spaces green are non-toxic. The use of non-toxic herbicides is just one example of Granville Island employees' dedication to keeping the Island an environmentally friendly place.

Over the past year the Granville Island community has 'gone green' in big ways, instituting everything from cotton shopping bags to the collection of edible oils for recycling.

As with most things, "recycling begins at home" and, in the offices of CMHC - Granville Island, this maxim has not been overlooked.

The monthly newsletter and weekly updates published by the Information Centre are printed on recycled paper and the plan is to broaden this approach by the end of the year to include brochures and other informational material. As well, a local paper recycling company provides desk-side boxes in all Granville Island offices to collect bond paper waste for recycling.

Granville Island employees have put together a number of schemes to assist environmentally conscious shoppers and visitors to the Island.



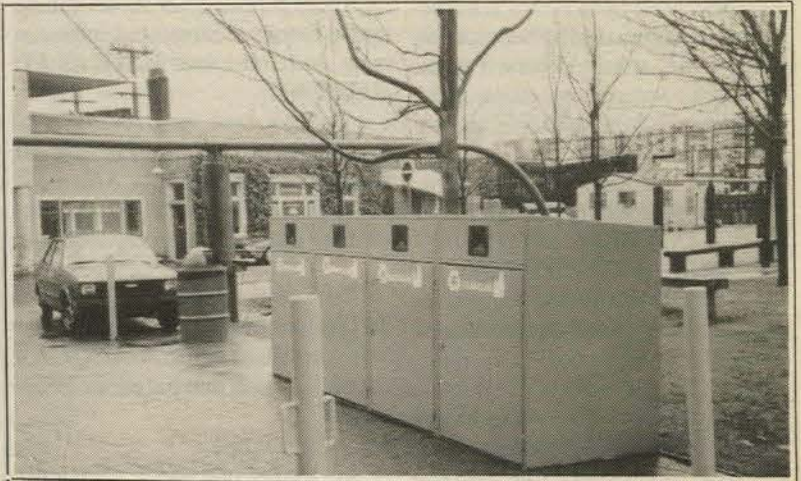
Inside the market CMHC is selling what are affectionately called 'Loonie Bags'. These cloth shopping bags are made of 100% unbleached cotton and are silkscreened with non-toxic dyes. The Loonie bag is so called because it can be purchased from vending machines by inserting a 'Loonie.' The vending machines are located at entrances near the doughnut shop and the news stand.

The Loonie bags cost over \$1.82 to produce. CMHC absorbs the remainder of the cost, including

design costs and GST, through its advertising budget, and expects to do so for the balance of 1991.

In anyone's books this would qualify as an ethical use of advertising dollars.

Early in 1991 two Big Blue Boxes were installed on the Island to provide for the collection of glass and metal cans. They are located at the green Artisan building near Arts Umbrella and behind the Information Centre. Clear, brown and green glass, and metal cans (flatten, please) may be deposited in the Big Blue Boxes for collection by independent recycling companies contracted by CMHC. The boxes are for the use of Island tenants but the general public is also encouraged to use them.



In addition to the Big Blue Boxes, there are 14 large blue metal boxes used for the collection of cardboard and newsprint, again for the use of visitors, staff and tenants of the Island.

Less visible are the recycling schemes used by the restaurants, college, hotel and other businesses leasing space on the Island. Among other things, they include the collection of edible oils, mineral oils and paint solvents for recycling or safe disposal.

Enthusiasm for recycling on the Island is high. With the growing number of programs available there is no shortage of opportunity to become a **responsible recycling citizen** if you live in the vicinity of Granville Island.

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EASTER HOURS AT THE MARKET

If you're shopping this holiday weekend, why not hop on over to Granville Island Public Market! The market will be open from 10 am to 6 pm all weekend for your shopping convenience, including Friday, March 29th and Monday, April 1st.



