

The Creek

MAY, 1991

'Serving False Creek, Fairview Slopes and Granville Island'

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MARITIME MUSEUM
 WEEKENDS ONLY - 10-5

The Eighth Annual False Creek

PENDELAKON



Vancouver

May 4, 1991



Jacqui and Terry, new contestants in the Pendelakon, compete under the watchful eye of marshal/marathoner Warren Campbell



Runners gather at Snappers Restaurant for welcome post-race refreshment, courtesy of the gracious manager, Jon Conway.

The 8th Annual False Creek Pendelakon attracted an elite field at its new time of 10 o'clock in the morning.

Route Marshal Bill Landstrom's pistol dispatched an aggressive group of harriers on the new route from Leg-in-Boot Square to Kits Pool which more approximates the 10 kilometre distance of Egbert's original run in 490 B.C.

A new course record was set by young Rick Arikado in a stunning time of 34:29, a tough time to beat for future Gentlemen of the Pendelakon.



The Pendelakon is run every year (the day before Vancouver's Big Run) to commemorate not the famous Pheidippides but his oft forgotten co-runner, the Celtic mercenary Egbert, who set off from Marathon in 490 B.C., ran about ten kilometers and exhausted, stopped off at the small town of Pendelakon, headed for the local tavern and collapsed in the arms of the barmaid Delecta, where he spent the rest of his life.

Other stunning performances included New Brunswick's Dean Seifer (bar manager extraordinaire de Stamps Bistro) and the amazing Australian runner John Lyons, who managed to talk all the way around the route without missing a beat.

Don Jamieson, student of Denis Gagnon's Le Physique, startled the Gentlemen with a powerful showing in the victorious triumvirate.

Youngest runner Jacob Hutton provided the most exciting finish,

challenging his dad with an unexpected kick at the end.

Three-time heroine of the Pendelakon, Janet Andersen, jetted in on the Red Eye from T.O. to join the apres race celebrations at Stamps Landing Neighbourhood Pub.



MEN

Rick Arikado	34:29
Tom Dishlevoy	35:00
Don Jamieson	35:25

WOMEN

Dianne Coates	45:59
Lisa Moulds	48:59
Jana Skala-Fila	51:20

WALKERS

James Stevenson	69:35
Joy Franklin	75:41
Mardi Zipursky	88:35

OPEN HOUSE

TUESDAY, MAY 21st
 at 680B Leg-in-Boot Square

to view
 from
 7:00 p.m.

Leg-in-Boot Square Redesign Proposals

The City has retained architects Peter Cardew and Don Vaughan to prepare for City Council recommendations for the redesign of the Square to create a space attractive to pedestrian traffic, and lingering, and to discourage the use of the Square by vehicles.

Issues and proposals have been discussed with representatives from several buildings in Heather Neighbourhood, in particular those facing onto the Square. The commercial interests around the Square have also been represented.

The Open House is to provide an opportunity for other False Creek residents to view the proposals and offer comments and suggestions.

Granville Island bids Farewell to retiring Trust Members



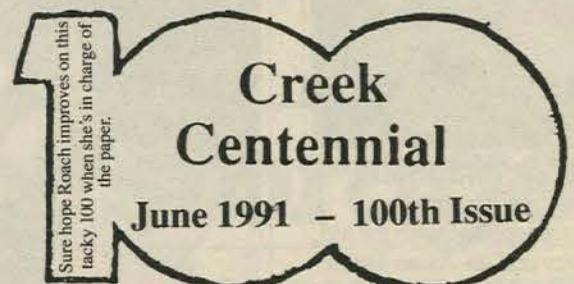
Retiring after serving six years on the Granville Island Trust Pamela Hawthorn, Maurice Egan and Evelyn Atkinson (standing lt., centre & rt.) were feted and thanked at a reception at the Granville Island Hotel on May 10th. On Maurice's right is Al Naus, Manager of CMHC, Granville Island; on his left is Peter Anderson, CMHC General Manager for B.C./Yukon Region.

All three received gifts but Evelyn was so thrilled with her charming teapot by Kinichi it had to be in the picture.

WWSA Dragon Lady 24-hour Paddlethon

A special THANKS goes out to the residents and businesses in the False Creek vicinity who generously contributed to the Dragon Ladies fundraiser on May 4 & 5. Loads of fun was had by all.

Thanks in particular to:
 Spruce Harbour Marina
 False Creek Ferries
 Stamps Landing Pub
 Jonathon's Restaurant
 Dragon Space



Plans for the celebration of the 100th issue of THE CREEK have been finalized (at least until the next time the wicked wackos on the committee get together and come up with MORE!)

Now is the time to let you, John Q. Public, know what is happening.

First, we are hijacking the newspaper. Yes, we will be taking over the June edition. It will be called, appropriately,

"Up The Creek Without A Beryl"

We plan to have Fun! Fun!! Fun!!!

There is still time for you to participate. You can write an article.....express an opinion.....add your name to the list offering condolences—'s'cuse me, congratulations. Anything you would like to do.

You can also place a free 4" x 2" ad, but donations are gratefully and gleefully accepted.

In fact even if you don't wish to place an ad, we will take a donation.

Till next month.

CAROLE J. ROACH
 C.C.C.C. 734-3416

If the Creek Centennial Celebration Committee lives up to its Chairman's promise, the Creek Editor's kitchen and living room won't look like this in June>



Not only are they hijacking the space, they've promised they will do **THE ENTIRE PRODUCTION and DELIVERY.**

Editor



Beryl Wilson

ALL NORMAL MATERIAL OBLITERATED for the **CENTENNIAL ISSUE** but space will be permitted for the usual ads that pay the bills.

Gawd will I be glad to have a month off. It seems unlikely Ye Old Ed. will survive to produce **ANOTHER 100.**

PAPER CARRIERS???

Could do with two or three on **FAIRVIEW SLOPES** - Alder to Hemlock and Laurel to Ash.



Watch out for a smoothie called Delila

Delila is a cocktail served at **Joe Fortes Restaurant** and two of them did the Creek Reporter in the night (May 8) **Bud Kanke** hosted a Progressive Dinner to celebrate the opening of **The Fish House** in Stanley Park.

The invitation promised to transport us to a tantalizing trip in taste and time. Bud Kanke, colleagues, staff at all three restaurants and **Nina Rhodes** (the lady we once rightfully called a Petite Powerhouse in Public Relations) certainly delivered on the promise.



Our host, Bud Kanke

We were transported with the aid of a large bus and an Asian laddie clad in loud shorts, a coolie hat and claiming to be called Wok Yu who chivvied us ("Time to move along folks") from place to place.

We were greeted first at the **Cannery Seafood Restaurant**, down at the docks, with wine, scrumptious seafood hors d'oevres, an instamatic camera and a promise we'll all receive prints of our handiwork. If any turn out there'll be an astonishing collection of chopped off limbs and people taking pictures of other people.

On to Joe Fortes Restaurant, much photo snapping of Joe himself(!) more hors 'doevres—and those devastating Delilas.



Wok Yu, P.R. lady Nina Rhodes, the Creek Editor and 'Joe Fortes' outside Joe Fortes Restaurant, of course

Wok Yu chivvied us on to our last port of call, **The Fish House** in Stanley Park where he let us sit down for a couple of hours and more fine food (chowder in a bread bowl, seafood brochette and a wicked 6" high lemon meringue.)



Busy columnists **Valerie Gibson, Joy Metcalfe and Anne Garber** had an unaccustomed quiet hour to swap notes as we enjoyed a leisurely dinner at The Fish House.

After showering presents upon us—a Joe Fortes embossed black T-shirt, a Fish House apron and a copy of The Cannery's beautifully produced book of Cannery recipes and a well written story of fish and the fishing industry, Wok Yu hustled us one last time back to The Cannery where an embarrassingly rather worse-for-wear Creek Reporter had to leave her car, to be transported home by the Public Relations lady,



dear Nina, who fortunately is a neighbour.



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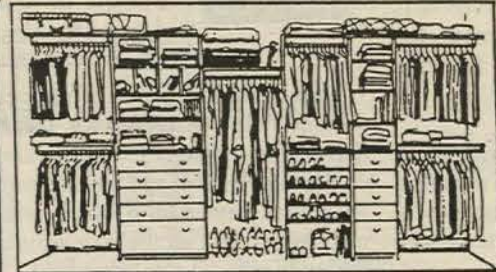
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Reliving Opening Day of Expo '86 - in comfort and sunshine



Here's Chuck chatting with ex-Media Relations staffer Wendy Soobis, who is now with the Vancouver Symphony.

"How come you were out to lunch on Jimmy Pattison's fancy big boat?" asked many regular readers of **Chuck Davis's** Province column (where they'd read Beryl Wilson's name for the second time in recent months—perhaps he drops the name in by way of doing a False Creek readership survey.)

The creek Editor of your 'funky little paper' was one of the hundreds-strong corps of Accredited Media to EXPO '86. On the 5th Anniversary of Opening Day (gloriously sunny this time) a select few cruised in splendid comfort aboard the *Nova Springs* from Canada Harbour Place down the Creek to the big glass dome, happily reminiscing and telling 'inside stories.'

As we watched (a trifle tearfully) the C.B.C. Expo documentary Jimmy was asked "Do you remember the day it stopped raining?" He replied *instantly*, "June 16."



Nova Springs has every conceivable amenity, including a cupboardful of enough sizes of deck shoes guests arriving without are bound to find a fit.

July 1st Celebrations

Rick Taylor already has almost everything organised for the evening events in Leg-in-Boot Square.

The back page of our June issue will give a more detailed schedule.

As we won't have daytime events in the Creek this year perhaps some will want to spend the day at Canada Place, and even respond to their **CALL FOR VOLUNTEERS..**

Says a note from Annette Antoniak:

"We are searching for talented, enthusiastic people to direct the lost to the show of their choice, to rescue a lost child or help organise the crowds waiting for seating for the Main Stage show.

"In return we offer our undying gratitude, a great sweatshirt and a day filled with new and exciting experiences."

To sign up call Marie-Anne at Canada Place, 688-8687.