Granville Island
Public Market



"What's On"

Reservations & showtime information: 687-1644

ROAD TO MECCA

by South African playwright Athol Fugard
Directed by Jane Heyman.



(Lt. to rt.) Joy Coghill (*Miss Helen*), Barney O'Sullivan (*Rev. Marius Byleveld*), Alanna Shields (*Elsa Barlow*) in **ROAD TO MECCA** on the Granville Island Stage to March 23.

Don't miss **ROAD TO MECCA** which has now moved to the **GRANVILLE ISLAND MAIN-STAGE** and only until March 23, more's the pity.

It must rate as one of the best productions of the season, because it's a fine play and for three peerless performances by **Joy Coghill** (*Miss Helen*), **Alanna Shields** (*Elsa Barlow*, her earnest young social worker friend) and **Barney O'Sullivan** (the paternalistic *Reverend Marius Byleveld*).

The place is nowhere near the Middle East, it is New Bethesda, a small Afrikaner town 800 miles east of Cape Town, in 1974.

When she was widowed 15 years previously, Miss Helen eschewed the conventional behaviour her very conservative neighbours expected her to continue, becoming a sort of folk artist, the town eccentric, ultimately ostracised by the community and shunning it herself.

Although the audience doesn't see the garden, Miss Helen makes us

see it - her life's work, her 'Mecca'; a collection of sculptured owls, camels, mermaids and Buddhas that so disturb the townsfolk, her house was stoned.

Alison Green's set that we do see is the warm, cosy house interior, somewhat bizarrely decorated with night creatures and bits of coloured glass which create a wonderful effect when she lights the candles. (Lighting by Marsha Sibthorpe.)

We join the story as Elsa arrives from Cape Town, in response to a disturbing letter from Miss Helen. Her long-time friend Marius is trying to persuade the feisty, independent old lady to move into an old people's home and Miss Helen needs outspoken Elsa's support to refuse.

The Reverend's gentle "you must decide for yourself" consideration, larded with "only for your own good" assumption of acquiescence is all too familiar, and beautifully delivered by Barney O'Sullivan.

A fine and moving evening.

B. Wilson

DEAD SERIOUS

The "dramatic scream machine," the thriller that sold out for four months at Seymour Street (and on tour) **RETURNS FOR A 2-WEEK RUN** at the Granville Island Main-stage in **April 1 - 13**. Better book now.

Held over from Touchstone Theatre, on the Seymour Street Stage from **March 15 to April 13** is

UNIDENTIFIED HUMAN REMAINS AND THE TRUE NATURE OF LOVE

These "grisly and funny horror tales of urban folklore" (Dyck, Sun) follow the story of seven lovers who are bonded together in a world of love, violence and deceit.

WARNING: This play contains controversial subject matter, scenes of violence, strong language and nudity.

Call for Dates of 2-for-1 Matinees



ROAD TO MECCA SPECIAL 2 for 1 "FOR TEA" MATINEE
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Curtain: 1:30 p.m.
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BOUNCERS

A British comedy by John Godber.

Running at the Arts Club Revue Theatre through April

This is NOT a family show.

It is fast-paced and very funny - vulgar and raunchy, toilet humour in fact.

The whirlwind, wacky action all takes place (on a bare stage, devoid of props) on a Friday night in a seedy night club somewhere in the North of England.



With marvellous teamwork **Stephen Dimopoulos, Ronnie Way, Thomas Mitchell and Bill Croft**, black-tied and dinner-jacketed as the Bouncers, move through 30+ characters with dizzying speed.

Most of the time they are four working class lads, boozed-up and horny, escaping their dreary lives at least one night a week, until they get lucky, their wallets are empty or they are bounced out.

They are even funnier, jackets flung back off the shoulders, playing the equally pathetic females who frequent the joint, looking for whatever might pass for love but who more than likely only end up with one of 'the lads.'

The language ranges from colloquial to crude, with gestures to match. Sample: "It smells like a wrestler's jockstrap in here."