AQUABUS FERRIES 874-9930
7:30 a.m. - 11:00 p.m.
DAILY: Rain or Shine
From: Granville Is - Arts Club Dock
To: South Foot of Hornby & Granville Sts.
Stamps Landing on Weekends Only
Bicycles Welcome

Creek gardeners are regular prizewinners

When it's time to acquire more flowering bushes the place to buy is the annual spring **Rhododendron & Azalea Show** at Van Dusen Gardens. The displays are glorious and you're bound to meet two of the Creek's best gardeners, **Karen Shuster** and **Susan Baker**, neighbours in Alder Bay Coop.

They are serious. They're prizewinners. (They'll also take time out to give advice.)



Karen won three **First Prizes** in the species *Rhododendron* category. One for a rhodo with the aristocratic name *Hon. Jean Marie de Montague* which you can see at the top of Shorepine Walk if you're knowledgeable enough to know what the *Hon. Jean Marie* looks like). Another 1st was for a lovely orange *Medusa*.

Karen's *Obtusum v. amoenum* won her a 1st Prize ribbon and a handsome trophy.

Susan's **First Prizes** were for a lovely white azalea called *r.Kiusianum 'alba'* and another called *r.Quinque folium*. She also collected a **2nd Prize** for a magenta azalea called *r.Oredrephes*.

Karen says living in small spaces in False Creek doesn't prohibit growing dozens of rhodos (and winning prizes). If you're short on space you just need to be long on ingenuity. Susan will attest to that too—all her gardening is on balconies (long-time Creek readers will recall Susan's **Rooftop Gardener** columns for several years.)

(Ladies, pray don't chastise if the Latin names are incorrectly typed; 'twas hard enough deciphering scribbled notes.)

Could this be the Spring of New Life on our personable potter's pate?

Remember the sign on the door of Granville Island's **KINGSMILL POTTERY** last January?

GONE FOR TWO WEEKS
To KYUQUOT
In search of an age-old Indian kelp recipe guaranteed to restore hair growth.



Hope springs eternal in the heart and head of genial **Bob Kingsmill** who, yea these many years, has made annual pilgrimages to remote places to find the elusive elixir.

(Concise Oxford Dictionary: Elixir, n. *sovereign remedy*)

The Creek Reporter has maintained constant watch throughout the winter and with the coming of spring detects a glint of new hope in Bob's eyes and a minute fuzz of new growth atop his noble pate.

The Creek

Published monthly on the 15th of every month

Circulation: 5000
in False Creek, Fairview Slopes, and Granville Island

Publisher/Editor: **BERYL WILSON**
CREEK OFFICE: 734-3369

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

Mail Subscriptions: \$12/year

Col. width: 1 7/8"
Rate: \$8.00/c.in.

Small Bus. Ad	4" x 2"	\$32.00
1/8 page	4" x 5"	\$75.00
1/4 page	4" x 9 1/2"	
	5" x 7 1/2"	\$140.00
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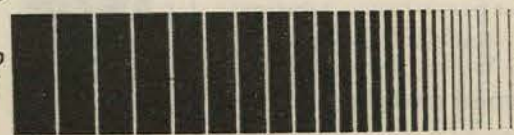
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On May 10th the Granville Island Community met its Makers



It was fitting the Honoured Ones should arrive with great ceremony in one of **Bill Reid's** canoes, wearing ceremonial blankets. (The impish Evelyn said Maurice didn't need the ride; he could probably have walked round on the water!)

Granville Islanders are always glad of an excuse for a convivial gathering at the Granville Island Hotel.

Sometimes it's to honour people; sometimes to say an Official Good-bye. On May 10th we gathered to toast and thank **Maurice Egan, Pamela Hawthorne** and **Evelyn Atkinson**, who have been members of the Granville Island Trust for the past six years.

A former Public Affairs Manager **Jane Harris** wrote to all of them from Ottawa, and used a quote to sum up Maurice's Chairmanship:

The wicked leader is he who the people despise;
The good leader is he who the people revere;
The great leader is he of whom the people say—
"We did it ourselves."

Pamela Hawthorne was the driving force of the New Play Centre for 17 years before moving on to Telefilm Canada recently. Pamela contributed greatly to the Island becoming the cultural oasis it now is.

There was much storytelling.

Property Manager **Ken Tunnecliffe**, singing Evelyn's praises as 'the consummate volunteer' remarked when together they represented Granville Island at the Community Centre's sod turning **nobody** knew him and **EVERYBODY** knew Evelyn.



"She takes my picture at every party but she never prints it" laughed **Ken Gillespie**. "She always use pictures of other fellows." So here you are Ken—best expression of the bunch too. (rt. to lt.) **Ken Watson, Ed Quinn, Ken and Brian Cross** All members of Granville Island's Maintenance Crew (although Ken recently donned a white shirt and moved into the Project Office.

Previous Island Manager **Gary Hiscox** came, of course, admitting he still missed the Island and promising Maurice he would too.

"When Al Nauss came to succeed me he asked what the Chairman of the Trust DID. I told him 'Nothing, but Maurice does it very well.'"

Commissionaire **Art Auline** could not resist gloating about the time Maurice parked in front of the office, leaving a sign in his car window
UPSTAIRS ATTENDING TO ISLAND BUSINESS—Chairman.

Art had the car towed, adding his own note:
DOWNSTAIRS ATTENDING TO ISLAND BUSINESS—Commissionaire.

Maurice readily acknowledges he's loved 'serving time on the Island' and admits, back home in Sechelt, his wife has constantly reminded him "You don't own Granville Island."

In fact its this sense of personal ownership many of us feel for Granville Island that helps make it such a resounding success.

SEPIA PLAYERS PRESENTS
THE WEST COAST
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OF

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DENIS SIMPSON
ALVIN SANDERS**)

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running through June (Sun. to Fri.) So sounds like perfect summer entertainment.

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Call R on R at **687-6794** for reservations.

BLUEGRASS



Neither chill nor drizzle discourages True Bluegrass fans. They just bundle up and set down for a lively session.



We finally found out what a Pick-In is. It's a Come One, Come All Pick-along.

Fri. May 17
Sat. May 18
Sun. May 19

Mon. May 20
Fri. May 24
Sat. May 25
Sun. May 26

Slavic Hanzlik
Slavic Hanzlik
Way Out West followed by an *Old Tyme Dance* with **No Mean Feet**
Fiddle Jamboree
Kuhn Brothers
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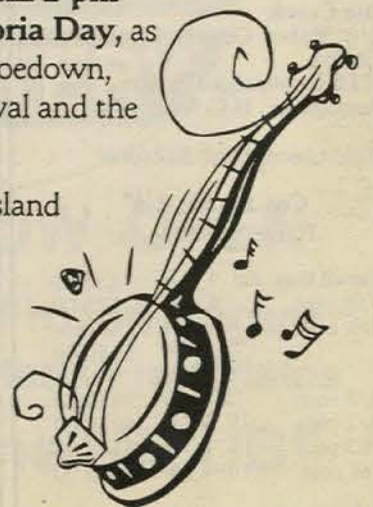
FINGER PICKIN' GOOD!

Join us **May 1 through 26, from noon 'till 2 pm** **Fridays, Saturdays, Sundays and Victoria Day**, as the Market Courtyard hosts a Bluegrass Hoedown, courtesy of the Worldwide Bluegrass Festival and the Pacific Bluegrass and Heritage Society.

For details, call the Granville Island InfoCentre at 666-5784.



Granville Island





"What's On"

Reservations & showtime information: 687-1644

MIXED BLESSINGS



Gillian Barber and Barney O'Sullivan sitting in the elegant set of "MIXED BLESSINGS", Sherman Snukal's new play running on the Arts Club Theatre main stage until May 18. The cast take a break and return for another two-week run June 3 - 14.

DADS IN BONDAGE



Mercifully this boisterous looking trio of "DADS IN BONDAGE" are not manhandling long suffering live babies. (Lt.to rt.) Pete Graham, Howard Siegel and Allan Zinyk are holding Ronnie Burkett's puppets—on the Arts Club Revue Stage. Catch "soon-to-be" hits like *Fistful of Pampers*, *Testosterone - Leave Me Alone*, and the *Oh So Colicky Blues*.

Circle Craft to Host Outdoor Fair

Over 60 artisans are expected to participate in the **CIRCLE CRAFT SUMMER FAIR** in Sutcliffe Park on July 5,6,7.

They will be selling an exciting array of handcraftsw from exotic woodwork to trendy jewellery to fine pottery. Many of the craftspeople will be demonstrating in their booths.

Fifteen canopy-style tents, each housing four exhibitors, will be scattered throughout the park during the three-day event, which will be free to the public.

One of the guiding principles of Circle Craft is its quality control, making it one of the most respected craft organizations in Canada. Estab-

lished in Victoria in 1972, Circle Craft is now well known for its Annual Christmas Market at the Vancouver Trade and Convention Centre and its cooperative shop in The Net Loft on Granville Island.

The Summer Fair will run regular Granville Market hours, 9 a.m. to 6 p.m., Friday through Sunday.

SEYMOUR STREET FAREWELL FESTIVAL

SAT. MAY 25

The Stars of Jacques Brel in Concert

Ann Mortifee, Leon Bibb, Ruth Nichol and Pat Rose

Tickets: \$125 per person + GST - 60% tax deductible including Pre-show hors d'oeuvres, champagne reception with the cast.

GALA FAREWELL TO SEYMOUR STREET we told you about earlier this year has been moved up a month. to **SATURDAY, MAY 25th**

The evening will begin with songs the performers have done on the Arts Club Stages over the years. The second half of the show will be **JACQUES BREL in CONCERT** - songs from the ever-popular musical which put the Arts Club on the map.

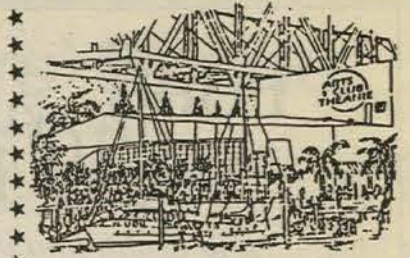
Nostalgia is the theme as the entire Seymour Street building will be decorated with memorabilia from the past 27 years.