The show is directed by **Michael Boucher** and choreographed by **Viktoria Langton** at a breakneck pace that never lets up. The sad thing is, these people are all real. I'm a Brit from the north of England - I know.

The actors adopt a north of England dialect and the funny thing for me was that I understood as much of it as I do when I'm in Lancashire - about half. But don't let that bother you; after all there's no plot to follow.

B. Wilson

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March 22 & 23

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March 29 & 30

THE BELAIRS
April 5 & 6

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Rick Thaddeus
Real Estate Consultant



Food Glorious Food

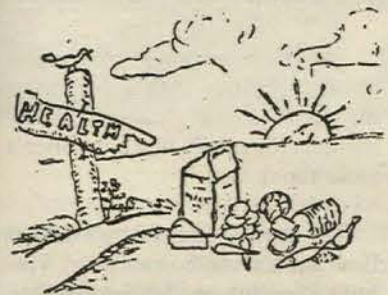
and health into the bargain

Frances Kohn, R.D.N.

Let's eat - but what?

Let's face it, we all love food. The trouble is there is such a jumble of it around. More and more products hit the market every day and it gets harder and harder to know how to choose.

You'll be delighted to hear, I'm sure, that plans are afoot to help you in those big decisions. Health and Welfare Canada, with plenty of input from the regions, promises to present us with a brand-new set of healthy eating guidelines, before the year is out.



Canada's Food Guide (originally known as Canada's Food Rules), drawn up in wartime, has served us well for almost 50 years. You may recall the daily food guide based on four food groups: bread & cereals (3-5 servings); fruit & vegetables (4-5 servings); milk & milk products (2 servings); meat, fish, poultry and other protein foods like dried beans, peas and lentils, eggs or peanut butter (2 servings).

This guide was developed to help people select foods with an eye to adequate nutrients, in order to prevent nutritional deficiencies. Today the picture has changed. Major health concerns now? You guessed it - obesity and diet-related chronic diseases such as heart disease and cancer. These conditions are unrelated to nutrient deficiencies but to excessive food and nutrient intake - hence the need to update the wartime original.

Last spring, Health and Welfare surprised us with a sort of trial balloon. The idea was to test market a draft form of guidelines in an early stage. What the final version will look like is anyone's guess. In the meantime, see what you think of the draft currently at hand.

CANADA'S GUIDELINES FOR HEALTHY EATING

- Enjoy a VARIETY of foods.
- Emphasize cereals, breads, other grain products, vegetables and fruits.
- Choose low-fat dairy products, lean meats and foods prepared with little or no fat.
- Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating.
- Limit salt, alcohol and caffeine.

In general these guidelines look pretty fair, but a couple of points come to mind. There is no comment on the value of fish and poultry in the diet. Also, why is sugar not included with the no-no's of salt, alcohol and caffeine?

We all await with bated breath, I'm sure, the final word on how to eat more healthily. Until then, when you wonder what to eat for health simply remember to choose a variety of foods, especially low in fat and high in fibre, and don't overdo the salt and sugar.

The updating of Canada's Food Guide reflects the growing interest in and knowledge of nutrition. We see this in our work with **Dial-A-Dietitian**. The annual number of calls we receive has increased from 3800 in 1975 to 11,000 in 1990.



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

Originally this government sponsored **FREE** service was limited to Greater Vancouver but recently has been extended by an 800 number to the entire province. We receive 60 or more calls in a day, so you should feel free to call if you have any questions about what to eat or not to eat.

Selling your home — Finding the right agent

by Nina Andersen

You have made the decision to sell. Your home is sparkling with the renovations you have just completed; the new coat of paint looks marvelous.

The question of the day becomes, "Who do I entrust with the responsibility of selling my home?"

Actually selling a home requires teamwork - you and your realtor.

Although your job seems simple enough - keeping your home clean, tidy and attractive - it can become quite demanding, especially if it disrupts your lifestyle. Accepting these disruptions will occur and planning for them will surely smooth the selling process for you and your family.