GUARANTEED TO BE A NIGHT TO REMEMBER
Some tickets still available, but don't delay in calling.

SUN. MAY 26: 27 STARS FOR 27 YEARS FOR \$27

Twenty seven performers from Seymour Street's past give you their best, and a party to end all parties after the show!

Tickets & Information: David Harrison at 687-5315



Every Victoria Day weekend the Arts Club Lounge officially opens the Patio with a

PATIO OPENING PARTY

(If it rains the party—a trifle crowded—stays inside)

People may have been sitting on the patio for weeks but you can't tinker with tradition.

SUNDAY, MAY 19

Rain or Shine

Noon to midnight

Food, prizes, and all that sort of stuff

JIM FOSTER BAND

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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 June 15, 1991 - Limit 3 per table


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Starting **May 20th**, you'll find it easier than ever to shop Granville Island Public Market. From Victoria Day through Labour Day, the Market will be open from **9:00 am to 6:00 pm., seven days a week.** Make your shopping easy at Granville Island Public Market... all summer long.



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Sun. Noon - Midnight

Musical Guests

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May 17, 18, 19

AL WALKER
May 24, 25

CRAWFISH FIESTA
May 31, June 1

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June 7, 8

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and health into the bargain

Frances Kohn, R.D.N.

Hip, Hip, Hooray!

Maybe you've never heard about the **WAIST TO HIP RATIO** and maybe you don't care. The fact remains that it has proved to be a useful body measurement for predicting possible health problems, particularly cardiovascular disease.

It is most valuable when used along with a measurement of weight, such as the **Body Mass Index**. Last month when we discussed the Body Mass Index (your weight in kilograms divided by your height in meters squared), we included a handy scale by which, with a flick of a ruler, you could quickly assess your weight status.

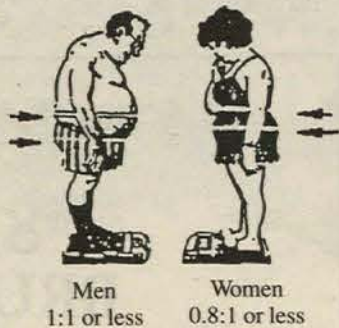
The Waist-to-Hip Ratio measures fat distribution and the experts tell us it may be an even better indicator of the presence of risk factors than the time-honoured relation of weight to height. In any case, this additional measure focusses on where excess fat is stored.

For example people with abdominal obesity, or so-called 'spare tires' around their middles (also referred to as apple shape), suffer more often from high blood pressure, elevated blood sugar, heart disease and stroke

than those whose fat is below the waist. Thigh obesity (pear shape) therefore does not have the same association with the above health risks.

The Waist-to-Hip Ratio is the waist circumference divided by the hip circumference. The At Risk Waist-Hip ratios go like this:
MEN - ratio greater than 1:1.
WOMEN - ratio greater than 0.8:1.

WAIST — HIP RATIO



Let's get out the tape measure and look at some specifics. If for a man both measurements are 38" he gets full marks as this is a 1:1. If a woman's measurements are 32 to 40 that meets the 0.8:1 ratio.

Take heart. These suggested figures are not written in stone, as research is continuing. The measurements, however, can serve as guidelines and could be a signal for you to seek professional help.

If you are concerned, a visit to your doctor is your first step. If a dietitian's services are deemed necessary your doctor can give you a referral to the outpatient dietitian at your hospital.

You can also call **DIAL-A-DIETITIAN** at 732-9191 for advice regarding weight control programs. If you wish to contact a freelance dietitian you will be given names of those who specialize in weight control.

It is possible to change one's body composition through diet and/or regular physical activity. Continued as a new part of your lifestyle, this may result in a loss of body fat, a slight increase in muscle mass and a trimmer figure—sometimes with little or no change in body weight, but at any rate a healthier you.

When discussing weight control, it is important to caution against fad or crash diets. All those magical promises of phenomenal weight loss are reaching into your pocket for your money. The latest to come to our attention is the one where you send about \$25 for a "report" which will reveal more than a dozen foods with "negative calories", i.e. "foods that burn off the fat."

Too bad it isn't true! This advertisement has been brought to the attention of The Advertising Standards Council as well as Consumer & Corporate Affairs.

As always, it's Buyer Beware.

City Works Yard trucks spotted trespassing

City Engineering Department assured us Works Yards drivers were instructed **NOT TO USE FALSE CREEK STREETS** as short cuts.

Unless these vehicles were being driven by phantoms, some drivers are disobeying. Observed on Moberley Road.

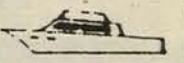
May 6/91 Vehicle # B1063 at 1:20 p.m.
 May 7/91 " # A1232 at 3:15 p.m.
 May 8/91 " # A1232 at 11:35 a.m.
 May 8/91 " # A1303 at 12:25 p.m.

B1063 and A1232 were large earth hauling dump trucks.

That little score was recorded by a Moberley Road resident who just happened to be out at the time.



SUSSEX INSURANCE AGENCY (FALSE CREEK) INC.