The other half of the partnership is your realtor. Realtors are profes-

sionals, as are your dentist, doctor, lawyer or accountant. Choose with care. A good one will be worth his or her weight in gold.

Use the following three rules of thumb to find the right realtor for you.

1. Choose one who specializes in your neighbourhood. Their knowledge is invaluable, from pricing your home correctly to attracting the right purchaser.

2. Talk to friends and/or professionals you associate with. As in any facet of life, there is no better recommendation than word of mouth.

3. Last, but most important, find someone with whom YOU are compatible. You will be working closely with this individual in the sale of

your biggest investment. It is important that he/she can empathize with your wants and needs and will work hard to sell your home to your satisfaction.

Remember, buying a home is an emotional experience. The ambience of your home is important. How the senses of prospective purchasers are affected can determine how quickly your home sells. Keep fresh flowers around and have pot pourri simmering on the stove so that the house is filled with pleasant odours.

Nina Andersen can be found at False Creek Realty's office if you want to ask her for more tips.

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ISADORA'S

CO-OP RESTAURANT
GRANVILLE ISLAND, 1540 OLD BRIDGE STREET
VANCOUVER, B.C. V6H 3S6 PHONE 681-3748

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 Kipper 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.

False Creek Softball



& T. Ball League



REGISTRATION

False Creek Community Centre

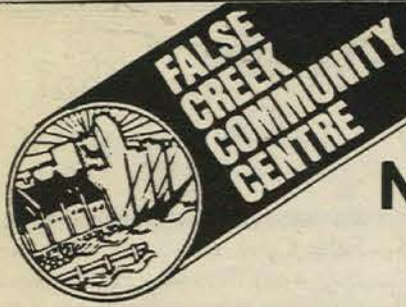
Thurs.	March 21	6:00 - 7:30 p.m.
Sat.	March 23	9:00 - Noon

T.BALL (MIXED)	Boys & Girls 5, 6, 7 yrs. old	FEE: \$17
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SOFTBALL (MIXED)	Boys 8, 9, 10, 11 yrs. old	FEE: \$25.
	Girls 8, 9, 10, 11 yrs. old	

VOLUNTEER COACHES & UMPIRES:

Contact: Pauline or Ron - 736-9939



665-3425

Noticeboard

by Nancy Nagelkerke

SPRING BREAK ADVENTURES CAMP

Monday, April 1 - Friday, April 5

8:00 a.m. - 6:00 p.m. daily

Pick up our Spring Break Flyer for details on times and program costs.

HIGHLIGHTS

MONDAY, APRIL 1.

To kick off a great week of fun a **GRANVILLE ISLAND "TREASURE HUNT"**

After lunch we'll take the False Creek Ferry to the Aquatic Centre for an afternoon of Swim-Fun.

Please bring a lunch on this day.

8:00 a.m. - 6:00 p.m.

Cost: \$18.00 for the day.

TUESDAY, APRIL 2.

We'll explore areas of U.B.C. and highlights will include the famous video-arcade and games station; a hike through some of the Endowment Lands trails, and the Animal Clinic/Dairy Farm.

During the afternoon we'll be back at the Centre and Sue Griese will lead the group in building a City out of clay.

8:00 a.m. - 6:00 p.m.

Cost: \$24.00 for the day.

WEDNESDAY, APRIL 3

Our **Outdoor Adventure Day** at Capilano Canyon.

We'll start with a trip on the Sea Bus and on to Capilano Canyon where we will dare to cross the popular **SUSPENSION BRIDGE**.

At the site we'll play games of **survival** and do some major exploring.

Please bring a lunch on this day.

8:00 a.m. - 6:00 p.m.

Cost: \$21.00 for the day.

THURSDAY, APRIL 4.

It's **MAD ARTIST TIME**.

We'll visit the **Cloth Artery** at Kids Only Market where you can design and spin your own T-shirt.

After lunch, a Canoe journey through our favourite area - False Creek.

8:00 a.m. to 6:00 p.m.

Cost: \$24.00 for the day.

FRIDAY, APRIL 5.

A busy last day. **Varsity Lanes** will be our morning activity for some crazy 5-pin bowling.

No need to bring lunch this day. We'll be having a **PIZZA FEAST**, rounding off the day with a wind-up party, a video and **lots of popcorn**.

8:00 a.m. to 6:00 p.m.

Cost: \$19.00 for the day.

IF YOU REGISTER FOR ALL 5 DAYS

the cost will be \$87.00.

If you register for 3 or 4 days, receive a **10% DISCOUNT**.



Donna Suttie, our faithful and always prompt Community Centre columnist for two years, promised to drop over for tea to report on her new job at Kwantlen College - where, amongst other things, she's started a student newspaper!

What with the busy job and husband Bruce having severe back problems after being rear-ended in his car, she hasn't had time yet. Stay tuned and meantime join the Creek Editor in thanking Donna for her lively contributions and (the most vital characteristic for an Editor) utter reliability.

Whilst we're giving credit, a chunk is due to the Centre's Program Assistant **Wayne Lind**, who assembles the column's program information with equally appreciated promptness.

As you see from the new byline, **Nancy Nagelkerke**, has taken over from Donna. Welcome Nancy.

REGISTRATION

SPRING SEASON 1991

Begins on

Monday, March 25

and will continue until programs are full.

TENNIS CLUB

REGISTRATION:

Saturday, April 6

10:00 a.m. - 2:00 p.m.



POTTERY FOR SPRING with instructor **Sue Griese**.

TUESDAYS 7:00 - 9:30 p.m.
March 26 - April 30.
\$65/6 sessions

THURSDAYS 7:00 - 9:30 p.m.
March 28 - May 2
\$65/6 sessions

Creek Profile

on **Craig MacDonald**,

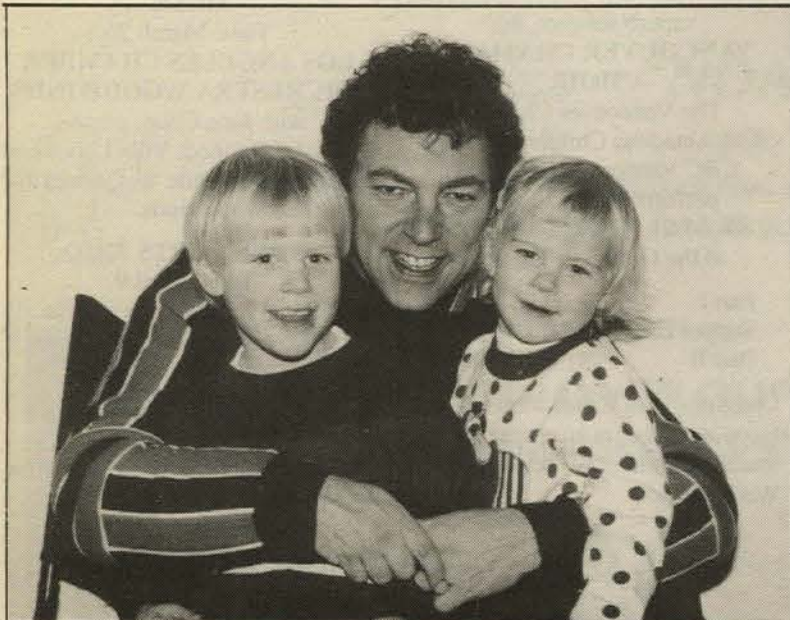
False Creek Recreation Association President

Craig's visions for the future of the Community Centre include:

- Having more teenagers become involved, not just in programs but in planning as well.
- The community making better use of the waterfront.
- More dance classes, especially for children, in a mirrored dance room.
- Forums on neighbourhood concerns in the new, larger hall.
- And lastly, a Community Centre bus.