GRANVILLE ISLAND PLACE
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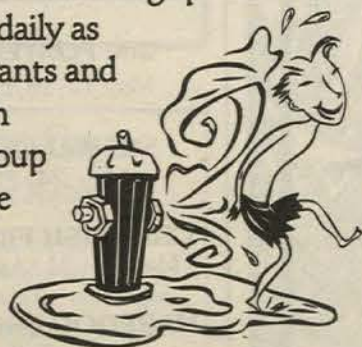
Res. (604) 872-3020
 Fax. (604) 731-5157

731-6155
 Residential Services



TIME TO MAKE A BIG SPLASH

Join the fun at noon on **Sunday, May 19th** as Granville Island's Water Park officially opens for the summer. Make a big splash from **10 am to 6 pm** daily as fountains, slides, hydrants and puddles overflow with supervised fun. For group bookings, call the False Creek Community Centre at 665-3425.



Granville Island

ISADORAS COOP RESTAURANT



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

Noticeboard

by Nancy Nagelkerke

665-3425



Tennis Anyone?

SUMMER TENNIS REGISTRATION

TUESDAY, JUNE 18. 7:00 p.m.

TENNIS FOR KIDS

There is still space available in the May Session. Session III runs June 10 - 27.

SUMMER DAYCAMPS '91

Details were not available at press time. Pick up a flier at the Community Centre.

SUMMER BROCHURE

Look for the Summer brochure in the WEDNESDAY, JUNE 12 edition of the Vancouver Courier.



WATERPARK OPENING

Starting SUNDAY, MAY 19 the Waterpark will be open 10:00 a.m. - 6:00 p.m. 7 days a week Until Labour Day

FITNESS UPDATE

The last day for fitness classes at False Creek School will be JUNE 6. All fitness classes will be held at the Community Centre for the Summer Session.



WATERFRONT PROGRAMS

CANOEING FOR ADULTS

DINGHY SAILING

Adults: Fee: \$64
6:30 - 9:00p.m.
4 sessions - Tues. & Thur.
Session I May 28 - June 6
Session II June 11 - 20

Fee: \$56

Mon. & Wed. 5 sessions
Session I May 1 - 15 6:00 - 3:30 p.m.
Session II May 27 - Jun 10 6:30 - 9:00 p.m.
Session III June 12 - 26 6:30 - 9:00 p.m.

FAMILY CANOEING

Fee: \$18/Adult & \$14/Child
Sun. 2 sessions
10 a.m. - 12:30 p.m.
Jun. 2 & 9; Jun. 16 & 23

CANOEING FOR CHILDREN

Fee: \$36 9 - 13 yrs.
Sun. 4 sessions 1:00 - 3:30 p.m.

REGISTER EARLY. CLASSES FILL VERY QUICKLY.

"Nattering Nancy" receives Volunteer of the Year Award

There's no doubting Nancy McWhinney was a prime candidate for a Vancouver Park Board VOLUNTEER OF THE YEAR AWARD. Her contribution to recreation and volunteerism has benefited the False Creek Community Centre greatly and has also influenced the Park Board and Recreation Association organizations locally and provincially.



Nancy first became involved with our False Creek Community Centre when she joined the Single Mothers' Support Group. Eventually she joined the Recreation Association Board and became an advocate for the group.

After serving two terms on the Executive Nancy became President and has been actively—and very visibly—involved in many aspects of the Centre's activities. You could find her dressed as one of Santa's Elves or leading the Bicycle Parade on July 1st. She was also dubbed the "Canoe Mom" while her son Ryan was paddling with the Junior Canoe Club.

One of her favourite activities was the casual "Natter with Nancy" sessions she held in the fireside lounge on Sunday afternoons, sharing coffee and chat with regulars and strangers alike—whoever stopped by with time to chat.

The major project during this time was the dream of an expansion. Nancy took a year off Board duties but continued to serve on the Facilities Committee and channeled her energy towards guiding the building expansion project through the early stages.

She's back on the Board this year to see construction underway and slated for completion in the fall.

Nancy has been an active member of the BCRPA (B.C. Recreation Association Presidents) and has attended numerous annual conferences throughout the provinces, enhancing her interest in recreation and volunteerism. She recently chaired the Volunteer Branch of the BCRPA and is presently in her second term as Chair of the Association Presidents of the Vancouver Community Centre Associations (what a mouthful!).

In her 'real' life, when she is not volunteering, Nancy is the Assistant Manager of a Bank of Montreal branch where she extends her welcoming approach to the business community and organizes the Children's Christmas Party for the bank.

She walks to work (almost) every day from the co-op she lives in and is active on its council. She is a single parent with two teenagers: Brandee, who is a student at Malaspina College, and Ryan who is completing high school in Maple Ridge. In her spare time she enjoys conferences, Park Board meetings and more committee meetings, but has gradually made more time for her own leisure pursuits.

Nancy exudes warmth, enthusiasm, humour and exemplifies the volunteers of the '90s who are skilled, committed and have a passion for the cause.

Thank you Nancy for making a difference.



50¢ is plenty

Panhandler at a San Diego bus stop
"Got any change to spare?"
Bleary eyes opened wider at being handed \$1 bill:
"Oh that's too much; 50¢ is plenty."
"Buy yourself a cup of coffee" said my friend.
"Coffee!" — the panhandler looked even more startled at such a suggestion. "Gee, thanks; thanksalot."