When he joined the Centre in 1986 Craig said he wanted to become more involved in the community, and to give more attention to childcare issues.

Through your role as Board President, Program Committee member, serving on the Daycare Task Force, the Stanley Park Task Force and the Presidents' Association, Craig you are clearly living up to your goal. We, the False Creek community, are the richer for your dedication.



Craig MacDonald became involved with the Community Centre because of his family. It started when his lively wife, Shelley, as a concerned new mum, organized a playgroup at the Centre. Through Shelley, Craig began to see the need for good quality children's programs, especially in the childcare area. Craig and Shelley have two children: Nikkei, soon to be 4 years old, and Corbin, almost 6.

Craig is presently involved in a Task Force looking at Preschool/Afterschool care programs. He welcomes anyone with suggestions or insights into this area to contact him through the Centre: 665-3425.

When asked about the current expansion of the Centre, Craig's response was very enthusiastic: "Very pleased. The additional space will allow more people to become involved. It will make for a healthier community."

An ardent cyclist and environmentalist, Craig commutes to work at the airport by bicycle (*Ed's astonished emphasis, not Nancy's!*) He would like to see more recycling done in the community, including a recycling collection station at the Community Centre, following the example of the systems Granville Island has introduced.

Seniors' Scene

by Marge LeGresley

We had a fairly good attendance at our March meeting when we were brought up to date with the progress of our future Community Centre.

Plans were discussed for the many events that Jean has planned for us.

She reported on the great success of our day's outing in celebration of the Chinese New Year and the Russian 'Fit Trek' discovery of Granville Island studios.

WED. MARCH 20 - "THE MIKADO" by Gilbert & Sullivan, at the Gateway Theatre in Richmond. Cost: \$14, including bus transportation. Pick-up time at Centre: 7:00 p.m.

WED. MARCH 27 - "DUO MATINEE" movie "An Unremarkable Life" at the Starlight Theatre on Denman St. Meet there at 2:45 p.m. followed by dinner at Miriam's Restaurant. Cost: \$8.00 only this time.

WED. APRIL 17 - Bus trip to La Conner Tulip Festival. Leave the Centre at 9:00 a.m., home by 4:00 p.m. Cost: \$20.00 plus \$7.00 Medical Ins.

FRIDAY, APRIL 26 - SPRING BANQUET at Frank Baker's, from 5:30 p.m. Cost: \$18.00



The False Creek Seniors enjoying their trip to Chinatown, especially the Dr. Sun Yat Sen Gardens.



News from our friends on vacation. Mary and Cliff write from Sydney, Australia, on the first leg of their month 'down under' which sounds fabulous. Ruth and Ruby are relaxing in Palm Springs and Eunice is recently back from Reno. Also, welcome back Kathryn and Ed who joined the carpet bowlers at the Legion.

It was interesting to learn that our

The film and dinner arranged by the West End Community Centre was excellent - especially the chicken dinner and apple pie which we all thoroughly enjoyed. We are looking forward to future 'Duo Matinees' with the same group.

Future events are listed below and you are advised to sign up soon to avoid disappointment. We have to insist on payment with registration and last minute cancellations can only be granted in case of sickness.

own newspaper "The Creek" will be celebrating its 100th issue in June. Hopefully our Editor, Beryl Wilson, will be duly honoured for her dedicated and unfailing hard work. I cannot claim 100 Seniors' columns but am certain Beryl will know how many columns of mine she has edited. We are indeed fortunate to have our own local newspaper dealing with all aspects of residence in False Creek.

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.

Still looking for

SUMMER RENTAL

in False Creek (so that my sister can come to my WEDDING.)

2 or 3 bedroomed furnished apt. or townhouse needed FROM JULY 10th.

Please call 731-1119.