Seniors' Scene

by Marge LeGresley

The May meeting was well attended and all agreed that the banquet at Frank Baker's was an outstanding success. Our group of thirty had a good meal and a wonderful evening with prizes and entertainment adding to the fun. We hope to see the video which Frank Ferguson

made, together with the many pictures taken, at a later date.

Jean's Newsletter for May was full of exciting dates to be noted. As well as ongoing card games, Fitness and Carpet Bowling sessions, the following special events will be happening:

- WED. MAY 15 12:15 p.m. Baseball at Nat Bailey Stadium. Special admission price for Seniors: \$3.25
- WED. MAY 29 Trip to Richmond - Bridgepoint Market, Steveston and Fantasy Gardens - cost T.B.A.
- THUR. MAY 23 DUO MATINEE - Starlight Cinema on Denman St. followed by dinner at Miriam's. Cost: \$8.00 Title of film - "AVALON"
- WED. JUNE 5 SENIORS' STRUT at Minoru Park in Richmond. Pledge sheets available at the Centre so start signing up supporters for this fund-raising event. We will arrange to travel by bus together to arrive at 10 a.m. Strut round the park starts at 11 a.m. and there will be plenty of entertainment, refreshments, etc. We had a lot of fun last year.
- WED. JUNE 12 Monthly meeting (postponed from June 5 due to Seniors' Strut)
- FRI. JUNE 21 B.B.Q. at Jean's cottage in Point Roberts. This is a tradition we all look forward to. Final arrangements will be made at the June meeting.
- FRI. JUNE 28 Boat trip on the "ARASHEENA" - leaving the Centre at 10 a.m. Cost (inc. refreshments) \$26.75.

TUESDAY-WEDNESDAY, SEPTEMBER 11/12 - Trip to WHISTLER. Cost, including bus, hotel and all meals: \$87. A great deal and very popular, so sign up soon.

Please remember to sign up at the Centre and pay a deposit for any or all of these events as it makes Jean's job so much simpler.

We were happy to see that Kathryn Binder was able to attend the meeting after her operation and to hear that Flo Foreman is slowly recovering in V.G.H.

As for Jeff, so many of our good friends sent him cards and many of

you visited him on the occasion of his 84th Birthday. He was so happy to see you all and my family and I wish to thank you all most sincerely for helping to lift his spirits. Hopefully he will soon be admitted to the Pentecostal Lodge and close to home.

LAUREL PRESCRIPTIONS

#102-888 WEST 8th AVE., VANCOUVER, B.C. V5Z 3Y1

873-5511

PRESCRIPTION & MEDICAL SUPPLIES

- Drug Information & Free Prescription Delivery
- Rental or Sale of Crutches, Walkers, Wheelchairs, Breast Pumps
- Sigvaris and Support Stockings • Diabetic Supplies
- Fast, Friendly Service

Glorious gardens a breeze - the Canadian Gardener's way



U.B.C.'s no-fuss David Tarrant makes gardening sound easy. "See? Pack lots in. Have fun; don't worry"

Almost 30 people crowded into the Community Centre hall for a Saturday morning workshop. The C.B.C. rooftop garden in which he and Bob Switzer do most of their Canadian Gardener shows looks bigger than it is because they grow just about everything in it.

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.

For Sale

MUST SELL FABULOUS FURNITURE
All like New

Custom DINING ROOM SET by Martin of London, Beverly Hills. Beautifully designed & finished.

White Enamelled Wrought Iron QUEEN SIZE BED, exquisitely designed.

CHESTERFIELD & LOVE SEAT. Lovely California design. Call 731-1119.

OFFICE FURNITURE/ ACCESSORIES

Credenza/cabinet \$100; table with shelf below \$60; acoustic printer cover \$40; bulletin board \$10; desk accessories (\$1 and up).d Please call 731-6531 weekdays.

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Interior Design Services

- * Floor Plans
 - * Colour Schemes
 - * Consultations
- Call 876-4468

NU SKIN

MLM at its best. Compare for yourself. Contact your local 'Creek' distributor.

Teresa Sharp 873-5510
Independent Distributor

ACCOMMODATION

WANTED TO RENT

For the first 2 weeks in July, a townhouse or apt. in False Creek or Fairview Slopes, for visiting relatives (no room at our place!) Call: 732-1839

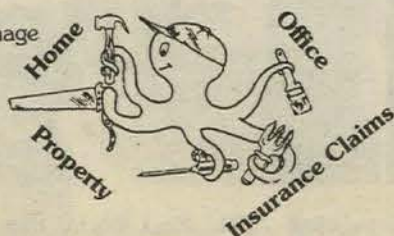
Are you leaving for an extended overseas sabbatical, holiday or employment? The False Creek Handyman and family (four of us - children aged 11 & 13) require furnished accommodation commencing July 8 for a minimum one year.

Consider having Bob complete your renovations, painting & repairs during your absence. Contact Bob or Sally Holden at 732-7123. 1015 Ironwork Passage, V6H 3R4

Bob Holden
FALSE CREEK HANDY MAN

Consulting Trouble-Shooting Repairs (Minor)

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REDUCE
RE-USE
RECYCLE



Items FREE FOR THE TAKING

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

This "freebie" column is proving to be a lot of fun - and useful. Every item we've advertised so far has found a taker.

Kelly up on Fairview Slopes had several 'Creek' calls offering a home to her cat and found some new loving parents.

At press time Kelly was wearily waiting for her firstborn to make a debut.

2 year old gray COCKATIEL named Sammy needs a good home with a breeder or someone who likes birds. Call: Judy at 873-0105

The Best of Bed & Breakfast

Said a friend who house-sat to look after a dog and a B & B guest. "Things went smoothly until he said he'd like a boiled egg and I didn't have anything to time it.

At home I put the egg in cold water, bring it to a boil, sing two choruses of "God Save the Queen" and it's done. But I didn't think I could treat a stranger to that performance."



The CALL TO ARTISTS has been out for a while and the proposal deadline of MAY 31, 1991 approaches rapidly.

Proposal are sought from British Columbia Artists for dance, theatre, music, mime, puppetry, storytelling, poetry, film, video, visual, interdisciplinary, wearable and performance art.

Special consideration will be given for proposals that incorporate children's multi-cultural or environmental themes.

If you're an artist who's toyed with the idea of applying to participate call 669-9894 IMMEDIATELY for an application.

STRATHCONA ELEMENTARY SCHOOL

The oldest standing elementary school in the City of Vancouver's oldest neighbourhood is having a huge

100th Reunion
Saturday, June 1st, 1991

A fun filled day and evening 10 a.m. to 4 p.m. & 8 p.m. to midnight There will be:

- A photographic retrospective
- A Vancouver School Board tape-slide presentation - *Glancing Back*
- An exhibition by B.C. Telephone, which also celebrates its Centennial in 1991
- A display of students' artwork
- TWO DANCES** in the evening - in the Gym and the Auditorium
- Coffee & buns in the morning and a light lunch
- One for Rhythm & Blues; one for Memory Music (depending on your age)

All Alumni—there must be thousands of them—are encouraged to phone the school at 253-4321 to register.

Included in the \$30 'package' of

the day's events and eats will be a copy of *STRATHCONA MEMORIES*, a wonderful collection of historical information and memories from scores of people associated with the school.

Noel Herron, Strathcona's present Principal (though a 'new boy'—only there four years) lives a few doors down from the Creek Editor who heard about this celebration over the garden fence—and about the monumental task the book has turned out to be, though a labour of great love.

At one time Strathcona had students of 57 nationalities—even back in 1941 there were 31 nationalities represented.

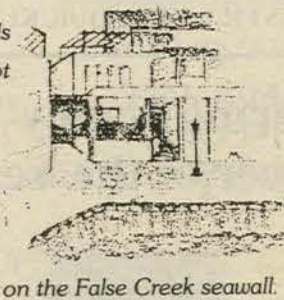
It sounds like a wonderful day—makes a body wish she'd been a student.

When you'd rather not have visiting friends (or even family!) at your home, but it's not polite to suggest a nearby hotel... There's a friendly alternative a few minutes' walk away

They can B & B at Beryl's place

Tel. 734-3369

Yes, it is The Creek Editor's place.



on the False Creek seawall.

Rolling for Rehab raucus racket

Yes folks. All of you who wondered who the devil blasted you out of your beds to close your windows at 7 a.m. on May 5th, it was the Rolling for Rehab organisers setting up at the Plaza of Nations and along the route testing their sound equipment.

Since they had such a lousy buck-

eting-rain morning, let's forgive them this time.

Despite that foul weather they had over 500 sturdy participants - bikes, trikes and even a bed!

For a first time event under such poor conditions the response was most encouraging.



THE WRITE STUFF

Happily many good writers are also good talkers. The Writers Festival is on to a good thing with its **AUTHORS SERIES**. The tickets for Tom Robbins sold out so rapidly people phoned the Festival office to ask if there would be scalpers selling tickets at the door!

Next in the series will be

JEFFREY ARCHER

"One of the most captivating storytellers writing today. His novels are dramatic, fast moving, totally entertaining—and almost impossible to put down."

wrote the Pittsburgh Press.

Jeffrey Archer has over 100 million copies of his works in print, including *Kane and Abel*, *First Among Equals* and *The Prodigal Daughter*.

He will introduce his latest book *As The Crow Flies*.

SUNDAY, MAY 26 - 2:00 p.m.
ARTS CLUB THEATRE,
Granville Island

Tickets: \$13 from all Blackberry & Duthie bookstores or by phone reservation at the Arts Club Theatre, 687-1644.

In their spring newsletter the Writers Festival invites suggestions for "dream authors" you'd like to see here in Vancouver. Write to them at 1243 Cartwright St., Vancouver, V6H 4B7

To be on their newsletter mailing list call Mary Henriksen at 681-6330.



The next time hunger strikes you in Leg-in-Boot Sq. in the middle of your paper route, stop into **Pete's Place** for coffee and an order of his **Mojo Wedge Fries**—guaranteed to perk up the energy, and become a habit.

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