● ● ● ● ● ● ● ●
SPRING or SUMMER RENTAL WANTED

in False Creek for 2 - 3 months

Between now and September, for a retired couple—responsible, clean and quiet.

Call 733-6959

● ● ● ● ● ● ● ●
MATURE, EXPERIENCED HOUSE SITTER

available in April. Plants and pets welcome.

Tel. 299-3543

● ● ● ● ● ● ● ●
OFFICE HELP WANTED

Full-time typist/organiser needed for sailing school on Granville Island. Variable work schedule; weekend work required. Office wheelchair accessible. Apply direct, with resume, for appt. to Cooper Boating Centre, 1620 Duranleau St. Granville Island.

● ● ● ● ● ● ● ●
CHILD CARE

'Grandmotherly' woman desired to care for my 4 month old daughter; preferably in my Fairview Slopes townhome.

1 - 2 8/hr. days/wk. at \$5/hr.

Please reply only if you have a genuine desire to be a kind and affectionate caregiver.

Carol: 736-0029

For Sale

TAMAHA Keyboard \$60
Call: 731-0228

GUILLAUME AZOULAY

Limited edition copper plate etchings—horses—lots of 'movement'—contemporary—internationally well-collected—the Louvre.
Call: 731-0228

Found

BIKE FOUND

Lady's bike found in the park on March 14. Easily identifiable. Call Nina Andersen at False Creek Realty office, 872-6661.

Lost

Our profuse apologies to Jessie for misplacing her original ad. She is so sad at losing her best gloves we decided to run it now in the hope some Good Person is holding them, waiting for this ad. to appear.

Lost in January, along the seawall to Granville Island.

Black corduroy shopping bag with a pair of black leather gloves inside.
Tel. 327-1147

REDUCE * RE-USE * RECYCLE

Items FREE FOR THE TAKING

(Leave details in The Creek mailbox at the Community Centre - adv. space FREE).

Last month's item is still looking for a new home.

Zenith Colour TV
Needs repair, but still works.
Call 733-4084 after 6:00 p.m.

This month's is very sad for a Cat-ruled Editor to advertise.

I AM

a shy, spayed, de-clawed, 3 yr. old black long-haired FEMALE CAT who needs a new loving home. My family, unwilling to part with me, brought me all the way across the country only to find the Fairview Slopes condominium complex into which they'd arranged to move, FORBIDS PETS to newcomers.

They've considered moving so we don't have to part, but what with my human Mum expecting a baby,

The Creek R/R/R- committed staff is tickled pink with the response to this section.

The Baby Crib Nancy offered in January was happily snapped up by someone who lived close by - who would never have known a neighbour had something she could use but for The Creek item.



signed leases, and stuff, I HAVE TO GO - IMMEDIATELY.

I like it around here. If I could find a nice home nearby maybe I could still see my first family, and new chums.

SOMEBODY PLEASE PHONE Kelly at 877-0932.

MISCELLANY

NO KIDDING!

A non-profit social group for couples and singles who are not parents. Lots of local smoke-free events.
Call 538-7736 any time.

LOOK GOOD, FEEL GOOD with ONLY the GOOD skin, hair and body care. Free demonstrations, starters, samples. Business opportunity. Tel. 731-0228

DANCE FITNESS

Classes in children's creative dance and adults' holistic aerobics, beginning in mid-March at two Kitsilano locations.
Fee: \$5.00 per class.

Trish Halsey, B.A. Dance
Pre-registration & information: 872-3457

Now in our 28th year serving Vancouver

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APPLIANCE SALES AND SERVICE
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Huge Selection of Rebuilt Appliances and Parts

FULL 1 YEAR WARRANTY ON REBUILT APPLIANCES

We do housecalls 879-5222

NOTICEBOARD



MILK CARTONS

A dedicated Creek Recycler reports the KENT ST. RECYCLING DEPOT will now accept milk cartons.

Maybe the Fairview Slopes house dwellers lucky enough to have Blue Boxes can start including (well rinsed, pleased) milk cartons in their urban gold collections.

PRE-PLANNING FOR SENIORS

The People's Law School

will discuss

WHAT TO DO BEFORE YOU CAN NO LONGER MANAGE YOUR OWN AFFAIRS"

Wednesday, March 20 - 7:30 p.m.

at St. George's Hall 2940 Laurel St. (W.14th)

FREE

Pre-registration: 736-6919

The information on this topic will be of vital interest to all those wise enough to face before-need planning for themselves, especially if they no longer have family members living close by.

It is also an important topic for those responsible for or interested in the welfare of older family members or close friends. Any who may be faced with this responsibility need to know their options.

Program sponsored by the South Granville Branch, Vancouver Public Library.

SALVATION ARMY APPEAL - MAY

Barbara Brooks, is captaining the False Creek area again, bless her. Now away until May 3rd she sends a message to her helpers: sorry if she didn't reach you before leaving; prays you'll be on the team again as she'll only have a couple of days to rustle things together before the canvass.

Anyone needing a contact meantime: Call Michelle Cowen at 876-3446.

Carousel Theatre School

Calling Professional Actors in waiting.

AUDITIONS

For the Spring semester of the professional training programs. Adults and Teens receive training from Vancouver's finest working professional actors and directors.

Call Carousel Theatre: 669-3410

● ● ● ● ● ● ● ●
BREAKING the PATTERN of POVERTY

From KATMANDU to TIMBUKTU

USC CANADA (the non-sectarian Unitarian Service Committee, started by Unitarians in 1945), continues to be alive and well and now has a B.C. office at 201 - 4381 Fraser St. Vancouver, V5V 4G4 Tel. 876-9796.

Proceeds from a regular monthly CRAFTS TABLE at the Unitarian Church (49th/Oak) support USC work.

Anyone wishing to donate craft items, or contribute VOLUNTEER time in others ways, can call Coordinator Mary Lindsay at the USC office.

Musical Treats

Good Friday, March 29
John Washburn will conduct six superb soloists, the VANCOUVER CHAMBER CHOIR

The Vancouver Chorale
The Amadeus Children's Choir
CBC Vancouver Orchestra performing J.S. Bach's ST. MATTHEW PASSION at the Orpheum Theatre

Part I 3:30 - 5:00 p.m.
Supper Break 5:00 - 7:30
Part II 7:30 - 10:00

Make this your Easter weekend outing with dinner at an elegant downtown restaurant. (We're going to the Wedgewood.)

FRIENDS OF CHAMBER MUSIC

Tues. March 26

LOS ANGELES CHAMBER ORCHESTRA WOODWINDS

with Jane Coop, piano
Music by Gounod, Villa Lobos and Mozart's Serenade & Quintet for piano and woodwinds.

BEAUX ARTS TRIO

Tues. April 9

Brahms & Haydn Trios and the all-time favourite Dvorak 'Dumky' Trio.

Both concerts at 8:00 p.m. Queen Elizabeth Playhouse.

Tickets for all concerts at Ticketmaster outlets (280-3311)

MUSIC IN THE MORNING
Wed./Thur. March 20 & 21

Percussionist Salvador Ferreras and Vancouver's newest salon ensemble Viveza will play palm court favourites and tangos from Argentina, Venezuela, Argentina and Mexico.

Koerner Recital Hall, Vancouver Academy of Music, Vanier Park.

Coffee at 10:00 a.m.

Concert: 10:30 a.m.

with commentary by artists afterwards.

Ticket Info: 736-5650.

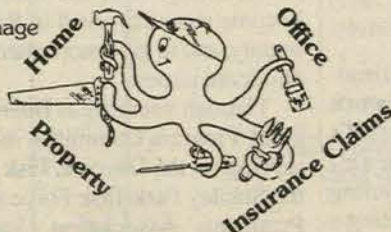
Bob Holden FALSE CREEK HANDY MAN

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